



# Latah County Chapter Newsletter

Latah County Chapter #678

September 2011

## AARP Chapter Meeting

*University Inn Best Western*

**Friday**  
**September 9, 2011**  
**11:30 a.m.**

### Luncheon Menu

*Homemade Meatloaf – Served with vegetables, mashed potatoes and gravy.*

*Dessert: Chocolate pudding.*

*Choice of coffee, tea, or soda*

**Price: \$9.75**

### Program

**Alisa Stone**, Grants Manager for the City of Moscow, will explain what goes into choosing projects and applying for grants that fit into Moscow's plans.

**Mary Conitz** saw the need for a ground ambulance after losing her husband on a day when helicopters could not land to airlift patients to Spokane. **Dave Reynolds** will outline the steps it took to make this service available.

### Future Meeting Dates

Mark these Fridays on your calendar for fall AARP luncheons in 2011:

- ❖ October 21 – Candidates' Forum
- ❖ December 9 – Holiday program

### Food Bank shelves looking bare

Local food banks are once again experiencing an increase in demand. Because children need school supplies this month, parents have fewer dollars to go around. Please bring nonperishable food items for Latah County food banks. We distribute items to community food banks in Moscow, Troy, and Genesee.

## Watch for Updates online

<http://community.palouse.net/latahaarp>

### AARP Safe Driving Classes

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. The course helps you tune your driving skills and update your knowledge of the rules of the road. You will learn about normal age-related physical changes, and how to adjust your driving to avoid problems and injury. Many auto insurance companies offer a small reduction in insurance premiums once you have completed the course. The cost is \$12 for AARP members, \$14 for non-members. Please show your AARP card for the discount.

Classes meet at the  
**Gritman Conference Center**

### Fall Safe Driving Class Schedule

September 17 – all day (Saturday)  
8:30 a.m. to 5:30 p.m.

October 18 and 19 (Tuesday and Wednesday) 1:30 to 5:30 p.m.

November 15 and 16 (Tuesday and Wednesday) 8:30 a.m. to 12:30 p.m.

*For information and sign-up, contact:  
Linda Shepard – 883-1002*

Remember ! You must attend both sessions or one full day –  
**A total of 8 hours !!**

**Medicare Enrollment Dates:  
October 15 to December 7, 2011**

## Community Events

### Fit and Fall Proof

Reduce your risk of falling by increasing your muscle strength and balance in this *free* class. Held Monday through Friday at the Jeff & Becky Martin Community Wellness Center, 510 West Palouse River Drive. Call 208-883-9605 for class times. Gritman Medical Center is a not-for-profit medical center.

### Cataract Awareness Month

“Cataracts are the leading cause of blindness worldwide. In most cases, vision loss from cataracts is reversible,” according to David Leach M.D. Cataract surgery is usually covered by medical insurance, including Medicare. ClearView Eye Clinic offers free cataract vision screening during September. Call 882-4662 for screening.

### Fall Financial Workshops

UI Extension’s financial educator is located right here in Latah County. Upcoming workshops will be offered at the Latah County Fairgrounds from 6 to 7:30 p.m. Most are free of charge. Monday, Oct. 3 – **Making Friends with Your Money**

Monday, Oct. 17 – **Credit: Friend or Foe?**

Thursday, Oct. 20 – **Who Gets Grandma’s Yellow Pie Plate?**  
Communicating about non-titled property transfer

Monday, Oct. 24 – **Organizing Your Financial Paperwork.** 6 to 8 p.m. Pre-registration and \$15 fee for materials required by October 10.

Contact Karen Richel (208) 883-2241 or krichel@uidaho.edu

### Schools are in Session

If you did not notice the increase in traffic or long lines at the grocery, students are back! Remember to drive carefully in school zones. Traffic patterns have changed in some areas.

### Health Fairs at the mall

We had great turnout and participation from volunteers during Health Fairs in Lewiston and at the Palouse Mall in Moscow last June. Thanks to all who helped hand out information on AARP!

### Want to get involved?

What does our local AARP chapter do? We share information about senior services, education, and outreach activities in Latah County. We also demonstrate the potential of older Americans and stimulate public interest in local and national issues.

- If you have taken the Driver Safety Program, perhaps you could help teach future sessions.
- Do you have tax expertise? Moscow’s AARP Tax Aide volunteers prepare electronic tax returns and answer questions at the senior center in March and April.
- AARP board meets during the year to plan future meetings. New ideas are welcome. Please think about taking a turn on the board.

The AARP Newsletter is published by  
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*Susan B. Roberts, Editor*  
([sbrwng@moscow.com](mailto:sbrwng@moscow.com))

President: Roger Falen  
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