



1607 W. Jefferson Street
Boise, ID 83702

Phone: 208-333-1363
E-mail: info@fiaboise.org

FIA is a program of the
non-profit
Mountain States Group, Inc.

Thank You to our Partners and Donors for your Support

July through December 2009

AARP	Immanuel Lutheran Church	Swartley, Rhoby
Area III Agency on Aging	Jensen, Mitzi	Sweaney, Emma Jean
Assisting Angels Home Care	Jones, Louise	Van Ocker, Juno
Bailey, Fred	Juanita, Simpson	Venable, John E.
Bailey, Phyllis	Kempton, Elaine	Ward, Psy. D, Yvette
Beall, George and Ginger	Kennaly, Margaret	Warren, Evelyn
Bender, Robert L.	Kiefer, Phyllis	Wike, Carol
Blakeslee, Gary and Dawneen	Kindred, Jalene	Wolfe, Sharon
Bleymaier, Gene and Danell	Knutsen, Debbie	Zigelhofer, Mickey
		Legacy Home Health and Hospice
Boise State University Service Learning	Lesio, Juanita	
Cagen, Jerome	Lynn, Jean	
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Castle Rock Services, Inc.	Montamat, Stephen	
Christensen, Dawn	Morningside LLC	
Corp. for Nat'l. and Community Service	Neitzel, Herb	
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Dillon, Loren	Norco	
Edward Low Memorial Trust	Peterson, Gary and Ann	
Elsie Steine	Randall, Maxine	
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Hall-Smith, Mary	Royter, June	
Hanson, Steven	Sage Community Resources	
Harding-Swartley, Kathryn	Schmitz, June	
Higgins, Miriam	Sety, Mike and Charlie	
Houston, Jane	Severn, Winkle, Magette, LLP	
Howard, Richard	Shepherd Of The Valley Lutheran Church	

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Spring 2010
Newsletter



FRIENDS IN ACTION

Friends Connection

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Looking for the *Perfect Date* and the *Perfect Gift*?

Trying to find a fun, joyful way to spend an evening that helps a great cause? Dance the night away with us at

The Prom!

April 3, 2010

8 pm

**The Knitting Factory
Boise**

Enjoy the music of the High Street Band, bid on fabulous silent auction

items and have fun while supporting FIA's exceptional services, frail elders and their caregivers. Purchase your tickets online at www.fiaboise.org or call 333-1363. Can't attend but want to help? Donations are welcome!

Need a gift or want to purchase unique items that also support FIA? Take part in our online auction! From

the comfort of your own computer, you can easily browse an exciting array of items in categories such as Recreation, Dining, Vintage, Jewelry, Adventures and the list goes on.

Online Auction!

March 27-April 10

**Learn more at
www.fiaboise.org**



These two events raise funds that support transportation, respite, and companionship for frail elders in our community. Funds also support the very beneficial **Powerful Tools for Caregivers** program. Help us help elders and their families!

Help for families caring for loved ones...

Family members across the Treasure Valley are helping a spouse, parent, other relative, friend or neighbor with day-to-day activities, tasks and care. The rewards can be huge, but so can the stress. We understand the stress faced by family caregivers and we know tools to

help caregivers THRIVE. We offer the **Powerful Tools for Caregivers** program — a six week series of classes that help family caregivers feel more confident, hopeful and positive. Classes are ongoing, so please call FIA for class schedules.

**Friends in Action / www.fiaboise.org
info@fiaboise.org / 208-333-1363**

**POWERFUL
Tools
for Caregivers**

A LEGACY Health System Program

Family caregivers face increased risk to their health, emotional and financial well-being.

Powerful Tools for Caregivers can help decrease these risks.

Your Antiques Turn Into Fun at the Shabby House!

The Shabby House, purveyors of wonderful collectibles, antiques, and more, is hosting

“An Evening in Wonderland!”

to benefit Friends in Action.

Friday, May 5

5 to 9 pm, 4906 W. State Street

The Shabby House is currently collecting Estate Quality items for this event. Items donated on behalf of Friends In Action are tax deductible and 100% of proceeds will go to FIA.

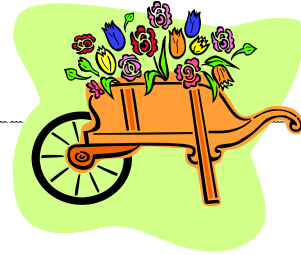
You can drop off donated items at The Shabby House, located on the north side of State Street, just west of Collister.

By attending the event on May 5 you will enjoy first chance at great sale items, a silent auction, live music, delicious food

and beverages, and a no-host bar. Tickets are available through The Shabby House.

853-1005

www.theshabbyhouse.com



The Shabby House

Unique finds for today's home
Salvage pieces, primitives, shabby chic,
cottage style, deco, contemporary, swedish,
rustic, cabin, garden, gifts and more. All styles, great prices.
4906 W. State Street, Boise

Partner Profile: Syringa Construction

Friends in Action recently received a generous gift from Syringa Construction, a Boise-based custom home builder. This gift supports our volunteer recruitment, training and placement efforts...the heart and soul of FIA's work. More personally, Syringa's gift helps us support Jessica White. Jessica is our priceless Volunteer Coordinator who has helped us become better communicators and supporters of our volunteers. The generosity of Syringa Construction is deeply appreciated and we honor their investment by doing the most we can to keep improving our volunteer outreach and support. Thank you Syringa Construction!

Syringa Construction is a custom home-builder specializing in custom architectural home design.

Each home is energy efficient and follows BCA sustainable construction practices.

Syringa Construction meets client expectations by avoiding cost overruns, hidden fees and by providing an excellent customer experience.

Please thank Syringa Construction for their generous support of FIA's services.

www.syringaconstruction.com

Spring Yard Clean Up—Know anyone who needs help?



Volunteers from Cathedral of The Rockies are available to help with yard work during a weekend in May. If you know of a frail elder who would like help with yard clean-up, please contact our office as soon

as possible so we can make sure help is received! Call Friends in Action at 333-1363.

Thank you Cathedral of the Rockies!

From the FIA Office.....

Volunteers Needed:

Transportation: Requests for rides to medical appointments and shopping have increased over 50% in the past year. Many frail elders cannot walk to the bus nor can they afford a taxi. Without our volunteer transportation services, many of these elders will miss important medical appointments and are unable to get their groceries. If you can help with one ride a month (or more!) we'll be able to meet this growing need in our community.

Senior Companion opportunity: FIA is a host site for the federal “Senior Companion” program. Senior Companion volunteers help frail older adults maintain independence in their own homes

by providing family caregivers much-needed time off for respite, running errands, or simply by being a friend. Senior Companions make a difference that strengthens and helps preserve an individual's independence. **Qualifications** include a desire to help older adults live independently; being over the age of 55; being able and willing to serve a minimum of 15 hours per week. All Senior Companions must be in good physical and mental health. The **Benefits** of being a Senior Companion include a non-taxable stipend if income eligible; training, education, support and recognition; supplemental accident and liability insurance while on duty; and help to frail elders.

We've moved our office!

On March 1, 2010 FIA moved to **1607 W. Jefferson Street** in Boise (83702). Our phone number, web site and email addresses remain the same. FIA is now housed at Mountain States Group, Inc. where we have close contact with the Foster Grandparent volunteer program; the Retired Senior Volunteer Program; and other volunteer-based programs. It's great for us to work with other volunteer programs to help build and grow our own. Please come visit and see the new office!

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Resources You Can Use

Many older people need help paying for prescription drugs, health care, utilities and other basic needs. Ironically, millions of older Americans — especially those with limited incomes — are eligible for but not receiving benefits from existing federal, state and local programs. Ranging from heating and energy assistance to prescription savings programs to income supplements, there are many public programs available to seniors in

need if they only knew about them and how to apply for them.

Developed and maintained by The National Council on Aging (NCOA), **BenefitsCheckUp** is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources.

BenefitsCheckUp includes more than 1,850 public and private benefits programs from all 50 states. Millions of people have used

BenefitsCheckUp to find benefits programs that help them pay for prescription drugs, health care, rent, utilities, and other needs. To date in 2010, the program has helped over 2.4 million people find over \$8.1 billion worth of the annual benefits they deserve.

Benefits Check Up website:
www.benefitscheckup.org