

Aides ready to assist with 1979 tax returns

Tax aides, all members of the Farmington Chapter of American Association of Retired Persons (AARP), begin their 1979-80 Tax Aide Program giving free assistance to senior citizens and retirees in preparing 1979 income tax returns.

The aides will assist with both federal and state tax returns at two locations in this area: The Gathering Place, located in Mercy Center, on 11 Mile and Middlebelt roads, and in Farmington Community Library on Liberty Street.

Aides will be stationed in The Gathering Place from 10:30 a.m. to 4 p.m.

'Managing Stress' leads off series of 9 Fabulous Fridays

Learning to cope with stressful situations that are part of daily living is the first of the nine-part series of Fabulous Fridays planned for the winter months by Farmington Community Center.

"In part, this can be done by understanding the physiology of stress," said Alice Belfie, who leads the program that runs from 9:30-11:30 a.m. Friday, Jan. 25.

Participants will learn how to differentiate between stress, distress and eustress (deliberate counteraction of internal stress). They will assess their own level of stress overloads or underloads and recognize their own personality type.

"They will learn to reduce stress in situations which cannot be controlled and learn to alleviate stress in situations which can change."

"In two hours," Ms. Belfie states, "they will gain more control and more satisfaction and peace in their work and personal life."

Relaxation mechanisms will be covered, both passive and active.

MS. BELFIE holds a bachelor of science degree in recreation and park services, with an emphasis in therapeutic recreation from Wayne State University, and is now on that university's staff. She is a specialist on aging and is a candidate for a master's degree in exercise physiology and gerontology.

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Another day of training is added to this by a representative from the Michigan Treasury Department before the rating of counselor, or Tax Aide, can be obtained.

IVAR C. NYLIN, a Farmington Hills resident, is instigator of the program.

"It will be to everyone's advantage if the person asking for help on his or her returns to bring all of the information needed the first time we see them," Nylin said.

The tax aides will need W and 1099 statements for income, pension, interest and dividends.

They will need the total amount of social security money received in 1979, all 1979 real estate tax receipts, the total rent paid in 1979 and the name and address to whom it was paid, and a copy of 1978 income tax returns.



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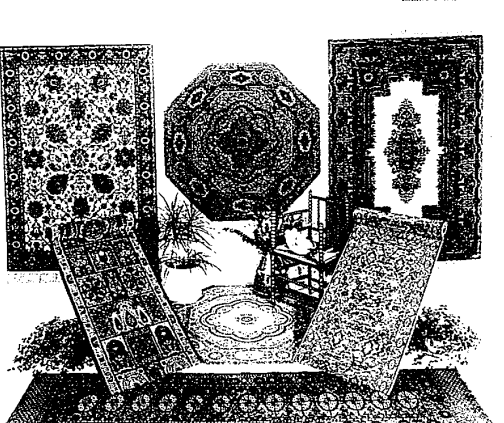
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