

# *Friendly Neighbors Newsletter*

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## President's Message

Welcome to spring,  
everyone,

It looks like winter is  
making a desperate  
attempt to hang around  
for a while yet. But  
officially it is spring and

we have had a few indications that it's just around the corner. A nice day or two. Early flowers sticking their head out of the ground. We even had a couple dozen robins in our apple tree acting like it is spring. So, by the time you read this we hope to have some shirtsleeve weather and longer days.

The month of March is National Nutrition Month. It won't be too noticeable in our meals because our kitchen staff goes out of their way each week to make sure we have a nutritious and delicious meal. Just the fact that you are coming to the meal site or participating in our other activities provided is a positive lifestyle choice.

May you enjoy the spring weather and be sure to invite your neighbor to our senior meals. The better we eat and the more active we are the healthier we will be, both physically and socially.

John Carlson, President



## SHRED DAY

**SATURDAY, APRIL 19**

**9 a.m. - 3 p.m.**

**Latah County Fairgrounds**

- Professional on-site shredding of documents
- Free to ALL residents of Latah County
- 8 paper bags (or equivalent) per resident
- No commercial

**Enter** from White Avenue, across from Safeway and **exit** onto Mountainview Road. Service provided by DeVries Information Management.

Sponsored by Latah County Solid Waste and the City of Moscow. For more information, call Latah County Solid Waste at **(208) 883-5706**.

## Membership Directory Available

The 2025 Friendly Neighbors membership directory has been printed. Members can pick up copies at the meal-site sign-in desk.



## Adult Programs at the Library

The library offers something for everyone this April and May. The first monthly **Craft Lounge**, a space for adults to create and connect, happens on Thursday, **April 3**, 5:30 PM–7:00 PM. Every subsequent month (on the first Thursday) the library provides a craft for you to work on or you can bring your own.

Two puzzle events occur on Saturday, **April 5**, 2–5 PM and **April 11**, 10 AM–4 PM. The first is a **Speed Puzzling Challenge** for adults. Race against the clock with a partner or play solo or register with a team of 3–4 adults to race against others. Teams have 120 minutes to complete a 500-piece puzzle. The first team to assemble the preselected puzzle wins. The second is another jigsaw **Puzzle Swap**. Drop in any time between 10:00 AM and 4:00 PM to swap a gently used puzzle with a new-to-you puzzle.

Community members can bring their broken objects and a can-do spirit to the library's **Repair Café**, Sunday, **April 13**, 1:00–4:00 PM at the 1912 Center (412 East Third Street). Volunteer experts share their skills with visitors to repair books, clothing and textiles, jewelry, small household appliances, toys, and other items.

Two book clubs occur in April and May. The **Tuesday Teabirds Book Club** meets at 2 PM, **April 8** and **May 13** to discuss the books *Absolution* by Alice McDermott and *All Fours* by Miranda July, respectively. Our evening book group, the **Night Owls Book Club**, meets **April 16** and **May 21** to talk about *The Collected Regrets of Clover* by Mikki Brammer and *The House in the Cerulean Sea* by TJ Klune, respectively. Find all upcoming books and meeting dates at [latahlibrary.org/book-clubs](http://latahlibrary.org/book-clubs).

The library and Latah County Historical Society welcomes **Richard Holm**, author of *In Selway Shadows: Last Flight of 148Z* on Friday, **April 18**. The presentation begins at 2 PM. The book is not currently available in print format, but it is available as an eBook on Libby for library cardholders.

Connie Brumm, a retired family physician, hosts an informational session on identifying end-of-life values, selecting a durable power of attorney for health care, and creating an advanced directive. **End of Life Planning** occurs Tuesday, **April 29** at 4 PM.

A representative from the Senior Health Insurance Benefits Advisors discusses the basics of Medicare at the library's quarterly **Medicare Workshop**, **May 8**, 10:30 AM.

For more information on these and other upcoming events at the Moscow Library, visit the Events Calendar on our website at [latahlibrary.org/events-calendar](http://latahlibrary.org/events-calendar).

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## Going Green

As we say goodbye to the emerald month of March, stay green—by eating your greens. They add variety to your meals but also may help to slow cognitive decline and to prevent heart disease, inflammation, cancer, and osteoporosis. Here's a few tips to work in these special foods to help keep you in tip-top shape.



### Serve Them Wilted

With just a little heat or steam, you can wilt leafy greens like arugula, spinach, and mustard greens, adding texture and flavor to dishes like pasta and stir-fry. Some of the less common leafy greens like chard and watercress are worth experimenting with too.

### Add Them to Food

A handful of greens boosts the nutritional value of just about any recipe. Kale and spinach are dark, leafy greens that blend well in soups and smoothies, particularly when combined with strawberries, blueberries, blackberries, and raspberries or in a creamy and yummy chocolate and banana smoothie.

### Try Them as Leafy Green Chips

Commercially prepared chips made from leafy green vegetables have become scrumptious additions that perk up a ho-hum sandwich lunch. Kale chips (sometimes combined with spinach and whole grains) are the most common pure green chip, but for extra variety sweet potato, beet, and carrot chips are even crunchier. For the adventurous, homemade kale chips are not that difficult to make. Just mix oil, lemon juice, and salt, add pieces of kale, and spread the greens onto a cookie tray. Bake for 30 minutes at 300°F and cool completely before enjoying.

Top o' the morning to you as you give these powerful foods a try!

## Birthdays of Our Members

### April

2 Jane Hess  
2 Bud Miller  
8 Kathy Warren  
11 Jim Pierce  
14 Lauren Fins  
16 Wendy Blanchard  
18 Fran Gibson  
20 Marvin Munn  
22 Dale Iverson  
24 Becky Parnell  
25 Julie Roberts



### May

1 Mary Bielenberg  
2 Jackie Coleman  
3 Jerry Leonard  
6 Richard Tavis  
10 Chris Kelton  
14 Christine Suquet  
14 Harriet McQuarie  
19 Casey Green  
21 Donna Brown  
23 Terrie Postlewait  
28 Allan Roberts  
30 Lucy Carlson

## Senior Truisms

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where the heck is it?
7. It was a whole lot easier to get older, than to get wiser.
8. I wish the buck really did stop here, I sure could use a few of them.
9. The world only beats a path to your door when you're in the bathroom.
10. If I were supposed to be able to touch my toes, they'd be on my knees.
11. These days, I spend a lot of time thinking about the hereafter. . . . I go somewhere to get something and then wonder what I'm "here after."
12. Funny, I don't remember being absent-minded.
13. HAVE I SENT THIS MESSAGE TO YOU BEFORE?

## Lesser-Known Family Tree of Vincent Van Gogh



His dizzy aunt.....Verti Gogh  
The brother who ate prunes.....Gotta Gogh  
The brother who worked at a convenience store.....Stop N Gogh  
The grandfather from Yugoslavia.....U Gogh  
His magician uncle.....Where-diddy Gogh  
His Mexican cousin.....A Mee Gogh  
The Mexican cousin's American half-brother.....Gring Gogh  
The nephew who drives a stagecoach.....Wells-far Gogh  
The constipated uncle.....Can't Gogh  
The ballroom dancing aunt.....Tang Gogh  
The bird lover uncle.....Flamin Gogh  
An aunt who taught positive thinking.....Way-to-Gogh  
The little bouncy nephew.....Poe Gogh  
A sister who loved disco.....Go Gogh  
The brother with lower back pain.....Lum Bay Gogh  
And his niece who travels the country in an RV.....Winnie Bay Gogh

I saw you smiling . . . there ya Gogh!





## In the Spotlight: Computer Help and Computer Access by Kay Keskinen and Tanya Denison

Friendly Neighbors has been offering seniors both computer assistance and access to PCs ever since we moved into Moscow's first Senior Center in the 1912 Center in May 2002. At that time the use of home computers by senior citizens was on the rise, but there were not many opportunities for seniors to get free help learning how to use PCs and many did not have computers in their homes. With space for senior activities, Friendly Neighbors members Doris Norman and Scottie Hecht had the foresight to plan the room to include a computer corner for use by seniors. They found three donated Windows 98 PCs and connected them so that they shared one dial-up phone line. When the center was open they allowed others to use them, with Doris offering computer assistance on Monday mornings.

In 2003, Kay Keskinen, after retiring from a 31-year career in information technology at the University of Idaho, joined Doris on Mondays to help seniors with computer questions as well as maintaining and upgrading those early PCs. The computers migrated from Windows 98 to Windows 2000, Windows XP, Windows 7, Windows 10, and now Windows 11. And in 2005 the sharing of a dial-up phone line transitioned to public Wi-Fi. Today, wi-fi (wireless network access) is available throughout the building.



After Doris passed away in 2012, Kay continued to provide computer help. Last February, new retiree Tanya Denison joined Kay to provide Monday morning tech help. They used to work together at the U of I; at left are photos of them in 2001 and in 2025.

Tanya has 35 years of experience working in information technology. She enjoys solving problems and sharing her knowledge with others. Last year she retired as the chief information officer at Northwest River

Supplies here in Moscow. She grew up in Deary and loves bicycling, hiking, and paddling her kayak. Tanya brings new energy and skills to help seniors with the ever-changing technology. Assistance services have gone beyond helping folks operate their PCs; seniors now have tablets, smart phones, smart watches, and more.

In addition, the three PCs in the Welcome Room not only have the latest Windows 11 software, they also use the latest Microsoft 365 software (for example, Word and Excel); a recent grant from the Latah County Community Foundation covered the purchase of new 24" monitors.

The PC shown at the far right is for public use; it does not need a password to use; log in with the "Visitor" account. The two PCs on the left are reserved for use by seniors; they require a password for the "Friend" account. If you want to use a PC for seniors, ask Tanya or Kay for the password. The computers can be used when the Welcome Room is open to the public. All PCs print to the laser printer in the Welcome Room. For each page printed, please donate 25 cents in the jar by the printer.



Friendly Neighbors has a separate checking account for our non-meal services: newsletter, Welcome Room computers, and senior activities. The meal-site donation jar on the "bread table" is for funding those non-meal programs. Please support them by donating in the jar at the "bread table." We accept checks as well as cash.