Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Need a Refill?

The whole world paused this morning.

Do you know why? Because an 8-year-old's tank was empty.



The boys had already started their school day at their desks and I was preparing to leave for work when I noticed my littlest standing in the bathroom wiping his face.

I paused at the door and asked if he was okay. He

looked up with tears silently dripping and shook his head. When I questioned if something happened, again he shook his head.

So I sat on the side of the tub and pulled him in my lap. I told him sometimes our heart tanks feel empty and need to be refilled.

He cried into my chest and I held tight.

I asked if he could feel my love filling him up?

A nod, and tears stopped...

I waited a minute...

"Has it reached your toes yet?"

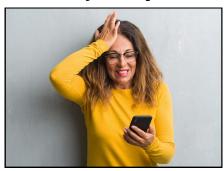
He shook his head no...

(Continued on Page 2)

Disconnected

My mother was living with us now, so I tried having her old home phone disconnected. But customer service at the phone company told me that since the account was in my dad's name, he'd have to be the one to put in the request.

The fact that Dad had been dead for 20 years didn't sway the rep.



Then a solution hit me: "If I stop paying the bill, you will eventually turn off the service, right?"

"Well, yes," she said reluctantly. "But that would ruin his credit."





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Lunchline Dilemma

The children were all lined up in the cafeteria for lunch.



At the start of the line was a large basket of apples. The lunch lady had written a note and attached it to the apple basket:

"Take only ONE. God is watching."

At the end of the line was a large tray of chocolate chip cookies.

A child had written a note:

"Take all you want.
God is watching the apples!"



(Do You Need to Refill?—Continued from Page 1)

"Okay. We will take as long as you need. Work doesn't matter right now. School isn't important either. This right here, is the most important thing today, okay? Filling you back to the top. Is that good?"

He nods.

One more minute...

"Is your heart full of mama's love now?"

"Yeah..."

I look in his eyes. "I see it shining in there, you're full to the top, and you're smiling!"

Y'all. You may not be 8- you may be 28, 58, 78 or whatever- but ALL of us run on empty just like he did. His weekend was so busy and so full and his little soul was just dry!!!

We all have to pause and take a moment to refill with the good things.

Scripture, prayer, sunshine, worship, song, laughter, friends, hugs. Refill your empty, or you'll find those emotions (tears, anger, snappy words) overflowing with no reason why.



Take a moment. Refill. It's the most important part of your day!



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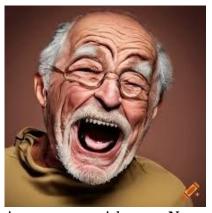
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A Few Thoughts on Aging



- The biggest lie I tell myself is that I will remember to turn off the water when I'm filling my bathtub.
- The second biggest lie I tell myself is that I do not need to write something down to remember it.
- I don't have gray and white hair. I have "wisdom highlights." And I'm very wise.
- When I was a child I thought nap

time was a punishment. Now, as a grown up, it just feels like a small vacation!

- Why do I have to press one for English when they're just going to transfer me to someone in a foreign country that I can't understand anyway?
- Even duct tape can't fix stupid ... but it can muffle the sound!
- At my age "getting lucky" means walking into a room and remembering what I came in there for.
- It seems like my stairway has been creaking and squeaking more often and is louder when I go up or down the stairs. Then I realized it's my knee and hip joints making the sounds.
- I am so old, my social security number is 13.
- You know you're getting old when the candles cost more than the cake.
- I am so old, when I was a boy the Dead Sea was only sick.
- Talk about getting old. I was getting dressed and a peeping tom looked in the window, took a look, and pulled down the shade.



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The ABCs of Life



If you're happy and you know it, stay in bed! If you're happy and you know it, stay in bed! If you're happy and you know it, Getting up will surely blow it, If you're happy and you know it, stay in bed!

(Admit it, you sang along, didn't you!)

There are five things in life that you can never recover:

- 1. A stone...after it's thrown.
- 2. A word...after it's spoken.
- 3. An occasion...after it's missed.
- 4. The time...after it's gone.
- 5. A person...after they die.



Life is short. Break old habits. Forgive quickly. Kiss slowly. Love truly. Laugh heartily. And never regret anything that made you smile!



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First Day of School

A new principal was making his rounds of the school on his first day when he heard a terrible commotion coming from one of the classrooms. He rushed in and spotted one boy, taller than the others, who seemed to be making the most noise.

He seized the lad, dragged him out into the hall, and told him to wait there until he is excused.

Returning to the classroom, the principal restored order and lectured the class for half an hour about the importance of good behavior.

"Now," he said, "are there any questions?"

One girl raised her hand timidly. "Please sir," she asked, "may we have our teacher back?"

Early one morning, a mother went in to wake up her son. "Wake up, son. It's time to go to school."

"Ah, Mom. I don't want to go today."

"Give me two reasons why you don't want to go," said his mom.

"Well, for one all the kids hate me, and the teachers hate me, too!"

"Oh, that's no reason not to go to school. Come on, now, get up and get ready to go."

"Give me two reasons why I should go to school," he pleaded.

"Well, for one, you're 52 years old and ought to know better. And for another, you're the Principal!" The Best People Providing the Best Care, Wherever You Need Us





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Kids say the Darndest Things—with Art Linkletter



What does your father do? My father's a schoolteacher.

That's a fine job. Does he like it?

He only complains about one thing.

What's that?

The kids.

Do you have any brothers or sisters?

No.

Would you like some?

Sure, I'm lonesome.

What does your mother say when you ask for one?

She just groans.

What did your mommy tell you not to say?

My mother told me not to tell any of the family secrets, like the time she dyed her hair blonde and it came out purple. "My teacher is old. She's the same as you."

"I love Gammy because she smells like the old days."

"When it gets dark it's because God turned out the lights so he could sleep"

"At Sunday school I learned that God named all the animals and you know what? He got them all right!"

"Mom, I can't go to school today, I have the hiccups. And if I go to school with the hiccups, then all my friends will get the hiccups!

"You should always give someone a compliment, especially your teacher, even if it's a lie and she is really the wicked witch."

"Do you think my mom would notice if I packed up my twin brothers and sent them to China?"

"I can always tell when my teacher is mad. She gets real loud, turns red and doesn't blink."



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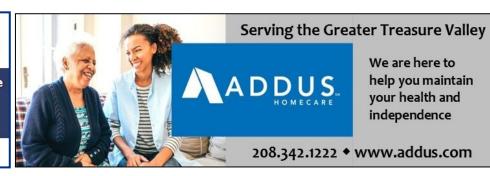
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Confessions of a Telemarketer



Years ago on my first day as a telemarketer, I called a house and a real nice lady answered the phone. She was really helpful and friendly - the type of lady that helps a telemarketer get through a long day.

After some pleasantries I asked if Mr. Smith was in. "I'm sorry", she answered "I'm afraid he doesn't live here anymore."

Now that was a real disappointment being that she was a nice lady and all, but I took it all in a stride.

"I'm sorry to hear that ma'am. Do you happen to have his new number."

"Sure thing!" The woman cheerfully replied, listing off his new number.

I hung up the phone and quickly called the new number and was surprised to hear a recording - "Thank you for calling Green Acres Cemetery..."

Now that I'm older, but not yet grown up, here's what I've discovered:

- ◆ I started out with nothing, and I still have most of it.
- ◆ My wild oats have turned into prunes and all-Bran.
- I finally got my head together and now my body's falling apart.
- Funny, I don't remember being so absent-minded.
- If all is not lost, where is it?
- ◆ It's easier to get older than it is to get wiser.
- ◆ I wish the buck stopped here; I could use a few.
- Funny, I don't remember being this absent-minded!
- It's hard to make a comeback when you haven't been anywhere in the first place.
- The only time the world beats a path to your door is when you're in the bathroom.

- If God wanted me to touch my toes, he would have put them on my knees.
- ♦ When I'm finally holding all the cards, why does everyone want to play chess?
- Funny, I don't remember being this absent-minded.
- ♦ It's hard not to meet expenses, they're everywhere!
- ♦ The only difference between a rut and a grave is the depth.
- These days, I spend a lot of time thinking about the hereafter—I go somewhere to get something, and then I wonder what I'm here after.
- Funny, I don't remember being this absent-minded!

Now I think you are supposed to mail this to a bunch of your friends if you can remember who they are. Then something is supposed to happen...I think you get your memory back or something. I think.

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Milestones



Nancy Boman Aug 25, 1934—90 years

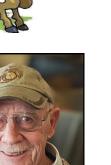


Boise MorningStar

Maria Grana

Sept 10, 1939—85 years

Star Senior Center



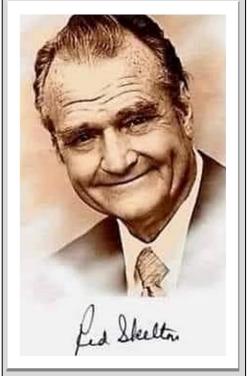
Jay Gunter Sept 15, 1939 - 85 years Meridian Senior Center



Mary Brizzi Sept 9, 1934-90 years Boise New Hope



Doris Zurn Sept 21, 1939-85 years Meridian Senior Center



"If I can say one thing about my wife's cooking, she sure broke our dog from begging at the table!"

"All men make mistakes. but married men find out about them sooner!"

I finally did it! I bought a new pair of shoes with memory foam insoles. No more forgetting why I walked into a room!



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Alphabet for Seniors

A is for Apple, and B is for boat, that used to be right, but now it won't float. "Age before beauty" is what has been said, but let's be more realistic instead!

- A is for Arthritis,
- B is for Bad Back,
- C is for Chest pains,
- **D** is for **Dental Decay** and **Decline**.
- **E** is for **Eyesight**, can't read that top line!
- **F** is for **Fat** and **Fluid Retention**.
- **G** is for **Gas**, which we'd rather not mention,
- H is for High Blood Pressure, not low.
- **I** is for **Incisions** and scars you can't show,
- **J** is for **Joints**, out of socket, won't mend,
- **K** is for **Knees** that crack when you bend,
- **L** is for **Love** that we need when we're vexed,
- **M** is for **Memory**, I forget what comes next
- **N** is for **Nerves** that we feel way down low,

- **O** is for **Osteo**, bones that won't grow,
- **P** is for **Pills**, we have quite a few
- **Q** is for **Queasy**, is it COVID or flu?
- **R** is for **Reflux**, one meal turns to two.
- **S** is for **Sleepless**, counting my fears,
- **T** is for **Tinnitus**, ringing in my ears,
- **U** is for **Urinary**, troubles with flow,
- **V** is for **Vertigo**, that's "dizzy" you know!
- **W** is for **Worry** about what's going round,
- **X** is for **X-Ray** and what might be found,
- **Y** is for **Yearly**, twelve months left behind,
- and **Z** is for the **Zest** I still have in my mind!

I remember when you could slam the phone down to hang up on someone! It was great!



Back in my day we didn't have GPS



We had Road Maps



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Gone "fishin"

Man on phone to his wife: "Honey, I've been asked to go fishing in Montana with my boss for a week. This is a great opportunity for me to get a promotion. So could you please pack enough clothes for a week and set out my rod and fishing box? We're leaving from the office, so I'll swing by the house to pick up my things. Oh, and please pack my new blue silk pajamas!"

The wife thinks this sounds a bit fishy, but being a good wife, she did exactly as her husband asked.

The following weekend, he came home a little tired but looking good.

The wife welcomed him and asked, "Did you catch many fish?"

He said, "Yes, lots of trout, some steelhead, and some catfish. But why didn't you pack my blue silk pajamas?"



She says, "I did... They're in your fishing box."

Dear Abby:

This is a message about our senior population. Our children grow up, marry and have children.

DEAR ABBY Syndicated columnist



Each grandchild is special. We love them and adore being with them. Then the grandkids grow up and have little ones of their own. By this time we're old and sometimes need help with housework, yard

work, or just would like to get out of the house to go eat or shop. We still have feelings, and we're not dead. But while it may not be intentional, it seems there is no time for the elderly.

We may say we're fine and don't mind being alone, but it IS lonely at times. No one calls to say hello or ask if we need anything. How long does it take to make a call? It would be nice if each family member called once a week or came by once a month. The love we've always had for family is still there and strong.

Children and grandchildren, please think about this and remember: The most important thing you can give your elderly relatives is your TIME. Time is the most precious gift of all and doesn't cost a thing. Someday you will be old, too!

Wise Woman in North Carolina

≋ Edgewood



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When I was young, I was poor. But after years of hard, honest and painstaking work, I'm no longer young.

If zombies attack, go to COSTCO!



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Fashion Sense

At the clothing store where I work, I make it a point of pride to give customers my unvarnished opinion.

One day, when a man emerged from the fitting room, I took one look at him and shook my head.



"No, no," I said. "Those ieans look terrible on you. I'll go

get you another pair."

As I walked away, I heard him mumble,

"I was trying on the shirt."

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Milestones



Matt Feltman Sept 23, 1939—85 years **Boise Senior Center**



Judy Buse Sept 1, 1944-80 years Boise Senior Center



Art Holland Sept 23, 1944—80 years Meridian 10 Mile Christian



Gary Schurdell Sept 23, 1949-75 years Meridian 10 Mile Christian



Send your information to terry@seniorgoldmine.com



Daniel Conley Aug 10, 1954—70 years Meridian Senior Center



Bonnie Riewald Aug 19, 1954-70 years Meridian Senior Center



Michael Harrington Sept 28, 1954-70 years **Eagle Seniors**

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