

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Pay It Forward with Kindness

When I was a fresh mom with two kids under three, my card was declined in the checkout line. The baby was in the car seat, the two-year-old was asking for bubble gum and chocolate bars. I felt like I could just melt into the floor.

Without missing a beat the man behind me in line handed the cashier his card. "I've got it," he said.

That was ten years ago, and I will never forget it.



When I worked at a coffee shop, we had someone buy their own coffee and then anonymously buy coffee for the next person, just saying "pay it forward."

The next person was shocked to hear their coffee was covered and said, "Well, I want to buy

the one for the next customer." The pay-it-forward lasted most of the afternoon with people buying other people's drinks. My friend at the cash register was near tears by the end of her shift.

I won't ever forget that day and I doubt she has either.

One time in the Target line a mom with a brand-new infant and two littles who were crying and clinging to her legs asked if I might hold her baby for a minute. I took that baby and rocked her in my arms until she stopped fussing.

I bet that mom remembers that day, I know I do.

Continued on Page 2

Happy New Year!



I said to the man who stood at the gate to the year,
"Give me a light that I may tread safely into the unknown."

And he replied,
"Go into the darkness and put your hand into the hand of God,
That shall be better than light and safer than a known way!"

- M.L. Harkin



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WHEN EACH MOMENT COUNTS

Are You Free Tonight?

She's pretty, and she's single. She lives right across the street. I can see her place from my front window.



I watched as she got home from work this evening. I was surprised when she walked across the street, up my driveway and knocked on the door.

I rushed to open it, and she looked at me and said, "I just got home, and I have this strong urge to go out tonight, have a nice dinner, then party the night away. Are you doing anything tonight?"

I was totally caught off guard by her question, but managed to stammer out a response, "Uh, nope, I'm free all evening."

She said, "That's great! Could you watch my dog for me?"

Being a senior citizen is really tough some times!

(Pay It Forward With Kindness—Continued from Page 1)

When my toddler was somewhere between three and four-nado she threw a giant tantrum in a shopping center. I held her on a park bench while she screamed like I was her kidnapper. A couple older ladies stopped and said, "You're doing an AMAZING job, mama, hang in there!!"

I will never ever forget them or their words that day.

In a train depot in France we were lost and confused trying to figure out where to go. An older man sitting near us accidentally dropped some cash on the ground. My daughter, who was six, found it and returned it to him. He and his friend loaded us up with snacks from their bags and then in broken English asked if we needed help. They ended up walking us all the way to our next train and riding it with us for a while just to make sure we didn't get lost.

We won't ever forget those two men.

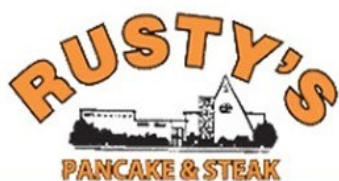
One time on a family road trip we stopped at a roadside cafe to get lunch. When we went to pay, we found out that another couple had already bought it saying that we had a "sweet family."

You better believe we will remember that forever.

Kindness is so powerful. It can be such a little thing, like buying someone's coffee or giving an encouraging word to someone who could use it. You just never know the impact it might have. My guess is that most of us remember the times that someone stepped out of their own life just to bless ours.

What little things can we do this week that just might last with someone for a lifetime?

Love, Jess



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**When my wife discovers
I replaced her treadmill with
a trampoline, she's going to
hit the ceiling!**



A couple, married for 45 years, had raised 9 children and were blessed with 22 grandchildren.

When asked their secret to such a lasting marriage, the wife smiled and said, "Years ago, we made a promise: The first one to pack up and leave has to take all the kids."

WARNING!

*I don't know why I didn't
figure this out sooner!*

I use shampoo in the shower.
When I wash my
hair, the shampoo
runs down my
whole body.
Printed clearly on
the shampoo label is
this warning:



**"For Extra Body and
Volume"**

No wonder I've been gaining
weight!

Well, I've gotten rid of that
shampoo. Instead, I am going to
start showering with
Dawn dish soap
instead.



Its label reads:
**"Dissolves Fat That
is Otherwise Difficult
to Remove"**
Problem solved!

Say Goodbye to These Bad Combos

As we say goodbye to the old year, we need to wave goodbye to some old fashion trends. The following combinations do NOT go together and should be avoided at all costs:

1. Nose rings and bifocals
2. Spiked hair and bald spots
3. Pierced tongue and dentures
4. Mini skirts and support hose
5. Ankle bracelets and corn pads
6. Speedos and Depends
7. Belly button ring and appendectomy scar
8. Unbuttoned disco shirt and a heart monitor
9. Midriff shirt and midriff bulge
10. Bikini and liver spots
11. Short shorts and varicose veins
12. In-line roller skates and a walker



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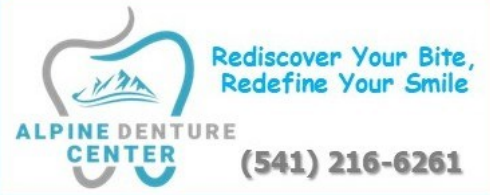
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I went to the gym
nearly every day this week.

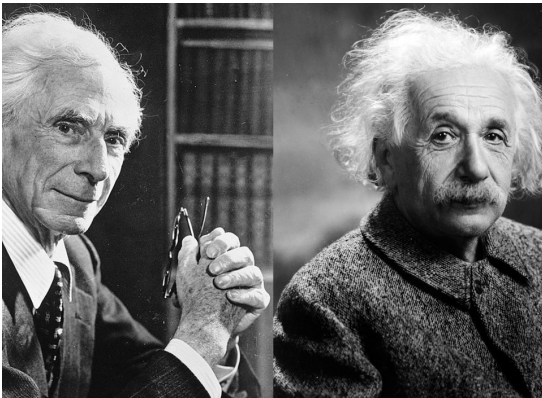
I nearly went Monday,
I nearly went Tuesday,
I nearly went Wednesday ...



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So simple even a ...

When Albert Einstein was making the rounds of the speaker's circuit, he usually found himself eagerly longing to get back to his laboratory work.



One night as they were driving to yet another rubber-chicken dinner, Einstein mentioned to his chauffeur (a man who somewhat resembled Einstein in looks & manner) that he was tired of speechmaking.

"I have an idea, boss," his chauffeur said. "I've heard you give this speech so many times. I'll bet I could give it for you."

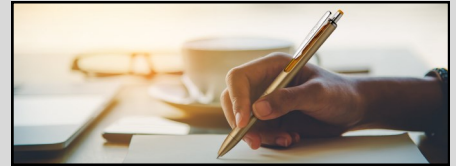
Einstein laughed loudly and said, "Why not? Let's do it!"

When they arrived at the dinner, Einstein donned the chauffeur's cap and jacket and sat in the back of the room. The chauffeur gave a beautiful rendition of Einstein's speech and even answered a few questions expertly.

Then a supremely pompous professor asked an extremely esoteric question about anti-matter formation, digressing here and there to let everyone in the audience know that he was nobody's fool.

Without missing a beat, the chauffeur fixed the professor with a steely stare and said, "Sir, the answer to that question is so simple that I will let my chauffeur, who is sitting in the back, answer it for me."

Notes to Myself:



1. You will not remember that password. Write it down.
2. Your coffee is still in the microwave.
3. Do NOT throw away the box with the directions until the food is in the oven!
4. Stop spending money just to get free shipping!
5. Your glasses are on top of your head.
6. Even after a REALLY BAD stomach flu, you are NOT fitting into those pants again. Get rid of them!
7. You will forget to fill up with gas tomorrow. FILL UP NOW!
8. No matter how recently you



We are pleased to welcome **Sarah Chandler, DNP, AGNP-C** to our team. She received her Doctor of Nursing Practice from the University of Michigan and has over 20 years experience.

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The inventor of the chill
factor died recently.
He was 82,
but he felt like 74.



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Old-Time Tech Quiz

Give yourself 1 point for each thing
you've NEVER done:

- ☐ Used a rotary phone
- ☐ Used a floppy disk
- ☐ Used a typewriter
- ☐ Taken photos with a film camera
- ☐ Listened to a cassette tape
- ☐ Listened to a vinyl record
- ☐ Listened to music on a Walkman
- ☐ Listened to music on a boombox
- ☐ Watched a video on a VHS tape
- ☐ Rented a video from Blockbuster
- ☐ Sent or received a fax
- ☐ Recorded music from radio to cassette
- ☐ Accessed the internet by dial-up
- ☐ Used a phone book
- ☐ Sent a postcard
- ☐ Used a paper map to travel
- ☐ Owned a dictionary
- ☐ Owned an encyclopedia

Missed the Big Game



An old man was sitting at the Super Bowl with an empty seat next to him.

A nearby fan saw the empty seat and said to the old man. "Who on earth would pay for this expensive seat and not turn up?"

The old man sadly looked up and said, "For 40 years my darling wife and I have sat together and watched every championship, but unfortunately she has passed away so was unable to come."

The young man turned to him and said, "I hope you don't mind me asking, but as sad as your story is, I have to ask, don't you have any relatives, like a son or grandchild or nephew that you could have brought along with you?"

The old man said, "Yes I have, but they've all gone to the funeral."

Safety Tips for Driving in the Snow

1. Install winter tires
2. Drive south.
3. Continue until you see palm trees.
4. Apply brakes and sunscreen.



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Lawyer: "Doctor, before you performed the autopsy, did you check for a pulse?"

Witness: "No."

Lawyer: "Did you check blood pressure?"

Witness: "No."

Lawyer: "Did you check for breathing?"

Witness: "No."

Lawyer: "So, then it is possible that the patient was alive when you began the autopsy?"

Witness: "No."

Lawyer: "How can you be so sure?"

Witness: "Because his brain was sitting on my desk in a jar."

Lawyer: "But could the patient have still been alive nevertheless?"

Witness: "Yes, it is possible that he could be alive and practicing law somewhere."

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