

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Raised in the USA

Is it just me, or does it seem like there is so much disrespect in our country today? I was raised during a time when most everyone treated each other with respect. We learned from our parents and grandparents instead of disrespecting them and treating them as if they knew nothing. What they said was the gospel.

We were taught to respect our elders, respect those in authority, respect our teachers, and yes, even respect the President, whether he was a Republican or Democrat.

Maybe it had to do with the fact that times were so much simpler then. We drank water from the kitchen sink – and the garden hose. Flavored drinks? We had lots of choices, depending on which packets of Kool-Aid mom brought home.

We didn't eat a lot of fast food because it was considered a treat, not a food group, even though hamburgers were only 19 cents

each. We were raised eating bologna sandwiches, peanut butter sandwiches, and grilled cheese with tomato soup for lunch.

Supper (not dinner) was home-made (no microwave) consisting of mainly meat, potatoes, home-grown vegetables, and home-made bread and butter with home-made dessert. (Do you see a home-made trend here?) We ate a hot breakfast or cold cereal at the breakfast table before going to school. We got to take our home-made lunches to school in a brown paper bag or an old lunch box passed down from an older sibling. Paying 25 cents for a hot lunch at school was an occasional luxury.

At school we said the Pledge of Allegiance every morning, and stood for the National Anthem and listened to our teachers.

If we were bad in school, we got in trouble there. When we got home, we got in trouble again (because your parents already knew). Paddling was allowed in school and you behaved yourself or else.

(Continued on page 2)



The Alphabet Prayer



A grandfather was walking through his yard when he heard his granddaughter repeating the alphabet in a tone of voice that sounded like prayer.

He asked her what she was doing.

The little girl explained: "I'm praying, but I can't think of exactly the right words, so I'm just saying all the letters, and God will put them together for me because He knows what I'm thinking."

Sometimes we just need to let Him say it for us.



Live a Life Worth Celebrating
AT HARMONY HILLS ASSISTED LIVING

Call (208) 283-3042

for a tour of our beautiful new community

1180 W. Overland Rd. ♦ Meridian, ID 83642 ♦ www.harmonyhillsassistedliving.com

America's Choice in Homecare



LIVING ASSISTANCE SERVICES

Serving the Treasure Valley

208.888.3611

www.visitingangels.com/boise/home



An "At Your Service" Home Health Agency

Now Hiring Clinical Staff: RN, LPN, CNA

2950 E. Magic View Dr., Meridian, ID 83642 #150

www.healthylivingnet.com ♦ P (208) 999-4110 ♦ F (208) 493-3019

The Paradox of Grief

"Despite the forecast, live like it's spring."
- Lily Pulitzer

Depending on the day and our moods, the forecast can seem to call for nonstop cold and wet when we're grieving.

The paradox is that we can learn both to inhabit the dreary days and expect spring at the same time. In other words, we can embrace the pain and darkness of our grief when that is what we are feeling while also nurturing hope that sunshine and blossoms are on the way.

Healing grief is a lot like the onset of spring. It's unreliable and fickle. One day it's warmish and blue skies and we think, "Hey! We're feeling better!"

Then the next day—or week—it's sleeting and gray again. But ever so slowly, we advance into better weather.

We can't rush it. We can't control it. We can't skip the dismal days. But we can trust that spring and then summer will come.

*No matter how I'm feeling today,
I will trust that better days are ahead.*

By Dr. Alan Wolfelt
Grief One Day at a Time: 365 Meditations to Help You Heal After Loss

If someone you know is grieving, share this with them.

Raised in the USA (Continued from page 1)

If someone had an argument with a friend, you might have a short fistfight, but you were back to being friends afterwards and the bullying pretty much ceased. Kids who were around guns were taught how to properly use them and to respect them and never thought of taking a life.

After school, we came home and did homework and chores and watched some cartoons on Saturday morning. There were no cell phones. In fact, we often shared a party line on our antique rotary phone!

After our homework was done, we would go gather glass bottles to take to the store and use the deposit money to buy penny candy. You could get a lot for just 25 cents – including a pack of bubble gum with baseball cards and a box of candy cigarettes.

In the summer we mowed lawns, helped neighbors with chores, and worked in the garden. We went outside a lot to play games, ride bikes, run with siblings, cousins and friends. We played hide and seek, kick the can, jump rope, hopscotch, Red Rover, red light – green light, Mother, may I?, kickball, basketball and dodge ball.

We would ride our bikes for hours and play outside until the lightning bugs came out, or the streetlights came on. We would catch bugs in mason jars, make mud pies, play in the creek, catch pollywogs and pick wildflowers and four-leafed clovers.

We had to be close enough to home to hear our Mom yelling or Dad whistling to tell you it's time to come home for dinner. We ate around the supper table and talked to each other as a family unit.

After supper, we got to watch black and white TV with just 3 channels (I was Dad's remote!). We watched TV as a family: Gunsmoke, Gilligan's Island, Father Knows Best, My Three Sons, Leave it to Beaver, Wonderful World of Disney, Bonanza, Red Skelton and Ed Sullivan.

We watched what we said around our elders because we knew if we disrespected any grown up we would get our behinds paddled. It wasn't called abuse, it was called discipline!



(Continued on Page 7)



(208) 321-1703

Providing non-emergency transportation

- Ambulatory • Wheelchair • Hospice
- Stretcher • Long-Distance



The Cottages

Assisted Living & Memory Care

Assisted Living & Memory Care at its best!

Boise 853-1255

Meridian 288-2220

Middleton 585-5959

Nampa 463-4941

www.TheCottages.biz

HOME CARE AND MEDICAL STAFFING



- Personal Care & Homemaker Services
- Private Duty Nursing
- Accept Medicaid, Veterans' Benefits and Private Pay
- Short, Long-term and Permanent Staff Placement

(208) 336-9898 ♦ Serving the Treasure Valley and Magic Valley

IN-HOME CARE & ASSISTANCE

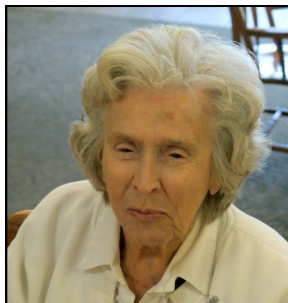


www.havenwoodhomecare.com
(208) 327-1011

Milestones



Jessee Berain
May 30, 1928—91 years
Boise



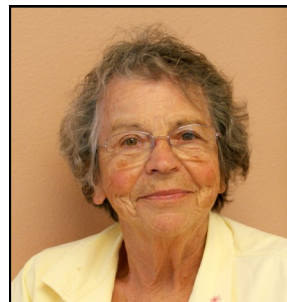
Beverly Townsend
July 30, 1928—91 years
Kuna Swan Falls



Bud Davis
June 4, 1929—90 years
Eagle/Star Senior Centers



Pat Morrison
July 26, 1929—90 years
Meridian Senior Center



Geraldine Wrmouth
June 21, 1934—85 years
Star Senior Center

BridgeTower Chiropractic



Dr. Scott H. Gibbons
3120 W. Belltower Dr.
Meridian, ID 83646

208.846.8898

No Twisting, Popping or Cracking!



An authentic 50s-style diner

Open Daily 6:00 a.m. to 2:30 p.m.

979 S. Progress Ave.
Meridian, Idaho



"We Deliver Happiness For You"

391 W State St Suite B • Eagle, ID 83616
(208) 939-4022

Old age is like a garage sale —
Some stuff looks really old,
Some stuff is broken,
And some stuff you can't identify!

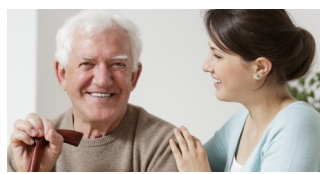


Terri's Café
Breakfast and Lunch
among friends

Open Daily
6:30 am -
2:30 pm

2483 E. Fairview, Ste. 105
Meridian, ID 83642

Copper Springs Senior Living



Compassionate Care

- ♦ Assisted Living
- ♦ Memory Care

3570 E. Amity Rd., Meridian, ID 83642 ♦ (208) 888-7030

NEUROLOGICALLY-BASED CHIROPRACTIC CARE



Foundation
Chiropractic

Dr. Clay Ramos

(208) 614-2290

1767 W. FRANKLIN • MERIDIAN, ID 83642



Four FREE hours of Daycare for New Customers! CALL NOW!!



Ashley Manor

EST. 1996

- ◆ Alzheimer & Dementia Care Specialists
- ◆ Assisted Living Accommodations

(208) 376-7298

www.ashleycares.com

BOISE ◆ EAST BOISE ◆ NAMPA ◆ CALDWELL ◆ MT. HOME

Attractive Opposites



Hate has 4 letters, so does Love.
Enemies has 7 letters, so does Friends.

Lying has 5, so does Truth.
Negative has 8, so does Positive.

Under has 5, so does Above.

Cry has 3 letters, so does Joy.
Anger has 5 letters, so does Happy.
Right has 5 letters, so does Wrong.

Hurt has 4 letters, so does Heal.

*Life is like a double-edged sword -
So transform every negative into a positive.
Always choose the better side of Life!*



ECOWNOMICS

COMMUNISM

You have 2 cows.
The State takes both and gives you some milk.

SOCIALISM

You have 2 cows.
You give one to your neighbor.
He asks for the other cow, too.

NAZISM

You have 2 cows.
The State takes both and shoots you.

BUREAUCRATISM

You have two cows.
The State takes both, shoots one, milks the other and throws the milk away.

CAPITALISM

You have two cows.
You sell one and buy a bull.
Your herd multiplies and the economy grows.
You sell them and retire on the income.



BROOKDALE
SENIOR LIVING

Enriching the lives



BOISE PARKCENTER ASSISTED LIVING

739 E Parkcenter Blvd.
Boise, ID 83706

(208) 695-9755

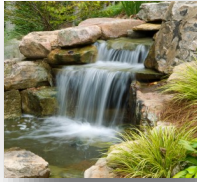
BOISE PARKCENTER INDEPENDENT LIVING

767 E Parkcenter Blvd.
Boise, ID 83706

(208) 331-1166



CELEBRATE AMERICA!



- ◆ Serving the Treasure Valley since 1911
- ◆ Providing funeral, cremation and pre-planning services
- ◆ A commitment to serve with understanding and compassion

Phone: (208) 343-6493 • boise@summersfuneral.com



Serving the entire Treasure Valley
(208) 887-7719

Two computer nerds met online.

They dated online for three months. He proposed online and she accepted via text message. They chose a coffee shop as their wedding site because of its free Wi-Fi.



The wedding wasn't much but the reception was awesome.



- Custom Bases
- Personalized Engravings
- Picture Frame
- Gift Certificates

For appointment
Call (208) 467-9626



www.facebook.com/firstimpressionsidaho



Tired of missing out on your life's most important moments even with hearing aids?

A cochlear implant may be your life-changing solution.



For an event schedule or a 1:1 consultation, Contact Ali Devey
(661) 289-4077
alison.devey@advancedbionics.com

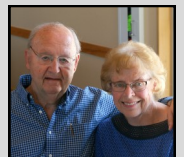
LOCALLY OWNED AND OPERATED • Available 24/7/365



Home Health (208) 322-7061 • Hospice (208) 322-4663 • House Calls (208) 322-1199
www.firstchoice.boise.com

June Drawing Winner

Dick & Lois Carlson,
Meridian
They win a gift certificate from Terri's Cafe in Meridian





**Authentic Italian Cuisine
in the Treasure Valley since 1996**

**Exciting Weekly Dinner Specials
& Daily Lunch Specials**

HOURS Mon-Thurs: 11am-9:30pm Fri-Sat: 11am-10pm

(208) 887-7710 • 3015 W. McMillan, Meridian, ID 83646

Reverse Mortgage Specialist



Devin Fahrner
(208) 863-6610 NMLS#399405
dfahrner@financeofamerica.com



©2018 Finance of America Reverse LLC | NMLS ID #2285 (www.nmlsconsumeraccess.org)
| 8023 East 63rd Place, Suite 700 Tulsa, OK 74133 | (855) 421-4745

**Quotes from
History Not Found
in Textbooks**



- In my many years I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a congress.
-- John Adams
- I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.
-- Winston Churchill
- Democracy must be something more than two wolves and a sheep voting on what to have for dinner.
--James Bovard
- Giving money and power to government is like giving whiskey and car keys to teenage boys.
-- P.J. O'Rourke
- Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it.
--Ronald Reagan
- I don't make jokes. I just watch the government and report the facts. - - Will Rogers
- No man's life, liberty, or property is safe while the legislature is in session.
-- Mark Twain
- Talk is cheap, except when Congress does it.
--Anonymous
- The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin.
-- Mark Twain
- What this country needs are more unemployed politicians.
--Edward Langley
- A government big enough to give you everything you want, is strong enough to take everything you have.
-- Thomas Jefferson
- We hang the petty thieves and appoint the great ones to public office.
- Aesop

**Questions I Ask Myself
in My Old Age**



- “What was I about to say?”
- “What did I come in here for?”
- “Did I already take my pill?”
- “How did I get this bruise?”
- “Why am I sore?”
- “Where did I leave my _____ (glasses, phone, keys, etc.)
- “Did the dryer shrink these pants?”
- “Where’s the remote?”
- “My granddaughter is getting married in six weeks. Is it too late to start a diet?”
- “Why did they change my password?”
- “Who in the world has the nerve to call me at 9 p.m.?”



**Boise Care
CONNECTIONS**

**A free service
helping seniors find
independent living, assisted
living and memory care**

- Caring and experienced
- Transportation for tours
- Personalized recommendations

Charity Young, RN, BSN
(208) 917-3776
Boisecareconnections.com
Charity@boisecareconnections.com



- Medical appointments
- Personal errands
- Wheel-chair and gurney vans

(208) 573-7607

**Providing non-emergency transportation
for the elderly and disabled**



Independent Living ♦ Assisted Living ♦ Memory Care

- ♦ Plantation Place - Boise ♦ 3921 Kessinger Lane ♦ 83703 ♦ 208.853.7300
- ♦ Spring Creek - Eagle Island ♦ 3705 W. Flint Drive ♦ 83616 ♦ 208.939-6499
- ♦ Spring Creek - Boise ♦ 10681 W. McMillan Rd ♦ 83713 ♦ 208.954.5661
- ♦ Spring Creek - Eagle ♦ 653 N Eagle Rd ♦ 83616 ♦ 208.938.5578
- ♦ Spring Creek - Meridian ♦ 175 & 253 E Calderwood Dr. ♦ 83642 ♦ 208.884.6199
- ♦ Spring Creek Overland - Boise ♦ 10139 W Overland Rd ♦ 83709 ♦ 208.639.7000
- ♦ Spring Creek Ustick - Meridian ♦ 3165 Meridian Rd ♦ 83646 ♦ 208.287.2064
- ♦ Edgewood Castle Hills ♦ 5955 Castle Drive ♦ Boise ♦ 83703 ♦ 208.331.1300

His Dying Wish

An old couple had been married for many years. The husband had the reputation as an angry old man who made life for his wife terrible.

Their neighbors often heard them fighting long into the night, with loud yelling.

They could hear the old man shout, "When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life."

At the age of 98, the old man died, much to his wife's relief. She could finally be free from his verbal abuse.

But the neighbors feared for her safety and asked, "Aren't you afraid that he might indeed be able to dig his way out of the grave and haunt you for the rest of your life?"

The wife calmly replied, "Let him dig. I had him buried upside down, and I know he won't ask for directions!"



(Continued from page 2)

Raised in the USA *(Continued from page 2)*

We didn't hear curse words on the radio in songs or on TV, and if you cursed and got caught you had your mouth washed out with soap and had to stand in the corner for a long time.

We held doors, carried groceries and gave up our seat without being asked. "Please, Thank You, Yes, Ma'am and Yes, Sir" were part of our daily vocabulary!

We grew up in good, God-loving families. We never thought of skipping school, and we went to church every Sunday (and usually Sunday nights and Wednesday nights, too!)

So what is different now? In many ways we have lost respect. Respect for others, respect for others' property, respect for others' lives. Many have lost respect for God, respect for our country, respect for leaders, and even respect for the American way of life.

How do we change it? You can't change the whole country, but you can continue to teach and show your children and



Teamwork at its best!



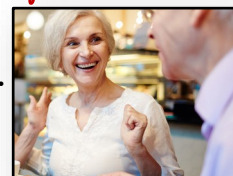
HEATHERWOOD
Senior Living
It's a lifestyle!

A vibrant, energetic independent living community

5277 W. Kootenai St.
Boise, ID 83705

(208) 345-2150

www.heatherwoodsensiors.com



Hospice • Home Health • House Calls



Phone (208) 465-7121

ASSISTED LIVING



Helping you live your best life!

- ◆ Warm, loving atmosphere
- ◆ Home-cooked food & great service
- ◆ Highly trained, friendly staff

208.888.0090 • 1695 S. Locust Grove, Meridian, Idaho 83642

SINGLES AD

The following ad appeared in the Atlanta Journal:

SINGLE BLACK FEMALE seeks male companionship. Ethnicity not important. I'm a very good looking girl who **LOVES** to play. I love long walks in the woods, riding in your pickup truck, hunting, camping and fishing trips, cozy winter nights lying by the fire. Candlelight dinners will have me eating out of your hand. When you get home from work I'll be at the front door wearing only what nature gave me. Call (404) 555-1212 and ask for Daisy.

Over 1500 men found themselves talking to the Atlanta Humane Society about an 8-week old black Labrador retriever.

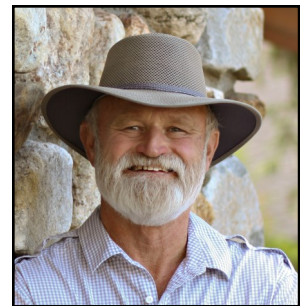
Milestones



Pat Bleau
July 7, 1939—80 years
Star Senior Center



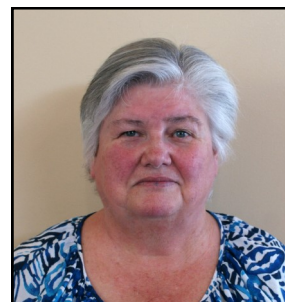
Louise Mencer
July 24, 1944—75 years
Eagle Senior Center



Harold McConnell
July 3, 1949—70 years
Meridian



Bobbie Sailer
July 9, 1949—70 years
Kuna Senior Center



Chris Schaffer
July 24, 1949—70 years
Meridian Senior Center



Thomas & Helen Frawley
April 30, 1959—60 years
Meridian Senior Center

Our Wi-Fi wasn't working last night so I sat and chatted to the missus for a change.

I'm surprised to hear she no longer works at Woolworths.



Two old men were playing golf. One of them was about to take a swing when a funeral procession drove by. He stopped in mid-swing, took off his cap, closed his eyes, and bowed his head reverently.

His friend commented: "That must be the most touching thing I have ever seen. You must be a feeling man."

The man composed himself before replying, "Yeah, after all, we were married 45 years."

DO YOU REMEMBER?



IDAHO HOMECARE
YOUR PROFESSIONAL HOME CARE PROVIDER

Home Care is Our Passion

208.908.6080

Serving Idaho

Families & Facilities

since 2006



MEDICAID CERTIFIED

www.247Idahohomecare.com