### Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

### Bent, Crushed, But Not Broken

This tree has been through significant trauma. It was bent, crushed, and transformed - but it has not broken. It is not dead. It has new life and beautiful growth (you can see it on the right side of the photo). The scars are there and part of its journey. But that wasn't the end of the story.

I found this tree on one of my favorite hikes in Stanley, Idaho.

I connected with the significant trauma, pain, and unexpected turns and twists this tree had endured. The scars forged through trials.

The effects of the trauma are visible and have changed the story that the tree tells. Its unique journey makes it stand out in the forest. But it wasn't the end of its story.

As I rise this morning, I am once again drawn to this tree. But today, I am not overwhelmed by the pain of my journey, rather I feel the new growth. I see the strength. I feel the new journey. It's healthy and strong.

Like this tree, I may not look like everyone else - like other trees - but I'm alive. I'm growing. I'm gaining strength. Like the new pine needles, I'm leaning into healthy new beginnings, and once again, rising toward the sky.

And as the beautiful gospel hymn says, "It is well with my soul."



Twenty years from now you will be more disappointed by the things that you didn't

do than by the ones you

So throw off the bowlines.

Sail away from the safe harbor.

Catch the trade winds in your sails.

Explore.

Dream.

ob bib

Discover.

- Mark Twain







(208) 516.1938 | 5850 N. Five Mile Road

MISSION: HONOR GOD, VALUE ALL SENIORS, INVEST GENEROUSLY - REVELATION 22:16



### Some Favorite Oxymorons

- Assistant supervisor
- New tradition
- Original copy
- Plastic glass
- Uninvited guest
- Highly depressed
- Live recording
- Authentic reproduction
- Partial cease-fire
- Limited lifetime guarantee
- Elevated subway
- Dry lake
- True replica
- Forward lateral
- Standard options
- Fresh frozen
- Jumbo shrimp
- Civil war
- Old news
- Accurate estimate
- Awfully good
- Climb down

Welcome to the Treasure Valley's **BEST VALUE** in all-inclusive senior living.





Join us for a FREE LUNCH & TOUR

HEATHERWOODSENIORS.COM/CONTACT (208) 345-2150 | 5277 W. Kootenai St., Boise

### Broken, But Not Extinguished

Tonight I walked in from the store with my arms full and a brand new candle in my bag. As I struggled to get it all on the counter, one bag dropped and I heard the glass break.



My brand-new candle was ruined as the glass shattered.

Frustrated, I was ready to throw the whole thing away. My husband refused to let me do so. "It will still light; it will still serve its purpose," he stated.

Immediately, I began to argue back.... "But it's broken and ugly and glass is everywhere. It's just not the same."

I walked away and when I came back, he had placed the candle on the counter and lit the wick.

My heart immediately was drawn to the light. How often do we do this in our own lives or with others? Things don't turn out the way we want them to. Plans fail. Dreams shatter. Goals hit the floor. People break our hearts. And we are ready to throw the whole dang thing in the trash. Even though it can still light - still shine - still bring the fragrance of goodness. It just may not be pretty or in the package that we wanted or imagined.

May we all be reminded that even in the brokenness and cutting edge of life, there is still goodness and purpose and light. We simply must be willing to not throw it all away and allow the redemption to take place.

There are times that our story will simply speak a little louder and impact even more people when we are willing to allow the broken places of our life and story to shine for others to see and understand.

Credit: Liz Lyles Wagoner



• Stretcher • Long-Distance





Assisted Living & Memory Care at its best!

(208) 475-1805 www.TheCottages.biz





- A third-generation owneroperated community
- Independent Living
- Assisted Living
- Skilled Nursing & Rehab



1130 N. Allumbaugh St., Boise, Idaho 83704 • (208) 322-0311 • www.valleyviewret.com

### **Odd Jobs That No Longer Exist**



Milkman



**Elevator Operator** 



**Typesetter** 



Bowling Alley Pinsetter



Switchboard Operator



**Typist** 



Chimney Sweep



**Log Driver** 



Haberdasher



### Discover Senior Living at Copper Springs

Vibrant assisted living and compassionate memory care with a cozy, close-knit feel and all the conveniences of the nearby city.

Call 208-295-0455 to schedule a tour today.



979 S. Progress Ave. Meridian, Idaho 83642

Open Tuesday thru Sunday 6am to 2pm



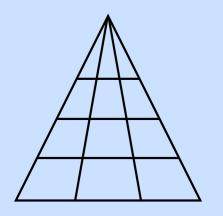
391 W State St Suite B ● Eagle, ID 83616 (208) 939-4022



Open Daily 6:30 am -2:30 pm

2483 E. Fairview, Ste.

### **Puzzle of the Month**



**How many triangles do you see?** After you count, go to Page 6 for answer.

# EVERYTHING

Rick Favour BC-HIS

Ignoring your hearing loss can have a serious effect on your overall health and well-being

- Complimentary Cognivue exam (\$50 value)
- Lifetime service and in-office repair with hearing aid purchase
- Ask about our interest-free subscription program
- Payments as low as \$69 for Widex, Signia, or Resound **ALL OFFERS GOOD THROUGH MARCH 2023**

A Better Solution

Services include companionship, personal care, transportation, housekeeping, meal preparation & placements

(208) 285-2353 www.absihc.com/boise

# Righting Rules

www.everythinghearing.com 

Meridian (208) 584.2470 

Caldwell (208) 584.2598

Prepositions are not words to end sentences with.

And sentences should not begin with a conjunction.

Shy away from clichés like the plague.

Absolutely always avoid annoying alliteration.

Be more or less specific.

Parenthetical remarks (however useful) are (usually) unnecessary.

Contractions aren't helpful and shouldn't be used.

One should never generalise.

Comparisons are as bad as clichés.

Abandon ampersands & abbreviations, etc.

Cut out commas, that are, not necessary.

Parenthetical words however should be enclosed in commas.

Never use a big word when a diminutive one would be sufficient.

Don't overuse exclamation marks!!!!

Take care to use you're words appropriately.

Its important to use the apostrophe in it's proper place.

Who needs rhetorical questions?

Exaggeration is a billion times worse than understatement.

The spell cheque is knot always write.

### Proofread carefully to see if you any words out.

### Convert your home equity into money for retirement!

Stop making a monthly mortgage payment. Open a growing line of credit.

Call for a no obligation consultation.

(208) 618-8502 (800) 806-1472 x108

> stephen@nwreverse.com www.wrightrm.com



Stephen Wright

ML0 2215003 Branch Manager/ Loan Officer



Northwest Reverse Mortgage, LLC ML-5797/CL-1834787/DFPI#60DBO-140333. Equal Opportunity Mortgage Broker licensed in Oregon, Washington, Idaho and California

**Enriching the lives** of those we serve



739 E Parkcenter Blvd. Boise, ID 83706

(208) 695-9755

BOISE PARKCENTER ASSISTED LIVING BOISE PARKCENTER INDEPENDENT LIVING

767 E Parkcenter Blvd. Boise, ID 83706

(208) 331-1166

### Who's the Strongest?

The strapping young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of one of the older workmen.

After several minutes, the older worker had had enough. "Why don't you put your money where your mouth is?" the old guy said. "I will bet you a week's wages that I can haul something in a wheelbarrow over to that building that you won't be able to wheel back."

"You're on, old man," the young guy replied.

The old man reached out and grabbed the wheelbarrow by the handles. Then he turned to the young man and said, "Alright. Get in."



I've come to the conclusion that my memory is like an Etch-a-Sketch, I shake my head and forget everything!





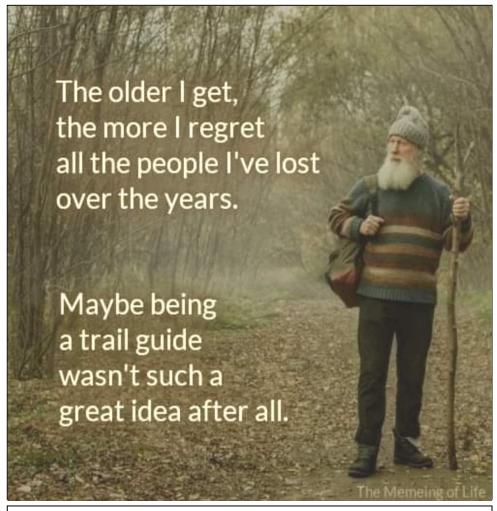
- ♦ Serving the Treasure Valley since 1911
- Providing funeral, cremation and pre-planning services
- A commitment to serve with understanding and compassion

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





Locally-owned and serving the valley for over 25 years (208) 887-7719



The word **diputseromneve** may be hard to say, but spelled backward it's even more stupid.

Don't worry about getting older. You're still going to do dumb stuff. Only slower.



Make us your FIRST CALL to find the CARE you need and the FINANCIAL SOLUTIONS to pay for it.

CALL 208-820-4200

www.grannieonthemove.com

### Crash Proof



A new airplane has been developed that is not damaged if it crashes. It's body is made of synthetic rubber. It was designed and built by Boeing, Boeing, Boeing.

### **Not Crash Proof**



I dropped an egg on the floor this morning. State Farm is sending a claims adjuster out later today.

# Mobility Plus®

go where you want to g

- Scooters Wheelchairs Ramps Walkers/Rollators
- Sales Repairs Rentals Installation

339 N. Milwaukee St., Boise 83704 (208) 617-5200



## 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

I had this delicious omelet this morning. I seasoned the eggs with sugar, oil and chocolate and threw in some flour for texture.

### The Economy is Really Bad!

How bad is it?

It's so bad we have lost many of our local businesses.

The paper store folded.

The bra boutique went bust.

The shoe repair shop was soled.

The food blender factory went into liquidation.

The meat packing plant packed up and mooved.

The hairdressers are making cutbacks.

The TV antenna plant went into receivership.

The yarn store unraveled.

The submarine plant went under.

The funeral home went into the ground.

The optometry school lost its pupils.

The airport closed when all the staff took off.

And several local plumbers went down the drain!

### But the good news?

The mom and pop grocery has begun to produce.

The sporting goods store is on the rebound.

The toilet paper factory is rolling in it.

The bakery is bringing in the dough.

The amusement park has plenty of funds and games.

The HVAC company says business is hot.

The used car lot is wheeling and dealing.

The elevator factory says sales are up.

The book publisher is making textbook profits.

And the Mexican restaurant is in the chips.



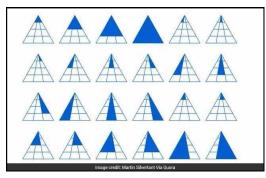
My cashier at Walmart today was slow, impatient, confused, and downright clumsy.

I guess that's what I get for using the self-checkout lane!





ANSWER TO PAGE 3 PUZZLE: 24





Community now under
New Management



(208) 647.4250 | 350 S. Allumbaugh Way

Loving, compassionate care in a beautiful setting



Reprinting this classic

### Joke of the Month

A man checked into a hotel on an out-of-town trip. He was there a day early, with his wife expected a day later. There was a computer in his room, so he decided to send an email to his wife

Unfortunately, he miss-typed the email address, and accidentally sent the email to a widow who had just returned from her husband's funeral.

The widow decided to check her email, expecting condolence messages from relatives and friends.

After reading the first message, she fainted.

Her son rushed into the room and saw the computer screen which read:

"To My Loving Wife -I know you are surprised to hear from me. They have good wi-fi here and we are allowed to send emails to loved ones.

"I've just checked in. This place is surprisingly nice in spite of what I always heard, but still I'm really lonely.

"I have made the necessary arrangements for your arrival tomorrow. I can't wait to see you, Darling!"

### We make senior living **Simple**.

Oasis is a FREE, personal service that guides seniors through senior living solutions. Our trusted partners offer customized solutions for every family.

J.P. Benlian, CSA® 208-761-2066 Kathy Lacina 208-573-4658 OasisSeniorAdvisors.com/SW-Idaho

### oasis SW IDAHO

### HOW TO CREATE ROADRUNNER CARTOONS

Chuck Jones, the creator, had rules for creating Road Runner and Wile E. Coyote cartoons.



THE ROAD RUNNER CANNOT HARM THE COYOTE EXCEPT BY GOING "BEEP-BEEP!"

NO OUTSIDE FORCE CAN HARM THE COYOTE - ONLY HIS OWN INEPTITUDE OR THE FAILURE OF THE ACME PRODUCTS.

THE COYOTE COULD STOP ANYTIME - IF HE WERE NOT A FANATIC (REPEAT: "A FANATIC IS ONE WHO REDOUBLES HIS EFFORT WHEN HE HAS FORGOTTEN HIS AIM." -GEORGE SANTAYANA)

NO DIALOGUE EVER, EXCEPT "BEEP-BEEP!"

THE ROAD RUNNER MUST STAY ON THE ROAD - OTHERWISE, LOGICALLY, HE WOULD NOT BE CALLED ROAD RUNNER.

ALL ACTION MUST BE CONFINED TO THE NATURAL ENVIRONMENT OF THE TWO CHARACTERS - THE SOUTHWEST AMERICAN DESERT.

ALL MATERIALS, TOOLS, WEAPONS, OR MECHANICAL CONVENIENCES MUST BE OBTAINED FROM THE ACME CORPORATION.

WHENEVER POSSIBLE, MAKE GRAVITY THE COYOTE'S GREATEST ENEMY.

THE COYOTE IS ALWAYS MORE HUMILIATED THAN HARMED BY HIS FAILURES.



### 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



CLAIRE MCNEAL Senior Real Estate Specialist Estate Sale, Home Sale, and Moving Service All in One!

Boise Haven Real Estate/JPAR Live Local (208) 370-2026

boisehavenrealestate@gmail.com

### Oldies Revised

Some artists from the 50s are revising their hits with new lyrics to accommodate baby boomers. Here's a few:

Herman's Hermits: "Mrs. Brown, You've got a lovely walker!"

The Bee Gees: "How can you mend a broken hip?"

Bobby Darin: "Splish, splash, I was having a flash."



Ringo Starr: "I get by with a little help from Depends."

The Commodores: "Once, twice, three times to the bathroom."

Marvin Gaye: "Heard it from the Grape Nuts,"

Leo Sayer: "You make me feel like napping."

Willie Nelson: "On the commode again."

### **Want to have Senior Goldmine** mailed to your home or to a friend?

Send this form and a \$25 check for 12 issues to Senior Goldmine, 11626 W Cross Slope Way, Nampa, ID 83686.

Print Name
Phone
St. Address
City, State, Zip

### 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

### **Milestones**



Ken Viste March 8, 1927—96 years Boise Senior Center



Norma Dawson March 12, 1943—80 years Star Senior Center



Colleen Foster March 26, 1943—80 years Boise Senior Center



David Loshbaugh March 3, 1948—75 years Meridian Senior Center



Molly Pooley March 9, 1948—75 years Boise Tree City Church

**Senior Goldmine** recognizes the following

Milestones:

Birthdays:



Richard Greenup March 18, 1953—70 years Meridian Senior Center



Rick & Natalie Boyer March 3, 1973—50 years Boise Heatherwood



Send your information to terry@seniorgoldmine.com or call (208) 615-1948

70, 75, 80, 85, 90 and up;

and Anniversaries:

50, 55, 60 and up.



Frank & Marcia Thielen March 10, 1973—50 years Meridian 10 Mile Christian

### EARN EXTRA INCOME!

### Make Giving Back Your Second Act!



- ◆ Do you enjoy kids? ◆ Are you 55+ years old?
- Are you on a limited income?
- Many different volunteer positions available for seniors For more information, call (208) 947-4280, go to www.agingstrong.org or email amiller@jannus.org



