

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

We Are In This Together!

These are difficult times, without a doubt. The world-wide pandemic we are experiencing has brought our country to its knees—but not in surrender, in prayer.

Every day we need to find time to pray for these:

- ◆ Families who have lost loved ones.
- ◆ Those suffering from the virus.
- ◆ Healthcare workers and caregivers
- ◆ Those whose livelihood is impacted.
- ◆ Wisdom for our leaders—national and local.

One of the most difficult things stemming from this crisis is separation from our family and friends. Make it a point to call and encourage at least two people every day.

If you are personally in need of help or resources, please feel free to call us at (208) 615-1948. Senior Goldmine has contacts and access to resources around the valley. We would love to help.

And the People Stayed Home

“And the people stayed home.

And read books, and listened, and rested, and exercised, and made art, and played games, and grew gardens full of fresh food, and learned new ways of being, and were still.



And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they themselves had been healed.”

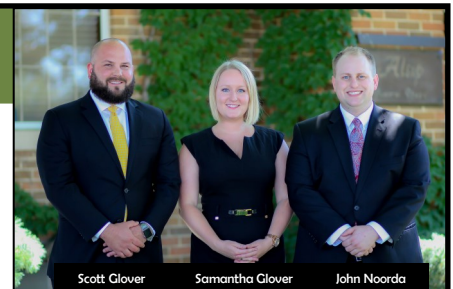
- Kathleen O’Meara (1839-1888)

Service You Know, An Experience You’ll Remember



208-466-3545
 404 10th Ave. South
 Nampa, ID 83651
www.alsippersons.com

Alsip and Persons
 FUNERAL CHAPEL



ASSISTED LIVING & MEMORY CARE



Prestige Assisted Living at Autumn Wind

Our Promise: To touch lives each day with Respect ♦ Integrity ♦ Commitment ♦ Trust

200 W. Beech St., Caldwell, Idaho
Call 459-3335 to schedule
your complimentary lunch tour!

ASSISTED LIVING & MEMORY CARE



Park Place
ASSISTED LIVING COMMUNITY

- NEW Memory Care Unit
- Residential Assisted Living
- Vacation Stays/Hourly Care

616 16TH AVENUE N. NAMPA, ID 83687
PHONE (208) 465-7275

Quarantine Diaries



Day 1 of Quarantine:

“I have stocked up on enough non-perishable food and supplies to last me months, maybe years, so

that I can remain in isolation for the duration of this pandemic.”

Day 1 + 2 hrs:

“I’m at the supermarket because I needed a candy bar.”

Day 2 of Quarantine:

“My six-year-old opened the fridge and let out the biggest sneeze of her life on it’s contents. I hate it here.”

Day 3 without sports on TV:

“I found a lady sitting on my couch today. Apparently she is my wife. She seems nice.”

Day 4 of Quarantine:

“I just want everyone to know that today was supposed to be my 70th birthday, but I am postponing it indefinitely due to the coronavirus. I will be turning 70 at a later date to be determined.”

A Mother’s Watchful Eye

A mother was concerned about her kindergarten son walking to school. He didn't want his mother to walk with him. She wanted to give him the feeling that he had some independence but yet know that he was safe.

So she had an idea of how to handle it. She asked a neighbor if she would please follow him to school in the mornings, staying at a distance, so he probably wouldn't notice her. She said that since she was up early with her toddler anyway, it would be a good way for them to get some exercise as well, so she agreed.

The next school day, the neighbor and her little girl set out following behind Timmy as he walked to school with another neighbor girl he knew.

As the two kids walked and chatted, kicking stones and twigs, Timmy 's little friend noticed the same lady was following them as she seemed to do every day all week.

Finally she said to Timmy, “Have you noticed that lady following us to school all week? Do you know her?”

Timmy nonchalantly replied, “Yeah, I know who she is.”

The little girl said, “Well, who is she?”

“That's just Shirley Goodnest,” Timmy replied, “and her daughter Marcy.”

“Shirley Goodnest? Who is she and why is she following us?”

“Well,” Timmy explained, “every night my Mom makes me say the 23rd Psalm with my prayers, 'cuz she worries about me so much. And in the Psalm, it says, ‘Shirley Goodnest and Marcy shall follow me all the days of my life,’ so I guess I'll just have to get used to it!”



Hospice • Home Health • House Calls



SIGNATURE healthcare at home

care where you are

Phone (208) 465-7121



The Cottages

Assisted Living & Memory Care

Assisted Living & Memory Care at its best!

Boise (208) 853-1255 ♦ Meridian (208) 288-2220
Middleton (208) 585-5959 ♦ Nampa (208) 463-4941

www.TheCottages.biz



Sunnyridge
Rehabilitation
& Retirement Center

208.467.7298 • 2609 Sunnybrook Drive • Nampa, Idaho 83686

The first 5 tours for retirement apartment will receive a discount! Call Roxie



Doctor's House Calls
of Idaho

Providing the Best Care Wherever You Need Us

Phone: 208.957.5532

www.DoctorsHouseCallsOfIdaho.com

High School Memory Test

Where did you live? _____

What was your first car? _____

Where did you work? _____

What was your favorite subject? _____

Who was your favorite teacher? _____

Who was your best friend? _____

Who did you go to prom with? _____

Did you ever skip school? _____

Did you ever get suspended? _____

What was your favorite fast food joint? _____

Who was your favorite band or singer? _____

Did you go to all the football/basketball games? _____

What sports did you play? _____

Were you in choir/band/drama? _____

Do you still have your yearbook? _____

Did you marry your high school sweetheart? _____

If you could, would you go back? _____

Welcome to My (Strange) World

I was just thinking back to my first job as a stock boy at Safeway. They told me I would get two weeks paid vacation. I couldn't wait to find out where they were going to send me.

I remember the first time riding the new escalator in Macy's. Clumsy me tripped. I fell down those dumb stairs for almost an hour and a half.

As I get older, there are only three ways I wear my hair now... parted, unparted, and departed. I guess you noticed I'm bald - well, balding. I like to say "balding" because it sounds more productive. I don't like to say I'm losing my hair, because that makes it sound like if had I been more responsible, this wouldn't have happened. "Where's your hair?" "I lost it. You know me..." Technically speaking I'm "follicly-challenged."

Someone from the cemetery office called me today to verify information about my pre-planned funeral and burial arrangements. After writing everything down, the gal at the cemetery assured me that's all she needed and said, "You're good to go!"



ESTATE PLANNING BASICS: Peace of Mind for Seniors

◆ Addressing your long-term care needs and protection of assets



Joshua Reams
Elder Law Attorney - VA Accredited
www.idahoelderlaw.com
(208) 387-0729

The Rose Petal Floral

308 12th Avenue South
Nampa, Idaho



(208) 467-2686
Save \$10 now -
Call us direct!



**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



ALTITUDE PHYSICAL THERAPY

Caldwell - (208) 454-9839
1906 Fairview Ave., Suite 410
Nampa-Midland - (208) 461-5057
130 S. Midland Blvd.
Nampa-Southside - (208) 465-9418
3151 E. Greenhurst Rd.

Ten Things I Want My Kids/Grandkids to Know

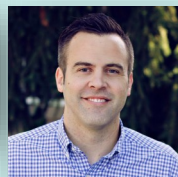
1. Happiness is a lot of work. You can't be lazy or entitled to achieve it.
2. You will make mistakes and they will only define you if you give it that kind of power. If the lesson is learned, the mistake is worth it. It's your choice whether or not it wins. You are not a prisoner to your past and you are allowed to grow.
3. The world owes you nothing. It does not care who you are, where you come from or what you think you deserve. Everything you achieve will have to come from your own dedication to what you love. It will not be handed to you easily.
4. People do not get to tell you who you are. Make peace with your own soul and give no one the power to tell you that you're something you're not. Know who you are and be okay when others do not understand you.
5. Work hard. Never go into anything with half your heart. Respect is earned by how you did the job and not the title by your name.
6. Show up for your people. No matter what has happened, show up. That's what people will remember about you in the end of all of this.
7. Choose grace for others and for yourself. No one gets it right. You won't either. Bitterness is the anchor to the soul but grace sets you free.
8. Have fun. Be adventurous. None of us are getting out of this alive so make the time you have count with the people who actually matter.
9. Laugh in the good times and the bad. Your sense of humor and your ability to take a punch will set a strong foundation of stability.
10. Love God. He's the most consistent thing you'll ever have.



Mountain Pine
DERMATOLOGY

(208) 898-7467

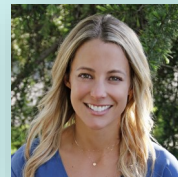
1576 W. Deer Crest St., Ste. 100 ♦ Meridian, ID 83646 ♦ www.mtnpinederm.com



R. Scott Thomas, D.O.



Benjamin Perry, D.O.



Chelsea Miller, PA-C

Now accepting new patients.
With locations in Meridian, Caldwell, Emmett, Mountain Home and Baker City

Families Serving Families



Caldwell (208) 459-0833
Homedale (208) 337-3252

- ◆ Serving Treasure Valley families since 1952
- ◆ Providing funeral, cremation and pre-planning services
- ◆ Committed to personalized service with dignity and compassion

www.flahifffuneralchapel.com

America's Choice in Homecare



LIVING ASSISTANCE SERVICES

Serving the Treasure Valley

208.888.3611

www.visitingangels.com/boise/home

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

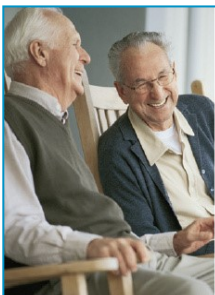


- Call now to schedule
- Custom base and plaque
- Gift Certificates

For appointment
Call (208) 467-9626



www.facebook.com/firstimpressionsidaho



The Comforts of Home with the Loving Care You Need.

A full range of assisted living services and advanced levels of care are available in the comfort of our warm, friendly communities. Call the community nearest you to schedule a personalized tour.

Garnet Place

Senior Living 5815 Coffey Street
Garden City, ID 83714
208-377-9980

Heron Place

Senior Living 715 West Comstock Avenue
Nampa, ID 83651
208-463-1732 enlivant.com

Life-Changing Service



(208) 455-1990

www.HorizonHH.com



(208) 376-7298

www.ashleycares.com

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

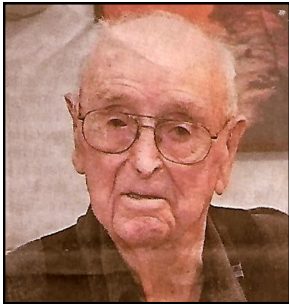


Ashley Manor, LLC

- Alzheimer & Dementia Care Specialists
- Assisted Living Accommodations

BOISE ♦ EAST BOISE ♦ EAGLE ♦ NAMPA ♦ CALDWELL ♦ ONTARIO ♦ PAYETTE ♦ MT. HOME

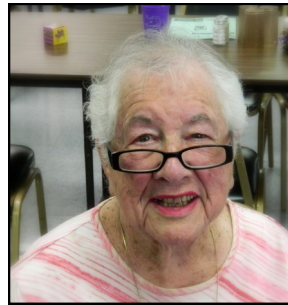
Milestones



Delbert "Okie" Pierce
Feb 22, 1915—105 years
Caldwell



Idabelle Ferguson
April 27, 1918—102 years
Caldwell Autumn Wind



Madge Wylie
April 18, 1926—94 years
Melba Valley Senior Center



Hazel Clay
April 27, 1927—93 yrs
Caldwell Autumn Wind



Louise Ralphs
April 21, 1929—91 years
Caldwell Autumn Wind

Kids Tell It Like It Is

◆ My friend was pregnant with her second baby. Her 3-year-old son stayed at his grandmother's while she was in the hospital. Imagine the situation when he got back home and there she was — his newborn baby sister.

After 2 hours of observation, he asked, "So whose baby is it? Are her parents coming to pick her up, or what?"

◆ My son is 3 years old and he's a very nice and kind boy. We're still in bed early in the morning and suddenly, he starts to poke me in the eye.

I ask him what he's doing and why.

He goes, "Mommy, I want you to become a pirate!"

◆ A couple of fourth-graders were asked a simple question — What question cannot be answered with "Yes?"

Their answer was, "Are you dead?" Well, we can't argue with that.

LEGEND HAS IT—THIS MAN PARKED HIS CAR



WAITING FOR HIS WIFE TO FINISH SHOPPING

Are you turning 65?

Call your local, licensed Humana sales agent



Christopher (Chris) Miller

208-850-2529
(TTY: 711)

Humana

Y0040_GHHXDFEN20_BC_C

HOME HEALTH AND PERSONAL CARE
MEDICAL STAFFING



(208) 336-9898



*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

Quarantine Tips from a Cat

Get plenty of rest.

Sleep—anywhere. On the bed, in a sunny spot, by the window, on the couch, on top of the refrigerator, in the closet, in a ball, in a box.

Keep active.

Knock a bunch of coins off a table to see how far they roll. Chase your own tail. Sprawl on top of a book. Get scared by something and race out of the room.

Bathe regularly.

Clean behind your ears. Now do it again.

Communicate with family.

Start screaming at 6 a.m. for no reason. Yowl at the birds. Cry in front of the closed door to a room you're not supposed to be in.

Maintain a balanced diet.

Eat small meals fourteen times a day. Dump food onto the floor for variety. Steal a piece of turkey from an unattended sandwich.

Stay hydrated.

Drink plenty of water, ideally directly from a running faucet.

Take on a project.

Hide all of your toys under the couch. Shred loose pieces of paper. Rub your hair on every article of clothing you can find.

Meditate.

Stare at a spot on the wall or ceiling for six minutes.

Practice social distancing.

Stay away from humans. Hiss if you have to.

Taking It to New Heights

A Boeing 747 is on its way across the country. Its flying consistently at 550 mph at 30,000 feet, when suddenly a USAF F22 fighter jet appears.

The pilot of the fighter jet slows down, flies alongside the 747 and greets the pilot of the passenger plane by radio:

"Boeing flight, boring flight today isn't it?"

Have a look at this!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, only to swoop down almost to sea level in a breathtaking dive. He loops back next to the 747 and asks, "Well, how was that?"

The Boeing pilot answers: "Very impressive, but now have a look here!"

The jet pilot watches the 747, but nothing happens. It continues to fly stubbornly straight, with the same speed. After five minutes, the Boeing pilot radioed, "Well, what do have to say now?"

The jet pilot is confused: "What did you do? I didn't see anything!"

The other pilot laughs and says, "I got up, stretched my legs, went to the back of the flight deck to the bathroom, got a cup of coffee and a cinnamon roll."

The moral of the story is: When you are young, speed and adrenaline seems to be great. But as you get older and wiser, comfort and peace are not to be despised either. This is called S.O.S.: Slower, Older, Smarter.



Nursing and Rehabilitation



208.250.5682

2814 S. Indiana ♦ Caldwell, ID 83605

QUARANTINE DAY 5:

I went to this place called The Kitchen.

**Apparently you have to gather all the ingredients
and make your own meal.**

I have no idea how this place is still in business.



Serving the entire Treasure Valley
(208) 887-7719

Scientists recently placed a 10-piece set of matching Tupperware in a sealed chamber.

When they opened it a month later, the chamber had 24 lids that did not match any of the 6 remaining containers.

Did You Know?

- ◆ Money isn't made out of paper. It's made out of cotton.
- ◆ The 57 on the Heinz ketchup bottle represents the number of varieties of pickle the company once had.
- ◆ A rat can last longer without water than a camel.
- ◆ The dot over the letter "i" is called a tittle.
- ◆ A duck's quack doesn't echo. No one knows why.
- ◆ A 2 X 4 is really 1-1/2 inches by 3-1/2 inches.
- ◆ Forty per cent of McDonald's profits come from the sales of Happy Meals.
- ◆ Every person has a unique eye and tongue print.
- ◆ 315 entries in Webster's 1996 dictionary were misspelled.
- ◆ During the chariot scene in "Ben Hur," a small red car can be seen in the distance.
- ◆ On average, 12 newborns will be given to the wrong parents daily.
- ◆ John Wilkes Booth's brother once saved the life of Abraham Lincoln's son.
- ◆ There are no words in the dictionary that rhyme with orange, purple, and silver.

Milestones



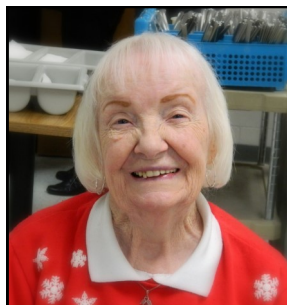
Ginny Penner
April 8, 1929—91 years
Caldwell Senior Center



Phyllis Case
April 10, 1929—91 years
Nampa Sunnyridge



Wally Holtry Binford
April 27, 1930—90 years
Nampa Sunnyridge



Sally McGraw
April 19, 1935—85 years
Nampa Senior Center



Bob Proesch
April 23, 1935—85 years
Melba Valley Senior Center



Frances Jefferie
April 3, 1940—80 years
Parma Senior Center

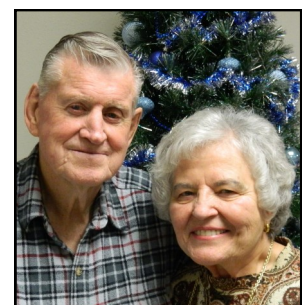


Ivan Guyer
April 9, 1950—70 years
Nampa Senior Center

Senior Goldmine recognizes the following Milestones:

Birthdays—
70, 75, 80, 85, 90 and up;
and Anniversaries—
50, 55, 60 and up.

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



Wally & Marilyn Gerhauser
April 17, 1953—67 years
Caldwell Senior Center

**Before you criticize someone,
walk a mile in his shoes.
That way if he gets angry, he'll
be a mile away and barefoot.**

Wife: We just ate.
Why are you making pancakes?
Me: I'm making them for the dogs.
Wife: Why are you making them
for the dogs?
Me: They don't know how.

