

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

And Then It Was Winter



You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is—the winter of my life, and it catches me by surprise. How did I get here so fast? Where did the years go

and where did my youth go?

I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is; my friends are retired and getting gray. They move slower and I see an older person in myself now. Some are in better and some worse shape than me, but I see the change. Not like the ones that I remember who were young and vibrant, but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore—

(Continued on page 2)

HAPPY NEW YEAR!



**GETTING OLD
IS JUST ONE BODY
PART SAYING TO
ANOTHER:
“HA, YOU THINK
THAT’S BAD?
WATCH THIS!”**

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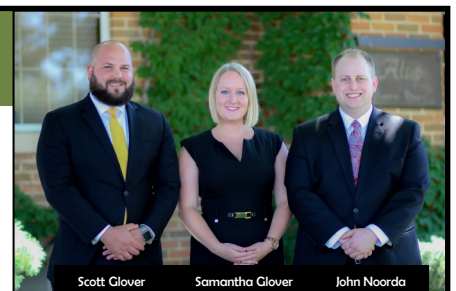


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become visible when you
are older.

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first thing each morning
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everything in your body will
snap, crackle and pop!

Pass this message on to
every parent. End this
dangerous practice now,
before your children
experience this in their
old age!

And Then It Was Winter *(Continued from page 1)*

it's mandatory! Because if I don't on my own free will, I just fall asleep where I sit!

And so now I enter this new season of my life unprepared for all the aches and pains, and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come—and I'm not sure how long it will last—this I know, that when it's over on this earth, it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done, things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.



So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you

can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember, and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

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A Squirrely Problem



At the Baptist Church, the board came up with what they thought was a creative solution. They installed a chute leading from the attic to the baptistry, hoping the squirrels would slide into the water and drown themselves. Unfortunately, the squirrels turned the chute into a water-slide playground and knew instinctively how to swim. Twice as many squirrels turned up the following week.

In a small Eastern U.S. town, a large band of marauding squirrels had become a huge problem. They had begun nesting in church attics all over town, eating insulation, chewing through wires, and creating a major nuisance.

One by one, the churches tried to deal with the infestation.

The Presbyterian Church called a board meeting to decide what to do about their squirrel problem. After much prayer and discussion, they concluded the squirrels were predestined to be there, and they shouldn't interfere with divine will.



The Lutheran Church decided they were not in any position to harm God's creatures. So they humanely trapped the squirrels and set them free near the Baptist Church. Two weeks later the squirrels were back when the Baptists removed the water slide.

The Catholic Church came up with another creative strategy. They baptized the squirrels by sprinkling and made them members of the parish. Now they only see them on Easter and Christmas.

But not much was heard from the Jewish synagogue. They captured one squirrel, circumcised him and set him free. They haven't seen a squirrel since.



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A poor boy who was begging from door to door decided he would ask for a meal at the next house. However, at the next house he lost his nerve when a lovely young girl opened the door. So instead of a meal, he asked for a glass of water.



The girl thought he looked hungry. So, she brought him a large glass of milk. He drank it slowly, and asked, "How much do I owe you for this?"

"You don't owe me anything," she replied. "My Mother taught us never to accept pay for kindness."

"Then I thank you from the bottom of my heart," he replied.

Years later, that girl (now a woman) became critically ill, and the local doctors tried their best to save her life but they couldn't cure her. They finally sent her to the city where specialists studied her rare illness.

Dr. Kelly was called in for a consultation. When he heard the name of the town where she came from, a long-ago memory came to mind. Immediately, he rose and went down the hall of the hospital to her room. He recognized her at once. He went back to his office determined to do his best to save her life.

From then on, he gave special attention to her case. After a long struggle, the battle was won and the woman was cured. Dr. Kelly requested the business office to pass her final bill to him for approval. He looked at it, then wrote something on the bill and it was sent to her room.

The woman feared opening it because she was sure it might take the rest of her life savings to pay for it. Finally, she looked at it and noticed something was written at the edge of the note, "Paid In Full With a Glass of Milk." Tears filled her eyes as she immediately remembered.

Every form of kindness you show is never in vain. Be blessed and be a blessing to others.

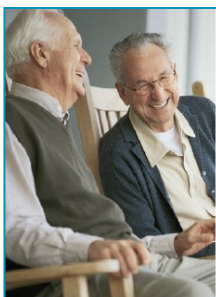


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Milestones



Alice Braun
Jan 17, 1922—98 years
Nampa Park Place



Zelda Nysingh
Jan 9, 1922—98 years
Caldwell Senior Center



Reuben Kautz
Jan 14, 1927—93 years
Parma



Helen Shaffer
Jan 2, 1928—92 years
Caldwell Senior Center



Winifred Martin
Jan 10, 1929—91 years
Middleton



Nick Ihli
Jan 6, 1930—90 years
Nampa—Melba



Marilyn Gunning
Jan 7, 1930—90 years
Melba Valley Senior Center



Charles Brown
Jan 17, 1930—90 years
Nampa Sunnyridge



Vera Blanksma
Jan 28, 1930—90 years
Melba Valley Senior Center

All Dolled Up

A man and woman had been married for more than 60 years. They had kept no secrets from each other except that the little old woman had a shoe box in her closet that she had cautioned her husband never to open or ask her about.

One day the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the old man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box.

When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000. So he asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving! He almost burst with joy.

"Honey," he said, "that explains the doll, but what about all of this money? Where did it come from?"

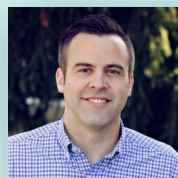
"Oh," she said, "that's the money I made from selling the dolls."



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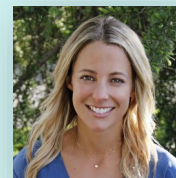
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NEW YEAR QUIZ

Answer these questions using only the letters in "HAPPY NEW YEAR"

1. Name a fruit that is fat on the bottom and slender on top:

2. What is the opposite of peace: _____
3. Name a writing tool that uses ink: _____
4. What are greeting cards and stationery made of:

5. A word that means "give notice of danger":

6. A word that means tired:

7. The opposite of far:

8. Cautious or careful:

9. One of the things Little Miss Muffet ate:

10. A style of music that is similar to hip-hop or the sound of a knock on the door: _____

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How Many Dogs Does It Take to Change a Light Bulb?



♦ **Golden Retriever:** The sun is shining, the day is young, we have our whole life ahead of us, and you're inside worrying about a stupid burned-out light bulb?

♦ **Border Collie:** Just one. And then I'll replace any wiring that's not up to code.

♦ **Dachshund:** You know I can't reach that stupid lamp!

♦ **Rottweiler:** Make me.

♦ **Boxer:** Who cares? I can still play with my squeaky toys in the dark.

♦ **Yellow Lab:** Oh, me, me!!! Pleeeeeeeze let me change the light bulb! Can I? Can I? Huh? Huh? Can I? Please, please, please?!

♦ **German Shepherd:** I'll change it as soon as I've led these people from the dark, check to make sure I haven't

missed any, and make just one more perimeter patrol to see that no one has tried to take advantage of the situation.

♦ **Jack Russell Terrier:** I'll just pop it in while I'm bouncing off the walls and furniture.

♦ **Old English Sheep Dog:** I'm sorry, but I don't see a light bulb.

♦ **Cocker Spaniel:** Why change it? I can still do my business on the carpet in the dark.

♦ **Pointer:** I see it, there it is, there it is, right there...

♦ **Greyhound:** It isn't moving, who cares?

♦ **Australian Shepherd:** First, I'll just put all those light bulbs in a circle.

♦ **Cat's Answer:** Dogs do not change light bulbs. People change light bulbs. So, the real question is: How long will it be before I can expect some light, my dinner, and a back rub?

Support Group for Families of Those Living With Dementia

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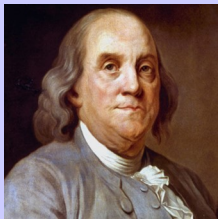


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Youth is when you are allowed to stay up late on New Year's Eve; Old age is when you're forced to.

Famous Americans Born in January



Benjamin Franklin -
Jan. 17, 1706

Paul Revere -
Jan. 1, 1735

Betsy Ross -
Jan. 1, 1752

Alexander Hamilton -
Jan. 11, 1755

Gen. Douglas
McArthur -
Jan. 26, 1880



Franklin D. Roosevelt
Jan. 30, 1882



Richard Nixon
Jan. 9, 1913

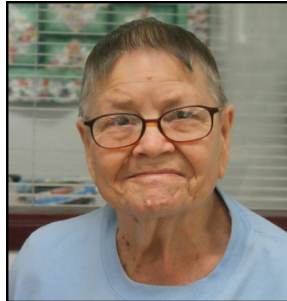
Martin Luther King, Jr. -
Jan. 5, 1929



Elvis Presley -
Jan. 8, 1935

Muhammad Ali -
Jan. 17, 1942

Milestones



Cleo Hopson
Jan 29, 1930—90 years
Melba/Nampa



Gert Domber
Jan 3, 1935—85 years
Nampa Senior Center



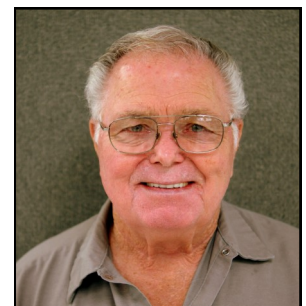
M'Lou Baber
Jan 3, 1935—85 years
Nampa Senior Center



Doug Norman
Jan 11, 1935—85 years
Caldwell Senior Center



Gary Boatright
Jan 4, 1940—80 years
Nampa Senior Center



Don Wyatt
Jan 6, 1945—75 years
Caldwell Senior Center



Arlis Bates
Jan 13, 1945—75 years
Parma Senior Center

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Norma Jacks
Jan 15, 1945—75 years
Nampa Sunnyridge



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