

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Bent, Crushed, But Not Broken

By Jodi Peterson

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.



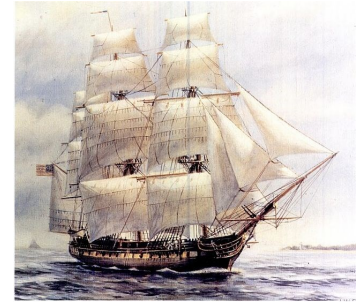
I found this tree on one of my favorite hikes in Stanley, Idaho. I connected with the significant trauma, pain, and unexpected turns and twists this tree had endured. The scars forged through trials.

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 did do.

So throw off the bowlines.

Sail away from the safe harbor.

Catch the trade winds in your sails.

Explore.

Dream.

Discover.

- Mark Twain

Subscriptions to Senior Goldmine Now Available

Your favorite senior newsletter can be sent straight to a mailbox anywhere in the U.S.

Send a \$25 check for 12 issues to:

Senior Goldmine, 11626 W. Cross Slope Way, Nampa, ID 83686

SEND TO NAME: _____ **PHONE:** _____

ADDRESS: _____



GREENLEAF MEAT PACKING



Family Owned and Operated Since 1981
21342 Main St., Greenleaf, Idaho
(208) 454-0164

ASSISTED LIVING & MEMORY CARE



Park Place
ASSISTED LIVING COMMUNITY

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

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

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

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



A Better Solution
In Home Care™

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

(208) 285-2353

www.absihc.com/boise



The
Cottages

Assisted Living & Memory Care

Assisted Living & Memory Care at its best!

(208) 475-1805

www.TheCottages.biz



Sunnyridge Rehabilitation & Retirement Center

208.467.7298 ♦ 2609 Sunnybrook Drive ♦ Nampa, Idaho 83686



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

Odd Jobs That No Longer Exist



Milkman



**Elevator
Operator**



Typesetter



**Bowling
Alley
Pinsetter**



**Switchboard
Operator**



Typist



**Chimney
Sweep**



Log Driver

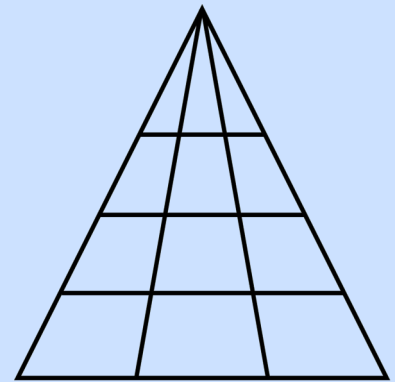


Haberdasher

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



Puzzle of the Month



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



*Honoring Memories
and Celebrating Lives
since 1907*

Alsip *and
Persons*
FUNERAL CHAPEL

404 10th Ave. S., Nampa, Idaho 83651 ♦ (208) 466-3545 ♦ www.alsippersons.com



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



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

Righting Rules

- 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.
- Proofread carefully to see if you any words out.
- The spell cheque is knot always write.

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."



Your innovative, dependable senior real estate agent



TRUDY HAMMOND
REALTOR®
208.447.9800

trudy@idaholife.com
www.idaholife.com



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



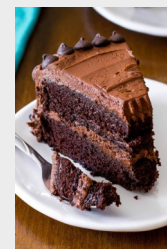
Northwest Reverse Mortgage, LLC ML-5797/CL-1834787/DFPI#60DDBO-140333. Equal Opportunity Mortgage Broker licensed in Oregon, Washington, Idaho and California

stephen@nwreverse.com
www.wrightrm.com



Stephen Wright

MLO 2215003
Branch Manager/
Loan Officer



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

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

Want to downsize? Move closer to your kids?



I am here to help you understand all your options and find the right fit FOR YOU!

Chelsea Johnson
Your Hometown Idaho Realtor®



Chelsea@teamrealtyofidaho.com • (208) 697-7645

America's Choice in Homecare



LIVING ASSISTANCE SERVICES

Serving the Treasure Valley

208.888.3611

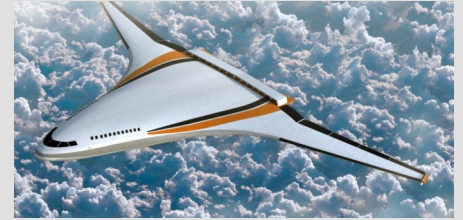
www.visitingangels.com/boise/home

The older I get,
the more I regret
all the people I've lost
over the years.

Maybe being
a trail guide
wasn't such a
great idea after all.



The Memeing of Life



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



- Infant through adult hands available
- Gift Certificates available

For appointment
Call (208) 467-9626
www.facebook.com/
firstimpressionssidaho

The Best People Providing the Best Care, Wherever You Need Us



Phone: 208.985.2260

Phone: 208.957.5532

www.DoctorsHospiceofIdaho.com

www.DoctorsHouseCallsofIdaho.com



EVERYTHING HEARING

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



Rick Favour BC-HIS

- 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

www.everythinghearing.com • Meridian (208) 584.2470 • Caldwell (208) 584.2598



(208) 321-1703

VICTORY
Medical Transportation

Providing non-emergency transportation

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

Bradon McDaniel



- ◆ FINAL EXPENSE LIFE INSURANCE
 - ◆ RETIREMENT INCOME PLANNING
 - ◆ HEART ATTACK, STROKE & CANCER INSURANCE
- ~ Approval over the phone ~ No medical exam
~ Any health condition up to age 90
- (208) 995-3998 ◆ www.gemstatebenefits.com



YOUR HOMETOWN, NATIONALLY LICENSED SENIOR BENEFITS ADVISOR



- Scooters • Wheelchairs • Ramps • Walkers/Rollators
 - Sales • Repairs • Rentals • Installation
- 339 N. Milwaukie St., Boise 83704
(208) 617-5200

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!

DRIVER: "WHAT AM I SUPPOSED TO DO WITH THIS SPEEDING TICKET?"



OFFICER: "KEEP IT, WHEN YOU COLLECT FOUR OF THEM, YOU GET A BICYCLE."

ANSWER TO PAGE 3 PUZZLE: 24

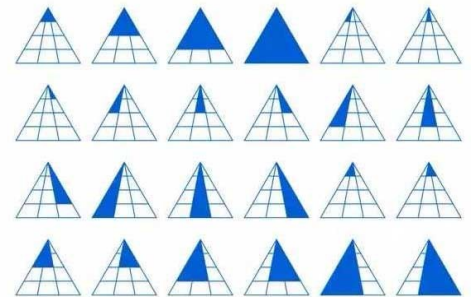


Image credit: Martin Silverant Via Quora

THE STANDARD OF CARE IN SENIOR LIVING

At Aspen Creek Senior Living, we strive to honor life and legacy for our residents, employees and the communities we serve. Our Caldwell, ID community and service we provide is purposefully crafted to enhance life.



LEARN MORE AT ASPENCREEKSENIORLIVING.COM



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



2667 E. Gala Court #110
Meridian, ID 83642
(208) 576-6383
Se habla Español
www.lighthousehospiceidaho.com

WHEN EACH MOMENT COUNTS

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!"

HOW TO CREATE ROADRUNNER CARTOONS

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



- RULE 1.**
THE ROAD RUNNER CANNOT HARM THE COYOTE EXCEPT BY GOING "BEEP-BEEP!"
- RULE 2.**
NO OUTSIDE FORCE CAN HARM THE COYOTE - ONLY HIS OWN INEPTITUDE OR THE FAILURE OF THE ACME PRODUCTS.
- RULE 3.**
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)
- RULE 4.**
NO DIALOGUE EVER, EXCEPT "BEEP-BEEP!"
- RULE 5.**
THE ROAD RUNNER MUST STAY ON THE ROAD - OTHERWISE, LOGICALLY, HE WOULD NOT BE CALLED ROAD RUNNER.
- RULE 6.**
ALL ACTION MUST BE CONFINED TO THE NATURAL ENVIRONMENT OF THE TWO CHARACTERS - THE SOUTHWEST AMERICAN DESERT.
- RULE 7.**
ALL MATERIALS, TOOLS, WEAPONS, OR MECHANICAL CONVENIENCES MUST BE OBTAINED FROM THE ACME CORPORATION.
- RULE 8.**
WHENEVER POSSIBLE, MAKE GRAVITY THE COYOTE'S GREATEST ENEMY.
- RULE 9.**
THE COYOTE IS ALWAYS MORE HUMILIATED THAN HARMED BY HIS FAILURES.

Nursing and Rehabilitation



CANYON WEST
of Cascadia

208.250.5682

2814 S. Indiana ♦ Caldwell, ID 83605



Doing Whatever It Takes When It Matters Most



Harrison's Hope

— AN ADDUS HOMECARE COMPANY —

3137 S Meridian Rd Suite 120, Meridian, ID 83642

(208) 947-6800 • www.harrisonshope.com

Home Organizing and Decluttering Specialist



Organized
by
Abi

(208) 614-9258
www.OrganizedByAbi.com



FREE FALL RISK WEBINAR



Prestige Senior Living, L.L.C.

**Thursday,
March 23
2pm PST**

Join us on Thursday, March 23 at 2 p.m. Pacific Time for a free fall risk webinar hosted by certified athletic trainer Adrian Cagigas, who will discuss physical factors that can lead to falls, fitness routines older adults can use to help build strength, and advice on fall-proofing the home.

Sign up for the free webinar at prestigeandhelp.com.
For more about our community and resources, call (208) 459-3335.

**Prestige Assisted Living
at Autumn Wind**

200 W Beech St. · Caldwell, ID 83605
prestigeandhelp.com/autumnwind

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."

Johnny Nash: "I can't see clearly now."

Helen Reddy: "I am woman, hear me snore."

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

Milestones



Juanita Hazel Siebert
March 7, 1917 —106 years
Caldwell Port Stewart



Polly Chastain
March 8, 1927 —96 years
Nampa



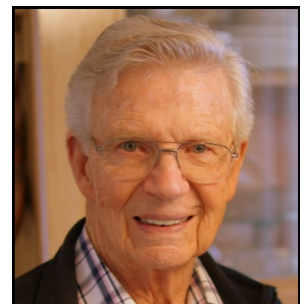
Faye Vink
March 3, 1928—95 years
Nampa Senior Center



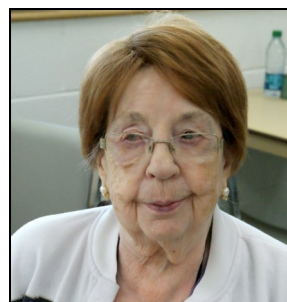
Maureen Vredevelt
March 5, 1928—95 years
Nampa Sunnyridge



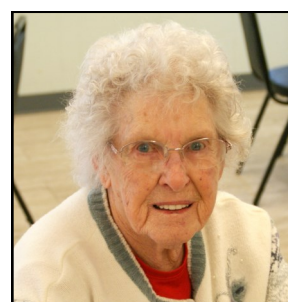
Ruby Finley
March 16, 1929—94 years
Parma Senior Center



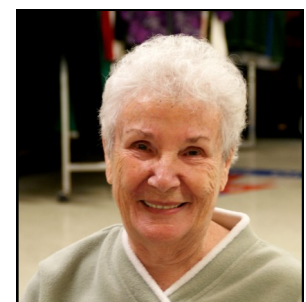
Al Pemble
March 16, 1930—93 years
Nampa Bethel Nazarene



Joan Ayres
March 12, 1931 —92 years
Nampa Senior Center



Avenell Means
March 15, 1931—92 years
Parma Senior Center



Jeanne Joiner
March 31, 1943—80 years
Caldwell Senior Center

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@iannus.org**

**FOSTER
GRANDPARENTS**
of the Treasure Valley



For advertising info or to submit milestones, email terry@seniorgoldmine.com or call (208) 615-1948