

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Why worry?



“95% of the things you worry about are never going to happen, and the other 5% will happen whether you worry or not!”

- Woody Smith

"Worry is assuming responsibility for things that are out of our control. That's pretty much everything."

~Chuck Swindoll

“Anxiety happens when we think we have to figure everything out. Turn to God. He has a plan.”

~Anonymous

Same Boat, Different Storm

**We are all in the same boat.
We are not all in the same storm.**

**For some people, it's sprinkling.
This is a break. It's a breather.
It's a pause in the "normal."
It's time to reconnect with family
and slow down.
Honestly, it's kind of peaceful.**



**For some it's a storm.
It's a bit scary.
It's disruptive. It's enough to
make you stay up and
watch the news and worry.**

**For some it's a hurricane.
It's tearing at the walls and pulling off the roof.
It's washing them out to sea. It's dark and unknown.
It's life-changing.**

**It's not wrong to be enjoying the sprinkles or enduring the storm, but please don't negate the difference.
Rest with family, but don't minimize the hurricane engulfing your neighbor.
You can laugh at the funny stories and memes,
but get on your knees for your friends.
Put yourself in someone else's storm.**



On average, a Panda feeds for about 12 hours a day.

**This is the same for the typical adult
at home under quarantine.**

That is why it is called a "Pandemic."

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A recent Facebook post:



Cindi Randall Armstrong
52 mins · 2

Well I finally lost it!!!!

I was just in Walmart and I saw this guy whose cart was FILLED TO THE BRIM with hand sanitizer, wipes, soaps—everything that people need!!

I called him selfish and told him all about the elderly, moms, everyone who really needed these types of things.

I really told him off—said he should be ashamed of himself!

He said, “Are you done? Because I really need to get back to restocking the shelves now!”



Looking Back on History



In the year 2032, a college student came home during spring break. At dinner one evening, he commented to his parents: “Our history

professor was telling us how the COVID-19 pandemic back in 2020 was a worldwide catastrophe. What was it like for you?”

His father replied, “Well, everything was shut down—schools, restaurants, businesses—in an attempt to kill the virus. But not everyone followed the order to stay-at-home so it lasted longer than expected. Many people died who shouldn’t have.”

“Grocery stores were out of everything because people were hoarding as much as they could,” his mother remarked. “We had a hard time feeding you and your sister with just what we had. Your father was out of work and the whole country was in economic crisis.”

Then his father asked, “Don’t you remember it? You were 6 at the time.”

The son replied, “All I remember was the school closing in the middle of the year, and mom homeschooling us. I remember doing scavenger hunts in our yard. I remember eating meals as a family every day for a change.

“I remember sleeping really good because I didn’t have to get up early for school. I remember playing board games and doing puzzles with the whole family. And I remember instead of going to church, we watched the pastor preach on the laptop!”

“Honestly, it was the happiest time of my childhood!”

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Happy Mother's Day! - Wise Advice From a Farmer's Wife



- When you return a borrowed pie pan, make sure it's got a warm pie in it.
- Invite lots of folks to supper. You can always add more water to the soup.
- There's no such thing as woman's work on a farm. There's just work.
- Make home a happy place for the children. Everybody returns to their happy place.
- If your man gets his truck stuck in the field, don't go in after him. Throw him a rope and pull him out with the tractor.
- Keep the kerosene lamp away from the milk cow's leg.

- It's a whole lot easier to get breakfast from a chicken than a pig.
- Always pat the chickens when you take their eggs.
- All children spill milk. Learn to smile and wipe it up.
- Homemade's always better'n store bought.
- A tongue's like a knife. The sharper it is the deeper it cuts.
- A good neighbor always knows when to visit and when to leave.
- A city dog wants to run out the door, but a country dog stays on the porch 'cause he's not fenced-in.
- Nothin' gets the frustrations out better'n splittn' wood.
- The longer dress hem, the more trusting the husband.
- Enjoy doing your children's laundry. Some day they'll be gone.
- You'll never catch a runnin' chicken but if you throw seed around the back door you'll have a skillet full by supper.
- Biscuits brown better with a little butter brushed on 'em.
- Visit old people who can't get out. Some day you'll be one.
- The softer you talk, the closer folks'll listen.
- The colder the outhouse, the warmer the bed

Five Deadly Terms Used by a Woman

“FINE” - This is a word women use to end an argument when she knows she is right and you need to shut up.

“NOTHING” - Actually means SOMETHING and you need to be worried.

“GO AHEAD” - This is a dare, not permission. DO NOT DO IT!

“WHATEVER” - A woman's way of saying, “you're toast!”

“THAT'S OK” -She is thinking long and hard on how and when you will pay for your mistake.

BONUS WORD: “WOW!”
This is not a compliment. She's amazed that one person could be so stupid.

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Mum's Clothes Line Rules

The clothes line must be wiped before hanging clothes.

Socks must be hung by their toes.

Hang sheets and towels on the outside line so you can hide your 'unmentionables'.

Clothes must hang in order - whites with whites and hung first.

Shirts must always hang by the tail - never the shoulders.

Lining up the clothes so that each item shares one of the clothes pegs with another item.

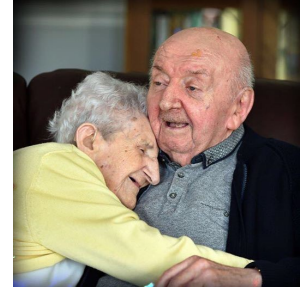
It doesn't matter if it is sub-zero outside, the clothes will go out and just freeze.

Pegs must be gathered up when taking down clothes - never leave them on the line.



98 Year-old Mother moves to nursing home to look after her 80-year-old son

Ada Keating and her son, Tom, have always lived together as Mr. Keating never married. He moved into the Moss View



Care Home in 2016 because he needed more care and support and one year later his mother followed to help look after her eldest son.

Tom is the oldest of four children. Tom worked as a painter and decorator before his retirement. Ada worked as a nurse at Mill Road Hospital before she retired. Their family members visit them often at home and are happy to see the two back together again. Some days, up to five generations of the Keating family come visiting!

"I say goodnight to Tom in his room every night and I'll go and say good morning to him," Miss Keating said. "When I get back he'll come to me with his arms outstretched and give me a big hug. You never stop being a mum."

Mr. Keating said he was happy to have his mother at the care home. "They're very good here and I'm happy to see my mom more now she lives here."



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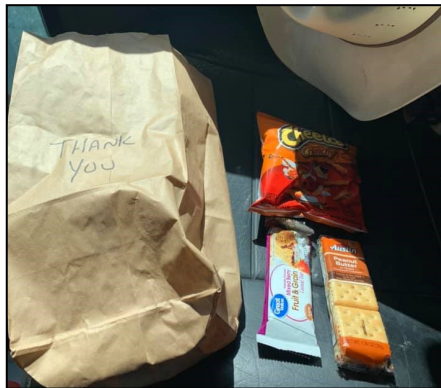
A Trucker's Tale

Coming back from St. Louis this afternoon, pulled off in a rest area to take a break. I noticed a pickup pulled in and parked at the end of the lot.

As I climbed back in my semi to leave, I noticed two girls, I'd say around the age of 7-8 years old, climb in the back of the pickup and pull out two cardboard signs they made. I couldn't read the writing, but I could see all the glitter and the pictures, and I can make out something about truckers. They were jumping around and waving them excitedly at every truck that passed by on the interstate.

As I began to pull out and back onto the highway, the mom came running towards me waving her hands for me to stop, so I did.

I put down my window, and with a sincere voice and a smile on her face, she handed me a bag and said, "We wanted to thank you for what you're doing...you and all the truckers working hard to keep our supply lines open. Here's just a little goodie bag we put together to show our appreciation. Be safe and thank you again!"



I thanked them and waved to the girls, who were grinning ear to ear and so excited to be doing their part to spread kindness and happiness, despite the turmoil we've all had to endure these last few days.

With a lump in my throat, I cranked the wheel heading back towards the interstate, and noticed the dad putting together more bags and wearing a US Army stocking cap.

I couldn't be prouder or more touched than right now....we're going to make it through this...with love, caring, and that unbreakable American spirit.



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Milestones



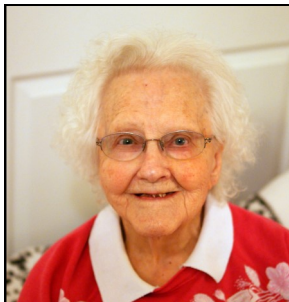
May Matsui
May 1, 1919—101 years
Caldwell Autumn Wind



Leo Tuttle
May 8, 1919—101 years
Caldwell Grace



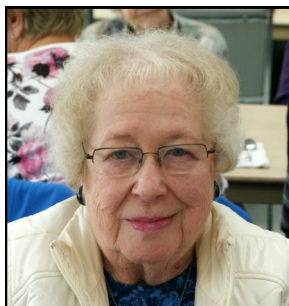
Ardith Vanderpool
April 2, 1924—96 years
Nampa Park Place



Helen Jackson
May 10, 1925—95 yrs
Nampa Park Place



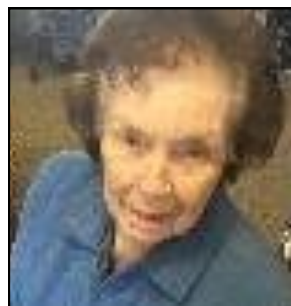
Ella Phelps
May 24, 1925—95 years
Caldwell Autumn Wind



Helen Hatton
May 31, 1926—94 years
Nampa Senior Center



Wilma Townley
May 1, 1927—93 years
Caldwell Senior Center



Darlene Thomas
May 7, 1927—93 years
Caldwell Autumn Wind

YOU KNOW YOU ARE FROM IDAHO WHEN:

- ♦ You see people wearing camouflage at social events (including weddings).
- ♦ You know several people who have hit a deer or a cow more than once.
- ♦ Your idea of creative landscaping is a statue of a deer next to your blue spruce.
- ♦ You install security lights on your house and garage and leave both unlocked.
- ♦ Your wife knows how to use jumper cables and change a tire.
- ♦ You have more miles on your golf cart than your snow blower.
- ♦ You often switch from "heat" to "A/C" in the same day and back again.
- ♦ You know all four seasons: Fall, Almost Winter, Almost Spring, and Road Construction.
- ♦ You can drive 65 mph through a foot of snow without flinching.
- ♦ You find 10 degrees "a little chilly."
- ♦ "Vacation" means going north on Highway 55 for the weekend.
- ♦ "Vacation Down South" means going to Salt Lake City or Jackpot.
- ♦ A brat is something you eat at a BBQ.
- ♦ You think a vegetarian is someone who doesn't know how to hunt or fish.
- ♦ Your Memorial Day picnic was moved indoors due to frost.

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Fifty Ways to Beat This Virus

Stay away from the pack, Jack
Don't visit your Gran, Stan
Wipe down every toy, Roy
To keep virus-free.

Don't hop on the bus, Gus
Don't listen to Don, Ron
Don't hoard the TP, Lee
Just stay virus-free.

Sneeze into your sleeve, Steve
Stop touching your face, Grace
Keep back to six feet, Pete
Heed the CDC.

Just use the Purell, Mel
Keep wipes in your purse, Nurse
Take care of your stock, Doc
You need PPE.

This isn't Spring Break, Jake
Stay home if you're sick, Dick
As COVID takes leaps, peeps
Just follow the rules, fools
And stay virus-free!

(With apologies to Paul Simon)

Brain Teaser

INTERPRET THE FOLLOWING:

1 SAND	2 MAN BOARD	3 STAND I	4 R E A D I N G
5 WEAR LONG	6 R ROADS A D S	7 ↓ T O W N	8 CYCLE CYCLE CYCLE
9 LE VEL	10 O M.D. P.H.D. B.S.	11 KNEE LIGHTS	12 III I OO
13 CHAIR	14 DICE DICE	15 H C O U T ↓	16 GROUND FEET FEET FEET FEET
17 MIND MATTER	18 HE'S/HIMSELF	19 ECNALG	20 DEATH/LIFE
21 G.I. C C C C C C	22 — PROGRAM	23 C R E C I B E	24 YOU J U S T ME

Answers on Page 8

Nursing and Rehabilitation



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My kids laugh at me
and think I'm crazy.
I laugh at them because
it's hereditary!



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I found two large bumps on my car battery. Had them tested and one came back positive. Hope it's not terminal.

Answers to Brain Teaser (p.7)

1. Sandbox
2. Man overboard
3. I understand
4. Reading between the lines
5. Long underwear
6. Crossroads
7. Downtown
8. Tricycle
9. Split level
10. Three degrees below zero
11. Neon lights
12. Circles under the eyes
13. High chair
14. Paradise
15. Touchdown
16. Five feet underground
17. Mind over matter
18. He's beside himself
19. Backward glance
20. Life after death
21. G.I. overseas
22. Space program
23. See-through blouse
24. Just between you and me

Milestones



Joyce Sorenson
May 13, 1928—92 years
Caldwell Senior Center



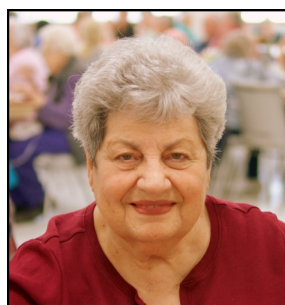
Fred Elkins
May 21, 1929—91 years
Caldwell Autumn Wind



Barbara Spielman
May 8, 1935—85 years
Greenleaf



Yolande Moore
May 23, 1935—85 years
Caldwell Autumn Wind



Yvonne Amidon
May 10, 1940—80 years
Nampa Senior Center



Anne Thiel
May 15, 1940—80 years
Melba Valley Senior Center



Betty Ostyn
May 29, 1945—75 years
Nampa Senior Center

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Kenny Wright
May 26, 1950—70 years
Nampa Senior Center

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and thought to myself
“That’s the last thing I need!”

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