

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

### Trouble on the Crosstown Bus



Some years ago, I was stuck on a crosstown bus in New York City during rush hour. Traffic was barely moving. The bus was filled with cold, tired people who were deeply irritated with one another, with the world itself. Two men barked at each other about a shove that might or might not have been intentional. A pregnant woman got on, and nobody offered her a seat. Rage was in the air; no mercy would

be found here.

But as the bus approached Seventh Avenue, the driver got on the intercom. "Folks," he said, "I know you have had a rough day and you are frustrated. I can't do anything about the weather or traffic, but here is what I can do. As each one of you gets off the bus, I will reach out my hand to you.

"As you walk by, drop your troubles into the palm of my hand, okay? Don't take your problems home to your families tonight, just leave them with me. My route goes right by the Hudson River, and when I drive by there later, I will open the window and throw your troubles in the water."

It was as if a spell had lifted. Everyone burst out laughing. Faces gleamed with surprised delight. People who had been pretending for the past hour not to notice each other's existence were suddenly grinning at each other like, is this guy serious? Oh, he was serious.

At the next stop, just as promised, the driver reached out his hand, palm up, and waited. One by one, all the exiting commuters placed their hand just above his and mimed the gesture of dropping something into his palm. Some people laughed as they did this, some teared up but everyone did it. The driver repeated the same lovely ritual at the next stop, too. And the next. All the way to the river.

*(Continued on Page 2)*



A mom came into the library with her kids in a stroller.

As they strolled into the children's section, her little girl stared waving her arms in the air in excitement, singing. "Hello, library! Hello, books! I told you I'd be back!!"



# Love LIVES HERE

Boise-style Independent & Assisted Living

Open for Daily Tours, Walk-ins Welcome



## MorningStar

SENIOR LIVING of BOISE



(208) 516.1938 | 5850 N. Five Mile Road

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

I spend a lot of time thinking about the hereafter.  
I enter a room and wonder what I'm here after.

## Bringing in the New Year

It was New Years Eve and they had no plans, so Ralph said to his wife Lucy, "Let's go out to eat tonight."

Lucy came back with the classic, "I have nothing to wear."

So Ralph said to her, "Just wear what you had on the last time we went out darling, you looked beautiful!"

"What are you going to wear?" she asked.

"I'll just wear something comfortable," he replied.

So there they were in their local Chinese restaurant, Ralph in coveralls and a flannel shirt, and Lucy in her wedding dress!



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



HEATHERWOOD  
Senior Living

Join us for a **FREE LUNCH & TOUR**



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

*(Trouble on the Crosstown Bus—Continued from Page 1)*

We live in a hard world, my friends. Sometimes it is extra difficult to be a human being. Sometimes you have a bad day. Sometimes you have a bad day that lasts for several years. You struggle and fail. You lose jobs, money, friends, faith, and love. You witness horrible events unfolding in the news, and you become fearful and withdrawn. There are times when everything seems cloaked in darkness. You long for the light but don't know where to find it.

But what if you are the light? What if you are the very agent of illumination that a dark situation begs for? That's what this bus driver taught me, that anyone can be the light, at any moment. This guy wasn't



some big power player. He wasn't a spiritual leader. He wasn't some media-savvy influencer. He was a bus driver, one of society's most invisible workers. But he possessed real power, and he used it beautifully for our benefit.

When life feels especially grim, or when I feel particularly powerless in the face of the world's troubles, I think of this man and ask myself, "What can I do, right now, to be the light?"

Of course, I can't personally end all wars, or solve global warming, or transform vexing people into entirely different creatures. I definitely can't control traffic. But I do have some influence on everyone I brush up against, even if we never speak or learn each other's name.

No matter who you are, or where you are, or how mundane or tough your situation may seem, I believe you can illuminate your world. In fact, I believe this is the only way the world will ever be illuminated, one bright act of grace at a time, all the way to the river.

~ Elizabeth Gilbert



Providing non-emergency transportation

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



Assisted Living & Memory Care at its best!

(208) 475-1805

www.TheCottages.biz





**GARDEN PLAZA  
OF VALLEY VIEW**  
A SENIOR LIVING COMMUNITY

A third-generation owner-operated community

- ◆ Independent Living
- ◆ Assisted Living
- ◆ Skilled Nursing & Rehab



1130 N. Allumbaugh St., Boise, Idaho 83704 ♦ (208) 322-0311 ♦ [www.valleyviewret.com](http://www.valleyviewret.com)

**RALPH WALDO EMERSON**



He said, "Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense. This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays."



**Tipsy Chef  
Café**

979 S. Progress Ave.  
Meridian, Idaho 83642

Open Tuesday thru Sunday 6am to 2pm

**HOPE BLOOMS  
FLOWERS AND THINGS!**

"We Deliver Happiness For You"

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



**Terri's Café**  
Breakfast and Lunch  
among friends

Open Daily  
6:30 am -  
2:30 pm

2483 E. Fairview, Ste. 105  
Meridian, ID 83642

**I'm a social vegan.  
I avoid meet.**

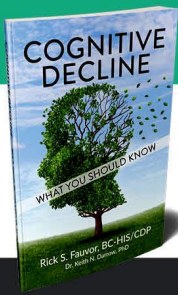


**SUNNY RIDGE**

Independent Senior Living, Assisted Living,  
Skilled Nursing and Rehabilitation

208.467.7298 • 2609 SUNNYBROOK DRIVE, NAMPA, IDAHO 83686

It amazes me how  
much  
"exercise"  
and "extra fries"  
sound alike!



# COGNITIVE DECLINE

FREE Book By Rick S. Fauvor, BC-HIS/CDP

In this book you'll learn the secrets to living your best life!

- ✓ Hearing care is health care
- ✓ Preventing Dementia is possible
- ✓ You can live with less ringing in your ears
- ✓ Maintain your independence as you age actively



Visit: [www.EHBookOffer.com](http://www.EHBookOffer.com)



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

(208) 285-2353

[www.absihc.com/boise](http://www.absihc.com/boise)

## Things you CAN control:

1. Your beliefs
2. Your attitude
3. Your thoughts
4. Your perspective
5. How honest you are
6. Who your friends are
7. What books you read
8. How often you exercise
9. The type of food you eat
10. How many risks you take
11. How kind you are to others
12. How kind you are to yourself
13. How often you say "I love you"
14. How often you say "thank you"
15. How you express your feelings
16. Whether or not you ask for help
17. How often you practice gratitude
18. How many times you smile today
19. The amount of effort you put forth
20. How you spend or invest your money
21. How much time you spend worrying
22. How often you think about your past
23. Whether or not you judge other people
24. Whether or not you try again after a setback
25. How much you appreciate the things you have



## Old-Timer Tech Quiz

Give yourself 1 point for each thing you have NEVER done. ZERO is a perfect score!

- Used a rotary phone
- Used a floppy disc
- Used a typewriter
- Taken photos with a film camera
- Listened to music on a CD
- Listened to music on a cassette tape
- Listened to music on a vinyl record
- Watched a video on a VHS tape
- Sent or received a fax
- Accessed the internet by dial-up
- Used a phone book
- Sent a postcard
- Used a paper map on a trip
- Owned a dictionary
- Owned an encyclopedia
- Paid for something with a money order

MY SCORE: \_\_\_\_\_



**BROOKDALE**  
SENIOR LIVING

Enriching the lives of those we serve



### BOISE PARKCENTER ASSISTED LIVING

739 E Parkcenter Blvd.  
Boise, ID 83706

(208) 695-9755

### BOISE PARKCENTER INDEPENDENT LIVING

767 E Parkcenter Blvd.  
Boise, ID 83706

(208) 331-1166

**Geology rocks,  
but Geography  
is where it's at!**



 **Home Instead.**  
*To us, it's personal*  
 Dependable, Compassionate  
 In-Home Care Services

**(208) 888-9962**  
[www.HomeInstead.com/707](http://www.HomeInstead.com/707)

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

  
**Doctor's Hospice**  
*of Idaho*

  
**CHERRY HEIGHTS**  
 FAMILY CLINIC

Phone: 208.985.2260  
[www.DoctorsHospiceofIdaho.com](http://www.DoctorsHospiceofIdaho.com)

Phone: 208.650-4888  
 1560 N Crestmont Dr, Ste. A, Meridian

## Tomorrow

*By Elwood S. "Woody" Smith,  
 1968*

We may trace family trees from  
 our yesterdays:  
 Columbus, John Smith or  
 Pizarro,  
 But the thing that will count  
 when life's flame flickers out  
 Is how you prepared for  
 TOMORROW.

There is much to be learned  
 from our yesterdays:  
 The lessons that all men should  
 borrow,  
 But the thing that will last  
 when life's chances are past  
 Is how you prepared for  
 TOMORROW.

There is much to forget in our  
 yesterdays:  
 There's regret; there's remorse;  
 there is sorrow.  
 But the thing you can't buy  
 when it comes time to die  
 Is the time to prepare for  
 TOMORROW.



## The First National Bank of Today

Open 24 Hours

**Imagine you had a bank account that deposited \$86,400 each morning.** The account carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day. What would you do? Draw out every dollar each day!

**We all have such a bank.** Its name is Time. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever time you have failed to use wisely. It carries over no balance from day to day. It allows no overdraft so you can't borrow against yourself or use more time than you have. Each day, the account starts fresh. Each night, it destroys an unused time. If you fail to use the day's deposits, it's your loss and you can't appeal to get it back.

**There is never any borrowing time.** You can't take a loan out on your time or against someone else's. The time you have is the time you have and that is that. Time management is yours to decide how you spend the time, just as with money you decide how you spend the money. It is never the case of us not having enough time to do things, but the case of whether we want to do them and where they fall in our priorities.

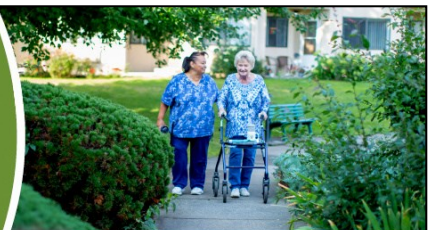
***What will you put in your account today?***

We're your resource for the highest quality home care that supports comfort and independence.

How can we help?

208.376.5515  
[boise@familyrhc.com](mailto:boise@familyrhc.com)  
[familyresourcehomecare.com](http://familyresourcehomecare.com)

  
 family resource  
 home care



Serving the entire Treasure Valley Area



**ASSISTED  
 LIVING WAS  
 THE ANSWER  
 FOR US**



**Spring Gardens**  
 — MERIDIAN —

An Avista Senior Living Community

Call or visit us online today  
[SpringGardens.com/Meridian](http://SpringGardens.com/Meridian)  
 (208) 584-5393

**You are given two ends:  
one to think with and one to sit on.**

Your success in the New Year will depend on which end you use the most.

Heads you win, tails you lose!  
- Helen Wilson



Serving the Greater Treasure Valley



We are here to help you maintain your health and independence

208.342.1222 ♦ www.addus.com

## New Year's Prayer

Dear Lord,  
So far this year I've done well.

I haven't gossiped, I haven't lost my temper, I haven't been greedy, grumpy, nasty, selfish, or overindulgent.

I'm very thankful for that.

But in a few minutes, Lord, I'm going to get out of bed, and from then on I'm probably going to need a lot more help.

Amen

## New Year's Resolution

One resolution I have made, and try to always keep, is this:

To rise above the little things.  
- John Burroughs

## How do You Get to Heaven?

**A teacher was testing the children** in her Sunday school class to see if they understood the concept of getting to heaven.

She asked them, "If I sold my house and my car, had a big garage sale and gave all my money to the church, would that get me into Heaven?"

"NO!" the children answered.

"If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would that get me into Heaven?"

Again, the answer was, "NO!"

Now she was smiling. Hey, they're getting it, she thought! "Well, then, if I was kind to animals and gave candy to all the children, and loved my husband, would that get me into Heaven?" she asked.

Again, they all answered, "NO!"

She was just bursting with pride for them. "Well,"



## Send a Senior Goldmine Gift Subscription to a friend or yourself!

Send this form and a \$25 check for 12 issues to:

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

SEND TO: \_\_\_\_\_ THEIR PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY, STATE, ZIP: \_\_\_\_\_

YOUR NAME: \_\_\_\_\_ YOUR PHONE: \_\_\_\_\_

Call today to schedule your **complimentary hearing assessment\***

Upon completion, receive a **\$20 Gift Card\*** of your choice. Choose from top national retailers.



1084 N. Cole Road  
Boise, ID 83704  
**208.826.4169**

745 S. Progress Ave.  
Meridian, ID 83642  
**208.370.5661**

801 NW 13th Street  
Fruitland, ID 83619  
**208.549.5272**

2635 Caldwell Blvd. Ste. 102  
Nampa, ID 83651  
**208.899.8699**

\*See office for details.

Mention code AG60-1 when calling to receive your special offer.





- ◆ 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**

## Where shall we eat?

(A Senior Goldmine classic)

A group of 40-year-old girlfriends discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because the waiters there were good-looking.

Ten years later, at 50 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because the food there was very good.



Ten years later at 60 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

Ten years later, at 70 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because the restaurant was wheelchair-accessible, and they even had an elevator.

Ten years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because they had never been there before.

## SIGNS OF THE TIMES

The days of good grammar has went.

My parents spanked me as a child. I now suffer from a psychological condition called "respect."

If only "snooze minutes" were as long as "microwave minutes!"

Never trust an atom—they make up everything.

The rotation of the earth really makes my day.

Why don't they call vets "dogtors?"

Cup holders are just cup cups.

Always remember, you are unique, just like everyone else.

Clapping is literally hitting yourself because you like something.

My favorite flavor of cake is "more."

Remember, if you can't say something nice, say it with a smile.

90% of a relationship is deciding where to eat.

Finally, all my winter fat is gone — I now have spring rolls.



**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**



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

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

*"May you live as long as you want,  
and not want as long as you live"* - is an Irish toast.  
*"Bread, cinnamon, eggs, and maple syrup"* - is a French toast.



Ever notice when geese fly in a V formation, one side is always longer than the other?



That's because there are more geese on that side!

### You could try...

*I'm looking to change careers.  
Any suggestions?*

You could try being an electrician, but it has its positives and negatives.

You could try being an elevator operator, but it has its ups and downs.

You could try organized crime, but it has its pros and cons.

You could try being a butcher, if you can cut it.

You could try being a dentist, but you're always down in the mouth.

You could try teaching math, but everything has to add up.

You could try being a baker, but you'll knead a lot of dough.

You could try being a doctor, but you will need lots of patience.

You could try being a barber, if you can make the cut.

You could try being a roofer, but you have to stay on top of things.

You could try being a mechanic, but it can be exhausting.

You could try being a welder, but be wary of burn out.

You could try being a truck driver, but you need to be in it for the long haul.

# NASCAR PRESENTS



# THE WAL MART 500



*"Built on a Foundation of Faith, Continuously Embracing Every Moment,  
while sharing Life's Journey"*

 **CORNERSTONE**  
— SENIOR LIVING —

350 S. Allumbaugh Way, Boise, Idaho 83709  
Phone: (208) 322-1555 Fax: (208) 378-1553  
[www.csseniorliving.com](http://www.csseniorliving.com)



America's Choice in Homecare

Visiting  
Angels.

LIVING ASSISTANCE SERVICES

Serving the Treasure Valley

208.888.3611

www.visitingangels.com/boise/home

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.

Kathy Lacina 208-573-4658 Jennifer Smith (208) 901-7428

OasisSeniorAdvisors.com/SW-Idaho

**oasis**  
SENIOR ADVISORS.  
SW IDAHO

## A Toddler's Rules of Possession



1. If I like it, it's mine.
2. If it's in my hand, it's mine.
3. If I can take it from you, it's mine.
4. If I had it awhile ago, it's mine.
5. If it's mine, it must never appear to be yours in any way.
6. If I'm doing or building something, all the pieces are mine.
7. If it looks just like mine, it's mine.
8. If I saw it first, it's mine.
9. If you are playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's yours.

## Cinnamon and Sugar on Toast

Times are heavy, we all know. But my 18 year-old daughter made me laugh more than I had in a while. She had toast with peanut butter and bananas sliced on top and sprinkled it with cinnamon and sugar that I already had mixed in a old shaker.

She said to me after her toast was ready, "Mom, you know what is so my childhood?" And I ask, "What?"

She said, "The old cinnamon sugar shaker."

Being caught off guard, I said, "The one in the spice rack?"

"Yep...it reminds me so much of when we were little and the thousands of times when you made us toast. The warm toast and the melted butter and then the best part - the cinnamon sugar mix!"

I said "Well, ok, but that's kind of strange. That brings you that much joy?"

"It's all the memories, Mom, it's all the memories," with this sappy little grin on her face.

She pulls it out, shows it to me and said, "The silver lid isn't even the right one and the words are getting rubbed off."

And as I stand there and realize she's right - in one little bottle we can recall countless times of breakfast and snacks that include cinnamon and sugar from that special little shaker. She's so happy recalling some of those moments.

Then as she's walking away she asks, "Can I take it to my new apartment in the fall?"

I said, "Well, why don't I just buy you a new shaker?" and she says, "It won't be the same, Mom."

She may be grown and almost flown but she's still my little girl and will always want her cinnamon and sugar from that shaker.

And I think I will let her take it.

- Brenda Swanson



 **Edgewood**



SPRING CREEK

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





The wife said, “Why don’t you ever treat me anymore like you did when we were courting?”

So her husband took her to a movie, then out to a nice dinner, gave her a kiss in the car, then dropped her off at her parents.



When I look in a mirror and see all those gray hairs and wrinkles, I think to myself, “They sure don’t make mirrors like they used to!”

**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.**

Send to Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Your Name \_\_\_\_\_

Your Phone \_\_\_\_\_

**ASSISTED LIVING**



*Helping you live your best life!*

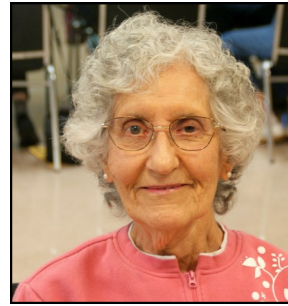
- ◆ Warm, loving atmosphere
- ◆ Home-cooked food & great service
- ◆ Highly trained, friendly staff

**208.888.0090 • 1695 S. Locust Grove, Meridian, Idaho 83642**

# Milestones



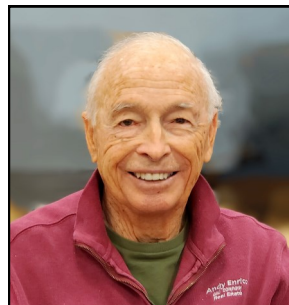
Dennis Betty  
Jan 10, 1932—92 years  
Kuna Senior Center



Evelyn Woofter  
Jan 6, 1934—90 years  
Star Senior Center



Minnie Hutchison  
Jan 11, 1934—90 years  
Ten Mile Christian



Andy Enrico  
Jan 1, 1939—85 years  
Boise 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 information to [terry@seniorgoldmine.com](mailto:terry@seniorgoldmine.com) or call (208) 615-1948



Sylvia Carney  
Jan 25, 1939—85 years  
Eagle Seniors



Rita Wood  
Jan 12, 1944—80 years  
Boise Senior Center



Anne Yasuda  
Jan 21, 1949—75 years  
Boise Senior Center



Eddie Boyer  
Jan 29, 1949—75 years  
Meridian Senior Center

**QC Kinētix®**  
NON-SURGICAL REGENERATION

**DO YOU SUFFER FROM JOINT PAIN?**

Consider stem cell therapy -  
the alternative to drugs & surgery!



**(208) 547-6662 • [www.QCKinetix.com/boise](http://www.QCKinetix.com/boise)**

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