Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

The Dad Quiz

Dads: Check each saying you have ever used. "Let's rock and roll." (when it's time to leave) Looks like we'll have to amputate." (when a kid has a minor injury) "Did you fall in?" (when kid takes too long in the bathroom) "What's the damage?" (when looking at a bill) "Can you do mine next?" (when seeing a neighbor wash his car) "I was just resting my eyes." (after falling asleep on the couch) "I guess they'll let anyone in here!" (seeing a friend in public) "Glad we're not going that way!" (when seeing heavy traffic on the the other side of the road) "Can't get very far without these." (after forgetting the keys) "Look, horses!" (when driving past horses) "I'm not paying to heat the whole neighborhood!" (when someone leaves the door open) "It's not heavy, just awkward." (when carrying something heavy) People don't know how to drive in this town!" (in every town you are in) "We needed this rain." (every time it rains) ☐ "Back already? How was it?" (when someone comes back inside because they forgot something) "That's not going anywhere!" (when tying something down)

If you checked three or more, you are a REAL Dad!

THE POEM THAT ONCE WAS US

A little house with three bedrooms, One bathroom and one car on the street; A mower that you had to push To make the grass look neat.

In the kitchen on the wall We only had one phone, And no need for recording things, Someone was always home.

We only had a living room Where we would congregate; Unless it was at mealtime In the kitchen where we ate.

We had no need for family rooms Or extra rooms to dine. When meeting as a family Those two rooms worked out just fine.



We only had one TV set And channels, maybe two, But always there was one of them With something worth the view

For snacks we had potato chips That tasted like a chip. And if you wanted flavor There was Lipton's onion dip.

Store-bought snacks were rare because My mother liked to cook,

And nothing can compare to snacks

In Betty Crocker's book. (Continued on page 2)







(208) 516.1938 | 5850 N. Five Mile Road

A male human grows up to be a grown man; but when he becomes a father and starts telling dad jokes, he becomes a groan man.

(Continued from page 1)

Weekends were for family trips Or staying home to play. We all did things together, Even go to church to pray.

When we did our weekend trips Depending on the weather, No one stayed at home because We liked to be together.

Sometimes we would separate To do things on our own, But we knew where the others were Without our own cell phone.

Then there were the movies With your favorite movie star, And nothing can compare To watching movies in your car



Then there were the picnics At the peak of summer season, Pack a lunch and find some trees And never need a reason.

Get a baseball game together With all the friends you know, Have real action playing ball And no game video.

Remember when the doctor Used to be the family friend, And didn't need insurance Or a lawyer to defend?

(Continued on page 7)

Keep Your Active Lifestyle

HEATHERWOOD

Senior Living

(208) 345 2150 HeatherwoodSeniors.com



Tips to look after your husband

(Extract from 1950 Home Economics Book)

Have dinner ready

Plan ahead, even the night before, to have a delicious meal on time. This is a way of letting him know that you have been Most men are hungry when see them playing the part. they come home and the prospects of a good meal are Minimise all noise part of the warm welcome At the time of his arrival, needed.

Prepare yourself

will be refreshed when he him. Greet him with a warm arrives. Touch up your make- smile and be glad to see him. up, put a ribbon in your hair and be fresh looking. He has just Some don'ts been with a lot of work weary people. Be a little gay and a little or complaints. Don't complain more interesting. His boring if he's late for dinner. Count this day may need a lift.

Clear away the clutter

Make one last trip through the main part of the house just Make him comfortable before your husband arrives. Have him lean back in a reached a haven of rest and

Prepare the children

Take a few minutes to wash the children's hands and faces (if they are small), comb their hair, and if necessary, change their thinking about him and are clothes. They are little concerned about his needs, treasures and he would like to Make the evening his

eliminate all noise of washer, drier dishwasher or vacuum. Try to encourage the children Take 15 minutes to rest so you to be quiet. Be happy to see

Don't greet him with problems as minor compared with what he might have gone through that day.

gathering up school books, comfortable chair or suggest he toys, paper etc. Then run a dust lie down in the bedroom. Have cloth over the tables. Your a cool or warm drink ready for husband will feel he has him. Arrange his pillow and offer to take off his shoes. order, and it will give you a lift. Speak in a low, soft, soothing and pleasant voice. Allow him to relax - unwind.

Listen to him

You may have a doubt things to tell him, but the most be cof his arrived is not the time. Let him talk first.

Never complain if he does not take you out to dinner or to other play, of entertainment. Instead, try to understand his world of strain and pressure, his need to come home and relax.

The goal

Try to make your home a place of peace and order where your husband can renew himself in body and spirit.





(208) 321-1703

Providing non-emergency transportation Ambulatory • Wheelchair • Hospice • Stretcher • Long-Distance





Assisted Living & Memory Care at its best!

Boise 853-1255 Middleton 585-5959

- Meridian 288-2220
- 463-4941 Nampa

www.TheCottages.biz

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





Phone: 208.985.2260 www.DoctorsHospiceofIdaho.com

Phone: 208.957.5532 www.DoctorsHouseCallsofIdaho.com

Candace Cobb

◆ Live-In Caregiver Position Wanted ◆
Specialized CNA caregiver with 20 years
experience seeking live-in position or
work exchange for housing. I focus on a
happy, healthy atmosphere, meals and
other needs. References available.
Reasonable rates & Negotiable.
Call (509) 386-3198

I Heard Your Voice in the Wind Today

I heard your voice in the wind today and I turned to see your face; The warmth of the wind caressed me as I stood silently in place.

I felt your touch in the sun today as its warmth filled the sky; I closed my eyes for your embrace and my spirit soared high.

I saw your eyes in the window pane as I watched the falling rain; It seemed as each raindrop fell it quietly said your name.

I held you close in my heart today, it made me feel complete; You may have died...but you are not gone, you will always be a part of me.

As long as the sun shines... the wind blows... the rain falls... You will live on inside of me forever for that is all my heart knows.

- Unknown

An authentic 50s-style diner

Open Daily 6:00 a.m. to 2:30 p.m.

979 S. Progress Ave. Meridian, Idaho





TO ADVERTISE WITH SENIOR GOLDMINE CALL 208.615.1948 OR EMAIL

terry@seniorgoldmine.com

Copper Springs Senior Living





Compassionate Care

- Assisted Living
- Memory Care

3570 E. Amity Rd., Meridian, ID 83642 ♦ (208) 888-7030



1767 W. Franklin • Meridian, Id 83642

(208) 376-7298 www.ashleycares.com

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



 Alzheimer & Dementia Care Specialists

Boise ♦ East Boise ♦ Nampa ♦ Caldwell ♦ Mt. Home

Whatever Happened to Billy?

Billy was having trouble in school. His teacher was constantly criticizing him: "Billy, why can't you get this right? Do I need to explain it to you again?" Day after day it went on like this, but Billy couldn't seem to get anything right.

Billy's mother met with his teacher at fall conferences. The teacher told her Billy was a disaster, getting the lowest marks of any of her students and that she had never had such an unmotivated little boy in all of her teaching career.

Billy's mom, shocked at this feedback, withdrew her son immediately and moved from Detroit to Cleveland, where she enrolled Billy and in school that had more caring teachers.

Twenty years later, Billy's former teacher was diagnosed with a rare heart disease. Her doctors advised immediate open-heart surgery and that only one surgeon in the Cleveland Clinic could perform the procedure.

The teacher decided to have the procedure and underwent the surgery at the Cleveland Clinic.

In the recovery room, she saw the young doctor who headed her surgical team smiling down at her. She started to thank him.

Instead, her face suddenly turned blue as she tried to speak, and suddenly she took her last gasping breath.

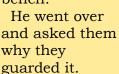


The doctor was shocked, wondering what went suddenly wrong. When doctor turned to check for the cause, he saw that Billy, the janitor at the Cleveland Clinic, had unplugged the life-support equipment to plug in his vacuum cleaner.

Life is full of unexpected twists. If you thought that Billy had become a heart surgeon, you are a true optimist!

This is How Traditions are Born

A new camp commander arrived. While inspecting the place, he saw two soldiers guarding a bench.



"We don't know. The last commander told us to do so, and we did. It is some sort of regimental tradition."

He went to his office and called him to ask why did he want guards at this bench.

"I don't know," was the reply. The previous commander had guards, and I kept the tradition."

Going back three commanders, he found and called a now 90-year old retired general.

"Excuse me, sir. I'm now CO of the camp you commanded over 60 years ago. I've found two men assigned to guard a bench. Could you tell me more about that bench?"

"What? Is the paint still wet?!"



Enriching the lives



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

Caseboise Moving

Office • Residential • Senior

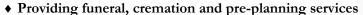
Packing & unpacking • Free estimates
Onsite • Small & large downsizing moves

208-884-5191

www.caseboisemovingcompany.com caseboise@msn.com



♦ Serving the Treasure Valley since 1911



♦ A commitment to serve with understanding and compassion

Phone: (208) 898-0642 • ustick@summersfuneral.com



Serving the entire Treasure Valley (208) 887-7719

DO MARRIED PEOPLE LIVE LONGER THAN SINGLE ONES OR DOES IT ONLY SEEM LONGER?



LAID is pronounced like PAID but not SAID. And SAID is pronounced like BREAD but not BEAD. And BEAD is pronounce like LEAD but not LEAD.

Oh, English, how we love you!

METRO CONCIERGE SERVICES

Creating a clean, safe environment for you and your loved ones



Our staff is trained to assist seniors by performing essential tasks to prevent the need for alternative living arrangements. Services are \$25 per hour and available primarily in Ada, Canyon and Gem counties.

ERRAND SERVICES Grocery shopping Prescription pickups Dry cleaning + more

HOME MANAGEMENT

Cleaning Laundry Meal preparation Home repair + more

- + House Monitoring
- Assistance

Call (208) 459-0063 MetroCommunityServices.net/ConciergeServices





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





Mother's Day Gift Certificates available For appointment Call (208) 467-9626



www.facebook.com/ firstimpressionsidaho

Age 60 might be the new 40, but 9:00 p.m. is the new midnight!



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

Are you turning 65? Call your local licensed Humana sales agent.



Emily Brown 208-565-6421 (TTY: 711) Monday - Friday 8 a.m. – 5 p.m.

Humana.

Y0040 GHHHXDFEN20 BC C

Don't Mess With Him!

An old man was eating lunch at a truck stop when three tough bikers walked in.

As they passed the old man, the first biker put out his cigarette in the old man's pie.

The second biker knocked over the man's coffee cup, and the third flipped over his plate.



Without saying a word, the old man got up, paid for his lunch, and walked out of the diner.

One of the bikers said to the waitress, "Not much of a man, was he?"

"Not much of a truck driver, either," replied the waitress. "He just backed over three motorcycles!"





Bill insurance or self-pay

PUREVITA

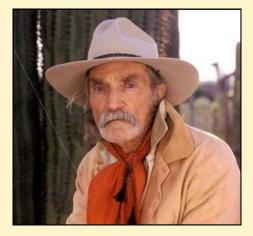
Just what the doctor ordered... from the comfort of your home!

Incontinence, diabetic, urological supplies, liquid nutrition, walkers, canes and more!

(208) 639-9488 | Orders@purevitaco.com | www.purevita.co

The Secret to Long Life

A cowboy told his grandson the secret to a long life.



He said, "You gotta sprinkle a little gunpowder on your oatmeal. It fortifies your bones and toughens your organs. If you do that, you'll live to a ripe old age!"

Sure enough, after doing this religiously his whole life, the cowboy lived to the ripe old age of 98.

When he died, he left behind 12 children, 21 grandchildren. 15 great-grandchildren..... and a 16-foot hole in the wall of the crematorium.





MEMORY CARE at ENGLEFIELD GREEN

(208) 647.4250 | 350 S. Allumbaugh Way

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

Doorstep

America's Choice in Homecare



Serving the Treasure Valley

208.888.3611

www.visitingangels.com/boise/home

(Continued from page 2)

The way that he took care of you Or what he had to do. Because he took an oath and strived To do the best for you.

Remember going to the store And shopping casually, And when you went to pay for it You used your own money?

Nothing that you had to swipe Or punch in some amount, And remember when the cashier person Had to really count?



The milkman used to drive a truck And go from door to door, And it was just a few cents more Than going to the store.

There was a time when mailed letters Came right to your door, Without a lot of junk mail ads Sent out by every store.

The mailman knew each house by name And knew where it was sent; There were not loads of mail addressed To "present occupant"

There was a time when just one glance Was all that it would take. And you would know the kind of car, The model and the make

(Continue on page 8)

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



Send Out the Search Party

The boss wondered why one of his most valued employees wasn't in and had not phoned in sick one day. Having an urgent problem with one of the main computers, he dialed the employee's home phone number and was greeted with a child's whisper:

"Hello?"

"Is your daddy home?" he asked. "Yes." whispered the small voice. May I talk with him?" The child whispered, "No." Surprised and wanting to talk with an adult, the boss asked.

"Is your Mommy there?" "Yes."

"May I talk with her?"

Again the small voice whispered. "No."

Hoping there was somebody with whom he could leave a message, the boss asked, "Is anybody else there?"

"Yes." whispered the child. "A policeman."

Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?"

"No, he's busy." whispered the child.

"Busy doing what?"

"Talking to Daddy and Mommy and the Fireman." came the whispered answer.

Growing more worried as he heard a loud noise in the background through the earpiece on the phone, the boss asked, "What is that

"A helicopter." answered the whispering voice.

"What is going on there?" demanded the boss, now truly apprehensive.

Again, whispering, the child answered,

"The search team just landed a helicopter."

Alarmed, concerned, and a little frustrated the boss asked: "What are they searching for?"

Still whispering, the young voice replied with a muffled giggle... "Me."



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

Hospice • Home Health • House Calls



Phone (208) 465-7121

(Continued from page 7)

They didn't look like turtles Trying to squeeze out every mile; They were streamlined, white walls, fins and "skirts", And really had some style



One time the music that you played Whenever you would jive, Was from a vinyl, big-holed record Called a forty-five

The record player had a post To keep them all in line, And then the records would drop down And play one at a time.

Oh, the simple life we lived, Still seems like so much fun. How can you explain the game, "Just kick the can and run?"

Oh sure, we had our problems then, Just like we do today And always we were striving, To find a better way.

This life seemed so much easier; Slower in some ways. I don't mind the new technology, But I sure do miss those days.

So time moves on and so do we, And nothing stays the same; But I sure love to reminisce And walk down memory lane.

With all today's technology We grant that it's a plus! But it's fun to look way back and say, Hey look, guys, THAT WAS US!



Never buy flowers from a monk. Only you can prevent florist friars.

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



Clarice Young June 20, 1924—97 years Eagle Senior Center



Don Oremus June 22, 1928—93 years Boise Senior Center

recognizes the following

70, 75, 80, 85, 90 and up;

and Anniversaries:

50, 55, 60 and up.

Senior Goldmine

Milestones:

Birthdays:



Louise Bullock June 7, 1929—92 yrs Kuna Senior Center



Ruby Duncan June 11, 1931 - 90 years Kuna Senior Center







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



Clara Dezellen June 15, 1936—85 years Star Senior Center



Patsy Lambert Jan 21, 1941 - 80 years Kuna Senior Center



Tom & Betty Opplinger June 16, 1956—65 years Meridian 10 Mile Christian

Whole-Health Solutions





To talk to Lady J, call (208) 724-8482 www.Joiya.Life/Judith

Products to give you more peace, help you sleep better, help relieve aches and pains, and more!