

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

She is No Longer With Us

My parents were married for 55 years. One morning, my mom was going downstairs to make dad breakfast, she had a heart attack and fell. My father picked her up as best he could and almost dragged her into the truck. At full speed, without respecting traffic lights, he drove her to the hospital.

When he arrived, unfortunately she was no longer with us. During the funeral, my father did not speak; his gaze was lost. He hardly cried.

That night, his children joined him at home. In an atmosphere of pain and nostalgia, we remembered beautiful anecdotes and he asked my brother, a theologian, to tell him where Mom would be at that moment. My brother began to talk about life after death and where she would be.



My father listened carefully. Suddenly he asked us to take him to the cemetery.

“Dad!” we replied, “it’s 11 at night, we can’t go to the cemetery right now!”

He raised his voice, and with a glazed look he said: “Don’t argue with me, please don’t argue with the man who just lost his wife of 55 years.”

There was a moment of respectful silence, we didn’t argue anymore.

(Continued on Page 2)

Mom’s Through the Years

At 3 years, it’s
“Mommy, I love you.”

At 10 years,
“Mom whatever.”

At 16 years,
“My Mom is so annoying.”

At 18 years,
“I wanna leave this house.”

At 25 years,
“Mom, you were right.”

At 30 years,
“I wanna go to Mom’s house.”

At 50 years, “I don’t wanna lose my Mom!”

At 70 years, “I would give anything for my Mom to be here with me.”

Happy Mothers’ Day!



Love LIVES HERE

Boise-style Independent & Assisted Living
Open for Daily Tours, Walk-ins Welcome



SENIOR LIVING of BOISE

(208) 516.1938 | 5850 N. Five Mile Road

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



HEATHERWOOD Senior Living

Boise's Choice Retirement Community

5277 W Kootenai St. Boise, ID 83705

www.heatherwoodsensiors.com

(208) 860-0599 or (208) 345-2150



CALL TODAY AT
(208) 860-0599 TO
SCHEDULE A TOUR AND
ENJOY A COMPLIMENTARY
CHEF-INSPIRED MEAL



The Salted Life

I heard my mother asking the neighbors for salt. But we had salt in the house. I asked her why she was asking the neighbors for salt.



And she answered me: "Because our neighbors don't have a lot of money and often they ask us for something. From time to time, I also ask them for something small and inexpensive, so that they feel that we need them too.

This way they will feel more comfortable and easier for them to keep asking us for everything they need."

Respect for human dignity is undoubtedly one of the noblest feelings.

And that's exactly what I learned from my parents. Let's build empathetic, humble, supportive children who care about others.

(She is No Longer With Us—Continued from Page 1)

We went to the cemetery. With a flashlight we reached her grave.

My father sat down, prayed, and told his children: "It was 55 years... you know? No one can really talk about true love if haven't done life with a person." He paused and wiped his face.

"She and I, we were together in the good and in the bad," he continued. "When I changed jobs, we packed up when we sold the house and moved. We shared the joy of seeing our children become parents, together we mourned the departure of loved ones, we prayed together in the waiting room of some hospitals, we supported each other in pain, we hugged one another each day, and we forgave mistakes."

And then he paused and added, "Children, that's all gone and I'm happy tonight. Do you know why I'm happy? Because she left before me. She didn't have to go through the agony and pain of burying me, of being left alone after my departure. I will be the one to go through that, and I thank God for that. I love her so much that I wouldn't have liked her to suffer."

When my father finished speaking, my brothers and I had tears streaming down our faces. We hugged him and he comforted us, "It's okay. We can go home. It's been a good day."

That night I understood what true love is. It is more than just romanticism and physical attraction; it's two people who stand beside one another, who are committed to one another - through all the good and bad that life throws at you.




(208) 321-1703
VICTORY
Medical Transportation

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





The Cottages
Assisted Living & Memory Care

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

God Created Moms

GOD CREATED THE CRAFTY MOMS TO INSPIRE CREATIVITY.

HE CREATED THE TIDY MOMS TO INSPIRE COMFORT.

HE CREATED THE NURTURING MOMS TO INSPIRE CALM.

HE CREATED THE FUNNY MOMS TO INSPIRE LAUGHTER.

HE CREATED THE CRUNCHY MOMS TO INSPIRE HEALTH.

HE CREATED THE PARTY PLANNING MOMS TO INSPIRE COMMUNITY.

BUT HE DIDN'T CREATE YOU TO BE ALL OF THEM. SO STOP TRYING TO BE ALL THE MOMS.

BE THE MOM YOU WERE CREATED TO BE.

AND THEN, FIND YOUR VILLAGE TO BE THE MOMS YOU AREN'T. BECAUSE WE WERE ALL CREATED TO NEED EACH OTHER.

Jordan Harroff, writer



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



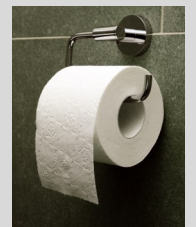
Terrí's Café

Breakfast and Lunch
among friends

Open Daily
6:30 am -
2:30 pm

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

**Around this
time in 2020
we couldn't
find toilet
paper.
Now we can't
afford it!**



SUNNY RIDGE

**Independent Senior Living, Assisted Living,
Skilled Nursing and Rehabilitation**

208.467.7298 • 2609 SUNNYBROOK DRIVE, NAMPA, IDAHO 83686



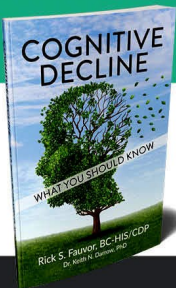
Cremation Society
of Idaho

For Pre-Planning,
call Seth at
(208) 880-9841
Direct cremation
starting at \$925

**Guaranteed lowest cost direct cremation
in the Treasure Valley**

(208) 322-3590

www.cremationsociety-idaho.com



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

EVERYTHING HEARING

Brain Health & Hearing Treatment Center

Visit: www.EHBookOffer.com



A Better Solution

In Home Care™

Quality Care You Can Trust



We Set the Standard

(208) 285-2353

www.absihc.com/boise

Things I'm Really Good At

1. Forgetting someone's name ten seconds after they tell me.
2. Buying fresh produce—and throwing it away two weeks later.
3. Digging through the trash for the food box I just tossed away, because I already forgot the directions.
4. Making plans—and then immediately regretting making those plans because something better came up.
5. Leaving laundry in the dryer until it wrinkles. Then turning on the dryer to de-wrinkle. Then forgetting it again.
6. Calculating how much sleep I'll get if I can just fall asleep right now.



Tough as Leather

So, after a hard day on the range, Roy Rogers hitched Trigger to a tree and settled down for a restful night by the campfire. His feet were sore from breaking in a new pair of boots.

Off came the boots and he fell asleep. While he slept, a cougar stole his boots and took off with them in his teeth.

When Roy awakened and found his boots missing, he looked around and found the tracks of a big cat. He and a few cowhands saddled up and went to try and find his boots.

Eventually they tracked down the cougar just as it was finishing a meal of the boots.

Before anyone could draw a bead on it with a rifle, one of the cowhands asked, "Pardon me Roy, is that the cat that chewed your new shoes?"



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

I arrived early for a lunch reservation with my girlfriends, and the manager asked if I'd mind waiting.

I said that was fine, and she said, "Great. Take these salads to table 4."

 **Home Instead.**

To us, it's personal

Dependable, Compassionate
In-Home Care Services

(208) 888-9962

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

Phone: 208.650-4888

1560 N Crestmont Dr, Ste. A, Meridian

Let's Say Grace

Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated



around the table as the food was being served.

When Little Johnny received his plate, he started eating right away.

"Johnny! Please wait until we say grace," said his mother.

"I don't need to," the boy replied.

"Of course you do." his mother insisted. "We always say a prayer before eating at our house."

"That's at our house." Johnny explained. "But this is Grandma's house and she knows how to cook!"

Grandparent's Answering Machine

"Good morning! We are not home at the moment, so please leave a message after the beep."

Beeeeeeep.

"If you are one of our children, **dial 1 and select option 1-5** in birth order so we know who it is.

"If you need us to stay with your children, **press 2.**"

"If you want to borrow the car, **press 3.**"

"If you want us to wash your clothes and do ironing, **press 4.**"

"If you want the grandchildren to sleep here tonight, **press 5.**"



"If you want us to pick up the kids at school, **press 6.**"

"If you want us to prepare a meal for Sunday or have it delivered to your home, **press 7**"

"If you want to come eat here, **press 8.**"

"If you need money, **press 9.**"

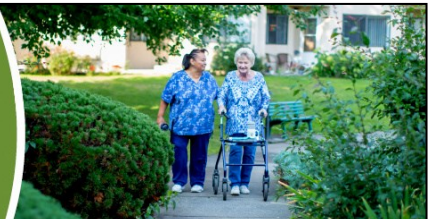
"If you are going to invite us to dinner or take us to a movie, start talking, we are listening!!!"

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
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
(208) 584-5393

Whatever women must do they must do twice as well as men to be thought half as good. Luckily this is not difficult.

- Charlotte Whitton

Serving the Greater Treasure Valley



We are here to help you maintain your health and independence

208.342.1222 ♦ www.addus.com

Your Government at Work

Three contractors are bidding to fix a broken fence at the White House.

One is from Chicago, another is from Tennessee, and the third is from Minnesota. All three go with a White House official to examine the fence.

The Minnesota contractor takes out a tape measure and does some measuring, then works some figures with a pencil.

“Well,” he says, “I figure the job will run about \$900. \$400 for materials, \$400 for my crew, and \$100 profit for me.”

The Tennessee contractor also does some measuring and figuring, then says, “I can do this job for \$700. \$300 for materials, \$300 for my crew, and \$100 profit for me.”

The Chicago contractor doesn't measure or figure, but leans over to the White House official and whispers, “\$2,700.”

The official, incredulous, says, “You didn't even measure like the other guys! How did you come up with such a high figure?”

The Chicago contractor whispers back, “\$1000 for me, \$1000 for you, and we hire the guy from Tennessee to fix the fence.”

“Done!” replies the government official. And that, my friends, is how the government works.

Back Home for Mother's Day

If I had the power to turn back the clock,
Go back to that house at the end of the block,
The house that was home when I was a kid,
I know that I'd love it more than I did.

If I could be back there at my mother's knee,
And hear once again all the things she told me,
I'd listen as I never listened before,
For she knew so well what life had in store.

And all the advice my dad used to give,
His voice I'll remember as long as I live;
But it didn't seem really important then;
What I would give to live it over again.

And what I would give for the chance I once had,
To do so much more for my mother and dad;
To give them more joy and a little less pain;
A little more sunshine — a little less rain.

But the years roll on and we cannot go back,
Whether we were born in a mansion or shack;
But we can start right now — in the hour that's here
To do something more for the ones we hold dear.

And since time in its flight is travelling so fast,
Let's not spend it regretting that which is past;
But let's make tomorrow a happier day
By doing our “good to others” — today.



— Anonymous

EARN EXTRA INCOME!



Make Giving Back Your Second Act!

- ◆ Do you enjoy helping teachers and students in a classroom setting? ◆ Are you 55+? ◆ 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@jannus.org

FOSTER GRANDPARENTS
of the Treasure Valley



Call today to schedule your complimentary hearing assessment*

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



HearingLife
hearinglife.com

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

Milestones



Phyllis Manning

March 13, 1930—94 years
 Boise Edgewood Ustick



Phyllis Ross

May 17, 1931 - 93 years
 Boise



Paul Girdner

Apr 29, 1932- 92 years
 Meridian Senior Center



Mary Aguilar

April 17, 1933—91 years
 Meridian Senior Center



Julia Schroeder

May 4, 1934 - 90 years
 Star Senior Center



Myrna Stower

May 26, 1934- 90 years
 Boise

Spin the Bottle

When I was a kid we played "Spin the Bottle" and if they didn't want to kiss you, they'd have to give you a quarter.

By the time I was 12, I owned my own home.



Meet the Apple i1950 Next Generation iPhone!



- Never needs charging.
- Never gets lost.
- Unbreakable construction.
- Built-in digital exerciser.
- Classic "retro" ringtone preferred by thousands.
- Simple "off-the-hook" do-not-disturb feature.
- Available in black, beige, white or red.

ORDER YOURS NOW!
JUST \$99.95

*Order in the next 12 hours
 and get a FREE wall hanger!*



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



We bring care to you!



Care Services in the Comfort of Your Home

• Home Health • Home Care

Boise (986) 888-1832 • www.serengeticare.com

Gentle Hearts



Marbeth Soler, CDP

Senior Living Placement and Referral Specialist
Certified Dementia Practitioner

(208) 858-4983 • marbeth@ghls.care
www.ghls.care

Do You Remember?

My mother used to take leftover dough from making pie crusts, roll it out, spread butter on it, sprinkle cinnamon sugar on it, cut it into strips and bake them. Yum!



The Woman's Prayer



Before I lay me down to sleep,
I pray for a man who's not a creep,
One who's handsome, smart and strong,
One who loves to listen long,

One who thinks before he speaks,
One who'll call, not wait for weeks.
I pray he's rich and self-employed,
And when I spend, won't be annoyed.

Pull out my chair and hold my hand,
Massage my feet and help me stand.
Oh, send a king to make me queen,
A man who loves to cook and clean.

I pray this man will love no other,
And relish visits with my mother!

The Man's Prayer

Now I lay me down to sleep,
Tell the kids, don't make a peep.

Amen.



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



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



America's Choice in Homecare



LIVING ASSISTANCE SERVICES

Serving the Treasure Valley

208.888.3611

www.visitingangels.com/boise/home

The Price of a Helpmate

God wanted to reward Adam, so he told him he would make him a mate. God told him that he would have to use part of Adam's own body to make her.

He asked Adam what qualities he would want in this woman.

Adam said, "Well, I want her to be gorgeous, have a beautiful kind, loving, generous, honest, faithful soul... and a be great cook and housekeeper."

Adam then asked, "What will that cost me?"

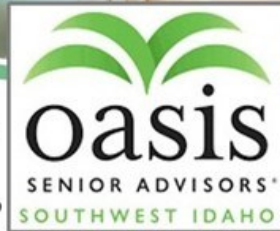
God did some quick calculations and said, "An arm and a leg."

Adam pondered that then replied, "Got any other options?"



A FREE SERVICE that guides seniors through customized living solutions.

OasisSeniorAdvisors.com/SW-Idaho



Sandy Adams 208.585.7018 • Jennifer Smith 208.901.7428 • Kathy Lacina 208.573.4658

Get Out of the Car!

A Senior Goldmine Classic

An elderly lady finished her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle.

She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!"



The four men didn't wait for a second threat. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realized why.

It was for the same reason she had wondered why there was a football, a Frisbee and two 6-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car-jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed. The moral of the story? If you're going to have a senior moment...make it memorable.



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

**Home Organizing and
Decluttering Specialist**



(208) 614-9258
www.OrganizedByAbi.com

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

Well, You Asked!

I asked my wife why she married me.

She said, "Because you're so funny and make me laugh all the time."

I said, "I thought it was because I was so charming, intelligent and good looking."



She replied with a laugh, "See, there you go. You're hilarious!"

Milestones



Mary Simpson
May 1, 1944—80 years
Kuna Senior Center



Beth Stout
May 13 1944—80 years
Meridian Senior Center



Linda Weston
May 24, 1944—80 years
Eagle

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
or call (208) 615-1948



Terry Ann Patterson
May 25, 1944—80 years
Kuna Senior Center

**Want to have Senior Goldmine
mailed to your home or
to a friend each month?**

Send this form and a \$25 check for 12 issues to **Senior Goldmine, 11626 W Cross Slope Way, Nampa, ID 83686.**

Send to: _____

Phone _____

St. Address _____

City, State, Zip _____

Your Name _____

Phone _____

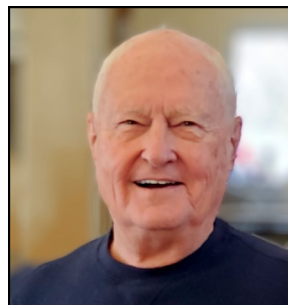
St. Address _____

City, State, Zip _____

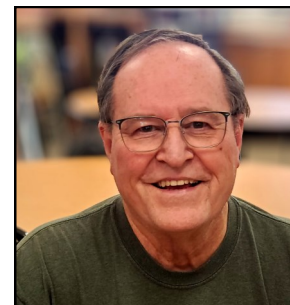
Ada Feb 2024



Margie Johnson
May 27, 1944—80 years
Eagle Seniors



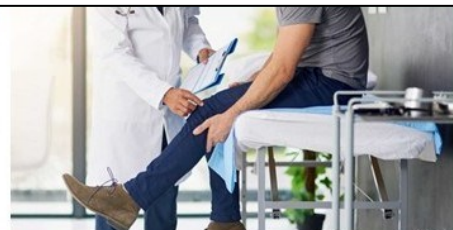
Don Hahn
May 30, 1944—75 years
Meridian Senior Center



Byron Eveland
March 28, 1954—70 years
Kuna 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