

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Ghost Car in the Rain

While this story sounds like an Alfred Hitchcock tale or an episode of the Twilight Zone, it's reported to be true. You be the judge.

An Ohio businessman on a sales trip, Saul Rubins, had his car break down on Louisiana Hiway 57, just outside of Dulac, a little town in the bayou country of Louisiana. The night was pitch dark in the middle of a raging thunderstorm. Saul abandoned his disabled vehicle on the side of the road and attempted to hitchhike.

Time passed slowly and no cars went by. It was raining so hard he could hardly see his hand in front of his face.

Suddenly, through the sheets of rain, he saw a car moving slowly down the road toward him, its dim headlights appearing ghostlike in the rain. It slowly and silently crept toward him and stopped.



Desperately needing a ride, Saul jumped in the back seat of the car and closed the door. Only then did he realize that there was no one behind the wheel and no sound of an engine to be heard over the rain. The driver's side window was open and rain was pouring in.

(Continued on Page 2)

- Ole & Lena's
TEN
COMMANDMENTS*
1. *Ders only one God, ya know.*
 2. *Don't make that stuffed walleye on your mantle an idol.*
 3. *Cussin' ain't nice.*
 4. *Go to church even when you're up nort.*
 5. *Honor your folks.*
 6. *Don't kill. Catch and release.*
 7. *There's only one Lena for every Ole. No cheatin'.*
 8. *If it ain't your lutefisk, don't take it.*
 9. *Don't be braggin 'bout how much snow ya shoveled.*
 10. *Keep your mind off your neighbor's hot dish.*



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



In Home Care & Assistance

Trusted Home Care

Serving Boise/Meridian/Nampa/Caldwell

(208) 639-1649

www.rightathome.net/boise

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

I'm Still Your Momma...



When you no longer listen, or care what I say, I'm still your Momma.

When you decide I'm old-fashioned and want to go your own way, I'm still your Momma.

When you talk back and argue, I'm still your Momma.

When you figure you know more than I do, I'm still your Momma.

When you move away and take a piece of my heart with you, I'm still your Momma.

And I will still love you as much as the first day I held you in my arms.

I'm still your Momma.

I'll always have room for you and a hug to welcome you. I'm still your Momma.

And until my last breath, I'll keep carrying your love with me.

And I will thank God every day for the privilege and joy it's been to be your Momma.

(Ghost Car in the Rain—Continued from Page 1)

The car continued to creep silently forward and Saul was terrified, too scared to think of jumping out and running. He saw that the car was approaching a sharp curve and, still too scared to jump out, he started to pray and beg for his life. He was sure the ghost car would go off the road and into the bayou and he would drown!

But just before the curve, a shadowy hand appeared at the driver's window, reached in and turned the steering wheel, guiding the car safely around the bend. Then, just as silently, the hand disappeared through the window and Saul was alone again.

Paralyzed with fear, Saul watched the hand reappear every time they reached a curve.

Finally, scared nearly to death, Saul had all he could take, jumped out of the car, and ran into town.

Soaking wet and in shock, he found his way into a roadside pub.

Voice quavering, he ordered two cups of coffee, black, and then told everybody within earshot about his supernatural experience.

The room became silent and everybody got goosebumps when they realized Saul was telling the truth and not just some drunk off the street.

About 30 minutes later, Claude and Gerardo, dripping wet, walked into the pub. Claude says, "Look, Gerardo, there's that idiot what rode in our car when we was pushin' it in the rain."



(208) 321-1703

VICTORY
Medical Transportation

Providing non-emergency transportation

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



Assisted Living & Memory Care

Assisted Living & Memory Care at its best!

(208) 475-1805

www.TheCottages.biz

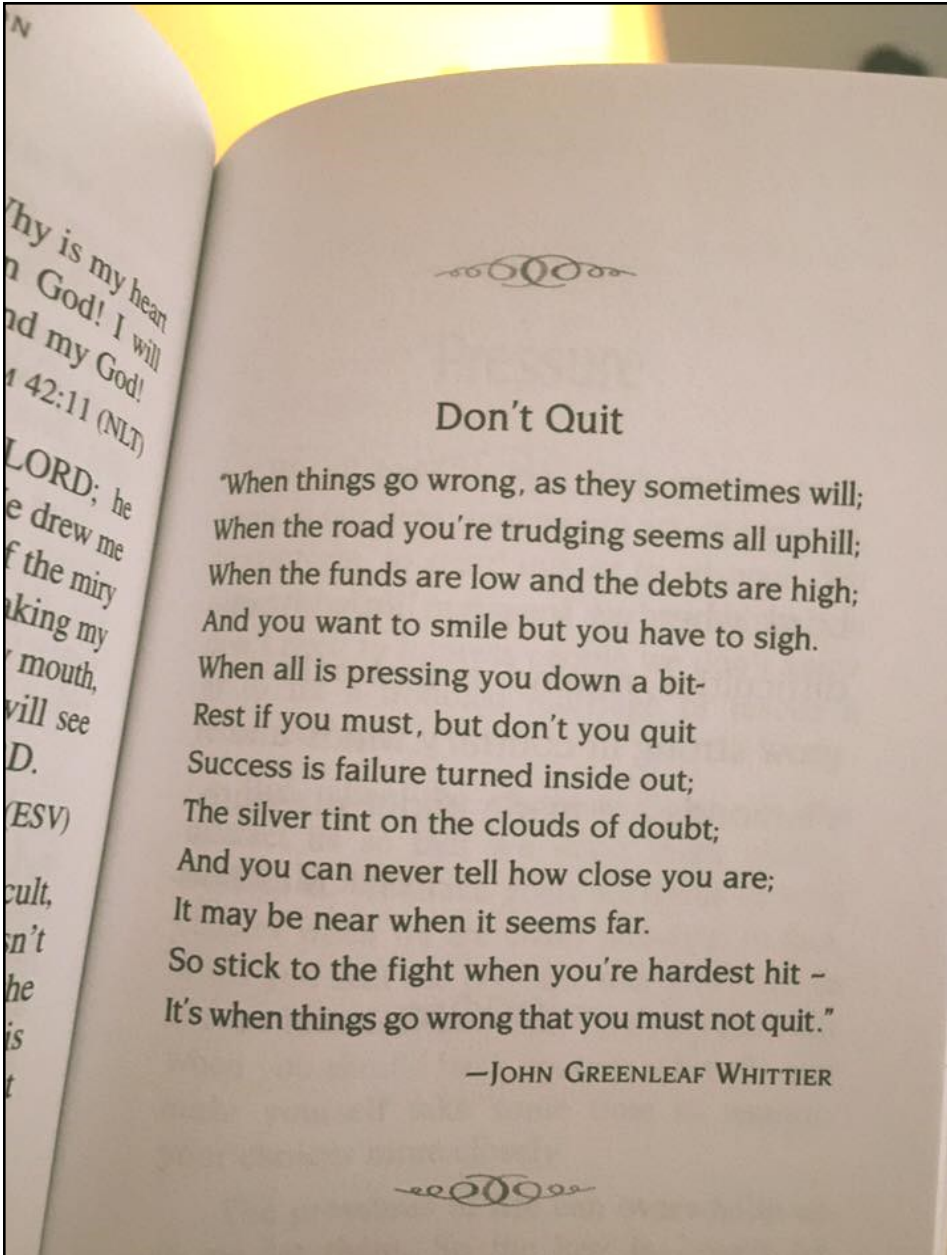



**GARDEN PLAZA
 OF VALLEY VIEW**
 A SENIOR LIVING COMMUNITY

- 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



Don't Quit

"When things go wrong, as they sometimes will;
 When the road you're trudging seems all uphill;
 When the funds are low and the debts are high;
 And you want to smile but you have to sigh.
 When all is pressing you down a bit-
 Rest if you must, but don't you quit
 Success is failure turned inside out;
 The silver tint on the clouds of doubt;
 And you can never tell how close you are;
 It may be near when it seems far.
 So stick to the fight when you're hardest hit -
 It's when things go wrong that you must not quit."

—JOHN GREENLEAF WHITTIER



**Topsy 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

We never realize how old
 we are until we sit on the
 floor and try to get up.



SUNNY RIDGE



Independent Senior Living, Assisted Living,
 Skilled Nursing and Rehabilitation

208.467.7298 • 2609 SUNNYBROOK DRIVE, NAMPA, IDAHO 83686

**I went to the paint
 store to get thinner.
 It didn't work.**

Proper Hearing Treatment Is Preventative Healthcare

Getting Screened is Simple! Painless, non-invasive, FDA Cleared Screening. Call Today!

 40% of Dementia Cases Considered Preventable	 48 MILLION AMERICANS suffer with HEARING LOSS	200-500% Increased Risk of Dementia linked to Hearing Loss
HEARING LOSS 2X as likely for DIABETICS 	3X more likely to fall with HEARING LOSS 	New Treatments REDUCE LISTENING EFFORT by 43%

Millions of Americans Are At Risk Due to Under-Treated Medical Conditions



(208) 229-3238 Meridian Office
2512 N Stokesberry Pl Ste 102 Meridian, ID 83646

(208) 960-4505 Caldwell Office
1818 S 10th Ave Ste 200 Caldwell, ID 83605

EverythingHearing.com



A Better Solution
In Home Care™

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

(208) 285-2353

www.absihc.com/boise

1978	2023
Long hair	Longing for hair
8 Tracks	Cataracts
KEGs	EKGs
Streaking	Leaking
Acid Rock	Acid Reflux
Seeds and stems	Fiber
Stayin' Alive (the song)	Stayin' Alive (the goal)
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Bell bottoms	Big bottoms
Disco	Costco
Whatever	Depends
Rock n' roll all night	Sleep through the night
Think you know everything	Think you know your name

BOARDING SCHOOL
TAUGHT ME HOW TO GET
ON AN AIRPLANE

I GOT KICKED OUT OF THE
COFFEE CLUB BECAUSE I
WORE A TEA SHIRT

MY RANCHER FRIEND
COULDN'T AFFORD
TO HOOK UP TO CITY
WATER

SO I GOT HIM A
GET WELL SOON CARD.

MY WIFE DENIED SPILLING
GLUE ON MY RIFLE
BUT I'M STICKING
TO MY GUNS

DO RACE HORSES SLOW
DOWN WHEN THEY SEE
POLICE HORSES?

WHEN YOU DREAM IN
COLOR, ITS JUST A PIGMENT
OF YOUR IMAGINATION

I STARTED WEARING
MEMORY FOAM INSOLES TO
REMEMBER WHY I WALKED
INTO THE ROOM



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



CLAIRE MCNEAL
Senior Real Estate Specialist

*Estate Sale, Home Sale,
and Moving Service
All in One!*

Boise Haven Real Estate/Downs Realty

(208) 370-2026

boisehavenrealestate@gmail.com



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

I'm Fine, Thank You

There is nothing the matter with me.

I'm as healthy as I can be.

I have arthritis in both of my knees
and when I talk, I talk with a wheeze.

My pulse is weak, and my blood is thin.
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,
Or I wouldn't be able to be on the street,
Sleep is denied me night after night,
But every morning I find I'm all right.

My memory is failing, my head's in a spin.
But I'm awfully well for the shape I'm in.

Old age is golden, I've heard it said
But sometimes I wonder as I get into bed.

With my ears in a drawer,
my teeth in a cup,

My eyes on the table until I wake up.
Ere sleep overtake me, I say to myself,

"Is there anything else
I could lay on the shelf?"

I get up each morning and dust off my wits

And pick up the paper
and read the "Obits",

If my name is still missing

I know I'm not dead,

So I have a good breakfast
and go back to bed.

The moral is this as my tale I unfold...

That for you and me who are growing old,

It's better to say "I'm fine" with a grin

Than to let folks know
the shape we are in.

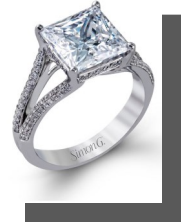
--Author Unknown--



OLD-TIMERS QUIZ

1. Who or what was Sparkle Plenty?

- a. The second engagement ring Richard Burton gave Liz Taylor
- b. A character in the Dick Tracy comic strip
- c. A constellation in the Milky Way discovered in 1849 by Dr. A. J. Plenty



2. What are Curb Whiskers?

- a. A cat's way of curbing bad habits
- b. Springy projections mounted on a car to let a driver know she's getting close to the curb
- c. In the '30s, "gates" that had to be removed from injection-molded curbs

3. What comic used to say, "I'm a BAAAAAAD boy!"

- a. Lou Costello to Abbot, after a lecture by Bud Abbot, telling Lou how he screwed up
- b. The Lone Ranger to Tonto every time the masked man gave away a phony silver bullet
- c. Fibber McGee to Molly when she would open their closet door and 50 tons of junk came tumbling out

4. What was Walt Disney's first animated feature film?

- a. Toot. Toot
- b. Pinocchio
- c. Snow White and the Seven Dwarfs

5. We collected them. We licked them. We got free merchandise with them.

- a. Popsicle sticks
- b. S & H Green Stamps
- c. War Bond Saving Stamps

1. b) 2. b) 3. a) 4. c) 5. b)
ANSWERS

At 20 we worry about
what others think of us;
at 40 we don't care about
what others think of us;
at 60 we discover they haven't been
thinking about us at all.



Those who love deeply
never grow old;
They may die of old age,
but they die young.

www.inspirationforsoul.org
~ Benjamin Franklin

Serving the Greater Treasure Valley

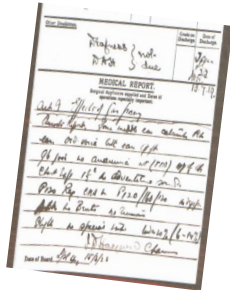


We are here to help you maintain your health and independence

208.342.1222 ♦ www.addus.com

Prescription for Success!

The patient went to his doctor for a checkup, and the doctor wrote out a prescription for him in his usual illegible writing.



The patient put it in his pocket, but he forgot to have it filled. Every morning for two years, he showed it to the conductor as a railroad pass.

Twice, it got him into the movies, once into the baseball park, and once into the symphony. He got a raise at work by showing it as a note from the boss.

One day, he mislaid it. His daughter picked it up, played it on the piano, and won a scholarship to a conservatory of music.

What Do Teachers Make?

The dinner guests were sitting around the table discussing life. One man, a CEO, decided to explain the problem with education. He argued, "What's a kid going to learn from someone who decided his best option in life was to become a teacher?"

He reminded the other dinner guests what they say about teachers "Those who can, do. Those who can't, teach." To stress his point he said to another guest: "You're a teacher, Susan. Be honest. What do you make?"

Susan, who had a reputation for honesty and frankness replied, "You want to know what I make?"

- I make kids work harder than they ever thought they could.
- I make kids sit through 40 minutes of study hall in absolute silence.
- You want to know what I make?
- I make kids wonder.
- I make them question I make them criticize.
- I make them apologize and mean it.
- I make them write.
- I make them read, read, read.
- I make them show all their work in math and perfect their final drafts in English.
- I make them understand that if you have the brains, and follow your heart, and if someone ever tries to judge you by what you make, you must pay no attention because they just didn't learn."



Susan paused and then continued.

"You want to know what I make?
I MAKE A DIFFERENCE. What do you make?"



**CASH PRIZES
& OPEN TO
THE PUBLIC!**

MUST BE 18 YEARS OR OLDER TO PLAY



Center At The Park
Meridian Senior Center
1920 N Records Way,
Meridian, Idaho 83646
Located in Kleiner Park,
behind the Village at Meridian

FRIDAY NIGHTS / CASH PRIZES!

DOORS OPEN AT 4:00PM | GAME PLAY STARTS AT 6:00PM

"Every Life Leaves A Legacy!"
SUMMERS
 Funeral Homes



- ◆ 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

MULTICARE
 Home Health &
 Personal Care Services



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

1950

GREATEST VALUE EVER IN TELEVISION

1951 Admiral

BIG 16" TV Only \$399⁹⁵

Plays all records
33-45-78 RPM

FM-AM
Dynamagic Radio

Clear... up close!
 Now! Big picture TV that's clear
 even close-up because of Admiral's
 revolutionary new FILTERAY tube!

Model 26443 Walnut-Teak Extra

It's the greatest value ever from the
 world's largest manufacturer of televi-
 sion combinations... this new 1951
 TV sensation from Admiral! New...
 enjoy television clear as the sunset
 on a big 16" picture tube. Easy to
 tune as a radio. Complete with built-in
 directional Reto-Scope antenna.
 New 1951 super-powered Dynamagic
 radio provides outstanding reception...
 on both FM and AM. New 1951 single-
 play automatic photograph plays all
 records (33, 45, 78 rpm). Expansive
 18th Century cabinet complete with
 record storage compartment.

ON TV! "Top the Magic," ABC, Thursday, 8 PM, EST
 "Light On," NBC, Monday, 9 PM, EST

SEE YOUR NEARBY ADMIRAL DEALER
 The sooner you place your order
 the better are your chances for early delivery

Wholesale distributor for this area
Admiral new york

FREE!
 From your Admiral dealer... a subscription to "SMART
 SET," Admiral's beautiful new magazine for the home.
 All you do is write your name and address and the name
 and address of your favorite nearby Admiral dealer in the
 coupon below.

ADMRAL, NEW YORK
 415 W. 56th St.
 New York 19, N.Y.

Your name and address: _____

That's a Good Question

My nine-year-old grandson came by after school one day.

"Grandpa, I have a question for you."

Always being willing to answer any of my grandchildren's questions, I said, "Go ahead, shoot."

"OK," he said. "You're driving down the street and you turn a corner. Suddenly there in the crosswalk right in front of you is a little old lady using a walker, a young boy on his way to school, and a mother carrying a baby."

"There is no way to go around them. You have to make a quick decision. Which are you going to hit?"

I paused for a moment. "Well, if I had to make a choice, I guess I would hit the little old lady. She lived a long life and the young boy has a lot of life ahead of him, and the mother and child need each other. So, yeah, I'd hit the little old lady. How about you?"

My grandson smiled at me and said, "Not me. I'd hit the brakes!"

This kid is going places!



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



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



ASKELSON ADVISORY
Medicare Insurance
Broker

Ask Zack about
Medicare

(208) 972-0979

askzack@askelsonadvisory.com

Marriage Reboot

The young woman who submitted the tech support message below (about her relationship to her husband) presumably did it as a joke. Then she got a reply that was way too good to keep to herself. The tech support people's love advice was hilarious and genius!

The query:

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slowdown in overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under Boyfriend 5.0.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5, and then installed undesirable programs such as: NBA 5.0, NFL 3.0 and Golf Clubs 4.1. Conversation 8.0 no longer runs, and House cleaning 2.6 simply crashes the system.

Please note that I have tried running Nagging 5.3 to fix these problems, but to no avail.

What can I do?

Signed, Desperate



The response:

Dear Desperate,

First keep in mind, Boyfriend 5.0 is an Entertainment Package, while Husband 1.0 is an Operating System.

Please enter command: I thought you loved me.html and try to download Tears 6.2. Do not forget to install the Guilt 3.0 update. If that application works as designed, Husband 1.0 should then automatically run the applications Jewelry 2.0 and Flowers 3.5. However, remember, overuse of the Tears application can cause Husband 1.0 to default to Grumpy Silence 2.5.

Whatever you do, DO NOT, under any circumstances, install Mother-In-Law 1.0 as it runs a virus in the background that will eventually seize control of all your system resources.

In addition, please do not attempt to re-install the Boyfriend 5.0 program. These are unsupported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance. We recommend Cooking 3.0.

Good Luck, Tech Support



"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

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



English is the only language where you drive in parkways but park in driveways.

It's also the only language where you recite in a play and play in a recital.

Your fingers have fingertips but your toes don't have toetips. Yet, you can tiptoe, but you can't tipfinger.

The word QUEUE is just a Q followed by four silent letters.

JAIL and PRISON are synonyms, but JAILER and PRISONER are antonyms.

When you transport something by CAR, it's called a SHIPMENT but when you transport something by SHIP it's called CARGO.

Fifteen facts I'll bet you didn't know

1. Your shoes are the first thing people subconsciously notice about you. Wear nice shoes.
2. If you sit for more than 11 hours a day, there's a 50% chance you'll die within the next 3 years.
3. There are at least 6 people in the world who look exactly like you. There's a 9% chance that you'll meet one of them in your lifetime.
4. Sleeping without a pillow reduces back pain and keeps your spine stronger.
5. A person's height is determined by their father, and their weight is determined by their mother.
6. If a part of your body "falls asleep", You can almost always "wake it up" by shaking your head.
7. There are three things the human brain cannot resist noticing - food, attractive people and danger.
8. Right-handed people tend to chew food on their right side.
9. Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odor.
10. According to Albert Einstein, if honey bees were to disappear from earth, humans would be dead within 4 years.
11. There are so many kinds of apples, that if you ate a new one every day, it would take over 20 years to try them all.
12. You can survive without eating for weeks, but you will only live 11 days without sleeping.
13. People who laugh a lot are healthier than those who don't.
14. Laziness and inactivity kills just as many people as smoking.
15. A human brain has a capacity to store 5 times as much information as Wikipedia.



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

A credit card has three dimensions:



**Length,
Width,
and Debt.**

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

If you can't remember why you walked into the room, but you can remember the rest of these jingles, you are my people!

- “My bologna has a first name...”
- “I don't wanna grow up...”
- “Gimme a break, gimme a break...”
- “The best part of waking up...”
- “Sometimes you feel like a nut...”
- “I'd like to teach the world to sing...”
- “Reach out and touch someone...”
- “Meow, meow, meow, meow...”
- “Plop, plop, fizz, fizz...”
- “See the USA...”
- “So kiss a little longer, hold hands a little longer, hold tight a little longer...”
- “Like a good neighbor...”
- “Double your pleasure, double your fun...”
- “A little dab'll do ya...”

Milestones



Lucille Stanley
Oct 31, 1923—100 years
Boise Morningstar



Dick DeLeonard
Oct 24, 1928—95 years
Kuna Senior Center



Marilyn Tsunoda
Oct 28, 1929—94 years
Meridian Senior Center



Naomi Frye
Oct 16, 1933—90 years
Meridian Senior Center



Kathy Hutt
Oct 21, 1938—85 years
Meridian Senior Center



Vernon Lewis
Oct 12, 1943—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



Gary Dufault
Oct 2, 1948—75 years
Meridian Senior Center

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 _____

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

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