

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

The Old Man and the Marine

This story is reprinted in honor of our Veterans

A nurse took the tired, anxious serviceman to the bedside. “Your son is here,” she said to the old man. She had to repeat the words several times before the patient’s eyes opened.

Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Marine standing beside his bed. He reached out his hand.

The Marine wrapped his toughened fingers around the old man’s limp ones, squeezing a message of love and encouragement.

The nurse brought a chair so that the Marine could sit beside the bed. All through the night the young Marine sat there in the dimly-lit room, holding the old man’s hand and offering him words of love and strength. Occasionally, the nurse suggested that the Marine move away and rest awhile. He refused.

Whenever the nurse came into the room, the Marine was oblivious of her and of the night noises of the hospital - the clanking of the oxygen tank, the laughter of the night staff

(Continued on Page 2)



Thank You
VETERANS

Veterans Day
by Cheryl Dyson

On Veterans Day, we honor all
Who answered to a service call.
Soldiers young and soldiers old,
Fought for freedom, brave and bold.

Some have lived, while others died,
And all of them deserve our pride.
We’re proud of all the soldiers who
Kept thinking of red, white
and blue.

They fought for us and all our rights,
They fought through many
days and nights.
And though we may not know
each name,
We thank ALL veterans
just the same.



Are you interested in learning
how a reverse mortgage loan
could help you?

MARC MITCHELL

Sales Manager | NMLS# 103620

Direct: 208-803-0286

Cell: 208-409-1186

Marc.Mitchell@Fairwaymc.com

Call me for your free book about Reverse Mortgage Loans!



Copyright©2020 Fairway Independent Mortgage Corporation (“Fairway”) NMLS#2289. 4750 S. Biltmore Lane, Madison, WI 53718, 1-866-912-4800. All rights reserved. Fairway is not affiliated with any government agencies. Materials are not from HUD or FHA. Not an offer to enter into an agreement. Not all customers will qualify. Information, rates and programs are subject to change without notice. Other restrictions and limitations may apply.

GREENLEAF MEAT PACKING



Family Owned and Operated Since 1981
21342 Main St., Greenleaf, Idaho
(208) 454-0164

ASSISTED LIVING & MEMORY CARE



Park Place
ASSISTED LIVING COMMUNITY

- NEW Memory Care Unit
- Residential Assisted Living
- Vacation Stays/Hourly Care

616 16TH AVENUE N. NAMPA, ID 83687
PHONE (208) 465-7275



Former Secretary of State Colin Powell's Rules for Life:

1. It's not as bad as you think. It will look better in the morning.
2. Get mad, then get over it.
3. Avoid having your ego so close to your position that when your position falls, your ego goes with it.
4. It can be done!
5. Be careful what you choose, you may get it.
6. Don't let adverse facts stand in the way of a good decision.
7. You can't make someone else's choices. You shouldn't let someone else make yours.
8. Check small things.
9. Share the credit.
10. Remain calm. Be kind.
11. Have a vision. Be demanding.
12. Don't take advice from your fears or your naysayers.
13. Perpetual optimism is a strength multiplier.

The Old Man and the Marine - Continued from Page 1

members exchanging greetings, the cries and moans of the other patients. Now and then she heard him say a few gentle words.



The dying man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited.

Finally, she returned. She started to offer words of sympathy, but the Marine interrupted her, "Who was that man?" he asked.

The nurse was startled, "He was your father," she answered.

"No, he wasn't," the Marine replied. "I never saw him before in my life."

"Then why didn't you say something when I took you to him?"

"I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn't here. When I realized that he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed. I came here tonight to find a Mr. William Grey. His son was killed in Iraq today, and I was sent to inform him. What was this gentleman's name?"

The nurse with tears in her eyes answered, "William Grey....."

Hospice • Home Health • House Calls



SIGNATURE healthcare
at home

care where you are

Phone (208) 465-7121



The
Cottages

Assisted Living & Memory Care

Assisted Living & Memory Care at its best!

Boise (208) 853-1255 ♦ Meridian (208) 288-2220
Middleton (208) 585-5959 ♦ Nampa (208) 463-4941

www.TheCottages.biz



Sunnyridge
Rehabilitation
& Retirement Center

208.467.7298 • 2609 Sunnybrook Drive • Nampa, Idaho 83686

The first 5 tours for retirement apartment will receive a discount! Call Roxie

Twenty years ago today
I asked my childhood sweetheart,
my best friend, and the most
beautiful woman in the world
to marry me.
All three said no.

Distracted in Small Groups

My daughter handed me her school progress report. Although it displayed a steady stream of positive check marks, there was one check mark standing dejectedly alone from the rest.



“How am I doing, Mom?” my child asked with a level of maturity that did not match the small disheveled person gazing up at me with smudged eyeglasses that teetered on the tip of her nose.

With her small finger, she pointed to her teacher’s neatly printed words next to the lone check mark.

It read: “Distracted in large groups.” But I already knew this. I knew this long before it was written on an official report card. Since she was a toddler, this child has offered astute observations of the world around her.

After pointing out all the positives on the progress report, I told her what was written. Upon hearing the news, she gave a tiny, uncertain smile and shyly admitted, “I do look around a lot.”

But before my child could feel one ounce of shame, one iota of failure, I came down on bended knee and looked her straight in the eye. I didn’t want her to just hear these words; I wanted her to feel them. This is what I said:

“Yes. You do look around a lot. You noticed Sam sitting off by himself with a skinned knee on the field trip, and you comforted him.”

“You noticed Banjo had a running nose, and the vet said it was a good thing we brought him in when we did.”

“You noticed our waitress was working really hard and suggested we leave an extra good tip. You noticed Grandpa was walking slower than the rest of us, so you waited for him.”

“You notice the beautiful view every time we cross the bridge to go to swim practice.”

“And you know what? I don’t ever want you to stop noticing because that is your gift. It is your gift that you give to the world.”

As I watched my daughter beam with the glow of acceptance, I realized her approach to life had the power to change the world.

You see, we are all just waiting for someone to notice—notice our pain, notice our scars, notice our fear, notice our joy, notice our triumphs, notice our courage.

And the one who notices is a rare and beautiful gift.

*By Rachel Macy Stafford, author of "Hands Free Life."
Her author page is @TheHandsFreeRevolution on Facebook.*

Get Lost!



Two new deer hunters
decided to separate to
increase their chances.

“What if we get lost?” says
one of them.

“Fire three shots up in the
air, every hour on the hour,”
says the other.

Sure enough, one of the
hunters gets lost, so he fires
three shots up into the air
every hour on the hour.

The next day the other
hunter finds his friend with
the help of the Forest
Ranger.

“Did you do what I said?”
asked the hunter.

“Yes, I fired three shots up
into the air every hour on the
hour, until I ran out of
arrows.”

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

Caseboise Moving

Office • Residential • Senior

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

208-884-5191

www.caseboisemovingcompany.com

caseboise@msn.com



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

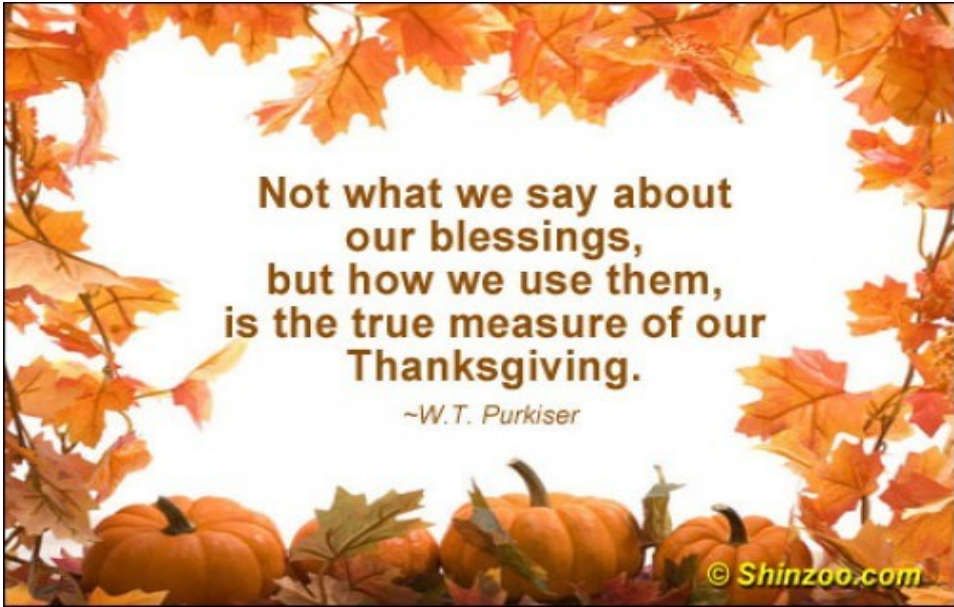


Senior GOLDMINE FALL ADVERTISING SPECIAL

Interested in partnering with us to promote your products or services?

Email today about special incentives.

terry@seniorgoldmine.com



**Not what we say about
our blessings,
but how we use them,
is the true measure of our
Thanksgiving.**

~W.T. Purkiser

© Shinzoo.com

Final Resting Place

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over at Wal-Mart.

"Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?"

"Then I'll be sure my daughters visit me twice a week."

THE OTHER SERENITY PRAYER

Please grant me the serenity
to stop beating myself up
for not doing things perfectly,

The courage to forgive myself
because I always try my best.

And the wisdom to know
that I am a good person
with a kind heart.



**Take a
Look!**

**THINK YOU
YOU CAN'T
BE FOOLED?**
You just were. Read it again.



"Enriching life through
strength and trust"



**CALL US FOR A
TOUR TODAY!**

208.454.1200

4119 Lenity Living Ave.
Caldwell, ID 83605

www.lenityseniorliving.com



SIMPLE BITES *Meals*

Oven Ready Single Serve Meals
NO SUBSCRIPTION

www.simplebitesmeals.com



America's Choice in Homecare



LIVING ASSISTANCE SERVICES

Serving the Treasure Valley

208.888.3611

www.visitingangels.com/boise/home

My Reading List



- “How to Write Blockbuster Books” by Warren Peace
- “Attacked by a Lion” by Claude Allover
- “The Art of Archery” by Beau N. Arrow
- “Classic Childhood Songs” by Barbara Blacksheep
- “Heart Surgery in Ireland” by Angie O’Plasty
- “Crossing the Sahara” by I. Rhoda Camal
- “How to Skip School” by Marcus Abcent
- “Positive Reinforcement for Your Kids” by Wade Ago
- “Activities for Your Halloween Party” by Bob Frapples
- “Never Argue with Fools” by Xavier Breth

EVERYTHING HEARING

208-606-4943

www.EverythingHearing.com

Hear the Right Choice

Let us know you saw our ad for
10% off a pair of hearing aids!



Punny Brain Twisters

by Terry Smith

1. Head of the Catholic Church + one, two, or three-wheeled transportation = frozen treat

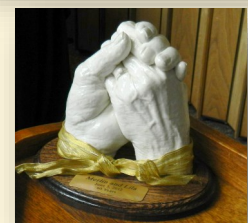
2. Local minister + vision organ = to make milk safe

3. State of Portland + spoken prose = pipe concert in church

4. Priest’s title + common herb = symbol of the past year

ANSWERS TO RELIGIOUS BRAIN TWISTERS:

- 1.1. Pope Cycle
- 2.2. Pastor Eyes
- 3.3. Oregon Recital
- 4.4. Father Thyme



Infant through adult hands available
Gift Certificates available

For appointment

call (208) 467-9626

www.facebook.com/firstimpressionsidaho

The Rose Petal Floral

308 12th Avenue South
Nampa, Idaho



(208) 467-2686

Save \$10 now -
Call us direct!



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



Ashley Manor

EST. 1996

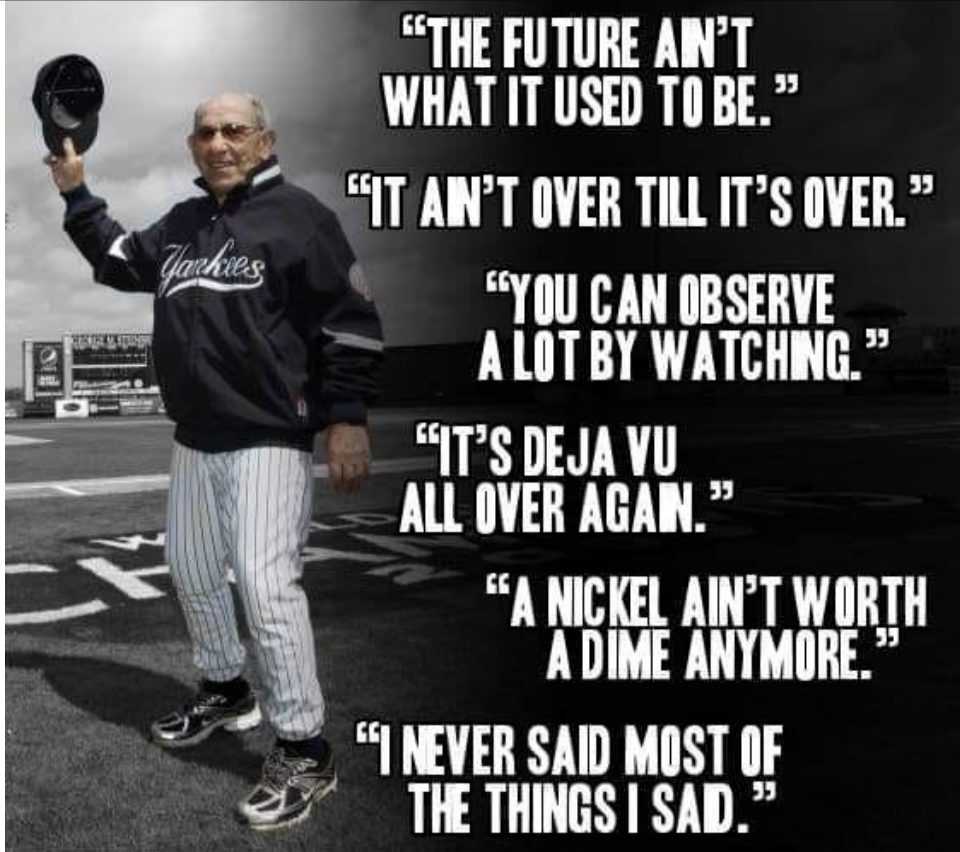
- ◆ Alzheimer & Dementia Care Specialists
- ◆ Assisted Living Accommodations

(208) 376-7298

www.ashleycares.com

BOISE ◆ EAST BOISE ◆ NAMPA ◆ CALDWELL ◆ MT. HOME

Yogi Speaks:



PARK RULES

- No littering
- Alcohol prohibited
- Dogs must be on leash
- Dogs must be clothed
- Dogs must be Catholic
- NO ALPACAS!
- BEWARE COYOTES: they have skateboards and can do sick tricks trust me they will steal your girlfriend I have seen it happen
- No hunting man for sport
- No loud music (unless it's Tupac)
- No impromptu group dance-offs
- ABSOLUTELY NO HUMAN SACRIFICES before 8 p.m.
- No motorized vehicles (except ATVs those things are tight)

NOTE: This is wild rabbit territory. If you see a rabbit, please report it immediately (so I can rush over and pet it)

ENTER AT YOUR OWN RISK

Park not responsible for injury, theft, accident or your failed marriage

Try this Stress Diet:



BREAKFAST

- 1/2 Grapefruit
- 1 slice Whole Wheat Toast
- 8 oz. Milk

LUNCH

- 4 oz. Lean Broiled Chicken Breast
- 1 cup Steamed Zucchini
- 1 Oreo Cookie
- 1 cup Herbal Tea

MID-AFTERNOON SNACK

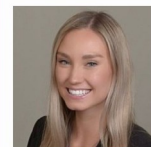
- Rest of the package of Oreos
- 1 quart Rocky Road Ice Cream
- 1 jar Hot Fudge

DINNER

- 2 loaves Garlic Bread
- Large Pepperoni/Mushroom Pizza
- Large pitcher of Pepsi
- 2 Milky Way Candy Bars
- 1 frozen Cheesecake eaten directly from the freezer

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 GHHXDFEN20 BC C



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

No wonder it's hard to hire people these days!
Seen on a job posting for a store:

**CASHIER WANTED
MUST BE 18
WITH 10 YEARS EXPERIENCE**

You're Fired!

The new company manager decided it was time to get rid of the company slackers.

On a tour of the plant, he noticed a guy leaning against a wall. Seeing a chance to show he meant business, he said to the man, "How much money do you make a week?"



A little surprised, the young man replied. "I make \$400 a week. Why?"

The boss said, "Wait right here." He walked into the office and came back a few minutes later.

He handed the guy \$1,600 in cash and said, "Here's four weeks pay. Now get out and don't come back!"

Feeling like a real boss now, the manager looked around and said, "Does anyone want to tell me what that goof-off's job was around here?"

From across the room, a voice spoke up, "Pizza delivery guy from Domino's."

Buying Her Some Bling

An older, white-haired gentleman walked into a jewelry store late one Friday with his beautiful, young 20-something girlfriend at his side. He told the jeweler he was looking for a special ring for his girlfriend.

The jeweler looked through his stock and brought out a \$5000 ring and showed it to him. The old man said, "No, I want something very special."

The jeweler went back and brought out a \$15,000 ring.

Looking it over, the old man shook his head and said, "I don't think you understand. I want something VERY special for my girl."

At that statement, the jeweler went to his safe and brought another ring over. "Here's a stunning ring, one of the finest I have. It is \$40,000" the jeweler said.

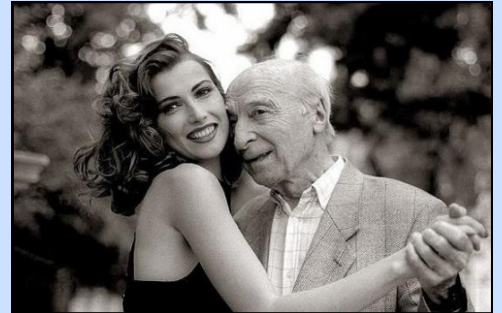
The young lady's eyes sparkled, and she trembled with excitement. Seeing her reaction, the old man said, "We'll take it!"

Then the jeweler asked how payment would be made. The old man calmly stated, "I'll be paying by check. I know you need to make sure my check is good, so I'll write it now and you can call the bank on Monday to verify the funds. Then I'll pick up the ring Monday afternoon."

The couple left with the young lady hanging on his arm and grinning from ear to ear.

Monday morning a very upset jeweler phoned the old man. "There's no money in that account!" he exclaimed.

"I know," said the old man, "Now ask me how was my weekend!"



Nursing and Rehabilitation



CANYON WEST
of Cascadia

208.459.0808

2814 S. Indiana ♦ Caldwell, ID 83605



**I went bald,
but I hung on to my
comb.**

**I just couldn't part
with it.**

I burned 2000 calories today.
That's the last time I leave brownies in the oven while I take a nap!

FREE WEBINAR:
Caring for the Caregiver with Laura Vaillancourt
TUESDAY, NOVEMBER 16
10:00 AM PST

Here at **Prestige Assisted Living at Autumn Wind**, we know the challenges that come with caring for a loved one in their senior years. On **Tuesday, November 16 at 10 a.m.** Pacific time, Licensed Mental Health Counselor & Geriatric Mental Health Specialist Laura Vaillancourt will be hosting a free webinar entitled: "Caring for the Caregiver; How to Find Your Ground, Even When You Feel Lost." In it, she will be offering advice and guidance to people acting as caregivers for a loved one. To sign up for the free webinar, visit PrestigeCanHelp.com.

Prestige Assisted Living at Autumn Wind
200 W Beech St. · Caldwell, ID 83605
(208) 459-3335 · www.PrestigeCare.com



Prestige Senior Living, L.L.C.



Thanksgiving Dinner!

Woolworth's
WOOLWORTH'S LUNCHEON SPECIAL
ANNIVERSARY SPECIAL
ROAST TURKEY DINNER
\$1.09
All white meat, dressing, whipped potatoes, turkey gravy, cranberry sauce, roll & butter, gelatin with whipped topping or ice cream with chocolate syrup.
PLUS: Strawberry Pie 50¢

What a deal!

Milestones



Lois Daynes
Oct 9, 1929—92 years
Nampa Park Place



Lura Cogdill
Oct 20, 1931—90 years
Nampa Park Place



Shirley Watson
Nov 7, 1931—90 years
Caldwell Senior Center



Judee Shiflet
March 12, 1941—80 years
Melba Valley Senior Center



Helen Kuster
Oct 4, 1941—80 years
Caldwell Senior Center

Want to have Senior Goldmine mailed to your home each month?

Send this form and a \$20 check for 12 issues to **Senior Goldmine, 11626 W Cross Slope Way, Nampa, ID 83686.**

Print Name _____

Phone _____

St. Address _____

City, State, Zip _____

Canyon Oct 2021



Toni Miller
Nov 14, 1946—75 years
Parma 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 info and photo to terry@seniorgoldmine.com or call (208) 615-1948



Susanna Hibbert
Nov 28, 1946—75 years
Nampa Senior Center

(855) 434-7763 ♦ www.geissmed.com



Dr. Warren Looney, M.D.



Dan McConnell, PA-C

MEDICARE AND HMO HOUSE CALLS

Our network of primary care providers come to you anywhere in Ada or Canyon County!