

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Do You Need to Refill?

The whole world paused this morning.

Do you know why? Because an 8-year-old's tank was empty.



The boys had already started their school day at their desks and I was preparing to leave for work when I noticed my littlest standing in the bathroom wiping his face.

I paused at the door and asked if he was okay. He

looked up with tears silently dripping and shook his head. When I questioned if something happened, again he shook his head.

So I sat on the side of the tub and pulled him in my lap. I told him sometimes our heart tanks feel empty and need to be refilled.

He cried into my chest and I held tight.

I asked if he could feel my love filling him up?

A nod, and tears stopped...

I waited a minute...

"Has it reached your toes yet?"

He shook his head no...

(Continued on page 2)

Disconnected

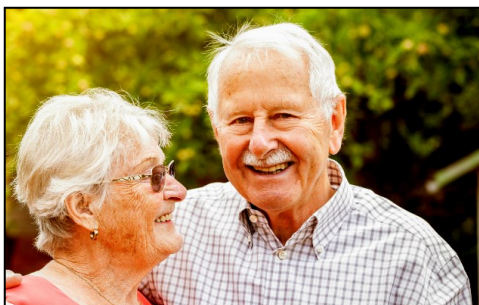
My mother was living with us now, so I tried having her old home phone disconnected. But customer service at the phone company told me that since the account was in my dad's name, he'd have to be the one to put in the request.

The fact that Dad had been dead for 20 years didn't sway the rep.



Then a solution hit me: "If I stop paying the bill, you will eventually turn off the service, right?"

"Well, yes," she said reluctantly. "But that would ruin his credit."



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Lunchline Dilemma

The children were all lined up in the cafeteria for lunch.



At the start of the line was a large basket of apples. The lunch lady had written a note and attached it to the apple basket:

**“Take only ONE.
God is watching.”**

At the end of the line was a large tray of chocolate chip cookies.

A child had written a note:

**“Take all you
want.
God is
watching
the apples!”**



(Do You Need to Refill?—Continued from page 1)

“Okay. We will take as long as you need. Work doesn’t matter right now. School isn’t important either. This right here, is the most important thing today, okay? Filling you back to the top. Is that good?”

He nods.

One more minute...

“Is your heart full of mama’s love now?”

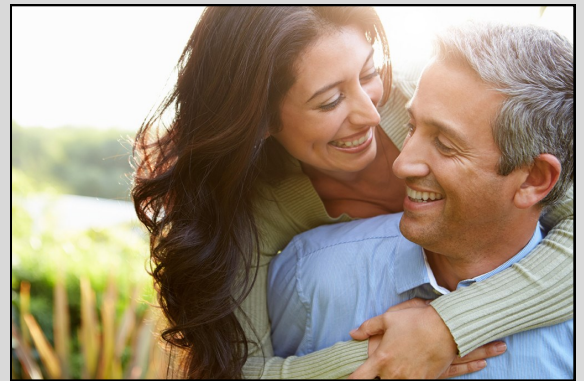
“Yeah...”

I look in his eyes. “I see it shining in there, you’re full to the top, and you’re smiling!”

Y’all. You may not be 8- you may be 28, 58, 78 or whatever- but ALL of us run on empty just like he did. His weekend was so busy and so full and his little soul was just dry!!!

We all have to pause and take a moment to refill with the good things.

Scripture, prayer, sunshine, worship, song, laughter, friends, hugs. Refill your empty, or you’ll find those emotions (tears, anger, snappy words) overflowing with no reason why.



Take a moment. Refill. It’s the most important part of your day!



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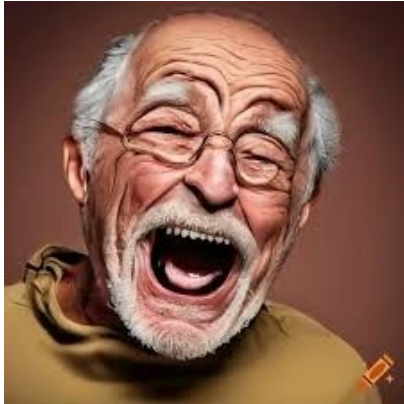


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A Few Thoughts on Aging



- ◆ The biggest lie I tell myself is that I will remember to turn off the water when I'm filling my bathtub.
- ◆ The second biggest lie I tell myself is that I do not need to write something down to remember it.
- ◆ I don't have gray and white hair. I have "wisdom highlights." And I'm very wise.

- ◆ When I was a child I thought nap time was a punishment. Now, as a grown up, it just feels like a small vacation!
- ◆ Why do I have to press one for English when they're just going to transfer me to someone in a foreign country that I can't understand anyway?
- ◆ Even duct tape can't fix stupid ... but it can muffle the sound!
- ◆ At my age "getting lucky" means walking into a room and remembering what I came in there for.
- ◆ It seems like my stairway has been creaking and squeaking more often and is louder when I go up or down the stairs. Then I realized it's my knee and hip joints making the sounds.
- ◆ I am so old, my social security number is 13.
- ◆ You know you're getting old when the candles cost more than the cake.
- ◆ I am so old, when I was a boy the Dead Sea was only sick.
- ◆ Talk about getting old. I was getting dressed and a peeping tom looked in the window, took a look, and pulled down the shade.

Can Anyone Relate?



I'm crossing things off
of my to-do list.



I didn't do them.
I just don't want them
on my list anymore!



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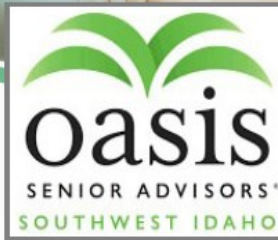
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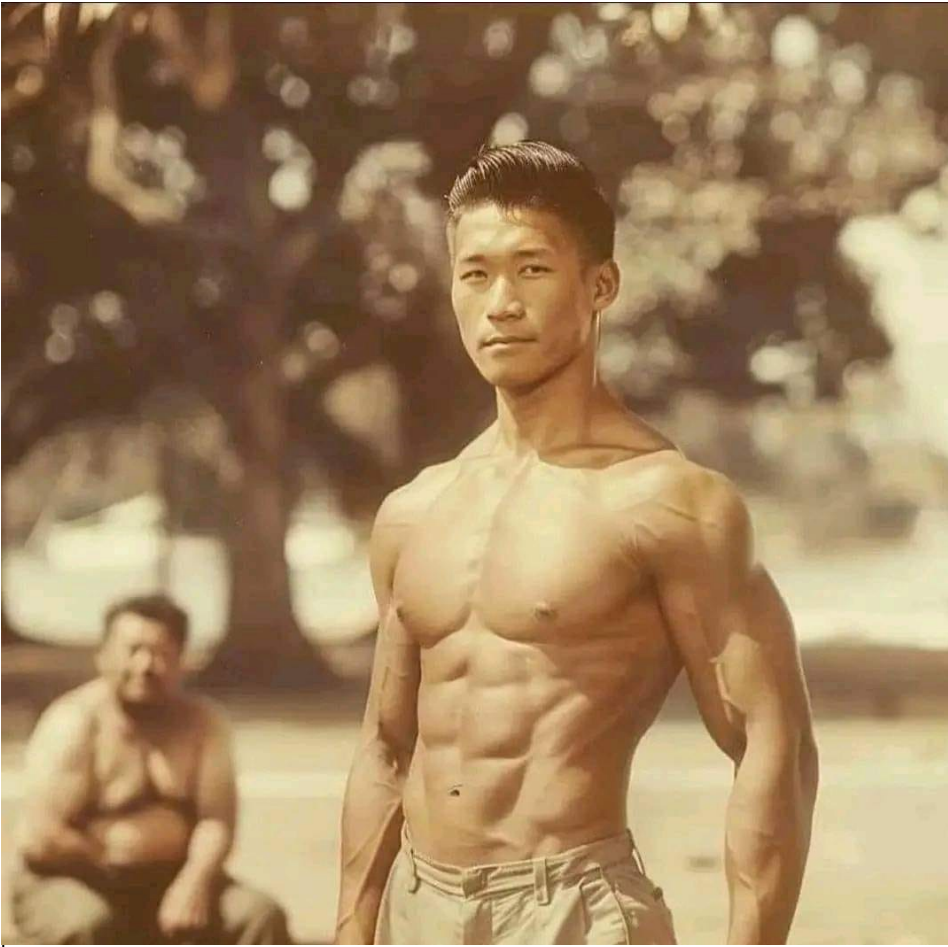
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This photo was taken in 1946 at Kapiolani Park in Honolulu.

His name is Kekoa Shimizu. He is 35 years old. He has 2 children. Shimizu never runs. Sleeps late. He eats whatever he wants. He even drinks soda instead of water. He eats a big dinner with all types of food every night.

What does Shimizu do to get such a body?

Shimizu doesn't have any secrets.

Shimizu is the person sitting in the bottom left corner of the photo.

As for the man standing in front, I'm not sure who that is.



A snail was crossing the road when he got run over by a turtle.

The police came to investigate and asked, "Can you tell us what happened?"

The snail replied, "Not really officer, it all happened so fast."

There are five things in life that you can never recover:

1. A stone...after it's thrown.
2. A word...after it's spoken.
3. An occasion...after it's missed.
4. The time...after it's gone.
5. A person...after they die.



Life is short.

Break old habits.

Forgive quickly.

Kiss slowly.

Love truly.

Laugh heartily.

And never regret anything that made you smile!

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Alphabet for Seniors

A is for Apple, and **B** is for boat,
that used to be right, but now it won't float.
“Age before beauty” is what has been said,
but let's be more realistic instead!

A is for **Arthritis**,
B is for **Bad Back**,
C is for **Chest pains**,
D is for **Dental Decay** and
Decline,
E is for **Eyesight**, can't
read that top line!
F is for **Fat and Fluid**
Retention,
G is for **Gas**, which we'd
rather not mention,
H is for **High Blood**
Pressure, not low,
I is for **Incisions** and scars
you can't show,
J is for **Joints**, out of
socket, won't mend,
K is for **Knees** that crack
when you bend,
L is for **Love** that we need
when we're vexed,
M is for **Memory**, I forget
what comes next
N is for **Nerves** that we
feel way down low,

O is for **Osteo**, bones that
won't grow,
P is for **Pills**, we have quite
a few,
Q is for **Queasy**, is it
COVID or flu?
R is for **Reflux**, one meal
turns to two,
S is for **Sleepless**,
counting my fears,
T is for **Tinnitus**, ringing
in my ears,
U is for **Urinary**, troubles
with flow,
V is for **Vertigo**, that's
“dizzy” you know!
W is for **Worry** about
what's going round,
X is for **X-Ray** and what
might be found,
Y is for **Yearly**, twelve
months left behind,
and **Z** is for the **Zest** I still
have in my mind!

**I remember when you
could slam the phone
down to hang up on
someone! It was great.**



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didn't have GPS**



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WHEN EACH MOMENT COUNTS

Gone “fishin’ ”

Man on phone to his wife:
“Honey, I’ve been asked to go
fishing in Montana with my
boss for a week. This is a great
opportunity for me to get a
promotion. So could you
please pack enough clothes for
a week and set out my rod and
fishing box? We’re leaving from
the office, so I’ll swing by the
house to pick up my things.
Oh, and please pack my new
blue silk pajamas!”

The wife thinks this sounds
a bit fishy, but being a good
wife, she did exactly as her
husband asked.

The following weekend, he
came home a little tired but
looking good.

The wife welcomed him and
asked, “Did you catch many
fish?”

He said, “Yes, lots of trout,
some steelhead, and some
catfish. But why didn’t you
pack my blue silk pajamas?”



She says,
“I did...
They’re in
your
fishing
box.”

Dear Abby:

This is a message about our senior population.
Our children grow up, marry and have children.

**DEAR
ABBY**
*Syndicated
columnist*



Each grandchild is spe-
cial. We love them and
adore being with them.
Then the grandkids
grow up and have little
ones of their own. By
this time we’re old and
sometimes need help
with housework, yard

work, or just would like to get out of the house to
go eat or shop. We still have feelings, and we’re
not dead. But while it may not be intentional, it
seems there is no time for the elderly.

We may say we’re fine and don’t mind being
alone, but it IS lonely at times. No one calls to say
hello or ask if we need anything. How long does it
take to make a call? It would be nice if each fam-
ily member called once a week or came by once a
month. The love we’ve always had for family is
still there and strong.

Children and grandchildren, please think about
this and remember: The most important thing you
can give your elderly relatives is your TIME. Time
is the most precious gift of all and doesn’t cost a
thing. Someday you will be old, too!

— Wise Woman in North Carolina

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work, I make it a point of
pride to give customers my
unvarnished opinion.

One day, when a man
emerged from the fitting
room, I took one look at him
and shook my head.

“No, no,” I said. “Those
jeans look terrible on you. I’ll
go get you another pair.”

As I
walked
away, I
heard him
mumble,
“I was trying on the shirt.”



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