

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

A Flat Tire and a Glass of Water

One hot summer day a man saw an old lady stranded on the side of the road. He could see she needed help, so he pulled up in front of her Mercedes and got out. His old Pontiac was still sputtering when he approached her.

She looked worried. No one had stopped to help for the last hour or so. Was he going to hurt her? He could see that she was frightened, standing out there in the heat. He said, "I'm here to help you, ma'am. Why don't you wait in the car where it's cool? By the way, my name is Bryan Anderson." All she had was a flat tire, but for an old lady, that was bad enough.

Bryan crawled under the car looking for a place to put the jack, skinning his knuckles a time or two. Soon he was able to change the tire. But he had to get dirty and his hands hurt. As he was tightening up the lug nuts, she rolled down the window and began to talk to him. She told him that she was from Denver and was only just passing through. She couldn't thank him enough for coming to her aid.

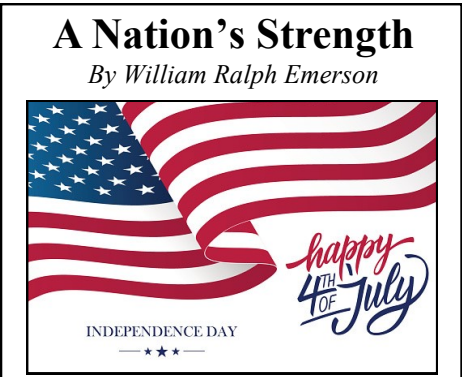


Bryan just smiled as he closed her trunk. The lady asked how much she owed him. Any amount would have been all right with her. She already imagined all the awful things that could have happened had he not stopped.

Bryan never thought twice about being paid. This was not a job to him. This was helping someone in need and, God knows, there were plenty who had given him a hand in the past. He had lived his whole life that way, and it never occurred to him to act any other way.

He told her that if she really wanted to pay him back, the next time she saw someone who needed help, she could give that person the assistance they needed and, Bryan added, "And think of me."

(Continued on page 2)



What makes a nation's pillars high
And its foundations strong?
What makes it mighty to defy
The foes that round it throng?

It is not gold. Its kingdoms grand
Go down in battle shock;
Its shafts are laid on sinking sand,
Not on abiding rock.

Is it the sword? Ask the red dust
Of empires passed away; The blood has
turned their stones to rust,
Their glory to decay.

And is it pride? Ah, that bright crown
Has seemed to nations sweet;
But God has struck its luster down
In ashes at his feet.

Not gold but only men can make
A people great and strong;
Men who for truth and honor's sake
Stand fast and suffer long.

Brave men who work
while others sleep,
Who dare while others fly...
They build a nation's pillars deep
And lift them to the sky.





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

Keep Swimming!

During a brutal study at Harvard in the 1950s, Dr. Curt Richter placed rats in a pool of water to test how long they could tread water.

On average they'd give up and sink after 15 minutes.

But right before they gave up due to exhaustion, the researchers would pluck them out, dry them off, let them rest for a few minutes - and put them back in for a second round.



In this second try - how long do you think they lasted? Remember - they had just swam until failure only a few short minutes ago.

How long do you think? Another 15 minutes? 10 minutes? 5 minutes?

No! 60 hours!

That's not an error. That's right! 60 hours of swimming.

The conclusion drawn was that since the rats BELIEVED that they would eventually be rescued, they could push their bodies way past what they previously thought impossible.

I will leave you with this: If hope can cause exhausted rats to swim for that long, what could a belief in yourself and your abilities, do for you?

Remember what you're capable of. Remember why you're here. Keep swimming!

Keep Your Active Lifestyle



HEATHERWOOD
Senior Living

(208) 345 2150

HeatherwoodSeniors.com



A Flat Tire and a Glass of Water (Continued from page 1)

He waited until she started her car and drove off. It had been a hot and depressing day, but he felt good as he headed for home just as the sun began to set.

A few miles down the road, the lady saw a small cafe. She went in to get a bite to eat before she made the last leg of her trip home. It was a dingy looking restaurant inside.

The waitress came over and brought her a glass of cold water. She had a sweet smile, one that even being on her feet for the whole day couldn't erase.

The lady noticed the waitress was nearly eight months pregnant, but she never let the strain and aches change her attitude. The old lady wondered how someone who had so little could be so kind to a stranger.

Then she remembered Bryan. After the lady finished her meal, she paid with a hundred-dollar bill. While the waitress went to get change, the old lady slipped right out the door. She was gone by the time the waitress came back.

The waitress wondered where she went so quickly. Then she noticed something was written on the napkin. There were tears in her eyes when she read what the lady wrote: "You don't owe me anything. I have been there too. Somebody once helped me out, the way I'm helping you. If you really want to pay me back, here is what you do: Do not let this chain of kindness end with you." Under the napkin were four more \$100 bills.

Well, there were tables to clear, sugar bowls to fill, and people to serve, but the waitress made it through the rest of the day. That night when she got home from work and climbed into bed, she was thinking about the money and what the lady had written. How could the lady have known how much she and her husband needed it? With the baby due next month, it was going to be hard.

She knew how worried her husband was, and as he lay sleeping next to her, she gave him a soft kiss and whispered soft and low, "Everything's going to be all right. I love you, Bryan Anderson."



(208) 321-1703

Providing non-emergency transportation

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



The
Cottages

Assisted Living & Memory Care

Assisted Living & Memory Care at its best!

Boise 853-1255

◆ Meridian 288-2220

Middleton 585-5959

◆ Nampa 463-4941

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

Mistaken Identity

The light turned yellow just in front of him. He did the right thing and stopped at the crosswalk, even though he could have beaten the red light by accelerating through the intersection.

The tailgating woman behind him was furious and honked her horn, screaming in frustration, as she missed her chance to get through the intersection.

As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer.

The officer ordered her to exit her car with her hands up. She was shocked!



The officer loaded her in his patrol car and took her to the police station where she was searched, fingerprinted, photographed and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door.

She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, giving the guy in front of you the finger and yelling at him.

"I noticed the 'What Would Jesus Do' bumper sticker, the 'Choose Life' license plate holder, the 'Follow Me to Sunday-School' bumper sticker, and the chrome-plated Christian fish emblem on the trunk, so naturally I assumed you had stolen the car."

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



An authentic 50s-style diner

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

979 S. Progress Ave.
Meridian, Idaho



"We Deliver Happiness For You"

391 W State St Suite B • Eagle, ID 83616
(208) 939-4022



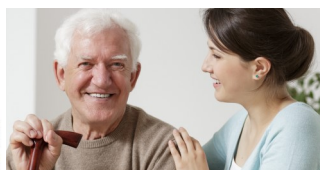
Terri's Café
Breakfast and Lunch
among friends

Open Daily
6:30 am -
2:30 pm

2483 E. Fairview, Ste.
105

**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

NEUROLOGICALLY-BASED CHIROPRACTIC CARE



Dr. Clay Ramos

(208) 614-2290

1767 W. FRANKLIN • MERIDIAN, ID 83642



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

Cop Talk

These are actual comments made by Georgia State Troopers that were taken off their car videos:

1. "You know, stop lights don't come any redder than the one you just went through."
2. "Relax, the handcuffs are tight because they're new. They'll stretch after you wear them a while."
3. "If you take your hands off the car, I'll make your birth certificate a worthless document."
4. "If you run, you'll only go to jail tired."
5. "Can you run faster than 1200 feet per second? Because that's the speed of the bullet that will be chasing you."
6. "You don't know how fast you were going? I guess that means I can write anything I want to on the ticket, huh?"
7. "Yes, sir, you can talk to the shift supervisor, but I don't think it will help. Oh, did I mention that I'm the shift supervisor?"
8. "Warning! You want a warning? O.K, I'm warning you not to do that again or I'll give you another ticket."
9. "The answer to this last question will determine whether you are drunk or not. Was Mickey Mouse a cat or a dog?"
10. "Fair? You want me to be fair? Listen, fair is a place where you go to ride on rides, eat cotton candy and corn dogs and step in monkey poop."
11. "Yeah, we have a quota. Two more tickets and my wife gets a toaster oven."
12. "In God we trust; all others we run through NCIC." (National Crime Information Center)
13. "Just how big were those 'two beers' you say you had?"
14. "No sir, we don't have quotas anymore. We used to, but now we're allowed to write as many tickets as we can."
15. "I'm glad to hear that the Chief (of Police) is a personal friend of yours. So you know someone who can post your bail."
AND THE WINNER IS....
16. "You didn't think we give pretty women tickets? You're right, we don't. Sign here."



FUN WITH ENGLISH

English is the only language where you **DRIVE IN PARKWAYS** and **PARK IN DRIVEWAYS**.

It is 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**.



BROOKDALE
SENIOR LIVING

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

"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) 898-0642 • ustick@summersfuneral.com

MULTICARE
 Home Health &
 Personal Care Services

Serving the entire Treasure Valley
 (208) 887-7719



Gift Certificates available
 For appointment
 Call (208) 467-9626

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
- + Pet Sitting
- + House Monitoring
- + Personal Care Assistance

Call (208) 459-0063

MetroCommunityServices.net/ConciergeServices



www.facebook.com/firstimpressionsidaho



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

English is a difficult language.
 It can be understood through tough thorough thought, though.



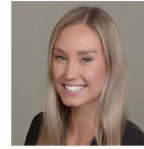
**Authentic Italian Cuisine
in the Treasure Valley since 1996**

**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

Just Being Frank

Mildred, the church gossip and self-appointed monitor of the church’s morals, kept sticking her nose into other people’s business. Several members did not approve of her extra-curricular activities, but feared her enough to maintain their silence.

She made a mistake, how-ever, when she accused, Frank, a new member, of being a drunk after she saw his old pickup parked in front of the town’s only bar one afternoon. (He was actually next door at the coffee shop). At church that Sunday, she emphatically told as many as she could that everyone seeing his truck there would know what he was doing!

Frank overheard her, stared at her for a moment, and just turned and walked away. He didn’t explain, defend or deny. He said nothing.

Later that evening, Frank quietly parked his pickup in front of Mildred’s house ... and left it there all night.



Older Than Dirt Quiz

How many of these do you remember?

- ◇ Party telephone lines
- ◇ 33/45/78 LPs
- ◇ Candy cigarettes
- ◇ Changing TV channels manually
- ◇ Making homemade bread
- ◇ Wringer washing machines
- ◇ Drive-in Movies
- ◇ Poodle skirts
- ◇ Black and white TVs
- ◇ Wooden clothespins
- ◇ Bank account booklets
- ◇ Library cards inside books
- ◇ Canning fruit
- ◇ One-room schoolhouses
- ◇ Not having to lock your front door



At home ordering



One-time or recurring order



Free Shipping. Always.



Doorstep delivery



Bill insurance or self-pay



Local team here for you



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



Love LIVES HERE
Tender, Personalized Memory Care
Open for Daily Tours, Walk-ins Welcome



MorningStar

MEMORY CARE at ENGLEFIELD GREEN

(208) 647.4250 | 350 S. Allumbaugh Way

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

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.

J.P. Benlian, CSA® 208-761-2066 Kathy Lacina 208-573-4658

OasisSeniorAdvisors.com/SW-Idaho



Gone Fishin'

After 35 years of marriage, a husband and wife went into counseling.

When asked what the problem was, the wife went into a tirade listing every problem they had ever had in the years they had been married.

On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured.

Finally, after allowing this for a sufficient length of time, the therapist got up, walked around the desk and after asking the wife to stand, he embraced and kissed her long and passionately as her husband watched - with a raised eyebrow.

The woman shut up and quietly sat down as though in a daze.

The therapist turned to the husband and said, "This is what your wife needs at least 3 times a week. Can you do this?"

"Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I go fishin'."

Advice for Living

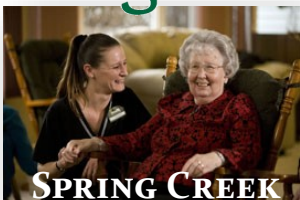
Live beneath your means.
 Return everything you borrow.
 Stop blaming other people. Admit it when you make a mistake.
 Give clothes not worn to charity.
 Do something nice and try not to get caught.
 Listen more, talk less.
 Every day take a 30-minute walk.
 Strive for excellence, not perfection.
 Be on time. Don't make excuses. Don't argue. Get organized.
 Be kind to people. Be kind to unkind people.
 Let someone cut ahead of you in line.
 Take time to be alone.
 Cultivate good manners.
 Be humble. Realize and accept that life isn't fair.
 Know when to keep your mouth shut.
 Go an entire day without criticizing anyone.
 Learn from the past. Plan for the future. Live in the present.
 Don't sweat the small stuff. It's small stuff.



DEAR ABBY: A long time ago, you had a definition of "maturity" that I kept and liked a lot. I can't find it now. Can you dig it up, please? - Mother in Osceola, Ark.

DEAR MOTHER: Consider it dug. It was penned by my mother:

This is maturity: To be able to stick with a job until it's finished; to do one's duty without being supervised; to be able to carry money without spending it; and to be able to bear injustice without wanting to get even.



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



Phone (208) 465-7121

DEAR ANN LANDERS:

I am an English teacher and my students are reading George Orwell's "1984." I am having a difficult time explaining communism, socialism, and fascism without giving a time-consuming history lesson. I recall you printed a humorous explanation of these concepts using cows. Will you please print it again? I'm sure it will kick-start a lively class discussion.
— *A Teacher in Mississippi*



DEAR TEACHER:

It's an oldie, but a goodie.



Socialism: You have two cows. Give one to your neighbor.

Communism: You have two cows. Give both cows to the government, and they may give you some milk.

Fascism: You have two cows. You give all the milk to the government, and the government sells it.

Nazism: You have two cows. The government shoots you and takes both cows.

Anarchism: You have two cows. Keep both cows, shoot the government agent and steal your neighbor's cow.

Capitalism: You have two cows. Sell one and buy a bull.

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



Maxine "Mickey" Harris
July 31, 1925—96 years
Meridian Grace Assisted



Esther McGovert
July 7, 1929—92 years
Eagle Senior Center



Eileen Hitesman
March 6, 1931
Meridian Senior Center



Ron Carter
Sept 7, 1935— 85 years
Meridian Senior Center



Richard Westcott
May 21, 1940—80 years
Meridian Senior Center



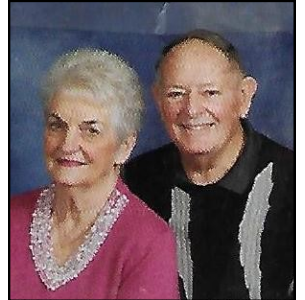
Jetta Schmidt
June 2, 1945—75 years
Meridian Senior Center



Paul Shuter
Oct 6, 1945 - 75 years
Meridian Senior Center



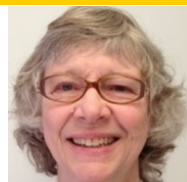
Ron Schaffer
June 23, 1946—75 years
Meridian Senior Center



Gary & Margaret O'Hara
June 1, 1958—63 years
Meridian Senior Center

Whole-Health Solutions

JOIYA



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!