

## 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."



Would you like to know more about Assisted Living?  
Call us for personalized information:

**Dorian Place Assisted Living**  
375 N. Dorian Place, Ontario  
(541) 889-8545

**Wellsprings Assisted Living**  
2104 W. Idaho Ave., Ontario  
(541) 889-3020

**PLAZA Inn**  
 Restaurant Home Made Breads, Pastries & Soups  
 Comfort Food in a Casual Environment



812 SW 4th, Ontario 97914



**LIGHTHOUSE HOSPICE**  
 &  
**PALLIATIVE CARE**

2667 E. Gala Court #110  
 Meridian, ID 83642  
 (208) 576-6383  
 Se habla Español  
 www.lighthousehospiceidaho.com

**WHEN EACH MOMENT COUNTS**

## 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?”

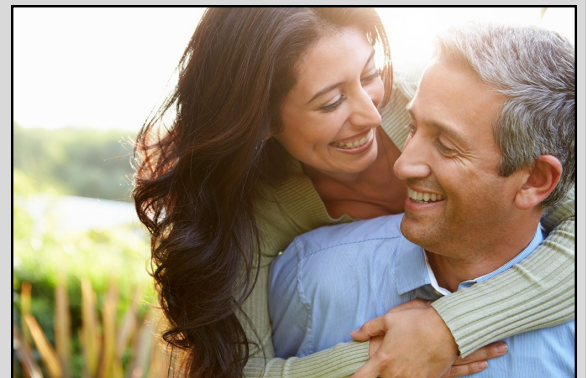
“Yeah...”

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!

**RUSTY'S**  
 PANCAKE & STEAK



7am to 2pm  
 14 NW 1st St., Ontario  
 (541) 889-2700



Your trust anchored in compassionate care

**ANCORA**

Health Services

HOSPICE • PALLIATIVE • HOUSECALLS  
 TRUST • COMPASSION • SUPPORT

808 N. Whitley Dr., Fruitland, ID 83619 • (208) 452-2672

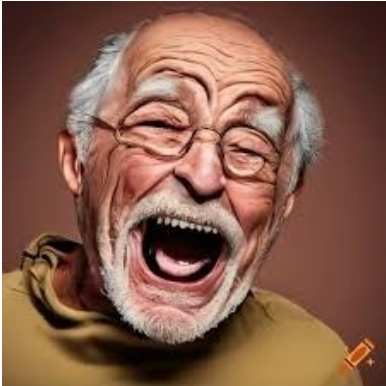


**I finally did it!  
I bought a new pair of shoes  
with memory foam insoles.  
No more forgetting why  
I walked into a room!**



**To all you people who said  
I'd never amount to anything  
because of my procrastination,  
"Just you wait!"**

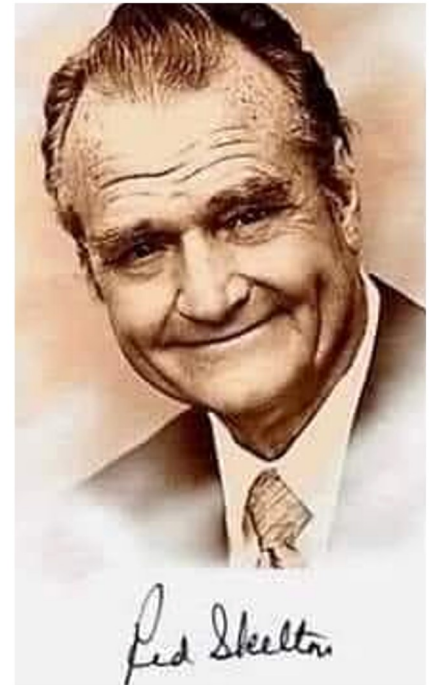
## **A Few Thoughts on Aging**



- ♦ 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.



**"If I can say one thing  
about my wife's cooking,  
she sure broke our dog  
from begging at the table!"**

**"All men make mistakes,  
but married men find out  
about them sooner!"**



**The ice cream factory in our  
city had a major power outage.  
Today they're having  
a liquidation sale!**



Today I bought a  
donut without the  
sprinkles.

Diets are hard.

On HGTV, they can flip a whole house in a month; meanwhile I've been getting ready to vacuum for a week!

- ♪ If you're happy and you know it, stay in bed!  
If you're happy and you know it, stay in bed!
- ♪ If you're happy and you know it,  
Getting up will surely blow it,
- ♪ If you're happy and you know it, stay in bed!

*(Admit it, you sang along, didn't you!)*

### Can Anyone Relate?



### Alphabet for Seniors

**A** is for Apple, and **B** is for boat,  
that used to be right, but now it won't float.

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



on my list anymore!



### *Making the Present As Meaningful As the Past*

**ASSISTED LIVING—ONTARIO**

Alameda  
N. Oregon

**MEMORY CARE—PAYETTE**

Beverly Hills

*Come Take a Tour and  
See the Ashley Manor Difference*

(541) 359-3750 ♦ [www.ashleymanorseniorliving.com](http://www.ashleymanorseniorliving.com) ♦ [www.ashleymanormemorycare.com](http://www.ashleymanormemorycare.com)



**SUNSET ESTATES**  
COMPASSIONATE RESIDENTIAL CARE

**EXCEPTIONAL MEMORY CARE**  
281 SUNSET DRIVE · ONTARIO, OR 97914  
**(541) 889-1115**

When I was young,  
I was poor.  
But after years of hard,  
honest and painstaking work,  
I'm no longer young.



**Trademark  
Dental**

**Creating Healthy and Beautiful Smiles**

217 N. Plymouth Ave., New Plymouth ID 83655  
trademarkdental.com ♦ (208) 278-9900

**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 special. 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 family 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

## 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."

**QC Kinētix**<sup>®</sup>  
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](http://www.QCKinetix.com/boise)**

**Edgewood  
Spring Creek**



1255 Allen Avenue  
Fruitland, Idaho  
**(208) 452-5163**

Assisted Living ♦ Memory Care

Call today to schedule your **complimentary hearing assessment\***

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

**\$20  
Gift Card\***

**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.

## Fashion Sense

At the clothing store where I 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 .”

## Milestones



**Fern Simpson**  
Aug 14, 1933—91 years  
Ontario



**Marianne Heathman**  
Sept 28, 1944—80 years  
Weiser



**Linda Fox**  
Sept 27, 1949—75 years  
Parma



**Senior Goldmine honors the following Milestones:**

Birthdays 70, 75, 80, 85, 90 and up; and Anniversaries 50, 55, 60 and up.

To submit Milestone information, call Roxie at (208) 899-5064 or email her at [roxie@seniorgoldmine.com](mailto:roxie@seniorgoldmine.com)

### 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 \_\_\_\_\_

SRV Sept 2024

## If zombies attack, go to COSTCO!



There are cement walls, years worth of food and tons of supplies!  
**PLUS, Zombies can't get in without a membership!**



**Your Hometown Hospice**

1107 NW 11th St., Fruitland, ID 83619  
(208) 452-2663



(541) 709-1738  
**Darcy Sutton**  
Placement Specialist

1372 SW 8th Ave. Ontario, Oregon 97914

For advertising info or to submit milestones, email [roxie@seniorgoldmine.com](mailto:roxie@seniorgoldmine.com) or call (208) 899-5064