Annual Craft Supply & Fabric Sale

Dick Eardley Boise Senior Center
June 5, 9am-3pm

Featuring the Boise Basin Quilters’ Guild offering displays and demonstrations

Mark your calendars! The Boise Basin Quilters’ Guild will be back again this year to partner with us for our Annual Craft Supply & Fabric Sale on Wednesday, June 5, from 9 a.m.-3 p.m.

We’ve combined two popular events—the annual Craft Supply Sale and Fabric Sale & Quilt Display—to give shoppers an opportunity to pick up a bit of everything they need for crafting and sewing at one great event. Shoppers will also have an opportunity to view beautiful quilts made by the Boise Basin Quilters and watch quilting demonstrations.

We have spent the past year collecting boxes, bags and totes stuffed full of donations. Come browse the selection and see what you can find. All reasonable offers will be considered. Proceeds from the sale benefit local seniors through programming and scholarships. For more information, give us a call at 208-608-7580.

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CELEBRATING DADS WITH HELP FROM SUMMERS FUNERAL HOMES

Calling all dads! Join us on June 14 for an event in your honor as we partner with Summers Funeral Homes to show our appreciation for all you do.

Summers staff will be on hand to serve lunch restaurant-style to all of our lunch guests. They will also decorate the dining room and have a special treat for each dad.

The kitchen will be serving a special Father’s Day meal of roast beef with mashed potatoes and gravy, corn, and a roll. There will also be a delicious dessert made just for the occasion. Come hungry!

Our Father’s Day celebration falls on Birthday Friday, so we’ll also be celebrating everyone who has a birthday in the month of June. It will be one big festive event. We hope you can make it.

Festivities start at 11:45 a.m. Everyone is invited and there’s no cost to attend. Regular lunch charges apply.
I’m going to do some really great things, and I get a stepping stone toward being a senior. “I feel like Teresa will turn 55 this month and said she’s ready for anything else. She was able to spend the first 13 years up in San Diego, she wanted to be a mom more than anything else. She practices it about three times a week. Teresa describes it as a meditative cleansing of the mind and body. She takes the money from the sale and entered the world of full-time trading. It was an adventurous move and it paid off, giving her the flexibility in her schedule that she needed to enjoy the things in life that bring her the most joy. Spending time with her children and grandchildren, “forest bathing” (more on that below), and volunteering her time at the Senior Center. “The Senior Center is my happy place,” she said. “Out in the world it seems like everyone is trying to outdo each other. In here, people look out for each other.” Teresa began volunteering last fall after stopping in to get some information for a friend. She has since volunteering her time at the Senior Center. “The Boise Parks and Recreation has partnered with multiple travel companies to present senior-friendly tours and trips to different parts of the U.S. and around the world! Come to a presentation by Collette Travel on June 10 at 1 p.m. and learn about travel opportunities abroad for 2020, including Portugal and Panama. Brochures are available at the Senior Center or call 208-608-7578 for more information. Are you on our email list? Additional regional trips are coming. Email seniorcenter@cityofboise.org to get on the email list for our trips to different parts of the U.S. and around the world! Come to a presentation by Collette Travel on June 10 at 1 p.m. and learn about travel opportunities abroad for 2020, including Portugal and Panama. Brochures are available at the Senior Center or call 208-608-7578 for more information. Are you on our email list? Additional regional trips are coming. Email seniorcenter@cityofboise.org to get on the email list for upcoming adventures.

Teresa's greatest pleasure in life is spending time with her three children and two grandchildren, who all live nearby. She said that when she was younger, growing up in San Diego, she wanted to be a mom more than anything else. She was able to spend the first 13 years of motherhood at home with her children before going to work part time. “Being at home with my three kids is my favorite memory,” Teresa will turn 55 this month and said she’s ready for that stepping stone toward being a senior. “I feel like I’m going to do some really great things, and I get a senior discount now.” We're lucky to have you on our team, Teresa! We appreciate all the time you spend here.

MORE GREAT PROGRAMS IN JUNE

June 3, 10:30-11:45 a.m. Elder Financial Abuse Seminar. Elder Law Attorney Corey McCool will lead a discussion on real life scenarios involving elder abuse, focusing on what went wrong and how it could have been prevented. Active participation is encouraged. Everyone is invited. (free)

June 6, 10 a.m. Chat-n-Cheer welcomes guest speaker Marty Morache, a retired Idaho Fish & Game biologist who worked throughout the state with various wildlife populations. He will share his experiences and a slide show that features the highlights of his 30-year career with the department as well as the history and topography of the state. (free)

June 6, 12:30 p.m. Art with Teresa. Explore portraits and the human form at this drawing class led by Teresa McCully. Teresa will guide participants through the process of using proportions for figure drawing. No prior experience needed. Everyone is invited. Please sign up in advance at the front desk or by calling 208-608-7580. (free)

June 10, 12:45 p.m. Osteoporosis Support Group. St. Luke’s Physical Therapist Ben Douglass will lead a conversation on Posture: Standing Tall Against Osteoporosis. This month’s session will focus on improving posture and preventing spinal fractures. Everyone is invited. For details about the support group, call Sheneil at 208-706-5884. (free)

June 11, 11 a.m. Your Housing Questions Answered. Broker Paige Oeding will be available to answer questions as a meditative cleanse about housing and real estate in the area. No need to register, just drop by. (free)

June 13, 11:30 a.m. Wells Fargo Financial Education. Did you know that 16.7 million Americans were impacted by identity theft or fraud in 2018? That’s an increase of nearly 1 million more fraud victims than the previous year. Identity theft can have serious impacts on your credit and financial reputation, and it may take some time to restore your good credit and name. Join us to learn more about how your identity could become compromised, ways to protect your information, and what to do if you experience identity theft or fraud. (free)

June 18, 11 a.m. Medicare Meet-Up. Medicare specialist Jason Pollock will hold office hours at the Senior Center on from 11 a.m. to noon. Anyone can drop in to ask questions and get some one-on-one help. Jason offers coffee and breakfast pastries as part of this program. (free)

June 27, 12:30 p.m. Art with Teresa. This is the second part of the June 6 class. Everyone is welcome. (free)
**JUNE 2019**

**MONDAY**
- 9:10 am
  - 10:30-11:45 am
  - 12:15-2:45 pm
- Noon Meal:
  - 12:30-5 pm

**TUESDAY**
- 9:30-10:30 am
  - 10:30-11:30 am
  - 10:30-11:30 am
  - 10:30 am-12 pm
  - Noon Meal:
    - 12:30-1 pm
    - 12 pm

**WEDNESDAY**
- 9 am-10 pm
  - 10 am-12 pm
  - 10:30-11:30 am
  - 10:30-11:30 am
  - Noon Meal:
    - 12:30-1 pm
    - 11:30 pm

**THURSDAY**
- 9:30-10:30 am
  - 10:30-11:30 am
  - 10:30-11:30 am
  - 10:30 am-12 pm
  - Noon Meal:
    - 12:30-1 pm
    - 11:30 pm

**FRIDAY**
- 10-11:30 am
  - Noon Meal:
    - 12:30-1 pm

*These programs require registration. For more information, call 208-608-7580.*

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**Dick Eardley Senior Center**

**June 2019**

**PARKS AND RECREATION**

**Monday**
- 9:10 am
  - 10:30-11:45 am
  - 12:15-2:45 pm
- Noon Meal:
  - 12:30-5 pm

**Tuesday**
- 9:30-10:30 am
  - 10:30-11:30 am
  - 10:30-11:30 am
  - 10:30 am-12 pm
  - Noon Meal:
    - 12:30-1 pm
    - 12 pm

**Wednesday**
- 9 am-10 pm
  - 10 am-12 pm
  - 10:30-11:30 am
  - 10:30-11:30 am
  - Noon Meal:
    - 12:30-1 pm
    - 11:30 pm

**Thursday**
- 9:30-10:30 am
  - 10:30-11:30 am
  - 10:30-11:30 am
  - 10:30 am-12 pm
  - Noon Meal:
    - 12:30-1 pm
    - 11:30 pm

**Friday**
- 10-11:30 am
  - Noon Meal:
    - 12:30-1 pm

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**Dick Eardley Senior Center**

**690 Robbins Road**

**Boise, ID 83702**

**208-608-7580**

**Monday-Friday 8 a.m.—5 p.m.**

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**For more information, call 208-608-7580.**
Serving the Treasure Valley since 1911, the staff of Summers Funeral Homes has a long-lasting commitment to serve with understanding and compassion while providing a variety of funeral and cremation services. Summers also offers pre-planning services to give you and your family peace of mind for the future.

For more information, please contact RoChel Burtenshaw at 208-957-3317, or email rb.preneed@gmail.com.

**Shrimp Rosemary with Tomatoes, Garlic & Pepper**

This is an easy shrimp recipe that is excellent. The cream sherry, black pepper, fresh tomatoes and parsley work well together. Serve with a crisp salad and bread.

**Ingredients**

- Olive oil
- 2 tablespoons clarified butter
- 1/3 cup minced onions
- 2 garlic cloves minced
- 1/2 teaspoon dried sweet basil
- 1 teaspoon or more coarsely ground pepper
- 20 large shrimp (de-veined, butterflied, shelled)
- 1/2 cup cream sherry
- 1/2 cup minced fresh tomatoes
- 2 tablespoons minced fresh parsley
- Garlic salt

**Instructions**

In a 12-inch skillet, pour oil to a depth of 1/8 inch. Add butter and melt over medium heat. Add onion, garlic and sauté until transparent. Add basil, black pepper, and shrimp. Increase heat to high and sauté one minute. Add cream sherry, tomatoes, parsley and garlic, and salt to taste. Swirl skillet until shrimp curl. Serve over rice.

Yield: 3-4 servings.

Recipes reprinted with permission from food-recipes-free-online.com.

To submit your own personal or family recipe for publication, contact Erika at 208-608-7579 or send it to eharmon@cityofboise.org.

**ASK THE BROKER**

**SELECTING AN AGENT TO SELL YOUR HOME**

Knowing how to choose a real estate agent can be a challenge. Here are five questions to ask an agent during the interview that will help make your selection easier:

**Q:** What is the agent’s marketing plan for a home like yours?

An agent should be prepared to provide you an outline of its suggested marketing plan. If a seller’s home is sold for $400,000, the seller should expect to receive professional services that are commensurate with the 4-6% fee (i.e., $16,000 - $24,000) paid to the agent. No, posting to Craigslist isn’t a marketing plan.

**Q:** Does the agent plan to represent only the seller, or both the buyer and seller?

An agent representing both the buyer and seller generally does so in a “Limited Dual Agency” capacity and cannot advocate on behalf of one client over the other. This can be a potential conflict-of-interest situation (i.e., seller wants highest price possible and buyer wants lowest price possible). It’s important to understand the seller’s and buyer’s interests are adverse and are best represented by their own agent.

**Q:** How does the agent communicate with the seller?

Failure to answer phone calls is a sure way to frustrate sellers. A skilled agent will ask the seller for its preferred method of communication (e.g., phone, email, text, etc.) and keep them in the loop on showing activity, buyer interest and agent feedback.

**Q:** Does the agent work full time or part time?

If the agent works only part time, then selling real estate is likely just a side hustle. Full-time agents treat their profession as a career, not supplemental income.

**Q:** Is the agent’s listing fee negotiable?

Some agents will negotiate their fee, particularly in a strong market with a low home inventory and an abundance of agents competing for new listings. Agents may also be willing to negotiate if they are assisting the seller to find and buy a replacement home. It doesn’t hurt to ask if the agent will negotiate its fee but be aware the agent is not obligated to do so.

**MAKE AND TAKE A BIRDHOUSE FROM ‘WOODWORKING WITH KEN’ SERIES**

The Senior Center will host a three-part woodworking series in June. No prior experience or skill is needed for this program.

Ken Neely, an avid woodworker, will give step-by-step instructions and guidance for assembling, drilling, sanding and finishing each birdhouse. Participants will use pre-cut materials.

Tools and eye protection will be provided.

Class dates are June 12, 19, and 26. Each class will run approximately one hour, from 10:30 to 11:30 a.m. Materials fee is $7 for residents and $10.85 for non-residents. Payment is due at registration. To reserve your spot, give us a call at 208-608-7580.
**TOOTH TRUTHS**

**IT’S NATIONAL SMILE MONTH**

*Delta Dental of Idaho* article series, featuring Heather Brown, RDH, MPH

At Delta Dental of Idaho, we believe in the power of a smile. When your smile is healthy, you feel confident. You can light up a room, ace an interview, bring people together, spark romance. You feel like there’s no end to what you can do. See, a smile does more for you than you think, that’s why there is a National Smile Month!

There are many tried and true ways to take care of your smile, you may recall my having mentioned them before. You know, brushing twice a day for at least two minutes each time, flossing daily and seeing your dentist for regular checkups. You know all that, right?

Nutrition is another big factor in keeping your smile healthy. Here in Idaho we’re lucky enough to have farmer’s markets all over. These markets are a goldmine of fresh foods that are great for your teeth, oral and overall health. Crunchy produce like apples, carrots, broccoli, and celery are natural teeth cleaners with high nutritional values. They also have a high water content which helps wash bacteria away from your teeth. Speaking of nutrition, dark, leafy greens, like spinach and kale, among others, are full of vitamins, minerals and calcium, which are important for strong, healthy teeth and gums.

Nuts are a great choice over sugary or starchy snacks. Most nuts are full of protein and some, like peanuts, contain vitamin D and calcium, which are good for your smile. Their crunch even stimulates saliva to help clean your teeth, but watch out for nuts roasted with sugar.

And cheese! I love cheese! Besides the great taste, dairy products strengthen your teeth with high doses of calcium. And, according to a study published in the Journal of the American Academy of General Dentistry, cheese raises the pH (lowers the acid) in your mouth and reduces your risk of tooth decay.

Fruit is another farmer’s market favorite. Packed with vitamins, fiber and other nutrients, fruit can often satisfy your sweet tooth without the negative effects of sugar. Citrus fruits, though, are full of acid and can be harmful to the enamel on your teeth, but they’re full of vitamin C and fiber. Swish some water around your mouth or brush your teeth after you’ve eaten these fruits.

National Smile Month promotes oral health, but remember it all year long and you’ll always enjoy the power of your smile!

**SOURCES:**

- [https://www.dentalhealth.org/what-is-national-smile-month](https://www.dentalhealth.org/what-is-national-smile-month)
PARKS AND RECREATION

Phone: 208-608-7580
Hours: Monday-Friday 8 a.m.-5 p.m.
Website: seniorcenter.cityofboise.org

JOIN US FOR A CENTURY IN BOISE ON JUNE 10

The Boise skyline has seen tremendous change over the last 150 years. Come learn about the history of the City of Trees and the influences that shaped it from its beginning in 1863 up through the decades. Join us for a monthly viewing of videos from the “Building Boise Collection,” made available through Preservation Idaho. The video collection was written and produced by Boise High School students in Doug Stan Weins’s AP U.S. History class to celebrate the Boise Sesquicentennial and was made possible with a grant from the City of Boise Arts and History Department. The first of three showings is on June 10, beginning at 11 a.m., and covers Territorial Boise, The 1890s, and The 1900s. Three videos run a total of approximately 40 minutes. No need to register for this free program.

BIRTHDAY CORNER

Thank you and happy birthday to those who celebrated May birthdays with us!

• Antonio Beltran
• Pat Larson
• Judy O’Brien
• Kathleen Finch
• Dee Bodler
• Patricia Kolb
• Barbara Petrie

Celebrate your special day with us on the second Friday of every month, beginning at 11:45 a.m. A big thank you to our Birthday Friday sponsor, Idaho Pizza Company!