**OUR MISSION**

To provide a safe and supportive environment where active retirees can engage in activities that promote physical, intellectual, and social well-being.

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**WHAT SPECIAL TREASURES WILL YOU FIND AT THIS YEAR’S HOLIDAY BAZAAR?**

Mark your calendar and plan to visit the Senior Center during the 40th Annual Holiday Bazaar on Saturday, Nov. 9, from 10 a.m. to 3 p.m.

Over 60 vendor tables will be chock-full of holiday gifts, decor, food, trinkets, and more. Enjoy a huge selection of one-of-a-kind handmade items, popular distributor products, and homemade baked goods and candy. If you work up an appetite while you shop, a burger, chips and soft drink or bottled water can be had for just $5. There will also be vegetarian chili and fresh popcorn for sale.

Be sure to visit the Christmas Store, stocked with gently used holiday items that have been donated throughout the year and put aside just for the occasion. Everything will be priced to sell! The Senior Center thrift store and craft boutique will also be open to shoppers. This is a holiday shopping event not to be missed! There’s no cost to attend.

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**VETERANS DAY OBSERVANCES AND CLOSURES**

The Senior Center, as well as most government facilities and offices, will be closed on Monday, Nov. 11 in observance of Veterans Day. Join us on Nov. 12 at 11 a.m. for a showing of “Voices From the Tomb,” a documentary that captures the painstaking preparation and rigorous testing that each Tomb of the Unknowns guard must undergo. There’s no need to register for this free program.

This year’s Boise Veterans Day Parade will take place on Saturday, Nov. 2. The parade route begins on 10th Street and travels east on Jefferson to 4th Street where it turns south to Bannock, then proceeds west, ending on 11th Street. The planned start time is 10:15 a.m. A special opening ceremony is scheduled to begin at 10 a.m. on the Idaho State Capitol steps.

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**fun facts**

November was originally the 9th month of the Roman calendar until 153 BCE. The month kept its original name from the Latin word novem meaning “nine.”

November is the seasonal equivalent of May in the opposite hemisphere.

Most of the U.S. will “fall back” by one hour this month, exiting Daylight Saving Time. This year, Standard Time returns at 2 a.m. on Nov. 3. Be sure to adjust your clock before you go to bed on Saturday night!

Nov. 12 is “National Pizza With the Works Except Anchovies Day.” (Really? Who comes up with this stuff?)

Famed TV journalist Walter Cronkite, often called “the most trusted man in America,” was born on Nov. 4, 1916 and would have turned 103 this month. He died in July 2009 at the age of 92.

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**Volunteer Spotlight**

Donna Abrams volunteers in the thrift store and donation warehouse each week and fills in for other volunteers whenever needed.

**How did you get started volunteering at the Senior Center?**

By going into the thrift store as a customer. While paying for my items, I noticed a sign saying help was needed. I started volunteering that week.

**What do you enjoy most about volunteering here?**

I get to work with the nice customers who come into the thrift store, and I enjoy getting to know people. I’m always available to help fill in for other volunteers when needed.

**What programs and activities do you participate in?**

I enjoy helping out at Casino Night and want to go to more events. I like having lunch in the dining room and participating with the Happy Hookers knit and crochet group.

**Are you a lifelong Idahoan or did you come from somewhere else?**

I was born in Caldwell but raised here in Boise. I lived in California for 5 years.

**What are your interests or hobbies?**

I crochet and do looming, and beading. I also enjoy camping, looking for driftwood, and rockin in the creek.

**Do you have any pets?**

I have 1 dog and 2 cats.

**Are you skilled/trained in something specific?**

My main skill is being a people person. I’ve done a lot of home clean-up after fires, and I had an auto detailing business with my ex husband.

**Tell us a little bit about your family.**

I have 2 sons and 8 grandchildren. I’m single but my ex husband and I are the best of friends.

**Let’s Dance! All Ages Welcome to Swing-themed Dance on Nov. 2**

Join us for a night of 30s and 40s Big Band Jazz with some of the friendliest “Swing Dancing, Hep Cat.” All ages are welcome to this family-friendly event.

Arrive at 6 p.m. for a 1-hour intro Lindy Hop Swing lesson offered by the talented folks at Heirloom Dance Studio, and stay until 10 p.m. for some socializing and open dancing.

This event is open to anyone regardless of previous experience, and no partner is required. The event is Swing focused, but all dance styles are welcome. If you have a style of music you would like to hear at this event, don’t be afraid to make requests. Cost is $10 at the door. Light refreshments will be included.

**1-On-1 Technology Help Sessions Available This Month**

Bring your laptop, tablet, smart phone or other handheld device for a brief face-to-face meeting with Coach Newton this month to address your specific technology questions.

Newton Antoniuk brings over 25 years of high tech experience to offer these free sessions and is offering 15-minute tutorials to anyone who signs up. Think you’ll need more than 15 minutes? That’s OK, simply sign up for two sessions.

Coach Newton will be available on three dates this month: Nov. 6, 13, and 20. Sessions begin at 1 p.m. and run every 15 minutes until 2:30 p.m. Sign up in advance to reserve your spot. Stop by the front desk or give us a call at 208-608-7580.

**JOIN US FOR A SING-ALONG!**

We’re hosting a sing-along on Nov. 21 starting at 11:15 a.m., and we invite everyone who loves music to join us for this fun event. Whether you like to sing or want to just sit and listen, we welcome your participation.

The classically trained and immensely talented vocalist Nadamayi Shanti will lead us in song on guitar. Lyrics will be provided.

Watch for information in next month’s newsletter about our upcoming Christmas carols sing-along during the annual Christmas party. It will be a festive, fun-filled event you don’t want to miss!
### November 2019

**Dick Eardley Senior Center**

**690 Robbins Road**

Boise, ID 83702

208-608-7580

Monday-Friday 8 a.m.—5 p.m.

#### Monday

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9 a.m.-4 p.m.</td>
<td>AARP Driver Safety*</td>
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<tr>
<td>5 a.m.-10:30 a.m.</td>
<td>Stretch &amp; Tone</td>
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<tr>
<td>10:30-11:30 a.m.</td>
<td>Longevity Stick</td>
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<tr>
<td>11 a.m.-12 p.m.</td>
<td>Scrabble</td>
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<tr>
<td>12:30-1 p.m.</td>
<td>Chair Volleyball</td>
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<tr>
<td>1-2 p.m.</td>
<td>Fit and Fall Proof</td>
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#### Tuesday

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<tr>
<td>8 a.m.-8 p.m.</td>
<td>12:45 pm Osteoporosis Support Group</td>
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<tr>
<td>10 a.m.-10:30 a.m.</td>
<td>12:30-2 pm Bridge</td>
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<tr>
<td>10:30-11:10 a.m.</td>
<td>Noon Meal: Chicken Pesto Casserole</td>
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<td>11 a.m.-12 p.m.</td>
<td>12:30 pm Bridge</td>
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<td>12:30-5 p.m.</td>
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<td>1:15-2 pm Intro to Zumba*</td>
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<td>10:30-11 a.m.</td>
<td>1-3 pm Watercolors*</td>
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<td>11 a.m.-12 p.m.</td>
<td>1-2:30 pm                 1-on-1 Technology Help Sessions*</td>
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<td>Noon Meal: BBQ Chicken</td>
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*These programs require registration. For more information, call 208-608-7580.

**These programs are live online interactive presentations offered through the Senior Learning Network**
Many thanks to our monthly crossword puzzle sponsor!

“Every Life Leaves A Legacy”

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.

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

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

Pumpkin Pie

This classic pumpkin pie recipe combines the seasonal taste of pumpkin with the richness and warmth of cinnamon, ginger, and clove. It is a welcome addition to any Thanksgiving meal.

Ingredients

- 2 eggs
- 16 oz. canned pumpkin
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon cloves
- 12 oz. can of evaporated milk
- 9-inch unbaked pie crust
- Whipped cream (optional)

Directions

Combine filling ingredients in order given. Then pour into crust. Bake in a pre-heated 425°F oven for 15 minutes. Reduce heat to 350°F and bake for an additional 40 to 50 minutes or until a knife inserts and comes out clean. Cool and serve with whipped cream.

Yield: 8 servings

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

Most dental visits are pretty routine, but sometimes there may be some work involved like fillings, a root canal, or more. And let’s be honest here, it can hurt. Our mouth and teeth are home to thousands of nerve endings and when they’re disturbed by dental work, they can become inflamed, irritated, and cause a lot of pain. Pain that can last beyond the dental chair.

For many years prescriptions have been written for pain-relieving drugs known as opioids. Opioids are powerful narcotics that attach to opioid receptors in the brain and dull the perception of pain while also boosting feelings of pleasure. The problem, as we’ve all seen in the news, is that opioids can be dangerously addictive. According to the Centers for Disease Control and Prevention (CDC), every day an average of 115 Americans die from prescription opioid overdose.

Nobody wants to be in pain though, especially after having dental work done. You still need to eat, right? Nobody wants to be in pain though, especially after having dental work done. You still need to eat, right?

If you happen to have a substance abuse problem, or are taking other medications, with your dentist. Don’t be afraid to ask questions about side effects, dosage, and interactions.

If you’re uncertain if either prescription opioids or over-the-counter medications are right for you, you can try an offering. Some people in Kathmandu nail a coin to a “toothache tree” as an offering to the Newar god of toothache, hoping for pain relief. You never know! Seriously though, discuss pain relief options, including over-the-counter medications, with your dentist. Don’t be afraid to ask questions about side effects, dosage, or anything else, and make sure to let your dentist know if you are taking other medications.

Keep brushing and keep flossing!

SOURCES:
https://www.cdc.gov/drugoverdose/data/prescribing.html
https://www.healthline.com/health/can-you-overdose-on-ibuprofen
https://www.healthline.com/health/acetaminophen-overdose

The United States Olympic Committee (USOC) inducted Mike Fritz into the Olympic Hall of Fame on October 31, 2019 for his service as a torch bearer for the 1996 Summer Olympic Games in Atlanta, Georgia. Mike was one of 10 torchbearers selected from 400 nominees.

Mike will share his experiences as a carrier of the Olympic Torch as it made its way through Boise on May 11, 1996 en route to the Summer Games in Atlanta, Ga. The torch traveled 16,099 miles across the U.S. that year. Mike was one of 10 torchbearers selected from 400 nominees. He said inclusion highlighted hearing all the people cheering along the way, the honor of being selected to carry the torch, and most important, having his family there to participate.

SELLING A HOME SOON? TIP #1

It’s not uncommon for homeowners to ask me for insider tips on selling a home. Without question, my #1 tip is recommending that sellers hire their own real estate agent advocating on their behalf.

When a seller and agent enter into a representation agreement, most sellers assume their agent will also find and represent the buyer. After all, isn’t that what the agent is getting paid to do? Yes, but there could be a conflict.

Under the Idaho Real Estate Brokerage Representation Act, a seller becomes a “Client” of a brokerage when they both enter into a written Seller Representation (Agency) Agreement. The brokerage and its licensees will then owe the seller specific Client duties which include promoting the seller’s best interests. So, what happens if the seller’s agent finds a buyer for the property, but the buyer is also a Client of the same brokerage?

Since the seller’s agent also owes the buyer specific Client duties that includes promoting the buyer’s best interests, it would not be possible for the agent to simultaneously satisfy Client duties to both the buyer and seller.

A solution to this potential conflict is to represent both Clients in a Limited-Dual Agency capacity. When this is done, the agent’s role then becomes an unbiased facilitator for the transaction. That means the agent can no longer legally advocate on behalf of one Client over the other.

Many agents believe that it’s difficult to act unbiased since the seller and buyer roles are adversarial in nature. After all, the seller wants to sell at the highest price and the buyer wants to buy at the lowest price.

The next time you prepare to sell a home, ask your agent to thoroughly explain agency relationships so that you can choose the one that promotes your best interests, not the agent’s (i.e., double commission).

OSTEOPOROSIS SUPPORT GROUP WILL MEET ONCE MORE IN 2019

Did you know in every 2 women, and 1 in every 4 men over the age of 65 has osteoporosis? Nearly 75% of those people never even know they have osteoporosis until they break a bone.

On Monday, Nov. 18, beginning at 12:45 p.m., St. Luke’s will return to the Senior Center to continue its bone health informational series and support group, led by nurses, providers and physical therapists, to provide education to help prevent osteoporosis.

Dr. Jim Loveless, medical director of St. Luke’s Osteoporosis and Bone Health program, will lead a discussion focusing on the different steps each of us can take to make our bones strong. Everyone is invited and there’s no need to sign up.

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CELEBRATE YOUR BIRTHDAY WITH US!

Happy Birthday Friday to our birthday celebrants in October! We ate birthday cake sponsored by the kind folks at Aetna, we gave gifts sponsored by our friends at Idaho Pizza Company, and we sang to the beautiful accompaniment of Toni Elliot on her organ. Come celebrate your birthday month with us on the 2nd Friday of every month beginning at 11:30 a.m. We’ll save you a seat!