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

February

Presidents’ Day is observed on the third Monday in February, recognizing George Washington’s birthday and honoring the history of the American presidency.

This month’s leap year means 2020 will be 366 days long. Leap years help synchronize the calendar year with the solar year.

February is National Bird Feeding Month. Let’s make some easy bird seed ornaments! (See page 9)

According to History.com, the oldest record of a valentine was a poem Charles Duke of Orleans wrote to his wife when he was imprisoned in the Tower of London in the year 1415.

An estimated 144 million greeting cards will be exchanged on Valentine’s Day in the U.S. this year.

Super Bowl Sunday used to be held the last Sunday in January, but since 2002 it is more commonly held the first Sunday in February.

‘SENIOR PROM’ RETURNING TO BOISE SENIOR CENTER

The Dick Eardley Senior Center is excited to announce that it has been selected to host this year’s “Senior Prom” on Tuesday, Feb. 25 from 6 to 9 p.m. All seniors are invited to attend this free dinner and dance.

The event is organized by students in Timberline High School’s leadership club. Each year, students spend the months leading up to the event visiting and getting to know local seniors at locations throughout Boise, including the Senior Center. The event is an opportunity for students and seniors to dance, play games, and enjoy each other’s company.

Food is being provided by local restaurants and dance music will be DJ’d. There is no cost to attend and all Boise seniors are welcome. Please RSVP to 208-608-7580.

ARTHITIS SUPPORT GROUP MEETS THIS MONTH

The Arthritis Foundation is offering a support group gathering at the Senior Center on Feb. 25 from 1:30-3 p.m. Everyone is invited.

Join us for a fun and informative discussion on using movement to manage the pain of arthritis. Topics will include yoga, massage, relaxation therapy, aquatics, tai chi and more. Senior Center Program Coordinator Denise Peterson will offer information on programs available to all ages at Boise Parks and Recreation, and Melissa Plumeau will cover programs available at the YMCA.

All ages are welcome and snacks will be provided. Come have your questions answered in a peer-led group and learn about available local resources. Bring a friend! Please register online at arthritis.org/LiveYesConnect or call facilitator Janet Smith at 208-891-7669.
HEART HEALTH IS ON THE MENU THIS VALENTINE’S DAY

This month’s Food for Life class is on Valentine’s Day, Feb. 14, beginning at 11 a.m. The focus is heart health and features Sundried Tomato Wrap, Zesty Corn Edamame Salad and Fruit Tarts.

Instructor Barbara Smith teaches tips on cooking and eating for optimal health and offers generous samples and take-home recipes at each class. Students will learn how adding healthy plant-based foods to their diet can help prevent chronic diseases and manage weight. Class fee is $5 for Boise residents and $7.75 for non-residents. Sign up in advance for this and upcoming classes, 208-608-7580.

Upcoming classes and featured recipes include:
- March 20, Cancer Prevention-Veggie Coconut Curry
- April 17, Diabetes Prevention—Bean Chili
- May 15, Healthy Weight—Corn Salsa with Greens

YOUR HOUSING QUESTIONS ANSWERED

Stop by the Senior Center on the second Tuesday of each month at 11 a.m. and have “Your Housing Questions Answered” by Broker and Senior Real Estate Specialist Paiged Ceding. Get information about local housing and real estate options in the area. No need to register, just drop by for this free program.

MONTHLY MEDICARE ASSISTANCE AVAILABLE ON THIRD TUESDAYS

Medicare specialist Jason Pollock holds office hours at the Senior Center on the third Tuesday of each month, from 11 a.m. to noon. Medicare Meet-up is open to the public and anyone can drop in to ask questions and get some one-on-one help. Jason provides complimentary coffee and breakfast pastries.

TED TALK: MY STROKE OF INSIGHT

This month’s TED Talk, at 11:30 a.m. on Wednesday, Feb. 26, features Jill Bolton Taylor, a brain scientist who got a research opportunity few would wish for when she had a massive stroke and was able to watch her brain functions deteriorate, one at a time. Join us for this 18-minute video, then feel free to stay and chat before lunch. On the menu is Chili Burger. Lunch is served from 12-12:30 p.m., M-F for a suggested donation of $4 for anyone age 60 and older.

DANCE AND SOCIALIZE AT THE NEW MONTHLY ‘DAYTIME DISCO’

Feather boas? Check. Stylish fedoras? Check. Glow sticks for extra fun? Check! We’ve got all your dancing needs covered at the Senior Center’s new monthly Daytime Disco, so mark your calendar and plan to join us on Feb. 10 from 10:30 a.m. to noon. Give it a try, it’s free! Daytime Disco is being offered on the second Monday of every month and is designed to give people an opportunity to enjoy music, movement, and social time with their peers. We’ll provide some fun props, cold water, and great dance music. We’ve partnered with Life Care Center of Boise to make sure the music keeps playing and everyone has what they need to cut loose, let off some steam and have a good time. No need to register. See you there!

DO YOU ‘JITTERBUG BOOGIE’? JOIN US!

Kick up your heels and dance the evening away at the monthly Jitterbug Boogie, offered on the last Saturday of each month from 6-10 p.m. The first hour offers a free dance lesson by the professionals at Heirloom Studio, then it’s open dancing from 7:30 p.m. All styles and abilities are welcome. Refreshments are provided. Cost is just $10 per person, payable at the door. No need to sign up. Bring your dancing shoes!

LEARN TO DRAW ‘AT ART WITH TERESA’

Come learn to draw at Art with Teresa on Feb. 22, from 1-2 p.m. The Art of the Mattle's Teresa McCully will teach participants how to draw the human form and “turn your stick figures into actual drawings!” All levels of experience are welcome. Space is limited so please sign up in advance at the front desk or call 208-608-7580.

PINOCHEL QUARTERLY WINNERS

Congratulations to our top scorers in the Friday morning Pinocle group!

- Oct. Ferne, 7,440
- Nov. Barbara (Eagle), 7,190
- Dec. Jim, 6,040

Notable Hand: Ferne had Double Aces on Nov. 21

Thank you to Jason Pollock, Senior Healthcare Advisor, for being our Friday morning Pinocle sponsor!

HEART CASTLE & 1930S HOLLYWOOD

In the 1930s, Hearst Castle became the place to be for Hollywood celebrities, among them Charlie Chaplin, Cary Grant and Greta Garbo. Come hear the fascinating stories of celebrities of that time. We’ll video-conference with a docent at Hearst Castle for this live virtual tour on Wednesday, Feb. 19, beginning at 11 a.m. There’s no need to register for this free program.

BOISE ATTORNEY GREG FERNEY WILL TALK ABOUT ESTATE PLANNING

Boise Attorney Greg Ferney, with the Idaho Law Group, will visit the Senior Center on Monday, Feb. 24, from 11:30 a.m. to 2 p.m. to offer a presentation on health care issues, end of life issues, and asset protection issues in the bigger picture of the laws regarding estate planning. Greg will allow time for Q&A. All ages are welcome to attend this free program. No registration is needed.

EXPLORING IDAHO SERIES CONTINUES

Join us for a monthly viewing of videos from Idaho Public Television’s “Visions of Idaho” collection that explores Idaho’s rich history and unique features. These viewings are free to attend and are approximately 45 minutes long. There’s no need to register.

This month, on Feb. 10, beginning at 11 a.m., we’ll learn about Mining, Agriculture, and Timber in the Gem State.

1-ON-1 TECHNOLOGY HELP AVAILABLE

Coach Newton’s 1-on-1 Technology Help sessions will continue this month on Feb. 12 and 26 from 10 a.m. to 12 p.m. Bring your laptop, tablet, smartphone, or other handheld device and get some personalized help. Cost is $5 for each 30-minute session. Advanced registration is required. To register, call 208-608-7580 or stop by the front desk.
## Monday
- **11:00 am-11:30 am**
  - Noon Meal: Chicken Stroganoff
  - 11:30 am-12:30 pm Drumming Divas
  - 10-11:30 am Marian Herz: Antarctica
  - 10-11:15 am Chat-n-Chew Social Group
  - 9:30-10:30 am Stretch & Tone

- **10:30 am-10:45 am**
  - 11 am Noon Meal: Salisbury Steak
  - 10 am-3 pm Invitational Bridge
  - 10 am-12 pm Blood Pressure Clinic
  - 10 am-11:30 am Chat-n-Chew Social Group
  - 9 am-12 pm 1-on-1 Technology

## Tuesday
- **10:30 am-10:45 am**
  - Noon Meal: Liver & Onions - or - Chicken Fried Steak

## Wednesday
- **9:30-10:30 am**
  - Noon Meal: Cranberry Orange Chicken
  - 11 am Noon Meal: Bridge
  - 10 am-12 pm Blood Pressure Clinic
  - 10 am-3 pm Invitational Bridge

## Thursday
- **9:30-10:30 am**
  - Noon Meal: Wife saver Artichoke and Spinach Dip
  - 11 am Noon Meal: Bridge
  - 10 am-12 pm Blood Pressure Clinic
  - 10 am-3 pm Invitational Bridge

## Friday
- **9:30-10:30 am**
  - Noon Meal: Mexican Lasagna
  - 11 am Noon Meal: Bridge
Clockwise from top left:
- If you haven’t been to the volunteer-run thrift store and craft boutique, you’re missing out! Both stores are open 10-2, M-F.
- We offer a well-stocked lending library with a variety of authors and titles.
- Talented musicians share their love of music with us throughout the month.
- Sherri Vost from Brookdale Senior Living is one of our valued volunteer Bingo callers who take time out of their busy day to join us for some fun. Bingo is played every Thursday from 10-11:15 a.m.
- We turned pine cones into zinnias last month. Join us on Feb. 5 for a bird seed craft (Page 9).

Can you find a mistake in this month’s issue of the Dick Eardley Senior Center Newsletter? Despite our best efforts to be error-free, it is possible that we overlooked something. If you can find an error, point it out to us and receive a mini candy bar at the front desk. It’s our way of saying thanks for your interest!

**Chicken Rice Casserole**

This recipe, submitted by Carolyn Stumpf, is comfort food at its best, with hearty wild rice folded into a creamy sauce with chunks of chicken and tender veggies. Enjoy!

**Ingredients**
- 3 cups cooked chicken
- 1 can French-style green beans
- 1 can sliced water chestnuts
- 1 (2 oz) jar diced pimentos
- 1 can mushrooms (any size)
- 1 can cream of celery soup
- 1 (2 oz) jar diced pimentos
- 1 can mushrooms (any size)
- 1 can cream of celery soup
- 1 cup mayonnaise
- 1 cup sour cream
- 1 box wild rice (6 oz) cooked to instructions

**Topping**
- 1 stack Ritz crackers, crumbled
- 1 stick butter or margarine, melted

**Directions**
Mix all ingredients and put in 9x13 (or larger) pan. Cover with foil and bake at 350 degrees for 30 minutes.
Remove foil and let brown. Cover with topping and serve.

To submit your own personal or family recipe for publication, drop it off or mail it to Dick Eardley Senior Center, 690 Robbins Road, Boise ID 83702.

**CROSSWORD PUZZLE**

**ACROSS**
1. Woman’s work basket
5. Laughter sounds
8. Polish border river
12. Arrow poison
13. Edible root
14. Killer (suf.)
15. Slushy ice
16. School course
17. Ancient Gr. city
18. Hog’s guts
20. Male of Adam
22. Mulberry of India
23. Carriage
24. Franchise
28. Book of maps
32. Anti-aircraft artillery (abbr.)
33. Royal Air Force stone
35. Altar constellation
38. Avifauna

**DOWN**
1. Son of Ham
2. Samoan port
3. Singing voice
4. Square-cut stone
5. Stabberman
6. All Coast Conference (abbr.)
7. Canvas
8. Spotted cat
9. Port. Timor’s capital
10. Blue-pencil letter
11. Hebrew letter
12. R częstochowski
13. Africa
14. Vehicle compartment
15. Yellow Sea arm
16. Rhine tributary
17. Pack down
18. Indo-Chinese language
19. Soot, alder tree
20. Wit
21. Dye
22. Sub (gard.)
23. Presidential nickname
24. Mole
25. State (Ger.)
26. Land measure
27. Amorphous mass
28. Ryukyu islands
29. Viper
30. Gooseberry
31. Elbe tributary
32. Laugh (Fr.)
33. Barely get by

**ANSWER TO PREVIOUS PUZZLE**
IANA TOBE OAF
OGE NAB
ARCLIC DODG CLI
AR AM LAME
FAHA RAISE
AGE GILL TRIS
SEL ESTOOC ABC
SASH SAAL NEA
TRIAD VIDEO
NERA ABAS
REO OLEORESIN
AER IOTA ACNE
BCE DEAR HIER

©2019 Satori Publishing
A21

Many thanks to our monthly crossword puzzle sponsor!
TOOTHE TRUTHS

HOW’S YOUR BRUSHING TECHNIQUE?
Delta Dental of Idaho article series, featuring Heather Brown, RDH, MPH

Hopefully you learned how to brush your teeth at an early age and have been doing it ever since. But there’s a difference between just brushing your teeth and brushing your teeth properly. Wait, there’s a proper way to brush? Yep! Hold your toothbrush with the tips of your fingers rather than in your fist. The lighter grip will prevent aggressive strokes (more on that later). Bacteria gather at the gum line, right where your tooth and gum meet, and that’s where disease starts to form. To fight that plaque, hold your toothbrush at a 45° angle and make small circular strokes so the bristles can gently clean between the tooth and gum. Repeat for the inside surfaces of your teeth and don’t forget the chewing surfaces. Use fresh water to rinse your toothbrush and stand it upright to dry. Then floss between each tooth with the tips of your fingers rather than in your fist. The lighter grip will prevent aggressive strokes (more on that later). Bacteria gather at the gum line, right where your tooth and gum meet, and that’s where disease starts to form.

Some people think that because enamel is the hardest substance in the body it’s okay, or even better, to brush hard. Hard bristles and a good scrub clean better, right? Maybe for some things, but it can harm teeth and gums. Your teeth have an enamel surface, not diamond, so they are still susceptible to abuse. You’re not going to use a steel brush on a china tea cup, right? Your toothpaste may contain abrasives to help scrub away plaque, but the addition of hard bristles can actually cause more harm than good. Use a soft or extra-soft bristled brush. Also, some people really push hard when they brush. This is known as aggressive brushing and it’s not a good thing. If you’re brushing too hard and/or using a medium to hard bristle toothbrush, you may be eroding your teeth and even damaging your gums.

One more time:
1. Soft or extra-soft bristle toothbrush.
2. 45° brushing angle.
3. Gentle cleaning beneath the gum line.
4. Brush all surfaces.
5. Don’t forget to floss!

Finally, brush at least twice a day for at least two minutes each time. That’s about how long it takes to effectively clean all of your teeth. If you’re still not sure if you’re brushing correctly, or if you have special circumstances, just ask your dentist. It’s all about using the best tools and techniques for the job!

SOURCES:

ITEMS TO BRING WITH YOU
• Picture ID
• Last year’s tax return
• Social Security card for all individuals on your tax return (Must be original, no photo copies.)
• Tax forms such as W-4, W-9, 1099 Misc, 1099T, Brokerage statements, Social Security Annual statement.
• Health insurance coverage information for you, your spouse and all dependents. If you don’t have full-year coverage, bring information on monthly coverage.
• Your Form 1099 A. If you purchased health insurance though the Marketplace/State
• Any health care exemptions received from the IRS or the Marketplace.

AWARD-WINNING PHOTOGRAPHER OFFERING SLIDESHOW PRESENTATION FEB. 13
World traveler and award-winning photographer Marian Herz will offer a slideshow presentation of her travels to Antarctica on Feb. 13 beginning at 10 a.m. Everyone is welcome to attend this free program.

Come explore the southernmost region of the earth—Antarctica. Learn about the heroic explorers such as Shackleton, Scott and Ross; see the inside of Scott’s Hut from his attempt to reach the South Pole first. Learn about the geology and climate of the area. See scenery, multiple penguin species, seals and other wildlife. Visit South Georgia Island, which is also part of Antarctica. Marian has visited Antarctica four times and South Georgia three times. Come view her photographs of this beautiful and isolated land, and bring your questions.

This program is part of the Chat-n-Chew social group, which meets weekly to talk about current events. The group welcomes guests and speakers monthly.

YOUR TEETH NEVER RETIRE. PROTECT THEM WITH SMILE POWER!
DENTAL DENTAL
deltadentalidaho.me

9TH ANNUAL FAMILY CAREGIVER CONFERENCE AT BSU ON FEB. 15
Family caregivers are invited to the 9th Annual Family Caregiver Conference on Saturday, Feb. 15, 8:30am-5pm in the Student Union Building at Boise State University. Cost is $25 before Feb. 1 and increases to $35. Admission includes the conference, a resource fair, lunch, and parking. Keynote speaker Melissa Wintrow will speak on advocacy. There will also be a caregivers panel and breakout sessions on a variety of topics such as veteran benefits, managing behaviors, caregiver support, nutrition, respite, certified family homes, and local resources. To register, call 208-426-5899.

THRIFT STORE NEEDS YOUR DONATIONS
Our volunteer-run thrift store is one of the lowest-priced shops in all of the Treasure Valley. At least, that’s what our appreciative customers keep telling us and we’re pleased to be able to offer seniors an affordable place to buy high-quality, gently used merchandise. We are currently running low on housewares, linens, jewelry, greeting cards, and home decor. If you have any of these things sitting unused at home, please consider donating them to the store. We’d love to help you share them with others, and the proceeds from your donation stay right here at the Senior Center.

THREE ‘SERVE OUR SENIORS’ DAYS!’
Not one, not two, but three opportunities to sit back, relax, and be served. Not bad for a month that’s shorter than all the others!

Join us for lunch on the following dates to enjoy Serve Our Seniors Days where you, the honored guest, will be served restaurant-style by volunteers from local businesses and organizations. It’s also a great time to meet some new and interesting people.

• Feb. 14, City of Boise’s Department of Finance and Accounting.
• Feb. 20: 360immersive, a virtual reality training company based in Boise.
• Feb. 28: Area 3 Senior Services Agency, helping to connect seniors with support, opportunities, information and advocacy.

LET’S MAKE BIRD SEED ORNAMENTS
Bring the birds to your yard with a decorative hanger bird seed ornament. We’ll supply everything you need to make two ornaments to take home. Choose from a variety of shapes.

Join us on Feb. 5 at 11 a.m. for this free activity. Please RSVP to 208-608-7580. We have enough materials on hand, 208-608-7580.

ITEMS TO BRING WITH YOU
• Disposable gloves
• Water ( bring enough to serve everyone who wants to participate)
• Bird seed
• Bird seed safe ornaments
• Tape
• Scissors

9TH ANNUAL FAMILY CAREGIVER CONFERENCE AT BSU ON FEB. 15
Family caregivers are invited to the 9th Annual Family Caregiver Conference on Saturday, Feb. 15, 8:30am-5pm in the Student Union Building at Boise State University. Cost is $25 before Feb. 1 and increases to $35. Admission includes the conference, a resource fair, lunch, and parking. Keynote speaker Melissa Wintrow will speak on advocacy. There will also be a caregivers panel and breakout sessions on a variety of topics such as veteran benefits, managing behaviors, caregiver support, nutrition, respite, certified family homes, and local resources. To register, call 208-426-5899.

THRIFT STORE NEEDS YOUR DONATIONS
Our volunteer-run thrift store is one of the lowest-priced shops in all of the Treasure Valley. At least, that’s what our appreciative customers keep telling us and we’re pleased to be able to offer seniors an affordable place to buy high-quality, gently used merchandise. We are currently running low on housewares, linens, jewelry, greeting cards, and home decor. If you have any of these things sitting unused at home, please consider donating them to the store. We’d love to help you share them with others, and the proceeds from your donation stay right here at the Senior Center.

THREE ‘SERVE OUR SENIORS’ DAYS!’
Not one, not two, but three opportunities to sit back, relax, and be served. Not bad for a month that’s shorter than all the others!

Join us for lunch on the following dates to enjoy Serve Our Seniors Days where you, the honored guest, will be served restaurant-style by volunteers from local businesses and organizations. It’s also a great time to meet some new and interesting people.

• Feb. 14, City of Boise’s Department of Finance and Accounting.
• Feb. 20: 360immersive, a virtual reality training company based in Boise.
• Feb. 28: Area 3 Senior Services Agency, helping to connect seniors with support, opportunities, information and advocacy.

LET’S MAKE BIRD SEED ORNAMENTS
Bring the birds to your yard with a decorative hanger bird seed ornament. We’ll supply everything you need to make two ornaments to take home. Choose from a variety of shapes.

Join us on Feb. 5 at 11 a.m. for this free activity. Please RSVP to 208-608-7580. We have enough materials on hand, 208-608-7580.
CALLING ALL FARKLE PLAYERS & NEWBIES!

There’s a new game in town—Farkle with an Idaho twist. Whether you’re a beginner or a lifelong enthusiast, you’re invited to join us for a friendly weekly game every Monday from 1-3 p.m.

Farkle is a fun and challenging dice game known by a variety of names: 10,000, Hot Dice, 6 Dice, Zilch, and more. There are a number of variations but in general it is played using 6 dice with a goal of scoring 10,000 points. It’s best with multiple players.

We’ll provide everything you need to get a game going, including a coach to teach you the ins and outs. There’s no need to sign up for this drop-in program. The fee is just $1 per visit.

BIRTHDAY CORNER

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

• Carolyn Stumpf
• Michael Schoppe
• Debbie DeVries
• Toni Elliot
• Robyn Larese

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!