

BOISE BENCH LIONS

July 8, 2026 **Every Wednesday at Casa Mexico at Noon**



Pres. Cindy, speaker Randy Simon, program chair Lion Dan

Randy Simon the associate state director for communications for AARP Idaho shared AARP is a nonprofit, nonpartisan organization. There are 5 staff members in ID. There are 38 million members nationwide. They have many programs from fraud prevention to advocacy for caregivers. They hold a Scam Jam seminar. He shared a staggering number, mostly seniors have lost \$50 million due to scams. They were able to pass a bill Report & Hold which allows banks to inquire further when a person comes in and needs to withdraw for example \$10,000. They can report and hold the funds until they determine the person is not being scammed. He talked about a walk audit a simple activity in which an individual or a team observes and evaluates the walkability of a location to document how and if pedestrians can safely travel along a street, navigate an intersection and get from point A to B, C and so on. The statistics are rising for pedestrians who are getting hit on our roads. Their belief is what is good for 80 yr. olds is good for 8 yr. olds. In one community, they asked the mayor to get in a wheelchair and try to cross the road. By 2034, there will be more people over 65 than 18 and under. In Parma, they had a request to check out the length of time the light gave a blind member of their community to cross the road. They found out it was not long enough for the member to cross the street. The time to cross was changed. Website: aarp.org/idaho



Members: 38

Attendance: Lion Jan Shelton



Lion Larry Spencer's cousin Tom Marsh turned in his application. Yahoo!

Save your stuff for the upcoming Sidewalk Sale. More information to come.



Guest: Lion Tedd Foote's friend Donna



Lions and friends social
July 16th at Gem State Brewing.

Save the Date: July 14th from 12-2 volunteer at the ID Foodbank. Sign up with your account, the link is on our website or call Jane at 208.830.0454. Or come on over and lend a hand. Please wear closed toed shoes.



Sporting Clay event
September 25th at 9am at Caldwell Gun Club there are 16 stations and we would like to have 16 sponsorships. Please ask your business friends/partners if they would like to sponsor a station. See flyer for details. We need a vehicle to haul the water for the sporting clay tournament.



Calendar of Events



July 10 – Volunteer at Ronald McDonald House from 10-12

July 14 – Volunteer at the ID Foodbank from 12-2

July 14 – BB Lions board meeting at 6pm in lobby of Casa Mexico

July 15 – Philanthropy Pathways, Antonio Hernandez

July 16 – Lions and friends social at Gem State Brewing in Eagle at 4:30

July 22 – Green Squared Recycling, Mike and Tobhiyah Green

August 21 – 30 – Please add to your calendar Western ID Fair Found Kids Booth, sign up sheets coming soon.

President Cindy Mindful Appreciation: Choose 5 things in your day that usually go unappreciated. These things can be objects or even people. The point of this exercise is to give thanks and appreciate the seemingly insignificant things in life. The things that support our life but rarely get a second thought. For example, the electricity that powers your house, the postman who delivers your mail. Ask yourself: how do these things work? How do they benefit your life? Have you ever noticed the finer details of the items? Have you ever thought about the relationship between these things and how they play an interconnected role in the functioning of the earth?



Lion Aarda our tail twister for today:

Most common fear in the world – public speaking

Most common song – Happy Birthday

Most common element – oxygen

Health Tip: Sit on the floor for 30 cumulative minutes per day. When practiced regularly, seated positions can restore hip and low back functions, stretching out tissue in the hamstrings and calves. Sitting on the floor promotes a person to fidget and fidgeting is good. Great to change positions, this rotates your hips and helps avoid stiffness and pain. From the book “Built to Move”

Doing things is energizing. Wasting time is depressing. You don’t need that much rest. I don’t know sometimes I really like my wasted time.



Lion Jim reminded us about the tree clean up in their neighborhood. He brought “Stumpy” who has been keeping an eye on the area for more fallen trees.



July Birthdays:

Debbie Collaer 7/9

Mike Gibson 7/11

Karen Wood 7/14

Amy Jauregui 7/14

Megan Little 7/15

Griz (Casa Mexico) 7/19

Laura Porter 7/21

Suzanne Locklear 7/25

John Thompson 7/25

Cliff Tyler 7/28

Kari Spencer 7/30

Esteban Galan 7/31



Lion Frank and all his BB Lions friends serving at Interfaith. He loves it when the BB Lions come to serve with him.



The BB Lions love serving at RMH. They made delicious sliders, pasta salad and peanut butter brownies. Yummy!



Lion Kim and her daughter Sierra went to Norway.



The Kidd's and their son Austin in front of the Liberty Bell during the 250th USA celebration.



Lion Darlene's grandson Will turned 6. Love those Minecraft crocs. What a cutie!



A bunch of BB Lions celebrated **the Frison's** goddaughter Madison and Kevin's marriage. Much love to the newly married couple. **Lion Dan** officiated.



The Burks' paid a visit to **Lion Patty** after her knee surgery. She said her knee looks like the big turkey leg you can buy at the fair.