BOISE BENCH LIONS



October 28, 2026 **Every Wednesday at Casa Mexico at Noon**



Members: 43

Attendance: Lion Jan Brady

Guest: Lion Tedd Foote's friend Donna

Vision and Hearing Screenings Nov 16th and 17th at Anser Charter School and **Nov 30th** at Boise Valley Adventist School. Please email Lion Gayle, dgchaney7273@gmail.com, if you are interested.

Envision needs our help to sort eyeglasses tomorrow, Thursday from 10-12.



Pres. Cindy, speakers Dr. Mark and Kim, program chair Lion Aarda

Dr. Mark Grajcar is the founder of Assured Direct Care, which offers employers healthcare and personal healthcare for individuals. His goal is to work more directly with his patients and provide them with more personalized care. After a 30+ year primary care provider, he saw the inefficiencies, hidden costs, and impersonalization that resulted from the standard insurance-based healthcare model. Assured Direct Care is a membership model. He hopes we all have good primary care providers and don't use your insurance to pay for everything in healthcare. Doing that inflates the cost of insurance. 2 out of 3 people don't see their PCP due to cost and wait time to be seen. 4,530 of 5,107 family practice residency positions were filled in 2023. 7,800 doctors left family practice in 2022. He suggested looking into other companies to fill your prescriptions like goodrx.com and markcubancostplusdrugcompany.com. They are both cash-based systems. He suggested we have insurance for catastrophic health issues and don't pay the first bill you get from your doctor or hospital. Always ask questions about your bill. The number one reason for bankruptcy is healthcare costs. Better health begins with a better healthcare experience. Get more information at assureddirectcare.com.

assured. DIRECT CARE

Save the Date: November 10th 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 close-toed shoes.

No Meetings November 25th and December 23rd to celebrate Thanksgiving and Christmas.

The Idaho Foodbank





Calendar of Events

October 31st – Volunteer at Zoo Boise from 1:30-3:30

November 4th – Infant Toddler Program, Allissa Thiel, Developmental Therapist

November 11th – BSD Early Ed. Prog., Mackenzie Becker & Erica Beck, Sp. Ed. Teachers & Evaluators for pre-school

November 14th – Veteran's Day Parade

November 18th – James Castle House, Deaf Artist, Kristen Hill, Cultural Sites Prog. Manager

November 17th – Paint 'n Sip at Poletariat Wine Co., text Lion Dennis 208.599.0271

November 21st – Serve lunch at the Dick Eardley Senior Center, more to come

November 25th – No meeting, Happy Thanksgiving



Pres. Cindy's Quotes: A Lion may be the King of the jungle, but even a Lion cannot hunt every day without the help of the pride. Popular Lions Club saying on teamwork and mutual support

When hearts beat with kindness, the world finds a better rhythm. Lions Club International community expression

Alone we can do so little, together we can do so much. Helen Keller





TT Lion Angel's funnies:

What is a skeleton's favorite snack? Spareribs

Why do vampires seem sick all the time? They are always coffin.

Why do pumpkins sit on porches? They don't have the guts to go inside.

October Birthdays:

Darlene Storck 10/7

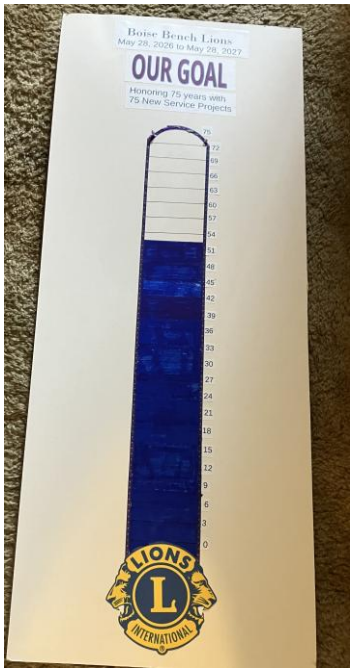
Henry Cardinale 10/14

Larry Locklear 10/23

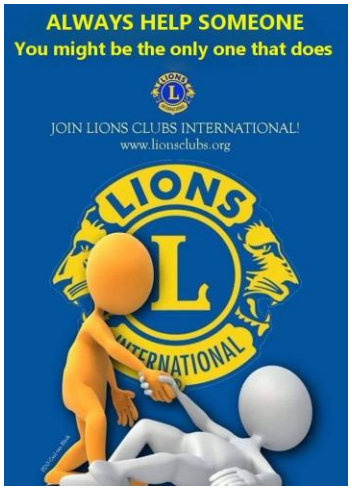
Lila Garvin 10/25

Corrine Henke 10/29





President Cindy showed we are at 52 projects of 75 for our 75th anniversary. We are on the way to achieving this goal by May 28th.





The **BB Lions** represented with their wild and crazy costumes. Happy Halloween!



Envision and BB Lions doing hearing screening at the Brain Health Symposium.





Lion Curt and his wife Pat visited the Nutcracker Museum in Leavenworth.



The Muir's visiting The Spencer's in AZ and saw the ASU football game.

Lion Bob is now in a rehab facility here at home. Address coming soon.



Lions Lynne and Chris cleared the overflow lot of goat heads and weeds for the upcoming Holiday Bike Giveaway. Check out boisebicycleproject.org to sign up for volunteer opportunities. **December 19th is the big day!**

