



1130 N Allumbaugh Street
Boise, ID 83704
(208) 322-0311
Fax: (208) 854-8653

*A Tradition of
Excellence in Boise*

Find us on

The Bridge at Valley View

"Tradition of Excellence in Boise"

Garden Plaza of Valley View provides the best Assisted Living services in Boise through The Bridge at Valley View. We offer personal care in private residences designed to promote maximum independence while meeting the individual needs of each senior. To ensure a fulfilling retirement lifestyle, The Bridge also maintains a full calendar of social activities and events designed to promote the social, physical and emotional well-being of each resident. Our caring, professional Assisted Living staff includes RNs, LPNs and Care Aides.

Management Team

Eddie Johnson General Mgr.
Virginia Thornley AL Manager
Jaimie Cox Business Office
Jennifer Kavulich Dining Svs
Frank Dowd Maintenance
Sherrie Hix Recreation
Melanie Eames Sales
Pam Dillman Sales

Important Numbers

AL Receptionist 208-327-1044
Front Desk Dial (0)
AL Manager 208-327-1046
Beauty Shop 208-327-1178
Business Office 208-327-1023
Dining Room 208-327-1416
General Manager 208-327-1021
Recreation 208-327-1025



Summer Greetings

Welcome to the dog days of summer! We have plenty of "cool" activities planned this month, so make plans to dive right in and join us for some fun times. If you have any suggestions, comments or questions, please stop by my office. My door is always open, and I enjoy chatting with each and every one of you!

Spread the Good News

Do you love calling our community home? Don't keep it to yourself! When you refer a friend, and they sign a lease and move in, you'll receive a great referral reward!

Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.

We All Scream For Ice Cream!

It's summertime, and it's HOT! To help everyone keep cool this month, we're having an ice cream social outside on the patio every Tuesday afternoon at 2 pm. We'll have your favorite flavors and lots of toppings, so join us for a real cool time.



Help Us Plan Activities

Would you like to help us organize activities and events for our community? Join the activity planning committee! This group meets regularly to brainstorm ideas for entertainment, crafts, games, outings and more. We'd love to have your input! Check your activity calendar for date and time.

Immunization Awareness

August is Immunization Awareness Month and a good time to check with your physician to make sure you are up to date on all of your vaccinations. Remember, flu season is approaching, and it's important to get your flu shot when it becomes available.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Hello August						
4 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 11:00 IL Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	5 10:00 RR Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 RR Pictionary Game 2:30 R & R Inspiration 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	6 10:00 RR Brainteaser 11:00 Exercise Class 1:00 Chat Club 1:30 Gospel & Accordion Music 2:00 Ice Cream Social 3:30 RR Quarter Bingo	7 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 3:00 RR Craft Class 4:00 RR Oh, Shoot! ... Dice Game	8 10:00 RR Table Talk 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town🚶 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 IL Sing-Along with Barb	9 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 Patio Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Beading Art	10 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Exercise Class 3:00 RR Quarter Bingo
11 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 11:00 IL Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	12 10:00 RR Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 RR Pictionary Game 2:00 IL Parkinson's Support Group 2:30 RR What's Cooking? 4:00 RR L-C-R dice game	13 10:00 RR Brainteaser 11:00 Exercise Class 1:00 IL Bookmobile- IL 1:00 Chat Club 1:30 RR Activity Planning Meeting 2:00 Ice Cream Social 3:30 RR Quarter Bingo	14 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 3:00 RR Art For All ... Mary Jusell 4:00 RR Oh, Shoot! ... Dice Game 5:00 IL Meet & Greet The Artist	15 10:00 RR Table Talk 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town🚶 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	16 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 Patio Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour ... Wine/ Beer	17 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Exercise Class 3:00 RR Quarter Bingo
18 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 9:30 RR Worship Service ... Life Church 11:00 IL Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	19 10:00 RR Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 RR Pictionary Game 2:00 IL Catholic Mass 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	20 10:00 RR Brainteaser 10:30 IL Veterans' Coffee Social 11:00 Exercise Class 1:00 Chat Club 1:30 RR Who, What, When 2:00 Ice Cream Social 3:30 RR Quarter Bingo	21 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 3:00 Community Meeting 3:30 Candy Bars 4:00 RR Oh, Shoot! ... Dice Game	22 10:00 RR Table Talk 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town🚶 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 IL Sing-Along with Barb	23 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 Patio Club 1:30 RR Word Game 2:30 RR Horse Racing 3:00 RR Ceramics	24 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Exercise Class 3:00 RR Quarter Bingo
25 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$1 9:30 RR Worship Service ... Life Church 11:00 IL Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	26 10:00 Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 RR Pictionary Game 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	27 10:00 RR Brainteaser 11:00 Exercise Class 1:00 Chat Club 1:30 RR Food Committee 2:00 Ice Cream Social 3:30 RR Quarter Bingo	28 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 3:00 RR Travelogue 4:00 RR Oh, Shoot! ... Dice Game 6:30 IL Summer Concert	29 10:00 RR Table Talk 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town🚶 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	30 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 Patio Club 1:30 RR Word Game 2:30 RR Horse Racing 3:00 Resident Birthday Bash ♥	31 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Exercise Class 3:00 RR Quarter Bingo

Happy Birthday



4th Margaret Lightfoot
4th Irene Reich
18th Janet Farmer

Welcome New Residents

Gwendolyn Crook
Janet Farmer
Irene Reich
Mark Reich

Activities

Mind Games

The more we age, the more important it is to exercise one of our largest organs—the brain. Do the crossword puzzle in the newspaper, check out foreign language tapes from the local library, join a book club or bridge game, or play games online at web sites like www.Games.Yahoo.com.



Health & Wellness



Summer Appetites

Your appetite may decrease during hot summer months, but continue to eat regular meals, even if you choose smaller portions. Skipping meals causes your metabolism to slow down, which leads to a sluggish feeling.

Fall Back Asleep

The medical journal Sleep Medicine reports that at least three times a week, roughly one-third of Americans wake up in the middle of the night. And nearly half of them struggle to fall back asleep. Sound familiar? If so, these tips may help:

- Turn on as few lights as possible. Make sure you can safely get up if you need to, but use a lamp or flashlight instead of switching on a main light.
- Don't check the clock—knowing just how many hours you have before you need to rise can make you more anxious and less likely to drift back to dreamland.
- Change your scenery. If it's been 20 minutes and you're still awake, get up and go to a different room. The distraction of being in a new setting can make you drowsy, as well as help you associate your bed with sleeping instead of tossing and turning.

Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

Make it part of your daily routine. Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

Pick a cup and fill 'er up! An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

Sip through a straw. Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

Find your favorite flavor. If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

Adjust the temp. Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.

