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*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

Happy Father's Day, Dads!

Every June, families set aside a day to honor fathers. A father is more than just a family's patriarchy: he is a source of wisdom and strength for everyone in his home. At our community, we'll be hosting a **Father's Day Barbeque Lunch** on Thursday, June 15th to say thank you to all our dads who've raised generations. We encourage family members to accompany their dads and granddads to this special event. Contact the office for details. We'll have a feast fit for a king! Don't miss the fun and fellowship at this Father's Day feast.



Refer A Friend

Don't you just love living in our community? Whether it's because of our great staff, great location or great amenities, make sure you tell everyone you know about how much you love living here. Then, if they visit us, sign a lease and move in, you'll receive a reward.








Thank a Nursing Assistant

National Nursing Assistants Week is June 15-21st and recognizes the professionals who provide hands-on, direct care on a daily basis. The role of a nursing assistant is a special one. Because they spend the majority of their time providing hands-on care, nursing assistants often form a close relationship with the people they serve. Their role requires compassion, patience and dedication, qualities that enable them to be a source of emotional support, as well as a vital advocate for quality health care. Valley View wants to express our gratitude to all our nursing assistants for providing comfort and care to the residents here at our community!

Summer Fun

Summer is on its way, and we can't wait to see our residents out and about in the community. To make sure there's never a dull moment, we're planning tons of fun activities for the coming months, so keep your eyes and your schedule open!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 4:00 L Nature Film	 5 10:00 RR Do You Recall? 11:00 DR Exercise Class 1:30 RR Readings with Marti 2:30 DR R & R Inspiration 4:00 RR L-C-R Dice Game	 6 10:00 RR Brain Teaser 11:00 DR Exercise Class 1:30 DR Gospel Sing Along 2:30 RR Bean Bag Toss 3:30 RR Quarter Bingo	 7 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Readings with Marti 2:30 RR Patio Chat 4:00 RR Oh, Shoot! ... Dice Game	 1 10:00 RR Table Talk 11:00 DR Exercise Class 1:30 O Tour the Town 🚗 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 Gospel Singers	 2 9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:30 RR Word Game 2:30 RR Blackjack "21" 3:30 RR Craft Class	 3 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 L Exercise Tape 2:00 RR Movie & Popcorn
 11 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 4:00 L Nature Film	 12 11:00 DR Exercise Class 1:30 RR Readings with Marti 2:30 Understanding Great Music with Eric Collett-IL 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	 13 10:00 RR Brain Teaser 11:00 DR Exercise Class 1:00 Bookmobile- IL 1:30 O Walking Club 2:30 RR Who, What, When 3:30 RR Quarter Bingo	 14 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Readings with Marti 3:00 RR Art 4 All... painting class with Artist Mary Jussel 4:00 RR Oh, Shoot! ... Dice Game	 15 9:00 RR Foot Care Clinic-sign up! 10:00 RR Table Talk 11:00 DR Exercise Class 1:30 O Tour the Town 🚗 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	 9 9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:30 RR Word Game 2:30 RR Blackjack "21" 3:30 RR Happy Hour ... Wine/Beer	 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 L Exercise Tape 2:00 RR Movie & Popcorn
 18 Happy Father's Day 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 9:30 RR Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 4:00 L Nature Film	 19 Juneteenth 10:00 RR Do You Recall? 11:00 DR Exercise Class 1:30 RR Readings with Marti 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	 20 10:00 RR Brain Teaser 11:00 DR Exercise Class 1:30 RR Activity Planning Meeting 2:30 RR Bean Bag Toss 3:30 RR Quarter Bingo	 21 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Readings with Marti 3:00 DR Community Meeting 3:30 DR Ice Cream Bars 4:00 RR Oh, Shoot! ... Dice Game	 22 10:00 RR Table Talk 11:00 DR Exercise Class 1:30 O Tour the Town 🚗 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	 23 9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:30 RR Word Game 2:30 RR Blackjack "21" 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 L Exercise Tape 2:00 RR Movie & Popcorn
 25 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1 9:30 RR Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 4:00 L Nature Film	 26 10:00 DR Do You Recall? 11:00 DR Exercise Class 1:30 RR Readings with Marti 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	 27 10:00 RR Brain Teaser 11:00 DR Exercise Class 1:30 RR Food Committee Meeting 2:30 RR Moment In History 3:30 RR Quarter Bingo	 28 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Readings with Marti 2:30 P Patio Chat 4:00 RR Oh, Shoot! ... Dice Game	 29 10:00 RR Table Talk 11:00 DR Exercise Class 1:30 O Tour the Town 🚗 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 P Outdoor Summer Concert... June Babies	 30 9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:30 RR Word Game 3:00 DR Resident Birthday Bash ♥	

June Babies!

Sending a big "happy birthday" to our residents celebrating their special day this month. We hope your day is filled with joy!

3rd -Laura Fox

12th - Margaret Overstreet



Happy Birthday

Welcome New Residents

Regina Aldecoa

Mary Graerr

Pat Doherty

Luanne Gochnour

Activities

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! Sign up at the front desk or speak to the activities director if you're interested in joining.



Creating Contentment

There are several methods for nurturing contentment in your daily life.

Get moving. It's widely known that regular physical activity benefits the body, but it also affects mental well-being. Exercise sparks the release of endorphins—the feel-good chemicals that promote happiness—and suppresses hormones that cause anxiety.

Make a connection. Strong relationships are proven to be as important to a person's health as proper diet, exercise and sleep. Studies show close social connections can bolster the immune system, speed recovery from illnesses, improve self-esteem, and even increase longevity.

Do something new. Those who engage in new and challenging tasks boost their pride and self-esteem. Explore a new hobby, learn another game, or read up on a foreign country.

Remember when. Reminiscing about good times from days gone by can enhance your outlook about today and the future. Experts say the comfort that comes from experiencing nostalgia promotes optimism, and they recommend surrounding yourself with sentimental photos and objects to remind you of your past.

Positive Thought

"Live your life and forget your age." —Frank Bering



The Stars and Stripes

Flying outside businesses and homes, in classrooms and on TV, the American flag is seen by many of us every day. Each year on June 14, Flag Day is an opportunity for us to appreciate this patriotic symbol and all it stands for. The holiday marks the date in 1777 when the Second Continental Congress adopted the nation's first flag, which had 13 red and white stripes and 13 white stars on a blue field in the upper left corner. The number of stars and stripes represented the 13 Colonies that formed the U.S. Today's flag continues to honor the original Colonies by keeping the 13 stripes, but there are now 50 stars in the corner, as the country has grown to include 50 states.

Happy Juneteenth

Commemorating the end of slavery in the U.S., Juneteenth takes place on June 19 every year. On that date in 1865, U.S. troops arrived in Galveston, Texas, the western-most state at the time, to announce the end of the Civil War. The following year, freed slaves celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday.