



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

A Hearty Cheer

Most dads and granddads are used to supporting their loved ones without much fanfare or applause. This June, however, our community will raise a cheer to all the father figures here during our Father’s Day Lunch Barbeque. Join our grateful crowd on June 13th at 12 noon and get ready to be showered with praise. They say that the way to a man’s heart is through his stomach, so we’re aiming to please with this hearty and delicious meal. We invite one family member to accompany their dads and granddads to this special event. RSVP to the office.



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 for our residents, so keep your eyes and your schedule open!



Thank a Nursing Assistant

National Nursing Assistants Week “June 13-19” 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 residents 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. National Nursing Assistants Week is an opportunity to thank our nursing assistants for their hard work and dedication to their profession and our residents. Thank You!

Revel but Don’t Roast

We all want to enjoy the warmth of the summer sun, but seniors should remember that moderation is key. Signs of heat exhaustion or heatstroke include fatigue, weakness, nausea, heavy sweating or no sweating, rapid pulse, confusion and fainting.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
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	10:00 RR Do You Recall? 11:00 DR Exercise Class 1:00 O Patio Club 1:30 RR Pictionary Game 2:30 DR R & R Inspiration 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	10:00 RR Brainteaser 11:00 DR Exercise Class 1:00 O Patio Club 1:30 DR Gospel & Accordion Music 2:30 DR Bean Bag Toss 3:30 RR Quarter Bingo	9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 DR VV Bridge Group ✓ 3:00 RR Craft Class 4:00 RR Oh, Shoot! ... Dice Game	10:00 RR Table Talk 11:00 DR Exercise Class 1:00 O Patio Club 1:30 O Tour the Town 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 IL Gospel Singers-IL	9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:00 P Patio Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour ... Wine/ Beer	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 DR Exercise Class 3:00 RR Quarter Bingo
9	10	11	12	13	14	15
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	11:00 DR Exercise Class 1:00 O Patio Club 1:30 RR Pictionary Game 2:00 IL Parkinson's Support Group-IL 2:30 RR What's Cooking? 4:00 RR L-C-R dice game	10:00 RR Brainteaser 11:00 DR Exercise Class 12:30 IL Bookmobile- IL 1:00 O Patio Club 1:30 RR Activity Planning Meeting 2:30 DR Bean Bag Toss 3:30 RR Quarter Bingo	9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 DR VV Bridge Group ✓ 3:00 RR Art 4 All... painting class with Artist Mary Jussel 4:00 RR Oh, Shoot! ... Dice Game 5:00 IL Meet & Greet the Artist	10:00 RR Table Talk 11:00 DR Exercise Class 12:00 P Father's Day BBQ Lunch 1:00 O Patio Club 1:30 O Tour the Town 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	Flag Day 9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:00 P Patio Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Travelogue	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 DR Exercise Class 3:00 RR Quarter Bingo
16	17	18	19	20	21	22
Happy Father's Day 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	10:00 RR Do You Recall? 11:00 DR Exercise Class 1:00 O Patio Club 1:30 RR Pictionary Game 2:00 IL Catholic Mass-IL 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	10:00 RR Brainteaser 11:00 DR Exercise Class 1:00 O Patio Club 1:30 RR Who, What, When 2:30 DR Bean Bag Toss 3:30 RR Quarter Bingo	Juneteenth 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 DR VV Bridge Group ✓ 3:00 DR Community Meeting 3:30 DR Ice Cream Bars 4:00 RR Oh, Shoot! ... Dice Game	Summer Begins 10:00 RR Table Talk 11:00 DR Exercise Class 1:00 O Patio Club 1:30 O Tour the Town 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:00 Hawks Baseball Game	9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:00 P Patio Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour ... Wine/ Beer	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 DR Exercise Class 3:00 RR Quarter Bingo
23	24	25	26	27	28	29
9:00 L Paper Puzzler 9:30 RR Worship Service ... Life Church 11:00 IL Catholic Service- IL 1:30 L Color Art 2:30 L Movie & Popcorn	10:00 DR Do You Recall? 10:00 IL Veterans Coffee Social-IL 11:00 DR Exercise Class 1:00 O Patio Club 1:30 RR Pictionary Game 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	10:00 RR Brainteaser 11:00 DR Exercise Class 1:00 O Patio Club 1:30 RR Food Committee Meeting 2:30 DR Bean Bag Toss 3:30 RR Quarter Bingo	Summer Concert 9:30 RR Chapel 11:00 DR Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 DR VV Bridge Group ✓ 3:00 RR Ceramic Class 4:00 RR Oh, Shoot! ... Dice Game 6:30 Outdoor Summer Concert... Sons of Thunder Mountain	10:00 RR Table Talk 11:00 DR Exercise Class 1:00 O Patio Club 1:30 O Tour the Town 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	9:30 RR Bible Study 10:30 O Shop Albertsons 11:00 DR Exercise Class 1:00 P Patio Club 1:30 RR Word Game 2:30 RR Horse Racing 3:00 DR Resident Birthday Bash ♥	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 DR Exercise Class 3:00 RR Quarter Bingo
30						
9:00 L Paper Puzzler 11:00 IL Catholic Service- IL 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble						

Happy Birthday



3rd Laura Fox
19th Geraldine Pettis

Welcome New Residents



Martie Brennan
Keith Burns
Brice Katula
Betty Woods

Life Enrichment Corner

Root, Root, Root for the Home Team!

We're heading to the ballpark this month! Make plans to join us to see our Boise Hawks baseball team in action. Check the calendar for details, and remember to sign up at the front desk.



Refer a Friend

Resident Referrals

Save money on your rent with our resident referral program. When your friends move into our community, we'll give you a rent discount for recommending them. Call or stop by the office for details.

A Cause of Concern: The Sun and Your Skin

Summer can mean fun in the sun. Just take every precaution to keep it that way. That means being cautious about sun exposure.

Now, more than ever, it is imperative to take sun exposure seriously. New cases of skin cancer melanoma (a tumor) are increasing among men and women in the United States, according to a 2008 report in the "Journal of Investigative Dermatology." More than 1 million new cases occur annually. The study revealed the biggest increase is among men 65 and older.

People of all ages should be aware of skin cancer. It can begin to develop in youth, although most skin cancer does not appear until a person is 50 or older. Sun exposure is considered the most likely cause, because every time you get sunburned, skin cells are damaged. That is why, especially in the summer, it is wise to wear hats, tightly-woven protective clothing, and waterproof or water-resistant sunscreen with UVA protection and an SPF of 30 or more.

How do you determine whether you have skin cancer? If a mole size changes, have it checked. Men need to keep an eye on their backs, necks and trunks. Women need to be alert when it comes to their legs and calves. But melanomas even can appear under arm pits, around belly buttons and on the bottoms of feet.

Skin cancer is treatable and unlikely to spread, but catch it as early as possible.

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.

