



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

*A Tradition of  
Excellence in Boise*

Find us on 

## Garden Plaza of Valley View

### "Continuum of Care Campus"

Enjoy Independent Living, Assisted Living, Skilled Nursing and Rehabilitation at its best at Garden Plaza of Valley View, The Bridge at Valley View and Valley View Nursing and Rehabilitation. Our community encourages seniors to live their retirement years actively and independently. Retirement Living at Garden Plaza allows seniors to live carefree lifestyles—because we take care of the details! We are committed to creating a place you will love to call home!

### Management Team

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

### Important Numbers

Front Desk ..... 208-322-0311  
Beauty Shop ..... 208-327-1178  
Business Office ..... 208-327-1023  
Dining Room ..... 208-327-1054  
Emergency ..... 911  
Physical Therapy ..... 208-854-8502  
Recreation ..... 208-327-1025

### Office Hours

Monday-Friday ..... 8 am - 4:30 pm  
Front Desk Available 24/7



### 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.

### Here Comes the Sun

June 20 marks the summer solstice, the first day of the summer season and the longest day of the year. On this day, the sun travels the longest path through the sky, providing the continental U.S. 14 to 16 hours of daylight.

### Beautiful Summer!

As summer approaches, we are looking forward to seeing everyone enjoying all the amenities our community has to offer, including the lush and colorful landscaping. We are excited about the summer season and all of the fun activities that are planned to help residents meet and mingle.

### 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, formerly enslaved people celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday.

### 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
<div></div> <div>2</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 MP Catholic Service</div> <div>2:00 MP Movie &amp; Popcorn</div> <div>2:00 RR Quiddler</div>	<div></div> <div>3</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:30 RR Sorting Jewelry...Youth Ranch</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div>	<div></div> <div>4</div> <div>10:00 FA Pledge of Allegiance-fm100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 FA Community Meeting-\$100</div> <div>1:00 CL VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div> <div>6:30 RR Trivia Game Night</div>	<div></div> <div>5</div> <div>10:00 FA Pledge of Allegiance-fm100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:45 FA Worship Service</div> <div>1:30 CL VV Bridge Group 1</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 L Creative Writing Chat-\$100</div> <div>3:00 RR Art Class with Mary Jussel- fm\$100</div>	<div></div> <div>6</div> <div>9:30 Banking</div> <div>10:00 FA Pledge of Allegiance-\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚶</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚶</div> <div>6:30 BA Gospel Singers</div>	<div></div> <div>7</div> <div>9:30 Walk the Park- fm\$100🚶</div> <div>10:00 FA Pledge of Allegiance-\$100</div> <div>10:00 Shop ... Albertsons🚶</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>1:30 Shop ... Winco🚶</div> <div>2:00 RR We Started the Fire-fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>8</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>1:00 CL VV Pinochle\$</div>
<div>9</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 MP Catholic Service</div> <div>2:00 MP Movie &amp; Popcorn</div> <div>2:00 RR Quiddler</div>	<div>10</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:00 MP Parkinson's Support Group</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div>	<div>11</div> <div>10:00 FA Pledge of Allegiance-fm100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>11:00 L Book Club</div> <div>12:30 L Bookmobile</div> <div>1:00 CL VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div> <div>6:30 RR Trivia Game Night</div>	<div>12</div> <div>10:00 FA Pledge of Allegiance-fm100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:45 FA Worship Service</div> <div>1:30 CL VV Bridge Group 1</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 L Creative Writing Chat-\$100</div> <div>3:00 MP Team Jeopardy- fm\$100</div> <div>5:00 L Meet &amp; Greet the Artist</div>	<div>13</div> <div>Father's Day BBQ</div> <div>9:30 Banking</div> <div>10:00 FA Pledge of Allegiance-\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚶</div> <div>12:00 Father's Day BBQ Lunch</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚶</div> <div>3:30 BA Happy Hour</div> <div>6:30 BA Sing-Along With Barb</div>	<div>14</div> <div>Flag Day</div> <div>9:30 Walk the Park- fm\$100🚶</div> <div>10:00 FA Pledge of Allegiance-\$100</div> <div>10:00 Shop ... Albertsons🚶</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>11:30 Lunch Out!</div> <div>1:30 Shop ... Walmart🚶</div> <div>2:00 RR We Started the Fire-fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>15</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>1:00 CL VV Pinochle\$</div>
<div>16</div> <div>Happy Father's Day</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>11:00 MP Catholic Service</div> <div>2:00 MP Movie &amp; Popcorn</div> <div>2:00 RR Quiddler</div>	<div>17</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 RR Bible Study</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:00 MP Catholic Mass</div> <div>2:30 RR Sorting Jewelry... Youth Ranch</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div>	<div>18</div> <div>10:00 FA Pledge of Allegiance-fm100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>11:00 L Book Club</div> <div>1:00 CL VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div> <div>6:30 RR Trivia Game Night</div>	<div>19</div> <div>Juneteenth</div> <div>10:00 FA Pledge of Allegiance-fm100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:45 FA Worship Service</div> <div>1:30 CL VV Bridge Group 1</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 L Creative Writing Chat-\$100</div> <div>3:30 RR Ceramic Class-fm\$100</div>	<div>20</div> <div>Summer Begins</div> <div>9:30 Banking</div> <div>10:00 FA Pledge of Allegiance-\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚶</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚶</div> <div>3:30 BA New Resident Meet &amp; Greet</div> <div>6:00 Hawks Baseball Game🚶</div>	<div>21</div> <div>9:30 Walk the Park- fm\$100🚶</div> <div>10:00 FA Pledge of Allegiance-\$100</div> <div>10:00 Shop ... Albertsons🚶</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>11:00 MP BVA Meeting</div> <div>1:30 Shop ... Dollar Store🚶</div> <div>2:00 RR We Started the Fire-fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div>	<div>22</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>1:00 CL VV Pinochle\$</div>
<div>23</div> <div>10:00 Paper Puzzler</div> <div>11:00 MP Catholic Service</div> <div>2:00 MP Movie &amp; Popcorn</div> <div>2:00 RR Quiddler</div>	<div>24</div> <div>10:00 FA Pledge of Allegiance- fm\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:00 MP Veterans Coffee Social</div> <div>10:30 RR Bible Study</div> <div>1:15 MP Catholic Rosary</div> <div>1:30 RR In the Mix ... Baking- fm\$100</div> <div>2:30 RR Activity Planning Meeting</div> <div>3:30 CL L-C-R Dice Game- fm\$100</div>	<div>25</div> <div>10:00 FA Pledge of Allegiance-fm100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>11:00 RR Food Committee- fm\$500</div> <div>1:00 CL VV Pinochle\$</div> <div>1:00 L Walking Club</div> <div>1:30 L Target Toss- fm\$100</div> <div>3:15 BA Quarter Bingo- fm\$100</div> <div>6:30 RR Trivia Game Night</div>	<div>26</div> <div>Summer Concert</div> <div>10:00 FA Pledge of Allegiance-fm100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:45 FA Worship Service</div> <div>1:30 CL VV Bridge Group 1</div> <div>1:30 MP Wii Bowl- fm\$100</div> <div>2:00 L Creative Writing Chat-\$100</div> <div>3:00 MP Team Jeopardy- fm\$100</div> <div>6:30 Outdoor Summer Concert... Sons of Thunder Mountain♥</div>	<div>27</div> <div>9:30 Banking</div> <div>10:00 FA Pledge of Allegiance-\$100</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>10:30 Shop Fred Meyer🚶</div> <div>1:00 CL VV Pinochle\$</div> <div>1:30 CL Blackjack "21"- fm\$100</div> <div>1:30 Tour the Town🚶</div> <div>3:30 BA Happy Hour</div> <div>6:30 BA Sing-Along With Barb</div>	<div>28</div> <div>9:30 Walk the Park- fm\$100🚶</div> <div>10:00 FA Pledge of Allegiance-\$100</div> <div>10:00 Shop ... Albertsons🚶</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>1:30 Shop ... Thrift Store🚶</div> <div>2:00 RR We Started the Fire-fm\$100</div> <div>3:00 BA Resident Birthday Bash♥</div>	<div>29</div> <div>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</div> <div>10:00 FA Stretch Class- fm\$100</div> <div>1:00 CL VV Pinochle\$</div>
<div>30</div> <div>10:00 Paper Puzzler</div> <div>11:00 MP Catholic Service</div> <div>2:00 MP Movie &amp; Popcorn</div> <div>2:00 RR Quiddler</div>						





3rd	Mae Culley
9th	James Coleman
12th	Kay Norris
16th	Rod Scurlock
24th	Shirley Schorzman
27th	Lois Hicks

## Welcome New Residents

Mary Bowden  
Margaret Kvidahl  
Carol Leonard  
Dennis & Joan Moller  
Grace Palmer



### Activities



### Root, Root, Root for the Home Team!

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

### 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.

### 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.



### 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.