



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



#### 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!

Sherrie Hix, Recreation Director

#### 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! What could be better than that?

#### Activity Planning Committee

Many thanks to all our residents who help out with our community activities, providing support, enthusiasm and an abundance of ideas. If you enjoy planning social events and would like to become involved, call the office. We will be glad to include you in our next planning meeting.

#### Ice Cream!

It’s summertime, and it’s HOT! To help everyone keep cool this month, we’re having an ice cream social outside under the portico every Friday afternoon in August. We’ll have your favorite flavors and a selection of ice cream bars, too! Join us for a real cool time.







#### News Items

We aim for our monthly newsletter to reflect our community, and we welcome your contributions. If you have any announcements or article ideas to share, please stop by my office or give me a call. Thanks!  
Sherrie Hix, Recreation Director

#### Books and Magazines

Do you have any books and magazines that you no longer want or need? We will gladly take them off of your hands and use them to stock our library so that others may enjoy them. Please bring your donations to the front desk. Thank you!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>6 <b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b> 11:00 <span>MP</span> Catholic Service 2:00 <span>RR</span> Kings in the Corner 2:00 <span>MP</span> Movie &amp; Popcorn 2:00 <span>RR</span> Quiddler</p>	 <p>7 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 10:30 <span>MP</span> Bible Study 1:00 <span>CL</span> VV Bridge Group 1:15 <span>MP</span> Catholic Rosary 1:30 <span>RR</span> In the Mix ... Baking- fm\$100 3:30 <span>CL</span> L-C-R Dice Game- fm\$100</p>	<p>1 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>10:30 <span>FA</span> Community Meeting- fm\$100</b> 1:00 <span>CL</span> VV Pinochle\$ 1:00 <span>L</span> Walking Club 1:30 <span>L</span> Target Toss- fm\$100 3:15 <span>BA</span> Quarter Bingo- fm\$100</p>	<p>2 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 10:45 <span>FA</span> Worship Service <b>11:00 Lunch in the Park! Ann Frank Memorial Tour</b> 1:30 <span>CL</span> VV Bridge Group 1:30 <span>MP</span> Wii Bowl- fm\$100 2:00 <span>IL</span> Creative Writing Chat Club- fm\$100 <b>3:00 <span>RR</span> Art Class with Mary Jussel- fm\$100</b></p>	<p>3 <b>9:30 Banking</b> 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>10:30 Shop Fred Meyer</b> 🚗 1:00 <span>CL</span> VV Pinochle\$ 1:30 <span>CL</span> Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 <b>6:30 <span>BA</span> Gospel Singers</b></p>	<p>4 9:30 Walk in the Park- fm\$100 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>10:30 Shop ... Albertsons</b> 🚗 <b>1:30 Shop ... Winco</b> 🚗 <b>2:00 <span>L</span> Ice Cream Social</b> 3:15 <span>BA</span> Quarter Bingo- fm\$100</p>	<p>5 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:30 <span>CL</span> Rummikub Game 1:00 <span>CL</span> VV Pinochle\$ <b>1:30 <span>CL</span> VV Bridge</b> 2:00 <span>MP</span> L-C-R Dice Game</p>
<p>13 <b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b> 11:00 <span>MP</span> Catholic Service 2:00 <span>RR</span> Kings in the Corner 2:00 <span>MP</span> Movie &amp; Popcorn 2:00 <span>RR</span> Quiddler</p>	<p>14 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 10:30 <span>MP</span> Bible Study 1:00 <span>CL</span> VV Bridge Group 1:15 <span>MP</span> Catholic Rosary 1:30 <span>RR</span> In the Mix ... Baking- fm\$100 <b>2:30 <span>BA</span> Understanding Great Music with Eric Collett</b> 🎵 3:30 <span>CL</span> L-C-R Dice Game- fm\$100</p>	<p>15 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>1:00 <span>L</span> Bookmobile</b> 1:00 <span>CL</span> VV Pinochle\$ 1:00 <span>L</span> Walking Club 1:30 <span>L</span> Target Toss- fm\$100 3:15 <span>BA</span> Quarter Bingo- fm\$100</p>	<p>16 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 10:45 <span>FA</span> Worship Service 1:30 <span>CL</span> VV Bridge Group 1:30 <span>MP</span> Wii Bowl- fm\$100 <b>1:30 World Center Birds of Prey</b> 2:00 <span>IL</span> Creative Writing Chat Club- fm\$100 3:15 <span>MP</span> Team Jeopardy- fm\$100</p>	<p>17 <b>9:30 Banking</b> 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>10:30 Shop Fred Meyer</b> 🚗 1:00 <span>CL</span> VV Pinochle\$ 1:30 <span>CL</span> Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 <b>3:30 <span>BA</span> New Resident Meet &amp; Greet</b></p>	<p>18 9:30 Walk in the Park- fm\$100 10:00 <span>MP</span> <b>BVA Meeting</b> 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>10:30 Shop ... Albertsons</b> 🚗 <b>1:30 Shop ... Dollar Store</b> 🚗 <b>2:00 <span>L</span> Ice Cream Social</b> 3:15 <span>BA</span> Quarter Bingo- fm\$100</p>	<p>19 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:30 <span>CL</span> Rummikub Game 1:00 <span>CL</span> VV Pinochle\$ <b>1:30 <span>CL</span> VV Bridge</b> 2:00 <span>MP</span> L-C-R Dice Game</p>
<p>20 <b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b> 11:00 <span>MP</span> Catholic Service 11:00 <span>MP</span> Catholic Service 2:00 <span>RR</span> Kings in the Corner 2:00 <span>MP</span> Movie &amp; Popcorn 2:00 <span>RR</span> Quiddler</p>	<p>21 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 10:30 <span>MP</span> Bible Study 1:00 <span>CL</span> VV Bridge Group 1:15 <span>MP</span> Catholic Rosary 1:30 <span>RR</span> In the Mix ... Baking- fm\$100 <b>2:00 <span>MP</span> Catholic Mass</b> 3:30 <span>CL</span> L-C-R Dice Game- fm\$100</p>	<p>22 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 1:00 <span>CL</span> VV Pinochle\$ 1:00 <span>L</span> Walking Club 1:30 <span>L</span> Target Toss- fm\$100 3:15 <span>BA</span> Quarter Bingo- fm\$100</p>	<p>23 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 10:45 <span>FA</span> Worship Service 1:30 <span>CL</span> VV Bridge Group 1:30 <span>MP</span> Wii Bowl- fm\$100 2:00 <span>IL</span> Creative Writing Chat Club- fm\$100 3:00 <span>RR</span> Ceramic Class- fm\$100</p>	<p>24 <b>9:30 Banking</b> 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>10:30 Shop Fred Meyer</b> 🚗 1:00 <span>CL</span> VV Pinochle\$ 1:30 <span>CL</span> Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 3:30 <span>BA</span> Happy Hour... Music &amp; Cocktails</p>	<p>25 9:30 Walk in the Park- fm\$100 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>10:30 Shop ... Albertsons</b> 🚗 <b>1:30 Shop ... Thrift Store</b> 🚗 <b>2:00 <span>L</span> Ice Cream Social</b> <b>3:00 <span>BA</span> Resident Birthday Bash</b> ♥</p>	<p>26 10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5. 10:30 <span>CL</span> Rummikub Game 1:00 <span>CL</span> VV Pinochle\$ <b>1:30 <span>CL</span> VV Bridge</b> 2:00 <span>MP</span> L-C-R Dice Game</p>
<p>27 <b>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5.</b> 11:00 <span>MP</span> Catholic Service 2:00 <span>RR</span> Kings in the Corner 2:00 <span>MP</span> Movie &amp; Popcorn 2:00 <span>RR</span> Quiddler</p>	<p>28 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 10:30 <span>MP</span> Bible Study 1:00 <span>CL</span> VV Bridge Group 1:15 <span>MP</span> Catholic Rosary 1:30 <span>RR</span> In the Mix ... Baking- fm\$100 3:30 <span>CL</span> L-C-R Dice Game- fm\$100</p>	<p>29 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>11:00 <span>RR</span> Food Committee- fm\$500</b> 1:00 <span>CL</span> VV Pinochle\$ 1:00 <span>L</span> Walking Club 1:30 <span>L</span> Target Toss- fm\$100 3:15 <span>BA</span> Quarter Bingo- fm\$100</p>	<p>30 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 10:45 <span>FA</span> Worship Service <b>1:30 Coffee Out!</b> 🚗 1:30 <span>CL</span> VV Bridge Group 1:30 <span>MP</span> Wii Bowl- fm\$100 2:00 <span>IL</span> Creative Writing Chat Club- fm\$100 3:15 <span>MP</span> Team Jeopardy- fm\$100</p>	<p>31 <b>9:30 Banking</b> 10:00 <span>FA</span> Pledge of Allegiance- fm\$100 10:00 <span>FA</span> Stretch Class- fm\$100 <b>10:30 Shop Fred Meyer</b> 🚗 1:00 <span>CL</span> VV Pinochle\$ 1:30 <span>CL</span> Blackjack "21"- fm\$100 1:30 Tour the Town 🚗 <b>3:00 <span>FA</span> Funny Money Auction</b></p>		

# Welcome New Residents

Tom & Kathy Cahill  
Jim Addington  
Judi Campbell  
Jean Csutoras  
Joan Hull  
Jean & Barb Olson  
Richard & Juanita Thompson

# Happy Birthday

4th	Margaret Lightfoot
8th	Sachiko Sakoi
14th	Eileen Day
15th	Florence Mattie
23rd	Richard Johnson
24th	Larry McDonald
28th	Suellen Byrne
28th	Connie Tighe
29th	Carol Hronek
31st	Marian Forrey

# Activities

## Get Creative for Your Brain

Taking on challenging, artistic interests can keep your brain alert into your later years. Whether you're picking up a paintbrush, a musical instrument, or a dance step for the first time, experts say giving your gray matter a new or surprising activity prevents it from slowing down. Whatever your creative pursuit, make it an interest that requires some effort to learn; when it gets too easy, look to a new goal.

# Fun Facts

## Are You Sirius?

The dog days of summer mean that scorching temperatures have arrived, but have you ever wondered why this sultry period is called the dog days? Ancient astronomers noticed that Sirius, the dog star, is the brightest star in the night sky and that it occasionally rises and sets with the sun. Many believed that the extreme heat during this time was because Sirius was adding its heat to the sun's. Thus this period—20 days before and 20 days after the conjunction of the dog star and the sun—became known as the dog days of summer. While we now know that Sirius isn't the reason for the extra heat, we still use this name for the time from July 3 to Aug. 11.

## Did You Know?

Check out these fun facts from places across the country and around the world:

- Seattle's Space Needle had the second revolving restaurant in the world. The first was in the Ala Moana shopping mall in Hawaii.
- If any of the heads on Mt. Rushmore had a body, it would be nearly 500 feet tall.
- The Eiffel Tower receives a fresh coat of 300 tons of reddish-green paint every 7 years.
- The Hoover Dam was built to last 2,000 years. The concrete in it will not even be fully cured for another 500 years.

# Health & Wellness

## Keep Cool in the Heat

Heat-related illnesses are preventable. To have a safe summer, follow these recommendations from the Centers for Disease Control and Prevention:

*Fluids first.* It's important to hydrate even before you feel thirsty. Avoid very cold drinks, because they can cause stomach cramps. Don't drink liquids that contain alcohol or large amounts of sugar because they can cause you to lose more body fluid.

*Cool clothing.* When at home, wear as little clothing as possible. If you are going outdoors, wear clothing that is lightweight, light-colored and loose-fitting. Add a wide-brimmed hat and sunglasses.

*Don't skip sunscreen.* Sunburn affects the body's ability to cool itself. Protect yourself by applying sunscreen 30 minutes before going outside. Use sunscreen with an SPF of 15 or higher and make sure the label says "broad spectrum" or "UVA/UVB protection."

*Minimize midday exposure.* Limit your outdoor activity to morning and evening hours. When you are outside, take time to rest in shady areas.

*Play it safe.* If the heat seems unbearable, stay indoors in an air-conditioned space. Take a cool shower or bath. At the beginning of summer, give your body time to adjust to the warmer temperatures.