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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

### September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month’s calendar and be on the lookout for details about some favorite fall activities that we have planned. As always, please feel free to stop by my office at any time. ~ Sherrie

### Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!

### Flu Vaccination Reminder

We love our residents, and we want everyone to stay healthy this winter. We are offering a Flu Shot Clinic on Friday, Sept. 29th. Sign up at the front desk!

### Patriot Day Car Show

Cruise on over and join us for Garden Plaza of Valley View’s Annual Car Show  
Sunday, September 10th  
10 am -1:30 pm  
Free BBQ and Entertainment  
Family Fun for Everyone!



season of

## REFLECTION



### National Assisted Living

Celebrating the bonds between caregivers, residents and family members, this year’s National Assisted Living Week takes place Sept. 10-16. The 2023 theme “Season of Reflection” is an opportunity to appreciate all who live, work and volunteer in assisted living communities across the nation. At Valley View, our residents are the reason we get up and come to work every day. We honor our incredible residents and the smiles they bring to our faces.

### BSU Watching Party

Why watch the big game on your TV, when you could watch all the action on our big-screen? We’ll have all the snacks and drinks. You just need your school spirit and maybe a good cheer or two. Bring your friends ~ the more the merrier. We’ll be there until the final buzzer!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:30 RR Bible Study  
 10:30 O Shop Albertsons  
 11:00 DR Exercise Class  
 1:30 RR Word Game  
 2:30 RR "31" card Game  
 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  
 1:30 L BSU @ Washington ... ABC  
 3:00 RR Quarter Bingo

11:00 IL Catholic Service- IL  
 11:00 L Exercise Tape  
 1:30 L Color Art  
 4:00 L Nature Film

**Labor Day**  
 10:00 RR Do You Recall?  
 11:00 DR Exercise Class  
 1:30 RR Readings with Marti  
 2:00 DR Labor Day Social  
 2:30 RR What's Cooking?  
 4:00 RR L-C-R Dice Game

10:00 RR Brain Teaser  
 11:00 DR Exercise Class  
 1:30 DR Gospel & Accordion Music  
 2:30 RR Bean Bag Toss  
 3:30 RR Quarter Bingo

9:30 RR Chapel  
 11:00 DR Exercise Class  
 1:30 RR Readings with Marti  
 2:30 RR Craft Class  
 4:00 RR Oh, Shoot! ... Dice Game

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 IL Gospel Singers-IL

9:30 RR Bible Study  
 10:30 O Shop Albertsons  
 11:00 DR Exercise Class  
 1:30 RR Word Game  
 2:30 RR "31" card Game  
 3:30 RR Happy Hour ... Wine/ Beer  
 6:30 IL Littlest Big Band

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  
 5:00 L BSU vs. UCF... FS1

**National Grandparents Day**  
 10:00 O Patriot Day Car Show & BBQ  
 11:00 IL Catholic Service- IL  
 11:00 L Exercise Tape  
 1:30 L Color Art  
 4:00 L Nature Film

11:00 DR Exercise Class  
 1:30 RR Readings with Marti  
 2:00 DR Dancing Dogs!  
 2:30 IL Understanding Great Music with Eric Collett-IL  
 2:30 RR What's Cooking?  
 4:00 RR L-C-R Dice Game

10:00 RR Brain Teaser  
 11:00 DR Exercise Class  
 1:00 IL Bookmobile- IL  
 1:30 RR Activity Planning Meeting  
 2:30 RR Bean Bag Toss  
 3:30 RR Quarter Bingo  
 6:30 IL Opera Night! -Michelle & Jason Detwiler

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  
 5:00 IL Meet & Greet the Artist Tim Bower

9:30 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

9:30 RR Bible Study  
 10:30 O Shop Albertsons  
 11:00 DR Exercise Class  
 1:30 RR Word Game  
 2:30 RR "31" card Game  
 3:30 RR Moment In History

9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1  
 10:00 L BSU vs. North Dakota  
 11:00 DR Exercise Class  
 3:00 RR Quarter Bingo

9:30 RR Worship Service ... Life Church  
 11:00 IL Catholic Service- IL  
 11:00 L Exercise Tape  
 1:30 L Color Art  
 4:00 L Nature Film

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

10:00 RR Brain Teaser  
 11:00 DR Exercise Class  
 1:30 RR Who, What, When  
 2:30 RR Bean Bag Toss  
 3:30 RR Quarter Bingo

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

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

9:30 RR Bible Study  
 10:30 O Shop Albertsons  
 11:00 DR Exercise Class  
 1:30 RR Word Game  
 2:30 RR "31" card Game  
 3:30 RR Happy Hour ... Wine/ Beer  
 8:30 IL BSU @ San Diego State

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  
 6:30 IL Club Night ... Karaoke-IL

9:30 RR Worship Service ... Life Church  
 11:00 IL Catholic Service- IL  
 11:00 L Exercise Tape  
 1:30 L Color Art  
 4:00 L Nature Film

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

10:00 RR Brain Teaser  
 11:00 DR Exercise Class  
 1:30 RR Food Committee Meeting  
 2:30 P Bean Bag Toss  
 3:30 RR Quarter Bingo

9:30 RR Chapel  
 11:00 DR Exercise Class  
 1:30 RR Readings with Marti  
 2:30 RR Fun Facts  
 4:00 RR Oh, Shoot! ... Dice Game

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

9:30 RR Bible Study  
 10:30 O Shop Albertsons  
 11:00 DR Exercise Class  
 1:00 RR Flu Shot Clinic  
 1:30 RR Word Game  
 3:00 DR Resident Birthday Bash

TBD BSU @ Memphis  
 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





# Happy Birthday

5th Donald Eshelby  
18th Davis Ackley  
27th James Richards



# Welcome New Residents

Flo Boss  
Gerry Pettis  
Mary Graeff

## Welcome to Our Community

Welcome, new residents! We're thrilled you've decided to make our community your home. As soon as you've settled in, we invite you to get acquainted with your neighbors. We'll be hosting plenty of activities in the weeks to come, so keep your eyes open. We're glad to have you with us!



# 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.



# Health & Wellness

## Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

Health professionals say these lifestyle choices are key to aging well:

- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.

## Positive Thought

"I am not afraid of tomorrow, for I have seen yesterday and I love today." —William Allen White

## In Remembrance of 9/11

Described as "a tribute to the past and a place of hope for the future," the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001.

Built on the site of the former World Trade Center complex, the memorial's focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools' black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

Another powerful memorial that commemorates the historic date is New York City's annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city's skyline.

