



SALMON CREEK

Gracious Retirement Living

4890 North Cloverdale Road • Boise, Idaho 83713 • Phone (208) 938-5529 • www.seniorlivinginstyle.com

JULY 2020

SALMON CREEK STAFF

Managers.....SHAWN & CHRISTINE MURPHY
Assistant Managers HANS &
JENNIFER KRIJNEN
Executive ChefNIK CORRELL
Community SalesJENNIFER ANDERSON
Activity CoordinatorCRISTIANNA BEAR
MaintenanceCLIFF MILLER
Bus DriverSCOTT THOMPSON

TRANSPORTATION

Monday & Friday, 10 a.m.-12 p.m.:
Shopping/Banking

Tuesday & Thursday, 8 a.m.-4 p.m.:
Professional Appointments

Wednesday, Per Calendar Event: Outings

Saturday, Per Calendar Event:
Special Events Only



HAWTHORN
SENIOR LIVING

Cool Facts about Popsicles!

Popsicles have a pretty interesting history! Believe it or not, they were invented by a kid!

1. Originally invented by an 11-year-old boy named Frank Epperson in 1905. Epperson accidentally left a cup of homemade soda on the porch overnight. When he woke up the next morning, the soda was frozen around the stirring stick. He realized it was a neat treat and called it the Epsicle.
2. In 1923, Epperson renamed his treat the Popsicle and patented his product. Some stories claim he chose the new name because his kids were always asking him to make them "Pop's Sicles." Other stories claim it was to let consumers know that the treat was made from soda pop.
3. Popsicles were originally marketed as frozen drinks on a stick.
4. The dual Popsicle featuring two sticks and one Popsicle that could be split in half was introduced during the Great Depression as a way to split the treat across two children for the same cost.
5. More than two billion Popsicles are sold each year.
6. Since "Popsicle" is a registered brand name, generic brands and international versions are forced to brand their product by another name. You'll find ice pops in the aisles of most American grocery stores, but in the British Isles you might hear ice lollies, and in Australia and New Zealand, they're known as icy poles.
7. The number one popsicle flavor is cherry.
8. Popsicles were chosen as a symbol of American Life by the Eighth Air Force Unit in World War II.
9. Originally there were seven flavors of popsicles available. Today, you will find a wide variety of flavors, everything from avocado to chili chocolate!



Summer Smiles!



Mystery Drive for surprise milkshakes!



Helen made all of these cute pillows to give away! Thanks!



Bert!



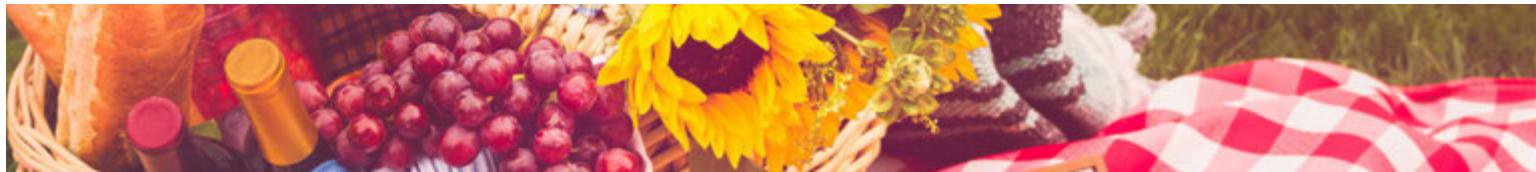
Jim and Sally trying some healthy treats!



Dorothy!



Diana getting ready to win at the scavenger hunt!



Watermelon Wisdom

Why Eat Watermelon?

Besides the fact that watermelon is one of the most delicious summer fruits, there are many benefits to eating this juicy fruit! I investigated a little so that when we all enjoy watermelon this summer, we can feel even better about ourselves.

1. Interestingly, watermelon is 92% water.
2. As far as fruits go, watermelon is one of the lowest in calories — only 46 calories per cup. That's lower than even low-sugar fruits, such as berries. This fruit has many other nutrients as well, including Vitamin C, Vitamin A, Potassium, Magnesium and Vitamins B1, B5 and B6. Watermelon is also high in carotenoids, including beta-carotene and lycopene. Plus, it has citrulline, an important amino acid.
3. Lycopene and Vitamin C are anti-inflammatory antioxidants found in watermelon. Eating a good amount of watermelon could thus help with inflammation linked to many chronic diseases.
4. Watermelon contains Lycopene which can help keep eyes healthy and protect against age-related macular degeneration (AMD) thanks to its antioxidant and anti-inflammatory properties.
5. Fiber and water are important for healthy digestion. Watermelon contains both!
6. Several nutrients in watermelon are good for your hair and skin. Some help keep skin supple while others protect against sunburn.
7. In some cases, watermelon has been found to help relieve muscle soreness!

Try to add a little more watermelon to your diet this summer and feel the difference!

Watermelon Humor

Q: Why can't two watermelons get married?

A: Because they cantaloupe!

Q: When do you start on red and stop on green?

A: When you're eating a watermelon!

Q: What do you call a dog that herds watermelons?

A: A Melon Collie

There was a farmer who grew watermelons...

He was doing pretty well, but he was disturbed by some local kids who would sneak into his watermelon patch at night and eat his watermelons. After some careful thought, he came up with a clever idea that he thought would scare the kids away for sure. He made up a sign and posted it in the field. The next day, the kids showed up, and they saw the sign which read, "Warning! One of the watermelons in this field has been injected with poison." The kids ran off, made up their own sign and posted it next to the farmer's sign. When the farmer returned, he surveyed the field. He noticed that no watermelons were missing, but the sign next to his read, "Now there are two!"

Math...the only world where you can buy 140 watermelons without your motives being questioned.

Add the Star

October 1, 2021, is an important day in America! If you choose to fly on a domestic flight or enter a federal building, you will be asked to show your Star Card! The Star Card is an optional driver's license or ID that adds a star that shows it's in compliance with Real ID security standards, according to the Idaho Transportation Department.

Because the Star Card is not mandatory, licenses and IDs without a star can still be used for most activities but not for airport security to fly commercially or to access federal buildings, including military bases and national laboratories after the October 1, 2021, deadline. Another form of federal identification, like a valid U.S. passport or military ID, still works to fly commercially and to access federal buildings.

Star Cards are not much different than your regular driver's license and will still work when you try to buy alcohol or register to vote. This Star Card rule has taken more than 12 years to enforce. In 2005, Congress passed the Real ID Act in response to the attack on 9/11. The act requires uniform standards for credentials and focuses on proof of identity.

If you are interested in having your own Star Card, you will be required to present documents proving your identity and date of birth, a Social Security number and two documents showing Idaho residency and a current address. For more information, check out Idaho Transportation Department's website where they explain what you need to do to get your own Star Card.

(The deadline for requiring a Star Card has been pushed from 2020 to 2021 due to Covid-19, giving everyone more than a year extra to get the Star!)

Source: Idaho Press, Savannah Cardon

JULY 2020

Birthdays

Pearl Compton, 14th
Ellen Dietz, 21st
Al Covell, 25th
Joan Lee, 31st

Locations

Activity Room, AR
Activity Room
Kitchen, ARK
Atrium, AT
Back Patio, BP
Chapel, CH
Dining Room, DN
Dining Room/
Fireplace, DN/FP
East Side Building, ESB
Front Entrance, FE
Library, LB
Pool Room, PR
Private Dining
Room, PDR
Television Room, TVRM

Salon Hours

Tuesday, Wednesday
and Thursday
Call Tera: 208-781-
0604, or Kylee:
208-249-7399.

“Everyone needs
to be valued.
Everyone has
the potential
to give
something
back.”
—Princess Diana

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Fitness Fun!, AR 1 9:00 Mystery Drive! (1 Hour), FE 10:30 Mystery Drive! (1 Hour), FE 11:00 Patriotic Craft!, AR 2:00 Fitness Fun! (Afternoon), AR 2:30 Mystery Drive (2 Hours), FE 3:00 Popsicles!, AT	2 Name Tag & Jeans Day/ Show Cristianna for Prize! 9:00 Fitness Fun!, AR 11:00 Hangman, AR 2:00 Fitness Fun! (Afternoon), AR 3:00 BINGO! (Bring Dimes for Markers), AR	3 9:00 Fitness Fun!, AR 9:30 Walk Club, FE 11:00 Trivia, AR 2:15 Movie: An American in Paris, AR	4 INDEPENDENCE DAY Wear Your Most Patriotic Outfit!
	5 Sylvester Stallone’s Birthday! 9:00 Fitness Fun!, AR 11:00 Crossword Puzzle, AR 2:00 Fitness Fun! (Afternoon), AR 2:45 Movie: Rocky (1976), AR	6 9:00 Fitness Fun!, AR 9:30 Walk Club, FE 2:00 Fitness Fun! (Afternoon), AR 3:00 Ice Cream Sunday Social (Come & Go 3-4:30 p.m.), AR	7 Colorful Characters Day (Dress Colorfully!), AR 9:00 Fitness Fun!, AR 9:30 Mystery Drive (2 Hours), FE 2:00 Fitness Fun! (Afternoon), AR 2:30 Mystery Drive! (1 Hour), FE 3:00 Popsicles!, AT	8 Tom Hanks Birthday! Name Tag & Jeans Day/ Show Cristianna for Prize! 9:00 Fitness Fun!, AR 2:00 Fitness Fun! (Afternoon), AR 3:00 BINGO! (Bring Dimes for Markers), AR	9 9:00 Fitness Fun!, AR 9:30 Walk Club, FE 11:00 Cup Cake Walk!, AR 2:15 Movie: It’s a Beautiful Day in the Neighborhood, AR	10 2:00 Movie: It’s a Beautiful Day in the Neighborhood, TVRM
	12 9:00 Fitness Fun!, AR 11:00 Crossword Puzzle, AR 2:00 Fitness Fun! (Afternoon), AR 2:45 Movie Monday: Indiana Jones, AR	13 9:00 Fitness Fun!, AR 14 9:30 Walk Club, FE 11:15 Mini Golf Brain Challenge!, AR 2:00 Fitness Fun! (Afternoon), AR 3:00 Popsicle Cool Down (Come & Go 3-4:30 p.m.), AR 	15 9:00 Fitness Fun!, AR 9:00 Mystery Drive! (1 Hour), FE 10:30 Mystery Drive! (1 Hour), FE 11:00 SummerTime Craft!, AR 2:00 Fitness Fun! (Afternoon), AR 2:30 Mystery Drive (2 Hours), FE	16 Name Tag & Jeans Day/Show Cristianna for Prize! 9:00 Fitness Fun!, AR 11:00 Hangman, AR 2:00 Fitness Fun! (Afternoon), AR 3:00 BINGO! (Bring Dimes for Markers), AR	17 Disneyland’s Birthday! Pickup Mickey Mouse Ears in the AR!, AR 9:00 Fitness Fun!, AR 9:30 Walk Club, FE 11:00 Disney Trivia and Snack, AR 2:15 Movie: Disney Movie!, AR	18 2:15 Movie: Dr. Jeckyll and Mr.Hyde, AR
	19 Anniversary of the Moon Landing! 9:00 Fitness Fun!, AR 11:00 Moon Walk!, AR 2:00 Fitness Fun! (Afternoon), AR 2:45 Movie: Hidden Figures, AR	20 Junk Food Day! 9:00 Fitness Fun!, AR 9:30 Walk Club, FE 11:00 Do It Yourself (DIY) Chocolate Rocket Cake!, AR 3:00 Potato Chips & Soda (Come & Go 3-4:30 p.m.), AR 	21 Ice Cream Cone Anniversasry! 9:00 Fitness Fun!, AR 9:30 Mystery Drive (2 Hours), FE 11:00 SummerTime Craft!, AR 2:00 Fitness Fun! (Afternoon), AR 2:30 Mystery Drive! (1 Hour), FE 3:00 Ice Cream Shop (Come & Go 3-4:30 p.m.), AR	22 Name Tag & Jeans Day/Show Cristianna for Prize! 9:00 Fitness Fun!, AR 11:00 Hangman, AR 2:00 Fitness Fun! (Afternoon), AR 3:00 BINGO! (Bring Dimes for Markers), AR	23 9:00 Fitness Fun!, AR 9:30 Walk Club, FE 11:00 Summer Staycation Informational, AR 2:15 Movie: National Treasure 1, AR	24 2:15 Movie: National Treasure 2, AR 
	26 Summer Staycation Week! (Sign Up for Events!)	27 Summer Staycation Day 1 — Wear Sunglasses! 9:00 Fitness Fun!, AR 10:00 Pickup your Staycation Itinerary & Activity Pass, AR 2:00 Fitness Fun! (Afternoon), AR 2:30 Flyswatter Balloon Volleyball!, AR 3:30 Popsicles, AR	28 Summer Staycation Day 2 — Wear Watermelon Red! 9:00 Fitness Fun!, AR 9:30 Walk Club, FE 11:00 Bean Bag Baseball!, AR 2:00 Fitness Fun! (Afternoon), AR 3:00 Watermelon Hydration (Come & Go 3-4:30 p.m.), AR	29 Summer Staycation Day 3 — Wear a Sunhat! 9:00 Fitness Fun!, AR 9:00 Summer Roadtrip! (1 Hour), FE 10:30 Summer Roadtrip! (1 Hour), FE 11:00 SummerTime Craft!, AR 2:00 Fitness Fun! (Afternoon), AR 2:00 Summer Roadtrip! (2 Hours), FE 2:45 Popsicles!, AR	30 Summer Staycation Day 4 — Wear Nametag & Jeans! 9:00 Fitness Fun!, AR 11:00 Corn Hole Tournament, AR 2:00 Fitness Fun! (Afternoon), AR 3:00 BINGO! (Bring Dimes for Markers), AR	31 Summer Staycation Day 5 — Wear Sunshine Yellow! 9:00 Fitness Fun!, AR 10:00 Movie: The Music Man, AR 2:15 Staycation Award Ceremony!, AT 2:30 End of Staycation Popsicle Party!, AT 





Lighting Up The Sky

1. The Chinese used firecrackers to scare off mountain men.

As early as 200 BC the Chinese were writing on green bamboo and heating it over hot coals to dry, they discovered that if left on the coals for too long the wood would expand and crack creating a bang, of course.

It is believed that these noises scared off the abnormally large mountain men that brought terror to the towns. The firecracker was born. It took them hundreds of years to discover that using the same mixture, they could use them in battle by attaching firecrackers to arrows or using them in the gunpowder catapult.

2. China may have created the firework, but...

In 1830, it was Italy who gave them their colors by burning different metallic powders. They were quick to discover that by doing this they could create different colors. Calcium produces the color orange, sodium makes yellow and barium makes green. One of the hardest colors to produce for a firework is blue; to get any kind of blue color, you need a copper compound, and if this gets too high in temperature, the blue hue gets washed out.

3. Fireworks are just a chemical reaction

A firework comprises three components — an oxidizer, a fuel and a chemical mixture. The oxidizer breaks the chemical bonds in the fuel, releasing all its energy stored in the bonds. To ignite the chemical reaction, all you need is fire.

4. The first recorded fireworks in England were at the wedding of King Henry VII to Elizabeth of York in 1486. Queen Elizabeth was so fascinated with fireworks that she created an honorary title, “Fire Master of England” for the individual who created the best fireworks.

5. The very first Independence Day celebration that involved fireworks was on July 4, 1777, in Philadelphia. They put together a day of elaborate activities and celebrations, which included a 13-cannon display, a parade, fancy dress, music, musket salutes and of course the main

attraction, fireworks.

Thirteen rockets were set alight on the commons lighting up the city below marking the memorable day, and this has now been the case ever since.

The world record for the most rockets set off all at once was set at the Battle of Flowers Parade in Jersey on August 15, 1997, when 39,210 rockets were launched at the push of one button!

6. To this day, three states completely ban all consumer fireworks, New Jersey, Massachusetts and Delaware.
7. The Walt Disney Company is the largest consumer of fireworks in the world and the second-largest purchaser of explosive devices, right behind the U.S. Department of Defense.
8. In 2004, Disneyland in California started launching fireworks using compressed air rather than gunpowder. Electronic timers were used to explode the shells. That was the first time the launch system was used commercially, allowing for increased accuracy in timing (so shows could be put to music) and reducing smoke and fumes from big displays.
9. Sparklers are way hotter than you probably think they are. They look all fun and innocent, but they can burn anywhere from 1800 °F to 3000 °F just inches from your hand.
10. All of the different fireworks shapes have their own names. You’ve got peonies, chrysanthemums, willows, diadems, palms, crossettes, horsetails, rings, cakes and more.



Different firework shapes

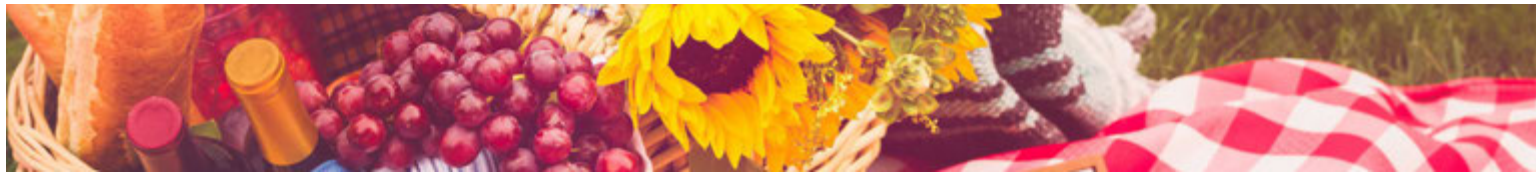
America the Beautiful

Expressing national pride “from sea to shining sea,” the stirring anthem “America the Beautiful” turns 125 this month.

The song’s lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts’ Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, “the sea-like expanse of fertile country ... under those ample skies.”

Inspired, she finished her poem during the trip, but didn’t publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4th, 1895.

For a while, “America the Beautiful” was sung to the melodies of various folk tunes, including “Auld Lang Syne.” But it was a hymn titled “Materna,” composed in 1882 by Samuel A. Ward, that became the most common music for Bates’ lyrics and is still used today. “America the Beautiful” has become a patriotic standard.



Thoughts On Sheltering In Place (S.I.P.)

S. I. P. means...

- Hand Sanitizer.
- Washing your hands for as long as it takes you to sing the Happy Birthday song.
- Feeling like you are being sent to your room.
- You want to borrow your neighbor's dog so you can take him out for a walk.
- You watch Fishing for Tuna, Forest Rangers Saving Alligators and Turtles, re-runs of really old movies, soap operas and game shows on television. You drool when a cooking show comes on.
- You try to stay 6 feet away from friends that you love to hug.
- The Beauty Salon is closed!
- Your hair...grows...and Grows...and GROWS!
- You jump every time someone knocks on your door.
- You wear a mask...some more fashionable than others.
- You recognize the Managers, Housekeepers, and Servers by their eyes only!
- You read a book...2 books, 3 books, 4 books, 5 books, and on and on and on.
- Sanitizer tastes yucky when you pop a candy in your mouth.
- Your hands are all dried out because you have had to use so much sanitizer.

BUT...

- Our Staff continues to work very hard, trying to meet our needs with a smile.
- Meals are served in a timely manner.
- Treats are delivered, like popcorn and ice cream bars, by sparkling eyes. (You can't see the smiles through the masks.)
- Birthdays have been remembered and celebrated.
- Exercise classes are being held to accommodate all participants. (Only 9 to a class plus the instructor.)
- Physician's appointments have been accommodated as well, as have all health emergencies.
- Mother's Day was just right, with beautiful fresh flowers for every lady and a lovely gift as well.

In the Holy Scriptures the Savior said:

"In as much as ye have done it unto the least of these my brethren, ye have done it unto me." — *Matthew 25:40*

And so our final thought of "Shelter in Place" is from resident and staff... The "Virus" is not welcome at Salmon Creek! — *Bill and Marj Willson*

Senseless Segment of Trifles and Smiles

Which line is from the song "Sunglasses at Night"?

- A. "You got it made with the guy in shades."
- B. "Go get yourself some cheap sunglasses."
- C. "Future's so bright I gotta wear shades."

ANSWER: A.

Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

Why do we tell actors to "break a leg?"

Because every play has a cast.

Lou Gehrig was the first athlete to appear on a box of Wheaties

Did You Know?

Even before the invention of sliced bread, Charles Strite patented the double-sided, self-timed, pop-up toaster in 1921, which became known as the Toastmaster.

Which toy building set was invented first?

- A. Tinker Toys
- B. Erector Set
- C. Meccano

ANSWER: C. Meccano

The top five hamburger chains in America are

1. McDonald's
2. Burger King
3. Wendy's
4. Sonic
5. Dairy Queen

Yesterday I saw a guy spill all his Scrabble letters on the road.

I asked him, "What's the word on the street?"

A woman in labor suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!"

"Don't worry," said the doc. "Those are just contractions."

Why don't scientists trust atoms?

Because they make up everything.

How do you keep a bagel from getting away?

Put lox on it.

What kind of exercise do lazy people do?

Diddly-squats.

What do you call a parade of rabbits hopping backward?

A receding hare-line.

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is staying apart,
we are coming
together.

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