

SALMON CREEK

Gracious Retirement Living

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

SEPTEMBER 2020

SALMON CREEK STAFF

Managers.....JON & JEN ANDERSON
Assistant Managers HANS &
JENNIFER KRIJNEN
Executive Chef.....NIK CORRELL
Activity CoordinatorCRISTIANNA BEAR
MaintenanceCLIFF MILLER
Bus Driver.....SCOTT THOMPSON

TRANSPORTATION

Monday, 10 a.m.-noon: Shopping/Banking

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

Wednesday, Per Calendar Event: Outings

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

Friday, 10 a.m.-noon: Shopping/Banking

Saturday, Per Calendar Event:
Special Events Only

HAWTHORN
SENIOR LIVING

Live & Learn Fall Term 2020

It is September, and aren't we excited! The air is blowing softly, the sun is shining warmly and it's time for us

to shake up our schedules a little bit! It's time for our Live & Learn Fall Term 2020!

For those of you who are new, Live & Learn Fall Term is a yearly event in this building! We are all into lifelong learning, so read on to understand what to look forward to as the temperatures drop and the seasons change!

What is Lifelong Learning?

Lifelong learning is the practice of continuing to learn throughout one's entire life, especially outside of or after the completion of formal schooling. We tend to think of learning as ending when school ends, but there is always more to learn!

What are the benefits of Lifelong Learning?

When it comes to supporting healthy aging, an active mind is just as important as an active body. Numerous studies have found that learning is valuable at all stages of life, helping improve one's cognitive skills, social connections and overall quality of life.

Live and Learn— Fall Term 2020

The goal of this program is to promote lifelong learning with a focus on four areas of overall health and wellness for you! Each week will focus on social wellness, brain health, physical fitness and self-care.

Every week, we will dive into new activities to shake things up! At our "Back to School Pep Rally," you will receive your calendar of events and your school guide to know when everything is taking place! You will receive a punch card and receive a punch for every Live & Learn activity you participate in. At the end of the program those of you who have participated will enter into a raffle drawing for a prize!

Have fun, and happy learning!

 **LIVE AND LEARN**
FALL TERM 2020



Sunny Septembers & Sunflowers

Y'all, this year has been hard on everyone! We are all carrying worry and stress we do not normally carry with us. Sunflowers have been known as the happiness flower for ages because it's impossible not to smile when you see one! Right?! This September, we are focusing on sunflowers to melt away the stress of the summer! We are all safe, we are healthy and we are making it!! Don't let your blues get to you! Come make a sunflower wreath this month or make a bouquet full of your own handmade sunflowers to boast about in your window! Here are a few things we can learn about sunflowers other than just enjoying their beauty!

- 1. They are native to the Americas:** This cheerful plant didn't originate in Europe. It was cultivated in North America as far back as 3000 BCE, when they it was developed for food, medicine, dye and oil.
- 2. Sunflowers were taken to Russia by royalty:** Tsar Peter the Great was so fascinated by the sunny flowers he saw in the Netherlands that he took some back to Russia. They became popular when people discovered that sunflower seed oil was not banned during Lent.
- 3. They need a lot of rays and room:** The flowers not only look like the sun; they need a lot of it. They grow best with about six to eight hours a day but more is even better. They can grow as tall as 16 feet, although many varieties have been developed to thrive at different heights.
- 4. They track the sun:** Sunflowers display a behavior called heliotropism. The flower buds and young blossoms will face east in the morning and follow the sun as the earth moves during the day.
- 5. They are actually thousands of tiny flowers:** Each sunflower's head is made of smaller flowers. The petals we see around the outside are called ray florets, and they cannot reproduce. But the disc florets in the middle, where the seeds develop produce seeds.



Let's Stay Social!

As we get older, we tend to become much less active, and not just in the physical sense. Seniors are far more likely to want to stay in than they did when you were younger, and while there's nothing wrong with wanting to spend an evening at home watching TV once in a while, it is easy for you to become too withdrawn and solitary if you don't remain socially active.

Social capital is the term scientists often use to describe the strength of our social relationships and the extent to which we feel physically and emotionally supported by our communities. Many health researchers have found that consciously building up social capital can help you feel less isolated, as well as improve your mental and physical health. Below are few examples of how increasing social capital is beneficial to you:

1. Better cognitive function

Social activities keep us sharp and mentally engaged, and this is important to prevent the onset of dementia or Alzheimer's disease.

2. Maintaining good emotional health

Connecting with others helps to keep you in a positive mood, which in turn helps to deter feelings of depression.

3. Improves physical health

Socially active seniors are far more likely to also be physically active. Even if you are not the type to join a gym and work out regularly, a social life gives you a reason to be out in the community and be physically active. The activity may not be any more strenuous than a pleasant walk on a sunny afternoon, but that still counts as exercise.

4. Enjoying a restful sleep

Having difficulty sleeping at night may be caused by feeling isolated or loneliness. Research shows that people with strong social connections experience a more restful night's sleep.



Take a Meditative Moment

There are so many wonderful benefits of meditation for you. Not only is it beneficial mentally, but physically as well. Here are just a few benefits to adding meditation into your self-care routine.

1. Better management of stress, anxiety and depression

Several studies suggest that meditation benefits those who struggle with stress, anxiety and depression. A study conducted in 2014 assessed 47 meditation trials that involved 3,515 participants. The review concluded that meditation is a useful tool that helps relieve anxiety and depression. Not only do meditators feel less stressed, their levels of the “stress hormone” cortisol decrease measurably.

2. Increased immunity

One study performed at Ohio State monitored meditation’s effects on seniors. The study found that meditation and relaxation exercises practiced over the period of one month helped boost patients’ lymphocytes, those natural killer cells that improve the immune system. Consequently, the subjects demonstrated better resistance to viruses!

3. Lowered blood pressure

Another benefit for people who practice meditation is that it has been shown to help control blood pressure. According to a study in the British Medical Journal, patients who practiced meditation-based exercises had considerably lower blood pressure than those in the control group. Experts believe that meditation reduces the body’s responsiveness to cortisol and other stress hormones, which is similar to how blood pressure reducing medications work.

4. Better sleep

Meditation practice helps the body learn to relax, a benefit that continues when it’s time to hit the hay. It also trains the mind to settle the attention on an object such as the breath and allow other thoughts and emotions to float by like clouds on a pleasant day. There are also guided meditations that are designed to promote sleep. Harvard Medical School suggests that focusing on a phrase such as “breathe in calm, breathe out tension” beats counting sheep when it’s time to sleep.

We will be practicing meditation this month in the self-care week of Live & Learn Fall Term! If you feel uncomfortable with the idea of meditating, come take a class to learn how to do it every day!

Jon and Jen for the Win!

How about our new managers?! I know we all love them already! They are here for you and they love you too. Jon and Jen’s passion for serving will make your day every single day. Welcome to Salmon Creek!



Resident Art Showcase 2020

This month is dedicated to loving yourself by taking care of yourself! Self-care is vital to finding fulfillment in your life. Because one of the most important ways to self-care is to find something you love to do and do it a lot, we figured you probably have some things you have created you would love to show off! What better opportunity than an Art Showcase featuring Salmon Creek’s very own talent, you! If you would like to participate and enter one of your drawings, paintings, quilts, decorations, woodworkings, etc., let Cristianna know by Friday, September 18th. Any thing goes! If you created it, you should show it off. We want to see your handiwork! Your name will be featured under your piece of artwork, sparkling juice will be served and we will all “ooh and aah” as we get blown away by each-other’s talent! Mark the day on your calendar for this amazing event, Friday, September 25th!

SEPT 2020

Birthdays

Helen Wood, 1st
Millie Griffith, 5th
Mary Ryker, 6th
Wilma Millar, 7th
Dorathy Dale, 10th
Theresa Burton, 11th
Diana Fuller, 18th
Wayne Bishop, 21st
Belle Woodward, 22nd
Marge Schrank, 27th
Jane Egli, 30th

Anniversaries












John & Lois McGraw,
9/2/1950
Bob & Belle Woodward,
9/3/1949
Barney & Marlene
Johnson, 9/16/2005

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

"The capacity to
learn is a gift,
the ability to
learn is a skill,
the willingness
to learn is a
choice."

—Brian Herbert

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>Live & Learn: Social Wellness Week</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Sunrise Chit Chat (Table Topics), AR</div> <div>11:45 Resident Manager Meeting 1, DN</div> <div>1:15 Resident Manager Meeting 2, DN</div> <div>2:00 Chair Drumming!, AR</div> <div>3:00 Ice Cream Social, AT</div> <div>3:30 Back to School Pep Rally and Roll Call!, AR</div> <div>6:50 Bingo, AR</div> 	<div>2</div> <div>9:00 Fitness Fun!, AR</div> <div>9:30 Scenic Drive (2 Hours), FE</div> <div>10:30 Craft Time: Tissue Paper Flower Bouquet Canvas, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>2:30 Boise Scenic Drive! (1 Hour), FE</div> <div>3:00 Senior Picture Day! (Get Your Picture Taken), AR</div> <div>4:00 Fancy Fingers, AR</div> <div>6:30 Wii Bowling, AR</div> 	<div>3</div> <div>Wear Your School Colors Day!</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Bible Study with Jim Smith, AR</div> <div>11:00 The Hot Seat, AR</div> <div>2:00 Chair Dancing, AR</div> <div>3:00 Bingo!, AR</div> <div>4:00 Bingo!, AR</div> 	<div>4</div> <div>9:00 Dancing Exercise, AR</div> <div>10:00 Sing a La La Long, AR</div> <div>2:00 Movie: The Man with The Golden Arm (Frank Sinatra), AR</div> <div>4:00 Friendly Friday Hour (Bring Your Own Drink), AR</div> <div>6:30 Wii Bowling, AR</div>	<div>5</div> <div>Pick Up Your Weekend Game Packet by the Elevator!, AR</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:30 Wild Readers Book Club, AR</div> <div>2:00 Movie: South Pacific (Starring Mitzi Gaynor), AR</div> <div>6:50 Bingo, AR</div> 
<div>6</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:00 Gab with Jen at Ten, AR</div> <div>2:00 Movie: The Seven Year Itch (Marilyn Monroe), AR</div> <div>4:30 Therapeutic Coloring (Anxiety Reliever), AR</div> <div>6:50 Bingo, AR</div> 	<div>7</div> <div>LABOR DAY</div> <div>9:00 Fitness Fun!, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:30 Wii Bowling (Learn How To!), AR</div> 	<div>8</div> <div>Live & Learn: Brain Health Week</div> <div>Drive by Water Station for Brain Health All Week, AR</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Wreath Creations: BSU or Sunflower Wreath, AR</div> <div>2:00 Chair Drumming!, AR</div> <div>3:00 Ice Cream Social, AT</div> <div>3:30 Trivial Trivia, AR</div> <div>6:50 Bingo, AR</div>	<div>9</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Boise Scenic Drive! (1 Hour), FE</div> <div>10:00 Wreath Creations Cont. : BSU or Sunflower Wreath, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>2:30 Scenic Drive (2 Hours), FE</div> <div>3:00 Apple Snack Taste Test & Corn Hole, AR</div> <div>4:00 Fancy Fingers, AR</div> <div>6:30 Wii Bowling, AR</div>	<div>10</div> <div>Name Tag & Jeans Day</div> <div>NFL Kickoff Day!</div> <div>9:00 Fitness Fun!, AR</div> <div>9:30 Cooking with Chef Nik, AR</div> <div>10:00 Bible Study with Jim Smith, AR</div> <div>11:00 Football Guessing Game, AR</div> <div>2:00 Referee Tai Chi, AR</div> <div>3:00 Bingo!, AR</div> <div>4:00 Bingo!, AR</div> <div>6:20 NFL Game: Houston Texans Vs. Kansas City Chiefs, TVRM</div> 	<div>11</div> <div>PATRIOT DAY</div> <div>The Carol Burnett Show Anniversary</div> <div>9:00 Dancing Exercise, AR</div> <div>10:00 Sing a La La Long, AR</div> <div>10:45 Short Story Reading: The Gift of the Magi, AR</div> <div>11:00 Wreath Creations Cont., AR</div> <div>2:00 The Carol Burnett Show: The Lost Episodes, AR</div> <div>4:00 Friendly Friday Hour (Bring Your Own Drink), AR</div> <div>6:30 Wii Bowling, AR</div> 	<div>12</div> <div>Pick Up Your Weekend Game Packet by the Elevator!, AR</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:30 Wild Readers Book Club, AR</div> <div>3:30 High Tea with Hans, DN</div> <div>6:50 Bingo, AR</div>
<div>13</div> <div>Brag About Your Grandkids! It's Grandparents Day!</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:00 Gab with Jen at Ten, AR</div> <div>2:00 Movie: West Side Story, AR</div> <div>4:30 Therapeutic Coloring (Anxiety Reliever), AR</div> <div>6:50 Bingo, AR</div>	<div>14</div> <div>Track Your Steps Challenge Begins!, AR</div> <div>9:00 Fitness Fun!, AR</div> <div>10:30 Text Twist, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:30 Wii Bowling (Learn How To!), AR</div>	<div>15</div> <div>Live & Learn: Physical Fitness Week</div> <div>9:00 Fitness Fun!, AR</div> <div>9:00 Flu Shot Clinic! (Sign Up in Advance), ESB</div> <div>2:00 Chair Drumming!, AR</div> <div>3:00 Ice Cream Social, AT</div> <div>3:30 Trivial Trivia, AR</div> <div>6:50 Bingo, AR</div>	<div>16</div> <div>Guacamole Day!</div> <div>9:00 Fitness Fun!, AR</div> <div>9:30 Scenic Drive (2 Hours), FE</div> <div>10:00 Craft: Mason Jar Lid Suncatchers, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>2:30 Boise Scenic Drive! (1 Hour), FE</div> <div>3:00 Chips & Guac Dance Fiesta, AR</div> <div>4:00 Fancy Fingers, AR</div> <div>6:30 Wii Bowling, AR</div> 	<div>17</div> <div>Name Tag & Jeans Day</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Bible Study with Jim Smith, AR</div> <div>11:00 The Hot Seat, AR</div> <div>2:00 Chair Dancing, AR</div> <div>3:00 Bingo!, AR</div> <div>4:00 Bingo!, AR</div>	<div>18</div> <div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>9:00 Dancing Exercise, AR</div> <div>10:00 Sing a La La Long, AR</div> <div>11:00 TED Talk, AR</div> <div>2:00 Minute to Win It!, AR</div> <div>4:00 Friendly Friday Hour (Bring Your Own Drink), AR</div> <div>6:30 Wii Bowling, AR</div> 	<div>19</div> <div>Pick Up Your Weekend Game Packet by the Elevator!, AR</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:30 Wild Readers Book Club, AR</div> <div>2:00 Movie: The Music Man, AR</div> <div>6:50 Bingo, AR</div>
<div>20</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:00 Gab with Jen at Ten, AR</div> <div>2:00 Movie: Little Women (2019), AR</div> <div>4:30 Therapeutic Coloring (Anxiety Reliever), AR</div> <div>6:50 Bingo, AR</div>	<div>21</div> <div>Live & Learn: Self Care Week</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Ten Minute Tai Chi, AR</div> <div>10:30 Text Twist, AR</div> <div>11:00 Mindful Meditation & Deep Breathing, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:30 Wii Bowling (Learn How To!), AR</div> 	<div>22</div> <div>AUTUMN BEGINS</div> <div>It's Autumn!</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Fall Fever Craft Party: Glowing Fall Centerpiece, AR</div> <div>11:00 Mobile Library, FE</div> <div>2:00 Chair Drumming!, AR</div> <div>3:00 Apple Pie Spiced Lattes & Ice Cream Social, AT</div> <div>3:30 Trivial Trivia, AR</div> <div>6:50 Bingo, AR</div> 	<div>23</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Boise Scenic Drive! (1 Hour), FE</div> <div>10:30 Lavender Linen Spray Tutorial, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>2:30 Scenic Drive (2 Hours), FE</div> <div>3:00 Begin a Gratitude Journal (Journal Provided), AR</div> <div>4:00 Fancy Fingers, AR</div> <div>6:30 Wii Bowling, AR</div>	<div>24</div> <div>Name Tag & Jeans Day</div> <div>9:00 Fitness Fun!, AR</div> <div>9:30 Cooking with Chef Nik, AR</div> <div>10:00 Bible Study with Jim Smith, AR</div> <div>11:00 The Hot Seat, AR</div> <div>2:00 Chair Dancing, AR</div> <div>3:00 Bingo!, AR</div> <div>4:00 Bingo!, AR</div>	<div>25</div> <div>9:00 Dancing Exercise, AR</div> <div>10:00 Sing a La La Long, AR</div> <div>12:30 End of the Month Drawing (Must Be Present to Win), AR</div> <div>2:00 Resident Art Showcase, AR</div> <div>4:00 Friendly Friday Hour (Bring Your Own Drink), AR</div> <div>6:30 Wii Bowling, AR</div>	<div>26</div> <div>Pick Up Your Weekend Game Packet by the Elevator!, AR</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:30 Wild Readers Book Club, AR</div> <div>3:30 High Tea with Hans, DN</div> <div>6:50 Bingo, AR</div>
<div>27</div> <div>YOM KIPPUR BEGINS AT SUNSET</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:00 Gab with Jen at Ten, AR</div> <div>2:00 Movie: That Thing You Do, AR</div> <div>4:30 Therapeutic Coloring (Anxiety Reliever), AR</div> <div>6:50 Bingo, AR</div> 	<div>28</div> <div>9:00 Fitness Fun!, AR</div> <div>10:30 Text Twist, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>2:50 Raffle Drawing for Live & Learn Semester!, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:30 Wii Bowling (Learn How To!), AR</div>	<div>29</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Sunrise Chit Chat (Table Topics), AR</div> <div>2:00 Chair Drumming!, AR</div> <div>3:00 Ice Cream Social, AT</div> <div>3:30 Trivial Trivia, AR</div> <div>6:50 Bingo, AR</div>	<div>30</div> <div>9:00 Fitness Fun!, AR</div> <div>9:30 Scenic Drive (2 Hours), FE</div> <div>10:00 Craft Time: Create a Sunflower Bouquet, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>2:30 Boise Scenic Drive! (1 Hour), FE</div> <div>4:00 Fancy Fingers, AR</div> <div>6:30 Wii Bowling, AR</div> 			



Walk This Way!

What's not to love about walking? Walking is free and easy on our joints! There are numerous benefits to this versatile form of exercise, both physical and mental. This September, I am challenging you to count your steps in our "Walk This Way" Steps Challenge! In the third week of our Live & Learn Fall Semester, we will be focusing on physical fitness. Learn why walking is so important for your life! Below are just a few of these benefits to help motivate you to get up and get walking today!

1. Walking Is Easier to Stick With.

People give up on high-intensity exercise routines quickly. In fact, 67 percent of people with gym memberships never use them. Moderate exercise like walking, on the other hand, is much easier to continue long-term.

2. Walking Improves Cardiovascular Health.

The biggest health benefits to walking are in terms of cardiovascular health. Countless studies have linked regular walking with heart-health benefits. Walking has been linked in men and women with lower risks of high blood pressure, high cholesterol, diabetes, heart disease, stroke and cardiac arrest. Even small amounts of walking each week have been shown to reduce these risks around 15 to 20 percent!

3. Walking Fights Weight Problems.

Walking will burn calories and help you manage your weight. Multiple studies have also found that walking reduces cravings for sugary foods, even in stressful situations.

4. Walking Prevents and Reduces Pain from Arthritis.

If you have arthritis, you might think that walking will be too painful for you to do regularly. Multiple studies, however, have found that walking actually reduces arthritis pain. Walking lubricates knee and hip joints and strengthens surrounding muscles, reducing the strain placed on the joint itself.

5. Walking Improves Cognitive Function.

Walking helps to improve oxygen flow to the brain. More oxygen to our brains is a good thing! Our brains use up 20 percent of our body's total oxygen supply, so if we do not receive enough, we can feel foggy and unfocused. Increased blood flow is also a benefit to walking. Increased blood flow to the brain is linked to better cognitive function, improved memory and protection against overall cognitive decline.

Fall in Love With Giving Back!

We are being challenged to create a wreath which we will donate to our Boise first responders as a thank you for all they have done for Salmon Creek! This competition is all about having fun and giving back to the folks in our city who truly deserve our utmost gratitude! We will be creating a huge wreath to donate to our firefighters who are always here in the blink of an eye when we need them the most! Help Salmon Creek beat our competing communities by joining us at the "Wreath Creations Workshop" throughout the second week of this month. You will get the chance to make your very own BSU wreath or a sunflower wreath as we work together to bless our first responders!





You Deserve a Little TLC

You've probably spent the majority of your life taking care of others, kids, grandkids, great-grandkids, etc. But, how much time do you dedicate to taking care of yourself? Many seniors struggle when it comes to prioritizing self-care. Do you feel like you are being selfish? Maybe you simply don't know where to begin? No matter which camp you fall into, the tips below are sure to help you get started on your self-care journey:

1. Enjoy your favorite hobbies

What do you love to do? Read? Play golf? Create crafts? Whatever your favorite hobbies are, make sure you are setting aside time every week — if not every day — to enjoy them without interruptions. For some, this is easier said than done. Make your health a priority for yourself!

2. Get plenty of sleep

Rest and recovery are essential for seniors, and you should be shooting for somewhere between seven and nine hours per night. Keep a sleep journal if you are not sure how much sleep you are getting so you can be sure you are properly taking care of yourself.

3. Nourish yourself with healthy foods

Some people are of the mind that, when it comes to self-care and food, the best way to treat yourself is to literally let yourself eat any treat you desire. While there's definitely room for an occasional treat in a balanced, healthy lifestyle, remember that one of the best things you can do with regard to self-care is to nourish yourself with healthy food.

4. Make time for fitness

Finally, make sure you're taking time to exercise regularly. When you're busy or not feeling your best, exercise is usually the first thing to go. A consistent exercise routine will help you feel more energized and capable, though! It also reduces your risk of falls and decreases your chance of developing osteoporosis, arthritis and even dementia. If you're not in the habit of exercising regularly, start by scheduling a short walk around your building every morning or evening. Over time, start incorporating other forms of exercise to build muscles and strengthen your bones.

Journaling Joy

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

Improve relationships: It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.

This month find joy in writing in your very own gratitude journal! Join your friends as we spend time writing and feeling our stress melt away!

SALMON CREEK
Gracious Retirement Living

4890 North Cloverdale Road
Boise, Idaho 83713



Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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208-938-5529