

SALMON CREEK

Gracious Retirement Living

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

OCTOBER 2020

SALMON CREEK STAFF

Managers.....JON & JEN ANDERSON
Assistant Managers HANS
& JENNIFER KRIJNEN
Executive ChefNIK CORRELL
Community Sales JENNY GILL
Activity CoordinatorCRISTIANNA BEAR
MaintenanceCLIFF MILLER
Bus DriverSCOTT THOMPSON

TRANSPORTATION

**Monday & Friday, 10 a.m.-
noon:** 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

Hi Salmon Creek! I'm Jenny Gill!

I am from San Diego and I have been married to my husband, Scott, for 26 years! After we were married, we moved to the Northern California, Bay Area for new



jobs ... and then many years later my husband retired! We decided we wanted a good quality of life and California was just not that for us anymore. We moved up to Idaho in November last year and are in love with it. Our home in Eagle is a dream for us! We have a beautiful 20-year-old daughter who lives with us and will be graduating from CWI in a couple of years. We also have brother and sister kitties, named Tony and Charli Belle. We love them to pieces!

Some of my favorite things to do are cooking, shopping, and playing tennis!

I have only been working here for a few weeks now and I really love it! I have loved getting to know all you wonderful people, residents, Managers, and the rest of the staff!



Smile! It's Good for You!

World Smile Day is celebrated on October 2nd. Every year on the first Friday in October, we celebrate Smiley and his message of goodwill. Harvey Ball (1921-2001) of Worcester, Massachusetts, created the world-famous "smiley face" in 1963 for an insurance company that wanted to boost the morale of its employees. Through the years, many people told Harvey Ball how Smiley had brightened their day, so in 1999 he created World Smile Day. We are born with the ability to smile, yet as we age, we smile less often. Research shows that children smile an average of 400 times per day, compared to the average happy adult who smiles 40-50 times per day and the typical adult who smiles only 20 times per day.

Why is smiling important? Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including:

- Reduced blood pressure
- Reduced stress
- Improved mood

To start flexing your smile muscles more often, try one of these fun smile challenges!

Post-It-Note Challenge — Gather 10-20 colorful post-it notes and write down people, places or things that make you smile. Stick the post-it-notes someplace you'll see every morning to start your day.

Waiting Challenge — Catch yourself in a moment where you are waiting — whether it's in traffic or at the grocery store. Stop and smile. See if others smile back!

19 Challenge — Did you know that scientists have calculated that there are 19 types of smiles? How many do you have? Stand in front of a mirror and try out different smiles.



Bang, Bang, Bang!

Salmon Creek's fantastic and hardworking afternoon exercise class has started a new weekly exercise class called chair cardio drumming! Chair drumming is an excellent way to get your arms and body moving, improve your coordination and have fun! We are meeting in the Activity Room every Tuesday, at 2 p.m., to chair drum! You will receive your own pair of drumsticks when you come in. Just bring a bottle of water and get ready to move those arms!

(Six feet of distance is kept between all chairs and drum sticks, and chairs are disinfected before every class!)



The Book Club Is Getting Spoiled!

Look at these delicious creations our Assistant Manager Hans made! A bite into one of these pastries will make you feel like you're floating up in the clouds! Thank you, Hans!





Think Before You Pink!

On this, the first day of October, you'll likely be seeing many shades of pink in honor of Breast Cancer Awareness Month. In fact, here at Stony Creek Urgent Care, our staff will be wearing pink scrubs throughout the month to show our support.

Did you ever wonder how pink and specifically pink ribbons became the symbolic color of the Breast Cancer Awareness movement?



It all started in 1991 when a breast cancer survivor by the name of Charlotte Haley began sending out peach colored ribbons to raise awareness of the terrible disease and the limited federal funding that was being allocated to battle it. These ribbons picked up on a trend that had started when yellow ribbons had been used to show support for troops and red ribbons which had become a symbol of the AIDS movement.

At roughly the same time, the Susan G. Komen Foundation had been handing out pink visors to folks who were participating in their Race for a Cure events. This pink color was then picked up by Self Magazine who ran their inaugural Breast Cancer Awareness Month issue in 1991. The magazine teamed up with Estee Lauder to hand out over 1 million pink ribbons in the first year alone and a symbol was born. The publishers of the magazine did reach out to Ms. Haley who decided not to participate in their efforts because of the commercial viability of the magazine.

The color pink, which is a very specific shade called "150 Pink" was decided on for its symbolizing of calming, playfulness, quieting, and life affirming characteristics.

To this day, hundreds of millions of pink ribbons are being worn across the country to show support for the heroic work of those fighting for a cure.

— Anonymous

Oktoberfest Origins

Oktoberfest is the annual festival in Munich, Germany, held over a two-week period and ending on the first Sunday in October. The festival originated on October 12, 1810, in celebration of the marriage of the crown prince of Bavaria, who later became King Louis I, to Princess Therese von Sachsen-Hildburghausen. The festival concluded five days later with a horse race held in an open area that came to be called Theresienwiese ("Therese's green"). The following year the race was combined with a state agricultural fair, and in 1818 booths serving food and drink were introduced. By the late 20th century the booths had developed into large beer halls made of plywood, with interior balconies and bandstands. Each of the Munich brewers erects one of the temporary structures, with seating capacities of some 6,000. The mayor of Munich taps the first keg to open the festival. Total beer consumption during Oktoberfest is upwards of 75,800 hectolitres (about 2 million gallons). The breweries are also represented in parades that feature beer wagons and floats along with people in folk costumes. Other entertainment includes games, amusement rides, music, and dancing. Oktoberfest draws more than six million people each year. Celebrate for yourself right here in Salmon Creek this month!

Please Welcome ...

Kathy Gaona, our new Beautician! Kathy has opened the Beauty Shop and is available for all of your beauty needs! Please call her directly at 208-810-8400 to set up your appointment!



OCT 2020		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
<h2>Birthdays</h2> <p>Arlene Paul, 4th Bert Lee, 6th Melba Beck, 9th Gloria George, 14th Larae Berg, 22nd Judith Osborne, 24th Natalie Boyer, 25th</p>						<div>1</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>2:00 Chair Dancing, AR</div> <div>3:00 Bingo!, AR</div> <div>4:00 Bingo!, AR</div>	<div>2</div> <div>World Smile Day!</div> <div>9:00 Dancing Exercise, AR</div> <div>10:00 Sing a La La Long, AR</div> <div>2:00 Movie Time: It's the Great Pumpkin Charlie Brown, AR</div> <div>4:00 Friendly Friday Hour (Bring Your Own Drink), AR</div> <div>6:30 Wii Bowling, AR</div>	<div>3</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 Show Time: Andy Griffith Show, AR</div> <div>4:00 Cornhole Tournament, AR</div> <div>6:50 Bingo, AR</div>				
						<div>4</div> <div>Orient Express Day!</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:00 Gab with Jen at Ten, AR</div> <div>2:00 Movie: Murder on the Orient Express, AR</div> <div>4:30 Therapeutic Coloring (Anxiety Reliever), AR</div> <div>6:50 Bingo, AR</div> <div></div>	<div>5</div> <div>Golden Arches Day!</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Cinnamon Rolls & Activity Meeting, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>4:15 Surprise Trip for a Treat!, AR</div> <div>6:30 Wii Bowling, AR</div>	<div>6</div> <div>Right Brainers Rule Day!</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Dexterity Coloring Craft, AR</div> <div>11:00 Resident Manager Meeting 1, DN</div> <div>1:50 Resident Manager Meeting 2, DN</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></div>	<div>7</div> <div>Boost Your Brain Day!</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Boise Scenic Drive! (1 Hour), FE</div> <div>2:00 Fitness Fun!, AR</div> <div>2:30 Scenic Drive (2 Hours), FE</div> <div>3:00 Brain Booster Game, AR</div> <div>4:00 Fancy Fingers, AR</div> <div>6:30 Wii Tennis, AR</div>	<div>8</div> <div>Name Tag & Jeans Day</div> <div>Fluffernut 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 Fluffernut Treats Social!, AR</div> <div>2:00 Chair Dancing, AR</div> <div>3:00 Bingo!, AR</div> <div>4:00 Bingo!, AR</div>	<div>9</div> <div>World Egg Day</div> <div>9:00 Dancing Exercise, AR</div> <div>10:30 Decorate Halloween Eggs!, AR</div> <div>2:00 Movie Time: Laws of Attraction (Bullock & Grant), AR</div> <div>4:00 Friendly Friday Hour (Bring Your Own Drink), AR</div> <div>6:30 Wii Bowling, AR</div> <div></div>	<div>10</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>11</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:00 Gab with Jen at Ten, AR</div> <div>2:00 Movie: To Kill a Mockingbird, AR</div> <div>4:30 Therapeutic Coloring (Anxiety Reliever), AR</div> <div>6:50 Bingo, AR</div>	<div>12</div> <div>COLUMBUS DAY</div> <div>Oktoberfest!, 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>4:00 Oktoberfest Party!, AR</div> <div>6:30 Wii Bowling, AR</div>	<div>13</div> <div>The White House Birthday</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Sunrise Chit Chat & Donuts (Table Topics), AR</div> <div>2:00 Chair Drumming!, AR</div> <div>3:00 Ice Cream Social, AT</div> <div>3:30 White House Trivia, AR</div> <div>6:50 Bingo, AR</div> <div></div>	<div>14</div> <div>9:00 Fitness Fun!, AR</div> <div>9:30 Scenic Drive (2 Hours), FE</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 Tennis, AR</div> <div></div>	<div>15</div> <div>Name Tag & Jeans Day</div> <div>Tell a Funny Story Day</div> <div>Write Your Funny Story to Display for All to See!, AR</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>16</div> <div>9:00 Dancing Exercise, AR</div> <div>10:00 Craft Time: Pumpkin Craft, AR</div> <div>2:00 Movie Time: The Thrill of It All (Doris Day), AR</div> <div>4:00 Friendly Friday Hour (Bring Your Own Drink), AR</div> <div>6:30 Wii Bowling, AR</div>	<div>17</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 Time: Mrs. Doubtfire (Robin Williams), AR</div> <div>6:50 Bingo, AR</div>
						<div>18</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:00 Gab with Jen at Ten, AR</div> <div>2:00 Movie Time: The Inspector General, AR</div> <div>4:30 Therapeutic Coloring (Anxiety Reliever), AR</div> <div>6:50 Bingo, AR</div>	<div>19</div> <div>Donuts Day</div> <div>9:00 Fitness Fun!, AR</div> <div>10:30 Crossword with Friends, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:30 Wii Bowling, AR</div>	<div>20</div> <div>Monster Mash Day</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Rice Krispie Treat Monsters, 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>21</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Boise Scenic Drive! (1 Hour), FE</div> <div>2:00 Fitness Fun!, AR</div> <div>2:30 Scenic Drive (2 Hours), FE</div> <div>4:00 Fancy Fingers, AR</div> <div>6:30 Wii Tennis, AR</div>	<div>22</div> <div>Name Tag & Jeans Day</div> <div>Think Positive Thursday</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 Write Affirmation Cards Together!, AR</div> <div>2:00 Chair Dancing, AR</div> <div>3:00 Bingo!, AR</div> <div>4:00 Bingo!, AR</div> <div></div>	<div>23</div> <div>Wear It Pink Day!</div> <div>Wear Pink in Support of Breast Cancer Awareness</div> <div>9:00 Dancing Exercise, AR</div> <div>10:00 Craft Time: Pumpkin Craft!, AR</div> <div>2:00 Movie Time: A Dog's Purpose, AR</div> <div>4:00 Friendly Friday Hour (Bring Your Own Drink), AR</div> <div>6:30 Wii Bowling, AR</div>	<div>24</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></div>
						<div>25</div> <div>9:00 Sunshine Walkers, FE</div> <div>10:00 Gab with Jen at Ten, AR</div> <div>2:00 Movie Time: Battle Hymn, AR</div> <div>4:30 Therapeutic Coloring (Anxiety Reliever), AR</div> <div>6:50 Bingo, AR</div> <div></div>	<div>26</div> <div>National Pumpkin Day</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Carve or Paint a Pumpkin!, AR</div> <div>2:00 Fitness Fun!, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:30 Wii Bowling, AR</div>	<div>27</div> <div>9:00 Fitness Fun!, AR</div> <div>10:00 Sunrise Chit Chat & Donuts (Table Topics), AR</div> <div>11:00 Mobile Library, FE</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>28</div> <div>Chocolate Day!</div> <div>9:00 Fitness Fun!, AR</div> <div>9:30 Scenic Drive (2 Hours), FE</div> <div>2:00 Fitness Fun!, AR</div> <div>2:30 Boise Scenic Drive! (1 Hour), FE</div> <div>3:00 Brownie Social, AR</div> <div>4:00 Fancy Fingers, AR</div> <div>6:30 Wii Tennis, AR</div>	<div>29</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>2:00 Chair Dancing, AR</div> <div>3:00 Bingo!, AR</div> <div>4:00 Bingo!, AR</div>	<div>30</div> <div>Frankenstein Friday</div> <div>9:00 Dancing Exercise, AR</div> <div>12:30 End of the Month Drawing (Must Be Present to Win), AR</div> <div>2:30 Halloween Costume Party! (Prizes for Costumes), AR</div> <div>4:00 Friendly Friday Hour (Bring Your Own Drink), AR</div> <div>6:30 Wii Bowling, AR</div>	<div>31</div> <div>HALLOWEEN</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 Time: Young Frankenstein, AR</div> <div>4:00 Cornhole Tournament, AR</div> <div>6:50 Bingo, AR</div> <div></div>
<h2>Anniversaries</h2> <p>Chuck & Linda Breedlove, 10/13/1959 Merle & Gloria George, 10/31/1948</p>												
<h2>Locations</h2> <p>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</p>												
<h2>Beauty Salon</h2> <p>Kathy Gaona 208-810-8400</p>												
<h2>“Autumn’s the mellow time.”</h2> <p>—William Allingham</p>												



Fluffernutter What?

If you looked at the calendar of activities you probably noticed that we are making Fluffernutter treats on October 8th. If you are like me, you have never heard of this! I did some research and here's what I found!

A Fluffernutter sandwich is a calorie-laden sandwich made with two slices of bread layered with peanut butter and Marshmallow Fluff, and sometimes along with the occasional banana.

People will eat their peanut butter on all types of sandwiches and with all types of toppings. The most unique and unusual is the Fluffernutter Sandwich of the New England area of the United States. Generations of New Englanders fondly associate Marshmallow Fluff with their childhood as it has been a childhood favorite for many raised in the northeastern United States. The term fluffernutter is also be used to describe other food items, primarily desserts, that have both peanut butter and marshmallow creme.

The Fluffernutter sandwich is more than a beloved memory of childhood, it is a local tradition. As a traditional food of New England, it goes right alongside the baked beans and clam chowder.

What is a childhood snack that brings back fond memories for you?



All About Pumpkins!

As you spend hours in the coming weeks carving pumpkins and preparing pumpkin pies, you may start to wonder: What exactly is a pumpkin? Is it a vegetable? But it has seeds, so is pumpkin a fruit? And is a pumpkin different than a gourd, or a squash? Read below to get to the bottom of the pumpkin mystery!



What Exactly Are Pumpkins?

Pumpkins, squash, and gourds are all part of the Cucurbitaceae family. This large plant family includes more than 900 species, including everything from orange pumpkins, to watermelons, to cucumbers. The genus *Cucurbita* (aka "squash") falls under this family, so yes, your traditional orange pumpkin is also a winter squash. Ready for the surprise? In the United States, any round, orange squash may be called a pumpkin, but the term "pumpkin" actually has no botanical meaning. Similarly, "gourd" is the conventional term used for plants in the genera *Cucurbita* ("squash") and *Lagenaria*, so a pumpkin is also technically a gourd.

Why Pumpkins Are Fruit, Not Vegetables:

Pumpkins are squash, and also gourds, but are they fruit? According to the Farmer's Almanac, they are. And if we look at Merriam Webster's definition of "fruit," we can see why. A fruit is, "the usually edible reproductive body of a seed plant." Pumpkins are edible, and if you've ever cut one open, you know it's full of seeds, so the pumpkin is the fruit of the pumpkin vine.

Pumpkin Nutrition:

As healthy as they are delicious, pumpkins truly live up to their autumnal popularity! Packed with fiber, vitamins and minerals, pumpkins are a perfect addition to any fall meal. A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Take note of an important reminder from nutritionists: Many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes are seasonal menu favorites that should be indulged in as an occasional treat.



The White House Building

The White House's birthday is October 13th! Learn a little more about the President's home for our White House trivia this month!

Our first President, George Washington, selected the site for the White House in 1791. The cornerstone was laid in 1792 and a competition design submitted by Irish-born architect James Hoban was chosen. After eight years of construction, President John Adams and his wife, Abigail, moved into the unfinished house in 1800. During the War of 1812, the British set fire to the President's House in 1814. James Hoban was appointed to rebuild the house, and President James Monroe moved into the building in 1817. During Monroe's administration, the South Portico was constructed in 1824, and Andrew Jackson oversaw the addition of the North Portico in 1829. During the late 19th century, various proposals were made to significantly expand the President's House or to build an entirely new house for the President, but these plans were never realized.

In 1902, President Theodore Roosevelt began a major renovation of the White House, including the relocation of the President's offices from the Second Floor of the residence to the newly constructed temporary Executive Office Building (now known as the West Wing). The Roosevelt renovation was planned and carried out by the famous New York architectural firm McKim, Mead and White. Roosevelt's successor, President William Howard Taft, had the Oval Office constructed within an enlarged office wing.

Less than 50 years after the Roosevelt renovation, the White House was showing signs of serious structural weakness. President Harry S. Truman began a renovation of the building in which everything but the outer walls were dismantled. The reconstruction was overseen by architect Lorenzo Winslow, and the Truman family moved back into the White House in 1952.

Every President since John Adams has occupied the White House, and the history of this building extends far beyond the construction of its walls. From the ground floor corridor rooms, transformed from their early use as service areas, to the state floor rooms, where countless leaders and dignitaries have been entertained, the White House is both the home of the President of the United States and his family, and a museum of American history. The White House is a place where history continues to unfold.

There are 132 rooms, 35 bathrooms, and six levels in the residence. There are also 412 doors, 147 windows, 28 fireplaces, eight staircases, and three elevators.

The White House kitchen is able to serve dinner to as many as 140 guests and hors d'oeuvres to more than 1,000.

The White House requires 570 gallons of paint to cover its outside surface.

At various times in history, the White House has been known as the "President's Palace," the "President's House," and the "Executive Mansion."

President Theodore Roosevelt officially gave the White House its current name in 1901.

-whitehouse.gov

SALMON CREEK
Gracious Retirement Living

4890 North Cloverdale Road
Boise, Idaho 83713

A photograph of various autumn-themed items including several pumpkins in orange and white, ears of corn, and gourds, arranged on a dark, textured surface.

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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