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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



## Happy Valentine's Day

As Valentine's Day approaches, we'd like to take a moment to express our affection for our residents. Thanks for making our community such a fun place to live. Happy Valentine's Day from your staff.

### Make a Friend, Be a Friend

You can never have too many friends, but it's impossible to meet everyone without a little help. Let's nurture our community's kindred spirit on Valentine's Day! We're summoning all residents—from those who are shy to the brightest social butterfly—for our Friendship Party. Introduce yourself to your neighbors, nibble on some treats, play our get-to-know-you games and, above all, make new friends!

### Wishful Thinking

Participants in an experimental study were given a simple task: Take a walk and wish happiness for every person they saw. After 12 minutes of walking and thinking thoughts of loving-kindness, the wishers themselves reported feeling happier than before the exercise.

## Hug Therapy

Hugs may keep you healthy during cold season. In a study where subjects were exposed to a cold virus, those who received regular hugs were less likely to develop cold symptoms than participants who didn't receive daily hugs. Researchers say hugging reduces stress and strengthens the immune system.

### The Power of Kindness








































"Sometimes being kind allows others to see the goodness in humanity through you. Always be kinder than necessary." — Germany Kent

### Exercise With a Friend

Exercising regularly can help you fight off seasonal colds. But if you need motivation to get moving, get a little help from a friend. Working out with a companion provides encouragement to stick with the commitment and helps take your focus off the physical exertion.

### Super Bowl Party

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> 9:30 Chapel 11:00 Exercise Class 1:30 Readings with Marti 3:00 Flower Arrangement Grp 4:00 Oh, Shoot! ... Dice Game	<div>2</div> <b>Groundhog Day</b> 10:00 Table Talk 11:00 Exercise Class 1:30 Tour the Town  3:30 Quarter Bingo 4:30  Individual Mystery Puzzle 7:00 <b>Gospel Music</b>	<div>3</div> 9:30 Bible Study <b>10:30 Shop Albertsons</b> 11:00 Exercise Class 1:30 Word Game <b>3:30 Happy Hour ... Wine/Beer</b>	<div>4</div> <b>9:00  Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00  Exercise Tape 2:00 Movie & Popcorn
<div>5</div> <b>9:00 Paper Puzzler.... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00 Catholic Service- IL 11:00  Exercise Tape 1:30  Color Art 4:00  Nature Film	<div>6</div> 10:00 Do You Recall? 11:00 Exercise Class 1:30 Readings with Marti <b>2:30 R &amp; R Inspiration</b> 4:00 L-C-R Dice Game	<div>7</div> 10:00 Brain Teaser 11:00 Exercise Class <b>1:30 Gospel Sing-Along</b> 2:30 Craft Class 3:30 Quarter Bingo	<div>8</div> 9:30 Chapel 11:00 Exercise Class 1:30 Readings with Marti <b>3:00 Art Class with Artist Mary Jussel</b> 4:00 Oh, Shoot! ... Dice Game <b>5:00 Meet &amp; Greet the Artist-IL</b>	<div>9</div> <b>9:00 Foot Care Clinic \$25</b> 10:00 Table Talk 11:00 Exercise Class 1:30 Tour the Town  3:30 Quarter Bingo 4:30  Individual Mystery Puzzle	<div>10</div> 9:30 Bible Study <b>10:30 Shop Albertsons</b> 11:00 Exercise Class 1:30 Word Game <b>3:30 Musical Melodies</b>	<div>11</div> <b>9:00  Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00  Exercise Tape 2:00 Movie & Popcorn
<div>12</div> <b>Super Bowl Sunday</b> <b>9:00 Paper Puzzler.... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00 Catholic Service- IL 11:00  Exercise Tape 1:30  Color Art <b>4:30  Super Bowl party</b>	<div>13</div> 11:00 Exercise Class 1:30 Readings with Marti <b>1:30 Understanding Great Music with Eric Collett-IL</b> 2:30 What's Cooking? 4:00 L-C-R Dice Game <b>6:30 Idaho Bluegrass Band-IL</b>	<div>14</div> <b>Happy Valentine's Day</b> 10:00 Brain Teaser 11:00 Exercise Class <b>1:00 Bookmobile- IL</b> <b>1:30 Food Committee</b> <b>2:30 Friendship Social</b> 3:30 Quarter Bingo	<div>15</div> 9:30 Chapel 11:00 Exercise Class 1:30 Readings with Marti <b>3:00 Community Meeting</b> 3:30 Ice Cream Bars 4:00 Oh, Shoot! ... Dice Game	<div>16</div> 10:00 Table Talk 11:00 Exercise Class 1:30 Tour the Town  3:30 Quarter Bingo 4:30  Individual Mystery Puzzle	<div>17</div> 9:30 Bible Study <b>10:30 Shop Albertsons</b> 11:00 Exercise Class 1:30 Word Game <b>3:30 Happy Hour ... Wine/Beer</b>	<div>18</div> <b>9:00  Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00  Exercise Tape 2:00 Movie & Popcorn
<div>19</div> <b>9:00 Paper Puzzler.... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> <b>9:30 Worship Service ... Life Church</b> 11:00 Catholic Service- IL 11:00  Exercise Tape 1:30  Color Art 4:00  Nature Film	<div>20</div> <b>Presidents Day</b> 10:00 Do You Recall? 11:00 Exercise Class 1:30 Readings with Marti 2:30 What's Cooking? 4:00 L-C-R Dice Game	<div>21</div> <b>Fat Tuesday</b> 10:00 Brain Teaser 11:00 Exercise Class <b>1:30 Activity Planning Meeting</b> <b>2:30 Mardi Gras Party</b> 3:30 Quarter Bingo	<div>22</div> 9:30 Chapel 11:00 Exercise Class 1:30 Readings with Marti <b>3:00 Ice Cream Social</b> 4:00 Oh, Shoot! ... Dice Game	<div>23</div> 10:00 Table Talk 11:00 Exercise Class 1:30 Tour the Town  3:30 Quarter Bingo 4:30  Individual Mystery Puzzle	<div>24</div> 9:30 Bible Study <b>10:30 Shop Albertsons</b> 11:00 Exercise Class 1:30 Word Game <b>3:00 Resident Birthday Bash</b>	<div>25</div> <b>9:00  Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00  Exercise Tape 2:00 Movie & Popcorn
<div>26</div> <b>9:00 Paper Puzzler.... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> <b>9:30 Worship Service ... Life Church</b> 11:00 Catholic Service- IL 11:00  Exercise Tape 1:30  Color Art 4:00  Nature Film	<div>27</div> 10:00 Do You Recall? 11:00 Exercise Class 1:30 Readings with Marti 2:30 What's Cooking? 4:00 L-C-R Dice Game	<div>28</div> 10:00 Brain Teaser 11:00 Exercise Class <b>1:30 Food Committee</b> 2:30 Craft Class 3:30 Quarter Bingo				



## Groundhog Day History

On Groundhog Day, Feb. 2, the groundhog supposedly ends his hibernation and exits his burrow. Custom has it that if he sees his shadow, we will experience six more weeks of bad weather. If the day is cloudy, and he does not see his shadow, spring will soon arrive.

Though it may seem silly, this tradition has a long history. Early European Christians believed that, on Candlemas Day, the weather signified how much more winter they had left to experience.

Romans who picked up the belief apparently introduced it to the Teutons, or Germans, who added their own twist. Germans believed that if the sun appeared on Candlemas Day, an animal—the hedgehog—would cast a shadow, thus predicting six more weeks of bad weather.

When Germans began settling in Pennsylvania, they transferred their belief to the groundhog, which was common in the area and closely resembled the hedgehog. Today, Punxsutawney Phil, the famed groundhog of Punxsutawney, Pa., is considered the official arbiter of how much winter is still to come each year.



## Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

**Wear red.** Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

**Know your numbers.** Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

**Get fit with a friend.** Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

**Set a nutritious example.** Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

**Give back.** Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

## Beat the Winter Blues

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming?

It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes.

The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner.

Exercise has been proven to reduce symptoms of depression. Bundle up for a walk, swim indoors, do yoga at home or head to the gym.

Make an effort to get exposure to sunlight. Place exercise equipment or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions sometimes purchase special lamps that mimic natural outdoor light.

Start a decluttering project, and clean out closets or purge old paper files. Take up a hobby like knitting, painting or blogging. Plan a movie night for yourself and some friends, and choose a laugh-out-loud comedy. Even just listening to upbeat music has been shown to make people feel happier.

If your sadness or lethargy won't go away or make it hard for you to function, check in with your health care provider.

