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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



February Greetings

Hello, and welcome to February! Plenty of fun activities planned this month, and I hope you will join us. Remember, my door is always open, so let me know if you have any questions or ideas to share!

Happy Valentine's Day

Valentine's Day is coming, and it reminds us of the people we love the most: you, our residents! And we're not thinking about just hearts and flowers either. We are committed to making your home here the best ever. Please don't hesitate to let us know if there's anything else we can do to make it that way!

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!

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.

Stay Social

Help keep your mind healthy and active by spending time with friends and family, serving as a volunteer, or joining social groups and participating in activities.

Exercise Adds Up

We've all heard about the health benefits of getting 30 minutes of exercise at least three days a week. However, you don't have to do it all at once. Just making an effort to put more movement into your day by adding a few minutes here and there can lead to better fitness.

A Heartfelt Month

In addition to Valentine's Day, February is also American Heart Month. We'll be focusing on the heart all month, with lots of activities, wellness talks and more to promote healthy tickers. Please check the schedule so you don't miss out on these important events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Groundhog Day 2 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	3 10:00 RR Do You Recall? 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:30 R & R Inspiration 4:00 RR L-C-R Dice Game	4 10:00 RR Brainteaser 11:00 Exercise Class 1:00 RR Chat Club 1:30 Gospel & Accordion Music 2:30 RR Jenga Game 3:30 RR Quarter Bingo	5 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 2:30 RR Craft Class 4:00 RR Oh, Shoot! ... Dice Game	6 10:00 RR Table Talk Tidbits 11:00 Exercise Class 1:00 RR Chat Club 1:30 Tour the Town  3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 Gospel Singers- IL	7 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour	8 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:30 RR Quarter Bingo
Super Bowl Sunday 9 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 4:30 L Super Bowl Party	10 10:00 RR Do You Recall? 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	11 10:00 RR Brainteaser 11:00 Exercise Class 12:45 Bookmobile- IL 1:00 RR Chat Club 1:30 RR Activity Planning Meeting 2:30 RR Travelogue 3:30 RR Quarter Bingo	12 Lincoln's Birthday 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 3:00 RR Art 4 All... painting class with Artist Mary Jussel 4:00 RR Oh, Shoot! ... Dice Game 5:00 Art Show & Sale ... Meet the Artist	13 10:00 RR Table Talk Tidbits 11:00 Exercise Class 1:00 RR Chat Club 1:30 Tour the Town  3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 Sing-Along With Barb	14 Valentine's Day 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Word Game 2:30 RR Horse Racing 3:00 Friendship Social	15 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:30 RR Quarter Bingo
16 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 9:30 RR Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	17 Presidents Day 10:00 RR Do You Recall? 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	18 10:00 RR Brainteaser 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Who, What, When 2:30 RR Jenga Game 3:30 RR Quarter Bingo	19 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 3:00 Community Meeting 3:30 Ice Cream Bars 4:00 RR Oh, Shoot! ... Dice Game	20 10:00 RR Table Talk Tidbits 11:00 Exercise Class 1:00 RR Chat Club 1:30 Tour the Town  3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	21 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Word Game 2:30 RR Horse Racing 3:30 RR Happy Hour	22 Washington's Birthday 9:00 L Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:30 RR Quarter Bingo
23 9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 9:30 RR Worship Service ... Life Church 11:00 Catholic Service- IL 11:00 L Exercise Tape 1:30 L Color Art 2:30 L Movie & Popcorn 3:30 L Scrabble	24 10:00 Do You Recall? 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Pictionary Game 2:30 RR What's Cooking? 4:00 RR L-C-R Dice Game	25 10:00 RR Brainteaser 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Food Committee Meeting 2:30 RR Lifelong Learning 3:30 RR Quarter Bingo	26 9:30 RR Chapel 11:00 Exercise Class 1:30 RR Spill & Spell ... Dice Game 1:30 VV Bridge Group✓ 3:00 RR Ceramic Class 4:00 RR Oh, Shoot! ... Dice Game	27 10:00 RR Table Talk Tidbits 11:00 Exercise Class 1:00 RR Chat Club 1:30 Tour the Town  3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle 6:30 Sing-Along With Barb	28 9:30 RR Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 RR Chat Club 1:30 RR Word Game 2:30 RR Horse Racing 3:00 Resident Birthday Bash ♥	Happy Birthday to... 7th Joan Woods 14th Kathleen Cahill 15th Linda French 18th Annette Frost

Six More Weeks of Winter?

Falling midway between the first day of winter and the first day of spring, Feb. 2 is a significant day in several ancient and modern traditions. Some Europeans believed a sunny Feb. 2 meant another 40 days of cold and snow. Germans pronounced the day sunny only if badgers glimpsed their own shadows. When German immigrants settled in Pennsylvania in the 1700s, the custom came with them, and they chose the native groundhog to forecast spring.

Pennsylvania's official celebration of Groundhog Day began in 1886 when the editor of a newspaper in Punxsutawney wrote: "Today is groundhog day, and up to the time of going to press the beast has not seen its shadow."

The next year saw the first appearance of Punxsutawney Phil, the city's official groundhog forecaster. If Phil sees his shadow, it means six more weeks of winter. If he does not, then spring is just around the corner.

During the year, Phil lives at the Punxsutawney Library.

Groundhogs, also known as woodchucks, are members of the squirrel family. In the wild, they eat plants, berries and insects. Groundhogs really do spend the winter hibernating, with a lower metabolic rate and reduced body temperature.



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

The winter blues have a way of getting us down, but that doesn't mean we have to stay there. The next time you're feeling in a funk, try one of these methods to boost your mood:

Pull out the photo album. A U.K. study found that looking at personal photos lifted people's spirits by 11 percent. Pick pictures with fond memories, such as those from a fun vacation or family gathering.

Spread the warmth. There's a reason we turn to steaming mugs of hot tea or cocoa for comfort—a Yale study shows that warm liquids can make us feel happier. Taking a warm bath or shower will have the same effect.

Lighten up. Sunlight is a natural mood booster, and studies show that increased light exposure contributes to happiness and better sleep. Open your shades and have a meal by the window to soak up as much daylight as you can.

Put on a happy face. A simple smile is sometimes all it takes to raise your spirits. According to experts, our emotions respond to our physical actions, so appearing happy will make us feel happy, too. A cheerful demeanor will also invite others to strike up a conversation with you—another instant mood booster.

