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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

Ryan Preston ..... 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



### Do Something New

As a new year approaches, vow to try something out of the ordinary every week. Whether it's a new activity, friend, food or simply learning a new word, bringing something different into your world can enhance brain health and enrich your life.

### Community Meeting Reminder

Our resident meetings are a terrific opportunity to share input, have your questions answered, and stay in the loop with what's happening in our community. Make plans to attend this month's meeting! Check the calendar for date and time.

### Take Advantage of Fun Activities

Our activities schedule is designed to appeal to a variety of personalities and hobbies. Please join us! If there's an activity you'd like to see added to the schedule, please let us know. We will do everything we can to make it happen!

## Happy New Year

Dear Residents:


With the new year ahead of us, it is a pleasure to reflect upon the good times we had in our community last year. We have shared wonderful news as well as unfortunate sorrow, and we have many blessings to be thankful for and new possibilities await us. The year ahead brings with it new opportunities!

Keep an eye on this newsletter as we bring you notice of familiar events and important news, and let me know if you have an idea for something new and exciting we can plan together. As always, give me a call, or stop by my office hours, to discuss activities that might benefit all residents of our community.

I wish you a safe, healthy and happy new year! Sherrie Hix, Recreation Director

### Let's Paint!

There's an artist inside each one of us—when is the last time you let yours have some fun? Our painting class is the perfect place to unleash your creativity. Check the calendar for the date and time of our next session. All skill levels are welcome!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1	<b>New Year's Day (Observed)</b> 2 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Readings with Marti <b>2:30 DR R &amp; R Inspiration</b> 4:00 <b>RR</b> L-C-R Dice Game	3 10:00 <b>RR</b> Brain Teaser 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Gospel Sing-along 2:30 <b>RR</b> Travelogue 3:30 <b>RR</b> Quarter Bingo	4 9:30 <b>RR</b> Chapel 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Readings with Marti 3:00 <b>RR</b> Flower Club 4:00 <b>RR</b> Oh, Shoot! ... Dice Game	5 10:00 <b>RR</b> Table Talk 11:00 <b>DR</b> Exercise Class 1:30 <b>O</b> Tour the Town 3:30 <b>RR</b> Quarter Bingo 4:30 <b>L</b> Individual Mystery Puzzle <b>7:00 DR Gospel Singers</b>	6 9:30 <b>RR</b> Bible Study <b>10:30 O Shop Albertsons</b> 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Word Game <b>3:30 RR Happy Hour ... Wine/Beer</b>	7 <b>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00 <b>L</b> Exercise Tape 2:00 <b>RR</b> Movie & Popcorn
8 <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 <b>L</b> Exercise Tape 1:30 <b>L</b> Color Art 4:00 <b>L</b> Nature Film	9 10:00 <b>RR</b> Do You Recall? 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Readings with Marti <b>1:30 Understanding Great Music with Eric Collett-IL</b> 2:30 <b>RR</b> What's Cooking? 4:00 <b>RR</b> L-C-R dice game	10 10:00 <b>RR</b> Brain Teaser 11:00 <b>DR</b> Exercise Class <b>1:00 Bookmobile- IL</b> 1:30 <b>RR</b> Blackjack "21" 2:30 <b>RR</b> Tickle Your Funny Bone 3:30 <b>RR</b> Quarter Bingo	11 9:30 <b>RR</b> Chapel 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Readings with Marti <b>3:00 RR Art 4 All... painting class with Artist Mary Jussel</b> 4:00 <b>RR</b> Oh, Shoot! ... Dice Game	12 10:00 <b>RR</b> Table Talk 11:00 <b>DR</b> Exercise Class 1:30 <b>O</b> Tour the Town 3:30 <b>RR</b> Quarter Bingo 4:30 <b>L</b> Individual Mystery Puzzle	13 9:30 <b>RR</b> Bible Study <b>10:30 O Shop Albertsons</b> 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Word Game <b>3:30 RR Music with Banjo Dan</b>	14 <b>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00 <b>L</b> Exercise Tape 2:00 <b>RR</b> Movie & Popcorn
15 <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 <b>L</b> Exercise Tape 1:30 <b>L</b> Color Art 4:00 <b>L</b> Nature Film	16 <b>Martin Luther King Jr. Day</b> 10:00 <b>RR</b> Do You Recall? 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Readings with Marti 2:30 <b>RR</b> What's Cooking? 4:00 <b>RR</b> L-C-R Dice Game	17 10:00 <b>RR</b> Brain Teaser 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Blackjack "21" 2:30 <b>RR</b> Craft Class 3:30 <b>RR</b> Quarter Bingo	18 9:30 <b>RR</b> Chapel 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Readings with Marti <b>3:00 DR Community Meeting</b> 3:30 <b>DR</b> Ice Cream Bars 4:00 <b>RR</b> Oh, Shoot! ... Dice Game	19 10:00 <b>RR</b> Table Talk 11:00 <b>DR</b> Exercise Class 1:30 <b>O</b> Tour the Town 3:30 <b>RR</b> Quarter Bingo 4:30 <b>L</b> Individual Mystery Puzzle	20 9:30 <b>RR</b> Bible Study <b>10:30 O Shop Albertsons</b> 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Word Game <b>3:30 RR Happy Hour... Music &amp; Cocktails</b>	21 <b>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00 <b>L</b> Exercise Tape 2:00 <b>RR</b> Movie & Popcorn
22 <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 RR Worship Service ... Life Church</b> 11:00 Catholic Service- IL 11:00 <b>L</b> Exercise Tape 1:30 <b>L</b> Color Art 4:00 <b>L</b> Nature Film	23 10:00 <b>DR</b> Do You Recall? 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Readings with Marti 2:30 <b>RR</b> What's Cooking? 4:00 <b>RR</b> L-C-R Dice Game	24 10:00 <b>RR</b> Brain Teaser 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Blackjack "21" 2:30 <b>RR</b> Bean Bag Toss 3:30 <b>RR</b> Quarter Bingo	25 9:30 <b>RR</b> Chapel 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Readings with Marti <b>3:00 P Ice Cream Social</b> 4:00 <b>RR</b> Oh, Shoot! ... Dice Game	26 10:00 <b>RR</b> Table Talk 11:00 <b>DR</b> Exercise Class 1:30 <b>O</b> Tour the Town 3:30 <b>RR</b> Quarter Bingo 4:30 <b>L</b> Individual Mystery Puzzle	27 9:30 <b>RR</b> Bible Study <b>10:30 O Shop Albertsons</b> 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Word Game <b>3:00 DR Resident Birthday Bash</b>	28 <b>9:00 L Paper Puzzler ... complete over the weekend and submit to the front desk on Monday for a chance to win \$1</b> 11:00 <b>L</b> Exercise Tape 2:00 <b>RR</b> Movie & Popcorn
29 <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 RR Worship Service ... Life Church</b> 11:00 Catholic Service- IL 11:00 <b>L</b> Exercise Tape 1:30 <b>L</b> Color Art 4:00 <b>L</b> Nature Film	30 10:00 <b>RR</b> Do You Recall? 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Readings with Marti 2:30 <b>RR</b> What's Cooking? 4:00 <b>RR</b> L-C-R Dice Game	31 10:00 <b>RR</b> Brain Teaser 11:00 <b>DR</b> Exercise Class 1:30 <b>RR</b> Blackjack "21" 2:30 <b>RR</b> Craft Class 3:30 <b>RR</b> Quarter Bingo				Happy Birthday to 14th Donna Matlock 17th Norm Dahm 23rd Carol Nordtveldt 30th Lauray Fereday



## 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.



## Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

*Schedule checkups and screenings.* Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

*Set a fitness goal.* If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

*Improve your diet.* Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

*Take care of your brain.* A good way to help prevent dementia is to challenge your brain. Consider making a resolution to learn something new every week—read an article or book, attend a lecture, visit a museum, and stay sharp with games and puzzles. Also, don't neglect another aspect of mental health: depression and anxiety. If you are feeling down, reach out to a friend, relative or health care provider.



## Board Games and the Brain

Besides being fun, board games also benefit the brain. The strategy and problem-solving skills involved in playing board games engages the parts of the brain that control memory and complex thinking. Research shows that participating in non-digital games helps keep the mind sharp, even for people who waited until their later years to start playing regularly.

## No Excuse Not to Exercise

Some seniors may think that staying sedentary conserves their energy and keeps them safe, but nothing could be further from the truth. Research shows that inactivity contributes to chronic health problems, and keeping muscles toned can help prevent falls. Other seniors may worry that they're too old to start exercising, but better fitness can begin at any age. Walking and other light activities can deliver big benefits. Diminished mobility is no reason to shun exercise, either. Many exercises, such as lifting light weights and stretching, can be performed in a chair or bed. Check with your doctor before starting an exercise program.

## Wake Up Happy

"Start each day with a positive thought and a grateful heart." — Roy T. Bennett