



## 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
Jaime Cox	Business Office
Jennifer Kavulich	Dining Svcs
Frank Dowd	Maintenance
Sherrie Hix	Recreation



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 shared wonderful news, as well as unfortunate sorrow, and we know we have many blessings for which we should be thankful and possibilities that await us as we approach the months to come. The year ahead brings with it new opportunities! So, keep an eye on this newsletter as we bring you familiar events and important news, and let me know if you have an idea for something new we can plan together. As always, give me a call, or stop by my office, to discuss activities that might benefit all residents of our community. Happy New Year!

## Important Numbers

AL Receptionist	208-327-1044
Front Desk	Dial (0)
AL Manager	208-327-1046
Beauty Shop	208-861-4222
Business Office	208-327-1023
Dining Room	208-327-1054
General Manager	208-327-1021
Recreation	208-327-1025
Physical Therapy	208-501-7195

## Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

1130 N Allumbaugh Street  
Boise, ID 83704  
(208) 322-0311  
Fax: (208) 854-8653

*A Tradition of Excellence in Boise*

Find us on

## Community Meeting

Our team values your opinion, and we want to hear from you, which is why we hope you'll join us for our monthly resident community meeting on the 3rd Wednesday each month. This gathering opens the floor up to share issues you feel need to be addressed, offers you an opportunity to ask questions and make suggestions, and keeps you informed of what's happening in our community. We look forward to hearing from you!

## Don't Fall This Winter

Please be especially careful when walking in the parking lots and on the sidewalks this time of year. Ice is not always visible and can be anywhere to trip you up. If you notice icy spots around the community, please let us know immediately so we can put a mixture of pet friendly ice-melt on the area. Be careful out there!

## 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>New Year's Day</b> 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club <b>2:30 RR New Year Bingo Party</b> 4:30 L Individual Mystery Puzzle	1 9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Dominoes <b>1:30 O Shop Albertsons</b> 2:30 RR Blackjack "21" 3:30 RR Happy Hour	2 9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 3:30 RR Quarter Bingo
4 9:00 L Paper Puzzler 11:00 IL Catholic Service- IL 11:00 RR Exercise Tape 1:30 L Color Art <b>2:30 L Movie &amp; Popcorn</b> 3:30 RR Scrabble	5 10:00 RR Do You Recall? 11:00 DR Exercise Class 1:00 RR Helping Hands- Xmas decor 1:30 RR Pinochle Club 2:30 RR What's Cooking? <b>3:45 IL Catholic Rosary</b> 4:00 RR L-C-R Dice Game	6 10:00 RR Brain Teaser 11:00 DR Exercise Class 1:00 RR Helping Hands- Xmas decor 1:30 RR Travelogue 2:30 RR Polar Bear Race 3:30 RR Quarter Bingo 5:30 DR Pinochle	7 9:30 RR Chapel 11:00 DR Exercise Class 1:00 DR Chat Club 1:30 RR Spill & Spell ... Dice Game 2:30 RR Craft Class 3:30 RR Oh, Shoot! ... Dice Game	8 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 O Tour the Town 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	9 9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Dominoes <b>1:30 O Shop Albertsons</b> 2:30 RR Blackjack "21" 3:30 RR Family Feud	10 9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 3:30 RR Quarter Bingo
11 9:00 L Paper Puzzler 11:00 IL Catholic Service- IL 11:00 RR Exercise Tape 1:30 L Color Art <b>2:30 L Movie &amp; Popcorn</b> 3:30 RR Scrabble	12 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Would You Rather 2:00 DR Guitar Music with Bruce 2:00 IL Parkinson's Support Group-IL 2:30 RR What's Cooking? <b>3:45 IL Catholic Rosary</b> 4:00 RR L-C-R Dice Game	13 10:00 RR Brain Teaser 11:00 DR Exercise Class <b>12:45 IL Bookmobile- IL</b> 1:00 RR Chat Club <b>1:30 RR Activity Planning Meeting</b> 2:30 RR Polar Bear Race 3:30 RR Quarter Bingo 5:30 DR Pinochle	14 9:30 RR Chapel 11:00 DR Exercise Class 1:00 DR Chat Club 1:30 RR Spill & Spell ... Dice Game <b>3:00 RR Art 4 All ... painting class with Artist Mary Jussel</b> 2:30 RR Polar Bear Race 3:30 RR Quarter Bingo 5:00 IL Art Show & Sale ... Meet the Artist	15 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 O Tour the Town 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	16 9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Dominoes <b>1:30 O Shop Albertsons</b> 2:30 RR Blackjack "21" 3:30 RR Happy Hour	17 9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 3:30 RR Quarter Bingo
18 9:00 L Paper Puzzler <b>9:30 RR Worship Service ... Life Church</b> 11:00 IL Catholic Service- IL 11:00 RR Exercise Tape 1:30 L Color Art <b>2:30 L Movie &amp; Popcorn</b> 3:30 RR Scrabble	19 10:00 RR Do You Recall? 11:00 DR Exercise Class <b>10:30 IL Veterans' Coffee Social</b> 1:00 RR Chat Club 1:30 RR Pinochle Club <b>2:00 IL Catholic Mass-IL</b> 2:30 RR What's Cooking? <b>3:45 IL Catholic Rosary</b> 4:00 RR L-C-R Dice Game	20 10:00 RR Brain Teaser 11:00 DR Exercise Class <b>10:30 IL Veterans' Coffee Social</b> 1:00 RR Chat Club 1:30 RR Pinochle Club 1:30 RR Who, What, When 2:30 RR Polar Bear Race 3:30 RR Quarter Bingo 5:30 DR Pinochle	21 9:30 RR Chapel 11:00 DR Exercise Class 1:00 DR Chat Club 1:30 RR Spill & Spell ... Dice Game <b>3:00 DR Community Meeting</b> 3:30 DR Ice Cream Bars 4:00 RR Oh, Shoot! ... Dice Game	22 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 O Tour the Town 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	23 9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Dominoes <b>1:30 O Shop Albertsons</b> 2:30 RR Blackjack "21" 3:30 RR Craft Class	24 9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 3:30 RR Quarter Bingo
25 9:00 L Paper Puzzler <b>9:30 RR Worship Service ... Life Church</b> 11:00 IL Catholic Service- IL 11:00 RR Exercise Tape 1:30 L Color Art <b>2:30 L Movie &amp; Popcorn</b> 3:30 RR Scrabble	26 10:00 DR Do You Recall? 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Would You Rather <b>1:30 RR Food Committee Meeting</b> 2:30 RR Polar Bear Race 3:30 RR Quarter Bingo 5:30 DR Pinochle	27 10:00 RR Brain Teaser 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Spill & Spell ... Dice Game 2:30 RR Polar Bear Race 3:30 RR Lifelong Learning 4:00 RR Oh, Shoot! ... Dice Game	28 9:30 RR Chapel 11:00 DR Exercise Class 1:00 DR Chat Club 1:30 RR Spill & Spell ... Dice Game 3:00 RR Lifelong Learning 4:00 RR Oh, Shoot! ... Dice Game	29 10:00 RR Table Talk Tidbits 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 O Tour the Town 3:30 RR Quarter Bingo 4:30 L Individual Mystery Puzzle	30 9:30 RR Bible Study 11:00 DR Exercise Class 1:00 RR Chat Club 1:30 RR Dominoes <b>1:30 O Shop Albertsons</b> 2:30 RR Blackjack "21" <b>3:00 DR Resident Birthday Bash</b> ♥	31 9:00 L Paper Puzzler- Complete over the weekend and submit to the front desk for a chance to win \$1 11:00 DR Exercise Class 3:30 RR Quarter Bingo



Best wishes to all our neighbors celebrating birthdays this month!

1st      Dave Browne  
6th      Barbara Areitio  
31st     Ellen Smith

## Life Enrichment Corner

### 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!

### Helping Hands Wanted

The holidays flew right by, and now it's time to take down our decorations. We could use some help as we box everything up and store it until next year. See the calendar for the date and time.

### 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.



### 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.

### Fact or Fiction: Myths About the Common Cold

In the thick of cold and flu season, people will believe just about anything in order to feel better and prevent any icky encounters. But does science back the advice you've been following for years? Here are some common cold remedies and prevention techniques from WebMD.com and the truth behind their claims:

**Claim No. 1:** Washing hands is critical. **Fact:** Colds are spread by touching someone or something with cold-causing viruses and then touching your nose, eyes or mouth. Wash hands thoroughly and often.

**Claim No. 2:** Feed a cold, starve a fever. **Fiction:** There's no solid evidence that colds get better with food or that you shouldn't eat when feeling feverish. It's more important to listen to your body and eat when you're hungry.

**Claim No. 3:** Bundle up or you'll catch a cold. **Fiction:** While colds are more common in colder seasons, you can't catch one from low temperatures.

**Claim No. 4:** Taking a shower will make you feel better. **Fact:** A hot shower can loosen clogged nasal passages to help you breathe.

**Claim No. 5:** You'll catch a cold by going outside with wet hair. **Fiction:** A wet head will just make you cold. It won't give you a cold.

