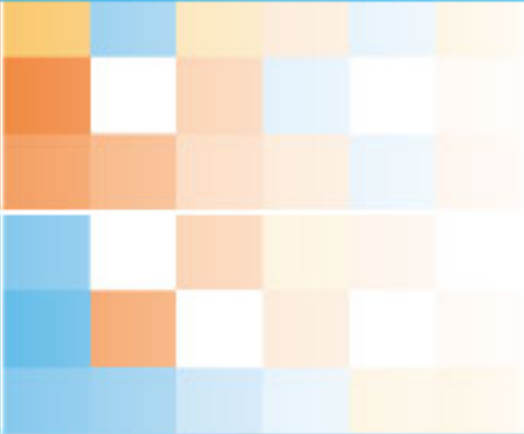




1130 N Allumbaugh Street
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*A Tradition of
Excellence in Boise*

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



November Greetings

Hello, everyone, and welcome to November! There’s excitement in the air as we begin preparing for the holidays. Our community will be hosting a bounty of festivities in the next couple of months, and we hope everyone can join us for the activities we have planned. As always, we are thankful for our residents.

Turkey Day Celebrations

Get ready for a feast this Thanksgiving Day! We’re serving all the traditional favorites—turkey and dressing, pumpkin pie and more—and hope you’ll join us to give thanks and enjoy a fantastic meal. Please RSVP for your guest at the office. Guest meals \$20

Your Vote: It Counts

Your vote matters. Let your voice be heard and help influence the direction of the country. Election Day provides a chance to elect officials who will make our nation into the country you would like it to be. We will be providing transportation to our polling place for you to vote!

Mitten Tree

Help someone in need this winter by adding to our lobby mitten tree! Throughout the next few weeks, we invite staff and residents to hang mittens, gloves, hats, scarves and other winter wear on the tree’s branches. The items will go to a local organization serving community members in need. We appreciate your generosity and support!

Honoring Our Veterans

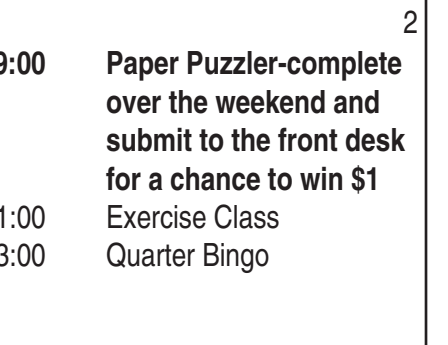
Thank you to all the heroic men and women who have bravely served our country. We will honor our community’s veterans in a special ceremony on Veterans Day. Please see activity calendar for the time and location.



Don’t Forget To Fall Back

Daylight saving time ends on Sunday, Nov. 3, so remember to set your clocks and watches back one hour the night before.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Daylight Saving Ends 3 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 11:00 IL Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 2:30 Movie & Popcorn 3:30 Scrabble	4 10:00 Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 Pictionary Game 2:30 R & R Inspiration 2:30 What's Cooking? 4:00 L-C-R Dice Game	5 10:00 Brainteaser 11:00 Exercise Class 1:00 Chat Club 1:30 Gospel & Accordion Music 2:30 Jenga Game 3:30 Quarter Bingo	6 9:30 Chapel 11:00 Exercise Class 1:30 Spill & Spell ... Dice Game 1:30 VV Bridge Group ✓ 2:30 Craft Class 4:00 Oh, Shoot! ... Dice Game	7 10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town 🚗 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle 6:30 IL Gospel Singers- IL	8 9:30 Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 Patio Club 1:30 Word Game 2:30 Horse Racing 3:30 Travelogue	9 9:00 Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:00 Quarter Bingo
10 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 11:00 IL Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 2:30 Movie & Popcorn 3:30 Scrabble	11 10:00 Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 IL Veterans Day Tribute 2:30 What's Cooking? 4:00 L-C-R Dice Game	12 10:00 Brainteaser 11:00 Exercise Class 12:45 IL Bookmobile- IL 1:00 Chat Club 1:30 Activity Planning Meeting 2:30 Balloon Swat 3:30 Quarter Bingo	13 9:30 Chapel 11:00 Exercise Class 1:30 Spill & Spell ... Dice Game 1:30 VV Bridge Group ✓ 3:00 Art 4 All ... painting class with Artist Mary Jussel 4:00 Oh, Shoot! ... Dice Game 5:00 IL Art Show & Sale ... Meet the Artist	14 10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town 🚗 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle 6:30 IL Sing-Along With Barb	15 9:30 Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 Patio Club 1:30 Word Game 2:30 Horse Racing 3:30 Happy Hour	16 9:00 Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:00 Quarter Bingo 5:00 BSU vs San Jose State
17 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 9:30 Worship Service ... Life Church 11:00 IL Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 2:30 Movie & Popcorn 3:30 Scrabble	18 10:00 Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 Pictionary Game 2:00 IL Catholic Mass-IL 2:30 What's Cooking? 4:00 L-C-R Dice Game	19 10:00 Brainteaser 10:30 IL Veterans' Coffee Social-IL 11:00 Exercise Class 1:00 Chat Club 1:30 Who, What, When 2:30 Jenga Game 3:30 Quarter Bingo	20 9:30 Chapel 11:00 Exercise Class 1:30 Spill & Spell ... Dice Game 1:30 VV Bridge Group ✓ 3:00 Community Meeting 3:30 Ice Cream Bars 4:00 Oh, Shoot! ... Dice Game	21 10:00 Table Talk Tidbits 11:00 Exercise Class 1:00 Chat Club 1:30 Tour the Town 🚗 3:30 Quarter Bingo 4:30 Individual Mystery Puzzle 6:30 IL Sing-Along With Barb	22 9:30 Bible Study 10:30 Shop Albertsons 11:00 Exercise Class 1:00 Patio Club 1:30 Word Game 2:30 Horse Racing 3:30 Blackjack "21"	23 9:00 Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:00 Quarter Bingo 5:00 BSU @ Wyoming
24 9:00 Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1 9:30 Worship Service ... Life Church 11:00 IL Catholic Service- IL 11:00 Exercise Tape 1:30 Color Art 2:30 Movie & Popcorn 3:30 Scrabble	25 10:00 Do You Recall? 11:00 Exercise Class 1:00 Chat Club 1:30 Pictionary Game 2:30 What's Cooking? 4:00 L-C-R Dice Game	26 10:00 Brainteaser 11:00 Exercise Class 1:00 Chat Club 1:30 Food Committee Meeting 2:30 Balloon Swat 3:30 Quarter Bingo	27 9:30 Chapel 11:00 Exercise Class 1:30 Festival Of Trees - Please sign up! 1:30 Spill & Spell ... Dice Game 1:30 VV Bridge Group ✓ 2:30 Ceramic Class 4:00 Oh, Shoot! ... Dice Game	28 	29 9:30 Bible Study 10:00 BSU vs Oregon State 10:30 Shop Albertsons 11:00 Exercise Class 1:00 Patio Club 1:30 Word Game 2:00 Horse Racing 3:00 Resident Birthday Bash ♥	30 9:00 Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1 11:00 Exercise Class 3:00 Quarter Bingo



5th	Brian Baker
5th	Doris Harris
14th	Julie Sullivan
18th	Patricia Harder
27th	Gwendolyn Crook
28th	Marilyn Carmen



Avoid the Winter Cold and Flu

Cold and flu season can begin as early as October and usually ends in April. While there is no sure-fire cure for the common cold, you can take certain steps to help reduce your chances of getting sick in the first place, such as getting a flu shot. You can also use a number of natural strategies. Following these steps may improve your overall health and provide an extra layer of flu and cold protection:

- Eat a well-balanced diet with plenty of fruits, vegetables and whole grains, as well as foods with immune-boosting nutrients, such as ginger, vitamin C, zinc and lactobacillus (the bacteria in yogurt).
- Wash your hands frequently with soap and warm water.
- Drink water to stay hydrated.
- Exercise regularly to increase your body's natural immunity.

Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.



Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

Socialize. Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can reduce feelings of isolation.

Smile. Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.