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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
 <p>HELLO NOVEMBER</p>			 <p>DON'T FORGET TO VOTE!</p>	 <p>Thank You VETERANS</p>	<p>9:30 <span style="color: red;">RR</span> Bible Study            10:30 <span style="color: purple;">O</span> Shop Albertsons            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: red;">P</span> Patio Club            1:30 <span style="color: red;">RR</span> Word Game            2:30 <span style="color: red;">RR</span> Horse Racing            3:30 <span style="color: red;">RR</span> Happy Hour            6:00 <span style="color: brown;">L</span> BSU @ San Diego State</p>	<p>9:00 <span style="color: brown;">L</span> Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1            11:00 <span style="color: yellow;">DR</span> Exercise Class            3:00 <span style="color: red;">RR</span> Quarter Bingo</p>
<p>Daylight Saving Ends 3</p> <p>9:00 <span style="color: brown;">L</span> Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1            11:00 <span style="color: green;">IL</span> Catholic Service- IL            11:00 <span style="color: brown;">L</span> Exercise Tape            1:30 <span style="color: brown;">L</span> Color Art            2:30 <span style="color: brown;">L</span> Movie &amp; Popcorn            3:30 <span style="color: brown;">L</span> Scrabble</p>	<p>10:00 <span style="color: red;">RR</span> Do You Recall?            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: red;">RR</span> Pictionary Game            2:30 <span style="color: yellow;">DR</span> R &amp; R Inspiration            2:30 <span style="color: red;">RR</span> What's Cooking?            4:00 <span style="color: red;">RR</span> L-C-R Dice Game</p>	<p>Election Day 5</p> <p>10:00 <span style="color: red;">RR</span> Brainteaser            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: yellow;">DR</span> Gospel &amp; Accordion Music            2:30 <span style="color: red;">P</span> Jenga Game            3:30 <span style="color: red;">RR</span> Quarter Bingo</p>	<p>9:30 <span style="color: red;">RR</span> Chapel            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:30 <span style="color: red;">RR</span> Spill &amp; Spell ... Dice Game            1:30 <span style="color: yellow;">DR</span> VV Bridge Group ✓            2:30 <span style="color: red;">RR</span> Craft Class            4:00 <span style="color: red;">RR</span> Oh, Shoot! ... Dice Game</p>	<p>10:00 <span style="color: red;">RR</span> Table Talk Tidbits            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: purple;">O</span> Tour the Town 🚗            3:30 <span style="color: red;">RR</span> Quarter Bingo            4:30 <span style="color: brown;">L</span> Individual Mystery Puzzle            6:30 <span style="color: green;">IL</span> Gospel Singers- IL</p>	<p>9:30 <span style="color: red;">RR</span> Bible Study            10:30 <span style="color: purple;">O</span> Shop Albertsons            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: red;">P</span> Patio Club            1:30 <span style="color: red;">RR</span> Word Game            2:30 <span style="color: red;">RR</span> Horse Racing            3:30 <span style="color: red;">RR</span> Travelogue</p>	<p>BSU Game ... TBD 9</p> <p>9:00 <span style="color: brown;">L</span> Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1            11:00 <span style="color: yellow;">DR</span> Exercise Class            3:00 <span style="color: red;">RR</span> Quarter Bingo</p>
<p>9:00 <span style="color: brown;">L</span> Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1            11:00 <span style="color: green;">IL</span> Catholic Service- IL            11:00 <span style="color: brown;">L</span> Exercise Tape            1:30 <span style="color: brown;">L</span> Color Art            2:30 <span style="color: brown;">L</span> Movie &amp; Popcorn            3:30 <span style="color: brown;">L</span> Scrabble</p>	<p>Veterans Day 11</p> <p>10:00 <span style="color: red;">RR</span> Do You Recall?            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: green;">IL</span> Veterans Day Tribute            2:30 <span style="color: red;">RR</span> What's Cooking?            4:00 <span style="color: red;">RR</span> L-C-R Dice Game</p>	<p>10:00 <span style="color: red;">RR</span> Brainteaser            11:00 <span style="color: yellow;">DR</span> Exercise Class            12:45 <span style="color: green;">IL</span> Bookmobile- IL            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: red;">RR</span> Activity Planning Meeting            2:30 <span style="color: red;">P</span> Balloon Swat            3:30 <span style="color: red;">RR</span> Quarter Bingo</p>	<p>9:30 <span style="color: red;">RR</span> Chapel            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:30 <span style="color: red;">RR</span> Spill &amp; Spell ... Dice Game            1:30 <span style="color: yellow;">DR</span> VV Bridge Group ✓            3:00 <span style="color: red;">RR</span> Art 4 All ... painting class with Artist Mary Jussel            4:00 <span style="color: red;">RR</span> Oh, Shoot! ... Dice Game            5:00 <span style="color: green;">IL</span> Art Show &amp; Sale ... Meet the Artist</p>	<p>10:00 <span style="color: red;">RR</span> Table Talk Tidbits            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: purple;">O</span> Tour the Town 🚗            3:30 <span style="color: red;">RR</span> Quarter Bingo            4:30 <span style="color: brown;">L</span> Individual Mystery Puzzle            6:30 <span style="color: green;">IL</span> Sing-Along With Barb</p>	<p>9:30 <span style="color: red;">RR</span> Bible Study            10:30 <span style="color: purple;">O</span> Shop Albertsons            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: red;">P</span> Patio Club            1:30 <span style="color: red;">RR</span> Word Game            2:30 <span style="color: red;">RR</span> Horse Racing            3:30 <span style="color: red;">RR</span> Happy Hour</p>	<p>9:00 <span style="color: brown;">L</span> Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1            11:00 <span style="color: yellow;">DR</span> Exercise Class            3:00 <span style="color: red;">RR</span> Quarter Bingo            5:00 <span style="color: brown;">L</span> BSU vs San Jose State</p>
<p>9:00 <span style="color: brown;">L</span> Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1            9:30 <span style="color: red;">RR</span> Worship Service ... Life Church            11:00 <span style="color: green;">IL</span> Catholic Service- IL            11:00 <span style="color: brown;">L</span> Exercise Tape            1:30 <span style="color: brown;">L</span> Color Art            2:30 <span style="color: brown;">L</span> Movie &amp; Popcorn            3:30 <span style="color: brown;">L</span> Scrabble</p>	<p>10:00 <span style="color: red;">RR</span> Do You Recall?            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: red;">RR</span> Pictionary Game            2:00 <span style="color: green;">IL</span> Catholic Mass-IL            2:30 <span style="color: red;">RR</span> What's Cooking?            4:00 <span style="color: red;">RR</span> L-C-R Dice Game</p>	<p>10:00 <span style="color: red;">RR</span> Brainteaser            10:30 <span style="color: green;">IL</span> Veterans' Coffee Social-IL            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: red;">RR</span> Who, What, When            2:30 <span style="color: red;">P</span> Jenga Game            3:30 <span style="color: red;">RR</span> Quarter Bingo</p>	<p>9:30 <span style="color: red;">RR</span> Chapel            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:30 <span style="color: red;">RR</span> Spill &amp; Spell ... Dice Game            1:30 <span style="color: yellow;">DR</span> VV Bridge Group ✓            3:00 <span style="color: yellow;">DR</span> Community Meeting            3:30 <span style="color: yellow;">DR</span> Ice Cream Bars            4:00 <span style="color: red;">RR</span> Oh, Shoot! ... Dice Game</p>	<p>10:00 <span style="color: red;">RR</span> Table Talk Tidbits            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: purple;">O</span> Tour the Town 🚗            3:30 <span style="color: red;">RR</span> Quarter Bingo            4:30 <span style="color: brown;">L</span> Individual Mystery Puzzle            6:30 <span style="color: green;">IL</span> Sing-Along With Barb</p>	<p>9:30 <span style="color: red;">RR</span> Bible Study            10:30 <span style="color: purple;">O</span> Shop Albertsons            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: red;">P</span> Patio Club            1:30 <span style="color: red;">RR</span> Word Game            2:30 <span style="color: red;">RR</span> Horse Racing            3:30 <span style="color: red;">RR</span> Blackjack "21"</p>	<p>9:00 <span style="color: brown;">L</span> Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1            11:00 <span style="color: yellow;">DR</span> Exercise Class            3:00 <span style="color: red;">RR</span> Quarter Bingo            5:00 <span style="color: brown;">L</span> BSU @ Wyoming</p>
<p>9:00 <span style="color: brown;">L</span> Paper Puzzler ... complete over the weekend and submit to the front desk for a chance to win \$1            9:30 <span style="color: red;">RR</span> Worship Service ... Life Church            11:00 <span style="color: green;">IL</span> Catholic Service- IL            11:00 <span style="color: brown;">L</span> Exercise Tape            1:30 <span style="color: brown;">L</span> Color Art            2:30 <span style="color: brown;">L</span> Movie &amp; Popcorn            3:30 <span style="color: brown;">L</span> Scrabble</p>	<p>10:00 <span style="color: yellow;">DR</span> Do You Recall?            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: red;">RR</span> Pictionary Game            2:30 <span style="color: red;">RR</span> What's Cooking?            4:00 <span style="color: red;">RR</span> L-C-R Dice Game</p>	<p>10:00 <span style="color: red;">RR</span> Brainteaser            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: purple;">O</span> Chat Club            1:30 <span style="color: red;">RR</span> Food Committee Meeting            2:30 <span style="color: red;">P</span> Balloon Swat            3:30 <span style="color: red;">RR</span> Quarter Bingo</p>	<p>9:30 <span style="color: red;">RR</span> Chapel            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:30 <span style="color: purple;">O</span> Festival Of Trees - Please sign up!            1:30 <span style="color: red;">RR</span> Spill &amp; Spell ... Dice Game            1:30 <span style="color: yellow;">DR</span> VV Bridge Group ✓            2:30 <span style="color: red;">RR</span> Ceramic Class            4:00 <span style="color: red;">RR</span> Oh, Shoot! ... Dice Game</p>	 <p>HAPPY THANKS GIVING</p>	<p>9:30 <span style="color: red;">RR</span> Bible Study            10:00 <span style="color: brown;">L</span> BSU vs Oregon State            10:30 <span style="color: purple;">O</span> Shop Albertsons            11:00 <span style="color: yellow;">DR</span> Exercise Class            1:00 <span style="color: red;">P</span> Patio Club            1:30 <span style="color: red;">RR</span> Word Game            2:00 <span style="color: red;">RR</span> Horse Racing            3:00 <span style="color: yellow;">DR</span> Resident Birthday Bash ♥</p>	<p>9:00 <span style="color: brown;">L</span> Paper Puzzler-complete over the weekend and submit to the front desk for a chance to win \$1            11:00 <span style="color: yellow;">DR</span> Exercise Class            3:00 <span style="color: red;">RR</span> Quarter Bingo</p>



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.