

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

*A Tradition of  
Excellence in Boise*

Find us on 

## Garden Plaza of Valley View

### “Continuum of Care Campus”

Enjoy Independent Living, Assisted Living, Skilled Nursing and Rehabilitation at its best at Garden Plaza of Valley View, The Bridge at Valley View and Valley View Nursing and Rehabilitation. Our community encourages seniors to live their retirement years actively and independently. Retirement Living at Garden Plaza allows seniors to live carefree lifestyles—because we take care of the details! We are committed to creating a place you will love to call home!

### Management Team

Eddie Johnson ..... General Mgr  
Jaimie Cox ..... Business Office  
Jennifer Kavulich ..... Dining Svs  
Frank Dowd ..... Maintenance  
Sherrie Hix ..... Recreation  
Melanie Eames ..... Sales  
Pam Dillman ..... Sales



### Important Numbers

Front Desk ..... 208-322-0311  
Beauty Shop ..... 208-327-1178  
Business Office ..... 208-327-1023  
Dining Room ..... 208-327-1054  
Emergency ..... 911  
Physical Therapy ..... 208-854-8502  
Recreation ..... 208-327-1025

### Office Hours

Monday-Friday ..... 8 am - 4:30 pm  
Front Desk Available 24/7



### February Greetings

Hello, and welcome to February! Plenty of fun activities are planned this month, so hope you will join us! Remember: my door is always open for questions or ideas to share!

### A Focus on Friends

You can never have too many friends, but it’s impossible to meet everyone without a little help. Let’s nurture our community’s kindred spirit on Valentine’s Day! We’re summoning all residents—from those who are shy, to the brightest social butterfly—for our Friendship Party. Introduce yourself to your neighbors; nibble on some treats; play our get-to-know-you games and, above all, make new friends!

### 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.

### 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.

### The Power of Kindness




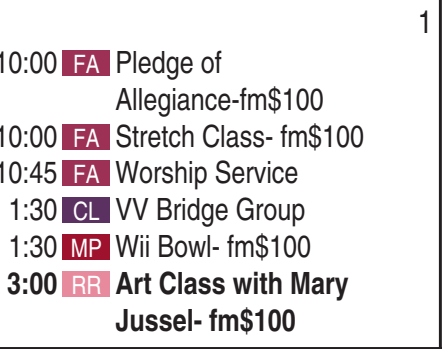
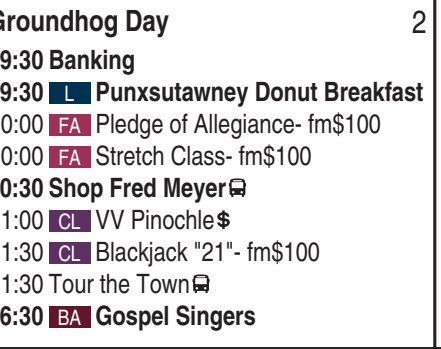
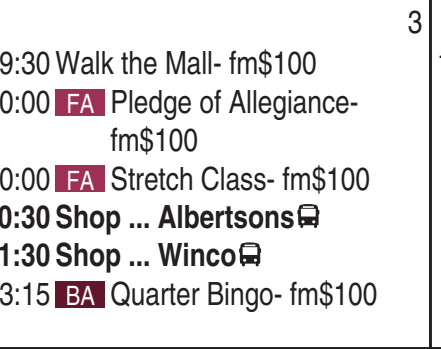
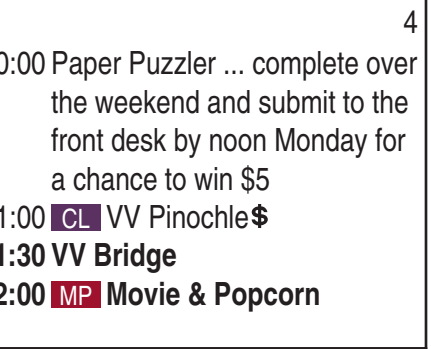




“Sometimes being kind allows others to see the goodness in humanity through you. Always be kinder than necessary.” — Germany Kent

### 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!

### Groundhog Day

Will Punxsutawney Phil see his shadow on Feb. 2? Will we have six more weeks of winter, or is spring right around the corner? We’ll have some groundhog-themed activities as we eagerly await Phil’s prediction, so check the calendar for all the details!

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|--|---|---|---|--|
|    |    |    |    |    |    |   |
| <p>5<br/>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5<br/>11:00 <b>FA</b> AC Bridge League<br/>11:00 <b>MP</b> Catholic Service<br/>2:00 <b>RR</b> Quiddler<br/>2:00 <b>RR</b> Scrabble Game</p>  | <p>6<br/>10:00 <b>FA</b> Pledge of Allegiance: fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>1:00 <b>CL</b> VV Bridge Group<br/>1:30 <b>RR</b> In the Mix ... Baking-fm\$100<br/>3:30 <b>CL</b> L-C-R Dice Game: fm\$100</p>   | <p>7<br/>10:00 <b>FA</b> Pledge of Allegiance-fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:30 <b>FA</b> Community Meeting: fm\$100<br/>11:00 <b>FA</b> AC Bridge League<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 <b>L</b> Target Toss-fm\$100<br/>3:15 <b>MP</b> Quarter Bingo-fm\$100</p>   | <p>8<br/>10:00 <b>FA</b> Pledge of Allegiance-fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:45 <b>FA</b> Worship Service<br/>1:30 <b>CL</b> VV Bridge Group<br/>1:30 <b>MP</b> Wii Bowl- fm\$100<br/>3:00 <b>RR</b> Ceramics- fm\$100<br/>5:00 <b>L</b> Meet &amp; Greet the Artist</p> | <p>9<br/>9:30 Banking<br/>10:00 <b>FA</b> Pledge of Allegiance- fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:30 Shop Fred Meyer<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 <b>CL</b> Blackjack "21"- fm\$100<br/>1:30 Tour the Town<br/>3:30 <b>BA</b> Happy Hour ... Music &amp; Cocktails</p> | <p>10<br/>9:30 Walk the Mall- fm\$100<br/>10:00 <b>FA</b> Pledge of Allegiance- fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:30 Shop ... Albertsons<br/>11:30 Lunch Bunch- Sockeye Grill ✓<br/>1:30 <b>MP</b> Book Club- fm\$100<br/>1:30 Shop ... Walmart<br/>3:15 <b>BA</b> Quarter Bingo- fm\$100</p> | <p>11<br/>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 VV Bridge<br/>2:00 <b>MP</b> Movie &amp; Popcorn</p> |
| <p>12<br/>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5<br/>11:00 <b>FA</b> AC Bridge League<br/>11:00 <b>MP</b> Catholic Service<br/>2:00 <b>RR</b> Quiddler<br/>2:00 <b>RR</b> Scrabble Game<br/>4:30 <b>FA</b> Super Bowl party ✓</p> | <p>13<br/>10:00 <b>FA</b> Pledge of Allegiance: fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>1:00 <b>CL</b> VV Bridge Group<br/>1:30 <b>RR</b> In the Mix ... Baking-fm\$100<br/>2:30 <b>BA</b> Understanding Great Music with Eric Collett ♪<br/>3:30 <b>CL</b> L-C-R Dice Game: fm\$100<br/>6:30 <b>BA</b> Idaho Bluegrass Band ♪</p> | <p>14<br/>Happy Valentine's Day<br/>10:00 <b>FA</b> Pledge of Allegiance-fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>11:00 <b>FA</b> AC Bridge League<br/>11:00 <b>RR</b> Activity Planning Meeting<br/>1:00 <b>MP</b> Bookmobile<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 <b>L</b> Target Toss-fm\$100<br/>3:30 <b>MP</b> Friendship Social</p> | <p>15<br/>10:00 <b>FA</b> Pledge of Allegiance-fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:45 <b>FA</b> Worship Service<br/>1:30 <b>CL</b> VV Bridge Group<br/>1:30 <b>MP</b> Wii Bowl- fm\$100<br/>3:15 <b>MP</b> Team Jeopardy- fm\$100</p>   | <p>16<br/>9:30 Banking<br/>10:00 <b>FA</b> Pledge of Allegiance- fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:30 Shop Fred Meyer<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 <b>CL</b> Blackjack "21"- fm\$100<br/>1:30 Tour the Town<br/>3:30 <b>BA</b> New Resident Meet &amp; Greet</p>       | <p>17<br/>9:30 Walk the Mall- fm\$100<br/>10:00 <b>FA</b> Pledge of Allegiance- fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:30 Shop ... Albertsons<br/>11:00 <b>MP</b> BVA Meeting<br/>1:30 Coffee Out!<br/>3:15 <b>BA</b> Quarter Bingo- fm\$100</p>   | <p>18<br/>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 VV Bridge<br/>2:00 <b>MP</b> Movie &amp; Popcorn</p> |
| <p>19<br/>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5<br/>11:00 <b>FA</b> AC Bridge League<br/>11:00 <b>MP</b> Catholic Service<br/>2:00 <b>RR</b> Quiddler<br/>2:00 <b>RR</b> Scrabble Game</p>                                       | <p>20<br/>Presidents Day<br/>10:00 <b>FA</b> Pledge of Allegiance: fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>1:00 <b>CL</b> VV Bridge Group<br/>1:30 <b>RR</b> In the Mix ... Baking-fm\$100<br/>2:00 <b>MP</b> Catholic Mass<br/>3:30 <b>CL</b> L-C-R Dice Game: fm\$100</p>  | <p>21<br/>Fat Tuesday<br/>10:00 <b>FA</b> Pledge of Allegiance-fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>11:00 <b>FA</b> AC Bridge League<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 <b>L</b> Target Toss-fm\$100<br/>3:30 <b>MP</b> Mardi Gras Party</p>  | <p>22<br/>10:00 <b>FA</b> Pledge of Allegiance-fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:45 <b>FA</b> Worship Service<br/>1:30 <b>CL</b> VV Bridge Group<br/>1:30 <b>MP</b> Wii Bowl- fm\$100<br/>3:15 <b>MP</b> Trivia Challenge- fm\$100</p>                                      | <p>23<br/>9:30 Banking<br/>10:00 <b>FA</b> Pledge of Allegiance- fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:30 Shop Fred Meyer<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 <b>CL</b> Blackjack "21"- fm\$100<br/>1:30 Tour the Town<br/>3:30 Happy Hour ... Music &amp; Cocktails</p>          | <p>24<br/>9:30 Walk the Mall- fm\$100<br/>10:00 <b>FA</b> Pledge of Allegiance- fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>10:30 Shop ... Albertsons<br/>1:30 <b>MP</b> Book Club- fm\$100<br/>1:30 Shop ... Thrift Store<br/>3:00 <b>BA</b> Resident Birthday Bash ♥</p>                                 | <p>25<br/>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 VV Bridge<br/>2:00 <b>MP</b> Movie &amp; Popcorn</p> |
| <p>26<br/>10:00 Paper Puzzler ... complete over the weekend and submit to the front desk by noon Monday for a chance to win \$5<br/>11:00 <b>FA</b> AC Bridge League<br/>11:00 <b>MP</b> Catholic Service<br/>2:00 <b>RR</b> Quiddler<br/>2:00 <b>RR</b> Scrabble Game</p>                                       | <p>27<br/>10:00 <b>FA</b> Pledge of Allegiance: fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>1:00 <b>CL</b> VV Bridge Group<br/>1:30 <b>RR</b> In the Mix ... Baking-fm\$100<br/>3:30 <b>CL</b> L-C-R Dice Game: fm\$100<br/>4:30 <b>MP</b> Ladies' Night ✓</p>   | <p>28<br/>10:00 <b>FA</b> Pledge of Allegiance-fm\$100<br/>10:00 <b>FA</b> Stretch Class- fm\$100<br/>11:00 <b>FA</b> AC Bridge League<br/>1:00 <b>CL</b> VV Pinochle\$<br/>1:30 <b>L</b> Target Toss-fm\$100<br/>3:15 <b>MP</b> Quarter Bingo-fm\$100</p>   |    |    |    |   |

## Groundhog Day History

On Groundhog Day, Feb. 2, the groundhog supposedly ends his hibernation and exits his burrow. Custom has it that if he sees his shadow, we will experience six more weeks of bad weather. If the day is cloudy, and he does not see his shadow, spring will soon arrive.

Though it may seem silly, this tradition has a long history. Early European Christians believed that, on Candlemas Day, the weather signified how much more winter they had left to experience.

Romans who picked up the belief apparently introduced it to the Teutons, or Germans, who added their own twist. Germans believed that if the sun appeared on Candlemas Day, an animal—the hedgehog—would cast a shadow, thus predicting six more weeks of bad weather.

When Germans began settling in Pennsylvania, they transferred their belief to the groundhog, which was common in the area and closely resembled the hedgehog. Today, Punxsutawney Phil, the famed groundhog of Punxsutawney, Pa., is considered the official arbiter of how much winter is still to come each year.



## 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

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming?

It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes.

The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner.

Exercise has been proven to reduce symptoms of depression. Bundle up for a walk, swim indoors, do yoga at home or head to the gym.

Make an effort to get exposure to sunlight. Place exercise equipment or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions sometimes purchase special lamps that mimic natural outdoor light.

Start a decluttering project, and clean out closets or purge old paper files. Take up a hobby like knitting, painting or blogging. Plan a movie night for yourself and some friends, and choose a laugh-out-loud comedy. Even just listening to upbeat music has been shown to make people feel happier.

If your sadness or lethargy won't go away or make it hard for you to function, check in with your health care provider.

