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Adult Day Care & Respite Care

Would you or a loved one enjoy a safe and nurturing environment to spend the day—or even longer? We can help! The Cottages offers the best in assisted living and memory care for seniors in a beautiful, home-like atmosphere. We provide:

- ◆ Home-cooked meals
- ◆ 24/7 supervision
- ◆ Friendly staff
- ◆ Stimulating activities
- ◆ Medication management
- ◆ Assistance with the activities of daily living

Contact
The Cottages Assisted Living at
(208) 475-1805

The Cottages
Assisted Living & Memory Care

We envision a community where people of all ages are treated right, by becoming the preferred employer, and provider of choice within the senior living experience

RESIDENT SPOTLIGHT

Helen Frasier, The Cottages at Lochsa Falls Part of The Cottages Family Since March 2024

Born March 1, 1923, in Montour, Idaho, Helen Frasier has lived a life full of adventure, resilience, and deep-rooted family values. At just three years old, she moved with her family to Indian Valley, Idaho, where she and her sister, Betty, rode their horse, Mouse, 2 miles to school from first through eighth grade. Since Indian Valley didn't yet have a high school, Helen moved to Weiser to live with a friend so she could graduate. She later completed 12th grade and proudly graduated in 1941.

In 1942, Helen married Yard O. Frazier, and together they built a beautiful life, raising six children, two daughters and four sons. She had a deep love for dancing and made sure to take her children out every weekend to the Indian Valley Town Hall, creating cherished memories on the dance floor.

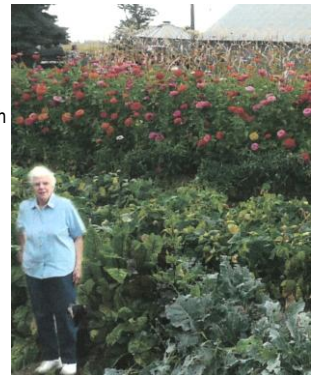
In 1965, Helen and her family moved to Meridian, Idaho, settling on a flatland farm at Cherry Lane and Meadowhill Road. The Frasier family resided on their cattle ranch for 44 years, where Helen's love for the land blossomed. She took great pride in her farm of flowers and vegetables, selling her fresh produce and blooms to the local community. Helen also cultivated corn on her farm, which she sold to the Green Giant Company, contributing to one of the most well-known brands in agriculture. A woman of strength and heart, Helen poured herself into both her family and her passions.

Helen's legacy extends through 16 grandchildren, 9 great-grandchildren, and soon, a great-great-grandchild arriving in April.

In April 2024, Helen moved to The Cottages at Lochsa Falls, where she continues to share her warmth, wisdom, and love for life.

Her story is one of perseverance, joy, and devotion to her family, her farm, and the simple pleasures that made her life so rich.

Helen will be proudly celebrating her 102nd Birthday on March 1st. We are honored to have her as part of our Cottages family!



HAPPY BIRTHDAY

Faces of our Cottages Residents



Alpine Meadows



Boise



Columbia Village



Emmett



Lochsa Falls



Meridian



Middleton



Mt Home



Payette



Weiser

Faces of our Cottages Staff

Everyday Hero Award

Everyday Heroes create a lasting and positive change through simple acts of kindness, courage, and love. Two of our core values at The Cottages are Teamwork and Accountability, and we celebrate those who embody these core values.

This month's hero is Tina from The Cottages at Lochsa Falls. Tina is the kind of person every team hopes to have, someone who doesn't just show up for the job but pours her heart into it. She has a way of making everyone around her feel supported, whether it's her coworkers, the residents, or even other locations in need of help.



Tina consistently goes above and beyond often volunteering her own time to ensure our residents get to experience special moments, whether it's during big group activities or seasonal celebrations. This past holiday season, she stepped up in ways that truly showcased her generosity. She volunteered at the Columbia Village location for their Annual Christmas Dinner, bringing joy to residents, family, and helping where she could. On top of that, she covered part of a shift at the Alpine Meadows location so the staff there could take part in their Christmas party. It's not just during the holidays that Tina shines. She is always the first to lend a hand, the first to offer to help, and the first to make sure no one is left out. Tina is the kind of person who makes The Cottages at Lochsa Falls feel like home, for residents and staff alike. Her dedication, selflessness, and kindness are felt in every interaction, and we are beyond lucky to have her. She is, without a doubt, an Everyday Hero.



The Cottages February Photo Contest

Each month, we pick a subject to photograph for our Cottages Monthly Photo Contest. The theme for January was **Cupid on a Mission**. To find the perfect photo, the residents must be creative. They go on weekly bus rides to fun places all over the valley, go on walks around the neighborhood, and even at times a golf cart ride. The location with the most "likes" this month is **The Cottages of Meridian!** Congratulations!

Please see our Facebook page for all our contest submissions and pictures of other activities.

*****Theme for February: Green*****

Facebook.com/TheCottages#!

Celebrate our February Staff Anniversaries

Happy Anniversary to our staff members who celebrated their Cottages anniversary in the month of February. We appreciate the hard work and loving care you give, and the atmosphere of safety and care you create for our residents. You impact the lives of our residents and their families every day, and our residents have a better quality of life because of you. We hope you share many more years with us.

- 14 years - Carlos C. Cottages Home Office
- 9 years - Jessica V. Cottages of Middleton
- 4 years - Jennifer W. Cottages of Emmett
- *3 years - Tawni O. Cottages of Mt Home
- 2 years - Eric B. Cottages of Middleton
- 2 years - Tina R. Cottages at Payette
- *1 year - Koda B. Cottages of Meridian
- *1 year - Steffani P. Cottages at Lochsa Falls
- *1 year - Kylie G. Cottages of Middleton
- *1 year - Lori C. Cottages of Weiser
- *1 year - Genevieve M. Cottages at Lochsa Falls
- *1 year - Stephanie B. Cottages of Weiser
- *1 year - Krystal B. Cottages of Boise
- *1 year - Lucely P. Cottages at Lochsa Falls
- *1 year - Aysiah F. Cottages of Boise
- *1 year - Adriana A. Cottages at Lochsa Falls

*Benchmark Anniversaries



3 Years – Tawni O. Caregiver, Cottages of Mt Home



1 Year – Koda B. Caregiver, Cottages of Meridian



1 Year – Steffani P. Caregiver, Cottages at Lochsa Falls



1 Years – Kylie G. Caregiver, Cottages of



1 Years – Lori C. Caregiver, Cottages of Weiser



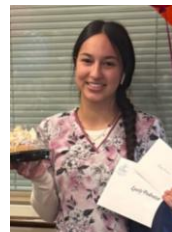
1 Years–Genevieve M. Caregiver, Cottages at Lochsa Falls



1 Years–Stephanie B Caregiver, Cottages of Weiser



1 Year – Krystal B. Caregiver Cottages of Boise



1 Years – Lucely P. Caregiver, Cottages of Lochsa Falls



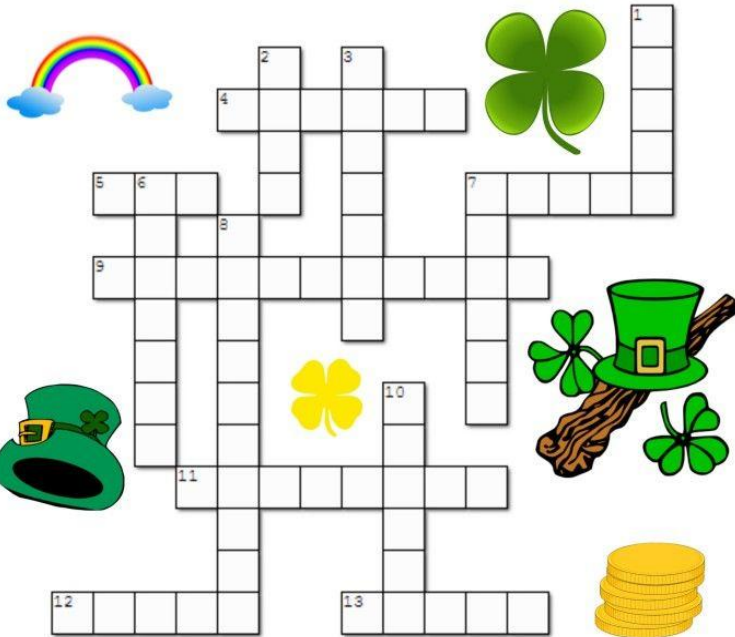
1 Year – Aysiah F. Caregiver Cottages of Boise



1 Years – Adriana A. QLC, Cottages at Lochsa Falls



ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

Contact The Cottages
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 Jamie Wilson

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 President

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 Nicole Ellis
 Jeanne McCrary

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 Operations Manager
 Director of Fun

Locations:

Alpine Meadows	208.888.0090
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Emmett	208.365.9490
Lochsa Falls	208.229.9330
Meridian	208.288.2220
Middleton	208.585.5959
Mt. Home	208.580.1121
Payette	208.642.6199
Weiser	208.414.4200

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For newsletter puzzle answers or comments, please contact
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