

December 2023



The
Cottages
Assisted Living & Memory Care

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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



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

Meet Mary Lou Isbell, The Cottages of Boise Part of The Cottages Family Since February of 2015

Mary Lou Isbell was born in December of 1948, the second of three children. By the time she was 14 years old, her family grew to 6 siblings and step siblings. Her childhood years were spent on small farms in north-central Wyoming and south-central Montana near the towns of Powell, WY and Belfry, MT. One of those spots was in an area called Badger Basin, where her grandmother, Emma, ran the general store. She helped raise her younger siblings on the family farms and remains very close to her younger brothers, Roger, Mark and Eugene.

Mary Lou attended schools near her homes including the Pioneer School at Clark, WY and schools at Belfry, MT. She graduated from Belfry (Go Bats!) in 1967 where she ranked 4th among her class of 15 seniors. She marched in the marching band, playing saxophone, and was on the school yearbook staff. After graduating, she attended Northwest Community College in Powell, WY.

1968 saw the birth of her only child, Theodore (Ted) Lawrence Isbell. She married Ted's father, Randall James Isbell, in 1969 at St. Anthony's, Idaho (her first trip to the state) and the young family started their lives together in Worland, WY where Randy's family resided. Randy joined the United States Navy shortly afterward and the family moved to Fresno, California. Mary Lou and Ted later relocated back to Wyoming and settled in Casper with Randy following his service with the Navy.

The family lived there for a brief time before breaking up when Mary Lou and Ted moved to Billings, MT, where Mary Lou began her 31-year career with the telephone company, first as Mountain States Telephone and Telegraph, then Mountain Bell and Qwest Communications before ending as CenturyLink, which remains today. She initially worked as a telephone operator, connecting callers, then as a frame technician, making service connections for phone lines, then finally as a clerk, where she created and coordinated assignments for field technicians to connect landlines. She retired in 2002 to spend more time with her family and friends.

In 1991, Mary Lou followed a job opportunity to Boise, Idaho where she was soon, joined by son Ted, and, in 1993, his wife Giselle. Mary Lou then became involved in one of her greatest joys in Boise – her two grandchildren, Nathaniel and Dylan. She will happily tell you about them if you ask her. She attended many soccer games, birthday parties, and Sunday family dinners.

Before and after retirement, Mary Lou enjoyed baking, sewing and quilting, scenic drives, dancing, music, and shopping. Cars and shoes were her favorite purchases, though jewelry and clothing ran close behind. She loved her friends and pets, who provided companionship, as well as traveling back home to visit family.

Mary Lou moved into the Cottages of Boise in 2015 and enjoys the staff, visitors, and residents tremendously. She is thankful for their thoughts and kind words.



Faces of our Cottages Residents



The Cottages of Boise's Harvest Party brought out Families and Friends



Residents at Columbia Village enjoy crafts and conversation



Fly swatter, balloon toss at Lochsa Falls



Fly swatter, balloon toss at Lochsa Falls



Celebrating Barbara in Weiser



A little bit of silliness in Mt Home



White Oak Hospice brought the miniature ponies to Emmett



Middleton Price is Right Winners



Payette residents enjoy a fun Fall craft

Celebrate The Cottages Employees



Everyday Heroes create a lasting and positive change through simple acts of kindness, courage, and love. One of our core values at The Cottages is Teamwork, and we celebrate those who embody this core value.

This month we would like to recognize and thank Mike Davis, who is one of our maintenance men. Mike had been in Emmett fixing things and painting-he was getting ready to leave when he saw Katy outside looking at the flat tire on her car. He immediately started throwing out possible solutions and offering to change the tire. He found a jack and not only put on the little donut tire, but rotated the front tires to the back so it was safer to drive. This was so appreciated by Katy. Thank you, Mike, for seeing the issue and acting quickly. Thank you for exemplifying our mission statement, We Treat People Right! Thank you for being our Everyday Hero.



The Cottages November Photo Contest

Each month, we pick a subject to photograph for our Cottages Monthly Photo Contest. The theme for November was **Thanksgiving Traditions**. To find the perfect photo, the residents must be creative. They go on walks, golf cart rides, weekly bus rides, activities and sometimes look within their homes for just the right photo. The location with the most "likes" this month is **The Cottages of Payette!!**

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

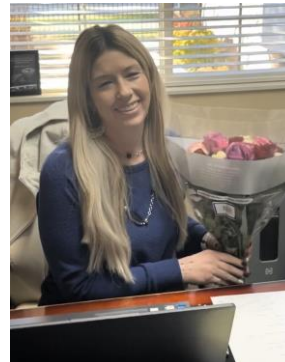
Theme for December – Holiday Movie

We Celebrate our November Staff Anniversaries

Happy Anniversary to our staff who celebrated their Cottages anniversary in the month of November. We appreciate the hard work and loving care you give to our residents. We hope you share many more years with us.

6 years	- Jennifer M.	Cottages at Columbia Village
2 years	- Adriana A.	Cottages at Lochsa Falls
2 years	- Karlie V.	Cottages of Meridian
2 years	- Victoria V.	Cottages of Payette
2 years	- Mindy M.	Cottages Home Office
*1 year	- Kristin B.	Cottages of Boise
*1 year	- Alexis K.	Cottages of Middleton

***Benchmark Anniversaries**



**1 Year – Kristin B.
Administrator
The Cottages of Boise**



**1 Year – Alexis K.
Caregiver
The Cottages of Middleton**



**Veteran's Day Celebration at
The Cottages at Lochsa Falls**

The Cottages Family Christmas Dinner Schedule

December:

5 – Cottages of Weiser	14 – Cottages of Meridian
6 – Cottages of Payette	18 – Cottages of Boise
7 – Cottages of Emmett	19 – Cottages at Columbia Village
12 – Cottages of Middleton	20 – Cottages of Mt Home
13 – Cottages at Lochsa Falls	

*All parties will start at 5pm.
Please make sure to R.S.V.P.*