



ALTA RIDGE

COMMUNITIES

1360 E 9400 S • Sandy, UT 84093 • (801) 571-1010

Resident of the Month

Margrett was born July 9, 1914, in Murray, UT. She went to Murray High School. She met Ernie at a dance and married 1½ years later, the day before Thanksgiving. They had three beautiful children, two grandchildren, one great-grandchild and two great-great-grandchildren. She is so proud of the five generations. Margrett worked in the nursery at Cottonwood Maternity Home. She loved to embroider and work in her yard. Her goal is to live to be 100 years old. We are so thankful to have Margrett as part of our family here at Alta Ridge. —Love Ya, Margrett!!



Administrator ... Debra Finnegan

Assistant Administrator Paula Heugly
 RN—Care Coordinator Christy Tetzlaff
 Community Manager Cindy Beiser
 Marketing Director Jason Mendenhall
 Activities Director Anita Jacobson
 Dietary Manager MI Young Verharst
 Lead C.N.A. Maria Alcantra
 Maintenance Supervisor Dan Anderson
 Housekeeping Supervisor Maria Torres

August 2011



EMPLOYEE OF THE MONTH

Paula was born on Jan. 9. She grew up in Murray, Utah, and attended Hillcrest High. She has been married to the love of her life Brian for 24 years. She has three amazing sons and much to her delight she is a hot grandma to a bouncing baby boy, Brian Jack. Her family and animals are her full-time hobbies. During her favorite season, which is summer, she loves camping, fishing, and traveling with her family. She also loves music and dancing. Her goal in life is to enhance the lives of others, which she does daily here at Alta Ridge. Paula loves working at Alta Ridge! Thanks for all you do. **We love your sweet, energetic and positive attitude.**



Thanks for all you do, Paula!!

Sweet Summer

Savor the season. Summer's in full swing!



Soaring Thoughts

The history teacher
talked on and on,
It was discussion day.
And though I seemed
quite interested, My
thoughts were far away.
They flew to the tops of
the trees And whispered
gaily with the breeze.

They wandered o'er
the mountain tops.

And then into the
clothing shops.

They floated on the
peaceful clouds And
mingled with the noisy
crowds; I felt so gay I
wanted to sing,



Because I knew at last
'twas spring. The teacher
again called my name,
And I was filled with
burning shame; But after
she had passed me by

My thoughts soared
again into the sky.

By: Lillian Hadlock



Sunday	Monday	Tuesday
	1 9:30 Price Is Right!! 10:00 Scenic Drive With Rob 11:00 Let's Get Movin' 12:00 Lunch 2:00 Manicures and Movie 3:00 Summer Social 3:30 Bingo 5:00 Dinner	2 9:15 Room Visits 10:00 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Games 3:00 Snacks/Donuts 3:30 Bingo 5:00 Dinner
7 Happy Birthday Bunny 10:30 LDS Church Services 11:00 Hymn Sing-along 12:00 Lunch 3:00 Snacks 3:30 Bingo 5:00 Dinner	8 Friendship Day 9:30 Price Is Right!! 10:00 Scenic Drive With Rob 12:00 Lunch 1:30 Manicures & Movies 3:00 Snacks/Share a Friendship Memory 3:30 Bingo 5:00 Dinner	9 9:15 Room Visits 10:00 Let's Get Movin' 11:00 Hang Man 12:00 Lunch 2:00 Games 3:00 Snacks/ Donuts 3:30 Bingo 5:00 Dinner
14 10:30 LDS Church Services 11:00 Hymn Sing Along 12:00 Lunch 3:00 Water Melon Social 3:30 Bingo 5:00 Dinner	15 Happy Birthday Mi 9:30 Price Is Right 10:00 Scenic Drive With Rob 12:00 Lunch 1:30 Manicures and Movies 2:30 Root Beer Floats 3:30 Bingo 5:00 Dinner	16 9:15 Room Visits 10:00 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Games 3:00 Snacks/ Donuts 3:30 Bingo 5:00 Dinner
21 Happy Birthday Giovanna 10:30 LDS Church Services 12:00 Lunch 3:00 Sunday Afternoon Social 3:30 Bingo 5:00 Dinner	22 9:30 Price Is Right 10:00 Exercise Class 10:30 Manicures & Movies 12:00 Lunch 2:00 What's Cookin' 3:00 Root Bear Floats/Reminiscing 3:30 Bingo 5:00 Dinner	23 9:15 Room Visits 10:00 Let's Get Movin' 11:00 Hang Man 12:00 Lunch 2:00 Games 3:00 Snacks/ Donuts 3:30 Bingo 5:00 Dinner
28 10:30 LDS Church Services 11:00 Hymn Sing Along 12:00 Lunch 3:00 Sunday Afternoon Social 3:30 Bingo 5:00 Dinner	29 9:30 Price Is Right 10:00 Scenic Ride With Rob 12:00 Lunch 2:00 Manicures and Movie 3:00 Root Beer Floats 3:30 Bingo 5:00 Dinner	30 9:15 Room Visits 10:00 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Bowling 3:00 Donut Social 3:30 Bingo 5:00 Dinner

Wednesday	Thursday	Friday	Saturday
<p>Patricia Stewart's Birthday Carah Yuen's Birthday</p> <p>9:30 Price Is Right! 10:00 Relief Society 10:45 Resident Council 12:00 Lunch 2:00 Games 2:30 Fresh Fruit Social 3:30 Bingo 5:00 Dinner</p>	<p>Wellness Clinic Beauty Shop Open</p> <p>9:30 Price Is Right 10:30 Parachute Games 12:00 Lunch 2:00 Scrapbookin' 3:00 Nacho Social 3:30 Bingo 5:00 Dinner</p>	<p>Beauty Shop Open</p> <p>9:15 Room Visits 10:30 Let's Get Movin' 12:00 Lunch 1:30 Scenic Ride With Rob 2:30 Pet Therapy 3:00 Ice Cream Social 3:30 Bingo 5:00 Dinner</p>	<p>9:30 Gussy Up 10:00 Exercise Class 10:30 Manicures & A Movie 12:00 Lunch 2:00 Craft Corner 3:00 Reminiscing /Cookie Social 3:30 Bingo 5:00 Dinner</p>
<p>9:30 Price Is Right 10:00 Relief Society 11:00 Let's Get Movin' 12:00 Lunch 2:00 Games 3:00 Fresh Fruit Social 3:30 Bingo 5:00 Dinner</p>	<p>Happy Birthday Rosalie Beauty Shop</p> <p>9:30 Price Is Right! 10:30 Exercise Class 11:00 Trivia 12:00 Lunch 2:00 Resident Birthday Party 3:30 Bingo 5:00 Dinner</p>	<p>Beauty Shop Open</p> <p>9:15 Room Visits 10:30 Let's Get Movin' 12:00 Lunch' 1:30 Scenic Ride with Rob 2:30 Pet Therapy with Cari 3:00 Ice cream Social 3:30 Bingo 5:00 Dinner</p>	<p>Full Moon</p> <p>9:30 Gussy Up 10:00 Exercise Class 10:30 Manicures & A Movie 12:00 Lunch 2:00 Craft Corner 3:00 Reminiscing/Cookie Social 3:30 Bingo 5:00 Dinner</p>
<p>9:30 Price Is Right 10:00 Relief Society 11:00 Let's Get Movin' 12:00 Lunch 2:00 Games 3:00 Fresh Fruit Social 3:30 Bingo 5:00 Dinner</p>	<p>Beauty Shop Open</p> <p>9:30 Price Is Right 10:30 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Scrapbookin' 3:00 Nacho Social 3:30 Bingo 5:00 Dinner</p>	<p>Beauty Shop Open</p> <p>9:15 Room Visits 10:30 Let's Get Movin' 12:00 Lunch 2:30 Pet Therapy With Cari 3:00 Ice Cream Cone Social 3:30 Bingo 5:00 Dinner</p>	<p>Happy Birthday Holly Coles</p> <p>9:30 Gussy Up 10:00 Exercises 10:30 Manicures and Movie 12:00 Lunch 2:00 Arts and Crafts 3:00 Birthday Party 3:30 Bingo 5:00 Dinner</p>
<p>9:30 Price Is Right 10:00 Relief Society 11:00 Let's Get Movin' 12:00 Lunch 2:00 Trivia 3:00 Fresh Fruit Social 3:30 Bingo 5:00 Dinner</p>	<p>Podiatrist Beauty Shop Open</p> <p>9:30 Price Is Right 10:30 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Scrapbookin' 3:00 Chip and Dip Social 3:30 Bingo 5:00 Dinner</p>	<p>Beauty Shop Open</p> <p>9:15 Room Visits 10:30 Let's Get Movin' 11:00 Dice or Card Games 12:00 Lunch 2:00 Wii Bowling 3:00 Water Melon Eating Contest 3:30 Bingo 5:00 Dinner</p>	<p>Wear a Hat Day</p> <p>9:30 Gussy Up 10:00 Exercise Class 10:30 Manicures & A Movie 12:00 Lunch 2:00 Craft Corner (Hat Day) 3:00 Reminiscing/Cookie Social 3:30 Bingo 5:00 Dinner</p>
<p>9:30 Price Is Right 10:00 Relief Society 11:00 Let's Get Movin' 12:00 Lunch 2:00 Games 3:00 Fresh Fruit Social 3:30 Bingo 5:00 Lunch</p>	<p><i>Why Shouldn't You Tell secrets on the Farm? Because the Corn Has Ears, the Potatoes Have Eyes And the Beanstalk.</i></p>	<p>August</p> 	<p>Celebrate Summer!</p> 

August 2011

Millcreek Home Health and Hospice

Our mission/vision at Millcreek Home Health and Hospice is simple: Provide each and every one of our patients with the highest quality of comprehensive care available. We believe that 'care' is more than simply a job description—it is the guiding principle behind everything we do. Our skilled team of medical professionals works together and provides coordinated care to all of our patients. Millcreek Home Health and Hospice aims to exceed expectations by offering a broad range of home health and hospice care services, not simply limited to physical care. Millcreek Home Health and Hospice focuses on all aspects of a patient's condition, including the emotional, psychological, social and cognitive dimensions. We understand that every patient is unique, and each treatment plan must be uniquely tailored to meet each individual's needs. We are committed to providing the highest quality of comprehensive care to each of our patients, as well as focusing on preventive measures to ensure optimal clinical outcomes and patient satisfaction. Our team will communicate with family members, liaison with physicians to coordinate care, and advocate for our patients at all times. At Millcreek Home Health and Hospice, that is our mission. Care is our vision. There is no cost to you when using Millcreek Home Health and Hospice because all Hospice services are covered 100% by Medicare, Medicaid and most insurance plans. Contact: Angel Sullivan, Registered Nurse (RN, BSN), Certified Hospice and Palliative Nurse (CHPN), Certified Lymphedema Therapist (CLT) Heather Bittinger, Millcreek Home Health and Hospice Licensed Certified Social Worker (801) 463-2478.

Veterans' Benefits Seminar



Please join us here at Alta Ridge for a veteran's benefits seminar!

Thursday, Aug. 18, at 7 p.m.

This seminar will be conducted by Amerivets, a group of attorneys that specialize in veteran affairs.

Refreshments will be served.

This events is open to the public. Amerivets and Alta Ridge look forward to discussing veterans' benefits and answering any questions you may have.

See you there!