



# ALTA RIDGE

## COMMUNITIES

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



### **Elaine Labrum McDonald**

Elaine Labrum McDonald was born on April 17, 1920, in Murray, Utah, to George F. Labrum and Kathleen Clayton. She was the only daughter, but had three brothers—Miles, Richard (Dick) and Dale.

Elaine attended Woodstock Grade School. She rode to school with her brother, Miles, in a covered wagon. She also attended Irving Jr. High and Granite High School, graduating in 1938. She met and married Ralph C. McDonald, who had been a basketball star at Granite High School. They married on Aug. 28, 1941, in the Salt Lake Temple. She was 21 years old and Ralph was 27.

Ralph and Elaine had five children—Richard (Dick), Kathleen, Robert, Monte and Brett. When Dick was 3 months old, Ralph was drafted into the Army during World War II. She lived with her parents during the war. Upon his return, Ralph built a small cinder block home next to Elaine's parents where she lived until a larger orange brick home was built in front of the property.

### February 2012

Elaine has always been active in the Church of Jesus Christ of Latter-day Saints. She has served in the primary, Sunday school and Relief society. Her favorite service was being involved in preparing food for her family, friends and ward social events. She especially enjoyed making rolls and being in charge of ward dinners. Elaine has always loved flowers, especially roses. Elaine misses being in her own home; however, she is happy to now live across the hall from a childhood friend—Della Gillen. They are good company for each other. She has adjusted extremely well to her new home at Alta Ridge, where her son, "Rob," works each day of the week. Rob is able to see her every day and spend a little extra time with her as part of his many duties there.

Elaine is grateful for good health, but wishes she could hear and see well. She thanks all who help her each day at the center.





Attention, all sweethearts! Don't forget to save the date on **Feb. 8, 2012, from 6 to 8 p.m.** for our **Valentine's Dance** here at Alta Ridge Assisted Living! It will be '50s themed, so be sure to dress the part! I better see slicked back hair, poodle skirts, saddle oxfords and bobby sox!! It's just what we need to welcome Valentine's Day 2012!



"For you see, each day I love you more today more than yesterday and less than tomorrow."  
—Rosemonde Gerard



Don't forget about **Super Bowl XLVI**  
Feb. 5, 2012!

**A True Champion**  
Commemorate Susan B. Anthony Day on Feb. 15.

Sunday	Monday	Tuesday
	{February} <b>American Heart</b> month www.Heart.org	
<b>5</b>	<b>6</b>	<b>7</b>
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing-Along 12:00 Lunch 2:00 Visiting 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	9:30 The Price Is Right 10:30 Scenic Drive W/ Rob 12:00 Lunch 2:00 Video - "Planet Earth" 3:00 Snacks and Bible Study 3:30 Bingo 5:00 Dinner	9:30 Gussy Up 10:30 Craft - Valentine's Day 12:00 Lunch 1:30 Shopping With Bob 3:00 Snacks 3:30 Bingo 5:00 Dinner 5:30 Talent Show
<b>12</b>	<b>13</b>	<b>14</b>
9:30 Gussy Up 10:00 LDS Church Services 11:00 Hymn Sing-Along 12:00 Lunch 2:00 Visiting 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	9:30 The Price Is Right 10:30 Scenic Drive W/ Rob 12:00 Lunch 2:00 Crafts - Valentine's Day 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:30 Gussy Up 10:30 Let's Get Movin' 12:00 Lunch 1:30 Manicures 3:00 Snacks 3:30 Bingo 5:00 Dinner
<b>19</b>	<b>20</b>	<b>21</b>
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing-Along 12:00 Lunch 2:00 Visiting 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	<b>Presidents' Day</b> 9:30 The Price Is Right 10:30 Scenic Drive W/ Rob 11:00 Utah Opera Singers 12:00 Lunch 2:00 Video - "Planet Earth" 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:30 Gussy Up 10:30 Let's Get Movin' 11:00 Bowling 12:00 Lunch 1:30 Shopping With Bob 3:00 Snacks 3:30 Bingo 5:00 Dinner
<b>26</b>	<b>27</b>	<b>28</b>
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing-Along 12:00 Lunch 2:00 Visiting 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	9:30 The Price Is Right 10:30 Scenic Drive W/ Rob 12:00 Lunch 2:00 Sing-A-Long 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:30 Gussy Up 10:30 Let's Get Movin' 12:00 Lunch 1:30 Ice Cream Social and Music 3:00 Snacks 3:30 Bingo 5:00 Dinner

<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p style="text-align: right; margin: 0;"><b>1</b></p> <p>9:30 Gussy Up 10:00 Relief Society 11:00 Video - "Planet Earth" 12:00 Lunch 1:00 Manicures 2:00 Spending Bingo Bucks 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>2</b></p> <p><b>Wellness Clinic &amp; Beauty Shop</b></p> <p>9:30 Gussy Up 10:00 Movie &amp; Popcorn 12:00 Lunch 2:00 Let's Get Crafty 3:00 Snacks 3:30 Bingo 5:00 Dinner 6:30 Heart and Soul</p>	<p style="text-align: right; margin: 0;"><b>3</b></p> <p><b>Beauty Shop</b></p> <p>9:30 Gussy Up 10:00 Movie and Popcorn 12:00 Lunch 1:30 Scenic Drive W/ Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>4</b></p> <p>9:30 Gussy Up 10:00 Armchair Exercises With Adriana 11:00 Current Events 12:00 Lunch 2:00 Arts and Crafts 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>
<p style="text-align: right; margin: 0;"><b>8</b></p> <p>9:30 Gussy Up 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 1:00 Henry Chanrda - Piano 3:00 Snacks 3:30 Bingo 5:00 Dinner <b>Valentine's Dance</b> <b>6:00-8:00</b></p>	<p style="text-align: right; margin: 0;"><b>9</b></p> <p><b>Beauty Shop</b></p> <p>9:30 Gussy Up 10:00 Hand Massages 12:00 Lunch 2:00 Cooking Class-Ice Cream 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>10</b></p> <p><b>Beauty Shop</b></p> <p>9:30 Gussy Up 10:45 Dance With Becky 11:30 Video 12:00 Lunch 1:30 Scenic Drive W/ Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>11</b></p> <p>9:30 Gussy Up 10:00 Armchair Exercises With Adriana 11:00 Wii Sports 12:00 Lunch 2:00 <b>RESIDENT COUNCIL</b> 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>
<p style="text-align: right; margin: 0;"><b>15</b></p> <p>9:30 Gussy Up 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 1:30 Decorating 2:00 <b>BirthDay Bash</b> 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>16</b></p> <p><b>Beauty Shop</b></p> <p>9:30 Gussy Up 10:00 Hand Massages 12:00 Lunch 1:30 Shopping With Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>17</b></p> <p><b>Beauty Shop</b></p> <p>9:15 Room Visits 10:00 Manicures 11:00 Morning Stretch 12:00 Lunch 1:30 Scenic Drive W/ Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>18</b></p> <p>9:30 Gussy Up 10:00 Armchair Exercise With Ariana 11:00 Current Events 12:00 Lunch 2:00 Arts and Crafts 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>
<p style="text-align: right; margin: 0;"><b>22</b></p> <p>9:30 Gussy Up 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 1:00 Movie and Popcorn 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>23</b></p> <p><b>Beauty Shop</b></p> <p>9:30 Gussy Up 10:00 Movie &amp; Popcorn 12:00 Lunch 2:00 Craft 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>24</b></p> <p><b>Beauty Shop</b></p> <p>9:30 Gussy Up 10:45 Dance With Becky 11:30 Video 12:00 Lunch 1:30 Scenic Drive W/ Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right; margin: 0;"><b>25</b></p> <p>9:30 Gussy Up 10:00 Armchair Exercises With Adriana 11:00 Wii Sports 12:00 Lunch 2:00 Alta Ridge Has Talent 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>
<p style="text-align: right; margin: 0;"><b>29</b></p> <p>9:30 Gussy Up 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 1:00 Manicures 2:00 Spending Bingo Bucks 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>			

# February 2012

## VETERANS BENEFITS



Is your loved one a veteran or a spouse of a veteran? They may qualify for benefits. Amerivets will be attending our Valentine's party on Feb. 8 to answer any questions you may have. New aid and attendance pension benefits have been put in place for 2012. Please take a minute to visit with Amerivets to ensure that your loved one is receiving the benefits they greatly deserve.

## Employee Spotlight



Everyone at Alta Ridge is proud to announce **Armando Quiroz** as our Employee of the Month. Armando prepares many of the great meals we enjoy here at Alta Ridge and his passion as a chef reflects his great personality. Armando met his wife while he was attending culinary school in Florence, Italy. Together, they have two children, Ali and Laila (with another on the way, a girl). Armando's true passion is culinary arts. In his free time, Armando loves cooking for his friends and family. He also enjoys to run, fish and hike. We are so happy to have Armando as part of our team at Alta Ridge. Thanks for all you do!