



# ALTA RIDGE COMMUNITIES

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

March 2011

## Resident of the Month




### Betty Thomas

Betty was born Nov 17, 1922. She has been with our Alta Ridge family for over a year. She loves people especially babies. She has a great sense of humor and loves to joke with everyone.

Some of Betty's favorite hobbies and talents are singing and decorating. She loved moving furniture and loved making her rooms look beautiful. Betty's pride and joy is her son Dave, who lives in Arizona.

Betty is a very sweet, kind hearted person. She always looks her best and keeps everyone smiling. We love you very much.

### Administrator ..... Debra Finnegan

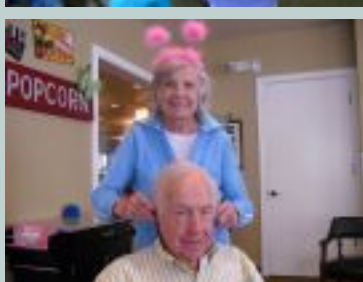
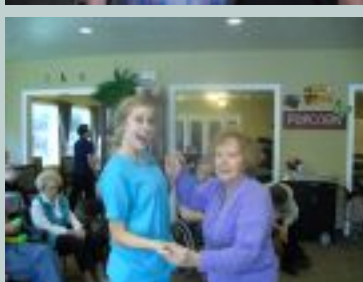
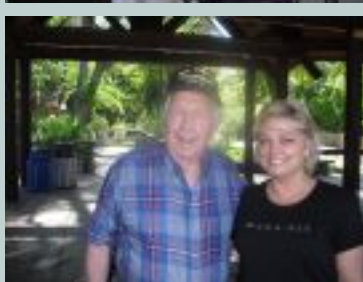
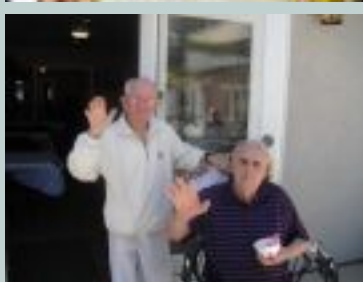
Community Manager ..... Jamie Culbertson  
 R.N.—Care Coordinator ..... Lynda Davies  
 Lead C.N.A. AM ..... Mimi Ponce  
 Lead C.N.A. PM ..... Maria Alcantar  
 Activities Director ..... Kristen DeVore  
 Dietary Manager ..... MI Young Verharst  
 Housekeeping Supervisor ..... Maria Torres  
 Maintenance Supervisor ..... Dan Anderson  
 Transportation ..... Rob McDonald



### Holiday ABCs for March

G is for spring's Growth of grass.  
 R is for nature's Renewal  
 E is for the End of winter  
 E is also for Evenings getting longer  
 N is for the gift of a New season





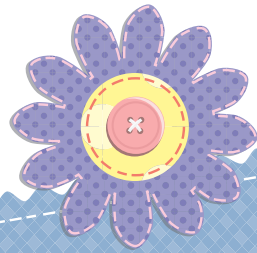
Sunday	Monday	Tuesday
<p><b>HAPPY SPRING</b></p>	<p> AMERICAN RED CROSS MONTH</p>	<p><b>Entertainment</b> <span style="float: right;">1</span></p> <p>9:30 Gussy Up 10:30 Let's Get Movin' 11:30 Trivia Time 12:00 Lunch 1:45 Karalyn Roundy 3:00 Reminiscing W/ Kristen 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>
<p><b>Happy B-day Rita &amp; Hortensia</b> <span style="float: right;">6</span></p> <p>9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing Along 12:00 Lunch 2:00 Exercise Class 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p><span style="float: right;">7</span></p> <p>9:30 Price Is Right 10:00 Scenic Drive With Rob 11:00 Exercise Class 12:00 Lunch 1:30 Nondenominational Church Services 2:00 Sing Along 3:00 Cookies &amp; Milk Social 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p><span style="float: right;">8</span></p> <p>9:30 Gussy Up 10:30 Let's Get Movin' 11:30 Trivia Time 12:00 Lunch 2:00 Ice Cream Social 3:00 Reminiscing W/ Kristen 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>
<p><span style="float: right;">13</span></p> <p>9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing Along 12:00 Lunch 2:00 Exercise Class 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p><span style="float: right;">14</span></p> <p>9:30 Price Is Right 10:00 Scenic Drive With Rob 11:00 Exercise Class 12:00 Lunch 2:00 Sing Along 3:00 Cookies &amp; Milk Social 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p><b>Entertainment</b> <span style="float: right;">15</span></p> <p>9:30 Gussy Up 10:30 Let's Get Movin' 11:30 Trivia Time 12:00 Lunch 1:45 Paula 3:00 Reminiscing W/ Kristen 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>
<p><span style="float: right;">20</span></p> <p>9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing Along 12:00 Lunch 2:00 Exercise Class 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p><span style="float: right;">21</span></p> <p>9:30 Price Is Right 10:00 Scenic Drive With Rob 11:00 Exercise Class 12:00 Lunch 2:00 Sing Along 3:00 Cookies &amp; Milk Social 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p><span style="float: right;">22</span></p> <p>9:30 Gussy Up 10:30 Let's Get Movin' 11:30 Trivia Time 12:00 Lunch 2:00 Ice Cream Social 3:00 Reminiscing W/ Kristen 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>
<p><b>Happy Birthday Micheal</b> <span style="float: right;">27</span></p> <p>9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing Along 12:00 Lunch 2:00 Exercise Class 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p><span style="float: right;">28</span></p> <p>9:30 Price Is Right 10:00 Scenic Drive With Rob 11:00 Exercise Class 12:00 Lunch 2:00 Sing Along 3:00 Cookies &amp; Milk Social 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p><span style="float: right;">29</span></p> <p>9:30 Gussy Up 10:30 Let's Get Movin' 11:30 Trivia Time 12:00 Lunch 2:00 Ice Cream Social 3:00 Reminiscing W/ Kristen 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>

<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p style="text-align: right;"><b>2</b></p> <p>9:30 Price Is Right 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 2:00 Craft Corner 3:00 Spend Your Bingo Bucks and Have a Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>3</b></p> <p><b>Wellness Clinic</b> 9:30 Gussy Up 10:30 Morning Stretches 11:30 Finish the Phrase 12:00 Lunch 1:30 Wellness Clinic 3:00 Reminiscing &amp; Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>4</b></p> <p>9:30 Price Is Right!! 10:30 Exercise Class 11:00 Bingo 12:00 Lunch 1:30 Scenic Drive 3:30 Fun Friday Social/Snack 4:00 Card Games 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>5</b></p> <p>9:30 Gussy Up 10:00 Exercise Class 10:30 Manicures &amp; a Movie 12:00 Lunch 2:00 Craft Corner 3:00 Reminiscing &amp; Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>
<p style="text-align: right;"><b>9</b></p> <p><b>Resident Council</b> 9:30 Price Is Right 10:00 Relief Society 11:00 Resident Council 12:00 Lunch 2:00 Room Visits 3:00 Snack &amp; Drink 3:00 Spend Your Bingo Buck\$ 3:30 Bingo 5:00 Dinner</p>	<p style="text-align: right;"><b>10</b></p> <p>9:30 Gussy Up 10:30 Morning Stretches 11:30 Pet Therapy 12:00 Lunch 2:00 Matinee &amp; Popcorn 3:00 Reminiscing &amp; Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>11</b></p> <p><b>Happy Birthday Rob!!</b> 9:30 Price Is Right!! 10:30 Exercise Class 11:00 Bingo 12:00 Lunch 1:30 Scenic Drive 3:30 Fun Friday Social/Snack 4:00 Card Games 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>12</b></p> <p><b>Happy Birthday Jodi!!!</b> 9:30 Gussy Up 10:00 Exercise Class 10:30 Manicures &amp; a Movie 12:00 Lunch 2:00 Craft Corner 3:00 Reminiscing &amp; Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>
<p style="text-align: right;"><b>16</b></p> <p>9:30 Price Is Right 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 2:00 Craft Corner 3:00 Spend Your Bingo Bucks and Have a Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>17</b></p> <p><b>Happy St. Patrick's Day</b> <b>Shopping Trip &amp; Entertainment</b> 9:30 Gussy Up 10:30 1 Man Band 12:00 Lunch 1:30 Shopping Trip 3:00 Reminiscing &amp; Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>18</b></p> <p>9:30 Price Is Right!! 10:30 Exercise Class 11:00 Bingo 12:00 Lunch 1:30 Scenic Drive 3:30 Fun Friday Social/Snack 4:00 Card Games 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>19</b></p> <p>9:30 Gussy Up 10:00 Exercise Class 10:30 Manicures &amp; a Movie 12:00 Lunch 2:00 Craft Corner 3:00 Reminiscing &amp; Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>
<p style="text-align: right;"><b>23</b></p> <p>9:30 Price Is Right 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 2:00 Craft Corner 3:00 Spend Your Bingo Bucks and Have a Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>24</b></p> <p>9:30 Gussy Up 10:30 Morning Stretches 11:30 Pet Therapy 12:00 Lunch 2:00 Matinee &amp; Popcorn 3:00 Reminiscing &amp; Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>25</b></p> <p>9:30 Price Is Right!! 10:30 Exercise Class 11:00 Bingo 12:00 Lunch 1:30 Scenic Drive 3:30 Fun Friday Social/Snack 4:00 Card Games 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>26</b></p> <p>9:30 Gussy Up 10:00 Exercise Class 10:30 Manicures &amp; a Movie 12:00 Lunch 2:00 Craft Corner 3:00 Reminiscing &amp; Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>
<p style="text-align: right;"><b>30</b></p> <p><b>Happy Birthday Helen!!</b> 9:30 Price Is Right 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 2:00 Craft Corner 3:00 Spend Your Bingo Bucks and Have a Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>	<p style="text-align: right;"><b>31</b></p> <p>9:30 Gussy Up 10:30 Morning Stretches 11:30 Pet Therapy 12:00 Lunch 2:00 Matinee &amp; Popcorn 3:00 Reminiscing &amp; Snack 3:30 Bingo 5:00 Dinner 6:30 Movie Night</p>		

# March 2011

We're looking forward to seeing you out in the community.

Spring is here!



## Employee of the Month!



Jamie Culbertson (Community Manager)

Jamie Culbertson is our Community Manager here at Alta Ridge, and she is also our employee of the month for March! She was born in Farmington, New Mexico, on July 23 and graduated from Bingham High School. She has been married to her husband Scott for 13 years and has a 14-year-old daughter Mary and 8-year-old twins Abby and James. She is also expecting a baby boy in April! Jamie loves to sew, cook and make jewelry in her spare time. If she is not working hard here, she is taking pride in being a good wife and mom. Jamie loves taking random road trips with her family and enjoys reading. One interesting fact about Jamie is that she loves Elvis. Jamie is a great part of our team here, and we appreciate all she does for our residents!