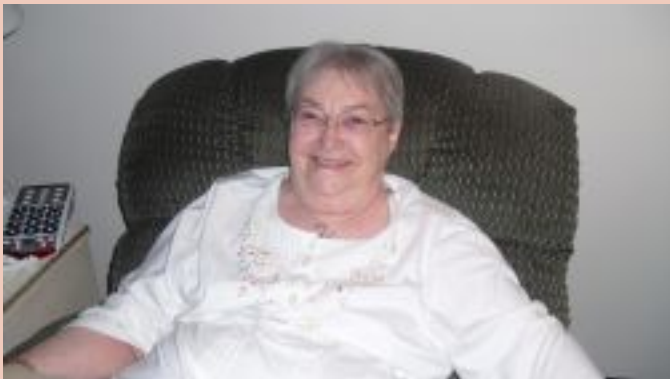




ALTA RIDGE COMMUNITIES

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



JEAN LEWIS

Jean was born in Farmington, Utah, 12-28-1927. She met her wonderful husband, Preston, on a blind date in September. He told her they almost didn't have anymore dates after the second one because she cut her hair a little shorter. {MEN!!} They did get married that next June. They lived happily for 26 1/2 years before his passing. They had three beautiful children, 5 grandchildren, and 9 great-grandchildren.

She was the administrative assistant for an insurance company. She loved being married and being a mom and grandma. Her favorite hobbies are reading, crocheting and cross stitching. When she lived in Farmington near LaGoon, she loved listening to the big bands that played there. Jean is charming and has a twinkle in her eye. We love having Jean as part of our family.



October 2011



A Fall Song

Golden and red trees, Nod to the soft breeze,
As it whispers, "Winter is near;"
And the brown nuts fall
At the wind's loud call,
For this is the Fall of the year.
Good-bye, sweet flowers!
Through bright Summer hours
You have filled our hearts with cheer
We shall miss you so, And yet you must go,
For this is the Fall of the year.
Now the days grow cold,
As the year grows old,
And the meadows are brown and sere;
Brave robin redbreast has gone from his nest,
For this is the Fall of the year.
I do softly pray at the close of day,
That the little children, so dear,
May as purely grow
As the fleecy snow
That follows the Fall of the year.




Guy & Fred



Jack

"Happiness Often Sneaks In Through a Door You Didn't Know You Left Open."

Sunday	Monday	Tuesday
	Halloween Party!! You are invited to our SPOOK-TACULAR Halloween Party Monday, October 31, at the bewitching hour of 2 to 3 p.m. Hope to see you all there!!	
HAPPY BIRTHDAY JACK 2	3	4
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing-Along 12:00 Lunch 2:30 Stroll Down Memory Lane 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	9:15 Room Visits 9:30 Price Is Right 10:00 Scenic Drive With Rob 12:00 Lunch 2:00 Bowling 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:30 Gussy Up 10:30 Lets Get Movin' 11:30 Trivia Time 12:00 Lunch 2:45 Root Beer Float Social 3:00 Reminiscing 3:30 Bingo 5:00 Dinner
Sunday 9	10	11
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing-Along 12:00 Lunch 2:30 Stroll Down Memory Lane 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	9:15 Room Visits 9:30 Golfing 11:00 Lunch Bunch (I Hop) 12:00 Lunch 2:00 Games 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:15 Room Visits 10:30 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Games 3:00 Snacks/Donuts 3:30 Bingo 5:00 Dinner
16	17	18
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing-Along 12:00 Lunch 2:30 Stroll Down Memory Lane 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	BOSS DAY 9:15 Room Visits 9:30 Price Is Right 10:00 Scenic Drive With Rob 12:00 Lunch 2:00 Games 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:15 Room Visits 10:30 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Games 3:00 Snacks/Donuts 3:30 Bingo 5:00 Dinner
23/30	24/31	25
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn Sing-Along 12:00 Lunch 2:30 Stroll Down Memory Lane 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	HALLOWEEN PARTY! 9:30 Price Is Right 10:00 Scenic Ride With Rob 12:00 Lunch 2:00 HALLOWEEN PARTY! 2:30 Residents and Employee Costume Contest :) 3:30 Boo Bingo 5:00 Dinner	9:15 Room Visits 10:30 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Games 3:00 Snacks/Donuts 3:30 Bingo 5:00 Dinner

Wednesday	Thursday	Friday	Saturday
	<p>Thanks for Making Your Home With Us!!</p>	<p>IT'S NATIONAL CANDY MONTH!</p>	<p>9:15 Room Visits 10:30 Let's Get Movin' 11:00 Dice or Card Games 11:30 Entertainment/piano Recitals 12:00 Lunch 2:00 Craft Corner 3:00 Stroll Down Memory Lane/Snacks 3:30 Bingo 5:00 Dinner</p>
<p>9:15 Room Visits 9:30 Price Is Right 10:00 Relief Society 10:45 Exercise Class 12:00 Lunch 2:00 Games 3:00 Spend Your Bingo Bucks and Have a Snack 3:30 Bingo 4:30 Music With Kara Lyn 5:00 Dinner</p>	<p>WELLNESS CLINIC BEAUTY SHOP</p> <p>9:30 Manicures 11:00 Let's Get Movin' 12:00 Lunch 2:00 Bowling 3:00 Snacks/Donuts 3:30 Bingo 5:00 Dinner</p>	<p>BEAUTY SHOP</p> <p>9:30 Price Is Right!! 10:30 Exercise Class 11:00 Manicures & Movie 12:00 Lunch 1:30 Scenic Drive With Rob 3:00 Candy Social 3:30 Bingo 5:00 Dinner</p>	<p>9:15 Room Visits 10:30 Let's Get Movin' 11:00 Games 12:00 Lunch 2:00 Craft Corner 3:00 Stroll Down Memory Lane/Snacks 3:30 Bingo 5:00 Dinner</p>
<p>HAPPY BIRTHDAY WANDA</p> <p>9:15 Room Visits 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 2:00 Music With Heart & Soul 3:00 Spend Your Bingo Bucks and Have a Snack 3:30 Bingo 5:00 Dinner</p>	<p>BEAUTY SHOP</p> <p>9:30 Manicures 10:30 Let's Get Movin' 11:00 Resident Council 12:00 Lunch 2:00 Bowling 3:00 Snacks/Donuts 3:30 Bingo 5:00 Dinner</p>	<p>BEAUTY SHOP</p> <p>9:30 Price Is Right 10:30 Lets Get Movin' 11:00 Manicures 12:00 Lunch 1:30 Scenic Ride With Rob 2:45 Reminiscing & Banana Splits 3:30 Bingo 5:00 Dinner</p>	<p>9:15 Room Visits 10:30 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Games 3:00 Stroll Down Memory Lane/Snacks 3:30 Bingo 5:00 Dinner</p>
<p>HAPPY B-DAY MARIA</p> <p>9:15 Room Visits 10:00 Relief Society 10:45 Exercise Class 12:00 Lunch 2:00 Games 3:00 Spend Your Bingo Bucks and Have a Snack 3:30 Bingo 5:00 Dinner</p>	<p>BEAUTY SHOP</p> <p>9:15 Room Visits 10:00 Manicures 11:00 Let's Get Movin' 12:00 Lunch 1:30 Shopping Day 3:00 Snacks/Donuts 3:30 Bingo 5:00 Dinner</p>	<p>HAPPY BIRTHDAY CLAIRE</p> <p>9:30 Price Is Right!! 10:30 Exercise Class 11:00 Manicures & Movie 12:00 Lunch 1:30 Scenic Drive With Rob 2:45 Stroll Down Memory Lane/Snack 3:30 Bingo 5:00 Dinner</p>	<p>9:15 Room Visits 10:30 Let's Get Movin' 11:00 Trivia 12:00 Lunch 2:00 Games 3:00 Stroll Down Memory Lane 3:30 Bingo 5:00 Dinner</p>
<p>HAPPY B-DAY ASHLEY P.</p> <p>9:15 Room Visits 9:30 Price Is Right 10:00 Relief Society 10:45 Exercise Class 12:00 Lunch 2:00 Games 3:00 Spend Your Bingo Bucks and Have a Snack 3:30 Bingo 5:00 Dinner</p>	<p>9:15 Room Visits 10:00 Manicures 11:00 Let's Get Movin' 12:00 Lunch 2:00 Bowling 3:00 Snacks/Donuts 3:30 Bingo 5:00 Dinner</p>	<p>HAPPY BIRTHDAY POLLY H.</p> <p>9:15 Room Visits 9:30 Price Is Right!! 10:30 Exercise Class 11:00 Manicures 12:00 Lunch 1:30 Scenic Drive With Rob 3:00 Cookie Social 3:30 Bingo 5:00 Dinner</p>	<p>HAPPY BIRTHDAY JOHN J.</p> <p>9:15 Room Visits 10:30 Let's Get Movin' 11:00 Dice or Cards 12:00 Lunch 2:00 Craft Corner 3:00 Stroll Down Memory Lane/Snack 3:30 Bingo 5:00 Dinner</p>

October 2011

Employee of the Month ... We Appreciate You, Kyla!



Kyla Lionheart

We would like to introduce Kyla Lionheart as our October employee of the month. Kyla has worked for Alta Ridge for over a year now and does a great job as our Activity Assistant and has recently become one of our awesome CNA's. She has been a wonderful addition to our staff and has so much compassion and love to give to our residents. Kyla's favorite colors are green and orange and she loves skiing and dirt biking. She has such a bubbly personality and our residents enjoy her enthusiasm and laughter during our activities. If Kyla isn't working hard at Alta Ridge, she might be camping or rollerblading. She is preparing for a big skydive jump in a couple months and she is very excited for it. Kyla is always willing to help with anything she is asked and we truly appreciate her and enjoy her being a part of our team. Thank you, Kyla, for all you do and congratulations for being selected as Employee of the Month.

Thank you, Kyla, for being who you are!

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). Most recently, Millcreek is the proud recipient of the HealthInsight Award for Excellence for two consecutive years. Additionally, Millcreek has been consistently rated in the top 10% of home health providers nationwide. 801-463-2478