ALTA RIDGE COMMUNITIES

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Talk About It: Presidents' Day

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- Who was president of the United States when you were born?
- Who is the first president you remember watching on TV?
- When you were a child, did you ever dream of becoming president? Was there a president who inspired you?
- Who was the first presidential candidate you voted for?
- What do you think a president's top priorities should be?
- Do you think the U.S. will elect a woman president? If so, when?

American Heart Month Supports Healthier Lives

Cardiovascular diseases are our nation's No. 1 killer. During February's American Heart Month, thousands of volunteers for the American Heart Association raise funds for research and education. To get involved or learn more about heart disease and stroke, visit *www.AmericanHeart.org*.

February 2012

February 5th - Jade *(Dietary)*
February 12th - Aubrey *(C.N.A.)*
February 15th - Sean *(C.N.A.)*
February 18th - Zach *(Activities)*
February 23rd - Ashlyn *(C.N.A.)*
February 26th - Vera Mae Osment

Vintage Valentines Offer Retro Romance to Lovers

The refrains of vintage Valentine's Day cards can still make hearts flutter. Consider this 1934 greeting: "Here is a kiss for you, sweet miss, that is, if you'll be mine! So let me hear these words so dear—I'll be your Valentine." Whether you were the recipient of such a greeting or you simply admire the sentiments of an earlier age, you can find vintage valentines for sale. Values range from $1 to $150. Collectors recommend checking closely to ensure a purchase is not a reproduction. If a dealer claims a valentine is from 1740 to 1840, assume it is a fake. Most of these treasures are in museums.

Bumper Sticker Snicker

Never lie to an X-ray technician. They can see right through you.

February 2012

Beth & her family

Momo and her friend, Maurea

Marva & her family

Betty & her family

Adell Playing Basketball

Sunday	Monday	Tuesday
	{February} American Heart month www.Heart.org	
5 9:00 Gussy Up 9:45 Refreshments 10:00 Church Services 12:00 Lunch Time 1:00 Arts & Crafts 3:00 Snack Time 4:00 Stories 5:00 Dinner Time HAPPY BIRTHDAY JADE !	**6** 9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Tall Tales 2:00 Healthy Heart Ideas 3:00 Snack 5:00 Dinner Time	**7** 9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Hand Massages 2:00 Jerri Warnick Performs ! 3:00 Snack 5:00 Dinner Time
12 9:00 Gussy Up 9:45 Refreshments 10:00 Church Services 12:00 Lunch Time 1:00 Bingo 3:00 Snack Time 4:00 Puzzles 5:00 Dinner Time HAPPY BIRTHDAY AUBREY !	**13** 9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Sleep & Your Heart 2:00 Lawrence Welk 3:00 Snack 5:00 Dinner Time	**14** 9:00 Gussy Up 10:00 Refreshments 10:30 Let's Laugh 12:00 Lunch Time 1:30 Valentine Party 3:00 Hearts Trivia 4:00 Afternoon Social 5:00 Dinner Time Happy Valentine's Day !
19 9:00 Gussy Up 9:45 Refreshments 10:00 Church Services 12:00 Lunch Time 1:00 Arts & Crafts 3:00 Snack Time 4:00 Stories 5:00 Dinner Time	**20** 9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Tall Tales 2:00 President Trivia 3:00 Snack 5:00 Dinner Time	**21** 9:00 Gussy Up 10:00 Refreshments 10:15 Watercolors 12:00 Lunch Time 1:00 Movie of Choice 2:00 Massage 3:00 Snack 5:00 Dinner Time
26 9:00 Gussy Up 9:45 Refreshments 10:00 Church Services 12:00 Lunch Time 1:00 Bingo 3:00 Snack Time 4:00 Puzzles 5:00 Dinner Time HAPPY BIRTHDAY VERA !	**27** 9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Tall Tales 2:00 Healthy Heart Dinners 3:00 Snack 5:00 Dinner Time	**28** 9:00 Gussy Up 10:00 Refreshments 10:15 Floor Games 12:00 Lunch Time 1:00 Tall Tales 2:00 Leap Year Trivia 3:00 Snack 5:00 Dinner Time

Calendar of Events

Wednesday	Thursday	Friday	Saturday
1 9:00 Gussy Up 10:00 Van Ride/Snack Stop 10:15 Refreshments 10:30 Ring Toss 12:00 Lunch 2:00 Van Ride 2:30 Puzzles 3:00 Snack 4:00 Magazines 5:00 Dinner Time	**2** 9:00 Gussy Up 10:00 Refreshments 10:15 Sensory Stimulation 12:00 Lunch Time 1:00 Coloring 2:00 Mystery Box 3:00 Snack 5:00 Dinner Time	**3** 9:00 Gussy Up 10:00 Refreshments 10:15 Bowling 12:00 Lunch Time 1:00 Bingo 3:00 Snack 5:00 Dinner Time	**4** 9:00 Gussy Up 10:00 Refreshments 10:15 Sensory Stimulation 12:00 Lunch Time 1:00 Coloring 2:00 Mystery Box 3:00 Snack 5:00 Dinner Time
8 9:00 Gussy Up 10:00 Van Ride 10:15 Refreshments 10:30 Chair Bowling 12:00 Lunch 2:00 Van Ride 2:30 Pictures & Colors 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	**9** 9:00 Gussy Up 10:00 Refreshments 10:15 Bible Study 12:00 Lunch Time 1:00 Tall Tales 2:30 Anke & Friends 3:30 Snack 5:00 Dinner Time	**10** 9:00 Gussy Up 10:00 Refreshments 10:15 Sit N' Dance W/ Becky 12:00 Lunch Time 1:00 Hand Massage 2:00 Planet Earth 3:00 Snack 5:00 Dinner Time	**11** 9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Relaxing Music 2:00 Tic Tac Toe 3:00 Snack 5:00 Dinner Time
15 9:00 Gussy Up 10:00 Van Ride 10:30 Manicures 12:00 Lunch Time 2:00 Van Ride 2:30 Ball Toss 3:30 Birthday Bash 4:00 Puzzles 5:00 Dinner Time HAPPY BIRTHDAY SEAN !	**16** 9:00 Gussy Up 10:00 Refreshments 10:15 Table Games 12:00 Lunch Time 1:00 Occupation Discussion 2:00 Balloon Badminton 3:00 Snack 5:00 Dinner Time	**17** 9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 12:00 Lunch Time 1:00 Bingo 3:00 Snack Time 3:30 Prizes 5:00 Dinner Time	**18** 9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 12:00 Lunch Time 1:00 Balloon Badminton 3:00 Snack Time 4:00 Afternoon Social 5:00 Dinner Time HAPPY BIRTHDAY ZACH !
22 9:00 Gussy Up 10:00 Van Ride 10:15 Refreshments 10:30 Ring Toss 12:00 Lunch 2:00 Van Ride 2:30 Puzzles 3:00 Snack 4:00 Magazines 5:00 Dinner Time	**23** 9:00 Gussy Up 10:00 Refreshments 10:30 Bible Study 12:00 Lunch Time 1:00 Trivia 2:30 Snack 2:45 Act 3 4:00 Afternoon Social 5:00 Dinner Time HAPPY BIRTHDAY ASHLYN !	**24** 9:00 Gussy Up 10:00 Refreshments 10:15 Sit N' Dance W/ Becky 12:00 Lunch Time 1:00 Hand Massage 2:00 Planet Earth 3:00 Snack 5:00 Dinner Time	**25** 9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 12:00 Lunch Time 1:00 Bingo 3:00 Snack Time 3:30 Prizes 5:00 Dinner Time
29 9:00 Gussy Up 10:00 Van Ride 10:15 Refreshments 10:30 Chair Bowling 12:00 Lunch 2:00 Van Ride 2:30 Pictures & Colors 3:00 Snack 4:00 Puzzles 5:00 Dinner Time			

February 2012

In Loving Memory of Reba Richards

Reba Richards & her family

We would like to present Reba Richards as our Resident of the Month. Reba recently passed away pleasantly at the community on January 12, 2012.

Reba was born in Levan, Utah on November 12, 1912. She met the love of her life, Keith Richards, at a dance here in Salt Lake City. They were married a short time later and together they raised a beautiful daughter and kind, devoted son. The accomplishment Reba is most proud of was setting an excellent example of a loving, caring mother and grandmother. Housewife was a title she proudly wore. As a child Reba had a tremendous love for all types of animals. She was always trying to bring one home. She loved everything from hamsters to cats and dogs. Poodles being her favorite.

We will truly miss Reba and her amazing family here at Alta Ridge!

Employee of the Month

Cindy Bieser

Alta Ridge Alzheimer's would like to present Cindy Beiser as our February Employee of the Month. Cindy has worked as the office manager at both Assisted Living and the Alzheimer's Communities since October 2009.

Cindy graduated from Alta View High School and attended Salt Lake Community College. Cindy stays busy with her family when she is not here working hard caring for your loved ones and running the office. She is an excellent mother to her three children and recently added a new addition, her basset hound lovingly known as Elvis. "You ain't nothing but a hound dog, howling all the time!" He is her baby and has visited all our animal lovers here at Alta Ridge.

Please say hello and introduce yourselves, her beautiful smile will surely brighten your day!

Illustratus
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