



ALTA RIDGE COMMUNITIES

1375 E 9400 S • Sandy, UT 84093 • (801) 523-0384



January 11th - Jesse (C.N.A.)

January 15th - Gladys

January 30th - Dallon (C.N.A.)

Manager's Corner

Dear Residents and Families,

With the new year ahead of us, it is a pleasure to reflect upon the good times we had in our community last year. We have shared wonderful news, as well as unfortunate sorrow, and we know we have many blessings for which we should be thankful and possibilities that await us as we approach the months to come. The year ahead brings with it new opportunities to help fellow neighbors in our community and to support the larger community that surrounds us.

Keep an eye on this newsletter as we bring you notice of familiar events and important news, and let us know if you have an idea for something new and exciting we can plan together. As always, give us a call, or stop by during office hours, to discuss activities that might benefit all residents of our community.

We wish you a safe, healthy and happy new year!

January 2012

Employee of the Month

We are happy to announce that Mimi Ponce has been nominated as our January Employee of the Month. We appreciate Mimi for her tender heart, the care that she provides our residents and the smile on her face.

Mimi was born in Lima, Peru, on May 25, 1970. She is a proud mother of two children, Flauia and Alex, and has one grandchild named Braxton. In Mimi's spare time she enjoys going to the gym, dancing and shopping. She also loves spending quality time with her kids. Mimi has a love for Italian food and seafood. She has traveled to many different countries—Italy, Spain, Germany and Belgium—but states that Park City is her favorite place to go.

Mimi considers being an independent woman and being a great example some of her biggest achievements. Mimi would like to be remembered for how much love she has for all the residents.





Margaret and Michele
(Activities Director)



Bee playing B-I-N-G-O



Willard playing B-I-N-G-O



Billie and Daniele (CNA)



Sunday	Monday	Tuesday
1	2	3
9:00 Gussy Up 9:45 Refreshments 10:00 Church Services 12:00 Lunch Time 1:00 Trivia 3:00 Snack Time 4:00 Puzzles 5:00 Dinner Time New Year's Day	9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 12:00 Lunch Time 1:00 Trivia 3:00 Snack Time 4:00 Afternoon Social 5:00 Dinner Time	9:00 Gussy Up 10:00 Refreshments 10:15 New Year's Resolutions? 12:00 Lunch Time 1:00 Goals 2:00 Action Plan 3:00 Snack 5:00 Dinner Time
8	9	10
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	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 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Tall Tales 2:00 Jim Rielly Performs! 3:00 Snack 5:00 Dinner Time
15	16	17
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 GLADYS!	9:00 Gussy Up 10:00 Refreshments 10:30 I Have a Dream 12:00 Lunch Time 1:00 MLK Facts 3:00 Snack 4:00 Magazines 5:00 Dinner Time Martin Luther King Jr. Day	9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Tall Tales 2:00 Henry Chandra 3:00 Snack 5:00 Dinner Time
22	23	24
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	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	9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 12:00 Lunch Time 1:00 Story 2:00 Warren Performs! 3:15 Snack 5:00 Dinner Time
29	30	31
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	9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Hand Massages 2:00 Lawrence Welk 3:00 Snack 5:00 Dinner Time HAPPY BIRTHDAY DALLON!	9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Tall Tales 2:00 Bingo 3:00 Snack 5:00 Dinner Time

Calendar of Events

Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>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</p>	<p>5</p> <p>9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 12:00 Lunch Time 2:30 The Daydreamers 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time</p>	<p>6</p> <p>9:00 Gussy Up 10:00 Refreshments 10:30 Stretching 12:00 Lunch Time 1:00 Bingo 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p>	<p>7</p> <p>9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Hand Massages 2:00 Stories 3:00 Pizza Party! 5:00 Dinner Time</p>
<p>11</p> <p>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 HAPPY BIRTHDAY JESSE!</p>	<p>12</p> <p>9:00 Gussy Up 10:00 Refreshments 10:30 Bible Study 12:00 Lunch Time 1:00 Trivia 3:00 Snack 4:00 Afternoon Social 5:00 Dinner Time</p>	<p>13</p> <p>9:00 Gussy Up 10:00 Refreshments 10:15 Dance With Becky 12:00 Lunch Time 1:00 Trivia 3:00 Birthday Bash 4:00 Afternoon Social 5:00 Dinner Time</p>	<p>14</p> <p>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</p>
<p>18</p> <p>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</p>	<p>19</p> <p>9:00 Gussy Up 10:00 Refreshments 10:30 Local News 12:00 Lunch Time 1:00 Arts & Crafts 3:00 Snack 4:00 Coloring 5:00 Dinner Time</p>	<p>20</p> <p>9:00 Gussy Up 10:00 Refreshments 10:30 Stretching 12:00 Lunch Time 1:00 Utah Facts 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p>	<p>21</p> <p>9:00 Gussy Up 10:00 Refreshments 10:30 Let's Laugh 12:00 Lunch Time 1:00 Arts & Crafts 3:00 Snack 4:00 Magazine Review 5:00 Dinner Time</p>
<p>25</p> <p>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</p>	<p>26</p> <p>9:00 Gussy Up 10:00 Refreshments 10:30 Bible Study 12:00 Lunch Time 1:00 Trivia 3:00 Snack 4:00 Afternoon Social 5:00 Dinner Time</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:00 Gussy Up 10:00 Refreshments 10:30 Stretching 12:00 Lunch Time 1:00 Bingo 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p>
		<p><i>Happy New Year</i></p>	

January 2012

Resident of the Month



Momo Ushio

Momo Ushio was born in Ogden, Utah, on April 1, 1921. Although she has spent her entire life in Utah, she has practiced and is very proud of her Japanese heritage. Momo absolutely loved traveling to Japan to visit her family and continue learning history and the wonderful art of Japanese cooking.

In Momo's younger years she would often attend Japanese-American socials. It is here she met the love of her life and future husband, Shigaki Ushio. From this union, four wonderful children were produced. Momo dedicated her life to always setting an example of what an exemplary mother and grandmother looks like. She took pride in preparing and serving many outstanding meals. She often served hand-made sushi and will always be remembered as a gracious hostess and cook.

We love having Momo here at Alta Ridge as she is a model example of service, care-giving and compassion.

"This Month In History" JANUARY

404: The last known gladiator competition in Rome takes place.

1835: A mentally ill man tries to shoot President Andrew Jackson in the first assassination attempt on a sitting U.S. president.

1849: Elizabeth Blackwell graduates from medical school, becoming the first female doctor in the United States.

1854: Anthony Faas of Philadelphia receives the first U.S. patent for an accordion.

1888: Marvin Stone patents the first drinking straw.

1922: Insulin is first used successfully to treat diabetes in humans. The first test is performed on a 14-year-old boy.

1943: Franklin Roosevelt becomes the first president to travel via airplane while in office, flying to Morocco to meet with Winston Churchill.

1953: President Harry Truman announces the creation of the

hydrogen bomb in his State of the Union address.

1959: Walt Disney releases "Sleeping Beauty," an animated movie based on the fairy tale.

1973: The Miami Dolphins defeat the Washington Redskins in the Super Bowl to record the only perfect football season in NFL history.

1977: Snow falls for the first—and only—time in the city of Miami.

2000: The world celebrates as the millennium arrives with few reports of problems from the Y2K computer "bug."