



# ALTA RIDGE COMMUNITIES

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

## WALK TO END ALZHEIMER'S

On Saturday, September 17th, 2011 at 9:00 am please join us for the annual Walk To End Alzheimer's !

It's starting at the Southeast corner on Capitol Hill, where you can choose to walk 2 miles or tour the grounds and building.

Alta Ridge will be going as a team with staff, residents and families. If you are interested in volunteering please contact us. We would like to thank all our families and friends for their donations to the Alzheimer's Association!



## Honoring Grandparents

We would like to wish all the grandparents in our community a happy Grandparents Day, which is the first Sunday after Labor Day. Grandparents make a real difference in the lives of their grandchildren. We salute your contributions to family and the community.

Have a great day!

## September 2011



September 3rd - Kelly (C.N.A.)

September 16th - Willard Y.

September 18th - Mirna (Housekeeping)

September 26th - Grazina (Laundry)

September 30th - Ardis 'Beth' B.

## Celebrate Labor Day

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

## Honor 9-11 Victims and Heroes

Sept. 11 is Patriot Day.





Gladys



Janet and her loving husband, Frank, at the Luau



Grace at the Luau



Zada and her family at the Luau



Luau

Sunday	Monday	Tuesday
<b>4</b>	<b>5</b>	<b>6</b>
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Lovin' Laundry 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:00 Arts & Crafts 10:30 Easy Exercise 12:00 Lunch Time 1:00 Labor Day Trivia 3:00 Snack 4:00 Puzzles 5:00 Dinner Time  Labor Day	9:00 Gussy Up 10:00 Golfing 10:30 Mind Crunches 12:00 Lunch Time 1:00 Kevin Christenson 3:00 Snack 4:00 Puzzles 5:00 Dinner Time
<b>11</b>	<b>12</b>	<b>13</b>
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Arts & Crafts 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time  Happy Grandparents Day !	9:00 Gussy Up 10:00 Fall Fun 10:30 Tongue Twisters 12:00 Lunch Time 1:00 Truths or Myths 3:00 Snack 4:00 Tall Tales 5:00 Dinner Time	9:00 Gussy Up 10:00 Manicures 10:30 Trivia 12:00 Lunch Time 1:00 Stories & Sounds 2:30 Snack Time 3:00 Darren Performs 5:00 Dinner Time
<b>18</b>	<b>19</b>	<b>20</b>
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Arts & Crafts 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time  HAPPY BIRTHDAY MIRNA !	9:00 Gussy Up 10:00 Manicures 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Sights & Sounds 3:00 Snack 5:00 Dinner Time	9:00 Gussy Up 10:00 Stretching 10:30 Utah Facts 12:00 Lunch Time 1:00 Ball Toss 3:00 Snack 4:00 Puzzles 5:00 Dinner Time
<b>25</b>	<b>26</b>	<b>27</b>
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Arts & Crafts 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:30 Lawrence Welk 11:30 Silly Sounds 12:00 Lunch Time 1:00 Paint That Picture 3:00 Snack 4:00 Remember When 5:00 Dinner Time  HAPPY BIRTHDAY GRAZINA !	9:00 Gussy Up 10:30 Mind Crunches 12:00 Lunch Time 1:00 Hand Massages 2:00 Jim Rielly 3:00 Snack 4:30 Magazines 5:00 Dinner Time

## Wednesday

## Thursday

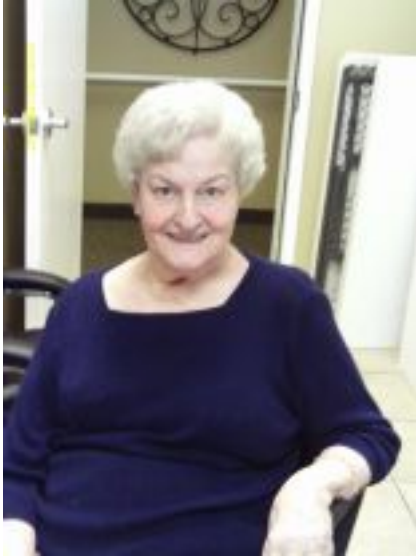
## Friday

## Saturday

	1	2	3
	9:00 Gussy Up 10:00 Gardening 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	9:00 Gussy Up 10:30 Dance Moves 10:30 Movie Choice 12:00 Lunch Time 1:00 Hand Massages 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	9:00 Gussy Up 10:00 Manicures 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Sights & Sounds 3:00 Snack 5:00 Dinner Time  HAPPY BIRTHDAY KELLY !
7	8	9	10
9:00 Gussy Up 10:00 Van Ride/Snack Stop 12:00 Lunch 1:00 Sensory Stimulation 2:00 Van Ride 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	9:00 Gussy Up 10:30 Bible Study 12:00 Lunch Time 1:00 Movie & Popcorn 3:00 Snack 3:30 Now & Then 4:30 Afternoon Social 5:00 Dinner Time	9:00 Gussy Up 10:15 Sit N' Dance W/ Becky 12:00 Lunch Time 1:00 History 2:00 Floor Games 3:00 Snack 4:00 Making Cards 5:00 Dinner Time	9:00 Gussy Up 10:00 Fall Fun 10:30 Tongue Twisters 12:00 Lunch Time 1:00 Truths or Myths 3:00 Snack 4:00 Tall Tales 5:00 Dinner Time
14	15	16	17
9:00 Gussy Up 10:00 Van Ride 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Van Ride 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	9:00 Gussy Up 10:00 Manicures 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Summer Fun 3:00 Birthday Bash 5:00 Dinner Time	9:00 Gussy Up 10:00 Stretching 10:30 Silly Stories 12:00 Lunch Time 1:00 Ball Toss 3:00 Snack 4:00 Puzzles 5:00 Dinner Time  HAPPY BIRTHDAY WILLARD!	9:00 Gussy Up 10:30 Walk Updates 12:00 Lunch Time 1:00 Reminisce 3:00 Snack 4:00 Puzzles 5:00 Dinner Time  Walk to End Alzheimer's !
21	22	23	24
9:00 Gussy Up 10:00 Van Ride 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Van Ride 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	9:00 Gussy Up 10:30 Bible Study 12:00 Lunch Time 1:00 Movie & Popcorn 3:00 Snack 3:30 Now & Then 4:30 Afternoon Social 5:00 Dinner Time	9:00 Gussy Up 10:15 Sit N' Dance W/ Becky 12:00 Lunch Time 1:00 History 2:00 Floor Games 3:00 Snack 4:00 Making Cards 5:00 Dinner Time  First Day of Fall !	9:00 Gussy Up 10:30 Chair Aerobics 11:30 Local News 12:00 Lunch Time 1:00 Arts & Crafts 3:00 Snack 4:00 Coloring 5:00 Dinner Time
28	29	30	
9:00 Gussy Up 10:00 Van Ride 12:00 Lunch 1:00 Sensory Stimulation 2:00 Van Ride 3:00 Snack 4:00 Puzzles 5:00 Dinner Time	9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 1:00 Balloon Badminton 3:00 Snack 4:00 Creative Canvas 5:00 Dinner Time	9:00 Gussy Up 10:00 Stretching 10:30 Animal Trivia 12:00 Lunch Time 1:00 Floor Games 3:00 Snack 4:00 Quick Crafts 5:00 Dinner Time  HAPPY BIRTHDAY ARDIS !	

# September 2011

## Resident of the Month



Kara Lynn Chamberlain

Alta Ridge is excited to announce our resident of the month for September. We have chosen Kara Lynn Chamberlain, Kara has resided at Alta Ridge Alzheimer's since January of this year.

Kara has lived a very full life, she is proud to tell you of her Master's degree in education, specializing in learning disabled and behaviorally challenged children. She is also a very wonderful mom to four children, and seven grandchildren, whom she loves dearly. Kara absolutely loves to travel and has had the opportunity to travel to Europe several times along with Russia and Hawaii. Kara has many talents and hobbies, she is a wonderful seamstress, loves to read, work crossword puzzles and listen to great music. Another interesting fact about Kara is that her maternal grandfather was Brigham Young Jr.

We are so grateful to be able to take part in Kara's life; we appreciate her example and love her sweet demeanor. It has been a pleasure to get to know Kara and her family.

## Employee of the Month



Chris Chiazzese

Chris Chiazzese has worked as our Maintenance Supervisor since March of this year. We feel fortunate to have him as an employee. He has proven himself to be a very dedicated and talented employee.

Chris was born on November 16, 1982, here in Utah. Chris attended Judge Memorial High School where he was the captain of the Football Team and Homecoming King. He also attended Salt Lake Community College. Chris is passionate about spending time running and has already completed a half marathon. He also enjoys camping, fishing, and golfing. Chris dreams of making lots of money and just simply being happy. Chris has had the pleasure of traveling to Italy, where he gained his love for Italian food. Still, his mother's homemade Italian dishes are his favorite !

We would like to thank Chris for all the hard work he does here at Alta Ridge, along with the individual love and care he provides to your loved ones. Thanks, Chris !