



# ALTA RIDGE

## COMMUNITIES

1009 East Murray-Holladay Rd • Salt Lake City, UT 84117 • (801) 268-6342

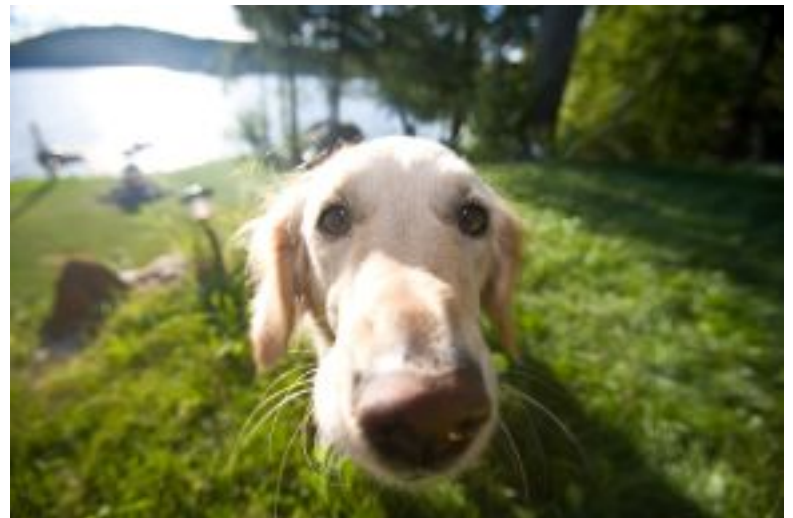
### AUGUST FUN FACTS

- \* Origin of August's name: August was the 6th month in the early Roman calendar, named after Julius Caesar Augustus.
- \* August has two birthstones, a peridot and sardonyx. Peridot is among the oldest known gemstones. It ranges from olive to lime green, sometimes with a brownish tinge. Sardonyx is a gem with white and brown bands and is believed to have mystical powers. It eliminates negative thinking!
- \* National Watermelon Day on Aug. 3.
- \* Aug. 5 is the day to celebrate the Spirit of Sisterhood.
- \* National Smile Week is Aug. 5-11.
- \* Aug. 13 is Vinyl Record Day.
- \* Aug. 13 is National Left Handers Day.
- \* Lemon Meringue Pie Day is on Aug. 15.
- \* Aug. 16, 1977, Elvis Presley died
- \* On Aug. 20, 1630, Lemonade was first served in Paris, France.
- \* Full Moon, Aug. 28, also known as Dog Day's Moon.
- \* Aug. 30 is National Toasted Marshmallow Day.

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### August 2011



### Animals Helping People

If you've ever had a pet, you probably know that pets can help keep you emotionally healthy. They seem to know when you need a sympathetic cuddle, and you always seem to feel better afterward. This human-animal connection has been harnessed to help people with physical, mental and emotional problems through Animal Assisted Therapy (AAT). According to the Delta Society, which specializes in the use of therapy animals, "AAT is a goal-directed intervention in which an animal that meets specific criteria is an integral part of the treatment process."

A 2007 study found that AAT has helped with improvements in autism spectrum symptoms, medical difficulties, behavioral problems and emotional well-being. Practically any type of animal can be used for AAT. Dogs and cats are most commonly used, but miniature horses, monkeys, goats, birds, ferrets, pigs, lizards and even fish can be therapy animals.

Why shouldn't you tell secrets on the farm? Because the corn has ears, the potatoes have eyes and the beanstalks.

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Gary S. 08-03  
Marv H. 08-19





### Feast Your Eyes on This

A Dutch study linked diets rich in four antioxidants to 35 percent lower odds of developing age-related macular degeneration (AMD), the most common cause of irreversible blindness. Vitamin E and zinc were especially beneficial. Some foods suggested in the study were:

- *Vitamin E*: Whole grains, eggs, nuts
- *Zinc*: Meat, poultry, fish, dairy
- *Beta carotene*: Carrots, kale, spinach
- *Vitamin C*: citrus fruits and juices, green peppers, broccoli.



Sunday	Monday	Tuesday
<p>We Welcome: Kay Worthen Mareta Kirkham</p> <p>We Will Miss: Ed Bown</p>	<p>9:00 PRICE IS RIGHT 9:30 MANICURES 11:15 BEVERAGE PASS 12:00 TABLE TOP TRIVIA <b>2:00 SCENIC DRIVE WITH KRISTIN &amp; ROB!</b></p>	<p>1 BEAUTICIAN TODAY 2</p> <p>9:00 PRICE IS RIGHT <b>10:15 BINGO</b> <b>2:15 UNO CARDS</b> 3:15 BEVERAGE PASS</p>
<p>7</p> <p>10:00 CHURCH SERVICE 11:00 BEVERAGE PASS 12:00 WORD SEARCH PUZZLE <b>2:30 PET THERAPY WITH MIRA &amp; GROMIT</b> <b>3:00 SNOW CONES</b></p>	<p>8</p> <p>9:00 PRICE IS RIGHT 9:30 MANICURES 11:15 BEVERAGE PASS 12:00 TABLE TOP TRIVIA <b>2:00 SCENIC DRIVE WITH KRISTIN &amp; ROB!</b></p>	<p>9</p> <p>9:00 PRICE IS RIGHT 10:15 BINGO 2:15 UNO CARDS <b>3:00 SIT AND DANCE WITH BECKY!</b></p>
<p>14</p> <p>10:00 CHURCH SERVICE 11:00 BEVERAGE PASS 12:00 WORD SEARCH PUZZLE <b>2:30 PET THERAPY WITH MIRA &amp; GROMIT</b> <b>3:00 SNOW CONES</b></p>	<p>15</p> <p>9:00 PRICE IS RIGHT 9:30 MANICURES 11:15 BEVERAGE PASS 12:00 TABLE TOP TRIVIA <b>2:00 SCENIC DRIVE WITH KRISTIN &amp; ROB!</b></p>	<p>16</p> <p>9:00 PRICE IS RIGHT 10:15 BINGO 2:15 UNO CARDS <b>3:00 SIT AND DANCE WITH BECKY</b></p>
<p>21</p> <p>10:00 CHURCH SERVICE 11:00 BEVERAGE PASS 12:00 WORD SEARCH PUZZLE <b>2:30 PET THERAPY WITH MIRA &amp; GROMIT</b> <b>3:00 SNOW CONES</b></p>	<p>22</p> <p>9:00 PRICE IS RIGHT 9:30 MANICURES 11:15 BEVERAGE PASS 12:00 TABLE TOP TRIVIA <b>2:30 MUSIC WITH BARRY!</b></p>	<p>23</p> <p>9:00 PRICE IS RIGHT 10:15 BINGO 2:15 UNO CARDS <b>3:00 SIT AND DANCE WITH BECKY!</b></p>
<p>28</p> <p>10:00 CHURCH SERVICE 11:00 BEVERAGE PASS 12:00 WORD SEARCH PUZZLE <b>2:30 PET THERAPY WITH MIRA &amp; GROMIT</b> <b>3:00 SNOW CONES</b></p>	<p>29</p> <p>9:00 PRICE IS RIGHT 9:30 MANICURES 11:15 BEVERAGE PASS 12:00 TABLE TOP TRIVIA <b>2:00 SCENIC DRIVE WITH KRISTIN &amp; ROB!</b></p>	<p>30</p> <p>9:00 PRICE IS RIGHT <b>10:15 BINGO</b> <b>2:15 UNO CARDS</b> 3:15 BEVERAGE PASS</p>

Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>9:00 PRICE IS RIGHT  <b>10:15 APPLES TO APPLES GAME</b>  <b>2:15 BOWLING WITH INDRA &amp; CHARLIE!</b>            3:15 BEVERAGE PASS</p>	<p>4</p> <p>9:00 PRICE IS RIGHT  <b>10:30 MUSIC WITH GREG!</b>            12:00 CROSSWORD PUZZLES  <b>2:15 AFTERNOON MATINEE WITH POPCORN</b></p>	<p>5</p> <p>9:00 PRICE IS RIGHT  <b>10:00 SCENIC DRIVE WITH KRISTIN &amp; ROB!</b>            12:00 CROSSWORD PUZZLES  <b>2:15 GOLFING</b>            3:15 BEVERAGE PASS</p>	<p>6</p> <p><b>ANNUAL SUMMER BARBEQUE!</b>  <b>12:30-2:30</b></p>
<p>10</p> <p>9:00 PRICE IS RIGHT  <b>10:15 APPLES TO APPLES GAME</b>  <b>2:15 BOWLING WITH INDRA &amp; CHARLIE!</b>            3:15 BEVERAGE PASS</p>	<p>11</p> <p>9:00 PRICE IS RIGHT  <b>10:30 RELIEF SOCIETY</b>            12:00 CROSSWORD PUZZLES  <b>2:15 AFTERNOON MATINEE WITH POPCORN</b></p>	<p>12</p> <p>9:00 PRICE IS RIGHT  <b>10:00 SCENIC DRIVE WITH KRISTIN &amp; ROB!</b>            12:00 CROSSWORD PUZZLES  <b>2:15 GOLFING</b>            3:15 BEVERAGE PASS</p>	<p>13</p> <p><b>BEAUTICIAN TODAY!</b></p> <p>9:30 MANICURES            11:15 BEVERAGE PASS  <b>2:30 MUSIC WITH JERRY</b>            3:30 SATURDAY PUZZLE HANDOUTS</p>
<p>17</p> <p>9:00 PRICE IS RIGHT  <b>10:15 APPLES TO APPLES GAME</b>  <b>2:15 BOWLING WITH INDRA &amp; CHARLIE!</b>            3:15 BEVERAGE PASS</p>	<p>18</p> <p>9:00 PRICE IS RIGHT  <b>10:15 TIC TAC TOE GAME</b>            12:00 CROSSWORD PUZZLES  <b>2:15 AFTERNOON MATINEE WITH POPCORN</b></p>	<p>19</p> <p>9:00 PRICE IS RIGHT  <b>10:00 BINGO GAME!</b>            12:00 TABLE TOP TRIVIA  <b>2:30 HEART AND SOUL PRESENTS, "WYLDWOOD."</b></p>	<p>20</p> <p><b>BEAUTICIAN TODAY</b></p> <p>9:30 MANICURES            11:15 BEVERAGE PASS  <b>2:15 ICE CREAM SOCIAL</b>            3:15 SATURDAY PUZZLE HANDOUTS</p>
<p>24</p> <p>9:00 PRICE IS RIGHT  <b>10:15 APPLES TO APPLES GAME</b>  <b>2:15 BOWLING WITH INDRA &amp; CHARLIE!</b>            3:15 BEVERAGE PASS</p>	<p>25</p> <p>9:00 PRICE IS RIGHT            10:00 DOMINOES GAME            11:30 TABLE TOP TRIVIA  <b>1:30 FAMILY HOME MEETING</b>            2:15 AFTERNOON MATINEE WITH POPCORN</p>	<p>26</p> <p>9:00 PRICE IS RIGHT  <b>10:00 BINGO GAME!</b>            12:00 CROSSWORD PUZZLES  <b>2:30 MUSIC WITH TONYA</b></p>	<p>27</p> <p><b>BEAUTICIAN TODAY</b></p> <p>9:30 MANICURES            11:15 BEVERAGE PASS  <b>2:15 ICE CREAM SOCIAL</b>            3:15 SATURDAY PUZZLE HANDOUTS</p>
<p>31</p> <p><b>PODIATRIST TODAY</b></p> <p>9:00 PRICE IS RIGHT  <b>10:15 APPLES TO APPLES GAME</b>  <b>2:15 BOWLING WITH INDRA &amp; CHARLIE!</b>            3:15 BEVERAGE PASS</p>			

# August 2011

## RESIDENT SPOTLIGHT GWEN GLENN

*Gwen was born and raised in San Bernardino, California. Always very close to her older brother and sister, she met her husband, Jim, while playing tennis at BYU. He said he married her because she had such **nice legs**. After their marriage they lived in California and Utah, spending the last 45 years in their home in Holladay, Utah.*

*Gwen has five children, 23 grandchildren and 14 great-grandchildren (two more on the way). She and her husband served a two year mission for the LDS Church in Ireland. She loved living in Ireland, and it was appropriate because her favorite color has always been green.*

*If Gwen had a hobby, it was sewing because she has made many beautiful clothes over the years for her children and grandchildren. She loves watching old movies and sports, especially the BYU Cougars and Utah Jazz. She has a wonderful memory for songs ... just give her a word, and she's sure to come up with a song about it.*

*Gwen's newfound enjoyment is reading poetry. She is grateful most of her family still lives fairly close and enjoys spending time with them. Her family is amazed at her strength and positive attitude after being diagnosed with Parkinson's over 20 years ago and are so thankful she was able to endure the brain surgery that has brought her so much relief from this terrible disease.*



We think you are the **BEST** residents!