



# ALTA RIDGE COMMUNITIES

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

March 2012

## Resident of the Month



### HAROLD MARTIN

Harold is the father of six boys. He married his high school sweetheart, Joy, at the age of 20. They were married for 64 years until her passing last year. Harold worked for the Chevron Oil Refinery in North Salt Lake as a welder and retired after 32 years.

Harold can do almost anything. While his family was growing up he built two boats (everyone water skied), two motor homes, a cabin in the mountains and a dune buggy. He worked two jobs most of the time; one to support his family and the other for family fun. He loves to fly in small, fast airplanes. He also likes to golf, bowl and listen to Nat King Cole.

He was always there to help any of his boys if they needed him, and Joy was always volunteering him to help others. He is the best dad, grandpa and great-grandpa anyone could ever have.

Harold, we here at Alta Ridge would like to thank you for the kindness you have shown toward the staff and our residents. You are a wonderful man ... and thanks for being "The Candy Man."



### Happy St. Patrick's Day

Everybody's Irish on March 17. As you celebrate the wearin' o' the green, we'd like to offer this St. Patrick's Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick's Day to all of our residents!

### Super Food: Kudos to Cabbage

The humble cabbage doesn't get much glory. Boiled until bland, it's often a culinary afterthought. But the cruciferous vegetable deserves a place on your plate—next to the corned beef in March and as a side dish year-round. The antioxidants and anti-inflammatory compounds in cabbage help lower cholesterol and prevent cancer. It's an excellent source of vitamin C and a good source of vitamin A. Lightly sauté or steam cabbage, or enjoy it raw in salads and slaws.

### Woman, Femme or Frau

March 8 is International Women's Day.

# Happy Birthday

Bill P. .... 03-06  
 Sherry D. .... 03-21  
 Kay W. .... 03-31

# What's Cooking

Thanks to our wonderful dietary staff, our residents truly get restaurant-quality meals! Debbie, Rene and Millie work hard to ensure a varied menu that looks as well as tastes delicious.

A week before a resident birthday, that resident gets to choose what he or she would like for their birthday meal. Our dietary staff do their best to accommodate each request.

The dietary team must be aware of any allergies or special food requirements of each resident.

Families often enjoy a meal with their loved one. We all appreciate your dedication and attentiveness in preparation of each meal. You truly care and we thank you!!!

Bring in favorite family recipes—we'll try to cook them.



Sunday	Monday	Tuesday
<p><b>WE WILL MISS:</b>  <b>NORMA COCHRAN</b>  <b>JACK FORGIE</b></p>	<p><b>WE WELCOME:</b>                  SHERRY DEESING                  JUNE SPURGIESZ                  SJOERD BOSGRAAF                  MARY BUONOCORE                  EVELYN BARNEY</p>	<p>happy spring!</p>
<p>4</p> <p><b>10:30 CHURCH SERVICES</b>                  12:00 WORD JUMBLES  <b>2:15 SUNDAY MATINEE WITH POPCORN!</b></p>	<p>5</p> <p><b>10:15 MORNING STRETCH</b>                  10:45 REFRESHMENT &amp; MUSIC                  12:00 WORD SEARCH PUZZLE  <b>2:00 SCENIC DRIVE WITH KRISTIN &amp; ROB</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p>6</p> <p><b>BEAUTICIAN TODAY</b></p> <p><b>10:15 TABLE GAME WITH INDRA</b>                  11:00 REFRESHMENT                  12:00 TABLE TOP TRIVIA                  12:45 BILL'S BIRTHDAY CELEBRATION  <b>2:15 BLACKOUT BINGO!</b></p>
<p>11</p> <p><b>10:30 CHURCH SERVICES</b>                  12:00 WORD JUMBLES  <b>2:15 SUNDAY MATINEE WITH POPCORN!</b></p>	<p>12</p> <p><b>10:15 MORNING STRETCH</b>                  10:45 REFRESHMENT &amp; MUSIC                  12:00 WORD SEARCH PUZZLE  <b>2:00 SCENIC DRIVE WITH KRISTIN &amp; ROB</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p>13</p> <p><b>BEAUTICIAN IN TODAY</b></p> <p><b>10:15 TABLE GAME WITH INDRA</b>                  11:00 REFRESHMENT                  12:00 TABLE TOP TRIVIA  <b>2:15 BLACKOUT BINGO!</b></p>
<p>18</p> <p><b>10:30 CHURCH SERVICES</b>                  12:00 WORD JUMBLES  <b>2:15 SUNDAY MATINEE WITH POPCORN!</b></p>	<p>19</p> <p><b>10:15 MORNING STRETCH</b>                  10:45 REFRESHMENT &amp; MUSIC                  12:00 WORD SEARCH PUZZLE  <b>2:00 SCENIC DRIVE WITH KRISTIN &amp; ROB</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p>20</p> <p><b>BEAUTICIAN TODAY</b></p> <p><b>10:15 TABLE GAME WITH INDRA</b>                  11:00 REFRESHMENT                  12:00 TABLE TOP TRIVIA  <b>2:15 BLACKOUT BINGO!</b></p>
<p>25</p> <p><b>10:30 CHURCH SERVICES</b>                  11:00 REFRESHMENT                  12:00 WORD JUMBLES  <b>2:15 SUNDAY MATINEE WITH POPCORN</b>  <b>2:30 PET THERAPY/ ROOM VISITS WITH MIRA AND GROMIT</b></p>	<p>26</p> <p><b>10:15 MORNING STRETCH</b>                  10:45 REFRESHMENT &amp; MUSIC                  12:00 WORD SEARCH PUZZLE  <b>2:00 SCENIC DRIVE WITH KRISTIN &amp; ROB</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p>27</p> <p><b>BEAUTICIAN IN TODAY</b></p> <p><b>10:15 TABLE GAME WITH INDRA</b>                  11:00 REFRESHMENT                  12:00 TABLE TOP TRIVIA  <b>2:15 BLACKOUT BINGO!</b></p>

Wednesday	Thursday	Friday	Saturday
<p><b>MARCH HIGHLIGHTS</b></p> <p><b>2ND LIFE STORIES GAMES</b>  <b>10TH MUSIC WITH JERRY</b>  <b>16TH COOKIE DECORATING</b>  <b>17TH ST. PATRICK'S DAY</b>  <b>23RD MUSIC WITH TONIA</b>  <b>24TH ICE CREAM SOCIAL</b>  <b>25TH PET THERAPY ROOM VISITS</b></p>	<p><b>1</b></p> <p><b>10:30 MUSIC WITH GREG</b>  <b>12:00 THIS WAS THE YEAR</b>  <b>2:15 SPRING TIME CRAFT</b>  <b>3:00 COOKIES &amp; PUNCH</b></p>	<p><b>2</b></p> <p><b>10:00 SCENIC DRIVE WITH KRISTIN &amp; ROB</b>  <b>12:00 JOURNEY'S END</b>  <b>2:15 LIFE STORIES GAME</b>  <b>3:00 REFRESHMENT</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p><b>3</b></p> <p><b>BEAUTICIAN TODAY</b></p> <p><b>9:30 MANICURES THIS MORNING</b>  <b>12:00 WORD SEARCH PUZZLES</b>  <b>2:15 MATCH IT GAME</b>  <b>3:00 REFRESHMENT</b></p>
<p><b>7</b></p> <p><b>PODIATRIST TODAY</b></p> <p><b>10:15 UNO CARDS WITH INDRA</b>  <b>12:00 TABLE TOP TRIVIA</b>  <b>2:00 BOWLING WITH INDRA AND CHARLIE</b>  <b>3:00 REFRESHMENT</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p><b>8</b></p> <p><b>10:30 RELIEF SOCIETY</b>  <b>12:00 THIS WAS THE YEAR</b>  <b>2:15 SPRING TIME CRAFT</b>  <b>3:00 ICE CREAM BARS</b></p>	<p><b>9</b></p> <p><b>10:00 SCENIC DRIVE WITH KRISTIN &amp; ROB</b>  <b>12:00 JOURNEY'S END</b>  <b>2:15 PUZZLES</b>  <b>3:00 REFRESHMENT</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p><b>10</b></p> <p><b>BEAUTICIAN TODAY</b></p> <p><b>9:30 MANICURES</b>  <b>11:15 BEVERAGE PASS</b>  <b>2:30 MUSIC WITH JERRY</b>  <b>3:30 SATURDAY PUZZLE HANDOUTS</b></p>
<p><b>14</b></p> <p><b>10:15 UNO CARDS WITH INDRA</b>  <b>12:00 TABLE TOP TRIVIA</b>  <b>2:00 BOWLING WITH INDRA AND CHARLIE</b>  <b>3:00 REFRESHMENT</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p><b>15</b></p> <p><b>10:15 MORNING STRETCH WITH KRISTIN</b>  <b>10:45 REFRESHMENT &amp; MUSIC</b>  <b>12:00 THIS WAS THE YEAR</b>  <b>2:12 SPRING TIME CRAFT</b>  <b>3:00 POPSICLES</b></p>	<p><b>16</b></p> <p><b>10:00 SCENIC DRIVE WITH KRISTIN &amp; ROB</b>  <b>12:00 JOURNEY'S END</b>  <b>2:15 COOKIE DECORATING</b>  <b>3:00 REFRESHMENT</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p><b>17</b></p> <p><b>ST. PATRICK'S DAY</b></p> <p><b>BEAUTICIAN TODAY</b>  <b>9:30 MANICURES THIS MORNING</b>  <b>12:00 WORD SEARCH PUZZLES</b>  <b>2:30 ST. PATRICK'S DAY SOCIAL</b></p>
<p><b>21</b></p> <p><b>10:15 UNO CARDS WITH INDRA</b>  <b>12:00 TABLE TOP TRIVIA</b>  <b>1:00 SHERRY'S BIRTHDAY CELEBRATION</b>  <b>2:00 BOWLING WITH INDRA AND CHARLIE</b>  <b>3:00 REFRESHMENT</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p><b>22</b></p> <p><b>10:15 MORNING STRETCH WITH KRISTIN</b>  <b>10:45 REFRESHMENT &amp; MUSIC</b>  <b>11:30 THIS WAS THE YEAR!</b>  <b>1:30 FAMILY HOME MEETING</b>  <b>2:15 COLOR THERAPY</b>  <b>3:00 YOGURT</b></p>	<p><b>23</b></p> <p><b>10:00 SCENIC DRIVE WITH KRISTIN &amp; ROB</b>  <b>12:00 JOURNEY'S END</b>  <b>2:30 MUSIC WITH TONIA!</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p><b>24</b></p> <p><b>BEAUTICIAN TODAY</b></p> <p><b>9:30 MANICURES THIS MORNING</b>  <b>12:00 WORD SEARCH PUZZLES</b>  <b>2:15 ICE CREAM SOCIAL</b>  <b>3:00 REFRESHMENT</b></p>
<p><b>28</b></p> <p><b>10:15 UNO CARDS WITH INDRA</b>  <b>12:00 TABLE TOP TRIVIA</b>  <b>2:00 BOWLING WITH INDRA AND CHARLIE</b>  <b>3:00 REFRESHMENT</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p><b>29</b></p> <p><b>10:15 MORNING STRETCH WITH KRISTIN</b>  <b>10:45 REFRESHMENT &amp; MUSIC</b>  <b>12:00 THIS WAS THE YEAR!</b>  <b>2:15 SPRING TIME CRAFT</b>  <b>3:00 CHEESE &amp; CRACKERS</b></p>	<p><b>30</b></p> <p><b>10:00 SCENIC DRIVE WITH KRISTIN &amp; ROB</b>  <b>12:00 JOURNEY'S END</b>  <b>2:15 PUZZLES</b>  <b>3:00 REFRESHMENT</b>  <b>7:00 REMINISCING WITH STAFF</b></p>	<p><b>31</b></p> <p><b>BEAUTICIAN TODAY</b></p> <p><b>9:30 MANICURES THIS MORNING</b>  <b>12:00 WORD SEARCH PUZZLES</b>  <b>12:45 KAY'S BIRTHDAY CELEBRATION</b>  <b>2:15 MATCH IT GAME</b>  <b>3:00 REFRESHMENT</b></p>

# March 2012

## Why Should I Prepare?

Most of Utah's populated areas lie within an active earthquake belt.

\*Utah has experienced 16 earthquakes greater than magnitude 5.5 since pioneer settlement in 1847.

\*You will likely be on your own without vital services in the hours and days following an earthquake. Are you prepared with water, food, first aid supplies and medications?

\*The largest earthquake ever recorded in Utah was the 1934 Hansel Valley earthquake with magnitude 6.6.

\*At 240 miles long, the Wasatch fault is one of the longest and most active in the world!

\*Nearly 80 percent of Utah's population lives within 15 miles of the Wasatch fault in the Wasatch Front area.

\*The intensity of shaking that a building experiences depends on (1) magnitude, (2) distance from the earthquake and (3) type of ground material beneath.

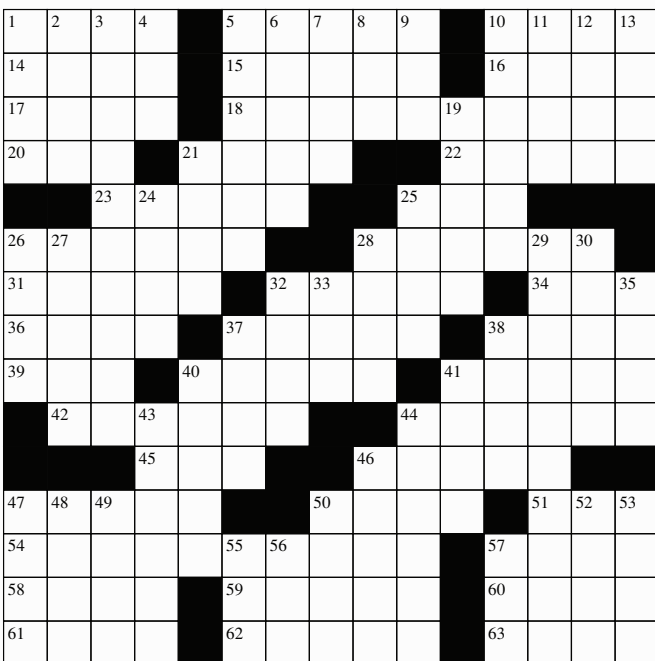
\*Most people think that all injuries from earthquakes are caused by collapsing buildings. Actually, most injuries in quakes are from objects that break or fall on people.

\*By not securing your water heater, you are vulnerable to rupturing both your water and gas connections. This could spell disaster, especially if an earthquake occurred during the winter months when gas is needed to heat your home.

\*In a 7.0 magnitude earthquake, Utah could see as many as 350,000 people displaced from their homes.

\*Most residential property owners do not have earthquake coverage. Do you??

## Crossword Puzzle



### ACROSS

1. Agreement
5. Colorful liquid
10. Bucks
14. Grand mal precursor
15. Lauder, for one
16. Skin lotion ingredient
17. Road sign
18. Highway patrol setups
20. Help letters
21. Curb
22. Wrong
23. Late beloved Bishop
25. Croak (less crudely)
26. Job
28. Flag
31. House divisions
32. Friendliness or compassion
34. Period
36. Times
37. Hiding places
38. South African fox
39. Time when a train is expected to leave: abbr.
40. One who sent the Wise Men to find Jesus
41. UCLA athlete
42. Evaluate
44. Unclean
45. Make lace
46. Punitive
47. Despicable person
50. Cause of distress

### DOWN

1. Decline to bid
2. Means of transportation
3. "\_\_\_ of America"; Indiana's motto
4. Touch lightly
5. Annoy
6. Fluttering tree
7. Object
8. Bess Truman \_\_\_ Wallace
9. Joe Sr.'s youngest child
10. 1875 Bizet opera
11. Kirghiz's \_\_\_ Mountains
12. \_\_\_ up; absorbs
13. Notorious German
19. Contaminate
21. Spots
24. \_\_\_ in; surrounds
25. Place for a speaker
26. Canadian tribe member
27. Vital vessel
28. Musical poet
29. Late TV show host

30. Riveter of the '40s
32. Cigarette ingredients
33. Start of a Brazilian city
35. Take care of
37. In case
38. Elaborate solo
40. Great amount
41. Jaw or hip
43. Controls the direction of
44. Touch and others
46. Man of the cloth
47. Female superstar
48. City in Italia
49. Give off
50. Worms, e.g.
52. Rip violently
53. War deity
55. Edison's initials
56. Newt
57. Be indebted

