



ALTA RIDGE

COMMUNITIES

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



Scaring Up Some Fun

We've asked the mini ghosts and goblins from our area to join us for a truly spook-tacular time this Halloween. Now, we invite you, our residents, to join the fun by donning your most ghoulish attire and having plenty of treats available for the witches and wizards who may sweep through our community. Afterward, you'll have the opportunity to bedazzle your friends at our Halloween party. We'll have magical potions to quench your thirst and plenty of tasty goodies for you to enjoy. We hope that everyone will join us for our Halloween event. After all, it would be a frightful shame if you missed the fun!

Please join us on Oct. 27, at 7-9 p.m. We look forward to seeing you.

October Is ...

- * National Bake and Decorate Month
- * International Strategic Planning Month
- * Halloween Safety Month
- * Children's Magazine Month
- * Class Reunion Month
- * Computer Learning Month

Sing a Song

Oct. 2-8 is National Carry a Tune Week.

October 2011



Holiday ABCs for October

F is for Fall's glorious color displays
 O is for breathtaking hues of Orange
 L is for Leaves dropping from trees
 I is for sunlight Illuminating the branches
 A is for a refreshing chill in the Air
 G is for Green's transition to brown
 E is for the Excitement of changing seasons

Word for October: Suffuse

As the leaves slowly change to yellows and oranges, they become suffused with the hue of autumn, or "spread over or through in the manner of fluid or light" as defined by www.Merriam-Webster.com. The earthy colors associated with the season, from amber to crimson, tinge and saturate the foliage of fall. So too do the gusty winds that flush our cheeks with a ruddy tint. Take a moment this month to appreciate the broad palette of October and fall's brimming, suffusive sense of color.



- BLANCA P. 10-04
- PHYLLIS M. 10-08
- MARIA G. 10-13
- GEORGIA W. 10-14
- GUY M. 10-28
- JEFF E. 10-29
- PATTI J. 10-30
- DEBBIE W. 10-30

Smile and File

October is Organize Your Medical Information Month.

October's Birthstone

The October birthstone is opal, meaning hope. The opal gets its name from the Greek, opallos, meaning "to see a change of color." The Romans believed the jewel was a symbol of purity and hope, while Greeks thought it had the power of foresight.


Everybody Floss

October is National Dental Hygiene Month.

Mail Call

In this electronic age of cell phones, text messages and email, a handwritten letter seems like a quaint bygone. Paper letters can be kept, reread and cherished. So sit down and write a letter to a friend or relative. It's sure to bring a smile, and you might even get a letter back.

Sunday	Monday	Tuesday
WE WILL MISS: SANDRA LUNDGREN WE WELCOME BACK: TESSIE MAVERAKIS	<i>"Happiness Often Sneaks in Through a Door You Didn't Know You Left Open."</i>	
2	3	4
9:00 ROOM VISITS 10:00 DOMINOES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:00 PAINTING 3:00 COOKIES & PUNCH General Conference 10-12 And 2-4, On Television	9:30 MANICURES AND MOVIE 11:00 REFRESHMENT 12:00 TRIVIA & WORD JUMBLES 2:00 SCENIC DRIVE WITH KRISTIN & ROB	BEAUTICIAN TODAY 10:00 TABLE GAME 11:00 REFRESHMENT 2:15 BINGO WITH INDRA! 3:15 REFRESHMENT HAPPY B-DAY BLANCA
9	10	11
10:30 CHURCH SERVICE 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:00 PAINTING 3:00 COOKIES & PUNCH	COLUMBUS DAY 9:30 MANICURES AND MOVIE 11:00 REFRESHMENT 12:00 TRIVIA & WORD JUMBLES 2:00 SCENIC DRIVE WITH KRISTIN & ROB	BEAUTICIAN TODAY 10:00 TABLE GAME 11:00 REFRESHMENT 2:15 BINGO WITH INDRA! 3:15 REFRESHMENT
16	17	18
10:30 CHURCH SERVICE 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:00 PUMPKIN PAINTING 3:00 COOKIES & PUNCH	9:30 MANICURES AND MOVIE 11:00 REFRESHMENT 12:00 TRIVIA & WORD JUMBLES 2:00 SCENIC DRIVE WITH KRISTIN & ROB	BEAUTICIAN TODAY 10:00 TABLE GAME 11:00 REFRESHMENT 2:15 BINGO WITH INDRA! 3:15 REFRESHMENT
23/30	24/31	25
10:30 CHURCH SERVICE 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:00 PAINTING 2:30 PET THERAPY 3:00 COOKIES & PUNCH 30th: HAPPY B-DAY DEBBIE & PATTI	9:30 MANICURES AND MOVIE 11:00 REFRESHMENT 12:00 TRIVIA & WORD JUMBLES 2:00 SCENIC DRIVE WITH KRISTIN & ROB	BEAUTICIAN TODAY 10:00 TABLE GAME 11:00 REFRESHMENT 2:15 BINGO WITH INDRA! 3:15 REFRESHMENT

Wednesday	Thursday	Friday	Saturday
 <p>NATIONAL CRIME PREVENTION MONTH</p>	<p><i>"When You Have the Lord in Your Heart There Is Always Two in the Saddle and You Will Never Ride Alone."</i></p>		<p>BEAUTICIAN TODAY 1</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 AFTERNOON MATINEE WITH POPCORN & COKE!</p>
<p>5</p> <p>10:00 TABLE GAME 11:00 REFRESHMENT 2:00 BOWLING WITH INDRA & CHARLIE 3:15 REFRESHMENT</p>	<p>6</p> <p>10:30 MUSIC WITH GREG! 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 1:45 GOLFING 2:30 HOMEMADE BREAD SOCIAL 3:15 CROSSWORD PUZZLES</p>	<p>7</p> <p>9:00 FIELD TRIP TO HILL AEROSPACE MUSEUM, LUNCH PROVIDED 2:00 PUZZLE MANIA 3:00 AFTERNOON SNACK</p>	<p>8</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:30 MUSIC WITH JERRY! 3:00 REFRESHMENT</p> <p>HAPPY B-DAY PHYLLIS</p>
<p>12</p> <p>10:00 TABLE GAME 11:00 REFRESHMENT 2:00 BOWLING WITH INDRA & CHARLIE 3:15 REFRESHMENT</p>	<p>13</p> <p>HAPPY B-DAY MARIA</p> <p>10:30 RELIEF SOCIETY 11:00 LADDER TOSS 12:00 TABLE TOP TRIVIA 1:45 GOLFING 2:30 ICE CREAM SOCIAL 3:15 CROSSWORD PUZZLES</p>	<p>14</p> <p>HAPPY B-DAY GEORGIA</p> <p>10:00 SCENIC DRIVE WITH KRISTIN & ROB 12:00 TABLE TOP TRIVIA 2:30 MUSIC WITH SUE! 3:00 AFTERNOON SNACK</p>	<p>15</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 1:30 JANET'S STUDY GROUP 2:15 AFTERNOON MATINEE WITH POPCORN & COKE!</p>
<p>19</p> <p>10:00 TABLE GAME 11:00 REFRESHMENT 2:00 BOWLING WITH INDRA & CHARLIE 3:15 REFRESHMENT</p>	<p>20</p> <p>10:15 LADDER TOSS 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 1:45 GOLFING 2:30 HOMEMADE BREAD SOCIAL 3:15 CROSSWORD PUZZLES</p>	<p>21</p> <p>10:00 SCENIC DRIVE WITH KRISTIN & ROB 12:00 TABLE TOP TRIVIA 2:30 THE MISS BROADWAY SHOW & BIRTHDAY BASH! 3:00 AFTERNOON SNACK</p>	<p>22</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 AFTERNOON MATINEE WITH POPCORN & COKE!</p>
<p>26</p> <p>10:00 TABLE GAME 11:00 REFRESHMENT 2:00 BOWLING WITH INDRA & CHARLIE 3:15 REFRESHMENT</p>	<p>27</p> <p>HALLOWEEN PARTY</p> <p>10:15 LADDER TOSS 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 1:45 GOLFING 2:30 ICE CREAM SOCIAL 3:15 CROSSWORD PUZZLES Halloween Party 7-9 PM Come in costume and bring the kiddos!</p>	<p>28</p> <p>HAPPY B-DAY GUY!</p> <p>10:00 SCENIC DRIVE WITH KRISTIN & ROB 12:00 TABLE TOP TRIVIA 2:00 PUZZLE MANIA 3:00 AFTERNOON SNACK</p>	<p>29</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:30 CLASS ACT ENTERTAINMENT!</p> <p>HAPPY B-DAY JEFF</p>

October 2011

RESIDENT SPOTLIGHT!

Teresa Isabel Fehlman, our spotlight resident, was born in South Dakota, July 3, 1928. She had one younger brother, James. Teresa moved to Salt Lake City in 1957, where she attended and graduated from Judge Memorial High School.

She was employed at the Navel Supply Depot in Clearfield and later worked in the Federal Immigration and Naturalization Department helping to process applications from people wanting to become United States Citizens.

Her Catholic upbringing has always been important to her, at the age of 20 she entered Notre Dame College where she worked as a mail and file clerk. She later spent 7 years at the Holy Cross Order and taught at St. Barnabus Elementary School in Long Beach, California. It comes at no surprise that the children at St. Barnabus loved Teresa. Upon returning to Salt Lake, Teresa went back to work for the Federal Government and remained there until she retired.

Retirement was not easy for Teresa as she felt the need to fill her time, so she took a job at Judge Memorial in the cafeteria until 2000 when she retired for good.

Teresa has always had a love for music, reading (especially Zane Gray Novels), and is a master at word find puzzles. Her neighbors in Murray remain close to her, especially Donna and Sandra. Teresa is a delight—she loves to walk, visit with other residents and offers help at every opportunity.

We are fortunate that she came to live with us at Alta Ridge in Holladay.

