



ALTA RIDGE COMMUNITIES

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



The Facts Behind Autumn's Falling Leaves

The color of autumn's glorious palette comes from pigments in leaves. Pigments are natural substances produced by leaf cells. The three pigments that color leaves are: chlorophyll (green), carotenoid (yellow, orange and brown) and anthocyanins (red).

Most of the year, the chlorophyll masks the other colors. But in autumn, changes in the length of daylight and temperature cause chlorophyll to break down. The green color disappears, and the yellows to oranges and reds become visible.

Autumn color is helpful in a way you might not have imagined: it can help you identify different tree species.

- *Oaks*: Red, brown or russet
- *Hickories*: Golden bronze
- *Dogwood*: Purple-red
- *Birch*: Bright yellow
- *Poplar*: Golden yellow
- *Sugar maple*: Orange-red
- *Black maple*: Glowing yellow
- *Red maple*: Bright scarlet.

September 2011

Raise Some Awareness: World Alzheimer's Day

World Alzheimer's Day is Sept. 21. Alzheimer's organizations from around the world work together to raise awareness. Some facts about the disease:

- As many as 5.3 million people in the United States are living with Alzheimer's.
- Alzheimer's and dementia triple healthcare costs for Americans 65 and older.
- Every 70 seconds, someone develops Alzheimer's.
- Alzheimer's costs more than \$148 billion each year to Medicare, Medicaid and businesses.

The Alzheimer's Association is the leading voluntary health organization providing support to families facing Alzheimer's and funding research that will get us closer to a cure.



Salute to Labor

"I believe in the dignity of labor, whether with head or hand, that the world owes no man a living but that it owes every man an opportunity to make a living."

—John D. Rockefeller Jr.

We'd like to salute the efforts of all working people this Labor Day, and we hope you enjoy the holiday to the fullest.



Happy Birthday

- LARUE C. 9/5
- SUE S. 9/7
- SHADOW 9/7
- LYNNEL S. 9/11
- HELEN K. 9/16

BOWLING SCORES FOR JULY & AUGUST

- Harold: 148, 120, 177, 161, 223, 118
- Gary: 99, 123, 149, 63, 60, 96
- Doris: 116, 145, 112, 134
- Helen: 57, 48, 62, 114
- Janet: 67, 106, 82
- Bill: 95




SUMMER BBQ!!!

We want to thank everyone who was able to come and participate in our BBQ. It is always so much fun to have families, friends, residents and staff together enjoying good food and good conversation. Thank you to all who brought desserts and food trays. We appreciate all of you so very much.

Alta Ridge in Holladay

Sunday	Monday	Tuesday
<p><i>The large hall calendar and the individual room calendars reflect the most current postings of activities.</i></p>	<p><i>You may be one person to the world, but you may also be the world to one person.</i></p>	
4	HAPPY BIRTHDAY LARUE	5
<p>10:30 CHURCH SERVICES 12:00 TABLE TOP TRIVIA 2:15 SUNDAY MATINEE WITH POPCORN & COKE!</p>	<p><u>LABOR DAY HOLIDAY</u> 9:30 MANICURES 11:00 REFRESHMENTS 12:00 TABLE TOP TRIVIA 2:15 BLACKOUT BINGO</p>	<p>10:00 TABLE GAME WITH INDRA! 11:00 BEVERAGE PASS <u>2:00 AFTERNOON SOCIAL</u> <u>2:45 SIT & DANCE WITH BECKY!</u></p>
11	HAPPY BIRTHDAY LYNNEL	12
<p>10:30 CHURCH SERVICES 12:00 TABLE TOP TRIVIA 2:15 SUNDAY MATINEE WITH POPCORN & COKE!</p>	<p>9:30 MANICURES 11:00 REFRESHMENTS 12:00 TABLE TOP TRIVIA <u>2:00 VAN RIDE WITH KRISTIN & ROB!</u></p>	<p>10:00 TABLE GAME WITH INDRA! 11:00 BEVERAGE PASS <u>2:30 HEART AND SOUL PRESENTS: THE MUSIC OF "MAIN STREET DUO"</u></p>
18	19	20
<p>10:30 CHURCH SERVICES 12:00 TABLE TOP TRIVIA 2:15 SUNDAY MATINEE WITH POPCORN & COKE!</p>	<p>9:30 MANICURES 11:00 REFRESHMENTS 12:00 TABLE TOP TRIVIA <u>2:00 VAN RIDE WITH KRISTIN & ROB!</u></p>	<p>10:00 TABLE GAME WITH INDRA 11:00 BEVERAGE PASS <u>2:00 AFTERNOON SOCIAL</u> <u>2:45 SIT & DANCE WITH BECKY!</u></p>
25	26	27
<p>10:30 CHURCH SERVICES 12:00 TABLE TOP TRIVIA 2:15 SUNDAY MATINEE WITH POPCORN & COKE!</p>	<p>9:30 MANICURES 11:00 REFRESHMENTS 12:00 TABLE TOP TRIVIA <u>2:00 VAN RIDE WITH KRISTIN & ROB!</u></p>	<p>10:00 TABLE GAME WITH INDRA 11:00 BEVERAGE PASS 2:00 AFTERNOON SOCIAL <u>2:45 SIT & DANCE WITH BECKY!</u></p>

Wednesday	Thursday	Friday	Saturday
<p><i>Grandparents Day</i> 1st Sunday after Labor Day</p>	<p>1</p> <p>10:30 MUSIC WITH GREG 12:00 TABLE TOP TRIVIA 2:00 DOMINOES GAME 3:00 COOKIES & PUNCH</p>	<p>2</p> <p>10:00 VAN RIDE WITH KRISTIN & ROB! 12:00 TABLE TOP TRIVIA 2:00 GOLFING 3:00 REFRESHMENT</p>	<p>3</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 AFTERNOON SOCIAL AND PUZZLE HANDOUTS</p>
<p>HAPPY BIRTHDAY SUE & SHADOW! 7</p> <p>10:00 TABLE GAME WITH INDRA 11:00 BEVERAGE PASS 2:00 BOWLING WITH INDRA & CHARLIE! 3:00 REFRESHMENTS</p>	<p>8</p> <p>10:30 RELIEF SOCIETY 11:00 BEVERAGE PASS 12:00 TABLE TOP TRIVIA 2:00 RUMMIKUB GAME 3:00 COOKIES & PUNCH</p>	<p>9</p> <p>10:00 VAN RIDE WITH KRISTIN & ROB! 12:00 TABLE TOP TRIVIA 2:00 GOLFING 3:00 REFRESHMENT</p>	<p>10</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:30 MUSIC WITH JERRY!</p>
<p>14</p> <p>10:00 TABLE GAME WITH INDRA 11:00 BEVERAGE PASS 2:00 BOWLING WITH INDRA & CHARLIE! 3:00 REFRESHMENTS</p>	<p>15</p> <p>10:30 MUSIC WITH SUZY 12:00 TABLE TOP TRIVIA 2:00 COLOR THERAPY 3:00 COOKIES & PUNCH</p>	<p>HAPPY BIRTHDAY HELEN 16</p> <p>10:00 VAN RIDE WITH KRISTIN & ROB! 12:00 TABLE TOP TRIVIA 2:00 GOLFING 3:00 REFRESHMENT</p>	<p>17</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 AFTERNOON SOCIAL AND PUZZLE HANDOUTS</p>
<p>21</p> <p>10:00 TABLE GAME WITH INDRA 11:00 BEVERAGE PASS 2:00 BOWLING WITH INDRA & CHARLIE! 3:00 REFRESHMENTS</p>	<p>22</p> <p>10:00 BINGO CARDS 11:00 BEVERAGE PASS 11:30 TABLE TOP TRIVIA 1:30 FAMILY HOME MEETING 2:00 COLOR THERAPY 3:00 COOKIES & PUNCH</p>	<p>FIRST DAY OF AUTUMN 23</p> <p>10:00 VAN RIDE WITH KRISTIN & ROB! 12:00 TABLE TOP TRIVIA 2:00 GOLFING 3:00 REFRESHMENT</p>	<p>24</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENTS 12:00 TABLE TOP TRIVIA 2:00 VAN RIDE WITH KRISTIN & ROB!</p>
<p>28</p> <p>10:00 TABLE GAME WITH INDRA 11:00 BEVERAGE PASS 2:00 BOWLING WITH INDRA & CHARLIE! 3:00 REFRESHMENTS</p>	<p>29</p> <p>10:00 YAHTZEE GAME 11:00 BEVERAGE PASS 12:00 TABLE TOP TRIVIA 2:30 MUSIC WITH PAUL & BIRTHDAY CELEBRATION!</p>	<p>30</p> <p>10:00 VAN RIDE WITH KRISTIN & ROB! 12:00 TABLE TOP TRIVIA 2:00 GOLFING 3:00 REFRESHMENT</p>	<p>National Assisted Living Week</p> 

September 2011

EMPLOYEE SPOTLIGHT

DANIELLE PRICE

Danielle Price was born Jan. 4, 1981, in Logan, Utah. She grew up on a cattle ranch in Bear Lake Utah, just outside of Laketown. She is the oldest of four girls. She graduated from Rich High School in 1999. Danielle is currently attending Salt Lake Community College for her associates degree in social work. She has worked with developmentally disabled/brain injury individuals, as well as those struggling with substance abuse.

Danielle has a son. His name is Mikey, he is 7 years old and is the joy of her life. She is married to Shawn Samora.

She is our "lil Comedian." She puts smiles on our residents' faces as well as the staff. Danielle, thank you for all of your hard work. We remember the day you walked in for an application—boy, are we glad you did! You are compassionate and caring with our residents, and have a fantastic rapport with the families. Thank you! :)



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| Apple | Harvest |
| Autumn | Labor Day |
| Books | Lake |
| Camp | Leaves |
| Country | Reflection |
| Earth | September |
| Fall | Tree |
| Football | Wind |

R	D	L	P	X	V	G	H	I	H	A	V	U	W	S
E	E	M	F	L	D	A	P	T	V	T	U	A	Z	P
B	U	F	P	A	U	L	L	S	R	Z	B	J	O	U
M	P	H	L	K	L	B	O	E	J	A	A	R	D	U
E	K	C	C	E	J	L	E	V	K	X	E	D	I	Z
T	G	W	A	N	C	J	L	R	N	R	L	O	X	K
P	Q	V	N	M	U	T	U	A	J	A	S	I	Y	J
E	E	E	S	Z	P	I	I	H	B	G	Y	B	B	W
S	D	L	F	T	U	O	W	O	Q	T	Q	O	E	L
T	A	Q	P	D	T	Y	R	T	N	U	O	C	J	F
H	J	B	W	P	A	D	S	P	V	K	Q	O	B	Z
I	Q	N	S	G	A	N	F	O	S	V	K	B	F	M
O	X	H	V	Y	Y	I	V	X	E	S	K	X	Z	E
S	N	O	J	N	M	W	Y	B	G	W	T	K	T	H