



Carrington Court

1928 W 9800 S. • South Jordan, UT 84095 • (801) 676-7616

Positive Thought

"The day is what you make it! So why not make it a great one?" —Steve Schulte



Introducing Frankie Paskett Roylance. She was born on Feb. 21, 1931. She was born in Malta, Idaho, 6 weeks after her father died. As a teenager she lived in Provo, UT. She lived in Murray, UT, for 55 yrs. She was a secretary at Hillcrest Jr. High and Murray High School. In 1995, she received the Utah Educators Apple Award for the state of Utah for her innovative program to help students raise their citizenship grades. She attended Brigham Young University with Dallan Oakes. She could type 135 words per min. and was a beautiful seamstress. She loved to read and never watched TV. She snow skied until she fell on the ice and tore ligaments in her knee. She was on crutches for 6 months. She has been a widow for 40 yrs. She has 2 sons and 2 daughters, 12 grandchildren and 18 great-grandchildren. Frankie is always a lot of fun. We love her!

Valentine's Dinner Party!

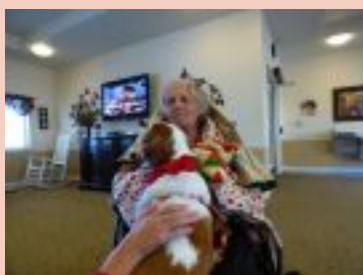
Thursday, Feb. 12, at 5 p.m. Dinner for two guests per resident. Please RSVP at carringtoncourtal.com or call (801) 285-8311.

February 2015



Let's meet our resident Sally McDaniel. She was born on July 9. She was raised in Riverton, Utah. Places she has lived are Alaska, Bellingham, WA, Price, Moab, Roosevelt and Salt Lake City, Utah. Jobs she has had are waitress, bus driver and truck driver; she has her CDL. She has been married 3 times and has raised 12 children. Sally and her husband, Richard, were members of the Corvette Club. She has traveled to Mexico, likes Cabo San Lucas and Alaska. She was in Alaska at the time of the earthquake in 1964. Sally enjoys pets, gardening, bowling and her children and many grandchildren. We love spunky Sally.






Baby, It's Cold Outside!

Though the weather outside is frightful, we still have good times enjoying time with our friends!

Sunday	Monday	Tuesday
<p>1</p> <p>9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Getting to Know You Visits With Our Residents 12:30 Lunch 1:00 Lawrence Welk Show 2:00 Table Games 3:00 Ice Cream Social 4:00 Quiet Movie 5:00 Dinner</p>	<p>2</p> <p>9:00 Rejuvenation 10:00 Circle Games/Parachute 11:00 Magazines/Newspaper 12:00 Lunch 1:30 Van Ride/1:1 Activities 3:00 Snack Time / Walk About 4:00 Fun With Words 5:00 Dinner</p>	<p>3</p> <p>9:00 Rejuvenation 10:00 Bend & Stretch 11:00 Reminiscing 12:00 Lunch 1:30 Gospel Doctrine Lesson (AL Side) / Target Practice Beanbags 2:30 Check It Out! Activities at the Tables 3:00 Snacks 4:00 Pet Therapy 5:00 Dinner</p>
<p>8</p> <p>9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Getting to Know You Visits With Our Residents 12:30 Lunch 1:00 Lawrence Welk Show 2:00 Table Games 3:00 Ice Cream Social 4:00 Quiet Movie 5:00 Dinner</p>	<p>9</p> <p>9:00 Rejuvenation 10:00 Circle Games/Parachute 11:00 Magazines/Newspaper 12:00 Lunch 1:30 Van Ride/1:1 Activities 3:00 Snack Time / Walk About 4:00 Fun With Words 5:00 Dinner</p>	<p>10</p> <p>9:00 Rejuvenation 10:00 Bend & Stretch 11:00 Reminiscing 12:00 Lunch 1:30 Gospel Doctrine Lesson (AL Side) / Target Practice Beanbags 2:30 Check It Out! Activities at the Tables 3:00 Snacks 4:00 Pet Therapy 5:00 Dinner</p>
<p>15</p> <p>9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Getting to Know You Visits With Our Residents 12:30 Lunch 1:00 Lawrence Welk Show 2:00 Table Games 3:00 Ice Cream Social 4:00 Quiet Movie 5:00 Dinner</p>	<p>Presidents' Day</p> <p>16</p> <p>9:00 Rejuvenation 10:00 Circle Games/Parachute 11:00 Magazines/Newspaper 12:00 Lunch 1:30 Van Ride/1:1 Activities 3:00 Snack Time / Walk About 4:00 Fun With Words 5:00 Dinner</p>	<p>17</p> <p>9:00 Rejuvenation 10:00 Bend & Stretch 11:00 Reminiscing 12:00 Lunch 1:30 Gospel Doctrine Lesson (AL Side) / Target Practice Beanbags 2:30 Check It Out! Activities at the Tables 3:00 Snacks 4:00 Pet Therapy 5:00 Dinner</p>
<p>22</p> <p>9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Getting to Know You Visits With Our Residents 12:30 Lunch 1:00 Lawrence Welk Show 2:00 Table Games 3:00 Ice Cream Social 4:00 Quiet Movie 5:00 Dinner</p>	<p>23</p> <p>9:00 Rejuvenation 10:00 Circle Games/Parachute 11:00 Magazines/Newspaper 12:00 Lunch 1:30 Van Ride/1:1 Activities 3:00 Snack Time / Walk About 4:00 Fun With Words 5:00 Dinner</p>	<p>24</p> <p>9:00 Rejuvenation 10:00 Bend & Stretch 11:00 Reminiscing 12:00 Lunch 1:30 Gospel Doctrine Lesson (AL Side) / Target Practice Beanbags 2:30 Check It Out! Activities at the Tables 3:00 Snacks 4:00 Pet Therapy 5:00 Dinner</p>
<p><i>Appreciate each other and our journey in this life. Smile and make a friend every day. We all can make a difference in someone's life. We appreciate you!</i></p>	<p>We have a Eucharistic Minister available for our Catholic residents on Wednesday afternoon. Contact Shana if a visit is requested and it will be arranged.</p>	<p>We Strive to Support These Parts of Everyone's Lives.</p> <p>Social Physical Emotional Spiritual Intellectual</p>

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">4</p> <p>9:00 Rejuvenation 10:00 Internet Adventures 11:00 Chair Dancing & Singing 12:00 Lunch 1:30 Van Ride / Skills Practice 3:00 Snacks 3:30 Memorable Movie Ginger and Kay Pet Therapy 5:00 Dinner</p>	<p style="text-align: right;">5</p> <p>9:00 Rejuvenation 10:00 Play Ball / Counting Our Blessings 11:00 Book Club/Stories 12:00 Lunch 1:30 Cut & Paste Journals 3:00 Snack Time 4:00 Music With Rosie & Sheri 5:00 Dinner</p> <p>Beautician Day!</p>	<p style="text-align: right;">6</p> <p>9:00 Rejuvenation 10:00 Rhythm Band & Move With the Music 11:00 Time for Learning 12:00 Lunch 1:30 Table Games / Crafts 3:00 Snack Time 4:00 Manicures and Melodies 5:00 Dinner</p>	<p style="text-align: right;">7</p> <p>9:00 Rejuvenation 10:00 Sit N' Be Fit / "Sing-Along" Karaoke 11:00 Indoor Sports 12:00 Lunch 1:00 Coloring / Building 3:00 Snacks / Bingo 4:00 Puzzles / Patterns 5:00 Dinner</p>
<p style="text-align: right;">11</p> <p>9:00 Rejuvenation 10:00 Internet Adventures 11:00 Chair Dancing & Singing 12:00 Lunch 1:30 Van Ride / Skills Practice 3:00 Snacks 4:00 Music With Debra Bowers 5:00 Dinner</p>	<p style="text-align: right;">12</p> <p>9:00 Rejuvenation 10:00 Play Ball / Counting Our Blessings 11:00 Book Club/Stories 12:00 Lunch 1:30 Cut & Paste Journals 3:00 Snack Time 5:00 Valentine's Dinner Party</p> <p>Beautician Day!</p>	<p style="text-align: right;">13</p> <p>9:00 Rejuvenation 10:00 Rhythm Band & Move With the Music 11:00 Time for Learning 12:00 Lunch 1:30 Table Games / Crafts 3:00 Snack Time 4:00 Manicures and Melodies 5:00 Dinner</p>	<p style="text-align: right;">14</p> <p>Birthday Valeea Crowther</p> <p>9:00 Rejuvenation 10:00 Sit N' Be Fit / "Sing-Along" Karaoke 11:00 Indoor Sports 12:00 Lunch 1:00 Coloring / Building 3:00 Snacks / Bingo 4:00 Puzzles / Patterns 5:00 Dinner</p>
<p style="text-align: right;">18</p> <p>9:00 Rejuvenation 10:00 Internet Adventures 11:00 Chair Dancing & Singing 12:00 Lunch 1:30 Van Ride / Skills Practice 3:00 Snacks 3:30 Memorable Movie Ginger & Kay Pet Therapy 5:00 Dinner</p>	<p style="text-align: right;">19</p> <p>9:00 Rejuvenation 10:00 Play Ball / Counting Our Blessings 11:00 Book Club/Stories 12:00 Lunch 1:30 Cut & Paste Journals 3:00 Snack Time 4:00 Music Mike Westburg Country Band 5:00 Dinner</p> <p>Beautician Day!</p>	<p style="text-align: right;">20</p> <p>9:00 Rejuvenation 10:00 Rhythm Band & Move With the Music 11:00 Time for Learning 12:00 Lunch 1:30 Table Games / Crafts 3:00 Snack Time 4:00 Manicures and Melodies 5:00 Dinner</p>	<p style="text-align: right;">21</p> <p>Birthday Frankie Roylance</p> <p>9:00 Rejuvenation 10:00 Sit N' Be Fit / "Sing-Along" Karaoke 11:00 Indoor Sports 12:00 Lunch 1:00 Coloring / Building 3:00 Snacks / Bingo 4:00 Puzzles / Patterns 5:00 Dinner</p>
<p style="text-align: right;">25</p> <p>9:00 Rejuvenation 10:00 Internet Adventures 11:00 Chair Dancing & Singing 12:00 Lunch 1:30 Van Ride / Skills Practice 3:00 Snacks 3:30 Memorable Movie Ginger and Kay Pet Therapy 5:00 Dinner</p>	<p style="text-align: right;">26</p> <p>9:00 Rejuvenation 10:00 Play Ball / Counting Our Blessings 11:00 Book Club/Stories 12:00 Lunch 1:30 Cut & Paste Journals 3:00 Snack Time 4:00 Music With Sue Talmage 5:00 Dinner</p> <p>Beautician Day!</p>	<p style="text-align: right;">27</p> <p>9:00 Rejuvenation 10:00 Rhythm Band & Move With the Music 11:00 Time for Learning 12:00 Lunch 1:30 Table Games / Crafts 3:00 Snack Time 4:00 Manicures and Melodies 5:00 Dinner</p>	<p style="text-align: right;">28</p> <p>9:00 Rejuvenation 10:00 Sit N' Be Fit / "Sing-Along" Karaoke 11:00 Indoor Sports 12:00 Lunch 1:00 Coloring / Building 3:00 Snacks / Bingo 4:00 Puzzles / Patterns 5:00 Dinner</p>
<p>ARTS & CRAFTS Watercolors Card Making With Stamps Beading Coloring or Drawing Seasonal Crafts TABLE GAMES Cards Bingo Checkers Dominoes and Others</p>	 <p style="font-size: 2em; font-family: cursive;">February</p>	<p>One-on-One Activities: Time to engage one resident at a time in appropriate exercise or movements. Focus on who they are and what may interest them. Communicate. Talk and walk. See them smile.</p>	<p>The activities we have listed here are to engage our residents and stimulate their attention. We respect that at times they are not interested and need rest or quiet time. Our purpose is to accommodate and be aware of their needs. We may also substitute activities.</p>

February 2015

KYLIE PARK IS OUR FEBRUARY CNA SPOTLIGHT!



She has a nice smile, don't you agree?

Kylie Park was born in Roosevelt, Utah, and was raised in Vernal, Utah, on a farm. She rode horses and loved the outdoors, going camping, fishing and hunting. She is the youngest of three children and has two older brothers. She attended West Jordan High School, where she was on the honor roll every year and was on the dance competition team. Her hobbies are going on adventures with her friends. She likes singing and dancing. Her favorites are the color purple, and she loves Italian food and music. Shopping makes her happy. Places she has been are New York, Philadelphia and California. She hopes to visit Fiji and Bora Bora. She plans to become a nurse someday and Carrington Court is her first job. We feel lucky to have her on our team. She is cheerful and very dedicated to our residents. She will be a wonderful nurse. Best wishes always, Kylie!

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13						
14				15					16									
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51	52	53							54			55	56	57				
58									59			60			61			
62									63						64			
65									66						67			

ACROSS

- Shiny on top
- Forward sections
- Engrossed
- African lily
- Permitted
- Lake tribe
- Roarer
- Texas athlete
- Entry
- Salad ingredient
- Antelopes
- Suffix for expert or treat
- Crawler
- Use the other end of the pencil
- Equip
- See 15 Across
- Soil
- Isolated piece of land
- Redistribute cards
- "__ Maria"
- Kidnaps
- Gun rights org.
- Threaten
- Common verb
- Tragic destiny
- Move suddenly
- Porker's home
- Late princess
- __ pie
- Reptile

DOWN

- Formal dance
- Tell __; be dishonest
- Money, slangily
- Canine specialist
- Locale
- Heed one's alarm
- 10th of 12: abbr.
- Electrician's task
- Surgically created opening
- Feasted
- Russian sea
- __ bread
- Pegs
- Take advantage of
- Stacks
- Place
- Cheeses
- Fix firmly
- Public building

29. __ of; free from

- Columbus' home
- Exodus figure
- Pack animal
- Presidential nickname
- Address abbr.
- Part where Juliet makes plans to elope with Romeo
- Boo-hoo
- Like a Brinks truck
- Pampers
- Shriek
- Colombian couple
- Fits snugly
- Joyous event
- Squabbles
- Actress Falco
- Rocky road holder
- Fender-bender memento
- Shape
- Prefix for circle or private
- Formerly
- Square root of XLIX

