



Carrington Court

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Meet our resident Jane Harmston. She was born on April 24, 1926, and raised in Nibley, Utah, the beautiful Cache County. Jane and her husband have 6 children, 4 girls and 2 boys. They have 14 grandchildren and 16 great-grandchildren. She loved to cook large meals for the family she loves. They all remember her homemade breads and desserts. Her husband was a world-renowned entomologist; he worked for the government. They moved a lot. They lived in St. Louis, MO, Plainview and Lubbock, TX, Greeley, CO, Salt Lake City and Logan, Utah. They loved to travel. She has been to Europe, China, Australia, New Zealand and every state in America. Wow! Jane loved gardening, especially roses and irises. She won a gardening award for her beautiful yard. She worked in the LDS primary and scouting. Jane loved to can foods. She would bottle as many as 7 bushels for corn and tomatoes in a day. We love you, wonderful Jane.



STAY WARM AND HAPPY FRIENDS

January 2015

HAPPY, HAPPY NEW YEAR TO YOU! 2015



Getting to know our resident Faye McShane. Faye was born on Sept. 16, 1932, in Manderfield, Utah, and grew up on a farm. She communicated with neighborhood friends by yodeling, because they didn't have telephones. Later she used the same technique to call her 3 children to dinner. As a young widow, she raised her 3 children on her own. She was the school secretary in Beaver, Utah, for 15 years. She often ran interference for the students so they didn't have to go to the principal's office. Everyone loved her. Later Faye moved to Salt Lake City and then Denver, where she worked for the BLM and remarried 35 years ago. She retired in Beaver. She enjoyed golf. One of her accomplishments is she's shot 3 holes in one. She likes fishing, swimming, biking, playing bridge, going to high school sports and visits from her 6 grandchildren and 12 great-grandchildren. Faye loved to make candy. She would start in September making Christmas candy. She would have to start over several times, because she sampled it too much. We love Faye. She brings us all a ray of sunshine.



Good Times in the Autumn



Sunday	Monday	Tuesday
<p><i>Considering the Cold Winter Weather and Travel Conditions, There Will Not Be a Field Trip This Month, or a Group Get-Together. We Would Still Love to See You and Have a Chance to Visit and Get to Know You Better.</i></p>		
<p style="text-align: right;">4</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 style="text-align: right;">5</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 style="text-align: right;">6</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 style="text-align: right;">11</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 style="text-align: right;">12</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 style="text-align: right;">13</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 style="text-align: right;">18</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 style="text-align: center;">Martin Luther King Jr. Day</p> <p style="text-align: right;">19</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 4:15 Music Lynda Davidson 5:00 Dinner</p>	<p style="text-align: right;">20</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 style="text-align: right;">25</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 style="text-align: right;">26</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 style="text-align: right;">27</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>

Wednesday	Thursday	Friday	Saturday
<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 5:00 Dinner</p>	<p>New Year's Day 1 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 Massages and Memories 5:00 Dinner</p> <p>Beautician Day!</p>	<p>2 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>3 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;">7</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 5:00 Dinner</p>	<p style="text-align: right;">8</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 Debra Bowers 5:00 Dinner</p> <p>Beautician Day!</p>	<p style="text-align: right;">9</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;">10</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;">14</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 5:00 Dinner</p>	<p style="text-align: right;">15</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 5:00 Dinner</p> <p>Beautician Day!</p>	<p style="text-align: right;">16</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;">17</p> <p>JENNIE SHAFER'S BIRTHDAY!</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;">21</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 5:00 Dinner</p>	<p style="text-align: right;">22</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 Massages and Memories 5:00 Dinner</p> <p>Beautician Day!</p>	<p style="text-align: right;">23</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;">24</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;">28</p> <p>9:00 Rejuvenation 10:00 Van Ride / Skills Practice 11:00 Chair Dancing & Singing 12:00 Lunch 1:30 Internet Adventures 3:00 Snacks 3:30 Memorable Movie 4:10 Music Bob Shorten 5:00 Dinner</p>	<p style="text-align: right;">29</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 Massages and Memories 5:00 Dinner</p> <p>Beautician Day!</p>	<p style="text-align: right;">30</p> <p>HELEN ECKLUND'S BIRTHDAY!</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;">31</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>

January 2015

Mark Lacy Is Our Spotlight Employee for January

Mark Lacy was born and raised in the Millcreek area of Salt Lake City, Utah. He was raised with all boys; he has 4 brothers. He attended Salt Lake Community College and has his CDL license and a certificate for Backflow Water Testing. His hobbies are dirt biking, snowboarding, camping and exploring ghost towns. He is an accomplished photographer. Places he has traveled to are Hawaii, twice. He also enjoys the West Coast. He would like to visit the East Coast and Europe. His favorite food is Chinese food. What is important to Mark is his family. He and his wife are looking forward to being parents this April. Congratulations! Something unique about Mark is he can touch the floor and the top of a door frame at the same time. He is 75 3/4" tall and has an arm span of 78 1/4". Mark has worked at Carrington Court for 5 years. Thanks for all you do. We're happy you are here!



Mark is one of our maintenance men. He drove the bus and kept us smiling on the trip to the Bean Museum at BYU.

Monte L. Bean Life Science Museum Field Trip Was Awesome!



The inside page has more pictures of this field trip and autumn fun.

In 2014, we had a lot of fun with Carrington Court Memory Care residents and their families. The field trips we enjoyed throughout the year were to the South Town Mall, Mrs. Cavanaugh's candy factory, LDS Conference Center, University of Utah Museum of Fine Arts, Hoogle Zoo, International Peace Gardens, Parade of Floats, LDS Church History Museum, Thanksgiving Point, Gardener Village Halloween Festival, Monte L. Bean Life Science Museum at BYU and the Festival of Trees. I have taken many pictures of us at these events. Take a minute and check them out at carringtoncourt.com under the news heading and blog. I would love to hear from you with any suggestions for future field trips that you think would be interesting. I appreciate everyone's participation. Looking forward to hearing from you. Memories last a lifetime.