



Carrington Court

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

Lifelong Learning

"As long as I'm learning every day of my life, I will never feel old. Never." —Pat Mitchell



Sally Behunin is our spotlight. She was born on Christmas Day in 1935. She married Max; they have five children, 18 grandchildren and 19 great-grand-babies. Sally worked for Mountain Bell as a PBX operator. She loves to serve others. She has awards for public speaking. She was a teacher at her church. Sally is known for being a good example. Her favorite foods are chocolate and banana cake pudding. She enjoys crafts and painting and the TV shows *Little House on the Prairie*, *The Carol Burnett Show* and *Lucy*. Sally's family is what she loves most. Sally is a wonderful mother and friend. She's always smiling. We love you, Sally!

SEPTEMBER FIELD TRIP TO THANKSGIVING POINT

Please join us on Monday, Sept. 15, or Wednesday, Sept. 17, at Thanksgiving Point. We will meet you there at 2 p.m. We load the bus at 1 p.m.; you may ride with us if you wish. You can reserve a wheelchair. Come see what's there.

September 2014



Jane Hinckley, our spotlight, was born on April 30, 1929, in Springville, UT. She comes from pioneer ancestry who helped settle Utah. She worked on the family farm called Cherrington Cherries. They had chickens, dairy cows, all kinds of fruit that they sold, as well as eggs, milk and butter. She also worked for a dentist. She and her husband worked with the Boys Club of America in the Midwest where they lived for 32 years. She has a blended family of seven children, 30 grandchildren and 16 great-grandchildren. She enjoys her church, serving a Temple mission in Chicago and Provo, Utah, for many years. Jane likes gardening, sewing and crafts. She loves her family. Love you, Jane!



Positive Thought

"Even when the future's not certain, our hearts can still be certain—of love and happiness and all that's good." —Terri Guillemets



Parachute fun, exercise. 1960s entertainer fun.



We are good at puzzles.



Celebrate, happy birthday!



Field Trip Floats Parade

Sunday	Monday	Tuesday
<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>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>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>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 HAPPY BIRTHDAY, DOROTHEA (DOT) HARMS!!</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>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>
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Wednesday	Thursday	Friday	Saturday
<p style="text-align: right; margin: 0;">3</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; margin: 0;">4</p> <p>9:00 Rejuvenation 10:00 Play Ball/Cheerleading 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; margin: 0;">5</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 Music Mike Westburg Country Bluegrass Band 5:00 Dinner</p>	<p style="text-align: right; margin: 0;">6</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; margin: 0;">10</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; margin: 0;">11</p> <p>9:00 Rejuvenation 10:00 Play Ball/Cheerleading 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; margin: 0;">12</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; margin: 0;">13</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>HAPPY BIRTHDAY, JAMES STEWART!</p>
<p style="text-align: right; margin: 0;">17</p> <p>9:00 Rejuvenation 10:00 Internet Adventures 11:00 Chair Dancing & Singing 12:00 Lunch 1:00 Field Trip Thanksgiving Point / Skills Practice 3:00 Snacks 3:30 Memorable Movie 5:00 Dinner</p> <p>HAPPY BIRTHDAY, CYNTHIA "DOLLY" KINDER!!</p>	<p style="text-align: right; margin: 0;">18</p> <p>9:00 Rejuvenation 10:00 Play Ball/Cheerleading 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; margin: 0;">19</p> <p>9:00 Rejuvenation 10:00 Rhythm Band & Move With the Music 11:00 Music Karalyn Roudy 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; margin: 0;">20</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; margin: 0;">24</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; margin: 0;">25</p> <p>9:00 Rejuvenation 10:00 Play Ball/Cheerleading 11:00 Book Club/Stories 12:00 Lunch 1:30 Cut & Paste Journals 3:00 Snack Time 4:00 Music Sue Talmage 5:00 Dinner</p> <p>Beautician Day!</p>	<p style="text-align: right; margin: 0;">26</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; margin: 0;">27</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>Skills Practice: Coupon Cutting Follow a Pattern / Dot to Dot Reading Stories Building Blocks Sorting / Folding Making a Sentence / Poems Problem Solving / Remembering Counting and Shapes</p>	<p>Physical Activities Playing With Balls Chair Dancing Rhythm and Movement Target Practice Indoor Sports Parachute Bowling Basketball</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="text-align: center;"><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>

September 2014

Lyndsai Tangway CNA Spotlight and Cecelia Mecham



Lyndsai Erynn Tangway is our CNA spotlight.

She was born in Germany and has lived in over 11 states. She comes from a military family and has one sister. She attended the University of Wyoming for two years, and has worked at the Utah Mental Hospital. She has been in competitive dance for 14 years. Lyndsai likes sewing, fishing, hiking, riding motorcycles and Las Vegas. Her favorites are chocolate, the color pink and anything sparkly. She likes to help her fiancé fix or rebuild cars. She got engaged on July 6. Congratulations! Her hopes for the future are to have a beautiful wedding and marriage. She plans to be a nurse in labor and delivery. She is interested in going to Paris and New Zealand. We appreciate the kind care and attention you give our residents. Thank you and best wishes on your future!

Bus Ride Adventures

We take a bus ride twice a week. It is nice to get out and observe what is going on around us. We travel around the city; it is amazing to see how much the city has grown over the years. There are lots of new homes and beautiful yards, new businesses and large buildings. We also ride into the canyons. The pines smell wonderful and we occasionally see deer and other wildlife. We see farm country with animals and gardens. We've been to the Great Salt Lake and Utah Lake. We talk about the memories we have as we travel about. Stopping for ice cream is one of our favorite things to do on our bus trip. Good times! **Don't forget the field trip to Thanksgiving Point on Monday, Sept. 15, and Wednesday, Sept. 17.** Please RSVP at carringtoncourtal.com. The bus will load at 1 p.m. Chaperones can ride. Also, wheelchairs available if you want to reserve one. Gardens are beautiful; lots to see.



ROSES ARE RED, VIOLETS ARE BLUE, ICE CREAM IS SWEET AND SO ARE YOU!