



Cache Valley

Assisted Living & Memory Care Community

233 N. Main Street • Providence, UT 84332 • (435) 792-4770

Management Team

Administrator	Drake Rasmussen
Resident Care Coordinator	Patty Oare
Community Relations	Lori Rowan
Administrative Assistant	Kalyn Wight
Dietary Manager	Donicio Gomez
Life Engagement	Leila Bellos
CNA Coordinator	Cami Hunsaker
Maintenance	Richard Barnes
Housekeeping	Christy Barnes

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September 2007

One Woman's Dream

The national observance known as Grandparents Day that is now so ingrained in our popular culture has only recently become a part of our national calendar. It was in 1978 that President Jimmy Carter signed the bill declaring the second Sunday in September an official day to honor grandparents.

But this holiday would not exist if it were not for the efforts of one woman: Marian McQuade.

Self-described as "just a housewife," McQuade's efforts resulted in not only a statewide observance of a holiday to honor grandparents and senior citizens but also in the passage of the bill that mandated the national observance.

On May 27, 1973, West Virginia became the first state with a special Grandparents Day. When the observance was proposed on a national scale, the date was moved to September due to the crowded May calendar and to symbolize the autumn of life.

Mind Challenge: Whatchamacallit?

Sure, bees fly in swarms and birds travel in flocks. But what do you call a group of coyotes or crocodiles? Put your "birdbrain" on for this test of animal groupings.

- 1) A _____ of penguins
- 2) A _____ of lions
- 3) A _____ of alligators
- 4) A _____ of emus

ANSWERS: 1) *colony*, 2) *pride*, 3) *congregation*, 4) *mob*

Calendar of Events

Sunday

Monday

Tuesday

Happy Birthday

9 Annie B.
21 Cami H.
26 Shauna R.

Signs of September

September's birthstone is the sapphire. The flower of the month is the aster. Astrological signs are Virgo and Libra.

A Titanic Find

After lying on the ocean floor for nearly 75 years, the *Titanic* was discovered about 12,500 feet below the surface Sept. 1, 1985.

The Star-Spangled Banner

Francis Scott Key penned the words to America's anthem on Sept. 13 and 14, 1814, while aboard a ship in Baltimore harbor. The British attacked Fort McHenry that night, and Key watched the battle anxiously from the deck. When he awoke the next day and saw the American flag still waving, he was inspired to write the famous poem.

Sunday	Monday	Tuesday
<p>2 9:30 am Music & the Spoken Word</p> <p>4:30 pm Church Services</p>	<p>3 10:00 am Puzzles 11:15 am Walks 2:00 pm The 20's in Review 2:30 pm Movie: <i>Rin Tin Tin</i> 6:30 pm FHE</p> <p>Labor Day</p>	<p>4 9:45 am Current Events 10:30 am Relief Society 11:15 am Exercise 1:30 pm Cooking Class 3:30 pm Bingo 4:00 pm Alpine Grief Group</p>
<p>9 9:30 am Music & the Spoken Word 4:30 pm Church Services</p> <p>"Happy Birthday, Annie!"</p> <p>National Grandparents Day</p>	<p>10 10:00 am Music w/Charlene 11:15 am Exercise 1:30 pm Scenic Drive 3:30 pm The 30's in Review 6:30 pm FHE</p>	<p>11 9:45 am Current Events 10:30 am Relief Society 11:15 am Exercise 1:30 pm Cooking Class 3:30 pm Bingo 4:00 pm Alpine Grief Group</p> <p>Patriot Day</p>
<p>16 9:30 am Music & the Spoken Word</p> <p>4:30 pm Church Services</p>	<p>17 10:00 am Music w/Charlene 11:15 am Exercise 1:30 pm Scenic Drive 3:30 pm The 40's in Review 4:00 pm Resident Council 6:30 pm FHE</p> <p>Constitution Day</p>	<p>18 9:45 am Current Events 10:30 am Relief Society 11:15 am Exercise 1:30 pm Cooking Class 3:30 pm Bingo 4:00 pm Alpine Grief Group</p> <p>National Cheeseburger Day</p>
<p>23 9:30 am Music & the Spoken Word</p> <p>4:30 pm Church Services</p> <p>Ray Charles' Birthday (1930) First Day of Fall</p>	<p>24 Legacies of Love Week 10:00 am Music w/Charlene "Name That Tune" 11:15 am Exercise 1:30 pm Scenic Drive 3:30 pm The 50's in Review 6:30 pm Antique Car Show Legacies of Music & Antiques</p>	<p>25 9:45 am Current Events 10:30 am Relief Society 11:15 am Exercise 1:30 pm Cookbook—Recipes 3:30 pm Bingo 4:00 pm Alpine Grief Group</p> <p>Legacies of Food Mary Poppins Movie Debut</p>
<p>30 9:30 am Music & the Spoken Word</p> <p>4:30 pm Church Services</p> <p>Deborah Kerr's Birthday (1921)</p>		

September 2007

Wednesday

Thursday

Friday

Saturday

			1 10:00 am Memory Game 11:15 am Walks 2:00 pm Ice Cream Social 2:30 pm Movie
5 10:00 am Manicures 11:15 am Exercise 2:00 pm Music w/Deon 3:30 pm Story Time Cheese Pizza Day	6 10:00 am Candy Bar Bingo 11:15 am Exercise 1:30 pm Shopping 4:00 pm Games	7 9:30 am Journal Keeping 11:15 am Exercise 1:30 pm Crafts 3:30 pm Story Time 4:15 pm Pet Therapy	8 10:00 am Puzzles 11:15 am Walks 2:00 pm Ice Cream Social 2:30 pm Movie Patsy Cline's Birthday
12 10:00 am Maximum Style Tech Personal Grooming & Care 11:15 am Exercise 1:30 pm Feed the Ducks 3:30 pm Story Time 6:30 pm Michael Ballam	13 10:00 am Candy Bar Bingo 11:15 am Exercise 1:30 pm Shopping 4:00 pm National Peanut Day Trivia National Peanut Day	14 9:30 am Journal Keeping 11:15 am Exercise 1:30 pm Crafts 3:30 pm Story Time 4:15 pm Pet Therapy	15 10:00 am Memory Game 11:15 am Walks 2:00 pm Ice Cream Social 2:30 pm Movie Big Whopper Liar Day
19 9:30 Learn to Talk Like a Pirate 10:00 Pirate Costumes & Manicures 11:15 Ahoy Horseshoes 2:00 Music w/ Deon 3:00 Pirate Treasure Word Find 3:45 Walk the Plank Cakewalk	20 10:00 am Candy Bar Bingo 11:15 am Exercise 1:30 pm Shopping 4:00 pm Games	21 9:30 am Journal Keeping 11:15 am Exercise 1:30 pm See the USA 3:30 pm Story Time 4:15 pm Pet Therapy "Happy Birthday, Camil!"	22 10:00 am Puzzles 11:15 am Walks 2:00 pm Ice Cream Social 2:30 pm Movie
26 10:00 am Manicures 11:15 am Exercise 1:30 pm Feed the Ducks 3:30 pm Stories of Forefathers Legacies of History National Pancake Day "Happy Birthday, Shauna!"	27 10:00 am Candy Bar Bingo 11:15 am Exercise 1:30 pm Shopping 3:30 pm Travel Show Legacies of Many Cultures Ancestor Appreciation Day	28 9:30 am Journal Keeping 11:15 am Exercise 1:30 pm Crafts—Photo Album 3:30 pm Story Time 4:15 pm Pet Therapy Legacies of Knowledge Ed Sullivan's Birthday	29 10:00 am Puzzles 11:15 am Walks 2:00 pm Ice Cream Social 2:30 pm Movie: Mary Poppins

September 2007

September Activities

The summer has slipped away so quickly but there were many great activities. Thanks to everyone involved.

In September we have two big activities. We have Michael Ballam coming on Wednesday, Sept. 12, at 6:30 p.m. He is a great opera singer. He is the general director of the Utah Festival Opera. He is also an accomplished pianist and oboist. We are truly grateful for his willingness to come.

We also have an antique car show on Monday, Sept. 24, at 6:30 p.m. The Cache Community Band will entertain us to help make this a festive event. Hot dogs, hamburgers, and root beer floats will be served. This will also be a fun evening.

On Tuesday, Sept. 25, we would like to put together a cookbook of favorite recipes that the residents grew up with or made. We would appreciate families helping in this regard for most of the recipes are now in the hands of immediate family members. This would provide recipes for us to make in cooking classes and to share among residents.

Thanks to those who help and participate in any of our events. It wouldn't be the same without you.

—Leila Bellos, Life Engagement Coordinator

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