

DO YOU SPEAK DEMENTIA?

Talking Tips:

Focus your attention on your loved one when having a conversation. He or she will feel reassured by your undivided attention, and you're less likely to misunderstand or miss something if your loved one struggles with speaking clearly.

Use simple language, such as concrete words and short sentences. If your loved one suffers from dementia or other language difficulties, keeping language simple can help him or her follow the conversation better.

Be patient. Not being able to communicate as easily as before can be very frustrating, and that frustration can make finding the right words even harder.

Be persistent and creative. Your loved one may not understand you the first time. Be prepared to try again with a different way to express your meaning.

Minimize background noise. Background noise can muddle the sound of your voice, especially if your loved one suffers from hearing loss.

Face your loved one and enunciate clearly. Someone who is hard of hearing may be better able to follow the conversation by watching your facial expressions and mouth movements.

Resident Birthday's
Terry L 16th
Mary Lee M 20th
Francis S 24th
Sharon L 24th
Troy M 29th
Don't Forget the Birthday Social September 6th!

Scenic Drives:
Draper Mansions 4th
The Salt Palace 11th
Thanksgiving Point 18th
Copperton 25th

Meal Outings-Resident Paid
11th Out to Dinner- Golden Corral 4:30pm
20th Out to Lunch Art Garden Cafe 10:30am



September
2019

The Wentworth at
Coventry

6895 S. Whitmore Way
Cottonwood Heights, Utah 84121



Today's Trend Mediterranean Diet

Mediterranean diet is named for the way of cooking and eating in countries along the Mediterranean Sea, such as Greece and Italy. People in this region report low rates of cardiovascular diseases, and research has shown that the Mediterranean diet may contribute to a lower risk of diabetes, certain cancers, osteoporosis, Parkinson's and Alzheimer's diseases, and depression.

The diet emphasizes plant-based foods, specifically fruits and vegetables, legumes, nuts and whole grains. Olive oil is the most prominent fat used, but other healthy fat sources include avocados and nuts. Followers of the Mediterranean diet eat fish or poultry at least twice a week but consume red meat just a few times a month. Instead of using excess salt, herbs and spices are used

There is a new Activity Director this month so please pay close attention to new and different activities. Come and see what new things we have for you!


There will be a Alzheimer's Film Series Shown in the west building September 12th @ 1pm. This is a great educational opportunity for everyone. Please let the front desk know if you want to attend and we will shuttle you up to the other building.



September 2019

Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Resident Lead Activities (RL) 1 9:30 SS Music & Spoken Word in RM (RL) 10:00 CE Sunday News Paper in LOB (RL) 10:30 SS Holy Communion Service in Private Rooms 12:30 SS LDS Church Services in MR 2:30 Root Bear Floats in LOB 3:00 AE Jigsaw Puzzle in LIB (RL) 6:00 LL Movie Night [TVR]	Labor Day 2 10:30 Labor Day Social "What did you do for Work?" 1:00 Horseshoes [CR] 2:00 Hand Massages in [TVR] 3:00 CE Bingo and Smoothies [CR] 4:00 What's so Funny [TVR] (30 min) 6:00 LL Movie Night [TVR]	3 10:00 PE Movement & Music [MR] 10:30 AE Fancy Fingers [CR] 1:00 CE Entertainment with "Kevin Scott" 2:30 Food Forum with the Kitchen [MR] 3:30 SS Bible Stories [CR] 6:00 LL Movie Night [TVR]	4 10:00 SS Holy Communion Service in Private Rooms 10:30 PE Movement & Music [MR] 10:30 CC Shopping: Meet in Lobby 10:30 This Week in History [TVR] 1:00 Scenic Drive "Draper Mansions" 2:30 Men's Club [CR] 3:00 LL Puzzle Club [LIB] 3:30 Coffee Chat in Lobby 3:30 SS LDS Services [MR] 6:00 LL Movie Night [TVR]	5 10:00 PE Movement & Music [MR] 10:30 CC You be the Judge Conversation Game [CR] 1:30 PE Movin & Groovin [MR] 2:00 LL Bingo [CR] 3:00 SS Non Denominational Church in TVR 4:00 LL Gratitude Journal [LOB] 6:00 LL Movie Night [TVR]	6 10:00 PE Movement & Music [MR] 10:30 AE Good News Network [LOB] 1:30 CC Fix it Clinic [CR] 2:30 Birthday Social [CR] 3:00 CE Social Hour [LOB] 6:00 LL Movie Night [TVR]	7 9:00 CE Coffee and News [LOB] 10:30 Crosswords [LOB] 1:00 Documentary Matinee [TVR] 2:30 LL BINGO [CR] 3:30 Card Game Club [CR] 6:00 LL Movie Night [TVR]	
Resident Lead Activities (RL) 8 9:30 SS Music & Spoken Word in RM (RL) 10:00 CE Sunday News Paper in LOB (RL) 10:30 SS Holy Communion Service Private Rooms 12:30 SS LDS Church Services in MR 2:30 Root Bear Floats in LOB 3:00 AE Jigsaw Puzzle in LIB (RL) 6:00 LL Movie Night [TVR]	9 9:30 Errands with Pete (Bank, Post Office, Library) *Schedule Ahead of Time* 10:00 PE Movement & Music [MR] 10:30 AE Let's be Creative [CR] 1:00 Courtyard Social 2:00 Hand Massages in [TVR] 3:00 CE Bingo and Smoothies [CR] 4:00 What's so Funny [TVR] (30 min) 6:00 LL Movie Night [TVR]	10 10:00 PE Movement & Music [MR] 10:30 AE Fancy Fingers [CR] 1:00 CE Painting Class with Linda [CR] 2:00 Entertainment with "Sue Talmage" 2:30 Food Forum with the Kitchen [MR] 3:30 SS Bible Stories [CR] 6:00 LL Movie Night [TVR]	11 10:00 SS Holy Communion Service in Private Rooms 10:00 PE Movement & Music [MR] 10:30 Remember 9/11 10:30 CC Shopping in LOB 1:00 Scenic Drive "The Salt Palace" 3:30 Coffee Chat in Lobby 3:30 SS LDS Services [MR] 4:30 Out to Dinner "Golden Corall" 6:00 LL Movie Night [TVR]	12 10:00 PE Movement & Music [MR] 10:30 CC Resident Meeting [MR] 1:00 Alzheimer's Film Series in West Building 2:00 LL Bingo [CR] 3:00 SS Non Denominational Church in TVR 4:00 LL Gratitude Journal [LOB] 6:00 LL Movie Night [TVR]	13 10:00 PE Movement & Music [MR] 10:30 CC Outing in LOB 1:30 AE Teach and taste in CR 2:00 Entertainment with "Larry Turner" 3:00 CE Social Hour [LOB] 6:00 LL Movie Night [TVR]	14 9:00 CE Coffee and News [LOB] 10:00 MASSAGE THERAPY [CR/MR] 10:30 Crosswords [LOB] 1:00 Documentary Matinee [TVR] 2:30 LL BINGO [CR] 3:30 Card Game Club [CR] 6:00 LL Movie Night [TVR]	
Resident Lead Activities (RL) 15 9:30 SS Music & Spoken Word in RM (RL) 10:00 CE Sunday News Paper in LOB (RL) 10:30 SS Holy Communion Service Private Rooms 12:30 SS LDS Church Services in MR 2:30 Root Bear Floats in LOB 3:00 AE Jigsaw Puzzle in LIB (RL) 6:00 LL Movie Night [TVR]	Happy Birthday Terry L! 16 9:30 Errands with Pete (Bank, Post Office, Library) *Schedule Ahead of Time* 10:00 PE Movement & Music [MR] 10:30 AE Let's be Creative [CR] 1:00 Coventry Travel Club "Italy" 2:00 Hand Massages in [TVR] 3:00 CE Bingo and Smoothies [CR] 4:00 What's so Funny [TVR] (30 min) 6:00 LL Movie Night [TVR]	17 10:00 PE Movement & Music [MR] 10:30 AE Fancy Fingers [CR] 1:00 CE Painting Class with Linda 2:30 Food Forum with the Kitchen [MR] 3:30 SS Bible Stories [CR] 3:30 Entertainment with "Rick and Margie-50's Sock Hop" 6:00 LL Movie Night [TVR]	18 10:00 SS Holy Communion Service in Private Rooms 10:00 PE Movement & Music [MR] 10:30 CC Shopping: Meet in Lobby 1:00 Scenic Drive "Thanksgiving Point" 3:00 LL Puzzle Club 3:30 Coffee Chat 3:30 SS LDS Services [MR] 6:00 LL Movie Night [TVR]	19 9:00 Podiatrist [TVR] 10:00 PE Movement & Music [MR] 1:30 PE Movin & Groovin [MR] 2:00 LL Bingo [CR] 2:00 LL Entertainment with "John Green" 3:00 SS Non Denominational Church in TVR 4:00 LL Gratitude Journal [LOB] 6:00 LL Movie Night [TVR]	Happy Birthday MaryLee M! 20 10:00 PE Movement & Music [MR] 10:30 CC Out to Lunch "Art Garden Cafe" 1:30 Poetry Club 2:00 Learn a New Card Game! Skip-Bo [CR] 3:00 CE Social Hour [LOB] 6:00 LL Movie Night [TVR]	21 9:00 CE Coffee and News [LOB] 10:30 Crosswords [LOB] 1:00 Documentary Matinee [TVR] 2:30 LL BINGO [CR] 3:30 Card Game Club [CR] 6:00 LL Movie Night [TVR]	
Resident Lead Activities (RL) 22 9:30 SS Music & Spoken Word in RM (RL) 10:00 CE Sunday News Paper in LOB (RL) 10:30 SS Holy Communion Service Private Rooms 12:30 SS LDS Church Services in MR 2:30 Root Bear Floats in LOB 3:00 AE Jigsaw Puzzle in LIB (RL) 6:00 LL Movie Night [TVR]	23 9:30 Errands with Pete (Bank, Post Office, Library) *Schedule Ahead of Time* 10:00 PE Movement & Music [MR] 10:30 AE Let's be Creative [CR] 1:00 Drinks and Music History [CR] 2:00 Hand Massages in [TVR] 3:00 CE Bingo and Smoothies [CR] 4:00 What's so Funny [TVR] (30 min) 6:00 LL Movie Night [TVR]	Happy Birthday Francis S! 24 Happy Birthday Sharon L! 10:00 PE Movement & Music [MR] 10:30 AE Fancy Fingers [CR] 12:00 CE Wellness Clinic [CR] 1:00 CE Painting Class with Linda 2:30 Food Forum with the Kitchen [MR] 3:30 SS Bible Stories [CR] 6:30 LL Family Night in East Building	25 10:00 SS Holy Communion Service in Private Rooms 10:00 PE Movement & Music [MR] 10:30 CC Shopping in LOB 1:00 Scenic Drive "Copperton" 3:30 Coffee Chat 3:30 SS LDS Services [MR] 6:30 CC Family Night	26 10:00 PE Movement & Music [MR] 10:30 LL General Store in CR 11:00 CC Multiple sclerosis Support Group in TVR 2:00 LL Bingo [CR] 3:00 SS Non Denominational Church in TVR 4:00 LL Gratitude Journal [LOB] 6:00 LL Movie Night [TVR]	27 10:00 PE Movement & Music [MR] 10:30 Road Trip USA: California 1:00 LL Ladies Tea 3:00 CE Social Hour [LOB] 6:00 LL Movie Night [TVR]	28 9:00 CE Coffee and News [LOB] 10:30 Crosswords [LOB] 1:00 Documentary Matinee [TVR] 2:30 LL BINGO [CR] 3:30 Card Game Club [CR] 6:00 LL LDS Stake Conference [TVR]	
Happy Birthday Troy M! 29 Resident Lead Activities (RL) 9:30 SS Music & Spoken Word in RM (RL) 10:00 SS LDS Stake Conference [TVR] 10:00 CE Sunday News Paper in LOB (RL) 10:30 SS Holy Communion Service Private Rooms 2:30 Root Bear Floats in LOB 3:00 AE Jigsaw Puzzle in LIB (RL) 6:00 LL Movie Night [TVR]	30 9:30 Errands with Pete (Bank, Post Office, Library) *Schedule Ahead of Time* 10:00 PE Movement & Music [MR] 10:30 AE Let's be Creative [CR] 1:00 Jeopardy 2:00 Hand Massages in [TVR] 3:00 CE Bingo and Smoothies [CR] 4:00 What's so Funny [TVR] (30 min) 6:00 LL Movie Night [TVR]	 <p>6895 S. Whitmore Way Cottonwood Heights, Utah 84121 801.943.3909</p>					Legend: AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support