

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
Diane H September 29th

Outings:
4th Murray Park
16th Oquirrh Mountain Temple
18th Brigham Young Historic Park
23rd Thanksgiving Point
25th The Avenues

Entertainment:
9th Scott Larabee
10th Salt City Rangers
11th Ken and Holly
25th John Green
27th Accordions Alive



September
2019

The Wentworth at
Coventry

6898 South 2300 East
Salt Lake City, UT 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


All families and residents are invited to our monthly family night. This is your chance to get to know other residents and the management team here. This month it is upstairs in the front lobby on September 24th at 6:30.

We are also hosting a Alzheimer's Film Series September 12th at 1pm in the upstairs activity room. This is a great Educational Opportunity for everyone and we encourage you to attend. If you have any Questions talk to Kailia Norris.



September 2019

Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 SS Gussy UP and Positive Affirmations 1</p> <p>10:00 SS Bible Inspirations</p> <p>10:30 SS Catholic Communion</p> <p>10:30 PE Sunday Morning Stretches and Salutations</p> <p>1:30 SS LDS Sacrament</p> <p>2:30 Summer Stroll</p> <p>3:30 PE Family Sunday Afternoon</p> <p>4:00 Artist Corner</p> <p>6:30 SS Before Bedtime Meditation and Oils</p>	<p>Labor Day 2</p> <p>9:30 SS Gussy UP and Positive Affirmations</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 Whiteboard Challenge</p> <p>2:30 What was your Job?</p> <p>3:00 CC Scenic Drive "Drivers Choice"</p> <p>6:30 LL Before Bed Tea and Trivia</p>	<p>9:30 SS Gussy UP and Positive Affirmations 3</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 CE Arm Chair Travel "Argentina"</p> <p>2:30 LL Penmanship Practice</p> <p>3:30 LL Etiquette Tea Party</p> <p>6:30 PE Stretch and Relax</p>	<p>9:30 SS Gussy UP and Positive Affirmations 4</p> <p>10:00 CE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 CE National Wildlife Day</p> <p>2:00 LL Entertainment: John Green</p> <p>3:00 CC Outing: Murray Park</p> <p>6:30 Movie Night</p>	<p>9:30 SS Gussy UP and Positive Affirmations 5</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 AE Fashion Week Begins</p> <p>3:30 Football Party</p> <p>3:45 Oils Before Dinner</p> <p>6:30 Pretty Hands and Pretty Music</p>	<p>9:30 SS Gussy UP and Positive Affirmations 6</p> <p>10:00 Balloon Volleyball</p> <p>10:30 CE Coffee Shop Talk</p> <p>10:30 PE Sit & Be Fit w/ Garrett</p> <p>1:00 Good News Network</p> <p>2:30 Birthday Social</p> <p>3:30 Finish the Phrase</p> <p>6:30 LL Before Bed Meditation & Oils</p>	<p>9:30 SS Gussy UP and Positive Affirmations 7</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 AE Dot to Dot</p> <p>3:30 CE Food From Far Away -Italy</p> <p>4:00 CC James Warr At The Piano</p> <p>6:30 Bedtime Yoga</p>
<p>9:30 SS Gussy UP and Positive Affirmations 8</p> <p>10:00 SS Bible Inspirations</p> <p>10:30 SS Catholic Communion</p> <p>10:30 CE Coffee Shop Talk</p> <p>10:30 PE Sunday Morning Stretches and Salutations</p> <p>1:30 SS LDS Sacrament</p> <p>2:30 Summer Stroll</p> <p>3:30 PE Family Sunday Afternoon</p> <p>4:00 Artist Corner</p> <p>6:30 SS Before Bedtime Meditation and Oils</p>	<p>9:30 SS Gussy UP and Positive Affirmations 9</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 AE Art Class with Linda</p> <p>2:30 Math Day Challenge</p> <p>3:30 CC Entertainment with "Scott Larabee"</p> <p>6:30 LL Before Bed Tea and Trivia</p>	<p>9:30 SS Gussy UP and Positive Affirmations 10</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:00 Entertainment with "Salt City Rangers"</p> <p>3:30 Road Trip USA: California</p> <p>6:30 PE Stretch and Relax</p>	<p>9:30 SS Gussy UP and Positive Affirmations 11</p> <p>10:00 Morning Movin' and Groovin'</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 USA Pride!</p> <p>2:30 Back to School</p> <p>3:30 CC Entertainment with "Ken and Holly"</p> <p>6:30 Movie Night</p>	<p>9:30 SS Gussy UP and Positive Affirmations 12</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 CC Create Cat Toys to Donate</p> <p>3:30 National Chocolate Milkshakes Day!</p> <p>3:45 Oils Before Dinner</p> <p>6:30 Pretty Hands and Pretty Music</p>	<p>9:30 SS Gussy UP and Positive Affirmations 13</p> <p>10:00 Let's Have a Laugh!</p> <p>10:30 CE Coffee Shop Talk</p> <p>10:30 PE Sit & Be Fit w/ Garrett</p> <p>1:00 Friday the 13th</p> <p>2:30 PE Good Luck Horseshoes</p> <p>3:30 Wine and Cheese Social</p> <p>6:30 LL Before Bed Meditation & Oils</p>	<p>9:30 SS Gussy UP and Positive Affirmations 14</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 LL How Many Licks Does it Take to Get to the Center of a Tootsie Pop?</p> <p>3:30 PE Letter Toss</p> <p>4:00 CC James Warr At The Piano</p> <p>6:30 Bedtime Yoga</p>
<p>9:30 SS Gussy UP and Positive Affirmations 15</p> <p>10:00 SS Bible Inspirations</p> <p>10:30 SS Catholic Communion</p> <p>10:30 CE Coffee Shop Talk</p> <p>10:30 PE Sunday Morning Stretches and Salutations</p> <p>1:30 SS LDS Sacrament</p> <p>2:30 Summer Stroll</p> <p>3:30 PE Family Sunday Afternoon</p> <p>4:00 Artist Corner</p> <p>6:30 SS Before Bedtime Meditation and Oils</p>	<p>9:30 SS Gussy UP and Positive Affirmations 16</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Young at Heart Line Dancers</p> <p>1:00 AE Art Class with Linda</p> <p>2:30 Soda Floats and Trivia</p> <p>3:00 CC Scenic Drive "Oquirrh Mountain LDS Temple"</p> <p>6:30 LL Before Bed Tea and Trivia</p>	<p>9:30 SS Gussy UP and Positive Affirmations 17</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 The Birth of the Blues</p> <p>3:30 PE Bowling</p> <p>6:30 PE Stretch and Relax</p>	<p>9:30 SS Gussy UP and Positive Affirmations 18</p> <p>10:00 Morning Movin' and Groovin'</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 Pling Pong</p> <p>2:30 Celebrate Mexico</p> <p>3:00 CC Outing: Brigham Young Historic Park</p> <p>6:30 Movie Night</p>	<p>9:30 SS Gussy UP and Positive Affirmations 19</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 LL Napkin Folding</p> <p>3:30 Hand Massages</p> <p>3:45 Oils Before Dinner</p> <p>6:30 Pretty Hands and Pretty Music</p>	<p>9:30 SS Gussy UP and Positive Affirmations 20</p> <p>10:00 Bible Inspirations</p> <p>10:30 CE Coffee Shop Talk</p> <p>10:30 PE Sit & Be Fit w/ Garrett</p> <p>1:00 BINGO!</p> <p>2:30 Taste and Tell</p> <p>3:30 Funny Sayings</p> <p>6:30 LL Before Bed Meditation & Oils</p>	<p>9:30 SS Gussy UP and Positive Affirmations 21</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 PE Bean Bag Toss</p> <p>3:30 Poetry Club</p> <p>4:00 CC James Warr At The Piano</p> <p>6:30 Bedtime Yoga</p>
<p>9:30 SS Gussy UP and Positive Affirmations 22</p> <p>10:00 SS Bible Inspirations</p> <p>10:30 SS Catholic Communion</p> <p>10:30 CE Coffee Shop Talk</p> <p>10:30 PE Sunday Morning Stretches and Salutations</p> <p>1:30 SS LDS Sacrament</p> <p>2:30 Summer Stroll</p> <p>3:30 PE Family Sunday Afternoon</p> <p>4:00 Artist Corner</p> <p>6:30 SS Before Bedtime Meditation and Oils</p>	<p>9:30 SS Gussy UP and Positive Affirmations 23</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 AE Art Class with Linda</p> <p>2:30 Hand Massages</p> <p>2:30 Ripley's Believe it or Not</p> <p>3:00 CC Scenic Drive: Thanksgiving Point</p> <p>6:30 LL Before Bed Tea and Trivia</p>	<p>9:30 SS Gussy UP and Positive Affirmations 24</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 PE Balloon Volleyball</p> <p>3:30 Cruise to the Bahamas</p> <p>6:30 PE Stretch and Relax</p>	<p>9:30 SS Gussy UP and Positive Affirmations 25</p> <p>10:00 Bible Inspirations</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 Sign Language</p> <p>2:30 Entertainment with "John Green"</p> <p>3:30 CC Scenic Drive "The Avenues"</p> <p>6:30 Family Night in Upstairs Lobby</p>	<p>9:30 SS Gussy UP and Positive Affirmations 26</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>11:00 CC MS Support Group in AL TV Room</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 Wine and Cheese Social</p> <p>3:30 Hot Potato</p> <p>3:45 Oils Before Dinner</p> <p>6:30 Pretty Hands and Pretty Music</p>	<p>9:30 SS Gussy UP and Positive Affirmations 27</p> <p>10:00 Morning Movin' and Groovin'</p> <p>10:30 CE Coffee Shop Talk</p> <p>10:30 PE Sit & Be Fit w/ Garrett</p> <p>1:00 Entertainment with "Accordions Alive"</p> <p>2:30 Classical Music Connection</p> <p>3:30 Drinks in the Courtyard</p> <p>6:30 LL Before Bed Meditation & Oils</p>	<p>9:30 SS Gussy UP and Positive Affirmations 28</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 LL Book Lovers Club</p> <p>2:30 Hand Massages</p> <p>3:30 PE Table Hockey</p> <p>4:00 CC James Warr At The Piano</p> <p>6:30 Bedtime Yoga</p>
<p>Happy Birthday Diane H! 29</p> <p>9:30 SS Gussy UP and Positive Affirmations</p> <p>10:00 SS Bible Inspirations</p> <p>10:30 SS Catholic Communion</p> <p>10:30 CE Coffee Shop Talk</p> <p>10:30 PE Sunday Morning Stretches and Salutations</p> <p>1:30 SS LDS Sacrament</p> <p>2:30 Summer Stroll</p> <p>3:30 PE Family Sunday Afternoon</p> <p>4:00 Artist Corner</p> <p>6:30 SS Before Bedtime Meditation and Oils</p>	<p>9:30 SS Gussy UP and Positive Affirmations 30</p> <p>10:00 PE Morning Wake Up Movement</p> <p>10:30 CE Coffee Shop Talk</p> <p>1:00 AE Art Class with Linda</p> <p>2:30 Dominoes</p> <p>3:00 CC The White Board "B" Challenge</p> <p>6:30 LL Before Bed Tea and Trivia</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>The Wentworth at Coventry Senior Living</p> </div> <div style="text-align: center;"> <p>6898 South 2300 East Salt Lake City, UT 84121 8019435858</p> </div> <div style="text-align: center;"> <p>AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</p> </div> <div style="text-align: center;"> <p>Healthy Snacks & Hydration offered throughout each day!</p> </div> </div>				