



LEGACY HOUSE

Bountiful

79 E Center St. • Bountiful, UT 84010 • (801) 294-2925

Legacy House Administration

Colton Balmforth Executive Director
Luke Weston Assistant Administrator
Elizabeth Cox Marketing Director
Vicki Scholz Activity Director
Jerry Wise Maintenance Director
Charlee Teto Housekeeping Director
Calley Robinson Admin. Assistant
Shelly Robinson Food Services Director
Jessica Kunz Resident Care Coord. & RN
Joni Paxton Registered Nurse
Josh Jackard Community Relations

Enhance Your H2O

Hydrate your body and delight your taste buds by adding some fresh fruit to your water. Slices of lemon, lime or orange; chunks of melon; or a few seasonal berries can turn a plain glass of ice water into a flavorful thirst quencher.

Advice From Mister Rogers

“There are three ways to ultimate success: The first way is to be kind. The second way is to be kind.

The third way is to be kind.” —Fred Rogers



June 2018



Sniff Out Lemons to Boost Your Brain



Stop and smell ... the lemons! The citrusy scent may improve your mood and mental processing. When the daily crossword has you stumped or you need to concentrate on a task, researchers have found that a whiff of lemon can enhance cognitive performance by boosting the levels of the brain chemical norepinephrine. Lemony smells also made people feel better and more motivated and alert.

Wedding Dress Tradition

When Queen Victoria of England married Prince Albert in 1840, she made a daring choice and wore a white satin gown for her wedding ceremony. Until then, most brides dressed in red for their nuptials, but Victoria's example began a tradition that continues today.

Try Toothpaste for Bug Bites

For quick itch relief from an insect bite, turn to your tube of toothpaste and dab on a drop. The mint extracts and menthol in many brands produce a cooling sensation on your skin that can mask the itch.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
<p>79 East Center Street Bountiful, UT 84010 (801) 294-2925</p>		<p>Employee Birthdays</p> <table border="0"> <tr><td>Aspen Peck</td><td>6/3</td></tr> <tr><td>Vicki Scholz</td><td>6/11</td></tr> <tr><td>Dallin Redmond</td><td>6/13</td></tr> <tr><td>Nick Dalton</td><td>6/14</td></tr> <tr><td>Janette Peters</td><td>6/17</td></tr> <tr><td>Samuel Adams</td><td>6/18</td></tr> <tr><td>Gladys Lara</td><td>6/27</td></tr> <tr><td>Nicole Jones</td><td>6/27</td></tr> </table>	Aspen Peck	6/3	Vicki Scholz	6/11	Dallin Redmond	6/13	Nick Dalton	6/14	Janette Peters	6/17	Samuel Adams	6/18	Gladys Lara	6/27	Nicole Jones	6/27			<p>1</p> <p>9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 12:30 Out to Ogden fish farm and we will catch trout 1:00 DVD on a country 6:15 Movie</p>	<p>2</p> <p>9:15 Exercise 10:00 Skunk dice game 1:00 Balloon volleyball 2:00 Word searches</p>
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<p>3</p> <p>9:30 Music and the spoken word 10:00 LDS Sacrament meeting 1:30 Movie 3:30 Music and the spoken word channel 35</p>	<p>4</p> <p>9:15 Exercise 10:00 Bingo 1:00 Old time combo 3:00 Gospel doctrine study group 5:00 Jay Christensen - guitar</p>	<p>5</p> <p>9:00-3:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:30 Sing a long with Jeannie and Pat 2:30 Poetry corner - bring some of yours to share 6:15 Movie</p>	<p>6</p> <p>9:15 Exercise 10:30 Relief Society and Priesthood 1:30 Bob Shorten - piano 2:30 Getting to know new residents 2:00-4:00 Podiatrist 6:15 Movie</p>	<p>7</p> <p>9:15 Exercise 10:00 Errand running - Smiths 12:45 Manicures 1:00-4:00 Transportation to your dr. appointments 2:00 Jim Jensen - accordion 3:00 Fresh fruit</p>	<p>8</p> <p>9:00-12:00 Transportation to your dr. appointments 9:00-11:00 Bring your wheelchairs and walkers for a free tune up from Medsource 9:15 Exercise 10:45 Out for a picnic meet in the activity room 2:00 Bingo 6:15 Movie</p>	<p>9</p> <p>Richard L birthday 9:15 Exercise 10:00 Interfaith church service 10:30 Family feud 1:00 Uno card game 1:45 Yahtzee dice game</p>																
<p>10</p> <p>Melvin D birthday Bill P birthday 9:30 Music and the spoken word 10:00 LDS Sacrament meeting 1:30 Movie 6:00 Activity with Shelley</p>	<p>11</p> <p>Jack H birthday 9:15 Exercise 10:00 Bingo 1:30 Julianne B musical performance 3:00 Gospel doctrine study group 6:00 Mixed Nuts perform</p>	<p>12</p> <p>9:00-3:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Resident Council 1:30 Terry Spencer - guitar and piano 2:45 Play the wii 6:15 Movie</p>	<p>13</p> <p>9:15 Exercise 10:30 Relief Society and Priesthood 2:00 Bingo 6:15 Movie</p>	<p>14</p> <p>Flag Day 9:15 Exercise 10:00 Errand running - Smiths 11:30 Men's BBQ on the patio - Women will have the same menu inside 1:00-4:00 Transportation to your dr. appointments 1:30 Manicures 2:45 Balloon volleyball</p>	<p>15</p> <p>9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:30 Social circle about fathers 6:00 ON YOUR OWN _ Cruisin' cars on main street - walk over and see the fun 6:15 Movie</p>	<p>16</p> <p>Donna M birthday 9:15 Exercise 10:00 Talk about famous people 1:00 Create fresh flower arrangements with Hailey 1:00 Concentration 1:30 Bean bag toss</p>																
<p>17</p> <p>Father's Day 9:30 Music and the spoken word 10:00 LDS Sacrament meeting 1:30 Movie 3:30 Music and the spoken word channel 35</p>	<p>18</p> <p>9:15 Exercise 10:00 Bingo 1:30 Moods and music 3:00 Gospel doctrine study group 5:00 Jay Christensen - guitar</p>	<p>19</p> <p>Marilyn H birthday 9:00-3:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 11:30 Steve Yancy - piano 1:30 Sing a long with Jeannie and Pat 3:00 Employee In service - continual learning 6:15 Movie</p>	<p>20</p> <p>9:15 Exercise 10:30 Relief Society and Priesthood 1:30 Bring something of your life to share - talents, pictures, sewing, painting, collections 2:00-4:00 Podiatrist 6:15 Movie</p>	<p>21</p> <p>9:00 Bountiful temple 9:15 Exercise 1:00-4:00 NO Transportation to your dr. appointments 2:00 Jim Jensen - accordion Carnival time 5:30 - 7:30</p>	<p>22</p> <p>9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running to Smiths 12:45 Manicures 2:00 Bingo 6:15 Movie</p>	<p>23</p> <p>9:15 Exercise 10:00 Interfaith church service 10:00 President trivia in the front room 10:30 Name the place 1:00 Skunk dice game 1:45 Horseshoes</p>																
<p>24</p> <p>9:30 Music and the spoken word 10:00 LDS Sacrament meeting 1:30 Movie 3:30 Music and the spoken word channel 35</p>	<p>25</p> <p>9:15 Exercise 10:00 Bingo 1:30 Cooking corner with Shelley 3:00 Gospel doctrine study group 6:00 Resident/family gathering</p>	<p>26</p> <p>9:00-3:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:30 Managers competition - come and watch the fun! 2:30 Game time 6:15 Movie</p>	<p>27</p> <p>9:15 Exercise 10:30 Relief Society and Priesthood 2:00 Community bingo 2:00-4:00 Podiatrist 6:15 Movie</p>	<p>28</p> <p>9:15 Exercise 10:00 Errand running - Smiths 1:00-4:00 Transportation to your dr. appointments 12:45 Manicures 2:00 Craft</p>	<p>29</p> <p>9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 11:00 Cash out 1:30 Resident reminisce 2:15 birthday cake 6:15 Movie</p>	<p>30</p> <p>9:15 Exercise 10:00 Crossword puzzles 10:30 Summer word game 1:00 Balloon volleyball 2:00 Independence Day history</p>																

June 2018

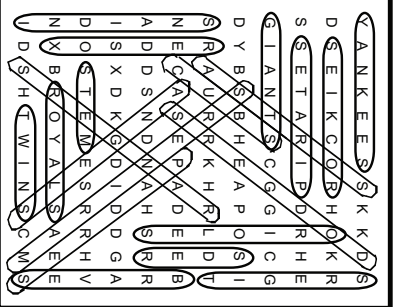
Word Search

Category: Major League Baseball Teams

Y A N K E E S S K K D S
 D S E I K C O R H O K R
 S S E T A R I P D R H E
G I A N T S C G G I C G
 D Y B S B H E A P O S I
 S R A U R R K H R L D T
 N E C A S E P A D E E B
 A D D S N D N A H S R R
 I S X D K G D I D D G A
 D O S T E M E S R R H V
 N X B R O Y A L S A E E
 I D S H T W I N S C M S

- Giants _____
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- Word Search Solution:
- Angels
 - Astros
 - Braves
 - Cubs
 - Dodgers
 - Giants
 - Indians
 - Mariners
 - Mets
 - Orioles
 - Padres
 - Pirates
 - Rangers
 - Reds
 - Red Sox
 - Rockies
 - Royals
 - Tigers
 - Twins
 - Yankees



JUNE Sudoku Puzzle

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

			1	4	2		9	
	8	4					3	5
	7			2		6		
9		1		8		2		3
		3		9			4	
6	4					9	8	
	3		9	6	4			

Solution:

8	3	7	9	6	4	5	1	2
1	9	2	8	5	7	3	6	4
6	4	5	2	1	3	9	8	7
5	2	3	7	9	6	8	4	1
9	6	1	4	8	5	2	7	3
4	7	8	3	2	1	6	5	9
2	8	4	6	7	9	1	3	5
7	1	9	5	3	8	4	2	6
3	5	6	1	4	2	7	9	8