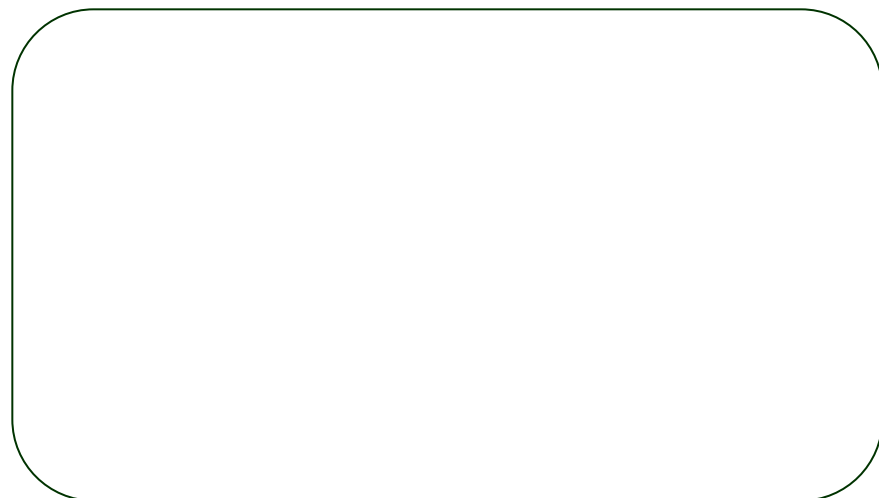




2730 Bailey Lane
Eugene, OR 97401

PLACE STAMP
HERE



Administrative Staff:

Jill Maher
Executive Director
Murray Stewart
Community Relations Director
Tawnya Frieze
Barbra Schmidt
Resident Care Coordinator
Emma Erickson
Business Office Manager
Judy Wilson RN
Matthew Hackett LPN
Registered Nurse
Bettina Karels
Nik Skoog
Maintenance Director
Jeanette Ivan
Activities Director
Contact us at:
541-344-7902

Our mission is to create and sustain
comfortable, caring environments for
those who depend on us.



We've been sharing more and more on our Facebook page
recently and would love to have you join the conversation!
LIKE our Facebook page today!

www.Facebook.com/FarmingtonSquareEugene

Farmington Square Times

Farmington Square Assisted & Memory Care Newsletter — October 2017



**INSIDE
THIS ISSUE**

P2 Interacting for Health
P3 Faces of FSE
P3 October Highlights

P4 Connect on Facebook
P4 Mission & Team



The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults’ emotional and physical health and how social they are in their daily lives. The Alzheimer’s Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others.

Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged.

Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.

October Highlights

Wen October 4th
1:00 pm
Help us welcome
Oregon's Fossil Guy
Facebook.com/
OregonFossilGuy



Wen October 18th
1:30 pm
Nostalgia Live
Began performing for New York Theater. They tour the US and have performed in over 100 shows.



Thur October 26th
2:30 pm
Memory Tones and Steven
Two of our favorite performers in one day. Doesn't get better

Fri Oct 27th
1:30
Cascade Chorus
One of Oregon's best Barbershop A Capella Groups.



The Faces Of Farmington Square Eugene



A cartoon illustration of a yellow owl with large, round eyes and a small orange beak. The owl is wearing a black witch's hat with a purple band and a gold buckle. The background is a solid orange color.



Happy Halloween



October 2017



Cottage B
Farmington Square Eugene
2730 Bailey Lane
541-344-7902



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 Exercise A 11:00 Exercise B 1:00 IN2L B 2:00 IN2L A 3:00 Trivia A 3:30 Popcorn C 4:00 IN2L C	2 10:00 Trivia B 11:00 Art A 1:00 Flowers C 2:00 Flowers B 3:00 Penne Ante B 3:30 Popcorn B 4:00 Trivia A	3 10:00 Shedd C 11:00 Manicures B 1:00 Bingo C 2:00 Manicures A 2:30 Short Story A 3:00 Yahtzee B 4:00 Trivia B	4 10:00 Scenic Drive 11:00 Art B 1:00 Fossil Guy C 3:00 Crossword B 3:30 Finishing Lines A 4:00 Finishing Lines B 4:30 Popcorn A	5 10:00 IN2L A 11:00 IN2L B 1:00 Bingo C 2:00 Steven B 2:30 Bingo B 3:00 Finishing Lyrics A 3:30 Finishing Lyrics B	6 10:00 Pet Visits 11:00 Church B 1:00 Art A 2:00 Art B 3:00 Toss N Talk B 3:30 Toss N Talk A 4:00 Movie Night	7 Wellness Fair Weekend 10:00 Sing A Long A 11:00 Exercise B 1:00 Backgammon C 2:00 Short Story B 3:00 Short Story A 3:30 IN2L A
8 Wellness Fair Weekend 10:00 Exercise B 11:00 Exercise A 1:00 Penne Ante B 2:00 Penne Ante A 3:00 Penne Ante C 4:00 Trivia B	9 10:00 Trivia A 11:00 Art B 1:00 Flowers C 2:00 Flowers B 3:00 Manicures B 3:30 Manicures A 4:00 Movie Night	10 10:00 Shedd A 11:00 Exercise B 1:00 Bingo C 1:30 Crossword B 2:00 Trivia A 2:30 Exercise B 3:00 Trivia A	11 10:00 Scenic Drive 11:00 Art A 1:00 Crossword C 1:30 Art B 2:30 Basil C 3:00 Toss N Talk B 3:30 Trivia B	12 10:00 IN2L B 1:00 IN2L A 1:00 Bingo C 1:30 Bingo A 2:00 Bingo B 2:30 Finishing Lines A 3:00 Finishing Lines B	13 10:00 Pet Visits 11:00 Church B 1:00 International Day - Germany 2:00 Allan A 3:00 Art B 3:30 Art A	14 10:00 Sing a Long B 11:00 Sing A Long A 1:00 Cribbage C 2:00 Exercise A 3:00 Exercise B 4:00 Movie Night A 5:00 Movie Night B
15 10:00 Exercise B 11:00 Exercise A 1:00 IN2L B 2:00 IN2L A 3:00 Trivia B 3:30 Popcorn B 4:00 Trivia C	16 10:00 Trivia B 11:00 Art A 1:00 Flowers C 2:00 Flowers B 3:00 Trivia A 3:30 Popcorn A 4:00 Exercise B	17 10:00 Shedd B 11:00 Manicures A 1:00 Bingo C 2:00 Bingo B 3:00 Bingo A 3:30 Trivia B 4:00 Trivia A	18 10:00 Scenic Drive 11:00 Crossword C 1:00 Exercise B 1:30 Nostalgia Live C 2:30 Readers Theater C 3:30 Exercise A	19 10:00 IN2L A 11:00 IN2L B 1:00 Bingo C 1:30 Bingo B 2:30 Robert C 3:30 Toss N Talk A 4:00 Guess Who B	20 10:00 Pet Visits 11:00 Church B 1:00 Sing A Long B 2:00 Sing A Long A 3:00 Sing A Long B	21 10:00 Backgammon C 11:00 Art B 1:00 Short Story 2:00 Short Story B 2:30 Finishing Lyrics B 3:00 Art A 3:30 IN2L A
22 10:00 Exercise A 11:00 Exercise B 1:00 Penne Ante A 2:00 Penne Ante B 3:00 Penne Ante C 4:00 Trivia B 4:30 Popcorn B	23 10:00 Trivia A 11:00 Art B 1:00 Flowers C 2:00 Flowers B 3:00 Manicures B 3:30 Manicures A 4:00 Trivia B	24 10:00 Shedd C 11:00 Exercise B 1:00 Bingo C 2:00 Crossword B 2:30 Finishing Lines A 3:00 Finishing Lines B 4:00 Cow Pie B	25 10:00 Scenic Drive 11:00 Art B 1:00 Crossword C 2:30 Anadon B 3:00 Art A 3:30 Toss N Talk B 4:00 Movie Night	26 10:00 IN2L B 11:00 IN2L A 1:00 Bingo C 2:00 Memory Tones A 2:00 Steven B 3:00 Trivia A 3:00 Trivia B	27 10:00 Pet Visits 11:00 Church B 1:30 Cascade Chorus C 3:00 Cow Pie A 3:30 Short Story A 4:00 Short Story B	28 10:00 Cribbage C 11:00 Art B 1:00 Art A 2:00 IN2L A 3:00 IN2L B 4:00 Finishing Lines B
29 10:00 Exercise B 11:00 Exercise A 1:00 IN2L B 2:00 IN2L A 3:00 Trivia B 3:30 Trivia C 4:00 Popcorn C	30 10:00 Trivia B 11:00 Art A 1:00 Flowers C 2:00 Flowers B 3:00 Crossword B 3:30 Resident Council C	31 10:00 Shedd A 11:00 Halloween Celebration 1:00 Bingo C 2:00 Karaoke B 3:00 Wheel O Fortune A 3:30 Crazy Aces B				

Happy Halloween

October 2017



Cottage C
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Happy Halloween