

PLACE STAMP
HERE



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

The Farmington Times

Farmington Square Memory Care Newsletter — October 2017



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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.



Nightmares and Moonlight

In the spooky spirit of the Halloween season, the last Friday in October is known as Frankenstein Friday, after Mary Shelley's

fictional novel about a mad scientist who created a monster. More interesting than the fiction are the facts surrounding why Shelley set out to write her gothic masterpiece.

In June of 1816, the 18-year-old Shelley was invited to Geneva, Switzerland, along with the poet (and her future husband) Percy Bysshe Shelley, her stepsister Claire Clairmont, the poet Lord Byron, and Lord Byron's doctor (and writer of vampire stories) John Polidori. On a rather cliché dark and stormy night, after reading from a volume of German ghost stories, Lord Byron challenged all the guests present to write their own scary tale. It was out of this challenge that Mary Shelley penned *Frankenstein*.

In a preface to her book written in 1831, Shelley wrote about how she suffered from a lack of ideas. After staying up late philosophically discussing "the nature and principle of life," and how one Dr. Erasmus Darwin had attempted to make dead matter move by administering electrical jolts, Shelley fell asleep only to be hounded by a nightmare: a man attempting to breathe life into a terrifying figure. She awoke with a start to find bright moonlight streaming in through her window. She realized that if the dream had frightened her, then it would frighten audiences. On the next morning she began writing *Frankenstein*. Of all the writers present, only Shelley finished her novel.

Mary Shelley's *Frankenstein* has become world-famous and is lauded as the first science fiction story ever written. It is also a philosophical masterpiece, examining the relationship between creator and created, and forcing us to wonder how much knowledge is too much. And of course, it is important to remember that Frankenstein is the name of the doctor, not the monster that the doctor created

"Frankenstein"

"Goldie Locks and the Three Bears"

"Wicked Queen from Snow White "

We asked residents and staff to share their favorite costumes!

"Black Spider"

"Dorothy fro Wizard of OZ"

October Highlights — You're Invited!

October 4 @ 3:00: Bob on Paino

October 17 @ 3:00: Worship Sing
Along with Heritage Fellowship

October 19 @ 3:00: Tracy on Guitar

October 25 @ 3:00: Halloween Treat
Bag Stuffing

October 31 @ 2:00: 1950's Themed
Halloween Party



The Best Halloween Costume I ever wore...

"A Witch with a warty nose"

"Jack Frost"

"A beautiful Princess"



A Curious Holiday

If you're intrigued by the great mysteries of the world—from UFOs to the Bermuda Triangle to the strange statues of Easter Island—then you'll love Curious Events Day on October 9, a day to indulge your favorite conspiracy theories. Here are a few doozies:



Stonehenge remains one of the world's most mysterious places, with scientists still baffled as to how and why it was built. The structure, made of 100 stone monoliths arranged in a circular pattern, is not only 5,000 years old but also took over 1,500 years to build. Perhaps the most curious puzzle of all is that many of the monoliths are bluestones, the smallest of which weigh several tons, and are believed to have been quarried 200 miles away. How did these prehistoric humans, with the most primitive of tools, extract and transport these hulking stones? And why? While many have theories as to the purpose of Stonehenge—burial ground, astronomical calendar, ceremonial site, center of magic—there is no evidence as to its purpose.

Under the crystal clear waters of Bimini Island in the Bahamas lies a strange sight—a half-mile-long structure composed of rectangular limestone blocks resembling a wall or road. Divers who first discovered the site in 1968 immediately believed that it was manmade.

Many scientific explorations have yielded varying results. Despite the insistence that the wall is a naturally occurring phenomenon of beachrock typical to the area, some believe that this underwater causeway is evidence of the lost city of Atlantis.

In 1954, a man landed at the Haneda Airport in Japan and presented his passport to immigration officers. The only problem was that his passport was from Taured, a country the man claimed existed on the border of Spain and France. His Taured passport had been stamped from many countries. The man, distraught when told his country did not exist, was taken to a hotel by local police, but he disappeared overnight, along with his official Taured passport and driver's license.

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LIKE our Facebook page today!

www.Facebook.com/FarmingtonSquareMedford

October 2017

FARMINGTON SQUARE
1530 POPLAR DRIVE
MEDFORD, OREGON 97504
541-770-9080

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Beautiful You 11:30 Church/One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns 4:00 Sensory Hour	2 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Sing A Long 4:00 One on One Time	3 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Fall Craft 4:00 Table Games	4 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Bob on Piano 4:00 One on One Time	5 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Ball Trivia 4:00 Table Games	6 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Pretty Petals 4:00 One on One Time	7 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Stroll 2:15 Movie / Popcorn 3:00 Sensory Hour 4:00 Table Games
8 9:30 Beautiful You 11:30 Church/One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns 4:00 Sensory Hour	9 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Heart & Hope Music 4:00 One on One Time	10 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Celia on the Harp 4:00 Table Games	11 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Ladies Group 4:00 One on One Time	12 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Baking Cookies 4:00 Table Games	13 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Coffee & Magazines 4:00 One on One Time	14 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Stroll 2:00 Therapy Dogs 3:00 Sensory Hour 4:00 Table Games
15 9:30 Beautiful You 11:30 Church/One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns 4:00 Sensory Hour	16 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Sing A Long 4:00 One on One Time	17 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Heritage Fellowship 4:00 Table Games	18 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Popcorn Toss 4:00 One on One Time	19 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:30 Monthly B-day Party 3:00 Tracy on guitar 4:00 Table Games	20 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Men's Group 4:00 One on One Time	21 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Stroll 2:15 Movie / Popcorn 3:00 Sensory Hour 4:00 Table Games
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October Birthdays

Resident Birthdays

Richard K. Oct 1
Robert H. Oct 2
Dolores L. Oct 19
Tom M. Oct 21

Staff Birthdays

Sandra H. Oct 5
Ron P. Oct 20
Stephanie M. Oct 21
Jenny R. Oct 29
Lucy R. Oct 31
Leo V. Oct 31

Happy Birthday from all of us at Farmington Square!!

October 2017

FARMINGTON SQUARE
1530 POPLAR DRIVE
MEDFORD, OREGON 97504
541-770-9080

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