



1530 Poplar Dr.
Medford, OR 97504

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 — November 2017



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The History and Significance of Veterans Day

On Saturday, November 11, citizens across the United States will celebrate Veterans Day with gratitude toward the men and women who have bravely and selflessly served our country. In conjunction with celebrating this important day, here are some facts about its history and significance. To all those who have served, we humbly thank you for your service, and Happy Veterans Day to you!

Veterans Day is a U.S. holiday that honors veterans of all wars.

In 1918, during World War I, on the 11th hour of the 11th day of the 11th month, hostilities ceased between the Allied nations and Germany. The cessation was marked by many countries as Armistice Day. The Treaty of Versailles, which marked the end of the war, was signed on June 28, 1919, but the armistice date was the one that most people considered the end of the conflict.

In November of 1919, Armistice Day was marked by many countries. The observance included parades, public celebrations, and pauses to both business and school activities when the clock struck 11 am.

In June of 1926, Congress passed a resolution that November 11 should be commemorated each year. As of May 13, 1938, Armistice Day became a legal Federal holiday.

Changes were still abound, however. During World War II, more than 16 million Americans served in the Army, Air Force, Marines, and



Navy. Another 5.7 million served in the Korean war. This spurred Veterans service organizations to lobby for the words Veterans Day to replace the words Armistice Day in honor of the American veterans of all wars. In 1954, President Dwight D. Eisenhower signed legislation for the name to be changed.

The day would still see some changes. As of 1971, Veterans Day was moved to the fourth Monday in October. This followed Congress passing the Uniform Holidays Bill that brought about the celebration of four national holidays on Mondays. As of 1978, due to many states’ confusion and disapproval over the change, the holiday was moved back to its original observance date. It continues to be held on that date.

What is the difference between Veterans Day and Memorial Day? It is a common question. Memorial Day, celebrated in May, is dedicated to Americans who have served and who passed away while—or as a result of— serving. Veterans Day honors all Veterans, alive and those who have passed.

Food of the Underworld



November is Pomegranate Month, a month to celebrate this unique superfood, known for its antioxidants and anti-inflammatory properties. The pomegranate—ruby red in color, bursting with edible seeds, and boasting a sweet and tart flavor—was one of the first fruits to be cultivated by humans. But why is this fruit celebrated in November? That story goes back thousands of years.

In ancient Greek mythology, the pomegranate takes center stage in the story of Persephone and Hades, the god of the underworld. In this myth, Hades kidnapped Persephone and stole her away to his underworld realm. Persephone’s mother, Demeter, was the goddess of the harvest and agriculture, ruler of the fertility of the earth. Demeter, upon losing her daughter, went into deep mourning, which caused all the crops and plants to cease growing. The

world became cold and barren. Zeus, king of all the gods and goddesses and brother of Hades, finally commanded Hades to release Persephone. However, the clever Hades had already tricked Persephone into eating the food of the underworld: a pomegranate. The Fates had decreed that anyone who ate such food was doomed to stay in the underworld for all eternity. But, because Persephone had eaten only six pomegranate seeds, she was doomed to remain with Hades for only six months out of the year. For the other six months, she was allowed to return to the earth and be with her mother. Demeter grew so overjoyed with Persephone’s return that the world was again bountiful and fruitful. Alas, during Persephone’s absence, Demeter fell into sorrow, and the world fell barren. This was the ancient Greek’s explanation for the seasons. Demeter’s joy brought spring and summer, and her sorrow marked fall and winter—all because Persephone ate the pomegranate seeds. For this reason, November is the perfect month to celebrate the pomegranate, which has long been a symbol of life and death, rebirth and eternal life, fertility, marriage, and abundance....a little more impressive than your average health food.

“Corn”

-Miranda

We asked residents and staff to share the dish they most look forward to each fall and/or Thanksgiving.

“Cranberry Sauce”

-Mary Lou

“Salad”

- Lucy

November Highlights — You’re Invited!

November 1 @ 3:00: Bob on Piano

November 10 @ 2:00: Kathy Kali on guitar with Sing A Long

November 18 @ 12:00: Thanksgiving Dinner

November 20 @ 3:00: Yogurt Outing

November 27 @ 3:00 Heart & Hope Music



Happy Veteran’s Day to All of our Veteran’s!!! Thank you for your Service!!!

My favorite Thanksgiving and/or fall dish is...



“Dressing”
-Shirley

“Candied Sweet Potatoes”
-Chris

On the Thanksgiving Menu

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. By the start of November, Canada has already celebrated its own national Thanksgiving with the traditional turkey, stuffing, and gravy, and a spicier pumpkin pie made with nutmeg, cinnamon, cloves, and ginger. While we call these foods the “traditional” dishes of Thanksgiving, were these foods really eaten by the Pilgrims and Wampanoags at the first Thanksgiving in 1621?

For many, turkey is synonymous with Thanksgiving. While there is no exact record of the first Thanksgiving menu, one Pilgrim named Edward Winslow did keep a chronicle of the colony’s daily events. He noted that prior to the feast, governor William Bradford sent men on a fowl-hunting mission. This “fowling” group may have hunted for wild turkeys, but it is more likely that they brought back ducks, geese, and swans. These birds were not stuffed with bread-based stuffing, but with onions, herbs and nuts. While no definite record of turkey exists, it is known that the Wampanoags arrived at the feast with five deer, which may have been roasted on a spit or cooked into a savory stew.

Vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but they were not made into sweet sauces, jellies or tarts. The



Pilgrims had long run out of sugar from their ocean voyage. There were also no potatoes, either sweet or white, at the first Thanksgiving, for potatoes did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make piecrust. What is more certain is that shellfish was abundant: mussels, clams, oysters, bass, and lobster were stars of the first Thanksgiving.

Find us on Facebook!



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/FarmingtonSquareMedford

November 2017

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|--|--|---|
| Employee Birthdays: Nov. 3 Kimberly P. Nov. 3 Kelsie V. Nov. 5 Kylie M. Nov. 8 Chris D. Nov. 20 Laurie B. Nov. 21 Jona B. Nov. 30 Daina S. | Resident Birthdays: Nov. 4 Fern R. Nov. 4 Doris I. Nov. 29 Teresa M. Nov. 29 Eunice M. | | 1 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Bob on Piano 4:00 One on One | 2 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Fall Craft 4:00 Table Games | 3 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Donut Outing 4:00 One on One | 4 9:30 Beautiful You 10:30 Louis on Piano 11:45 Reading Circle 2:15 Movie / Popcorn 3:00 Sensory Hour 4:00 Table Games |
| 5 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 | 6 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 French Fry Outing 4:00 One on One | 7 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Sing A Long 4:00 Table Games | 8 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Fall Baking 4:00 One on One | 9 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Conversation Starters 4:00 Table Games | 10 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Kathy Kali on guitar 3:30 Balloon Toss 4:00 One on One | 11 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Stroll 2:00 Therapy Dogs 3:00 Sensory Hour 4:00 Table Games |
| 12 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 | 13 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Heart & Hope Music 4:00 One on One | 14 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Sing A Long 4:00 Table Games | 15 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Crafting 4:00 One on One | 16 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:30 Monthly B-day Party 3:00 Tracy on guitar 4:00 Table Games | 17 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Fall Drive 4:00 One on One | 18 <i>Thanksgiving Dinner!</i> 9:30 Beautiful You 10:45 Reading Circle 12:00 Thanksgiving Dinner 2:15 Movie / Popcorn 3:00 Sensory Hour |
| 19 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 | 20 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Yogurt Outing 4:00 One on One | 21 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Heritage Fellowship 4:00 Table Games | 22 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Men's Group 4:00 One on One | 23 <i>Thanksgiving Day!!</i> 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Movie 4:00 Table Games | 24 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Resident Council 4:00 One on One | 18 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Stroll 2:15 Movie / Popcorn 3:00 Sensory Hour 4:00 Table Games |
| 26 9:30 Beautiful You 11:30 Church/One on One 1:45 Sunday Stroll 2:00 Therapy Dogs 3:00 Church / Hymns 4:00 Sensory Hour | 27 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Heart & Hope Music 4:00 One on One | 28 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Sing A Long 4:00 Table Games | 29 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Ladies Tea 4:00 One on One | 30 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 David on guitar 4:00 Table Games | | Daily Activities: 10:30 Refreshment Social 1:30 Afternoon Touch Ups 2:30 Refreshment Social 5:00 Music Appreciation *Schedule Subject to Change |

November Birthdays

Resident Birthdays!

Nov. 4 Doris I.

Nov. 4 Fern R.

Nov. 29 Teresa M.

Nov. 29 Eunice M.

Employee Birthdays!

Nov. 3 Kimberly P.

Nov. 3 Kelsie V.

Nov. 5 Kylie M.

Nov. 8 Chris D.

Nov. 20 Laurie B.

Nov. 21 Jona B.

Nov. 30 Daina S.

November 2017

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| 5 10:30 Card-O 11:00 Church / Hymns 1:30 Puzzle Time 3:00 Church / Bingo 4:00 Table Games | 6 9:30 Name 5 Game 11:00 Morning Exercises 1:30 Bingo 3:00 French Fry Outing 4:00 Pilates | 7 9:30 Card-O 11:00 Morning Exercises 1:30 Bingo 3:00 Sing A Long 4:00 Tai Chi | 8 9:30 Ante Up Game 11:00 Morning Exercises 1:30 Bingo 3:00 Fall Baking 4:00 Whoga | 9 9:30 Trivia Thursday 11:00 Morning Exercises 1:30 Bingo 3:00 Reminiscing 4:00 Pilates | 10 9:30 Card-O 11:00 Morning Exercises 1:00 Bingo 2:00 Kathy Kali on guitar 3:00 Table Games | 11 10:30 Name 5 Game 11:00 Morning Exercises 2:00 Therapy Dogs 3:00 Bingo 4:00 Classic Movie w/ Popcorn |
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