



2730 Bailey Lane  
Eugene, OR 97401



#### Administrative Staff:

**Jill Maher**  
Executive Director  
**Murray Stewart**  
Community Relations Director  
**Tawnya Fries**  
**Barbra Schmidt**  
Resident Care Coordinator  
**Judy Wilson RN**  
**Matthew Hackett LPN**  
Registered Nurse  
**Bettina Karels**  
Dietary Director  
**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.



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## *Farmington Square Times*

Farmington Square Assisted & Memory Care Newsletter — December 2017



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THIS ISSUE

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P3 December Highlights

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# Prioritizing Wintertime Wellness

Winter is often a time of great joy. For some, it can also bring on sadness or depression. Factors such as low vitamin D, Seasonal Affective Disorder, and other sources may be to blame. Thankfully, there are ways to address them and get on track toward feeling the merriment of the season.



## Low Vitamin D:

Winter blues at older ages could be brought on by a vitamin D deficiency, according to Agingcare.com. People naturally get vitamin D from sunlight, and decreased exposure could lessen the ability to get enough. A deficiency could also result from medications affecting vitamin D production and metabolization, and aging skin decreasing vitamin D3 production.

Vitamin d levels can be increased with safe sun exposure and consumption of supplements, salmon, tuna, cod liver oil, egg yolks, mushrooms, oatmeal, cereal, soy milk, and cow milk. As for how much should be consumed daily, the National Institute on Aging recommends at least 600 IU, but not more than 4,000 IU, for those 50-70. At least 800 IU, but not more than 4,000 IU, is recommended for those 70 and older.

## Seasonal Affective Disorder:

Another source for wintertime mood change could be Seasonal Affective Disorder (SAD), a form of depression that cycles seasonally. SAD is a temporary condition that can be due to a lack of sunlight or hormone disruption with



season changes. Signs of SAD include loss of interest in things once enjoyed, changes to appetite or sleep, sadness, anxiety, tiredness, increased sensitivity, and feelings of hopelessness, according to Interim Healthcare.

Treating SAD may include light therapy, talk therapy, aromatherapy, physical activity, and/or doctor-prescribed medications, to name a few options.

## Other sources of sadness or depression:

Winter sadness or depression could also result from poor dietary choices and/or lack of exercise—both which can be helped with lifestyle changes. Holiday stress, nostalgia, and social isolation may also bring down one's mood during winter.

**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.



# DECEMBER

December 1st 1:00 pm

Willamalane Craft Fair

December 2nd 2:00 pm

Eugene Community Nativity

December 5th 1:30 pm

Springfield HS Choir

December 19th 4:30 pm

Casino Night

December 28th 1:00 pm

Game Show Night



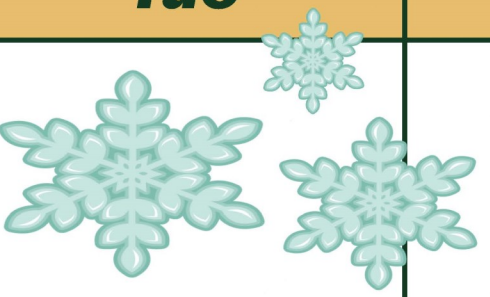




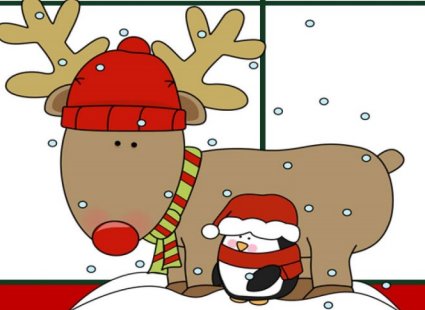




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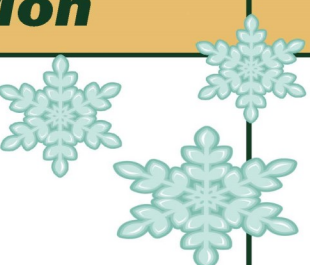






| Sun  | Mon  | Tue  | Wed   | Thu   | Fri   | Sat  |
|--|--|--|---|---|---|--|
|   |    |   |   |    |   |  |
| <b>3</b> 9:00 Exercise Fun<br>10:00 Trivia<br>11:00 Penne Ante C<br>1:00 Bingo B<br>2:00 Art<br>3:00 IN2L On this Day<br>4:00 Exercise Fun<br>5:00 Movie Night         | <b>4</b> 9:00 Exercise Fun<br>10:00 <i>Julie Singing C</i><br>11:00 Trivia<br>1:00 Flowers C<br>1:00 Flowers B<br>3:00 Penne Ante<br>4:00 Crazy Twos<br>6:00 IN2L What was There   | <b>5</b> <i>Doctor Day</i><br>9:00 Exercise Fun<br>10:00 <i>Mary Beth Singing B</i><br>1:30 <i>Springfield High School Choir C</i><br>3:00 IN2L Wheel O Fortune<br>4:00 Dice Game                      | <b>6</b> 9:00 Exercise Fun<br>10:00 Scenic Drive<br>1:00 Crossword C<br>2:00 Exercise Fun<br>3:00 Art<br>4:00 Trivia<br>4:30 Finish Lines<br>6:30 Ladies Night C                        | <b>7</b> <i>Doctor Day</i><br>9:00 Exercise Fun<br>10:00 Bingo B<br>1:00 Bingo C<br>2:00 <i>Steven Piano B</i><br>3:00 Crazy Twos<br>4:00 Finishing Lyrics<br>6:00 Volleyball Night           | <b>8</b> 10:00 Pet Visits<br>11:00 Church B<br>1:00 Art C<br>2:00 <i>Alan Guitar C</i><br>3:00 Art<br>3:30 Art<br>4:00 Mad Libs<br>5:00 Movie Night | <b>9</b> 9:00 Exercise Fun<br>10:00 Cards C<br>11:00 Art<br>1:00 Finish Lyrics<br>2:00 Trivia<br>3:00 Sing A Long<br>4:00 Short Stories<br>5:00 IN2L Reminiscing     |
| <b>10</b> 9:00 Exercise Fun<br>10:00 Trivia<br>1:00 Penne Ante C<br>2:30 <i>Cascade Chorus X Mas show Sheldon High School</i><br>4:00 Exercise Fun<br>5:00 Movie Night | <b>11</b> 9:00 Exercise Fun<br>10:00 Art<br>11:00 Trivia<br>1:00 Flowers C<br>1:00 Flowers B<br>3:00 Penne Ante<br>4:00 Crazy Twos<br>6:00 IN2L Family Feud  | <b>12</b> <i>Doctor Day</i><br>9:00 Exercise Fun<br>10:00 <i>Mary Beth Singing A</i><br>1:00 Cooking Social C<br>2:30 Art<br>3:30 Mad Libs<br>4:00 Dice Game<br>6:00 Comedy Night                      | <b>13</b> 9:00 Exercise Fun<br>10:00 Scenic Drive<br>1:00 Crossword C<br>2:30 <i>Basil Piano C</i><br>3:30 IN2L On this Day<br>4:00 Trivia<br>4:30 Finish Lyrics<br>6:30 Ladies Night C | <b>14</b> <i>Doctor Day</i><br>9:00 Exercise Fun<br>10:00 Bingo B<br>1:00 Bingo C<br>2:00 <i>Robert Guitar C</i><br>3:00 <i>Cold Weather and Safety Presentation</i><br>6:00 Volleyball Night | <b>15</b> 10:00 Pet Visits<br>11:00 Church B<br>1:00 Bunco C<br>2:00 Sing A Long<br>3:00 Art<br>3:30 Art<br>4:00 Trivia<br>5:00 Movie Night         | <b>16</b> 9:00 Exercise Fun<br>10:00 Cards C<br>11:00 Art<br>1:00 Finish Lines<br>2:00 Trivia<br>3:00 Sing A Long<br>4:00 Short Stories<br>5:00 IN2L Reminiscing     |
| <b>17</b> 9:00 Exercise Fun<br>10:00 Trivia<br>11:00 Penne Ante C<br>1:00 Bingo B<br>2:00 Art<br>3:00 IN2L What it Cost<br>4:00 Exercise Fun<br>5:00 Movie Night       | <b>18</b> 9:00 Exercise Fun<br>10:00 <i>Julie Singing C</i><br>11:00 Trivia<br>1:00 Flowers C<br>1:00 Flowers C<br>3:00 Penne Ante<br>4:00 Crazy Twos<br>6:00 IN2L What was There  | <b>19</b> <i>Doctor Day</i><br>9:00 Exercise Fun<br>10:00 <i>Mary Beth Singing C</i><br>1:00 <i>Birthday Social B</i><br>2:00 Art<br>3:30 Trivia<br>4:30 <i>Party! Casino Night Night at the Derby</i> | <b>20</b> 9:00 Exercise Fun<br>10:00 Scenic Drive<br>1:00 Crossword C<br>2:00 Exercise Fun<br>3:00 Art<br>4:00 Trivia<br>4:30 Finish Lines<br>6:30 Ladies Night C                       | <b>21</b> <i>Doctor Day</i><br>9:00 Exercise Fun<br>10:00 Bingo B<br>1:00 Bingo C<br>2:00 <i>Resident Council C</i><br>3:00 Crazy Twos<br>4:00 Finish Lines<br>6:00 Volleyball Night          | <b>22</b> 10:00 Pet Visits<br>11:00 Church B<br>1:00 Art C<br>2:00 Sing A Long<br>3:00 Art<br>3:30 Art<br>4:00 Mad Libs<br>5:00 Movie Night         | <b>23</b> 9:00 Exercise Fun<br>10:00 Cards C<br>11:00 Art<br>1:00 Finishing Lyrics<br>2:00 Trivia<br>3:00 Sing A Long<br>4:00 Short Stories<br>5:00 IN2L Reminiscing |
| <b>24</b> 9:00 Exercise Fun<br>10:00 Trivia<br>11:00 Penne Ante C<br>1:00 Bingo B<br>2:00 Art<br>3:00 IN2L On this Day<br>4:00 Exercise Fun<br>5:00 Movie Night        | <b>25</b> <i>Merry Christmas !</i><br>9:00 Exercise Fun<br>10:00 Art<br>11:00 Trivia<br>1:00 <i>Christmas Social</i><br>3:00 Penne Ante<br>4:00 Crazy Twos<br>6:00 IN2L Family Feud  | <b>26</b> <i>Doctor Day</i><br>9:00 Exercise Fun<br>10:00 <i>Mary Beth Singing B</i><br>1:00 Beauty Hour<br>2:00 <i>Memory Tones C</i><br>3:30 Mad Libs<br>4:00 Dice Game<br>6:00 Comedy Night         | <b>27</b> 9:00 Exercise Fun<br>10:00 Scenic Drive<br>1:00 <i>Annadon B</i><br>2:00 Exercise Fun<br>3:00 Art<br>4:00 Trivia<br>4:30 Finish Lyrics<br>6:30 Ladies Night C                 | <b>28</b> <i>Doctor Day</i><br>9:00 Exercise Fun<br>10:00 Bingo B<br>1:00 <i>Party! Game Show Mania Minute to Win It!</i><br>2:00 <i>Steven Piano B</i><br>4:00 Finish Lyrics                 | <b>29</b> 10:00 Pet Visits<br>11:00 Church B<br>1:00 Bunco C<br>2:00 Sing A Long<br>3:00 Art<br>3:30 Art<br>4:00 Trivia<br>5:00 Movie Night         | <b>30</b> 9:00 Exercise Fun<br>10:00 Cards C<br>11:00 Art<br>1:00 Finish Lines<br>2:00 Trivia<br>3:00 Sing A Long<br>4:00 Short Stories<br>5:00 IN2L Reminiscing     |
| <b>31</b> 9:00 Exercise Fun<br>10:00 Trivia<br>11:00 Penne Ante C<br>1:00 Bingo B<br>2:00 Art<br>3:00 IN2L What it Cost<br>4:00 Exercise Fun<br>5:00 Movie Night       |    |  |   |   |   |  |



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| Sun   | Mon   | Tue   | Wed   | Thu   | Fri   | Sat   |
|---|---|---|---|---|---|---|
|    |   |    |    |   |    |   |
| 3 9:00 Exercise Fun<br>10:00 Trivia<br>11:00 Penne Ante C<br>1:00 Bingo B<br>2:00 Art<br>3:00 IN2L On this Day<br>4:00 Exercise Fun<br>5:00 Movie Night   | 4 9:00 Exercise Fun<br>10:00 Julie Singing C<br>11:00 Trivia<br>1:00 Flowers C<br>1:00 Flowers B<br>3:00 Penne Ante<br>4:00 Crazy Twos<br>6:00 IN2L What was There  | 5 Doctor Day<br>9:00 Exercise Fun<br>10:00 Mary Beth Singing B<br>1:30 Springfield High School Choir C<br>3:00 IN2L Wheel O Fortune<br>4:00 Dice Game               | 6 9:00 Exercise Fun<br>10:00 Scenic Drive<br>1:00 Crossword C<br>2:00 Exercise Fun<br>3:00 Art<br>4:00 Trivia<br>4:30 Finish Lines<br>6:30 Ladies Night C                 | 7 Doctor Day<br>9:00 Exercise Fun<br>10:00 Bingo B<br>1:00 Bingo C<br>2:00 Steven Piano B<br>3:00 Crazy Twos<br>4:00 Finishing Lyrics<br>6:00 Volleyball Night    | 8 10:00 Pet Visits<br>11:00 Church B<br>1:00 Art C<br>2:00 Alan Guitar C<br>3:00 Art<br>3:30 Art<br>4:00 Mad Libs<br>5:00 Movie Night | 9 9:00 Exercise Fun<br>10:00 Cards C<br>11:00 Art<br>1:00 Finish Lyrics<br>2:00 Trivia<br>3:00 Sing A Long<br>4:00 Short Stories<br>5:00 IN2L Reminiscing     |
| 10 9:00 Exercise Fun<br>10:00 Trivia<br>1:00 Penne Ante C<br>2:30 Cascade Chorus X Mas show Sheldon High School<br>4:00 Exercise Fun<br>5:00 Movie Night  | 11 9:00 Exercise Fun<br>10:00 Art<br>11:00 Trivia<br>1:00 Flowers C<br>1:00 Flowers B<br>3:00 Penne Ante<br>4:00 Crazy Twos<br>6:00 IN2L Family Feud                | 12 Doctor Day<br>9:00 Exercise Fun<br>10:00 Mary Beth Singing A<br>1:00 Cooking Social C<br>2:30 Art<br>3:30 Mad Libs<br>4:00 Dice Game<br>6:00 Comedy Night        | 13 9:00 Exercise Fun<br>10:00 Scenic Drive<br>1:00 Crossword C<br>2:30 Basil Piano C<br>3:30 IN2L On this Day<br>4:00 Trivia<br>4:30 Finish Lyrics<br>6:30 Ladies Night C | 14 Doctor Day<br>9:00 Exercise Fun<br>10:00 Bingo B<br>1:00 Bingo C<br>2:00 Robert Guitar C<br>3:00 Cold Weather and Safety Presentation<br>6:00 Volleyball Night | 15 10:00 Pet Visits<br>11:00 Church B<br>1:00 Bunco C<br>2:00 Sing A Long<br>3:00 Art<br>3:30 Art<br>4:00 Trivia<br>5:00 Movie Night  | 16 9:00 Exercise Fun<br>10:00 Cards C<br>11:00 Art<br>1:00 Finish Lines<br>2:00 Trivia<br>3:00 Sing A Long<br>4:00 Short Stories<br>5:00 IN2L Reminiscing     |
| 17 9:00 Exercise Fun<br>10:00 Trivia<br>11:00 Penne Ante C<br>1:00 Bingo B<br>2:00 Art<br>3:00 IN2L What it Cost<br>4:00 Exercise Fun<br>5:00 Movie Night | 18 9:00 Exercise Fun<br>10:00 Julie Singing C<br>11:00 Trivia<br>1:00 Flowers C<br>1:00 Flowers C<br>3:00 Penne Ante<br>4:00 Crazy Twos<br>6:00 IN2L What was There | 19 Doctor Day<br>9:00 Exercise Fun<br>10:00 Mary Beth Singing C<br>1:00 Birthday Social B<br>2:00 Art<br>3:30 Trivia<br>4:30 Party! Casino Night Night at the Derby | 20 9:00 Exercise Fun<br>10:00 Scenic Drive<br>1:00 Crossword C<br>2:00 Exercise Fun<br>3:00 Art<br>4:00 Trivia<br>4:30 Finish Lines<br>6:30 Ladies Night C                | 21 Doctor Day<br>9:00 Exercise Fun<br>10:00 Bingo B<br>1:00 Bingo C<br>2:00 Resident Council C<br>3:00 Crazy Twos<br>4:00 Finish Lines<br>6:00 Volleyball Night   | 22 10:00 Pet Visits<br>11:00 Church B<br>1:00 Art C<br>2:00 Sing A Long<br>3:00 Art<br>3:30 Art<br>4:00 Mad Libs<br>5:00 Movie Night  | 23 9:00 Exercise Fun<br>10:00 Cards C<br>11:00 Art<br>1:00 Finishing Lyrics<br>2:00 Trivia<br>3:00 Sing A Long<br>4:00 Short Stories<br>5:00 IN2L Reminiscing |
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| 31 9:00 Exercise Fun<br>10:00 Trivia<br>11:00 Penne Ante C<br>1:00 Bingo B<br>2:00 Art<br>3:00 IN2L What it Cost<br>4:00 Exercise Fun<br>5:00 Movie Night |    |   |    |    |    |   |



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|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   |
|   |   |   |   |   | 1 10:00 Pet Visits<br>11:00 Church B<br>1:00 Craft Fair Willamalane<br>3:00 Art<br>3:30 Art<br>4:00 Trivia<br>5:00 Movie Night        | 2 9:00 Exercise Fun<br>2:00 Eugene Community Nativity<br>3:00 Sing A Long<br>4:00 Short Stories<br>4:30 Trivia<br>5:00 N2L Reminiscing                        |
| 3 9:00 Exercise Fun<br>10:00 Trivia<br>11:00 Penne Ante C<br>1:00 Bingo B<br>2:00 Art<br>3:00 IN2L On this Day<br>4:00 Exercise Fun<br>5:00 Movie Night   | 4 9:00 Exercise Fun<br>10:00 Julie Singing C<br>11:00 Trivia<br>1:00 Flowers C<br>1:00 Flowers B<br>3:00 Penne Ante<br>4:00 Crazy Twos<br>6:00 IN2L What was There  | 5 Doctor Day<br>9:00 Exercise Fun<br>10:00 Mary Beth Singing B<br>1:30 Springfield High School Choir C<br>3:00 IN2L Wheel O Fortune<br>4:00 Dice Game               | 6 9:00 Exercise Fun<br>10:00 Scenic Drive<br>1:00 Crossword C<br>2:00 Exercise Fun<br>3:00 Art<br>4:00 Trivia<br>4:30 Finish Lines<br>6:30 Ladies Night C                 | 7 Doctor Day<br>9:00 Exercise Fun<br>10:00 Bingo B<br>1:00 Bingo C<br>2:00 Steven Piano B<br>3:00 Crazy Twos<br>4:00 Finishing Lyrics<br>6:00 Volleyball Night    | 8 10:00 Pet Visits<br>11:00 Church B<br>1:00 Art C<br>2:00 Alan Guitar C<br>3:00 Art<br>3:30 Art<br>4:00 Mad Libs<br>5:00 Movie Night | 9 9:00 Exercise Fun<br>10:00 Cards C<br>11:00 Art<br>1:00 Finish Lyrics<br>2:00 Trivia<br>3:00 Sing A Long<br>4:00 Short Stories<br>5:00 IN2L Reminiscing     |
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