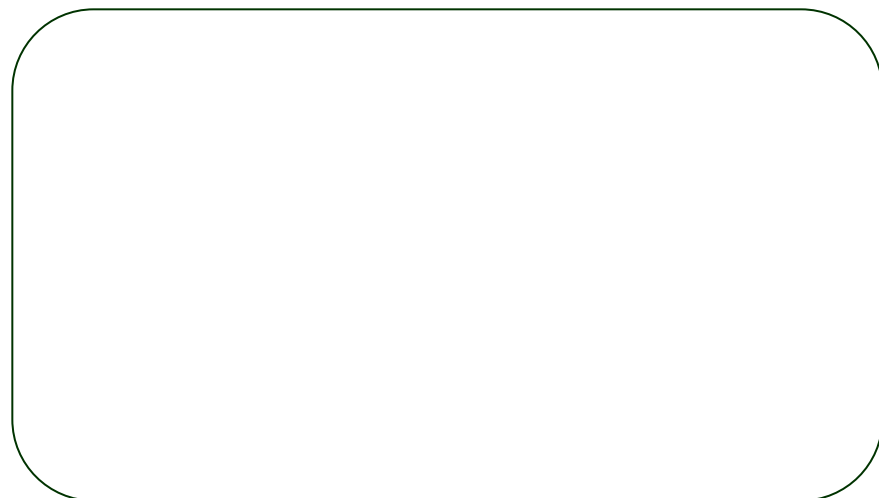




1530 Poplar Dr.
Medford, OR 97504

PLACE STAMP
HERE



Administrative Staff:

Samantha Hamilton
Executive Director
Melissa Harris
Community Relations Director
Diana Rushing
Resident Care Coordinator
Stephanie Magel
Resident Care Coordinator
Marrie Reinhardt
Business Office Manager
Margaret Tepovac
Dietary Director
Kim Williams
Maintenance Director
Dawn Rand
Activities Director

Contact us at:
541-770-9080



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

The Farmington Times

Farmington Square Memory Care Newsletter — December 2017

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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.

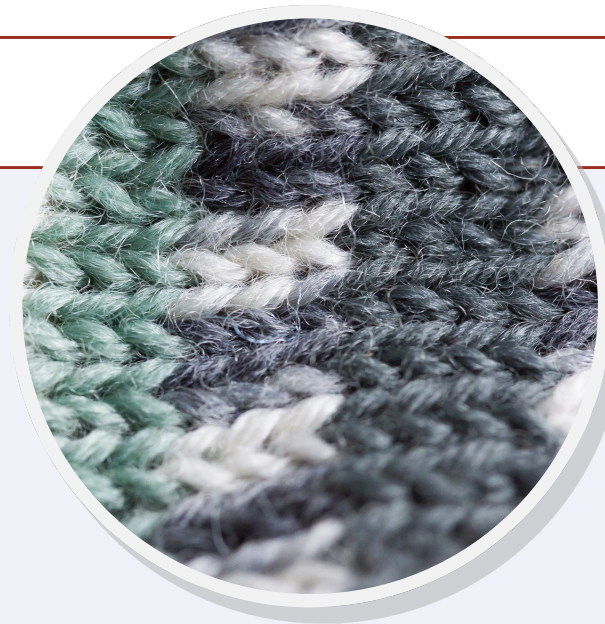
Other sources of sadness or depression:

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.

Check out our suggested Mood Boosters to help with wintertime wellness. Remember that you are not alone!

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.

Wintertime Mood Boosters!



Here are some tips to help brighten those long winter days:

- Bundle up and head outside for sunshine or sit by the window with a book and let the sun stream through if it's sunny
- Grab a friend for a game of cards or a talk
- Try to eat balanced meals all day
- Get exercise, even if it's a short walk
- Spend time with a furry companion.
- Enjoy some music or some dancing
- Have a cup of tea or cocoa to warm you and bring joy

- Take part in a cooking project
- Join in on karaoke with a group
- Play a board game with friends
- Brighten someone else's day by engaging with them and seeing how they are doing
- Build a model airplane
- Lead a Bible study group
- Knit, crochet, or cross stitch a gift
- Make a scrapbook or journal
- Have a puzzle competition with others
- Try to learn a new skill, like a language
- Watch a movie and have a snack
- Unclutter your space
- Go on an outing or shopping trip with a group when one is planned
- Make cards for family or friends
- Paint a picture of a scene outside
- List three good things from today
- Meditate or practice deep breathing
- Sign up for an activity for tomorrow
- Get a good night's sleep (you will be less sensitive to negative feelings)
- Practice smiling for an instant lift in mood

We asked residents and staff to share their favorite wintertime traditions.

"Cutting down own Christmas Tree"
- Taylor



December Highlights — You're Invited!

Dec. 1: Festival of Trees @ 1:00

Dec. 14: Blades of Grass Musical Group
@ 3:00

Dec. 16: Christmas Luncheon @ 12:00
Come Join Us!

Dec. 21: Resident Christmas Party! @
2:15

Dec. 22: Sundae Outing @ 3:00

Have a blessed Merry Christmas from your Farmington Square family!



What are your favorite winter traditions?

“Decorating the
Christmas Tree”
-Joy

“Grandma’s house for
Christmas dinner”
-Marilyn

“Night Before Christmas when
You get to open one gift”
-Judy

“Being with all my
family”
-Clarine

*Here are some photos
taken at
our community!*

Memories!



Find us on Facebook!



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

www.Facebook.com/FarmingtonSquareMedford

December 2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daily Activities: 10:30 Refreshment Social 1:00 Afternoon Strolls 2:30 Refreshment Social 5:00 Music Appreciation *Schedule Subject to Change		Resident Birthdays: Dec. 1 Claire B. Dec. 2 Beverly E. Dec. 15 Diane H. Dec. 18 Judy L.	Employee Birthdays: Dec. 1 Margaret T. Dec. 3 Isabel B. Dec. 8 Esmeralda D. Dec. 9 Mariel R. Dec. 10 Sheila V. Dec. 21 Dania D.		1 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 1:00 Festival of Trees 3:00 Table Games	2 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Strolls 2:15 Movie / Popcorn 3:00 Sensory Hour
3 9:30 Beautiful You 11:30 Church/One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns	4 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Heart & Hope Music	5 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Christmas Carols	6 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Bob on Piano	7 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Bird seed ornaments	8 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Scenic Drive	9 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Strolls 2:15 Movie / Popcorn 3:00 Sensory Hour
10 9:30 Beautiful You 11:30 Church/One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns	11 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:30 Christmas Music w/ Patricia	12 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Celia On the Harp	13 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Christmas Cookies	14 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Blades of Grass Music	15 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Mellelo Coffee Shop	16 <i>Christmas Luncheon</i> 9:30 Beautiful You 10:45 Reading Circle 12:00 Christmas Lunch! 2:15 Movie / Popcorn 3:00 Sensory Hour
17 9:30 Beautiful You 11:30 Church/One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns	18 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Heart & Hope Music	19 <i>Staff Christmas Party</i> 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Heritage Fellowship	20 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:30 <i>Monthly B-day Party</i> 3:00 Tracy on guitar	21 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:15 <i>Christmas Party!</i> 4:00 One on One	22 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Sundae Outing	23 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Strolls 2:15 Movie / Popcorn 3:00 Sensory Hour
24 <i>Christmas Eve</i> 9:30 Beautiful You 11:30 Church/One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns	25 <i>Merry Christmas!</i> 10:30 Beautiful You 11:45 Morning Exercises 1:15 Reading Circle 2:00 Balloon Toss 3:00 Classic Movie	26 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 Christmas Carols	27 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Men's Group	28 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Ball Toss 3:00 David Christian	29 9:30 Beautiful You 10:45 Morning Exercises 11:45 Reading Circle 2:00 Balloon Toss 3:00 Resident Council	30 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Strolls 2:15 Movie / Popcorn 3:00 Sensory Hour
31 <i>New Year's Eve!</i> 9:30 Beautiful You 11:30 Church/One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns						

December Birthdays

RESIDENT BIRTHDAYS

12-1 CLAIRE B.

12-2 FRAN S.

12-2 BEVERLY E.

12-15 DIANE H.

12-18 JUDY L.

12-19 MARILYN S.

EMPLOYEE BIRTHDAYS

12-1 MARGARET T.

12-3 ISABEL B.

12-8 ESMERALDA D.

12-9 MARIEL R.

12-10 SHEILA V.

12-21 DANIA D.

December 2017

FARMINGTON SQUARE
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3 10:30 Card-O 11:00 Church / Hymns 1:30 Puzzle Time 3:00 Church / Bingo 4:00 Table Games	4 9:30 Name 5 Game 11:00 Chair Boxing 1:30 Bingo 3:00 Heart & Hope Music 4:00 Reading Club	5 9:30 Card-O 11:00 Music in Motion 1:30 Bingo 3:00 Christmas Carols 4:00 Table Games	6 9:30 Ante Up Game 11:00 Latin Soul 1:30 Bingo 3:00 Bob on Piano 4:00 Reading Club	7 9:30 Trivia Thursday 11:00 Sit & Be Fit 1:30 Bingo 3:00 Christmas Mugs 4:00 Table Games	8 9:30 Card-O 11:00 Whoga 1:30 Bingo 3:00 Scenic Drive 4:00 Reading Club	9 10:30 Name 5 Game 1:00 Afternoon Strolls 1:30 Puzzle Time 3:00 Bingo 4:00 Classic Movie
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EMPLOYEE RESI-DENT

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