

960 Boone Rd. SE Salem, OR 97306



#### **Administrative Team:**

Margo Garibay Executive Director Jessica D./ Amanda B. **Community Relations Director** Katrina D/Patty C/Mari G. Resident Care Coordinator **Shelly Kesterson Business Office Manager Rebecca Heflin Registered Nurse Steven Wendell Dietary Director Nels Esselstrom Maintenance Director Bonny Silva Activities Director** 

> Contact us at: 503-363-2273

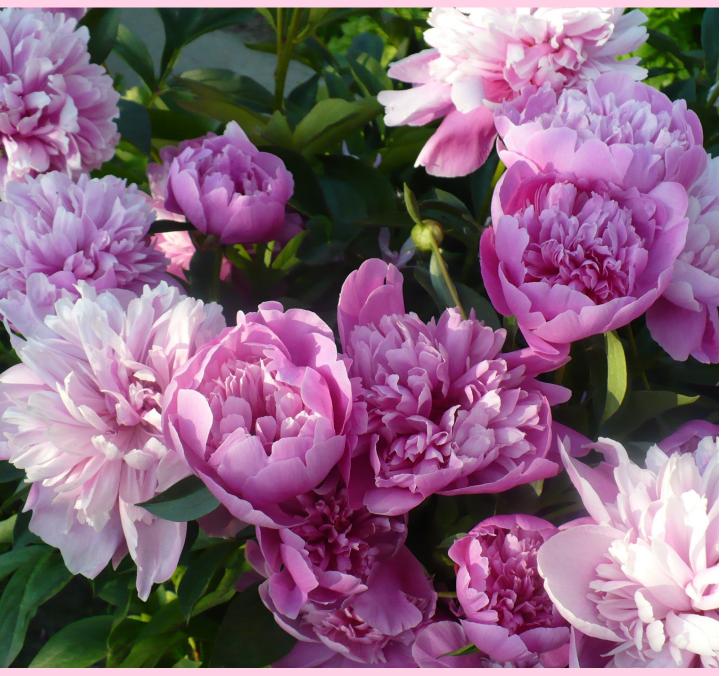
Our mission is to create and sustain comfortable, caring environments for those who depend on us.



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#### Farmington Square Assisted & Memory Care Newsletter



**P2** Arthritis Facts and Care Tips P3 Team Member & Resident of the Month P4 & P5 910/920 Activities Calendar



# **The Farmington Square News**

P6 New Residents, Social Media, & Highlights **P7** Memories & Mother's Day **P8 Mission & Team** 

## May 2018 Edition

## **Arthritis Facts and Care Tips**

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. **Risk factors include family** history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in

this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.

#### **Arthritis Foundation** Pain Management Tips:

- Create a plan with your rheumatologist. • Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days. Stay up to date on
- vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can increase inflammation.

• Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion vou can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

## **Our Easter event was a success!**



"She was a very caring mother "I love that she is my best friend!" and grandmother."- Edna - Jessica

"She was a good baker. She would always made cookies and cakes for me"

- Peggy

**Arthritis by the Numbers** 

American Adults Diagnosed: 54 million+

Direct Medical Costs: At least \$81 billion

Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

#### May 13 is Mother's Day

"She is a giver not a taker and she loves the Lord with all her heart"

- Jeanette

In honor of our moms, we asked around: What is something you have always loved about your mother?

## **May Highlights**

- MAY 5: Cinco de Mayo
- MAY 13: Mother's Day
- May 28: Memorial Day
- 5/3: The Singing Sparrow
- @ 2pm in Bldg 960
- 5/9: Lunch outing to Padington's Pizza
- Bus will leave @ 11am
- 5/15: Charlie Foxx Big Screen Movie
- @ 1:30pm in Bldg 960
- 5/17: Dream Ponies
- @ 10:30am in Bldg 960
- 5/30: Waterfront Park Picnic
- Bus will leave at 11am



Follow us on Social Media:

Facebook.com/FarmingtonSquareSalem Blog.radiantseniorliving.com Radiantsrliving on Instagram Radiantvoices on Instagram RadiantSrLiving on Twitter Pinterest.com/radiantsrliving Radiant Senior Living on YouTube

### **New Residents**



## Welcome Home Jack B.

- Verdie B.
  - Ron B.

### **Team Member of the Month!**



#### Alex

Our team member of the month is Alex. She is a Med Tech here at our community. She has worked here for a year and 10 months. Alex is loved by our residents and team members alike. She brings a smile to our faces each day with her positive attitude and willingness to take on any task assigned to her. Alex was born and raised in beautiful Oregon. On her free time she enjoys spending time with her two babies. Congratulations on being our featured team member, Alex!

### **Resident of the Month!**



#### Jim

Our resident of the month is Jim. He is 92 years old. He was born in Salem Oregon. He is married to his high school sweetheart Pearl after being separated for more than 60 years. Jim worked as a electrician and Pearl was a homemaker. Jim has lived in our community for a little over a year. Jim is always in a happy mood and willing to help in anything. He loves spending time with his wife. He also loves to invite all of his neighbors in his cottage to his room to listen to a wide variety of music. Jim has a collection of over 500 records so you will probably never hear the same songs. Congratulations on being our featured resident, Jim!

		2018	Farmington Square 960 Boone Rd SE Salem, OR 97306 503-363-2273				
5	Sun	Mon	Tue	Wed	Thu	Fri	Sat -
	Resident Counsel Meeting: Tuesday		1 9:30 Exercise 910 10:00 Socialize 910 11:00 Crosswords 910 1:30 Bingo 960 2:00 Scrabble 910 3:00 Skip Bo 920 4:00 Dominoes 920	2 9:30 Exercise 910 10:00 Reminisce 910 11:00 Trivia 910 1:00 Chicken Soup Reading 2:00 UNO 920 3:00 Skip Bo 920 4:00 Yahtzee 920	3 9:30 Exercise 910 10:00 Socialize 910 11:00 Craft 910 1:00 Word Search 910 2:00 Jenga 920 3:00 Skip Bo 920 4:00 Scrabble 920	4 9:30 Exercise 910 10:00 Chicken Soup Reading 11:00 Monopoly 910 1:00 Dominoes 910 2:00 Word Search 920 3:00 Skip Bo 920 4:00 Poetry 920	5 Cinco de Mayo 9:30 Exercise 910 10:00 Baking Group 910 11:00 Crosswords 910 1:30 Bingo 920 2:00 Wii Golf 920 3:00 Skip Bo 920 4:00 UNO 920
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Charlie Foxx Movie 5/15/2018 @ 1:30pm in 960

Shopping Trips 5/4 Walmart 5/11 Dollar Tree 5/18 Fred Meyers

#### Music & Live Entertainment 5/3 Singing Sparrow @ 2pm

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5/10 Rachel V. @ 10:30am 5/17 Dream Ponies @ 10:30a 5/24 Maurice @ 2pm 5/31 Chris R @ 10:30a

Lunch Outings 5/2 Cozumels @ 11am 5/9 Padingtons @11am

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- 5/16 Nancy's Burgers @11am
- 5/23 Lum Yuen @ 11am
- PE PA DA 5/30 Waterfront Park Picnic @ 11am

National Days 5/3 Garden Meditation Day 5/5 Cinco de Mayo 5/13 Mother's Day 5/30 Senior Health & Fitness Day

# Farmington Square



#### Scenic Drive

Mondays @ 10:30 am Bldg: 930/960, 910/920 Mondays @ 2:00pm Bldg: 940/950



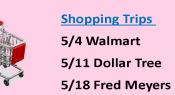


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Charlie Foxx Movie 5/15/2018 @ 1:30pm in 960



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5/2 Cozumels @ 11am

Lunch Outings

- 5/9 Padingtons @11am
- 5/16 Nancy's Burgers @11am
- 5/23 Lum Yuen @ 11am
- PERSONAL PROPERTY AND INC.
  - 5/30 Waterfront Park Picnic @ 11am



#### National Days 5/3 Garden Meditation Day

5/5 Cinco de Mayo

5/13 Mother's Day

#### Scenic Drive

Mondays @ 10:30 am Bldg: 930/960, 910/920 Mondays @ 2:00pm 5/30 Senior Health & Fitness Day Bldg: 940/950





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	2018	<b>940</b>				Farmington Square 960 Boone Rd SE Salem, OR 97306 503-363-2273	***
<b>Sun</b>	Mon	Tue	Wed		Thu	Fri	Sat -
Resident Counsel Meeting: Tuesd	ay May 29th @ 1:30, Bldg 920	1 9:30 Exercise 10:00 Word Search 11:00 Bean Bag Toss 1:30 Bingo 960 2:30 Puzzles 3:00 Music & Instruments 4:00 Bowling	2 9:30 Exercise 10:00 Reading 11:00 Darts 1:30 Trivia 2:00 Dominoes 3:00 Adult Coloring 4:00 Yahtzee	<i>(</i>	3 9:30 Exercise 10:00 Dick Van Dyke IN2L 11:00 Ring Toss 1:30 Price is Right IN2L 2:00 National Parks IN2L 3:00 Bowling 4:00 Funny Videos IN2L	4 9:30 Exercise 10:00 What did it cost IN2L 11:00 Bat Balloon 1:30 Craft 2:00 Hangman IN2L 3:00 Puzzles 4:00 Price is Right IN2L	5 Cinco de Mayo 9:30 Exercise 10:00 Baking Group 11:00 Foam Lacing 1:30 Bingo 920 2:30 Crosswords IN2L 3:00 Past Times IN2L 4:00 Ring Toss
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<ul> <li>13 Mother's Day</li> <li>9:30 Exercise</li> <li>10:00 Devotion</li> <li>11:00 Bowling</li> <li>1:30 Hymns</li> <li>2:00 Church Service 920</li> <li>3:00 Bible Trivia</li> <li>4:00 Yahtzee</li> </ul>	14 9:30 Exercise 10:00 Funnies 11:00 Ring Toss 1:30 Craft 2:00 Foam Lacing 3:00 Movie 4:00 Adult Coloring	15 9:30 Exercise 10:00 Bingo 940 11:00 Bean Bag Toss 1:30 Word Search 2:30 Puzzles 3:00 Music & Instruments 4:00 Bowling	16 9:30 Exercise 10:00 Reading 11:00 Darts 1:30 Trivia 2:00 Dominoes 3:00 Adult Coloring 4:00 Yahtzee		17 9:30 Exercise 10:00 You Bet Your Life IN2L 11:00 Ring Toss 1:30 Price is Right IN2L 2:00 National Parks IN2L 3:00 Bowling 4:00 Funny Videos IN2L	18 9:30 Exercise 10:00 What did it cost IN2L 11:00 Bat Balloon 1:30 Craft 2:00 Hangman IN2L 3:00 Puzzles 4:00 Price is Right IN2L	19 9:30 Exercise 10:00 Baking Group 11:00 Foam Lacing 1:30 Bingo 940 2:30 Crosswords IN2L 3:00 Past Times IN2L 4:00 Ring Toss
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Charlie Foxx Movie 5/15/2018 @ 1:30pm in 960



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#### Music & Live Entertainment

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Lunch	Outings

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#### National Days

5/3 Garden Meditation Day Mondays @ 10:30 am Bldg: 930/960, 910/920 5/5 Cinco de Mayo 5/13 Mother's Day Mondays @ 2:00pm 5/30 Senior Health & Fitness Day Bldg: 940/950





#### Scenic Drive





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		2018	950			Farmington Square 960 Boone Rd SE Salem, OR 97306 503-363-2273	* ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~
		Mon	Tue	Wed	Thu	Fri	Sat -
Resident Co	<mark>ounsel Meeting: Tuesday</mark>	/ May 29th @ 1:30, Bldg 920	1 9:30 Exercise 10:00 Petticoat Junction IN2L 11:00 Bat Balloon 1:30 Bingo 960 2:00 Timeless Trivia IN2L 3:00 Old Commercials IN2L 4:00 Price is Right IN2L	2 9:30 Exercise 10:00 Good News IN2L 11:00 Darts 1:00 Scent Guessing 2:00 Past Times IN2L 3:00 National Parks IN2L 4:00 Foam Lacing	3 9:30 Exercise 10:00 Life with Elizabeth IN2L 11:00 Bowling 1:00 Music & Instruments 2:00 National Parks IN2L 3:00 Ring Toss 4:00 Funny Videos IN2L	4 9:30 Exercise 10:00 What did it cost IN2L 11:00 Price is Right IN2L 1:00 Bat Balloon 2:00 Hangman IN2L 3:00 Puzzles IN2L 4:00 Craft	5 Cinco de Mayo 9:30 Exercise 10:00 Baking Group 11:00 Ring Toss 1:30 Bingo 920 2:30 Crosswords IN2L 3:00 Past Times IN2L 4:00 Foam Lacing
11:00 Ring 1:30 Hymr 2:00 Chur	eed Bible Sketch IN2L g Toss ns IN2L rch Service 960 e Trivia IN2L	7 9:30 Exercise 10:00 On this day IN2L 11:00 Bean Bag Toss 1:30 Sing Along IN2L 2:30 Family Feud IN2L 3:00 Movie 4:00 Timeless Trivia IN2L	8 9:30 Exercise 10:00 Andy Griffith IN2L 11:00 Bat Balloon 1:30 Bingo 950 2:00 Timeless Trivia IN2L 3:00 Old Commercials IN2L 4:00 Price is Right IN2L	9 9:30 Exercise 10:00 Good News IN2L 11:00 Darts 1:00 Scent Guessing 2:00 Past Times IN2L 3:00 National Parks IN2L 4:00 Foam Lacing	10 9:30 Exercise 10:00 Trouble with Father IN2L 11:00 Bowling 1:00 Music & Instruments 2:00 National Parks IN2L 3:00 Ring Toss 4:00 Funny Videos IN2L	11 9:30 Exercise 10:00 What did it cost IN2L 11:00 Price is Right IN2L 1:00 Bat Balloon 2:00 Hangman IN2L 3:00 Puzzles IN2L 4:00 Craft	12 9:30 Exercise 10:00 Baking Group 11:00 Ring Toss 12:45 <b>Mothers Day Lunch in 940</b> 2:30 Crosswords <b>IN2L</b> 3:00 Past Times <b>IN2L</b> 4:00 Foam Lacing
9:30 Exerc 10:00 Spe 11:00 Ring 1:30 Hymr 2:00 Churd	eed Bible Sketch IN2L g Toss ns IN2L rch Service 920 e Trivia IN2L	14 9:30 Exercise 10:00 On this day IN2L 11:00 Bean Bag Toss 1:30 Sing Along IN2L 2:30 Family Feud IN2L 3:00 Movie 4:00 Timeless Trivia IN2L	<ul> <li>15</li> <li>9:30 Exercise</li> <li>10:00 Bingo 940</li> <li>11:00 Bat Balloon</li> <li>1:30 Beverly Hillbillies IN2L</li> <li>2:00 Timeless Trivia IN2L</li> <li>3:00 Old Commercials IN2L</li> <li>4:00 Price is Right IN2L</li> </ul>	16 9:30 Exercise 10:00 Good News IN2L 11:00 Darts 1:00 Scent Guessing 2:00 Past Times IN2L 3:00 National Parks IN2L 4:00 Foam Lacing	17 9:30 Exercise 10:00 Little Rascals IN2L 11:00 Bowling 1:00 Music & Instruments 2:00 National Parks IN2L 3:00 Ring Toss 4:00 Funny Videos IN2L	18 9:30 Exercise 10:00 What did it cost IN2L 11:00 Price is Right IN2L 1:00 Bat Balloon 2:00 Hangman IN2L 3:00 Puzzles IN2L 4:00 Craft	19 9:30 Exercise 10:00 Baking Group 11:00 Ring Toss 1:30 Bingo 940 2:30 Crosswords IN2L 3:00 Past Times IN2L 4:00 Foam Lacing
11:00 Ring 1:30 Hymr 2:00 Chur	eed Bible Sketch IN2L g Toss ns IN2L rch Service 950 e Trivia IN2L	21 9:30 Exercise 10:00 On this day IN2L 11:00 Bean Bag Toss 1:30 Sing Along IN2L 2:30 Family Feud IN2L 3:00 Movie 4:00 Timeless Trivia IN2L	22 9:30 Exercise 10:00 Dick Van Dyke IN2L 11:00 Bat Balloon 1:30 Bingo 930 2:00 Timeless Trivia IN2L 3:00 Old Commercials IN2L 4:00 Price is Right IN2L	<ul> <li>23</li> <li>9:30 Exercise</li> <li>10:00 Good News IN2L</li> <li>11:00 Darts</li> <li>1:00 Scent Guessing</li> <li>2:00 Past Times IN2L</li> <li>3:00 National Parks IN2L</li> <li>4:00 Foam Lacing</li> </ul>	24 9:30 Exercise 10:00 You Bet Your Life IN2L 11:00 Bowling 1:00 Music & Instruments 2:00 National Parks IN2L 3:00 Ring Toss 4:00 Funny Videos IN2L	25 9:30 Exercise 10:00 Birthday Party in 960 11:00 Price is Right IN2L 1:00 Bat Balloon 2:00 Hangman IN2L 3:00 Puzzles IN2L 4:00 Craft	26 9:30 Exercise 10:00 Baking Group 11:00 Ring Toss 1:30 Bingo 950 2:30 Crosswords IN2L 3:00 Past Times IN2L 4:00 Foam Lacing
11:00 Ring 1:30 Hymr 2:00 Chur	eed Bible Sketch IN2L g Toss ns IN2L rch Service 930 e Trivia IN2L	<ul> <li>28 Memorial Day</li> <li>9:30 Exercise</li> <li>10:00 On this day IN2L</li> <li>11:00 Bean Bag Toss</li> <li>1:30 Sing Along IN2L</li> <li>2:30 Family Feud IN2L</li> <li>3:00 Movie</li> <li>4:00 Timeless Trivia IN2L</li> </ul>	29 9:30 Exercise 10:00 My little Margie IN2L 11:00 Bat Balloon 1:30 Bingo 910 2:00 Timeless Trivia IN2L 3:00 Old Commercials IN2L 4:00 Price is Right IN2L	30 9:30 Exercise 10:00 Good News IN2L 11:00 Darts 1:00 Scent Guessing 2:00 Past Times IN2L 3:00 National Parks IN2L 4:00 Foam Lacing	31 9:30 Exercise 10:00The Lucy Show IN2L 11:00 Bowling 1:00 Music & Instruments 2:00 National Parks IN2L 3:00 Ring Toss 4:00 Funny Videos IN2L	Ha 5/3 Wanda B., 5/12 Paul M., 9 5/23 Margaret	960 5/17 Gary H., 950



Charlie Foxx Movie 5/15/2018 @ 1:30pm in 960

Shopping Trips 5/4 Walmart 5/11 Dollar Tree 5/18 Fred Meyers

# 9

#### Music & Live Entertainment 5/3 Singing Sparrow @ 2pm 5/10 Rachel V. @ 10:30am

- 5/17 Dream Ponies @ 10:30a 5/24 Maurice @ 2pm 5/31 Chris R @ 10:30a
- Lunch Outings 5/2 Cozumels @ 11am 5/9 Padingtons @11am 5/16 Nancy's Burgers @11am 5/23 Lum Yuen @ 11am

6

3

101

DE MALL

5/30 Waterfront Park Picnic @ 11am

#### National Days

5/3 Garden Meditation Day 5/5 Cinco de Mayo 5/13 Mother's Day 5/30 Senior Health & Fitness Day

Scenic Drive

Mondays @ 10:30 am Bldg: 930/960, 910/920 Mondays @ 2:00pm Bldg: 940/950



