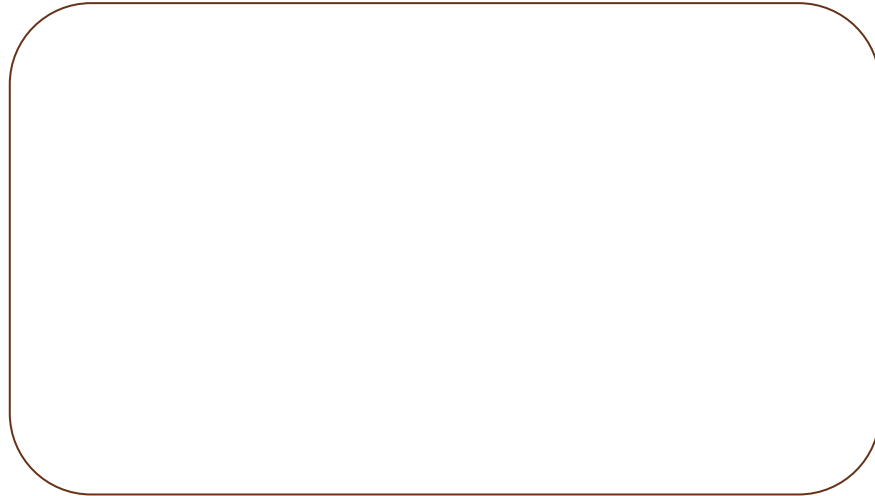




1530 Poplar Dr.
Medford, OR 97504

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Administrative Team:

Samantha Hamilton
Executive Director

Diana Rushing
Assistant Executive Director

Chelsea Terrill
Resident Care Coordinator

Marrie Reinhardt
Business Office Manager

Nona McDowell
Registered Nurse

Tish Shaffer Snyder
Licensed Practical Nurse

Margaret Tepovac
Dietary Director

Kim Williams
Maintenance Director

Dawn Rand
Activities Director

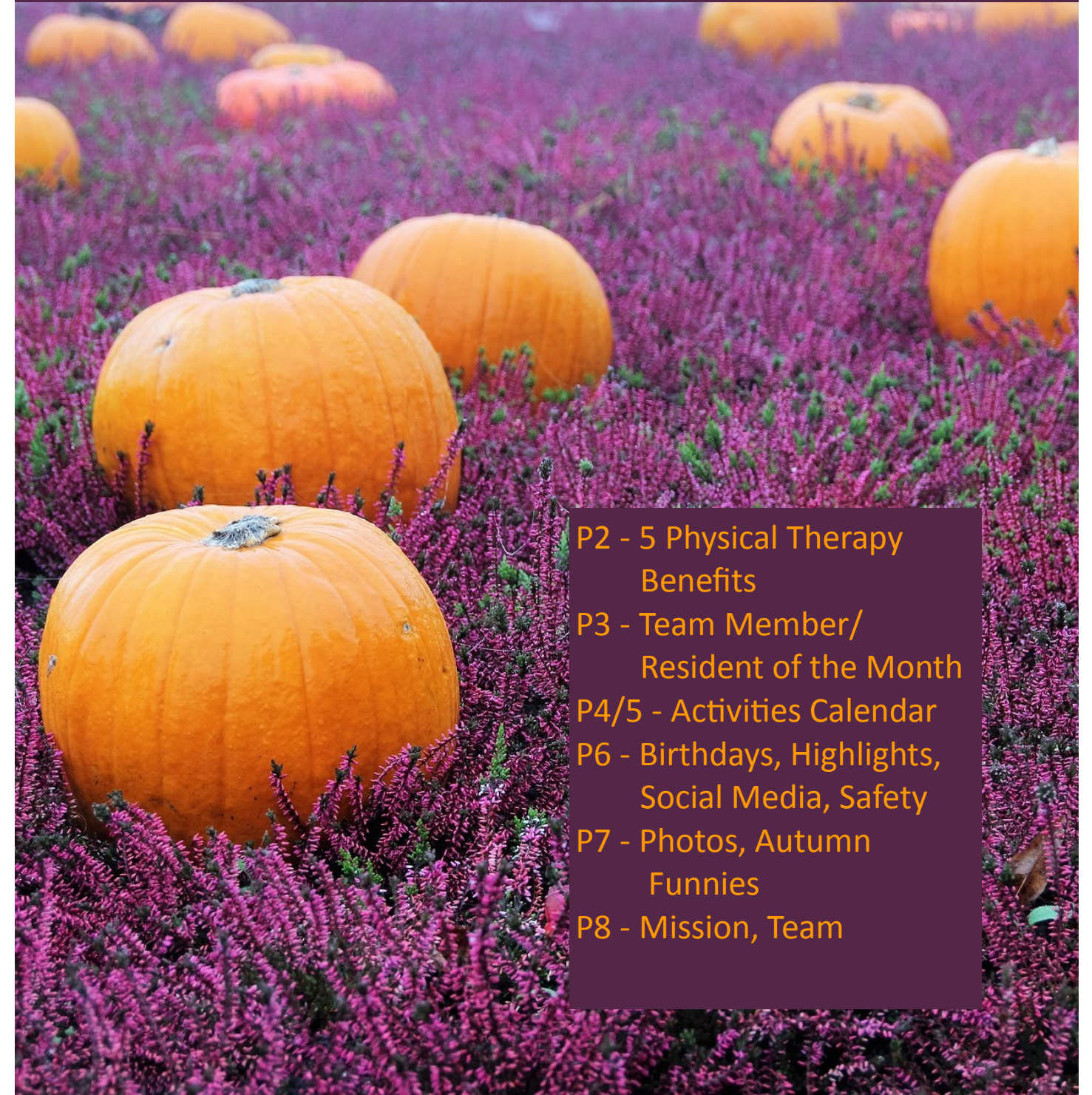
Contact us at:
541-770-9080

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



The Farmington Times

Farmington Square Memory Care Newsletter



P2 - 5 Physical Therapy
Benefits
P3 - Team Member/
Resident of the Month
P4/5 - Activities Calendar
P6 - Birthdays, Highlights,
Social Media, Safety
P7 - Photos, Autumn
Funnies
P8 - Mission, Team

October 2018 Edition

5 Benefits of Physical Therapy



Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That’s hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

***Note:** Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.*

Five Potential Benefits of Physical Therapy:

- 1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
- 2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
- 3. **Management of Issues Associated with Diabetes:** Physical therapists can help prescribe

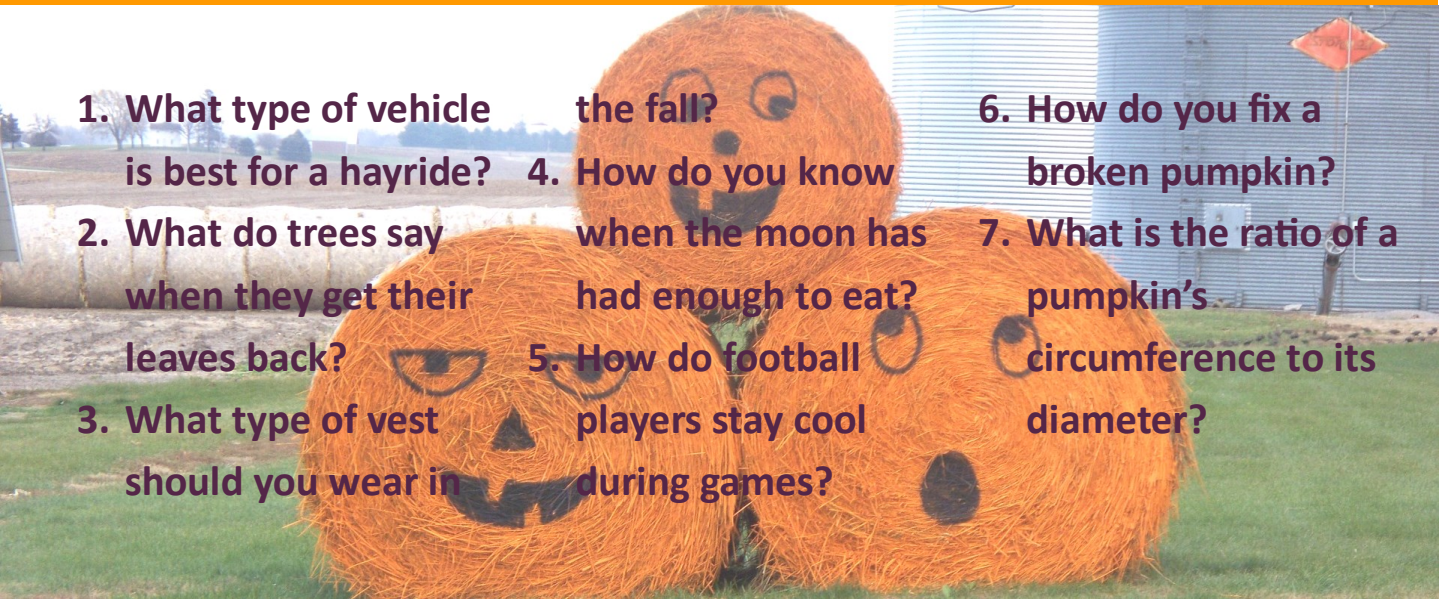
- and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.
- 4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
- 5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Great photography is about depth of feeling, not depth of field.” -Peter Adams



Autumn Funnies (answers on page 6)



- 1. What type of vehicle is best for a hayride?
- 2. What do trees say when they get their leaves back?
- 3. What type of vest should you wear in the fall?
- 4. How do you know when the moon has had enough to eat?
- 5. How do football players stay cool during games?
- 6. How do you fix a broken pumpkin?
- 7. What is the ratio of a pumpkin's circumference to its diameter?

October Highlights

- Oct. 1 : Dollar Tree @ 3:00
- Oct. 3 : Larry McFarland on piano
- Oct. 8 : Heart and Hope Music @ 3:00
- Oct. 9 : Healing Harp @ 3:00
- Oct. 15 : Debby’s Diner @ 11:30
- Oct. 17 : Heritage Fellowship @ 3:00
- Oct. 18 : Tracy and Kathy @ 3:00
- Oct. 22 : Heart & Hope Music @ 3:00
- Oct. 30 : David Christian @ 3:00
- Oct. 31 : Halloween Party @ 1:30



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[Radiant Senior Living](#) on YouTube

October Birthdays!

We hope you enjoy your special day!

Residents:	Employees:
Richard K, Oct. 1	Sandra H, Oct. 5
Robert Hi., Oct. 2	Kenny M, Oct. 10
David O, Oct. 16	Lucila R, Oct. 31
Marjorie S, Oct. 20	
Kitty O, Oct. 28	

3 Autumn Safety Tips to Remember

- 1) Make sure lit candles are not unattended at any time.
- 2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
- 3) Avoid AM glare with sunglasses.

Answers to the Fall Funnies on 7
1. An autumn-mobile. 2. What a re-leaf! 3. A harvest vest! 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pie.

Resident of the Month! Joy

Before retirement Joy worked as a nurse. She became a nurse because she loved to take care of people. Joy loves all sports and used to play baseball and ran track in school. She also loves to read and drink coffee. Joy has a great sense of humor and says that her greatest accomplishment is living.



Team Member of the Month! Danielle

Meet Danielle, Farmington Square’s newest Resident Care Coordinator. Danielle has been a part of our team at FSM for many years. Her first priority is meeting the needs of our residents and assuring their families of the care we are providing. Danielle has a unique ability to decipher the non-verbal communication of our residents and follow their disease progression closely. Danielle has lived in the valley her entire life and has three children. Her time away from FSM is spent with friends, entertaining at her home and enjoying the beautiful Oregon Coast. If you haven’t met Danielle, stop in and say “Hi.” Her office is located in the lobby of Cottage B.



October 2018

FARMINGTON SQUARE MEDFORD | 1530 POPLAR DR. MEDFORD, OR 97504 |
541-770-9080 | COTTAGE C/D

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daily Activities: 10:30 Snacktivity 1:00 Afternoon Strolls 5:00 Music Appreciation 7:30 Snacktivity *Schedule Subject to Change	1 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Dollar Tree 4:30 Puzzle Time	2 9:30 Daily Chronicles 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Fancy Fingers 4:30 Table Games	3 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Larry McFarland 4:30 Puzzle Time	4 9:30 Daily Chronicles 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Wii Bowling 4:30 Table Games	5 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Card Games 4:30 Puzzle Time	6 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
7 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Tai Chi 1:00 Church / Hymns 2:00 Bingo 3:30 Coffee & News	8 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Heart & Hope 4:30 Puzzle Time	9 9:30 Daily Chronicles 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Healing Harp 4:30 Table Games	10 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Fancy Fingers 4:30 Puzzle Time	11 9:30 Daily Chronicles 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Wii Tennis 4:30 Table Games	12 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Mexican Train 4:30 Puzzle Time	13 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
14 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Tai Chi 1:00 Church / Hymns 2:00 Bingo 3:30 Coffee & News	15 9:30 Daily Chronicles 10:00 Name 5 Game 11:30 Debby's Diner 1:45 Bingo 3:00 Chair Boxing 4:30 Puzzle Time	16 9:30 Daily Chronicles 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Fancy Fingers 4:30 Table Games	17 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Heritage Fellowship 4:30 Puzzle Time	18 9:30 Daily Chronicles 10:00 Card-O 11:00 Music in Motion 2:30 Monthly B-day Party 3:00 Tracy and Kathy 4:30 Table Games	19 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Men's Group 4:30 Puzzle Time	20 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
21 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Tai Chi 1:00 Church / Hymns 2:00 Bingo 3:30 Coffee & News	22 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Heart & Hope 4:30 Puzzle Time	23 9:30 Daily Chronicles 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Wii Golfing 4:30 Table Games	24 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxin 1:45 Bingo 3:00 Fancy Fingers 4:30 Puzzle Time	25 9:30 Daily Chronicles 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Wood Craft 4:30 Table Games	26 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Board Games 4:30 Puzzle Time	27 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
28 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Tai Chi 1:00 Church / Hymns 2:00 Bingo 3:30 Coffee & News	29 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Resident Council 4:30 Puzzle Time	30 9:30 Daily Chronicles 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 David Christian 4:30 Table Games	31 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Tai Chi 1:30 Halloween Party 3:00 Bingo 4:30 Puzzle Time		Resident Birthdays: Oct. 1 Richard K. Oct. 2 Robert Hi. Oct. 28 Kitty O.	Employee Birthdays: Oct. 5 Sandra H. Oct. 10 Ken M. Oct. 31 Lucila R.

October 2018

FARMINGTON SQUARE MEDFORD | 1530 POPLAR DRIVE MEDFORD, OR 97504 |
541-770-9080 | COTTAGES A / B

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daily Activities: 10:30 Snacktivity 1:00 Afternoon Strolls or Touch Ups 5:00 Music Appreciation 7:30 Snacktivity *Schedule Subject to Change	1 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Sing A Long 4:00 One on One	2 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Fancy Fingers 4:00 Table Games	3 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Larry McFarland 4:00 One on One	4 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Magazine Fun 4:00 Table Games	5 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Sensory One on One 4:00 One on One	6 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movie
7 9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 Sunday News & Coffee 3:00 Sunday Strolls 4:00 Table Games	8 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Heart & Hope 4:00 One on One	9 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Healing Harp 4:00 Table Games	10 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Fancy Fingers 4:00 One on One	11 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Puzzle Time 4:00 Table Games	12 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Country Drive 4:00 One on One	13 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:00 Pet Therapy 3:30 Table Games 4:30 Classic Movie
14 9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 Sunday News & Coffee 3:00 Sunday Strolls 4:00 Table Games	15 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 IN2L Adventures 4:00 One on One	16 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Fancy Fingers 4:00 Table Games	17 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Heritage Fellowship 4:00 One on One	18 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:30 Monthly B-day Party 3:00 Tracy and Kathy 4:00 Table Games	19 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Men's Group 4:00 One on One	20 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movie
21 9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 Sunday News & Coffee 3:00 Sunday Strolls 4:00 Table Games	22 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Heart & Hope 4:00 One on One	23 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Fancy Fingers 4:00 Table Games	24 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 IN2L Adventure 4:00 One on One	25 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Wood Craft 4:00 Table Games	26 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Drive Outing 3:30 Sm. Group Activity 4:00 One on One	27 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movie
28 9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 Pet Therapy 3:00 Sunday Strolls 4:00 Table Games	29 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Resident Council 4:00 One on One	30 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 David Christian 4:00 Table Games	31 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 1:30 Halloween Party 3:00 Sm. Group Activity 4:00 One on One		Resident Birthdays: Oct. 1 Richard K. Oct. 2 Robert Hi. Oct. 28 Kitty O.	Employee Birthdays: Oct. 5 Sandra H. Oct. 10 Ken M. Oct. 31 Lucila R.