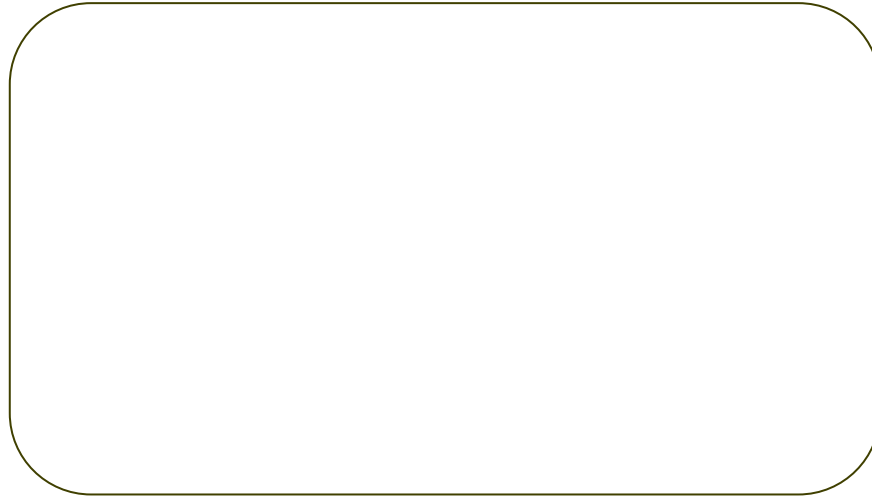




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Administrative Team:

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Executive Director
Carrey Gross
Community Relations Director
Barbara Schmidt
Ashley Bartholomew
Resident Care Coordinator
Scott Miller
Business Office Manager
Judy Wilson RN
Wellness Director
Matt Hackett LPN
Licenced Nurse
Bettina Karels
Dinning Services Director
Nik Skoog
Maintenance Director
Trixie Wentz :0)
Life Enrichment Director

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The Farmington Square Times

Assisted & Memory Care Newsletter



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November 2018 Edition

Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats.

Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

Differences Between a Flu and a Cold
Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.
A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)

“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz



The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

“Soups & Stews” - Kate & Elizabeth	“Pumpkin Pie” - Marie & Constance
“Pecan Pie” - Marjoire	“Apple Cider” - Kate

A pumpkin pie is served on a decorative white plate with a gold rim. The plate is set on a white tablecloth. There are gold forks and spoons around the plate. The background is slightly blurred, showing a glass of water and some other items on the table.

November Highlights

November 1: National Calzone Day
November 2: National Deviled Egg Day
November 2: National Jersey Friday
November 3: National Sandwich Day
November 4: Candy Day
November 5: National Doughnut Day
November 6: Saxophone Day
November 8: National Cappuccino Day
November 10: Vanilla Cupcake Day
November 11: Veterans Day
November 13: National Sundae Day
November 14: National Pickle Day
November 15: National Bundt Cake Day
November 16: Button Day
November 17: Homemade Bread Day
November 19: Play Monopoly Day
November 20: Peanut Butter Fudge Day
November 21: Gingerbread Cookie Day
November 22: Thanksgiving Day
November 25: National Parfait Day
November 26: National Cake Day
November 28: French Toast Day
November 29: Square Dance Day

Happy Birthday

Bill, November 1
Ann, November 1
Maxine, November 18
Jean, November 24

No-Bake Peanut Butter Fudge Squares Recipe modified from All Recipes' one

Ingredients:

1/2 cup of butter
16 ounces of brown sugar
1/2 cup of milk
3/4 cup of peanut butter
1 teaspoon of vanilla
3 and 1/2 cups of confectioners sugar



Steps:

In saucepan, on medium heat, melt butter.
Add brown sugar and milk and stir.
Bring to a boil for two minutes while stirring.
Move from heat.
Mix in vanilla and peanut butter.
Pour on top of confectioners sugar in a big mixing bowl.
Beat together until smooth.
Pour into a pan that is 8x8.



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Radiant Senior Living on YouTube

Resident of the Month!

Roger

Roger was born in Oregon. As an adult, he worked as a Railroad Engineer, sang in the Cascades Barber Shop Chorus, and he was in the Air Force. Roger is a big fan of ESPN and other sports channels. He also likes his Ducks. He enjoys music from the 40s and likes reminiscing with his table mates at meals and sitting in the sun. He has a great sense of humor! Roger is kind and thoughtful towards others; a great man to be around. We love you Roger.



Team Member of the Month!

Syndari

We want to introduce you to Syndari, one of our delightful Caregivers. She is loved by our residents because she is ALWAYS cheerful, bubbly, happy-go-lucky, and makes people smile. Syndari goes the extra mile with residents and with her co-workers. Others' thoughts about Syndari: "She's a good caregiver," "She is competent," "Always happy and kind," "Cheerful to be around," and "Sweet." Congratulation's Syndari on being the Team Member of the Month! Thanks for being a F.S.E. Rockstar!

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				9:00 Exercise Fun (A,B) 10:00 Creative Arts (A,B) 12:30 BINGO (B,C) 2:00 Piano: Steven (B) 2:00 Yahtzee (C) 3:00 BINGO (A) 3:00 Exercise Fun (B)	9:00 Exercise Fun (A,B) 10:00 Fun on in2L (A) 11:00 CHURCH (B) 12:30 Toss-N-Talk (A) 12:30 <i>Hard</i> Crossword (C) 1:30 Pet Visit (All) 1:30 Exercise Fun (A) 3:00 Penny Ante (A,B)	9:00 Exercise Fun (A,B) 10:00 Creative Arts (C) 12:30 BINGO (B,C) 2:00 Sing-a-long (A) 2:30 Saturday Matinee (C) 3:00 Good Company Visits 3:30 Exercise Fun
4	5	6	7	8	9	10
9:00 Exercise Fun (A,B) 10:00 BINGO (A,B) 12:30 Board Game (B) 12:30 Crossword (C) 2:30 Sunday Drive 3:00 Exercise Fun (B) <i>Daylight Savings Clocks fall back 1 hour</i>	9:00 Exercise Fun (A,B) 10:00 Singer: Julie (C) 12:30 Sensory Skills (A) 12:30 Penny Ante (B,C) 1:30 Flowers (C) 3:00 Manicures (C)	9:00 Exercise Fun (A,B) 10:00 Singer: Chico (C) 12:30 BINGO (B,C) 1:30 BINGO (A) 2:00 Creative Arts (A,B) 2:00 Yahtzee (C) 3:00 Exercise Fun (all)	10:00 Scenic Drive 10:00 Good Company Visits 12:30 Exercise Fun (B) 12:30 Crossword (C) 1:30 Card Game (A,B) 2:30 Birthday Social (B) HAPPY BIRTHDAY!!	9:00 Exercise Fun (A,B) 10:00 Creative Arts (A,B) 12:30 BINGO (B,C) 2:00 Singer: Wade (B) 2:00 Yahtzee (C) 3:00 BINGO (A) 3:00 Exercise Fun (B)	9:00 Exercise Fun (A,B) 10:00 Fun on in2L (A) 11:00 CHURCH (B) 12:30 Toss-N-Talk (A) 2:00 Allen Rivers (A) 2:00 Farmington Square Team Meeting (C)	9:00 Exercise Fun (A,B) 10:00 Creative Arts (C) 12:30 BINGO (B,C) 2:00 Sing-a-long (A) 2:30 Saturday Matinee (C) 3:00 Good Company Visits 3:30 Exercise Fun
11	12	13	14	15	16	17
9:00 Exercise Fun (A,B) 10:00 BINGO (A,B) 12:30 Board Game (B) 12:30 Crossword (C) 2:30 Sunday Drive 3:00 Exercise Fun (B)	9:00 Exercise Fun (A,B) 10:00 Life Stories (B) 10:00 Toss-N-Talk (A) 12:30 Trivia (A) 12:30 Domino's (B,C) 1:30 Flowers (C) 3:00 Manicures (A)	9:00 Exercise Fun (A,B) 10:00 Singer: Chico (B) 12:30 BINGO (B,C) 1:30 BINGO (A) 2:00 Creative Arts (A,B) 2:00 Monopoly (C) 3:00 Exercise Fun (all)	10:00 Scenic Drive 10:00 Good Company Visits 12:30 Exercise Fun (B) 12:30 Crossword (C) 1:30 Card Game (A,B) 2:30 Piano: Basil 3:30 Trivia (A)	9:00 Exercise Fun (A,B) 10:00 Creative Arts (A,B) 12:30 BINGO (B,C) 2:00 in2L Fun (A) 2:00 Yahtzee (C) 3:00 BINGO (A) 3:00 Exercise Fun (B)	9:00 Exercise Fun (A,B) 10:00 Fun on in2L (A) 11:00 CHURCH (B) 12:30 Toss-N-Talk (A) 12:30 J-I-N-G-O (C) 1:30 Pet Visit (All) 1:30 Exercise Fun (A) 3:00 Penny Ante (A,B)	9:00 Exercise Fun (A,B) 10:00 Creative Arts (C) 12:30 BINGO (B,C) 2:00 Sing-a-long (A) 2:30 Saturday Matinee (C) 3:00 Good Company Visits 3:30 Exercise Fun
18	19	20	21	22	23	24
9:00 Exercise Fun (A,B) 10:00 BINGO (A,B) 12:30 Board Game (B) 12:30 Crossword (C) 2:30 Sunday Drive 3:00 Exercise Fun (B)	9:00 Exercise Fun (A,B) 10:00 Singer: Julie (A) 12:30 Sensory Skills (A) 12:30 Toss-N-Talk (B) 12:30 Card Game: Kings Corners (C) 1:30 Flowers (C) 3:00 Manicures (B)	9:00 Exercise Fun (A,B) 10:00 Singer: Chico (A) 12:30 BINGO (B,C) 1:30 BINGO (A) 2:00 Creative Arts (A,B) 2:00 Yahtzee (C) 3:00 Exercise Fun (all)	10:00 Scenic Drive 10:00 Good Company Visits 12:30 Exercise Fun (B) 12:30 Crossword (C) 1:30 Card Game (A,B) 2:30 Trivia (A,B) 3:00 Resident Council Meeting (C)	 <i>Happy Thanksgiving!</i> 	9:00 Exercise Fun (A,B) 10:00 Fun on in2L (A) 11:00 CHURCH (B) 12:30 Toss-N-Talk (A) 12:30 <i>Hard</i> Crossword (C) 1:30 Exercise Fun (A,B) 3:00 Penny Ante (A,B)	9:00 Exercise Fun (A,B) 10:00 Creative Arts (C) 12:30 BINGO (B,C) 2:00 Sing-a-long (A) 2:30 Singers: (C) Simple Harmnies 3:30 Good Company Visits
25	26	27	28	29	30	
9:00 Exercise Fun (A,B) 10:00 BINGO (A,B) 12:30 Board Game (B) 12:30 Crossword (C) 2:30 Sunday Drive 3:00 Exercise Fun (B)	9:00 Exercise Fun (A,B) 10:00 Trivia (A in2L) 10:00 Trivia (B,C) 12:30 Sensory Skills (A) 12:30 Penney Ante (B,C) 1:30 Flowers (C) 3:00 Manicures (C)	9:00 Exercise Fun (A,B) 10:00 Singer: Chico (B) 12:30 BINGO (B,C) 1:30 BINGO (A) 2:00 Creative Arts (A,B) 2:00 Monopoly (C) 3:00 Exercise Fun (all)	10:00 Scenic Drive 10:00 Good Company Visits 12:30 Exercise Fun (B) 12:30 Crossword (C) 1:30 Card Game (A,B) 2:30 Trivia (A,B) 3:00 Chicken Soup Story Time (A,B)	9:00 Exercise Fun (A,B) 10:00 Piano:Annadon (B) 12:30 BINGO (B,C) 2:00 Piano: Steven (B) 2:00 Yahtzee (C) 3:00 BINGO (A) 3:00 Exercise Fun (B)	9:00 Exercise Fun (A,B) 10:00 Fun on in2L (A) 11:00 CHURCH (B) 12:30 Toss-N-Talk (A) 12:30 BUNCO (C) 1:30 Pet Visit (All) 1:30 Exercise Fun (A) 3:00 Penny Ante (A,B)	