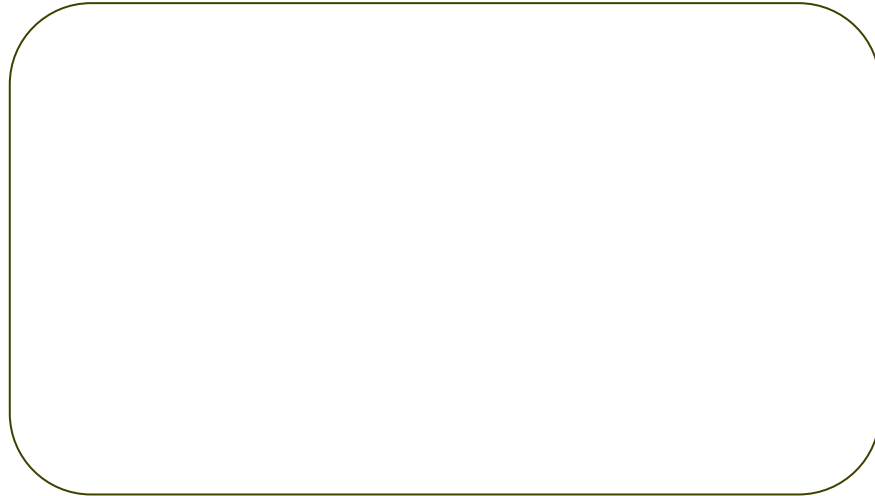




1530 Poplar Dr.  
Medford, OR 97504

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#### Administrative Team:

**Interim Executive Director**  
Jace Sampson  
**Assistant Executive Director**  
Diana Rushing  
**Wellness Coordinators**  
Chelsea Terrill  
Danielle Dominick  
**Business Office Coordinator**  
Marrie Reinhardt  
**Wellness Nurses**  
Nona McDowell  
Tish Shaffer Snyder  
**Dining Service Director**  
Margaret Tepovac  
**Maintenance Director**  
Kim Williams  
**Life Enrichment Director**  
Dawn Rand

Contact us at:  
541-770-9080



# The Farmington Times

## Farmington Square Memory Care Newsletter



P2 Flu Prevention Steps for Seniors  
P3 Team Member/Resident of the Month  
P4/P5 Activities Calendar

P6 Birthdays, Highlights, Social Media  
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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.

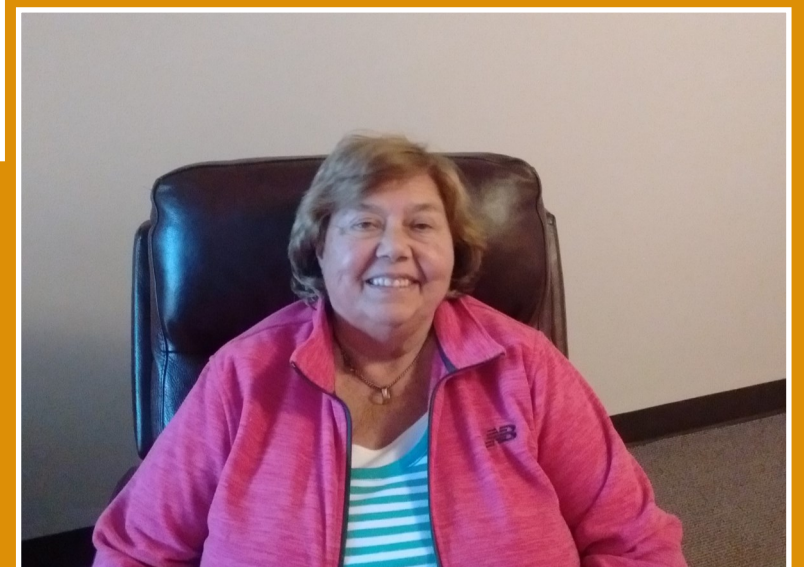
For more information, please visit [CDC.gov](https://www.cdc.gov).

## 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?”**

**“Pumpkin Pie”**  
- Shirley

**“Cranberry sauce”**  
- Fern

**“Turkey”**  
- Lucy

**“Green Bean Casserole”**  
- Veronica

**“Homemade Rolls”**  
- Val



# November Highlights

- Nov. 2: Cookie Drive
- Nov. 7: Jack Fischer on guitar
- Nov. 9: Hot Cocoa Drive
- Nov. 12: Ty and Nat "Special Performance"
- Nov. 14: Louis Faro on piano
- Nov. 15: Tracy Davy on guitar
- Nov. 17: Thanksgiving Luncheon @ 12:00
- Nov. 21: Heritage Fellowship
- Nov. 22: Happy Thanksgiving
- Nov. 26: Heart & Hope Music
- Nov. 28: David Christian on guitar
- Nov. 30: Sing A Long with Kathy Kali on guitar

# Happy Birthday

- |                    |                    |
|--------------------|--------------------|
| Doris I, Nov. 4    | Kim P, Nov. 3      |
| Fern R, Nov. 4     | Kylie M, Nov. 5    |
| Patty V, Nov. 5    | Chris D, Nov. 8    |
| Val Mc, Nov. 26    | Laurie B, Nov. 20  |
| Teresa Mc, Nov. 29 | Norma H, Nov. 20   |
|                    | Maureen S, Nov. 22 |
|                    | Nichol B, Nov. 27  |

## 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.

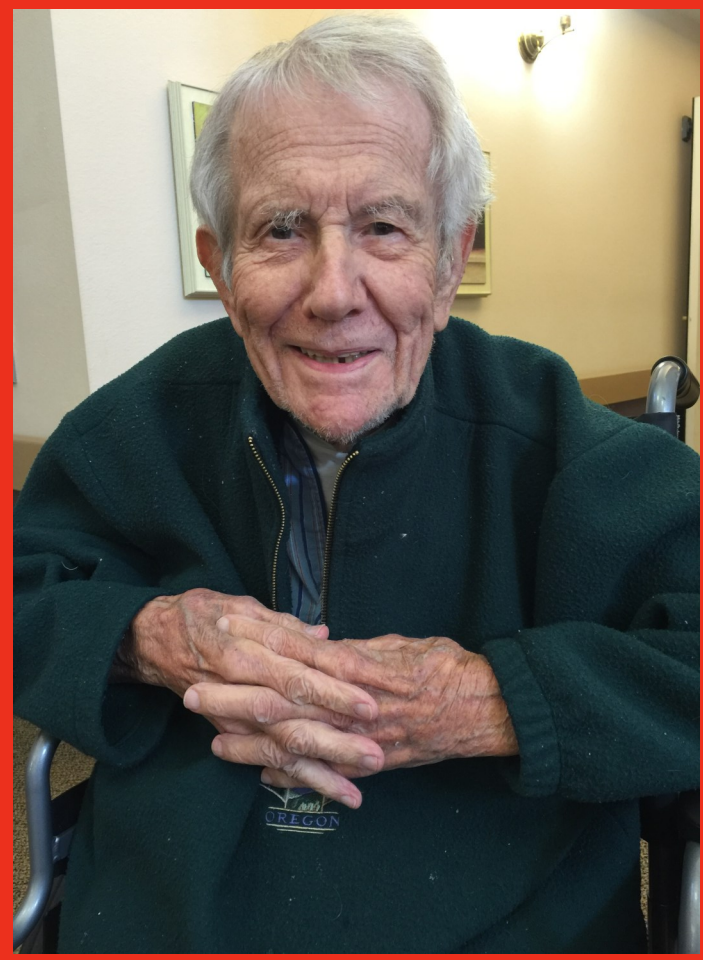


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RadiantSrLiving on Twitter  
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)  
Radiant Senior Living on YouTube

## Resident of the Month!

Robert

Robert has made Farmington Square his home for about three years. Before that he lived in Yreka CA in a house he built himself. Robert loves to visit with staff and other residents and loves to talk about his experiences in WW2 and his running days. Robert loves to sing and participate in live entertainment at Farmington.



## Team Member of the Month!

Laurie

After spending 21 years in Nebraska Laurie and her family moved to Southern Oregon and has made Oregon their home for the past 15 years. She has worked as a Med Tech for Farmington Square for the past three years. She loves being around the residents and loves to give and receive hugs from them. In her spare time she enjoys painting, woodworking and crafting. She also enjoys her 15 tarantulas, 1 scorpion and 1 centipede. She also has 3 grown children and 6 grandchildren and loves to spend time with her family when she is not working.



# November 2018

Farmington Square Medford | 1530 Poplar Drive Medford , OR 97504 |  
541-770-9080 | Cottages A & B

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident Birthdays:  Nov. 4 Doris I. Nov. 4 Fern R. Nov. 5 Patty V. Nov. 26 Val Mc. Nov. 29 Teresa Mc.	Employee Birthdays:  Nov. 3 Kim P. Nov. 5 Kylie M. Nov. 8 Chris D. Nov. 20 Laurie B. Nov. 20 Norma H. Nov. 22 Maureen S. Nov. 27 Nichol B.	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 Act. 3:00 Balloon Volley 4:00 Table Games	2  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 <b>Cookie Drive</b> 4:00 One on One	3  9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movie
4  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	5  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	6  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activities 3:00 Fancy Fingers 4:00 Table Games	7  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 <b>Jack Fischer</b> 4:00 One on One	8  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activities 3:00 Sensory Play 4:00 Table Games	9  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 <b>Hot Cocoa Drive</b> 4:00 One on One	10  9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:00 <b>Pet Therapy</b> 3:30 Table Games 4:30 Classic Movie
11  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	12  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 <b>Ty &amp; Nat Music</b> 4:00 One on One	13  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activities 3:00 Fancy Fingers 4:00 Table Games	14  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:30 <b>Louis Faro</b> 3:30 Sm. Group Activity 4:00 One on One	15  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:30 <b>Monthly B-day Party</b> 3:00 <b>Tracy Davy</b> 4:00 Table Games	16  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	<i>Thanksgiving Luncheon</i> 17  9:30 Beautiful You 12:00 <b>Thanksgiving Lunch</b> 2:00 Reading Circle 3:30 Table Games 4:30 Classic Movie 5:00 Music Appreciation
18  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	19  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	20  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activities 3:00 Fancy Fingers 4:00 Table Games	21  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 <b>Heritage Fellowship</b> 4:00 One on One	22  Happy Thanksgiving! 10:00 Beautiful You 11:45 Reading Circle 2:00 Sm. Group Activities 3:00 Sing A Long	23  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	24  9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movie
25  9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 <b>Pet Therapy</b> 3:00 Sunday Strolls 4:00 Table Games	26  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 <b>Heart &amp; Hope Music</b> 4:00 One on One	27  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activities 3:00 Fancy Fingers 4:00 Table Games	28  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 <b>David Christian</b> 4:00 One on One	29  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activities 3:00 Resident Council 4:00 Table Games	30  9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 <b>Kathy Kali</b> 4:00 One on One	

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4  9:30 Daily Chronicle 10:00 Card-O 11:00 Church / Hymns 1:30 Bingo 3:30 Coffee & News 4:00 Table Games	5  9:30 Daily Chronicle 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Smoothie Outing 4:30 Puzzle Time	6  9:30 Daily Chronicle 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Fancy Fingers 4:30 Table Games	7  9:30 Daily Chronicles 10:00 Ante Up Game 11:00 Tai Chi 1:45 Bingo 3:00 Jack Fischer 4:30 Puzzle Time	8  9:30 Daily Chronicle 10:00 Trivia Thursday 11:00 Sit & Be Fit 1:45 Bingo 3:00 Board Games 4:30 Table Games	9  9:30 Daily Chronicle 10:00 Card-O 11:00 Whoga 1:45 Bingo 3:00 Balloon Volley 4:30 Puzzle Time	10  9:30 Daily Chronicle 10:00 Name 5 Game 11:00 Music in Motion 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
11  9:30 Card-O 11:00 Morning Strolls 1:00 Church / Hymns 1:30 Bingo 3:00 Coffee & News 4:00 Table Games	12  9:30 Daily Chronicle 10:00 Name 5 Game 11:00 Chair Boxing 1:45 Bingo 3:00 Ty & Nat 4:30 Puzzle Time	13  9:30 Daily Chronicle 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Fancy Fingers 4:30 Table Games	14  9:30 Daily Chronicles 10:00 Ante Up Game 11:00 Tai Chi 1:30 Afternoon Strolls 2:30 Louis Faro 3:30 Bingo	15  9:30 Daily Chronicle 10:00 Trivia Thursday 11:00 Sit & Be Fit 1:00 Bingo 2:30 Monthly Bday Party 3:00 Tracy Davy	16  9:30 Daily Chronicle 10:00 Card-O 11:00 Whoga 1:45 Bingo 3:00 Wii Bowling 4:30 Puzzle Time	17 <i>Thanksgiving Luncheon</i>  9:30 Daily Chronicle 10:00 Name 5 Game 12:00 Thanksgiving Lunch 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
18  9:30 Card-O 11:00 Morning Strolls 1:00 Church / Hymns 1:30 Bingo 3:00 Coffee & News 4:00 Table Games	19  9:30 Daily Chronicle 10:00 Name 5 Game 11:00 Chair Boxing 2:00 Gingerbread Display @ Criterion Theater 3:45 Bingo 5:00 Music Appreciation	20  9:30 Daily Chronicle 10:00 Card-O 11:00 Music in Motion 1:45 Bingo 3:00 Fancy Fingers 4:30 Table Games	21  9:30 Daily Chronicles 10:00 Ante Up Game 11:00 Tai Chi 1:45 Bingo 3:00 Heritage Fellowship 4:30 Puzzle Time	22  <i>Happy Thanksgiving!</i>  10:00 Daily Chronicle 11:00 Trivia Thursday 1:45 Bingo 3:00 Sit & Be Fit	23  9:30 Daily Chronicle 10:00 Card-O 11:00 Whoga 1:45 Bingo 3:00 Men's Group 4:30 Puzzle Time	24  9:30 Daily Chronicle 10:00 Name 5 Game 11:00 Music in Motion 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
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