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STAMP  
HERE



**Administrative Team:**

- Jill Maher**  
Executive Director
- Carey Gross**  
Community Relations Director
- Scott Miller**  
Business Office Director
- Matt Hackett LPN**  
Wellness Nurse
- Barbara Schmidt**  
Resident Care Coordinator
- Bettina Karels**  
Dining Services Director
- Trixie Wentz :0)**  
Life Enrichment Director

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

# The Farmington Square Times

## Assisted & Memory Care Newsletter



### January 2019

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# Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

## Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

## Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

## Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

## Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

## Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

## Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

## Take a Daily Walk

Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

## Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!



We Thank all who came out to our Winter Wonderland Party! It was a wonderful time!

## Special Moments



"Building friendships when you live in a place full of love"



## What type of creative outlet or artist most inspires you?

"Weaving"

Marie

"Games"

- Bobbye

"Barber Shop Quartet"

- Roger

"Opera, Needlework and Reading"

- Connie

"Gold-Mining and the Hallmark Channel"

- Martha

"My Residents Inspire Me!"

- Trixie

"Sewing and Painting Wood"

- Lynda

# January Highlights

- 1 New Year's Day
- 2 National Science Fiction Day
- 3 National Chocolate-Covered Cherry Day
- 4 Spaghetti Day / Trivia Day
- 5 Whipped Cream Day
- 6 Shortbread Day / Technology Day
- 8 English Toffee Day / Skincare Day
- 9 Law Enforcement Appreciation Day
- 11 National Milk Day
- 14 National Dress Up Your Pet Day
- 15 Strawberry Ice Cream Day
- 16 Fig Newton Day
- 17 National Hot Buttered Rum Day
- 19 National Popcorn Day
- 20 Cheese Lover's Day
- 21 Martin Luther King Jr. Day
- 21 New England Clam Chowder Day
- 24 Peanut Butter Day / Compliment Day
- 23 Pie Day
- 25 Irish Coffee Day / Opposite Day
- 26 National Peanut Brittle Day

- 27 National Chocolate Cake Day
- 28 Blueberry Pancake Day / Kazoo Day
- 29 National Corn Chip Day
- 30 Croissant Day
- 31 Inspire your Heart with the Arts Day

### We're online @

- ◆ [Facebook.com/FarmingtonSquareEugene](https://www.facebook.com/FarmingtonSquareEugene)
- ◆ [Blog.radiantseniorliving.com](http://Blog.radiantseniorliving.com)
- ◆ [Radiantsrliving & Radiantvoices on Instagram](#)
- ◆ [RadiantSrLiving on Twitter](#)
- ◆ [Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
- ◆ [Radiant Senior Living on YouTube](#)



### Chuckle of the Month:

"Plant carrots in January and you'll never have to eat carrots." - Gardening Saying

## January Birthdays!



### We wish you a very Happy Birthday!

- Marjorie, January 1**
- Marion, January 2**
- Becky, January 13**
- Joan, January 17**
- Roger, January 22**
- Jack, January 27**

Here is a shout out to our January Farmington Square Team Members ...we wish you a Happy Happy Happy Birthday!

## Resident of the Month! Alice

My Mom was born July 16,1925 in "The Valley " in Southern California. she met Jack "a sailor " in San Francisco. Married and moved to Pa from 1947 to 1956, then move back to West Covina, Ca, she was a Mother of 3, a pre school teacher who became the director of the pre school and was the BEST"Ma" ever —still is!

Retired to Brookings, Or until 2008, then moved to Paradise,ca to be near her daughter & family.

She has 7 grandchildren, 13 great grandchildren, & 1 great great grand child! She likes people, music, animals, coffee,&



dancing. She is super caring & always ready with a smile & loves to help.

**Our Deck-the-Doors Winner is Rita! Congrats!**



## Team Member of the Month!

### Chloe

Chloe has been with us for about 4 months, but she has already grown into an amazing asset to the kitchen Team. Her cheerfulness is contagious and

makes even the most mundane tasks fun.

Chloe is very caring and sweet. She takes her time to talk with each resident, prepare their meals and its always with a big smile. She also likes to assist the residents with getting back to their rooms.

Residents miss her on her days off. Chloe, thanks for being a radiant piece of sunshine for everyone here and congratulations!!



## 2018 Team Member of the Year !!

### Lynda

Lynda is the exemplification of a hardworking Med-Tech. Lynda not only ensures she is here for her days, she is always early and incredibly well

prepared. She is the first to notice when a resident is not feeling well or not acting like themselves. Also she is often the example we use when training new staff. Multiple staff have come in under her wing feeling well supported and well trained. Lynda has become a pillar this campus has been built upon. Always steadfast, diligent and dutiful. She is truly more than deserving of this great honor. Congratulations Lynda!! You are truly amazingly Radiant!

# January 2019

Farmington Square Eugene • 2730 Bailey Lane, Eugene, OR 97401 • 541-344-7902

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p>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 (A,B)</p>	<p>2</p> <p>10:00 Scenic Drive: 12:30 Exercise Fun (B) 12:30 Crossword (C) 1:30 Card Game (A,B) 2:30 Birthday Social (C) Happy Birthday!</p>	<p>3</p> <p>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)</p>	<p>4</p> <p>9:00 Exercise Fun (A,B) 10:00 Fun on in2L (A) 11:00 CHURCH (B) 12:30 Domino's (A,B) 12:30 Hard Crossword (C) 1:30 Exercise Fun (A,B) 3:00 Penny Ante (A,B)</p>	<p>5</p> <p>9:00 Exercise Fun (A,B) 10:00 Creative Arts (C) 12:30 BINGO (B,C) 2:00 Sing-a-long (A) 3:00 Exercise Fun (A,B) 3:30-4 Resident-Focused visits Cottage C</p>
<p>6</p> <p>9:00 Exercise Fun (A,B) 10:00 BINGO (A,B) 12:30 in2L Fun (A) 12:30 Game (B) 12:30 Crossword (C) 2:30 Sunday Drive 3:30-4 Resident-focused visits Cottage A</p>	<p>7</p> <p>9:00 Exercise Fun (A,B) 9:00 Adult Coloring (C) 10:00 Singer: Julie (A) 12:30 Sensory Skills (A) 12:30 Domino's (B,C) 1:30 Flowers (C) 3:00 Manicures (A)</p>	<p>8</p> <p>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 (A,B)</p>	<p>9</p> <p>9:00 Exercise Fun (A,B) 10:00 Adult Coloring (All) 12:30 Exercise Fun (B) 12:30 Crossword (C) 1:00 Card Game (A,B) 2:30 Piano: Basil (C) 3:30 Exercise Fun (B)</p>	<p>10</p> <p>9:00 Exercise Fun (A,B) 10:00 Creative Arts (A,B) 12:30 BINGO (B,C) 2:00 Singer: Wade (B) 2:00 F.S.E. Team  Member Meeting Cottage C</p>	<p>11</p> <p>9:00 Exercise Fun (A,B) 10:00 Fun on in2L (A) 11:00 CHURCH (B) 12:30 Domino's (A,B) 12:30 Skip-Bo (C) 2:00 Singer: Allen (A) 3:00 Penny Ante (A,B)</p>	<p>12</p> <p>9:00 Exercise Fun (A,B) 10:00 Creative Arts (C) 12:30 BINGO (B,C) 2:00 Sing-a-long (A) 3:00 Exercise Fun (A,B) 3:30-4 Resident-Focused visits Cottage B</p>
<p>13</p> <p>9:00 Exercise Fun (A,B) 10:00 BINGO (A,B) 12:30 in2L Fun (A) 12:30 Game (B) 12:30 Crossword (C) 2:30 Sunday Drive 3:30-4 Resident-focused visits Cottage C</p>	<p>14</p> <p>9:00 Exercise Fun (A,B) 9:00 Adult Coloring (C) 10:00 Penny Ante (A,B) 10:00 Trivia (C) 12:30 Domino's (A,B,C) 1:30 Flowers (C) 3:00 Manicures (B)</p>	<p>15</p> <p>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 Yahtzee (C) 3:00 Exercise Fun (A,B)</p>	<p>16</p> <p>9:00 Exercise Fun (A,B) 10:00 Adult Coloring (All) 12:30 Exercise Fun (B) 12:30 Crossword (C) 1:00 Card Game (A,B) 2:30 Piano: Basil (A) 3:00 Resident Council Meeting (C)</p>	<p>17</p> <p>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 (B,C) 3:00 Travel: Japan (A,C) 4:00 Trivia (B)</p>	<p>18</p> <p>9:00 Exercise Fun (A,B) 10:00 Fun on in2L (A) 11:00 CHURCH (B) 12:30 Domino's (A,B) 12:30 Hard Crossword (C) 2:00-3:00  Veteran's Aid &amp; Attendance Seminar Cottage C</p>	<p>19</p> <p>9:00 Exercise Fun (A,B) 10:00 Creative Arts (C) 12:30 BINGO (B,C) 2:00 Sing-a-long (A) 3:00 Exercise Fun (A,B) 3:30-4 Resident-Focused visits Cottage A</p>
<p>20</p> <p>9:00 Exercise Fun (A,B) 10:00 BINGO (A,B) 12:30 in2L Fun (A) 12:30 Game (B) 12:30 Crossword (C) 2:30 Sunday Drive 3:30-4 Resident-focused visits Cottage B</p>	<p>21</p> <p>9:00 Exercise Fun (A,B) 9:00 Adult Coloring (C) 10:00 Singer: Julie (B) 12:30 Sensory Skills (A) 12:30 Domino's (B,C) 1:30 Flowers (C) 3:00 Manicures (C)</p>	<p>22</p> <p>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 (A,B)</p>	<p>23</p> <p>9:00 Exercise Fun (A,B) 10:00 Adult Coloring (All) 12:30 Exercise Fun (B) 12:30 Crossword (C) 2:00 Memory Tones (B) 3:30 Exercise Fun (A,B)</p>	<p>24</p> <p>9:00 Exercise Fun (A,B) 10:00 Creative Arts (A,B) 12:30 BINGO (B,C) 1:30 BINGO (A) 2:00 Exercise Fun (B) 3:30 Singers: Simple Harmonies (C)</p>	<p>25</p> <p>9:00 Exercise Fun (A,B) 10:00 Fun on in2L (A) 11:00 CHURCH (B) 12:30 Domino's (A,B) 12:30 Skip-Bo (C) 2:00 F.S.E Team  Member Meeting Cottage C</p>	<p>26</p> <p>9:00 Exercise Fun (A,B) 10:00 Creative Arts (C) 12:30 BINGO (B,C) 2:00 Sing-a-long (A) 3:00 Exercise Fun (A,B) 3:30-4 Resident-Focused visits Cottage C</p>
<p>27</p> <p>9:00 Exercise Fun (A,B) 10:00 BINGO (A,B) 12:30 in2L Fun (A) 12:30 Game (B) 12:30 Crossword (C) 2:30 Sunday Drive 3:30-4 Resident-focused visits Cottage A</p>	<p>28</p> <p>9:00 Exercise Fun (A,B) 9:00 Adult Coloring (C) 10:00 Penny Ante (A,B) 10:00 Trivia (C) 12:30 Domino's (A,B,C) 1:30 Flowers (C) 3:00 Manicures (A)</p>	<p>29</p> <p>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 Yahtzee (C) 3:00 Exercise Fun (A,B)</p>	<p>30</p> <p>9:00 Exercise Fun (A,B) 10:00 Adult Coloring (All) 12:30 Exercise Fun (B) 12:30 Crossword (C) 1:00 Card Game (A,B) 2:30 Scenic Drive 3:00 Exercise Fun (B)</p>	<p>31</p> <p>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)</p>		<p>(A) - Cottage A (B) - Cottage B (C) - Cottage C</p> <p>Resident-Focused Visits: give us time to focus on a specific resident and do what they are interested in at that time. Sign up for a time slot.</p>