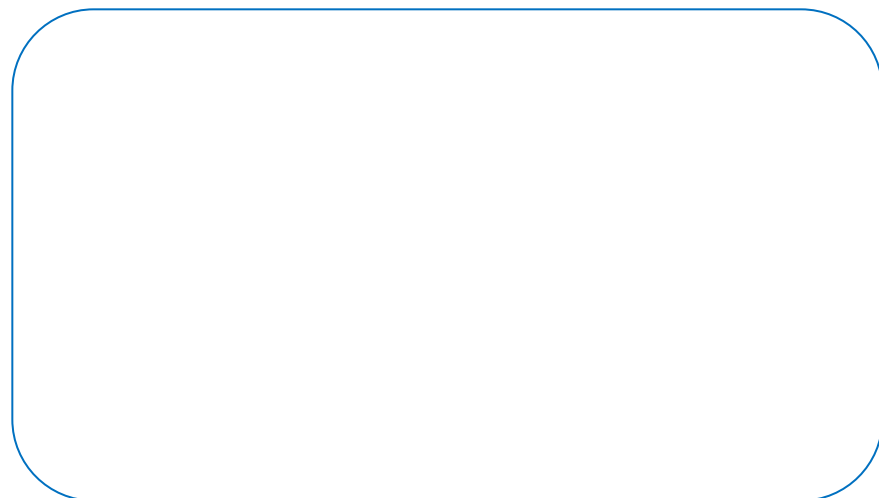




1530 Poplar Dr.
Medford, OR 97504

STAMP
HERE



Administrative Team:

Executive Director
Diana Rushing
Community Relations Director
Liesl Timmons
Wellness Directors
Chelsea Terrill
Danielle Dominick
Business Office Director
Marrie Reinhardt
Wellness Nurses
Nona McDowell
Tish Shaffer Snyder
Dining Services Director
Margaret Tepovac
Maintenance Director
Kim Williams
Life Enrichment Director
Dawn Rand

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



January 2019

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- 6 • Birthdays, Highlights, Social Media, Chuckle
- 7 • Special Moments & Favorite Art Styles

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!

Special Moments



What type of creative outlet or artist most inspires you?

"F. Scott Fitzgerald"

Sierra

"Cooking"

- Shelly

"Steven Ambrose"

- Tish

Colhia Powell"

- Norma

"Baking"

- Danielle

"Scrap booking"

- Jennifer



January Highlights

- Jan 1: Happy New Year
- Jan 3: Bob Isom on piano
- Jan 9: Louis Faro on piano
- Jan 11: Frosty Drive
- Jan 14: Heart & Hope Music
- Jan 16: Heritage Fellowship
- Jan 17: Tracy Davy on guitar
- Jan 18: Winter Drive
- Jan 25: Kathy Kali on guitar
- Jan 27: Pet Therapy
- Jan 28: Heart & Hope Music
- Jan 31: David Christian on guitar



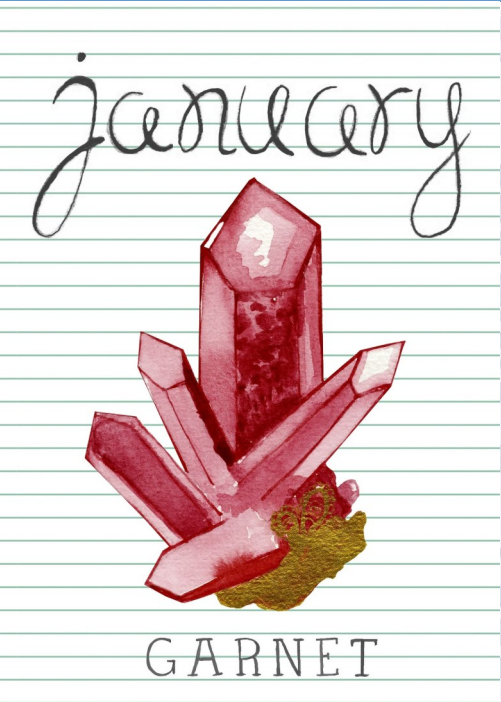
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January Birthdays!



We wish you a very Happy Birthday!

Residents:

- Fern E, Jan 5
- Shirley R, Jan 7
- Judy N, Jan 12
- Wilda K, Jan 13
- Larry S, Jan 16
- Juanita J, Jan 26

Employees:

- Tish S, Jan 8
- Maria C, Jan 19
- Ariel J, Jan 20
- Arturo C, Jan 31

Resident of the Month! Shirley

Shirley was born and raised in St. Louis, MO. After she was married, her and her husband moved to Oregon. Her and her husband have two daughters and one son.

Shirley loves to participate in ALL our activities from table games to live entertainment. When she is not participating in our activities she can be found in her room working on her adult coloring books. She is also our master gardener. She grows the best tomatoes.

Shirley loves to watch baseball and her favorite team is the New York Yankees.



Team Member of the Month! Jennifer

Meet Jennifer, she is our new receptionist.

Jennifer was born and raised in the Rogue Valley and she has one daughter, Makyla and four dogs. Jennifer used to be a preschool teacher and worked with children for the last twenty years.

Jennifer loves working at Farmington because it is challenging and emotionally rewarding.

Jennifer loves animals and when she is not working she loves to rescue animals and help them find their forever homes.

January 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident Birthdays: Fern E, Jan 5 Shirley R, Jan 7 Judy N, Jan 12 Wilda K, Jan 13 Larry S, Jan 16 Juanita J, Jan 26	Employees Birthdays: Tish S, Jan 8 Maria C, Jan 19 Ariel J, Jan 20 Arturo C, Jan 31	1 10:00 Beautiful You 11:30 Reading Circle 12:30 Lunch 1:30 New Year's Toast 3:00 Sing A Long 5:00 Music Appreciation	2 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Sensory Play 4:00 One on One	3 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Bob Isom 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 Balloon Volley 4:00 One on One	5 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movies
6 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	7 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	8 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	9 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Louis Faro 4:00 One on One	10 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Painting 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 Frosty Drive 4:00 One on One	12 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movies
13 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	14 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	15 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	16 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	17 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:30 Monthly B-day Party 3:00 Tracy Davy 4:00 One on One	18 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Winter Drive 4:00 One on One	19 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movies
20 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	21 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	22 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	23 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Table Games 4:00 One on One	24 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	25 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Kathy Kali 4:00 One on One	26 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movies
27 9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 Pet Therapy 3:00 Sunday Strolls 4:00 Table Games	28 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	29 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	30 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	31 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 David Christian 4:00 One on One		Daily Activities: 10:30 Snacktivity 1:00 Afternoon Strolls or Touch Ups 5:00 Music Appreciation 7:30 Snacktivity *Schedule Subject to Change

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6 9:30 Daily Chronicles 10:00 Card-O 11:00 Church / Hymns 1:30 Bingo 3:30 Coffee & News 4:00 One on One	7 9:30 Daily Chronicles 10:00 Trivia Time 11:00 Chair Boxing 1:45 Bingo 3:00 Dollar Tree 4:30 One on One	8 9:30 Daily Chronicle 10:00 Card-O 11:00 Chair Tai Chi 1:45 Bingo 3:00 Fancy Fingers 4:30 One on One	9 9:30 Daily Chronicle 10:00 Name 5 Game 11:00 Chair Salsa 1:45 Bingo 3:00 Louis Faro 4:30 One on One	10 9:30 Daily Chronicle 10:00 Trivia Thursdays 11:00 One on One 1:45 Bingo 3:00 Paint & Sip 4:30 Book Club	11 9:30 Daily Chronicle 10:00 Card-O 11:00 Simply Stretch 1:45 Bingo 3:00 Wii Bowling 4:30 One on One	12 9:30 Daily Chronicle 10:00 Trivia Time 11:00 Sit & Be Fit 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
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