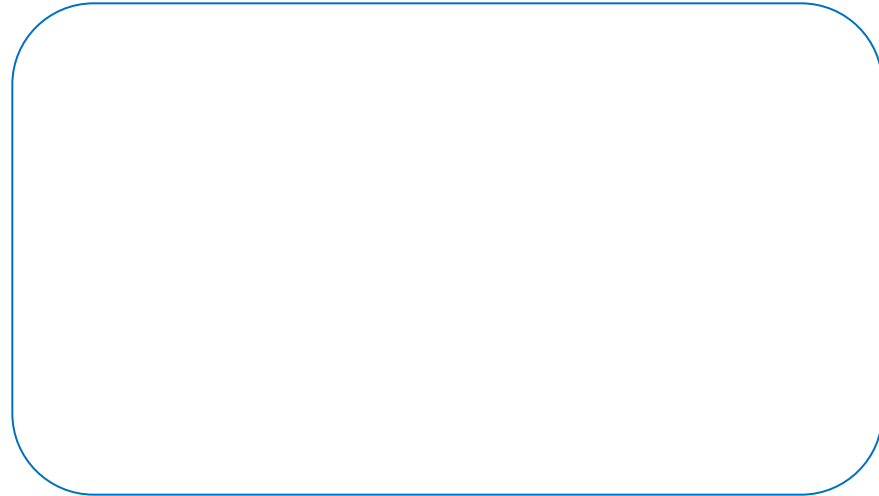




960 Boone Rd. SE
Salem, OR 97306

STAMP
HERE



Administrative Team:

Margo Garibay
Executive Director
Amanda Bell
Community Relations Director
Katrina D/ Patty C/Mari G.
Wellness Director
Shelly Kesterson
Business Office Director
Rebecca H/ Melissa H.
Wellness Nurse
Mark Alexander
Dining Services Director
Nels Esselstrom
Maintenance Director
Bonny Silva
Life Enrichment Director

Contact us at:
503-363-2273



Farmington Square Salem News

Assisted & Memory Care Newsletter



January 2019

- 2 • Life-Changing New Year's Resolutions
- 3 • Highlighted Resident & Team Member
- 4 - 5 • 910/920 Activities Calendar
- 6 • New Residents , Highlights, Social Media, Chuckle
- 7 • Special Moments & Favorite Art Styles
- 8 • Mission, Team, Contact Us

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?

"Praying"

Victoria

"Listening to music"

- Jessica D.

"Walking my dog"

- Katrina

"Painting"

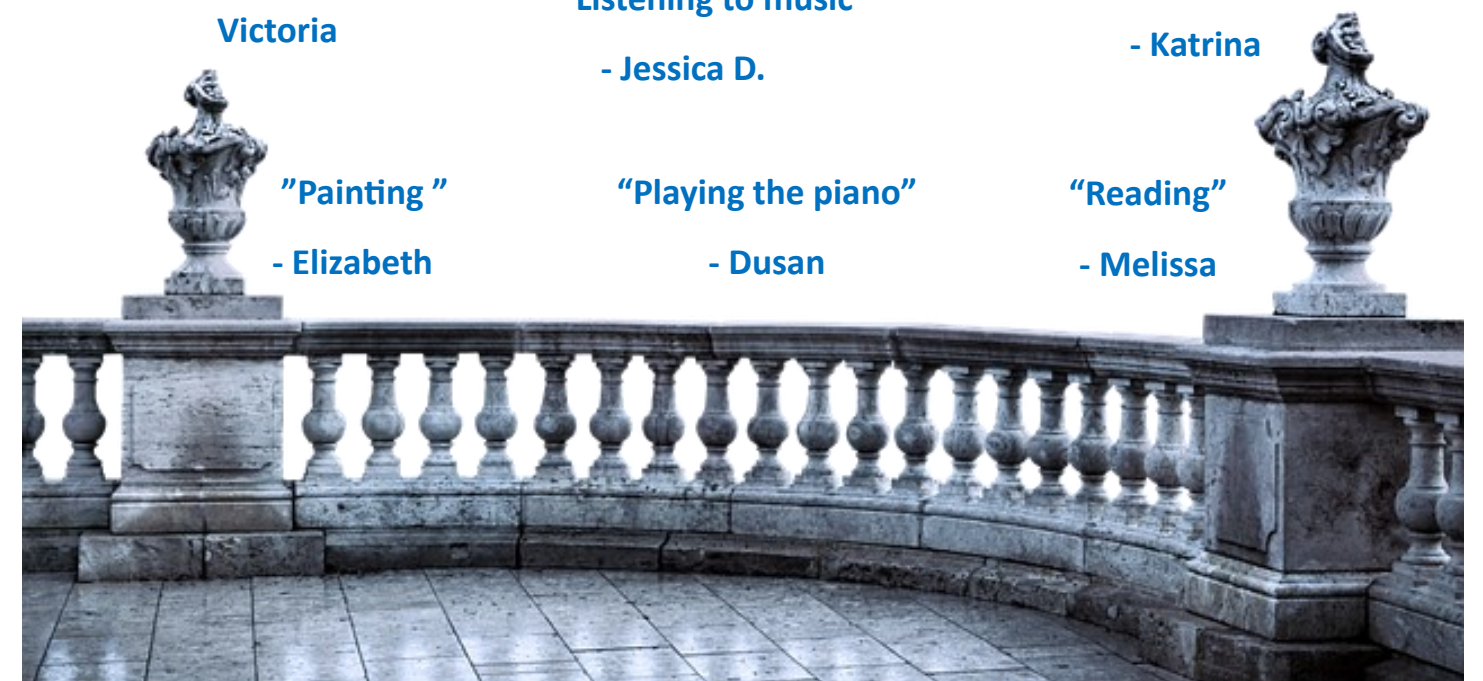
- Elizabeth

"Playing the piano"

- Dusan

"Reading"

- Melissa



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/FarmingtonSquareSalem
- ♦ Blog.radiantseniorliving.com
- ♦ Radiantsrliving & Radiantvoices on Instagram
- ♦ RadiantSrLiving on Twitter
- ♦ 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

New Residents!



Resident of the Month! Peggy

Our resident of the month is Peggy. She is 81 years old and was born in Wheatland, Wyoming. She moved to Oregon with her husband to start her family shortly after getting married. Peggy worked as a window trimmer throughout her adulthood and enjoyed it very much. When asked what she enjoyed in her life she said "riding bikes", she would often ride 10 miles a day. Peggy has a daughter and a son, and 3 grandkids. Peggy is always willing to have a conversation with anyone and loves to show her room during tours. She always is willing to advocate for our residents as well. Congratulations on being our featured resident!



Team Member of the Month! Andria



Our employee of the month is Andria. She is a med tech here at our community. She has worked for Farmington Square for 5 years. Andria is loved by our residents and team members alike. Andria is a very caring person and she prides herself in providing the best care for her residents. When asked what she loved about her job she said, "I love hearing all the different stories from my residents". She enjoys spending her free time with her children and she loves to crochet. Congratulations Andria on being our featured employee.

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Charlie Foxx Movie
Jan. 15@ 1:30pm
Bldg 960



Shopping Trips

1/4 Walmart
1/11 Dollar Tree
1/18 Fred Meyers



Entertainment

1/1 Singing Sparrow @2p 1/17 Roudy Rumlbers @2p
1/3 Lee Larson (NEW!)@2p 1/24 Luann @10:30a
1/10 Rachel @10:30a 1/31 Maurice @10:30a



Outings

1/2 Sizzler @11a
1/9 Bowling @11a
1/16 Great Wall @11a
1/23 Los Dos Amigos @11a
1/30 Wendy's @11a



National Days

1/1 New Year's Day
1/8 Elvis' Birthday
1/15 Strawberry Ice Cream Day
1/24 Peanut Butter Day




























Resident Counsel : 1/28/19 @ 1:30pm in Bldg 920

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1/18 Fred Meyers



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Resident Counsel : 1/28/19 @ 1:30pm in Bldg 920

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Charlie Foxx Movie
Jan. 15@ 1:30pm
Bldg 960

Resident Counsel : 1/28/19 @ 1:30pm in Bldg 920



Shopping Trips

1/4 Walmart
1/11 Dollar Tree
1/18 Fred Meyers



Entertainment

1/1 Singing Sparrow @2p 1/17 Roudy Rumblers @2p
1/3 Lee Larson (NEW!)@2p 1/24 Luann @10:30a
1/10 Rachel @10:30a 1/31 Maurice @10:30a



Outings

1/2 Sizzler @11a
1/9 Bowling @11a
1/16 Great Wall @11a
1/23 Los Dos Amigos @11a
1/30 Wendy's @11a



National Days






























1/1 New Year's Day
1/8 Elvis' Birthday
1/15 Strawberry Ice Cream Day
1/24 Peanut Butter Day

January 2019

Farmington Square • 960 Boone Rd SE, Salem OR 97306 •

503-363-2273 • Building 950



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div>Happy Birthday!</div><div>1/01 Shirley S.,940 1/21 Betty K., 940</div><div>1/15 Peggy G., 950 1/24 Rosamond T., 960</div><div>1/18 Ann K., 950 1/26 Donna S., 920</div><div>1/20 Robert B., 950 1/29 Lois B., 950</div><div>1/29 Dusan M., 940</div></div>		<div>1</div> <div>9:30 Exercise </div> <div>10:30 Bingo 910 </div> <div>11:00 Family Feud IN2L</div> <div>1:30 Challenges IN2L</div> <div>2:00 New Years Party in 960 </div> <div>3:00 Adult Coloring </div> <div>4:00 Bean Bag toss </div>	<div>2</div> <div>9:30 Music in motion IN2L</div> <div>10:00 Trivia IN2L</div> <div>11:00 Darts</div> <div>1:30 Yahtzee</div> <div>2:00 Matching IN2L </div> <div>3:00 Puzzles</div> <div>4:00 Price is Right IN2L</div>	<div>3</div> <div>9:30 Exercise </div> <div>10:30 Bingo 930</div> <div>11:00 Ring Toss</div> <div>1:30 Balloon Burst IN2L</div> <div>2:00 Dominoes</div> <div>3:00 Funny Videos IN2L</div> <div>4:00 Adult Coloring</div>	<div>4</div> <div>9:30 Exercise</div> <div>10:30 Hangman IN2L</div> <div>11:00 Price is Right IN2L</div> <div>1:30 Bean Bag Toss</div> <div>2:00 Balloon Bat </div> <div>3:00 Puzzles</div> <div>4:00 Yahtzee</div>	<div>5</div> <div>9:30 Exercise</div> <div>10:30 Family Feud IN2L</div> <div>11:00 Bowling</div> <div>1:30 Funny Videos IN2L</div> <div>2:00 Bingo 940</div> <div>3:00 Adult Coloring</div> <div>4:00 Sing Along IN2L</div>
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