



1530 Poplar Dr.
Medford, OR 97504

Stamp
Here



Administrative Team:

Executive Director

Diana Rushing

Community Relations Director

Liesl Timmons

Wellness Directors

Chelsea Terrill

Business Office Director

Marrie Reinhardt

Interim Wellness Nurse

Pat Steele

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



February 2019

2 Heart Healthy Living
3 Resident & Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Acts of Kindness
8 Mission & Team

Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.



per day! Aerobic activity should be done in bouts of at least 10 minutes.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they have substances that may help

cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

Note: Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes

Special Moments



The Sweetest Acts of Kindness We've Seen

"Skipping with a resident"

- Norma

"Flowers, just because"

- Eric

February 17 celebrates
Random Acts of Kindness!

"Paying for a strangers order in the
Drive through."

-Bryan

"An unexpected favorite drink"

- Marrie

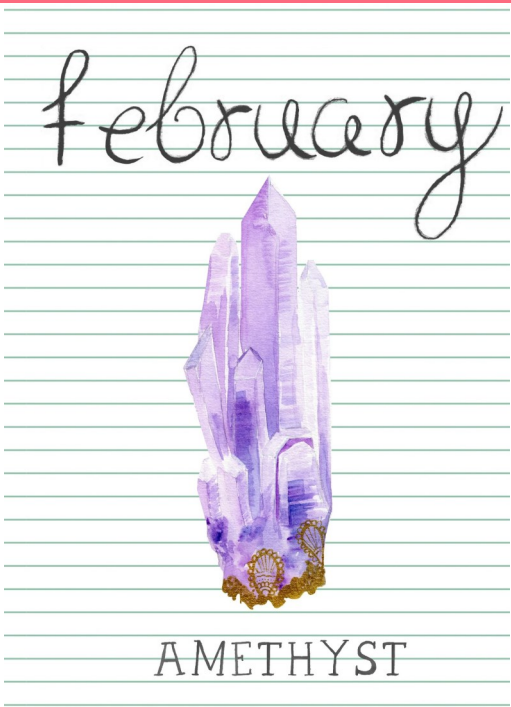
February Highlights

- Feb. 4: Cooking Drive Outing
- Feb. 5: Come join us as we welcome back
Bob Isom on the piano @ 3:00
- Feb. 6: Join us as we welcome the line danc-
ing group, Step Sisters @ 2:30
- Feb. 11: Come join us for the
Musical group "Heart &
Hope" @ 3:00
- Feb. 12: Join us for our resident
Valentine's Party @ 2:30.
- Feb. 18: French Fry Outing
- Feb. 20: Heritage Fellowship @ 3:00
- Feb. 21: Come join us for Birthday
Cake and musical guest
Tracy Davy as we celebrate
Our February Birthdays.
- Feb. 25: Heart & Hope will be
Joining us @ 3:00.
- Feb. 28: Join us for David Christian
On the guitar @ 3:00

- We're online @
- ♦ Facebook.com/FarmingtonSquareMedford
 - ♦ Blog.radiantseniorliving.com
 - ♦ Radiantsrliving & Radiantvoices on Instagram
 - ♦ RadiantSrLiving on Twitter
 - ♦ Pinterest.com/radiantsrliving
 - ♦ Radiant Senior Living on YouTube

Oh Special Wintry Days:
"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again."
- Bill Morgan, Jr.

February Birthdays!



We wish you a
Happy Birthday!

- | | |
|----------------------------|----------------------------|
| Resident Birthdays: | Employee Birthdays: |
| Feb. 7, Vivian M. | Feb. 15, Maria T. |
| Feb. 15, Patti L. | Feb. 26, Dawn R. |
| Feb. 23, Cindy C. | |
| Feb. 27, Chris Mc. | |

Resident of the Month! Mary

Congratulations on being our resident of the month, Mary! You are awesome! Mary is the resident jokester here at Farmington. She loves to laugh and joke. She has a great sense of humor. Mary loves to read and visit with the other residents and staff. She also loves to hug and play with the community dog, Peaches. Mary is always ready for a great cup of coffee, a snack, and great company.



Team Member of the Month! Liesl

Liesl grew up on the Oregon Coast in Coos Bay. She relocated to Central Point recently with her husband and two children ages 9 and 12. She has a passion for helping families and loves how rewarding her job is as the Community Relations Director. Her family is enjoying the Medford area and the beautiful mountainous landscape. In her free time she enjoys walking her two dogs, Scooter and Ruger and watching movies or playing games with her husband and children.



February 2019

FARMINGTON SQUARE • 1530 POPLAR DRIVE MEDFORD, OR 97504 • 541-770-9080

COTTAGES A & B

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident Birthdays: Feb. 7—Vivian M. Feb. 15— Patti L. Feb. 23—Cindy C. Feb. 27—Chris Mc.	Employee Birthdays: Feb. 15—Maria T. Feb. 26—Dawn R.		Daily Activities: 10:30 Snacktivity 1:00 Afternoon Strolls or Touch Ups 2:30 Snacktivity 5:00 Music Appreciation		¹ 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Puzzles & Puzzles 4:00 One on One	² 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movies
³ 9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 News & Coffee 3:00 Sunday Strolls 4:00 Table Games	⁴ 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Cookie Drive 4:00 One on One	⁵ 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	⁶ 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 1:00 Sm. Group Activity 2:30 Step Sisters 4:00 One on One	⁷ 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	⁸ 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	⁹ 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movies
¹⁰ 9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 News & Coffee 3:00 Sunday Strolls 4:00 Table Games	¹¹ 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	¹² 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:30 Valentine's Party 4:00 One on One 5:00 Music Appreciation	¹³ 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	¹⁴ 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 Valentine Craft 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 Men's Group 4:00 One on One	¹⁶ 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movies
¹⁷ 9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 News & Coffee 3:00 Sunday Strolls 4:00 Table Games	¹⁸ 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Sm. Group Activity 3:00 French Fry Drive 4:00 One on One	¹⁹ 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	²⁰ 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	²¹ 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:30 Feb. Birthday Party 3:00 Tracy Davy 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 Sensory Play 4:00 One on One	²³ 9:30 Beautiful You 11:30 Morning Exercise 1:00 Reading Circle 2:30 Afternoon Strolls 3:30 Table Games 4:30 Classic Movies
²⁴ 9:30 Beautiful You 11:30 Busy Bees 1:00 Church / Hymns 2:00 Pet Therapy 3:00 Sunday Strolls 4:00 Table Games	²⁵ 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	²⁶ 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	²⁷ 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	²⁸ 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		

February 2019

FARMINGTON SQUARE • 1530 POPLAR DRIVE MEDFORD, OR 97504 • 541-770-9080

COTTAGES C & D

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident Birthdays: Feb. 7—Vivian M. Feb. 15—Patti L. Feb. 23—Cindy C. Feb. 27—Chris Mc.	Employee Birthdays: Feb. 15—Maria T. Feb. 26—Dawn R.		Daily Activities: 10:30 Snacktivity 1:00 Afternoon Strolls 2:30 Snacktivity 5:00 Music Appreciation *Schedule Subject to Change		¹ 9:30 Daily Chronicles 10:00 Card-O 11:00 Simply Stretch 1:45 Bingo 3:00 Wii Bowling 4:30 One on One	² 9:30 Daily Chronicles 10:00 Trivia Time 11:00 Sit & Be Fit 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
³ 9:30 Daily Chronicles 10:00 Card-O 11:00 Church / Hymns 1:30 Bingo 3:30 Coffee & News 4:00 One on One	⁴ 9:30 Daily Chronicles 10:00 Trivia Time 11:00 Chair Boxing 1:45 Bingo 3:00 Balloon Badminton 4:30 One on One	⁵ 9:30 Daily Chronicles 10:00 Card-O 11:00 Chair Tai Chi 1:45 Bingo 3:00 Bob Isom 4:30 One on One	⁶ 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Salsa 1:00 Bingo 2:30 Step Sisters 4:30 One on One	⁷ 9:30 Daily Chronicles 10:00 Trivia Thursdays 11:00 One on One 1:45 Bingo 3:00 Fancy Fingers 4:30 Book Club	⁸ 9:30 Daily Chronicles 10:00 Card-O 11:00 Simply Stretch 1:45 Bingo 3:00 Food 4 Less 4:30 One on One	⁹ 9:30 Daily Chronicles 10:00 Trivia Time 11:00 Sit & Be Fit 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
¹⁰ 9:30 Daily Chronicles 10:00 Card-O 11:00 Church / Hymns 1:30 Bingo 3:30 Coffee & News 4:00 One on One	¹¹ 9:30 Daily Chronicles 10:00 Trivia Time 11:00 Chair Boxing 1:45 Bingo 3:00 Heart & Hope 4:30 One on One	¹² 9:30 Daily Chronicles 10:00 Card-O 11:00 Chair Tai Chi 1:00 Bingo 2:30 Valentine Party 4:30 One on One	¹³ 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Salsa 1:45 Bingo 3:00 Fancy Fingers 4:30 One on One	¹⁴ 9:30 Daily Chronicles 10:00 Trivia Thursdays 11:00 One on One 1:45 Bingo 3:00 Valentine Craft 4:30 Book Club	¹⁵ 9:30 Daily Chronicles 10:00 Card-O 11:00 Simply Stretch 1:45 Bingo 3:00 Men's Group 4:30 One on One	¹⁶ 9:30 Daily Chronicles 10:00 Trivia Time 11:00 Sit & Be Fit 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
¹⁷ 9:30 Daily Chronicles 10:00 Card-O 11:00 Church / Hymns 1:30 Bingo 3:30 Coffee & News 4:00 One on One	¹⁸ 9:30 Daily Chronicles 10:00 Trivia Time 11:00 Chair Boxing 1:45 Bingo 3:00 Balloon Volleyball 4:30 One on One	¹⁹ 9:30 Daily Chronicles 10:00 Card-O 11:00 Chair Tai Chi 1:45 Bingo 3:00 Fancy Fingers 4:30 One on One	²⁰ 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Salsa 1:45 Bingo 3:00 Heritage Fellowship 4:30 One on One	²¹ 9:30 Daily Chronicles 10:00 Trivia Thursdays 11:00 One on One 1:00 Bingo 2:30 Feb. Birthday Party 3:00 Tracy Davy	²² 9:30 Daily Chronicles 10:00 Card-O 11:00 Simply Stretch 1:45 Bingo 3:00 Ice Cream Outing 4:30 One on One	²³ 9:30 Daily Chronicles 10:00 Trivia Time 11:00 Sit & Be Fit 1:45 Bingo 3:00 Classic Movie 5:00 Music Appreciation
²⁴ 9:30 Daily Chronicles 10:00 Card-O 11:00 Church / Hymns 1:30 Bingo 3:30 Coffee & News 4:00 One on One	²⁵ 9:30 Daily Chronicles 10:00 Trivia Time 11:00 Chair Boxing 1:45 Bingo 3:00 Heart & Hope 4:30 One on One	²⁶ 9:30 Daily Chronicles 10:00 Card-O 11:00 Chair Tai Chi 1:45 Bingo 3:00 Fancy Fingers 4:30 One on One	²⁷ 9:30 Daily Chronicles 10:00 Name 5 Game 11:00 Chair Salsa 1:45 Bingo 3:00 Resident Council 4:30 One on One	²⁸ 9:30 Daily Chronicles 10:00 Trivia Thursdays 11:00 One on One 1:45 Bingo 3:00 David Christian 4:30 Book Club		