



2730 Bailey Lane  
Eugene, OR 97401

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**  
Life Enrichment Director

Contact us at:  
**541-344-7902**

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



# The Farmington Square Times

## Assisted & Memory Care Newsletter



### February 2019

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3 Resident & Team Spotlight  
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays  
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# 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.

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 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.

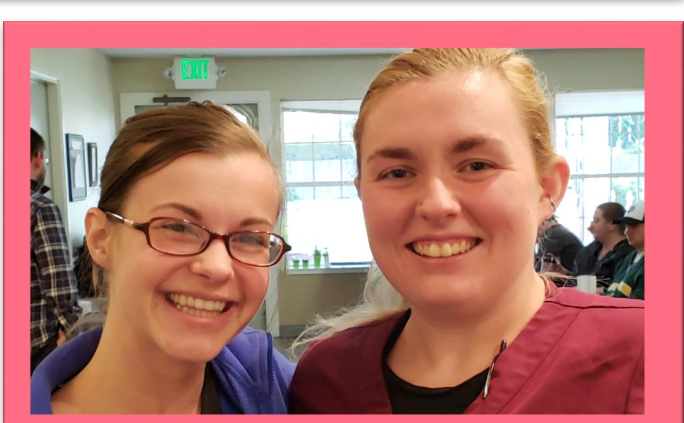
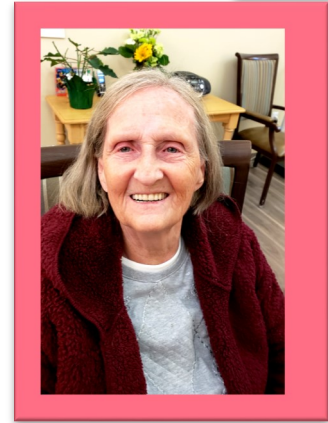
## Manage Cholesterol

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.

# Special Moments





# February Highlights

Happy 160th Birthday Oregon!



- We're online @
- ◆ Facebook.com/FarmingtonSquareEugene
  - ◆ 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 very Happy Birthday!**  
**Marie, February 9**  
**State of Oregon, February 14**  
**Don, February 18**  
**Betty, February 22**  
And a very Happy Birthday to our February  
F.S.E Team Members!!

# Resident of the Month! Marjorie

Marjorie was born in Washington and has lived in multiple small towns. She has lived in Oregon for 33 years. Some of the activities she enjoys are pets, cards, cooking, watching baseball, travel films, walking groups, Bingo, Entertainers, gardening, socials, game shows, and reading.  
Marjorie was a purchasing agent for International Paper and a Credit Union Manager.

Welcome to the  
Farmington Square Family  
Marjorie!



# Team Member of the Month! Chris Congrats!

Chris is one who has a great smile, friendly, and very caring for his residents and co-workers, Always willing to help where he can and cheerful to be around. Chris has been one of the best examples of what is great about having entry level positions. Chris came to us as a caregiver. Thorough out his time here he became Med – Tech. He continued to work hard and, thanks to his dedication he now is our Night Shift Supervisor. One of the greatest pieces of this promotion was the overwhelming support, not only from management; but from his peers as well. We have had the joy of watching a young man's hard work and dedication pay off. For that and so much more we are happy to present Chris as the employee of the month.  
Thank you Chris for all that you do for your residents, co-workers and Farmington Square!



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