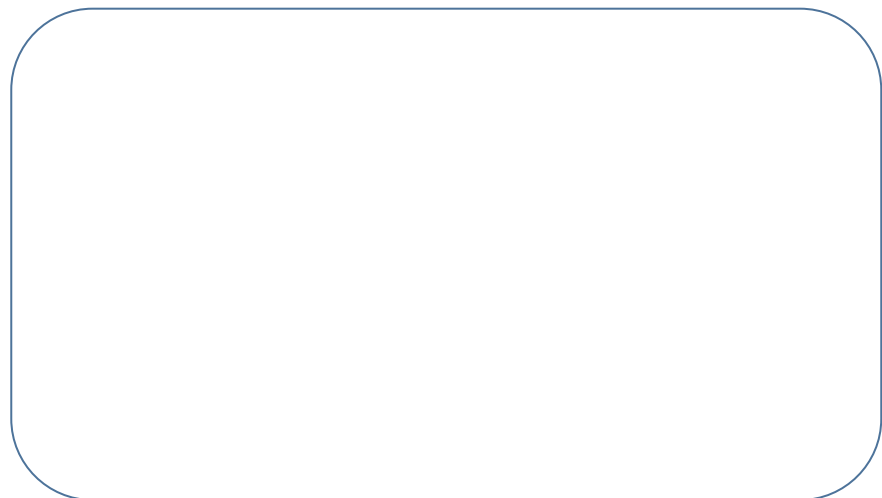




2730 Bailey Lane
Eugene, OR 97401

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

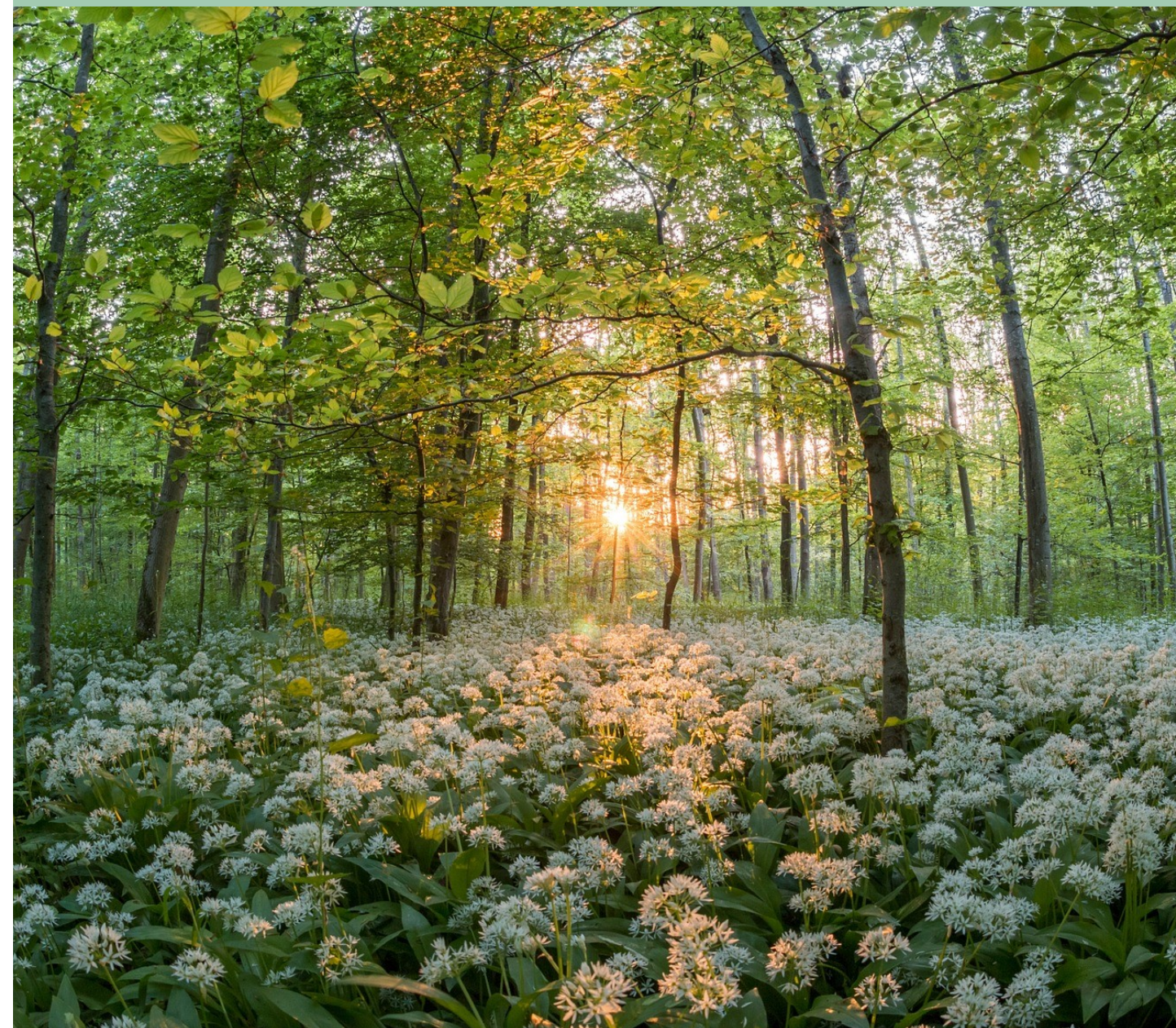
Contact us at:
541-344-7902



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

The Farmington Square Times

Assisted & Memory Care Newsletter



March 2019

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3 Resident & Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Spring Joys
8 Mission & Team

Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but



does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



Our Favorite Things About Spring!

"The flowers blooming"
- Hayley

"Trees start greening up. Winter's over and fishing season starts"
- Rita & Jim

"The smell in the air...it's fresh"
- Dee

"The new growth"
- Kari

"I like anything that comes up in the Spring"
- Marjorie

"Crocus. The crocus come up and you know it's Spring."
- Roger

"Flowers! I like the Roses; there are so many different varieties"
- Vic

"The flowers. Tulips, Crocus, Daffodils, Hyacinths"
- Marie

March Highlights

- 1 Staff Appreciation Day, Peanut Butter Day
- 2 Banana Cream Pie Day
- 3 I Want You to be Happy Day
- 4 Pound Cake Day, Marching Music Day
- 5 Fat Tuesday, Pancake Day
- 6 Ash Wednesday, Oreo Day
- 7 Cereal Day
- 8 Intl. Women’s Day, Unplug Day
- 9 Meatball Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Plant a Flower Day
- 13 Good Samaritan Day, Jewel Day
- 14 Kid’s Craft Day, Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day, Panda Day
- 17 St. Patrick’s Day
- 18 Sloppy Joe Day, Lacy Cookies Day
- 19 Let’s Laugh Day, Poultry Day
- 20 Spring Begins, Ravioli Day
- 21 French Bread Day, Courtesy Day



- 22 Puppy Day, Bavarian Crepes Day
- 23 Chip Dip Day, Melba Toast Day
- 24 Chocolate Covered Raisins Day
- 26 Spinach Day
- 28 Something on a Stick Day
- 29 Vietnam War Veteran’s Day
- 30 Take a Walk in the Park Day
- 31 Crayon Day, Taters Day

We’re online @

- ♦ Facebook.com/FarmingtonSquareEugene
- ♦ Blog.radiantseniorliving.com
- ♦ Radiantsrliving & Radiantvoices on Instagram
- ♦ RadiantSrLiving on Twitter
- ♦ Pinterest.com/radiantsrliving
- ♦ Radiant Senior Living on YouTube

Happy St. Patrick’s Day everyone! Take note:
“Never iron a four-leaf clover because
you don’t want to press your luck!”

March Birthdays!

march



AQUAMARINE

We wish you a Very Happy Birthday!

- Bob, 3-3
- Ed, 3-3
- Linda, 3-7
- Dorris, 3-10
- Loya, 3-17
- Donna, 3-19
- Martha, 3-24
- Rita, 3-25



Best Birthday Wishes to our F.S. Team Members!!

Resident Spotlight! “Joanie”

Let us introduce you to one of our long-time residents, Joanie! You can tell what she is like just by looking at her picture. She has a smile for everyone, is good hearted, and makes everyone smile and laugh with joy. She is kind-hearted, compassionate, and a sure delight to be around.

She has always enjoyed the arts; including singing, drawing, and painting. She likes to join in on as many activities as she can! She is a kind person—lways wanting to learn other’s stories and share her own. Joanie has traveled, and lived, around the world. She has been on many adventures; one being a teacher in South Central L.A. She enjoys life and makes you enjoy it with her!



Staff Spotlight!

Hayley



Our Radiant Team Member of the Month is the lovely Hayley.

Her peers greatly admire her and commented that she is: "awesome," "amazing," "beyond amazing," "a joy to work with," "a great example for us to follow," and is one with "an amazing eye and intuition."

Hayley is a hard worker, goes above and beyond for our residents, is efficient at her work, knows our residents well, and is amazing at getting her responsibilities accomplished.

Hayley, you are greatly appreciated by your residents and peers. Thank you for making Farmington Square Radiant!!

Congratulations on being the Team Member for the Month of March!



March 2019

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|--|--|
| Notes: <ul style="list-style-type: none">Evening Activities are available in Cottage B from 5:00p- 7:00pActivity using iN2L*Please join us! All Cottages are open for you to participate in the Activites. (A) Cottage A (B) Cottage B (C) Cottage C | | | | | ¹ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 11:00 Church Guys (B) 12:30 Game: Yahtzee (all) 1:30 Card Game: Skip-Bo (all) 2:00 Snacktivity: Snack & Story* (A,B) 3:30 Creative Arts: Adult coloring (all) 4:00 Exercise Fun* (A) | ² 9:00 Exercise Fun* (A,B) 10:00 Creative Arts (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Sensory Skills* (all) 2:00 Snacktivity: Sing-a-long* (A,B) 2:30 Game: Yahtzee (all) 3:30 Resident-Focused Visits/1:1* 4:00 Exercise Fun* (A) |
| ³ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack and iN2L* (A,B) 12:30 Word Puzzle Games* (all) 1:30 Game: Yahtzee (all) 2:00 Snacktivity: Snack & Story* (A,B) 2:15 Sunday Drive 3:30 Resident-Focus Visits/1:1* (A,B) 4:00 Exercise Fun (A) | ⁴ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 Game: Domino's (all) 1:45 - 2:45 Special Guests: St. Paul Middle Schoolers will be coming to participate in Activities with us!! Come Join Us in <u>Cottage C</u> 4:00 Exercise Fun* (A) | ⁵ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Travel* (A,B) 10:00 Travel: Expedition Unknown!* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Card Game: Skip-Bo (all) 2:00 Snacktivity: Snack & Suzie-Q*(A,B) 2:30 Game: Tuesday is for Trivia* (all) 3:00 Pretty Nails & Manicures (A) 4:00 Exercise Fun* (A) | ⁶ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Adult Coloring* (all) 12:30 Word Puzzle Games* (all) 1:00 Creative Arts* (A,B) 2:00 Snacktivity: Snack & Story* (A,B) 2:30 Birthday Social (B,C) 3:30 Card Game: Penny Ante (A,B) 4:00 Exercise Fun* (A) | ⁷ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Thursday is for Trivia* (all) 2:00 Snacktivity: Snack & Music* (A,B) 2:00 Music: Piano with Steven (B) 3:00 Pretty Nails & Manicures (B) 4:00 Exercise Fun* (A) 6:00 Music: Singer Julie (B) | ⁸ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L*(A,B) 11:00 Church Guys (B) 12:30 Game: Yahtzee (all) 1:30 Card Game: Crazy Two's (all) 3:30 Creative Arts: Adult coloring (all) 4:00 Exercise Fun* (A) <i>2:00 F.S.E Team/Staff Meeting (C)</i> | ⁹ 9:00 Exercise Fun* (A,B) 10:00 Creative Arts (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Sensory Skills* (all) 2:00 Snacktivity: Sing-a-long* (A,B) 2:30 Game: Yahtzee (al) 3:30 Resident-Focused Visits/1:1* (B,C) 4:00 Exercise Fun* (A) |
| ¹⁰ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack and iN2L* (A,B) 12:30 Word Puzzle Games* (all) 1:30 Game: Yahtzee (all) 2:00 Snacktivity: Snack & Story* (A,B) 2:15 Sunday Drive 3:30 Resident-Focus Visits/1:1* (C,A) 4:00 Exercise Fun (A) | ¹¹ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Music (A,B) 10:00 Singer: Hannah (C) 12:30 Game: Domino's (all) 1:30 Floral Arranging (B,C) 2:00 Snacktivity: Snack &Story* (A,B) 2:15 Scenic Drive 3:30 Card Game: Crazy Two's (all) 4:00 Exercise Fun* (A) | ¹² 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Travel* (A,B) 10:00 Travel: Expedition Unknown!* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Card Game: "NEW" Scrabble (C) 2:00 Snacktivity: Snack & Suzie-Q*(A,B) 2:30 Game: Tuesday is for Trivia* (all) 3:00 Pretty Nails & Manicures (C) 4:00 Exercise Fun* (A) | ¹³ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Adult Coloring* (all) 12:30 Word Puzzle Games* (all) 1:00 Creative Arts* (A,B) 2:00 Snacktivity: Snack & Music (A,B) 2:30 Piano Player: Basil (C) 3:30 Card Game: Penny Ante (A,B) 4:00 Exercise Fun* (A) | ¹⁴ 9:00 Exercise Fun* (A,B) 10:00 Pretty Nails/Manicures (A) 10:30 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) Special Event: St. Patricks Day Party Cottage C 5-7pm | ¹⁵ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 11:00 Church Guys (B) 12:30 Game: Yahtzee (all) 1:30 Card Game: Skip-Bo (all) 2:00 Snacktivity: Snack & Story* (A,B) 3:30 Creative Arts: Adult coloring (all) 4:00 Exercise Fun* (A) | ¹⁶ 9:00 Exercise Fun* (A,B) 10:00 Creative Arts (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Sensory Skills* (all) 2:00 Snacktivity: Sing-a-long* (A,B) 2:30 Game: Yahtzee (all) 3:30 Resident-Focused Visits/1:1* (B,C) 4:00 Exercise Fun* (A) |
| ¹⁷ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack and iN2L* (A,B) 12:30 Word Puzzle Games* (all) 2:00 ST. Patricks Day Social (all) 3:30 Game: Yahtzee (all) 4:00 Exercise Fun (A) | ¹⁸ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L*(A,B) 12:30 Game: Domino's (all) 1:30 Floral Arranging (B,C) 2:00 Snacktivity: Snack & Story* (A,B) 2:15 Scenic Drive 3:30 Card Game: Crazy Two's (all) 4:00 Exercise Fun* (A) | ¹⁹ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Travel* (A,B) 10:00 Travel: Expedition Unknown!* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Card Game: Skip-Bo (all) 2:00 Snacktivity:Snack & Suzie-Q *(A,B) 2:30 Game: Tuesday is for Trivia* (all) 3:00 Pretty Nails & Manicures (A) 4:00 Exercise Fun* (A) 6:00 Music: Singer Julie (B) | ²⁰ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Adult Coloring* (all) 12:30 Word Puzzle Games* (all) 1:00 Creative Arts* (A,B) 2:00 Snacktivity: Snack & Basil on Piano (A) 3:30 Card Game: Penny Ante (A,B) 3:30 Resident Council (C) 4:00 Exercise Fun* (A) | ²¹ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Thursday is for Trivia* (all) 2:00 Snacktivity: Snack & Music* (A,B) 2:30 Sensory Skillls* (all) 3:00 Pretty Nails & Manicures (B) 4:00 Exercise Fun* (A) | ²² 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 11:00 Church Guys (B) 12:30 Game: Yahtzee (all) 1:30 Snacktivity: Snack & Music (A,B) 1:30 Music with Simple Harmonies (C) 3:30 Creative Arts: Adult coloring (all) 4:00 Exercise Fun* (A) | ²³ 9:00 Exercise Fun* (A,B) 10:00 Creative Arts (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Sensory Skills* (all) 2:00 Snacktivity: Sing-a-long* (A,B) 2:30 Game: Yahtzee (all) 3:30 Resident-Focused Visits/1:1* (B,C) 4:00 Exercise Fun* (A) |
| ^{24th & 31st} 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack and iN2L* (A,B) 12:30 Word Puzzle Games* (all) 1:30 Game: Yahtzee (all) 2:00 Snacktivity: Snack & Story* (A,B) 2:15 Sunday Drive 3:30 Resident-Focus Visits/1:1* (C,A) 4:00 Exercise Fun (A) | ²⁵ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Music (A,B) 10:00 Singer: Hannah (A) 12:30 Game: Domino's (all) 1:30 Floral Arranging (B,C) 2:00 Snacktivity: Snack & Story* (A,B) 2:15 Scenic Drive 3:30 Card Game: Crazy Two's (all) 4:00 Exercise Fun* (A) | ²⁶ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Travel* (A,B) 10:00 Travel: Expedition Unknown!* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Music: Memory Tones (A) 3:30 Pretty Nails & Manicures (C) 4:00 Exercise Fun* (A) <i>2:00 F.S.E Team/Staff Meeting (C)</i> | ²⁷ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Adult Coloring*(all) 12:30 Word Puzzle Games* (all) 1:00 Creative Arts* (A,B) 2:00 Snacktivity: Snack & Story* (A,B) 2:30 Game: Trivia* (all) 3:30 Card Game: Penny Ante (A,B) 4:00 Exercise Fun* (A) | ²⁸ 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Thursday is for Trivia* (all) 2:00 Snacktivity: Snack & Music* (A,B) 2:00 Music: Piano with Steven (B) 3:00 Pretty Nails & Manicures (A) 4:00 Exercise Fun* (A) | ²⁹ 8:45 Beauty & Grooming (A,B) 9:00 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 11:00 Church Guys (B) 12:30 Game: Yahtzee (all) 1:30 Card Game: Crazy Two's (all) 2:00 Snacktivity: Snack & Story*(A,B) 3:30 Creative Arts: Adult coloring (all) 4:00 Exercise Fun* (A) | ³⁰ 9:00 Exercise Fun* (A,B) 10:00 Creative Arts (A,B) 10:00 Snacktivity: Snack & iN2L* (A,B) 12:30 B-I-N-G-O*(B,C) 1:00 (A) 1:30 Sensory Skills* 2:00 Snacktivity: Sing-a-long* (A,B) 2:30 Game: Yahtzee 3:30 Resident-Focused Visits/1:1* (A,B) 4:00 Exercise Fun* (A) |