



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

##### Wellness Nurses

Nona McDowell

April Preston

##### Dining Services Director

Margaret Tepovac

##### Maintenance Director

Kim Williams

##### Life Enrichment Director

Dawn Rand

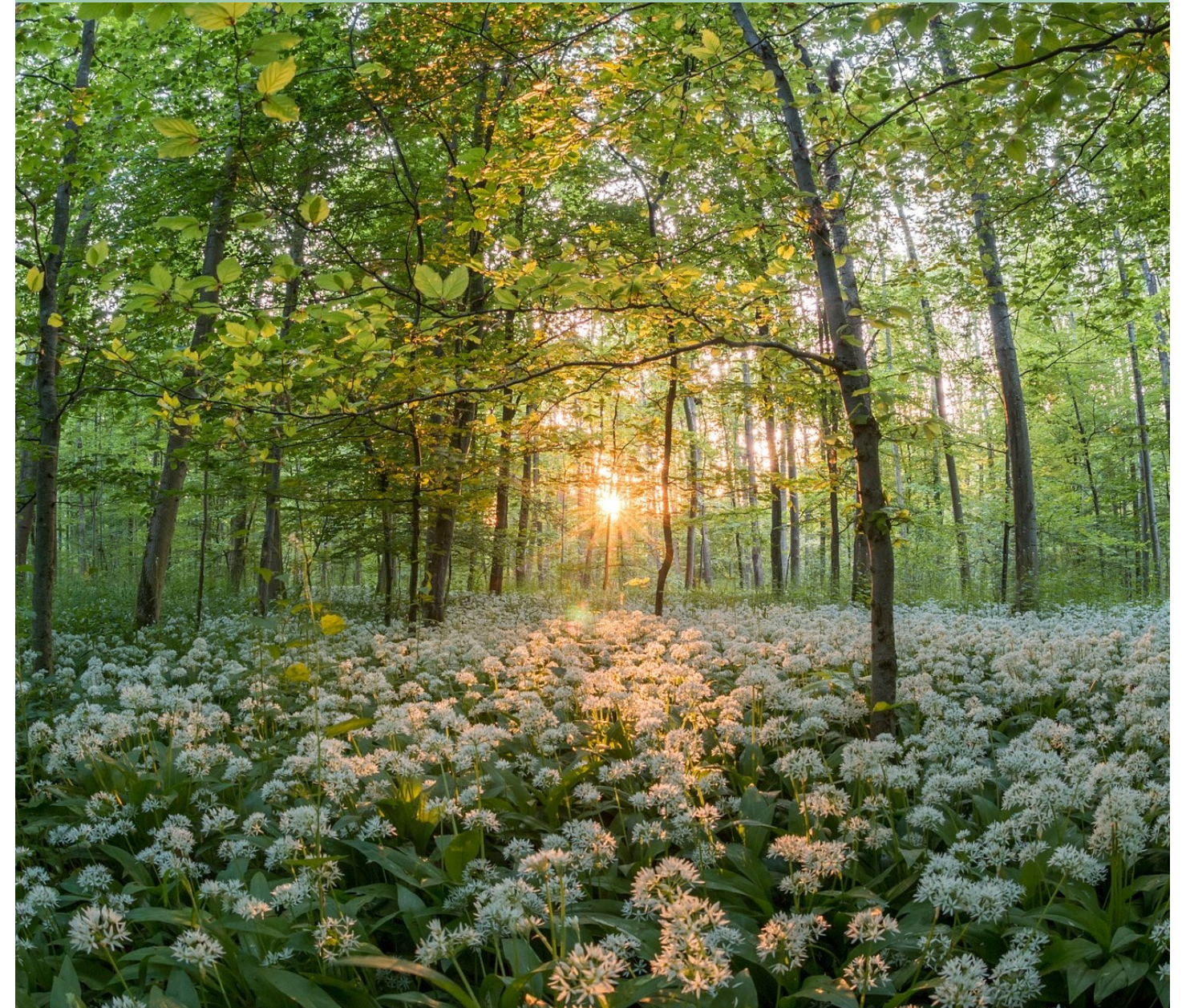
Contact us at:  
**541-770-9080**



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

# The Farmington Times

## Farmington Square Memory Care Newsletter



### March 2019

2 Senior Eye Wellness  
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](http://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!

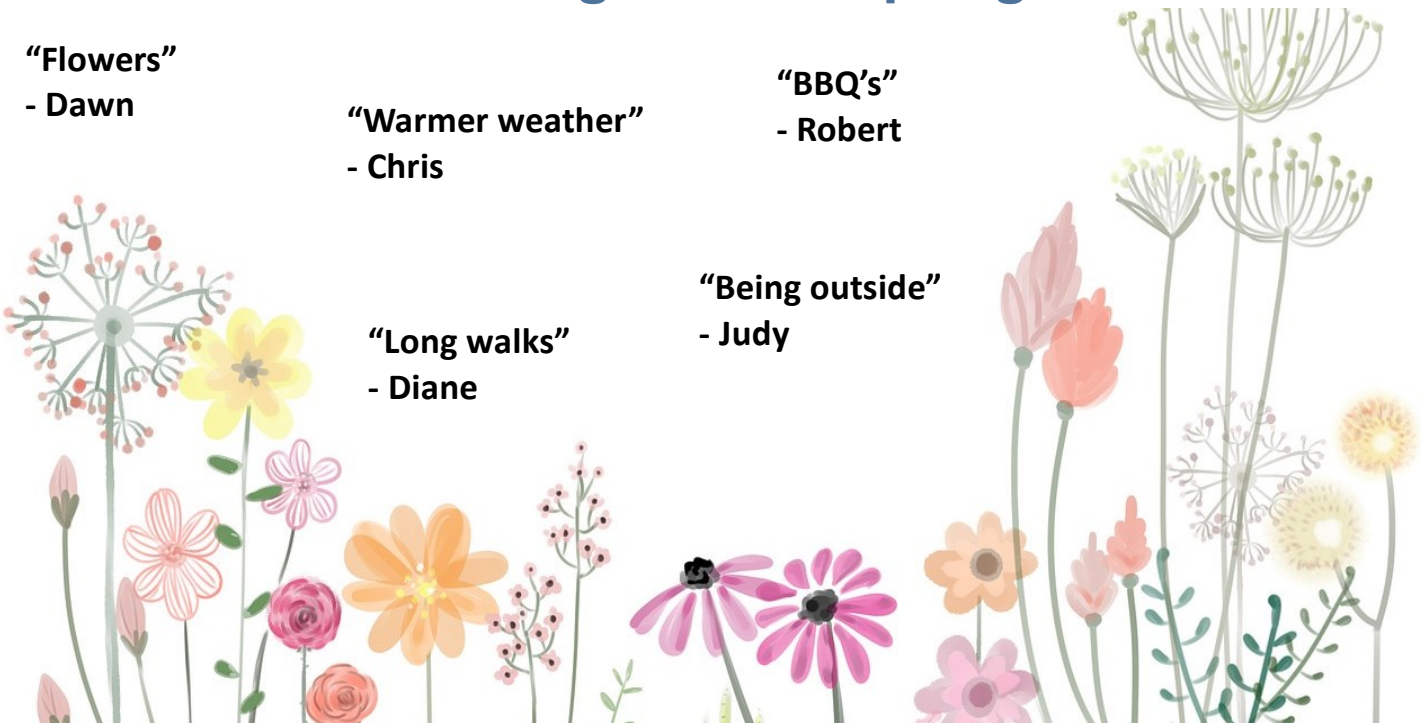
**"Flowers"**  
- Dawn

**"Warmer weather"**  
- Chris

**"BBQ's"**  
- Robert

**"Long walks"**  
- Diane

**"Being outside"**  
- Judy





# March Highlights

- March 1: Ice Cream Outing @3:00
- March 4: Scenic Drive @ 3:00
- March 5: Bob Isom @ 3:00
- March 11: Heart & Hope @ 3:00
- March 13: Louis Faro @ 2:30
- March 15: Kathy Kali @ 2:00
- March 16: Spring Luncheon featuring "Elvis" @ 12:00
- March 20: Heritage Fellowship @ 3:00
- March 21: March Birthday Party & Tracy Davy @ 2:30
- March 24: Pet Therapy @ 2:00
- March 25: Heart & Hope @ 3:00
- March 29: David Christian @ 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

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!

- Paul J, 3 -2
- Joe L, 3 -2
- Katy P, 3 -10
- Margaret R, 3 -20
- Fenunuivao, 3 -6
- Jesica N, 3 -9
- Brandi B, 3 -10
- Shayne P, 3-30
- Kim W, 3-31



## Resident Spotlight! Robert

Meet Robert, our March resident of the month. Robert and his dog Hannah have lived at Farmington Square for about a year.

Robert enjoys the many activities featured at Farmington Square. Robert especially loves playing bingo and going on all the outings.

In his spare time he enjoys adult coloring with a great cup of coffee.



## Staff Spotlight! Shayne

Meet Shayne, our team member of the month. Shayne has always enjoyed working hard and being reliable because it makes her feel successful. Her grandfather always taught her that if she wanted something that she needed to work for it and that has always stuck with her. Her family and work have always been the most important things to her. That is why she chose to work at Farmington Square, a family-oriented atmosphere that strives for success.



# March 2019

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| Sun   | Mon   | Tue  | Wed  | Thu   | Fri   | Sat  |
|---|---|--|--|---|---|--|
| March 31<br>9:30 Beautiful You<br>11:30 Busy Bees<br>1:00 Church / Hymns<br>2:00 News & Coffee<br>3:00 Sunday Strolls<br>4:00 Table Games | Daily Activities:<br>10:30 Snacktivity<br>1:00 Afternoon Strolls or Touch Ups<br>2:30 Snacktivity<br>5:00 Music Appreciation<br>*Schedule Subject to Change | Resident Birthdays:<br><br>March 2: Paul J<br>March 2: Joe L<br>March 10: Katy P<br>March 20: Margaret R   | Employee Birthdays:<br><br>March 6: Fenunuivao M<br>March 9: Jessica N.<br>March 10: Brandi B<br>March 30: Shayne P<br>March 31: Kim W               |   | 1<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Ice Cream Drive<br>4:00 One on One     | 2<br>9:30 Beautiful You<br>11:30 Morning Exercise<br>1:00 Reading Circle<br>2:30 Afternoon Strolls<br>3:30 Table Games<br>4:30 Classic Movies  |
| 3<br>9:30 Beautiful You<br>11:30 Busy Bees<br>1:00 Church / Hymns<br>2:00 News & Coffee<br>3:00 Sunday Strolls<br>4:00 Table Games        | 4<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Scenic Drive<br>4:00 One on One                | 5<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Bob Isom<br>4:00 One on One               | 6<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Fancy Fingers<br>4:00 One on One        | 7<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Sensory Play<br>4:00 One on One      | 8<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Sing A Long<br>4:00 One on One         | 9<br>9:30 Beautiful You<br>11:30 Morning Exercise<br>1:00 Reading Circle<br>2:30 Afternoon Strolls<br>3:30 Table Games<br>4:30 Classic Movies  |
| 10<br>9:30 Beautiful You<br>11:30 Busy Bees<br>1:00 Church / Hymns<br>2:00 News & Coffee<br>3:00 Sunday Strolls<br>4:00 Table Games       | 11<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Heart & Hope<br>4:00 One on One               | 12<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Fancy Fingers<br>4:00 One on One         | 13<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:30 Louis Faro<br>4:00 One on One<br>5:00 Music Appreciation          | 14<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Sensory Play<br>4:00 One on One     | 15<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Kathy Kali<br>3:15 Sm Group Activity<br>4:00 One on One          | 16<br>9:30 Beautiful You<br>11:30 Morning Exercise<br>12:00 Spring Luncheon featuring “Elvis”<br>3:30 Table Games<br>4:30 Classic Movies       |
| 17<br>9:30 Beautiful You<br>11:30 Busy Bees<br>1:00 Church / Hymns<br>2:00 News & Coffee<br>3:00 Sunday Strolls<br>4:00 Table Games       | 18<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Fancy Fingers<br>4:00 One on One              | 19<br>9:30 Beautiful You<br>10:30 St. Patrick’s Party<br>12:00 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Afternoon Exercise<br>4:00 One on One | 20<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Heritage Fellowship<br>4:00 One on One | 21<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:30 March Birthday Party<br>3:00 Tracy Davy<br>4:00 One on One     | 22<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Balloon Volleyball<br>4:00 One on One | 23<br>9:30 Beautiful You<br>11:30 Morning Exercise<br>1:00 Reading Circle<br>2:30 Afternoon Strolls<br>3:30 Table Games<br>4:30 Classic Movies |
| 24<br>9:30 Beautiful You<br>11:30 Busy Bees<br>1:00 Church / Hymns<br>2:00 Pet Therapy<br>3:00 Sunday Strolls<br>4:00 Table Games         | 25<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Heart & Hope<br>4:00 One on One               | 26<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Fancy Fingers<br>4:00 One on One         | 27<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Men’s Group<br>4:00 One on One         | 28<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 Resident Council<br>4:00 One on One | 29<br>9:30 Beautiful You<br>10:45 Morning Exercise<br>11:45 Reading Circle<br>2:00 Sm. Group Activity<br>3:00 David Christian<br>4:00 One on One    | 30<br>9:30 Beautiful You<br>11:30 Morning Exercise<br>1:00 Reading Circle<br>2:30 Afternoon Strolls<br>3:30 Table Games<br>4:30 Classic Movies |



# March 2019

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| Sun   | Mon   | Tue   | Wed  | Thu   | Fri  | Sat  |
|---|---|---|--|---|--|--|
| March 31<br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Church / Hymns<br>1:30 Bingo<br>3:30 Coffee & News<br>4:00 One on One      | <b>Daily Activities:</b><br>10:30 Snacktivity<br>1:00 Afternoon Strolls<br>2:30 Snacktivity<br>5:00 Music Appreciation<br><br>*Schedule Subject to Change | <b>Resident Birthdays:</b><br><br>March 2: Paul J<br>March 2: Joe L<br>March 10: Katy P<br>March 20: Margaret R                       | <b>Employee Birthdays:</b><br><br>March 6: Fenunuivao M<br>March 9: Jessica N<br>March 10: Brandi B<br>March 30: Shayne P<br>March 31: Kim W         |   | <sup>1</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Simply Stretch<br>1:45 Bingo<br>3:00 Wii Bowling<br>4:30 One on One             | <sup>2</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Time<br>11:00 Sit & Be Fit<br>1:45 Bingo<br>3:00 Classic Movie<br>5:00 Music Appreciation        |
| <sup>3</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Church / Hymns<br>1:30 Bingo<br>3:30 Coffee & News<br>4:00 One on One  | <sup>4</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Time<br>11:00 Chair Boxing<br>1:45 Bingo<br>3:00 Fancy Fingers<br>4:30 One on One                   | <sup>5</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Chair Tai Chi<br>1:45 Bingo<br><b>3:00 Bob Isom</b><br>4:30 One on One | <sup>6</sup><br>9:30 Daily Chronicles<br>10:00 Name 5 Game<br>11:00 Chair Salsa<br>1:45 Bingo<br>3:00 Balloon Volley<br>4:30 One on One              | <sup>7</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Thursday<br>11:00 One on One<br>1:45 Bingo<br>3:00 Wii Bowling<br>4:30 Book Club                          | <sup>8</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Simply Stretch<br>1:45 Bingo<br><b>3:00 Orange Julius</b><br>4:30 One on One    | <sup>9</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Time<br>11:00 Sit & Be Fit<br>1:45 Bingo<br>3:00 Classic Movie<br>5:00 Music Appreciation        |
| <sup>10</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Church / Hymns<br>1:30 Bingo<br>3:30 Coffee & News<br>4:00 One on One | <sup>11</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Time<br>11:00 Chair Boxing<br>1:45 Bingo<br><b>3:00 Heart &amp; Hope</b><br>4:30 One on One        | <sup>12</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Chair Tai Chi<br>1:45 Bingo<br>3:00 Fancy Fingers<br>4:30 One on One  | <sup>13</sup><br>9:30 Daily Chronicles<br>10:00 Name 5 Game<br>11:00 Chair Salsa<br>1:00 Bingo<br><b>2:30 Louis Faro</b><br>4:30 One on One          | <sup>14</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Thursday<br>11:00 One on One<br>1:45 Bingo<br>3:00 Balloon Volley<br>4:30 Book Club                      | <sup>15</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Simply Stretch<br><b>2:00 Kathy Kali</b><br>3:30 Bingo<br>4:30 One on One      | <sup>16</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Time<br><b>12:00 Spring Luncheon featuring “Elvis”</b><br>3:30 Bingo<br>5:00 Music Appreciation |
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| <sup>24</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Church / Hymns<br>1:30 Bingo<br>3:30 Coffee & News<br>4:00 One on One | <sup>25</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Time<br>11:00 Chair Boxing<br>1:45 Bingo<br><b>3:00 Heart &amp; Hope</b><br>4:30 One on One        | <sup>26</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Chair Tai Chi<br>1:45 Bingo<br>3:00 Fancy Fingers<br>4:30 One on One  | <sup>27</sup><br>9:30 Daily Chronicles<br>10:00 Name 5 Game<br>11:00 Chair Salsa<br>1:45 Bingo<br>3:00 Men’s Group<br>4:30 One on One                | <sup>28</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Thursday<br>11:00 One on One<br>1:45 Bingo<br>3:00 Resident Council<br>4:30 Book Club                    | <sup>29</sup><br>9:30 Daily Chronicles<br>10:00 Card-O<br>11:00 Simply Stretch<br>1:45 Bingo<br><b>3:00 David Christian</b><br>4:30 One on One | <sup>30</sup><br>9:30 Daily Chronicles<br>10:00 Trivia Time<br>11:00 Sit & Be Fit<br>1:45 Bingo<br>3:00 Classic Movie<br>5:00 Music Appreciation       |