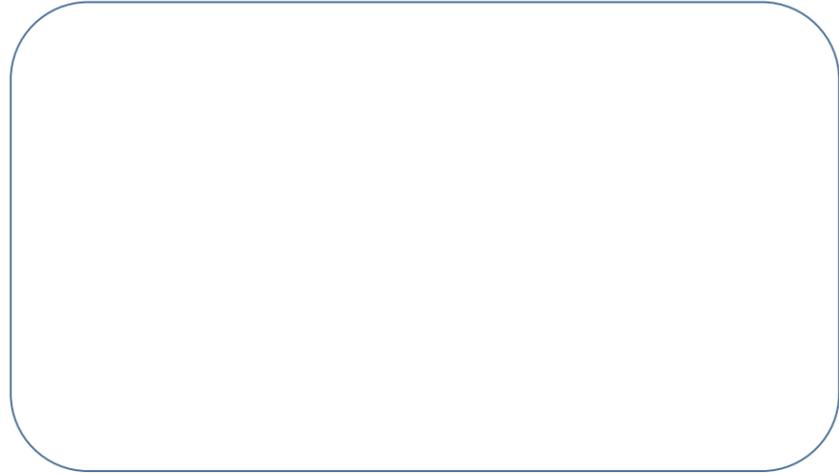




1530 Poplar Dr.
Medford, OR 97504

Stamp
Here



Administrative Team:

Executive Director

Diana Rushing

Wellness Directors

Chelsea Terrill

Michelle Yetter

Business Office Director

Marrie Reinhardt

Wellness Nurse

Holly Van Dyk

Dining Services Director

Margaret Tepovac

Maintenance Director

Kim Williams

Life Enrichment Director

Dawn Rand

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



April 2019

2 Gardening Benefits
3 Resident/Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Animal Haikus
8 Mission & Team

Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



beyond the garden for learning. Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

Special Moments



Haikus About Our Favorite Animals

"Tabby cat purring
Gleaming eyes, smiling with ease
Cat made of orange"
- Dawn

"Green and speckled frog
Hop on land and lily pads
Splash in cool water"
- Diana

*April celebrates animals and haikus so we paired the two!
The haiku is a Japanese verse.
Line one has 5 syllables, line 2 has 7 syllables, and line three has 5 syllables.*

"The birds have arrived
It looks like spring in the air
The birds sing a song"
- Marrie

"The dog plays all day
She's master of the house
She will rule your world"
- Jennifer

"Crocodiles smiling
Piercing sharp incisors
Green scales shimmering"
- Margaret

April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

4-1 Spring Drive @ 3:00

4-2 Bob Isom @ 3:00

4-8 Heart & Hope Music @ 3:00

4-9 Healing Harp @ 3:00

4-15 French Fry Drive @ 3:00

4-17 Heritage Fellowship @ 3:00

4-18 Tracy Davy @ 3:00

4-22 Heart & Hope Music @ 3:00

4-30 David Christian @ 3:00

We're online @

- ◆ Facebook.com/FarmingtonSquareMedford
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsriving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsriving
- ◆ Radiant Senior Living on YouTube

**Why are people exhausted on April 1st?
Because they just finished a 31-day March!**

April Birthdays!



We wish you a Very Happy Birthday!

Irene M, 4 - 5

Kalesta M, 4 - 8

Donald W, 4 - 9

Michelle Y, 4 - 12

Bryan B, 4 - 14

Marilyn L, 4 - 17

Danielle D, 4 - 17

Tessa B, 4-22

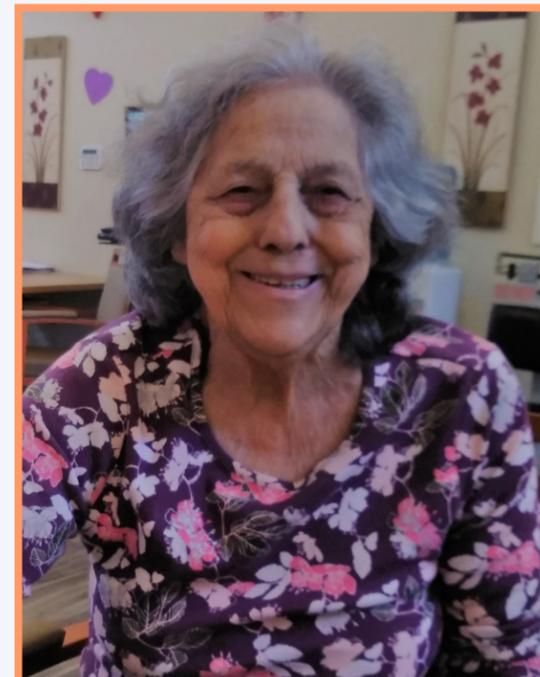
Resident Spotlight!

Kitty

Kitty has made Farmington Square her home now for about a year. Before she retired, Kitty worked as a nurse. She loved that job because she really enjoyed helping people.

Kitty enjoys watching game shows on TV and enjoys most table games, especially Poker.

Kitty is very social and enjoys visiting with other residents and staff and enjoys playing with the community dog, Peaches.



Staff Spotlight!

Holly

Introducing our new nurse, Holly. She is originally a Washington native but moved to the Southern Oregon Valley last year and she absolutely loves it here. She is a mom to one human child and four fur babies. Her favorite dogs are Corgis and she has one named Luna! Holly has been a nurse for a decade and her passion is helping people in her community. In her spare time, Holly likes to go to the coast for crabbing, cook up fancy meals for her loved ones and play with all the animals. Holly is so excited to be joining the family at Farmington Square Medford.

April 2019

Farmington Square • 1530 Poplar Drive Medford, OR 97504 • 541-770-9080

Cottage A & B

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3	4	5	6
	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Spring Drive 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Bob Isom 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Balloon Volleyball 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing A Long 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:30 Morning Exercise 1:00 Reading Circle 2:00 Afternoon Strolls 2:30 Snacktivity 3:30 Table Games 4:30 Classic Movies
7	8	9	10	11	12	13
9:30 Beautiful You 10:30 Snacktivity 11:30 Busy Bees 1:00 Church / Hymns 2:00 News & Coffee 2:30 Snacktivity 3:00 Sunday Strolls 4:00 Table Games	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Heart & Hope Music 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Healing Harp 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Building Blocks 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sensory Play 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:30 Morning Exercise 1:00 Reading Circle 2:00 Pet Therapy 2:30 Snacktivity 3:30 Table Games 4:30 Classic Movies
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9:30 Beautiful You 10:30 Snacktivity 11:30 Busy Bees 1:00 Church / Hymns 2:00 News & Coffee 2:30 Snacktivity 3:00 Sunday Strolls 4:00 Table Games	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 French Fry Drive 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 A Beautiful Song 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Heritage Fellowship 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 April B-day Party 3:00 Tracy Davy 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Easter Craft 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:30 Morning Exercise 1:00 Reading Circle 2:00 Afternoon Strolls 2:30 Snacktivity 3:30 Table Games 4:30 Classic Movies
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9:30 Beautiful You 10:30 Snacktivity 11:30 Busy Bees 1:00 Church / Hymns 2:00 News & Coffee 2:30 Snacktivity 3:00 Sunday Strolls 4:00 Table Games	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Heart & Hope Music 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Balloon Volleyball 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Men's Group 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sensory Play 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:30 Morning Exercise 1:00 Reading Circle 2:00 Afternoon Strolls 2:30 Snacktivity 3:30 Table Games 4:30 Classic Movies
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9:30 Beautiful You 10:30 Snacktivity 11:30 Busy Bees 1:00 Church / Hymns 2:00 Pet Therapy 2:30 Snacktivity 3:00 Sunday Strolls 4:00 Table Games	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Resident Council 4:00 One on One 5:00 Music Appreciation	9:30 Beautiful You 10:30 Snacktivity 11:45 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 David Christian 4:00 One on One 5:00 Music Appreciation		Resident Birthdays: April 5, Irene M. April 9, Donald W. April 17, Marilyn L.	Employee Birthdays: April 8, Kalesta MJ April 12, Michelle Y. April 14, Bryan B. April 17, Danielle D. April 22, Tessa B.	
			*Schedule Subject to Change			

April 2019

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Cottage C & D

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	9:30 Daily Chronicle 10:00 Trivia Time 10:30 Snacktivity 11:00 Chair Boxing 1:45 Bingo 2:30 Snacktivity 3:00 Wii Bowling 4:30 One on One	9:30 Daily Chronicle 10:00 Card-O 10:30 Snacktivity 11:00 Chair Tai Chi 1:45 Bingo 2:30 Snacktivity 3:00 Bob Isom 4:30 One on One	9:30 Daily Chronicle 10:00 Name 5 Game 10:30 Snacktivity 11:00 Chair Salsa 1:45 Bingo 2:30 Snacktivity 3:00 Fancy Fingers 4:30 One on One	9:30 Daily Chronicle 10:00 Trivia Thursday 10:30 Snacktivity 11:00 One on One 1:45 Bingo 2:30 Snacktivity 3:00 Balloon Tennis 4:30 Book / Mag Club	9:30 Daily Chronicle 10:00 Card-O 10:30 Snacktivity 11:00 Simply Stretch 1:30 Dollar Tree 2:30 Snacktivity 3:00 Bingo 4:30 One on One	9:30 Daily Chronicle 10:00 Trivia Time 10:30 Snacktivity 11:00 Sit & Be Fit 1:45 Bingo 2:30 Snacktivity 3:00 Classic Movie 5:00 Music Appreciation
7	8	9	10	11	12	13
9:30 Daily Chronicle 10:00 Card-O 10:30 Snacktivity 11:00 Church / Hymns 1:30 Bingo 2:30 Snacktivity 3:30 Coffee & News 4:00 One on One	9:30 Daily Chronicle 10:00 Trivia Time 10:30 Snacktivity 11:00 Chair Boxing 1:45 Bingo 2:30 Snacktivity 3:00 Heart & Hope 4:30 One on One	9:30 Daily Chronicle 10:00 Card-O 10:30 Snacktivity 11:00 Chair Tai Chi 1:45 Bingo 2:30 Snacktivity 3:00 Healing Harp 4:30 One on One	9:30 Daily Chronicle 10:00 Name 5 Game 10:30 Snacktivity 11:00 Chair Salsa 1:45 Bingo 2:30 Snacktivity 3:00 Fancy Fingers 4:30 One on One	9:30 Daily Chronicle 10:00 Trivia Thursday 10:30 Snacktivity 11:00 One on One 1:45 Bingo 2:30 Snacktivity 3:00 Sing A Long 4:30 Book / Mag Club	9:30 Daily Chronicle 10:00 Card-O 10:30 Snacktivity 11:00 Simply Stretch 1:30 Frosty's Outing 2:30 Snacktivity 3:00 Bingo 4:30 One on One	9:30 Daily Chronicle 10:00 Trivia Time 10:30 Snacktivity 11:00 Sit & Be Fit 1:45 Bingo 2:30 Snacktivity 3:00 Classic Movie 5:00 Music Appreciation
14	15	16	17	18	19	20
9:30 Daily Chronicle 10:00 Card-O 10:30 Snacktivity 11:00 Church / Hymns 1:30 Bingo 2:30 Snacktivity 3:30 Coffee & News 4:00 One on One	9:30 Daily Chronicle 10:00 Trivia Time 10:30 Snacktivity 11:00 Chair Boxing 1:45 Bingo 2:30 Snacktivity 3:00 Wii Bowling 4:30 One on One	9:30 Daily Chronicle 10:00 Card-O 10:30 Snacktivity 11:00 Chair Tai Chi 1:45 Bingo 2:30 Snacktivity 3:00 A Beautiful You 4:30 One on One	9:30 Daily Chronicle 10:00 Name 5 Game 10:30 Snacktivity 11:00 Chair Salsa 1:45 Bingo 2:30 Snacktivity 3:00 Heritage Fellowship 4:30 One on One	9:30 Daily Chronicle 10:00 Trivia Thursday 10:30 Snacktivity 11:00 One on One 1:45 Bingo 2:30 April B-day Party 3:00 Tracy Davy 4:30 Book / Mag Club	9:30 Daily Chronicle 10:00 Card-O 10:30 Snacktivity 11:00 Simply Stretch 1:45 Bingo 2:30 Snacktivity 3:00 Easter Craft 4:30 One on One	9:30 Daily Chronicle 10:00 Trivia Time 10:30 Snacktivity 11:00 Sit & Be Fit 1:45 Bingo 2:30 Snacktivity 3:00 Classic Movie 5:00 Music Appreciation
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