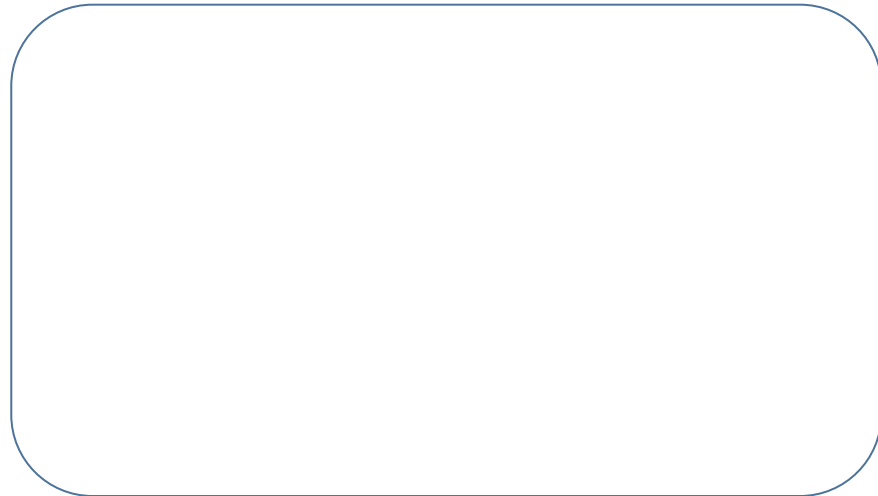




960 Boone Rd. SE
Salem, OR 97306

Stamp
Here



Administrative Team

Margo Garibay
Executive Director
Sarah Shipley
Asst. Executive Director
Byron Loosli
Community Relations Director
Mari G./ Felicia C.
Wellness Directors
Shelly Kesterson
Business Office Director
Rebecca H./ Melissa H.
Wellness Nurse
Mark Alexander
Dining Services Director
Nels Esselstrom
Maintenance Director
Amanda Bell
Life Enrichment Director

503-363-2273

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



Farmington Square Salem News

Assisted & Memory Care Newsletter



May 2019 910/920

**2 Skin Protection Practices
3 Resident & Team Spotlight
4/5 Activities Calendar**

**6 Highlights, Social Media, Birthdays
7 Special Moments & Fitness Favorites
8 Mission & Team**

Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels.

But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments at the Tulip Farm!



Our Favorite Fitness Activities

"Bowling"
- Frank D.

"Volley Ball"
- Margo G.

"Swimming"
- Melissa H.

"Tennis"
- Byron L.

"Fishing"
- George C.

Senior Health & Fitness Day is on May 28. Our residents and team members sound off on ways they enjoy being active.

May Highlights

May is Get Caught Reading Month
and Military Appreciation Month

- 01 Chocolate Parfait Day
- 02 Truffle Day
- 03 Garden Meditation Day
- 04 Bird Day
- 05 Hoagie Day
- 06 Nurses Day
- 07 Teacher Appreciation Day
- 08 Receptionists Day
- 09 Butterscotch Brownie Day
- 10 Shrimp Day
- 11 Mini Golf Day
- 12 Mother's Day
- 13 Fruit Cocktail Day
- 14 Dance Like a Chicken Day
- 15 Chocolate Chip Day
- 16 Love a Tree Day
- 17 Endangered Species Day
- 18 Armed Forces Day
- 19 Devil's Food Cake Day

- 20 Pick Strawberries Day
- 21 Waitstaff Day
- 22 Vanilla Pudding Day
- 23 Lucky Penny Day
- 24 Scavenger Hunt Day
- 25 Tap Dance Day
- 26 Blueberry Cheesecake Day
- 27 Memorial Day
- 28 Hamburger Day
- 29 Senior Health & Fitness Day
- 30 Water a Flower Day
- 31 Heat Awareness Day

We're online @

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

Happy Mother's Day to all the moms out there!

May Birthdays



We wish you a
Happy Birthday!



- Willie N. 940, 5 - 3
- Lyn R. 910, 5 - 7
- Gary H. 950, 5 - 17
- Verdie B. 950, 5 - 17

Resident Spotlight! Millie

We are so proud to announce that
Millie is our Resident the Month!

Millie has been with us for a few
months now and she is just a joy to
be around, always very social and
kind to others and even playing
piano for all to enjoy !
She shared that she grew up in
Redmond where she has fond
memories of riding bare back on
her horse Bonny with her little
brother Jimmy and has a love for
flowers and gardening.
Millie was also a Caregiver and so
she understands what we do and
takes time out her day to say how
much she appreciates us. We are
very honored to have Mille as part
of our family and to share in many
more memories together!



Staff Spotlight! Dawn-Amber

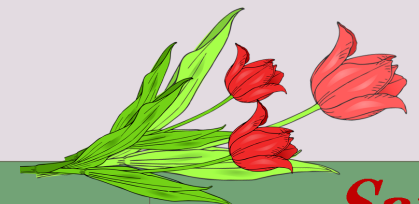
Farmington Square is so happy to
announce that Dawn-Amber is
our Staff member of the Month!



























Dawn has been a Med-Tech with
us for almost 4 years and always
works hard to make sure our
Residents are well taken care of.
She has also been going to school
for Engineering and Nursing in
hopes to become a Registered
Nurse one day , so she can
continue with her love for helping
those in need and seeing the
difference she makes in their
lives. Dawn is soft spoken but her
big heart always shines through!
Dawn is a valued employee and
we are grateful to have her as part
of our Farmington Square Team!
We look forward to watching her
grow in her gifts and see all her
dreams come true!





May 2019 Activities 910-920



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Happy Birthday! 5/3 Willie N. 940 5/7 Lyn R. 910 5/17 Gary H. 950 5/17 Verdie B. 950 Birthday Party 5/31 in 960	 Scenic Drives on Mondays 10:30a: Bldg 910,920,930,960 1:30p: Bldg 940,950	 Walking Group River Front Park Sign up for a seat on the bus! Tuesdays @ 9:30	1 9:30 Exercise 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Outside Walk 2:00 Coffee Filter Flowers 3:00 Snack & Chat 4:00 Hangman IN2L 	2 9:30 Morning Exercise 10:30 Scrabble 11:30 Sing a Long 1:30 Creative Coloring 2:00 Bingo in 960 3:00 Sit & Sip 4:00 Skip - Bo 	3 9:30 Exercise 10:30 Yahtzee 11:30 Current Events 1:30 Music Trivia 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Uno 	4 9:30 Chair Exercise 10:30 Ring Toss 11:30 American Trivia 1:30 Outside Stroll 2:00 Bingo in 950 3:00 Coffee & Reminisce 4:00 Skip - Bo
5 9:30 Exercise 10:30 Spiritual Songs 11:30 Festive Fan Craft 1:30 Afternoon Stroll 2:00 Church in 960 3:00 Snack & Devotions 4:00 Dominoes	6 9:30 Exercise 10:30 Scenic Drive 11:30 Scrabble 1:30 Afternoon Walk 2:00 Creative Coloring 3:00 Reminisce 4:00 Ring Toss 	7 9:30 Chair Exercise 10:30 Bingo in 910 11:30 Outside Stroll 1:30 Today in History 2:00 Bean Bag Toss 3:00 Snack & Chat 4:00 Yahtzee	8 9:30 Morning Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Outside Stroll 3:00 Sit & Sip 4:00 Wii Bowling 	9 9:30 Chair Exercise 10:30 Headbanz 11:30 Bean Bag Toss 1:30 Word Search 2:00 Bingo in 940 3:00 Snack & Chat 4:00 Card Games 	10 9:30 Chair Exercise 10:30 Sorry! 11:30 Ring Toss 1:30 Outside Walk 2:00 Manicures 3:00 Snack & Sing 4:00 Bean Bag Toss 	11 9:30 Exercise 10:30 Today in History 11:30 Bingo in 920 1:30 Afternoon Stroll 2:30 Sabbath Sing a Long / 960 3:00 Snack & Chat 4:00 Scrabble
12 9:30 Chair Exercise 10:30 Morning Walk 11:30 Mother's Day Cards 1:30 Hymns 2:00 Church in 960 3:00 Coffee & Devotions 4:00 Scrabble	13 9:30 Chair Exercise 10:30 Scenic Drive 11:30 Word Search 1:30 Outside Stroll 2:00 Adult Coloring 3:00 Snack & Chat 4:00 Skip - Bo 	14 9:30 Sit and be Fit 10:30 Bingo in 930 11:30 Morning Walk 1:30 Current Events 2:00 Sing a Long 3:00 Coffee & Chat 4:00 Card Games 	15 9:30 Exercise 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Outside Walk 2:00 Circle Spinners 3:00 Snack & Chat 4:00 Hangman IN2L 	16 9:30 Morning Exercise 10:30 Scrabble 11:30 Sing a Long 1:30 Creative Coloring 2:00 Bingo in 960 3:00 Sit & Sip 4:00 Skip - Bo 	17 9:30 Exercise 10:30 Resident Council/ 910 11:30 Current Events 1:30 Sports Trivia 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Uno 	18 9:30 Chair Exercise 10:30 Ring Toss 11:30 American Trivia 1:30 Outside Stroll 2:00 Bingo in 950 3:00 Coffee & Reminisce 4:00 Skip - Bo
19 9:30 Exercise 10:30 Spiritual Songs 11:30 Yahtzee 1:30 Afternoon Stroll 2:00 Church in 960 3:00 Snack & Devotions 4:00 Dominoes	20 9:30 Exercise 10:30 Scenic Drive 11:30 Scrabble 1:30 Afternoon Walk 2:00 Creative Coloring 3:00 Reminisce 4:00 Ring Toss 	21 9:30 Chair Exercise 10:30 Bingo in 910 11:30 Outside Stroll 1:30 Today in History 2:00 Bean Bag Toss 3:00 Snack & Chat 4:00 Yahtzee 	22 9:30 Morning Exercise 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Planting in 940/950 3:00 Sit & Sip 4:00 Wii Bowling 	23 9:30 Chair Exercise 10:30 Headbanz 11:30 Bean Bag Toss 1:30 Word Search 2:00 Bingo in 940 3:00 Snack & Chat 4:00 Card Games 	24 9:30 Chair Exercise 10:30 Sorry! 11:30 Ring Toss 1:30 Outside Walk 2:00 Manicures 3:00 Snack & Sing 4:00 Bean Bag Toss 	25 9:30 Exercise 10:30 Today in History 11:30 Dominoes 1:30 Afternoon Stroll 2:00 Bingo in 920 3:00 Snack & Chat 4:00 Scrabble
26 9:30 Chair Exercise 10:30 Morning Walk 11:30 Skip-Bo 1:30 Hymns 2:00 Church in 960 3:00 Coffee & Devotions 4:00 Scrabble	27 Memorial Day 9:30 Chair Exercise 10:30 Scenic Drive 11:30 Memorial Day Flag Pins 1:30 Outside Stroll 2:00 Adult Coloring 3:00 Snack & Chat 4:00 Skip-Bo 	28 9:30 Sit and be Fit 10:30 Bingo in 930 11:30 Morning Walk 1:30 Current Events 2:00 Sing a Long 3:00 Coffee & Chat 4:00 Card Games 	29 9:30 Exercise 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Outside Walk 2:00 Gardening Group 3:00 Snack & Chat 4:00 Hangman IN2L 	30 9:30 Morning Exercise 10:30 Scrabble 11:30 Sing a Long 1:30 Creative Coloring 2:00 Bingo in 960 3:00 Sit & Sip 4:00 Skip - Bo 	31 9:30 Exercise 10:30 Birthday Party /960 11:30 Current Events 1:30 Sports Trivia 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Uno 	



Charlie Foxx
5/21/19 2019
@ 1:30pm in 960



Shopping Trips

5/3 Walmart @ 11 5/17 Fred Meyer @ 11
5/10 Dollar Tree @11 5/24 Trader Joe's @ 11



Live Entertainment in 960

5/2 Ken @ 10:30 5/23 Maurice @ 2pm
5/9 Rachel @ 2pm 5/30 LuAnne @ 2pm





























Lunch Outings

5/1 Los Arcos @ 11 5/15 Spirit Mountain @ 10 5/29 Gold Dragon@ 11
5/8 Olive Garden @ 11 5/22 Farmer's Market @ 10



May 2019 Activities 930-960



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Happy Birthday! 5/3 Willie N. 940 5/7 Lyn R. 910 5/17 Gary H. 950 5/17 Verdie B. 950 Birthday Party 5/31 in 960	 Scenic Drives on Mondays 10:30a: Bldg 910,920,930,960 1:30p: Bldg 940,950	 Walking Group River Front Park Sign up for a seat on the bus! Tuesdays @ 9:30	1 9:30 Morning Exercise 10:30 Balloon Bat 11:30 Dominoes 1:30 Afternoon Stroll 2:00 Coffee Filter Flower 3:00 Sit & Sip 4:00 Bowling 	2 9:30 Chair Exercise 10:30 Headbanz 11:30 Bean Bag Toss 1:30 Word Search 2:00 Bingo in 960 3:00 Snack & Chat 4:00 Darts 	3 9:30 Exercise 10:30 Yahtzee 11:30 Balloon Bat 1:30 Trivia 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Bowling 	4 9:30 Chair Exercise 10:30 Ring Toss 11:30 Skip-Bo 1:30 Outside Stroll 2:00 Bingo in 950 3:00 Coffee & Reminisce 4:00 Bean Bag Toss
5 9:30 Chair Exercise 10:30 Spiritual Songs 11:30 Festive Fan Craft 1:30 Afternoon Stroll 2:00 Church in 960 3:00 Snack & Devotions 4:00 Darts	6 9:30 Exercise 10:30 Scenic Drive 11:30 Scrabble 1:30 Afternoon Walk 2:00 Creative Coloring 3:00 Reminisce 4:00 Ring Toss 	7 9:30 Conductorcise IN2L 10:30 Bingo in 910 11:30 Outside Stroll 1:30 Price is Right IN2L 2:00 Sing a Long IN2L 3:00 Bean Bag Toss 4:00 Trivia IN2L	8 9:30 Exercise 10:30 Bean Bag Toss 11:30 Yahtzee 1:30 Outside Walk 2:00 Adult coloring 3:00 Snack & Chat 4:00 Darts 	9 9:30 Morning Exercise 10:30 Scrabble 11:30 Balloon Bat 1:30 Creative Coloring 2:00 Bingo in 940 3:00 Sit & Sip 4:00 Bowling 	10 9:30 Chair Exercise 10:30 Adult Coloring 11:30 Banana Grams 1:30 Outside Walk 2:00 Manicures 3:00 Snack & Sing 4:00 Bean Bag Toss 	11 9:30 Exercise 10:30 Balloon Bat 11:30 Bingo in 920 1:30 Afternoon Stroll 2:30 Sabbath Sing a Long / 960 3:00 Snack & Chat 4:00 Sing a Long
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26 9:30 Exercise 10:30 Morning Walk 11:30 Skip-Bo 1:30 Hymns 2:00 Church in 960 3:00 Coffee & Devotions 4:00 Balloon Bat	27 Memorial Day 9:30 Chair Exercise 10:30 Scenic Drive 11:30 Memorial Day Flag Pins 1:30 Outside Stroll 2:00 Adult Coloring 3:00 Snack & Chat 4:00 Balloon Bat 	28 9:30 Sit and be Fit IN2L 10:30 Bingo in 930 11:30 Morning Walk 1:30 Bowling 2:00 Family Feud IN2L 3:00 Coffee & Chat 4:00 Hangman IN2L 	29 9:30 Morning Exercise 10:30 Balloon Bat 11:30 Dominoes 1:30 Afternoon Stroll 2:00 Gardening Group 3:00 Sit & Sip 4:00 Bowling 	30 9:30 Chair Exercise 10:30 Headbanz 11:30 Bean Bag Toss 1:30 Word Search 2:00 Bingo in 960 3:00 Snack & Chat 4:00 Darts 	31 9:30 Exercise 10:30 Birthday Party / 960 11:30 Balloon Bat 1:30 Trivia 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Bowling 	



Charlie Foxx

5/21/19 2019
@ 1:30pm in 960



Shopping Trips

5/3 Walmart @ 10 5/17 Fred Meyer @ 10
5/10 Dollar Tree @10 5/24 Trader Joe's @ 10



Live Entertainment in 960

5/2 Ken @ 10:30 5/23 Maurice @ 2pm
5/9 Rachel @ 2pm 5/30 LuAnne @ 2pm




























Lunch Outings

5/1 Los Arcos @ 11 5/15 Spirit Mountain @ 10 5/29 Gold Dragon @ 11
5/8 Olive Garden @ 11 5/22 Farmer's Market @10



May 2019 Activities 940-950



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Happy Birthday! 5/3 Willie N. 940 5/7 Lyn R. 910 5/17 Gary H. 950 5/17 Verdie B. 950 Birthday Party 5/31 in 960	 Scenic Drives on Mondays 10:30a: Bldg 910,920,930,960 1:30p: Bldg 940,950	 Walking Group River Front Park Sign up for a seat on the bus! Tuesdays @ 9:30	1 9:30 Morning Exercise 10:30 Balloon Bat 11:30 Dominoes 1:30 Afternoon Stroll 2:00 Coffee Filter Flower 3:00 Sit & Sip 4:00 Bowling 	2 9:30 Morning Exercise 10:30 Table Ball 11:30 Sing a Long 1:30 Price is Right IN2L 2:00 Bingo in 960 3:00 Sit & Sip 4:00 Sing a Long IN2L 	3 9:30 Sit and Be Fit IN2L 10:30 Yahtzee 11:30 Balloon Bat 1:30 Hangman IN2L 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Balloon Bat 	4 9:30 Conductorcise IN2L 10:30 Balloon Bat 11:30 Dominoes 1:30 Afternoon Stroll 2:00 Bingo in 950 3:00 Snack & Chat 4:00 Ring Toss
5 9:30 Exercise IN2L 10:30 Morning Walk 11:30 Festive Fan Craft 1:30 Hymns IN2L 2:00 Church in 960 3:00 Coffee & Devotions 4:00 Balloon Bat	6 9:30 Sit and be Fit IN2L 10:30 Morning Stroll 11:30 Funnies IN2L 1:30 Scenic Drive 2:00 Creative Coloring 3:00 Reminisce 4:00 Table Ball 	7 9:30 Exercise 10:30 Bingo in 910 11:30 Outside Stroll 1:30 Today in History 2:00 Bean Bag Toss 3:00 Snack & Chat 4:00 Yahtzee	8 9:30 Morning Exercise 10:30 Table Ball 11:30 Dominoes 1:30 Afternoon Stroll 2:00 Bean Bag Toss 3:00 Sit & Sip 4:00 Bowling 	9 9:30 Chair Exercise IN2L 10:30 Family Feud IN2L 11:30 Bean Bag Toss 1:30 Word Search 2:00 Bingo in 940 3:00 Snack & Chat 4:00 Ball Toss 	10 9:30 Chair Exercise IN2L 10:30 Sing a Long IN2L 11:30 What's in the Bag? 1:30 Outside Walk 2:00 Manicures 3:00 Snack & Chat 4:00 Bean Bag Toss 	11 9:30 Chair Exercise IN2L 10:30 Ring Toss 11:30 Bingo in 920 1:30 Outside Stroll 2:30 Sabbath Sing a Long / 960 3:00 Coffee & Reminisce 4:00 Darts
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26 9:30 Chair Exercise IN2L 10:30 Spiritual Songs IN2L 11:30 Yahtzee 1:30 Afternoon Stroll 2:00 Church in 960 IN2L 3:00 Snack & Devotions 4:00 Dominoes	27 9:30 Exercise IN2L 10:30 Balloon Bat 11:30 Memorial Day Flag Pins 1:30 Scenic Drive 2:00 Adult Coloring 3:00 Snack & Chat 4:00 Ring Toss 	28 9:30 Sit and be Fit 10:30 Bingo in 930 11:30 Morning Walk 1:30 Adult Coloring 2:00 Sing a Long 3:00 Coffee & Chat 4:00 What's in the Bag? 	29 9:30 Exercise 10:30 Creative Coloring 11:30 Yahtzee 1:30 Outside Walk 2:00 Gardening Group 3:00 Snack & Chat 4:00 Ring Toss 	30 9:30 Morning Exercise 10:30 Table Ball 11:30 Adult Coloring 1:30 Price is Right IN2L 2:00 Bingo in 960 3:00 Sit & Sip 4:00 Sing a Long IN2L 	31 9:30 Sit and Be Fit IN2L 10:30 Birthday Party in 960 11:30 Yahtzee 1:30 Hangman IN2L 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Balloon Bat 	



Charlie Foxx
5/21/19 2019
@ 1:30pm in 960



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