

960 Boone Rd. SE Salem, OR 97306 STAMP HERE

# Administrative Team: 503-363-2273

Margo Garibay
Executive Director

Sarah Shipley

Asst. Executive Director

Mari G. / Felicia G. /Sarah B.

Wellness Director

**Shelly Kesterson** 

**Business Office Director** 

Rebecca Heflin

Wellness Nurse

**Chad Christy** 

Dining Services Director

**George Curtis** 

Maintenance Director

**Amanda Bell** 

Life Enrichment Director



# Farmington Square Salem News

Assisted & Memory Care Newsletter



June 2019 910-920

2 Alzheimer's Research Updates & Facts 3 Team Member & Resident Spotlight 4-5 Activities Calendar 6 Birthdays, Social Media, & Highlights
7 Special Moments & Father's Day
8 Mission & Team

# **Alzheimer's Research Updates and Facts**

This Alzheimer's and Brain Awareness Month, learn about current advancements relating to Alzheimer's.

#### **Advance: Brain Scans Improve Diagnosis**

The Alzheimer's Association shares that as of April 2019, a national study found a form of brain imaging that detects Alzheimer'srelated plagues greatly influenced the clinical management of patients with mild cognitive impairment and dementia.

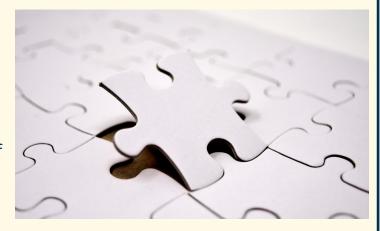
### **Advance: Early Onset Detection with Tests**

In 2019, several types of blood tests have been in the news for their potential to diagnose Alzheimer's before symptoms show. The latest may be able to predict the disease 10 years before symptoms show by looking at the IRS-1 protein. Another is said to predict the disease within 3 years. There is much that is moving forward on this front.

### **Advance: Brain Disorder LATE That Mimics** Alzheimer's Has Been Defined

Diagnostic criteria and guidelines are now recommended for a brain disorder that mimics symptoms of Alzheimer's. It's called LATE and when those with only LATE are not grouped with those with Alzheimer's (and not LATE), there may be research improvements. (Science Daily)

Have you registered for your local 2019 Walk to End Alzheimer's? Albany's walk is on Oct. 19th. Register at: alz.org/walk



## **Alzheimer's Facts**

- Americans who have Alzheimer's is growing. Every 65 seconds, someone in the U.S. develops Alzheimer's.
- 5.8 million Americans have Alzheimer's in 2019; 5.5 mil of those are over age 65.
- 1 in 3 seniors pass with Alzheimer's or Dementia.
- Alzheimer's and Dementias cost the U.S. \$290 billion in 2019.
- 90% of what we know about Alzheimer's has been discovered in the past 20 years.
- There are more than 5 drugs that may treat Alzheimer's symptoms, but no cure for the disease yet.

## Early diagnosis can:

- provide medical, emotional, and social benefits
- aid with participation in vital clinical trials
- enable individuals to be in control of their legal and financial wishes
- create significant cost savings in medical and long-term care

For more facts, visit Alz.org/Facts

## **Special Moments**



## June 16th is Father's Day



"My Dad taught me to be a hard worker and Independent." -Margo G.

"My Dad was a tough looking guy but he had a weakness for babies and puppies!" - Sarah S.

"My Step Dad was the most patient, loving and forgiving person on the plant!" - Sarah B.

"No matter how mad he gets quide me."

"We love watching sports together!" - Bruce & Lyle K.

at me, he's always there to - Alex T.



In honor of our dads, we asked: What is something you have always loved about your father?

## June 2019 Highlights

June is Great Outdoors Month, Iced Tea Month, and Fresh Fruit and Veggies Month

01 Nail Polish Day; Olive Day

**02 Rotisserie Chicken Day** 

03 Egg Day

**04 Cheese Day** 

**05 Veggie Burger Day** 

06 Drive-in Movie Day; Yo-Yo Day

**07 Doughnut Day** 

**08 Best Friends Day** 

09 Children's Day

**10 Herbs and Spices Day** 

11 German Chocolate Cake Day

12 Red Rose Day; Jerky Day

13 Weed the Garden Day

14 Flag Day; Strawberry Shortcake Day

15 Nature Photography Day; Smile Day

16 Father's Day; Turkey Lovers Day

**17 Eat Your Vegetables Day** 

18 Go Fishing Day

19 Garfield Day; Watch Day

20 Eagle Day; Vanilla Milkshake Day

21 Seashell Day; Summer Begins; Selfie Day

22 Chocolate Éclair Day; Onion Ring Day

23 Hydration Day; Pink Day

**24 Pralines Day** 

25 Catfish Day; Strawberry Parfait Day

**26 Chocolate Pudding Day** 

27 Sunglasses Day; Handshake Day

28 Paul Bunyan Day

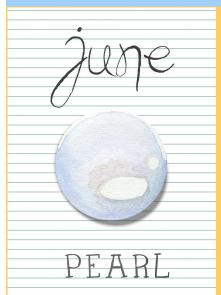
29 Camera Day; Waffle Iron Day

30 Meteor Watch Day; Social Media Day

#### We're online @

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

## June Birthdays!



# We hope you enjoy your special day!

Pauline K. 940, 6/6

Jerry W. 920, 6/18

Jacqueline A. 950, 6/21

Carol L. 950, 6/29

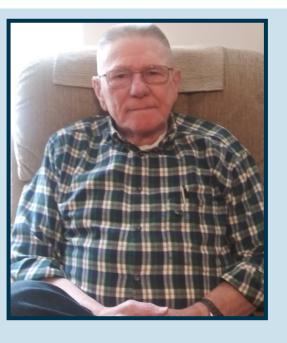


# Team Member Spotlight Romey Z.

Romey is one of our life long employees who has been with Farmington Square for 20 years!

She is an exceptional housekeeper who prides herself in keeping the buildings looking amazing and Residents apartments feeling like home. She first found her love for Seniors at the young age of eight while taking care of her Blind Grandfather and you can tell that she truly loves her job by the way she interacts with each Resident and always makes sure that they feel wanted and important! Romey is also a team player who will assist the Med Techs, Caregivers and Activities, from helping with meals, assisting with activities and even taking time out of her busy day to sit down and talk with a Resident who is having a difficult day. She shared that the one thing that makes her job most rewarding is knowing that she can make her Residents happy and that she is able to encourage them to come out of their apartments to be involved and enjoy their day! Romey is a bundle of joy who brings a smile to everyone's face and we are so honored to have had her a part of our Team for so many years!





# Resident Spotlight Jim D.

We first met Jim when his wife Clare moved to Farmington Square for care a few years ago. He shared that when it was his time to move he remembered how wonderful we were and decided that this was the Community for him. Jim was born in Havre Montana and grew up in Southern California were he met and fell in love with his Middle Scholl sweetheart Clare. Jim served in the Navy for 21 years and specialized in Electronics and Communication, where he married Clare and had 4 beautiful children. His love of Electronics lead him into working with his father and going to different Industries all around teaching about Electric Motors. Jim still enjoys electronics and his hobby is amateur radios. Jim shared that his love now is helping others and making a difference in their lives and he shows that every day by being a true gentleman and assisting others to the table for meals and helping when needed. We are honored to have Jim as Resident of the Month and also a part of our Farmington Square Family!

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# June 2019 Activities 910-920

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 30 9:30 Chair Exercise	Happy Birthday!					9:30 Exercise
10:30 Spiritual Songs			<b>İ</b>			10:30 Creative Coloring
11:30 Today in History	6/6 Pauline K. 940			FATET	TED'S	11:30 Dominoes
1:30 Afternoon Stroll	6/18 Jerry W. 920 6/21 Jaqueline A. 950	Scenic Drives on Mondays	Walking Group	FALI	TEKS	1:30 Afternoon Stroll
2:00 Church in 960	6/29 Carol L. 950	10:30a: Bldg 910,920,930,960	River Front Park /Dog Park			2:00 Bingo in 950
3:00 Snack & Devotions	Birthday Party 6/28 in 960	1:30p: Bldg 940,950	Sign up for a seat on the bus!			3:00 Coffee & Chat
4:00 Dominoes	<i>™</i>			N. T. C.		4:00 Skip– Bo
2	3	4	5	6	7	
	9:30 Chair Exercise	9:30 Chair Exercise	9:30 Morning Exercise	9:30 Morning Exercise	9:30 Exercise	9:30 Chair Exercise
10:30 Morning Walk	10:30 Scenic Drive	10:30 Bingo in 910	10:30 Trivia IN2L	10:30 Word Search	10:30 Yahtzee	10:30 One on Ones
11:30 Bible Reading	11:30 Word Search	11:30 Outside Stroll	11:30 Dominoes	11:30 Outside Walk	11:30 Adult Coloring	11:30 Scrabble
1:30 Hymns 2:00 <b>Church in 960</b>	1:30 Outside Stroll 2:00 Adult Coloring	1:30 Today in History 2:00 Manicures	1:30 Family Feud IN2L 2:00 Fiesta Sun Catchers	1:30 Creative Coloring 2:00 Bingo in 940	1:30 Today in History 2:00 Afternoon Stroll	1:30 Outside Stroll 2:00 Bingo in 920
3:00 Coffee & Devotions	3:00 One on Ones	3:00 Reminisce	3:00 Sit & Sip	3:00 Sit & Sip	3:00 Sit & Sip	3:00 Coffee & Reminisce
4:00 Skip- Bo	4:00 Scrabble	4:00 Yahtzee	4:00 Wii Bowling	4:00 Uno	4:00 Skip- Bo	4:00 Sing a Long
9	10	11	12	13	14	1.00 Sing a Long
9:30 Exercise	9:30 Exercise	9:30 Sit and be Fit	9:30 Exercise IN2L	9:30 Chair Exercise	9:30 Chair Exercise	Father's Day Fiesta
10:30 Spiritual Songs	10:30 Scenic Drive	10:30 Bingo in 930	10:30 Price is Right IN2L	10:30 <b>Bingo in 960</b>	10:30 Adult Coloring	Live Mariachi Band
11:30 Today in History	11:30 Uno	11:30 Morning Walk	11:30 Yahtzee	11:30 Outside Stroll	11:30 One on Ones	Nacho & Taco Bar
1:30 Afternoon Stroll	1:30 Afternoon Walk	1:30 Current Events	1:30 Outside Walk	1:30 Word Search	1:30 Outside Walk	11:30 –1:30pm
2:00 <b>Church in 960</b>	2:00 Creative Coloring	2:00 Sing a Long	2:00 Creative Coloring	2:00 One on Ones	2:00 Manicures	Between 940-50
3:00 Snack & Devotions	3:00 Reminisce	3:00 Coffee & Chat	3:00 Snack & Chat	3:00 Coffee & Chat	3:00 Sing a Long	3:00 Snack & Chat
4:00 Dominoes	4:00 Skip– Bo	4:00 Card Games	4:00 Hangman IN2L	4:00 Scrabble	4:00 Uno	4:00 Skip- Bo
16	17	18	19	20	21	22
9:30 Chair Exercise	9:30 Chair Exercise	9:30 Chair Exercise	9:30 Morning Exercise	9:30 Morning Exercise	9:30 Exercise	9:30 Chair Exercise
10:30 Morning Walk 11:30 <b>Father's Day Canvas</b>	10:30 Scenic Drive	10:30 Bingo in 910	10:30 Trivia IN2L	10:30 Bingo in 940	10:30 Yahtzee	10:30 Sabbath Sing a Long/96
1:30 Hymns	11:30 Word Search 1:30 Outside Stroll	11:30 Outside Stroll 1:30 Today in History	11:30 Dominoes 1:30 Family Feud IN2L	<ul><li>11:30 Outside Walk</li><li>1:30 Creative Coloring</li></ul>	11:30 Adult Coloring 1:30 Resident Council/ 910	<ul><li>11:30 Scrabble</li><li>1:30 Outside Stroll</li></ul>
2:00 <b>Church in 960</b>	2:00 Adult Coloring	2:00 Manicures	2:00 Wind Chimes	2:00 Word Search	2:00 Afternoon Stroll	2:00 <b>Bingo in 920</b>
	3:00 One on Ones	3:00 Reminisce	3:00 Sit & Sip		3:00 Sit & Sip	3:00 Coffee & Reminisce
4:00 Skip- Bo		4:00 Yahtzee	4:00 Wii Bowling	4:00 Uno	4:00 Skip– Bo	4:00 Sing a Long
23	24	25	26	27	28	29
9:30 Exercise	9:30 Exercise	9:30 Sit and be Fit	9:30 Exercise IN2L	9:30 Chair Exercise	9:30 Chair Exercise	9:30 Exercise
10:30 Spiritual Songs	10:30 Scenic Drive	10:30 Bingo in 930	10:30 Price is Right IN2L	10:30 <b>Bingo in 960</b>	10:30 Birthday Party/960	10:30 Creative Coloring
11:30 Today in History	11:30 Uno	11:30 Morning Walk	11:30 Yahtzee	11:30 Outside Stroll	11:30 One on Ones	11:30 Dominoes
1:30 Afternoon Stroll	1:30 Afternoon Walk	1:30 Current Events	1:30 Outside Walk	1:30 Word Search	1:30 Outside Walk	1:30 Afternoon Stroll
2:00 <b>Church in 960</b>	2:00 Creative Coloring	2:00 Sing a Long	2:00 Creative Coloring	2:00 One on Ones	2:00 Manicures	2:00 <b>Bingo in 950</b>
3:00 Snack & Devotions	3:00 Reminisce	3:00 Coffee & Chat	3:00 Snack & Chat	3:00 Coffee & Chat	3:00 Sing a Long	3:00 Coffee & Chat
4:00 Dominoes	4:00 Skip– Bo	4:00 Card Games	4:00 Hangman IN2L	4:00 Scrabble	4:00 Uno	See top row for June 30th
<u>Charlie Foxx</u>	Shopping Trip	os o	Live Entertainment in 960	<u> Lunch Ou</u>	utings	





6/7Walmart @ 10 6/21 Fred Meyer @ 10

6/14 Dollar Tree @10 6/28 Winco @ 1:30







6/19 Father's Fishing Trip/Scio @ 10am

6/12 Picnic @ Silver Creek Falls @10 am 6/26 A&W's Restaurant @ 11am

# June 2019 Activities 930-960

Sun	Mon	Tue	Wed	<b>Thu</b>	Fri	Sat
June 30	Happy Birthday!					1
9:30 Chair Exercise			(ti)			9:30 Exercise
10:30 Spiritual Songs	6/6 Pauline K. 940		VIA VIA		TT DIC	10:30 Creative Coloring
11:30 Today in History	6/18 Jerry W. 920	Scenic Drives on Mondays	Walking Group	FAIL	TEKS	11:30 Dominoes
1:30 Afternoon Stroll	6/21 Jaqueline A. 950	10:30a: Bldg 910,920,930,960	River Front Park /Dog Park			1:30 Afternoon Stroll
2:00 Church in 960	6/29 Carol L. 950 Birthday Party 6/28 in 960					2:00 <b>Bingo in 950</b>
3:00 Snack & Devotions 4:00 Dominoes	birthday Party 0/28 iii 900	1:30p: Bldg 940,950	Sign up for a seat on the bus!			3:00 Snack & Chat 4:00 Skip– Bo
			_		_	4.00 Skip- B0
2	3	4	5	6	7	8
9:30 Chair Exercise	9:30 Chair Exercise	9:30 Conductorcise IN2L	9:30 Exercise	9:30 Morning Exercise	9:30 Exercise	9:30 Chair Exercise
10:30 Morning Walk	10:30 Scenic Drive	10:30 Bingo in 910	10:30 Bean Bag Toss	10:30 Word Search	10:30 Yahtzee	10:30 Creative Coloring
11:30 Bible Reading	11:30 Word Search	11:30 Outside Stroll	11:30 Yahtzee	11:30 Outside Walk	11:30 Bowling	11:30 Banana Grams
1:30 Hymns	1:30 Outside Stroll	1:30 Price is Right IN2L	1:30 Outside Walk	1:30 Creative Coloring	1:30 Today in History	1:30 Outside Stroll
2:00 Church in 960	2:00 Adult Coloring	2:00 Sing a Long IN2L	2:00 Fiesta Sun Catchers	2:00 Bingo in 940	2:00 Afternoon Stroll	2:00 Bingo in 920
3:00 Coffee & Devotions	3:00 Snack & Chat	3:00 Bean Bag Toss	3:00 Snack & Chat	3:00 Sit & Sip	3:00 Sit & Sip	3:00 Coffee & Reminisce
4:00 Skip- Bo	4:00 Banana Grams	4:00 Animal Trivia IN2L		4:00 Uno	4:00 Phase 10	4:00 Sing a Long
9	10	11	12	13	9:30 Chair Exercise	15
9:30 Exercise	9:30 Exercise	9:30 Sit and be Fit IN2L	9:30 Chair Exercise	9:30 Chair Exercise		Father's Day Fiesta
10:30 Spiritual Songs	10:30 Scenic Drive	10:30 Bingo in 930	10:30 Table Ball	10:30 Bingo in 960	10:30 Adult Coloring	Live Mariachi Band
11:30 Today in History	11:30 Scrabble	11:30 Morning Walk	11:30 Dominoes	11:30 Outside Stroll	11:30 Banana Grams	Nacho & Taco Bar
1:30 Afternoon Stroll	1:30 Afternoon Walk	1:30 Bowling	1:30 Afternoon Stroll	1:30 Word Search	1:30 Outside Walk	11:30 –1:30pm
2:00 Church in 960	2:00 Creative Coloring	2:00 Family Feud IN2L	2:00 Creative Coloring	2:00 Headbanz	2:00 Manicures	Between 940-50
3:00 Snack & Devotions	3:00 Reminisce	3:00 Coffee & Chat	3:00 Sit & Sip	3:00 Snack & Chat	3:00 Snack & Sing	3:00 Snack & Chat
4:00 Dominoes	4:00 Uno	,	4.00 Bowing	4:00 Scrabble	4:00 Scrabble	4:00 Skip- Bo
9:30 Chair Exercise	9:30 Chair Exercise	9:30 Conductorcise IN2L	9:30 Morning Exercise	9:30 Morning Exercise	9:30 Exercise <b>21</b>	9:30 Chair Exercise
10:30 Morning Walk	10:30 Scenic Drive	10:30 Bingo in 910	10:30 Balloon Bat	10:30 Bingo in 940	10:30 Yahtzee	10:30 Sabbath Sing a Long/960
11:30 Father's Day Canvas	11:30 Word Search	11:30 Outside Stroll	11:30 Dominoes	11:30 Outside Walk	11:30 Bowling	11:30 Banana Grams
1:30 Hymns	1:30 Outside Stroll	1:30 Price is Right IN2L	1:30 Afternoon Stroll	1:30 Creative Coloring	1:30 Resident Council/ 910	1:30 Outside Stroll
2:00 Church in 960	2:00 Adult Coloring	2:00 Sing a Long IN2L	2:00 Wind Chimes	2:00 Word Search	2:00 Afternoon Stroll	2:00 <b>Bingo in 920</b>
3:00 Coffee & Devotions	3:00 Snack & Chat	3:00 Bean Bag Toss	3:00 Sit & Sip		3:00 Sit & Sip	3:00 Coffee & Reminisce
4:00 Skip– Bo		1.00		4:00 Uno	4:00 Phase 10	4:00 Sing a Long
23	4:00 Banana Grams 24	25	26	27	28	4.00 Sing a Long 29
9:30 Exercise	9:30 Exercise	9:30 Sit and be Fit IN2L	9:30 Chair Exercise	9:30 Chair Exercise	\9:30 Chair Exercise	9:30 Exercise
10:30 Spiritual Songs	10:30 Scenic Drive	10:30 Bingo in 930	10:30 Table Ball	10:30 Bingo in 960	10:30 Birthday Party/960	10:30 Creative Coloring
11:30 Today in History	11:30 Scrabble	11:30 Morning Walk	11:30 Dominoes	11:30 Outside Stroll	11:30 Banana Grams	11:30 Dominoes
1:30 Afternoon Stroll	1:30 Afternoon Walk	1:30 Bowling	1:30 Afternoon Stroll	1:30 Word Search	1:30 Outside Walk	1:30 Afternoon Stroll
2:00 Church in 960	2:00 Creative Coloring	2:00 Family Feud IN2L	2:00 Creative Coloring 🏠	2:00 Headbanz	2:00 Manicures	2:00 Bingo in 950
3:00 Snack & Devotions	3:00 Reminisce	3:00 Coffee & Chat	3:00 Sit & Sip	3:00 Snack & Chat	3:00 Snack & Sing	3:00 Snack & Chat
4:00 Dominoes	4:00 Uno	4:00 Hangman IN2L	4:00 Bowling	4:00 Scrabble	4:00 Scrabble	See top row for June 30th
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### **Shopping Trips**

6/7Walmart @ 10 6/21 Fred Meyer @ 10 6/14 Dollar Tree @10 6/28 Winco @ 1:30



#### **Live Entertainment in 960**

6/13 Linda @ 10:30



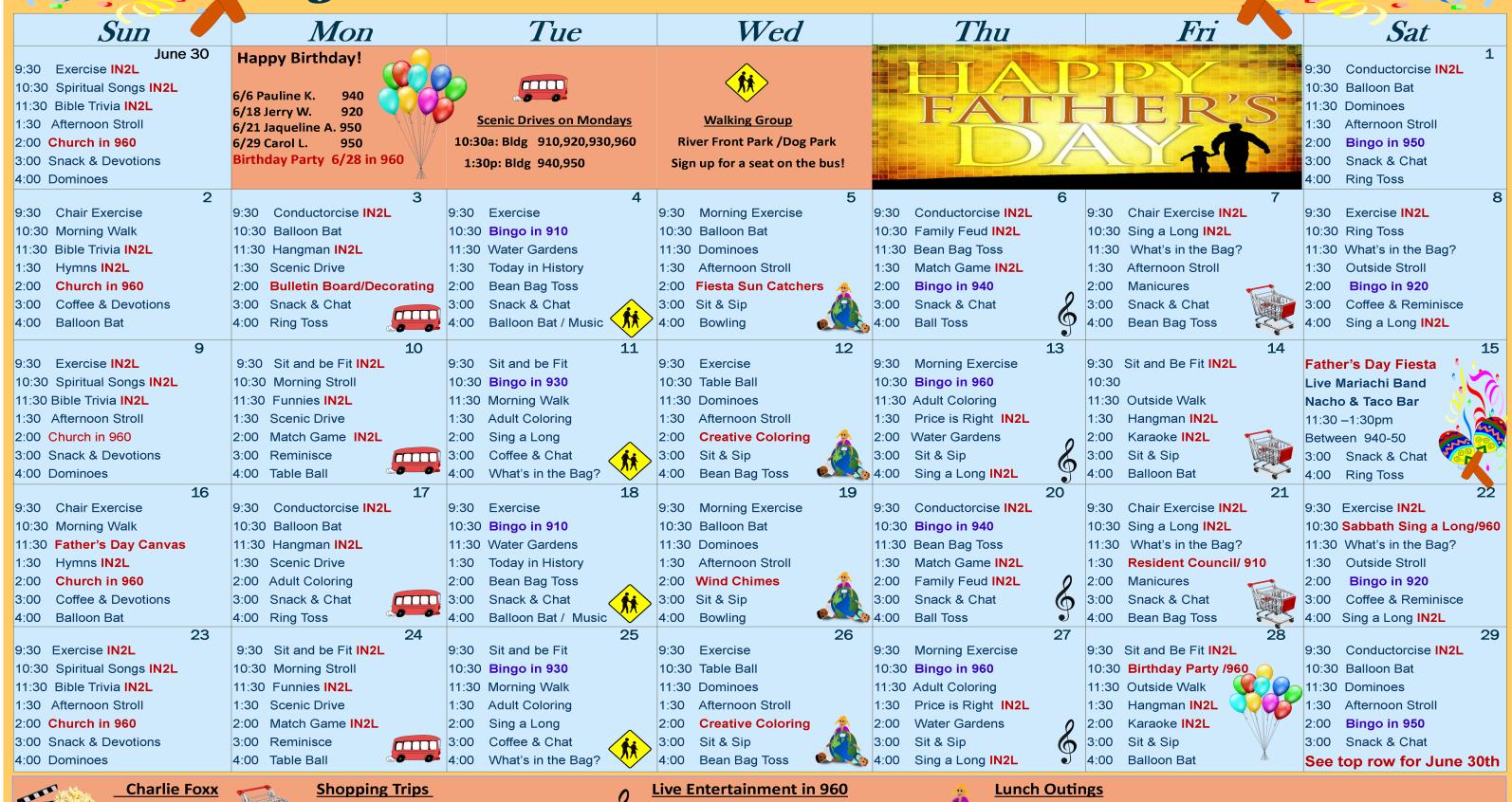
#### **Lunch Outings**

6/5 Pancake House @ 11 am

6/19 Father's Fishing Trip/Scio @ 10am

6/12 Picnic @ Silver Creek Falls @10 am 6/26 A&W's Restaurant @ 11am

# June 2019 Activities 940-950

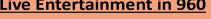






6/21 Fred Meyer @ 10 6/7Walmart @ 10 6/14 Dollar Tree @10 6/28 Winco @ 1:30





6/13 Linda @ 10:30 6/20 Maurice @ 2pm 6/27 Jerry @ 2pm



6/5 Pancake House @ 11 am

6/19 Father's Fishing Trip/Scio @ 10am

6/28 Barbara @ 2pm 6/12 Picnic @ Silver Creek Falls @10 am 6/26 A&W's Restaurant @ 11am