FARMINGTON SQUARE
A RADIANT SENIOR LIVING COMMUNITY

2730 Bailey Lane
Eugene, OR 97401

PLACE
STAMP
HERE

Administrative Team: 541-344-7902

Jill Maher
Executive Director

Carey Gross
Community Relations Director

Celene Brummund
Business Office Director

Theresa Curcio RN
Wellness Nurse

Matt Hackett LPN
Wellness Nurse

Barbara Schmidt
Wellness Director

Mia Reeser
Wellness Coordinator

Jo Mallory
Wellness Coordinator

Brian Thompson
Maintenance Director

Crystal Lehnherr
Dining Services Director - Congratulations on your promotion!

Kirsten Silva
Life Enrichment Director - Congratulations on your promotion!

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

The Farmington Square Times

Assisted and Memory Care Newsletter

December 2019

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3 Team & Resident Spotlight
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7 Special Moments, Recipe Corner
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Cold Weather Safety & Wellness Tips

It's that time of year again when temperatures begin to plummet, snowflakes kiss our noses, and "Baby, it's Cold Outside!" and "Walking in a Winter Wonderland" play on the radio.

The changing weather can be a joyous occurrence each year, but it's also one we can better prepare for with a few tips to aid in keeping us safe and merry.

Dress for Warmth
Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling
In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

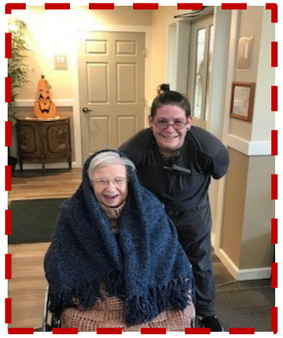
Ward off the Wintertime Blues
In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning
It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year!

Special Moments

"Life isn't a matter of milestones, but of moments." - Rose Kennedy



Winter Wonderland

Thursday December 12th, 2019

Holiday performance by the Girlschoir!

Special guest appearance by Santa Claus!

'Tis the Season to Be Baking!

This Pfeffernusse recipe, modified from an All Recipes version by Thebeansma, requires 15 mins prep, 15 mins to cook, and 3 hours total. **Ingredients:** 1/2 cup molasses; 1/4 cup honey; 1/4 cup shortening; 1/4 cup margarine; 2 eggs; 4 cups flour; 3/4 cup sugar; 1/2 cup brown sugar; 1.5 tsp ground cardamom; 1 tsp ground nutmeg; 1 tsp ground cloves; 1 tsp ground ginger; 2 tsp anise extract; 2 tsp ground cinnamon; 1.5 tsp baking soda; 1 tsp pepper; 1/2 tsp salt; 1 cup confectioners sugar.

Steps: **1.)** Stir molasses, honey, shortening, margarine in saucepan over med heat. Stir until creamy. Remove from heat; cool to room temp. Stir in eggs. **2.)** Combine flour, white and brown sugars, cardamom, nutmeg, cloves, ginger, anise, cinnamon, baking soda, salt and pepper in big bowl. Add molasses mixture and mix together. Refrigerate 2 hours. **3).** Preheat oven to 325. Roll dough into balls. Put on bake sheet 1 inch apart. **4.)** Bake 10-15 mins. Cool. Coat with confectioners sugar. Enjoy!

December 2019 Highlights

December is Safe Gifts Month, Spiritual Literacy Month, and Tomato Month

01 Pie Day; Eat a Red Apple Day
02 Fritters Day; Mutt Day
03 Day of Giving
04 Cookie Day; Dice Day; Sock Day
05 Sacher Torte Day
06 Faux Fur Friday; Gazpacho Day
07 Pearl Harbor Remembrance Day
08 Brownie Day; Be a Time Traveler Day
09 Pastry Day
10 Nobel Prize Day; Dewey Decimal Day
11 App Day; Noodle Ring Day
12 Ambrosia Day; Poinsettia Day
13 Cocoa Day; Violin Day
14 Bouillabaisse Day
15 Lemon Cupcake Day; Wear Pearls Day
16 Chocolate-Covered Anything Day
17 Maple Syrup Day; Wright Brothers Day
18 Roast Suckling Pig Day; Buddy the Elf Day
19 Oatmeal Muffin Day; Hard Candy Day
20 Sangria Day
21 Fried Shrimp Day; Holiday Sweater Day
22 Date Nut Bread Day; Chanukah Begins
23 Pfeffernusse Day; Festivus
24 Eggnog Day; Christmas Eve
25 Christmas Day; Pumpkin Pie Day
26 Candy Cane Day; Boxing Day; Thanks Day
27 Fruitcake Day; Card Playing Day
28 Chocolate Candy Day
29 Pepper Pot Day; Tick Tock Day
30 Bacon Day
31 New Year's Eve, Champagne Day

We're online @

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

December Birthdays!

Wishing a *very* happy birthday to you!

Joan, Dec. 7th
Gene, Dec. 12th
Paul, Dec. 13th

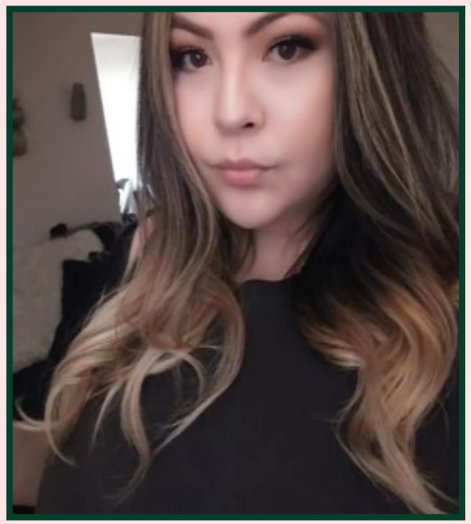
Dee, Dec. 14th
Brian , Dec. 15th
Barbara, Dec. 18th

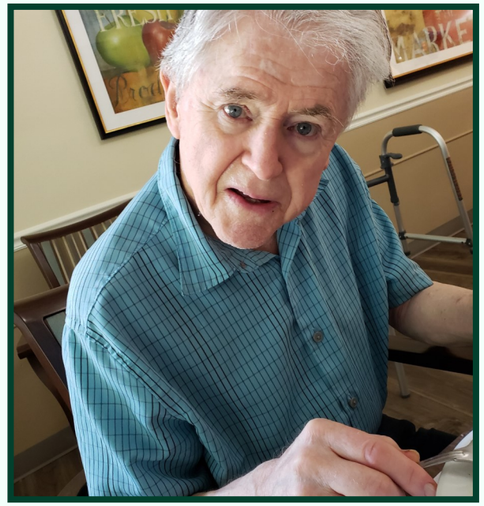
Ale, Dec. 29th

Kirstin, Dec. 30th

Staff Spotlight
Ellie

Our radiant team member of the month is Ellie! She has been a caregiver at Farmington for four years. Her coworkers describe her as compassionate, intuitive, energetic, honest, humble, reliable, funny, and hardworking. She is always encouraging everyone to succeed and be the best version of themselves. She is very helpful and goes above and beyond to make sure the residents needs are met. Ellie, you are great with the residents and you have a big heart! We appreciate you!



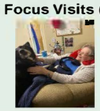


Resident Spotlight
John

Our radiant resident of the month is John! He was born in Washington and was a district manager at Pay 'n Pak. He is funny, outgoing, smart, has a great sense of humor, and is all around a sweet person. He enjoys anything that has to do with classical cars, watching TV shows, such as Dr. Oz and Dr. Phil, dancing, and bowling. He loves listening to the radio, especially rock, pop and country music. He is very social and is always going on outings with his friends. John, you have a beautiful smile that lights up any room. You're such a positive person and everyone enjoys your company.

December 2019

Farmington Square · 2730 Bailey Lane, Eugene OR 97401 · 541-344-7902

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 B-I-N-G-O* (A,B) 12:30 Game: Yahtzee (All) 2:00 Snacktivity: Snack & Animals* (A,B) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Dominos (B) 	**2** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:00 Piano Player: Jonathan (A) 12:30 Gingerbread House Decorating (B) 1:30 Floral Arranging (B,C) 2:30 Snacktivity: Snack & Word Games (A,B) 3:00 Card Games* (A,B) B-I-N-G-O* (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Penny Ante (B) 	**3** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack &Travel* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Game: Yahtzee (All) 2:00 Coffee & Conversation* (All) 3:00 Magic Show: The Magic of Christmas (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Match Them Up* (B) 	**4** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & Brain Games* (A,B) 12:30 Word Puzzle Games* (A,B) 12:30 Game: Scrabble (C) 1:00 Creative Arts* (A,B) 2:00 Snacktivity: Snack & Animals* (A,B) 3:30 Card Games* (A,B) 4:00 Exercise Fun* (A) 6:00 B-I-N-G-O Night!* (B)	**5** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & On This Day* (A,B) 1:00 Piano Player: Steven (B) 2:00 Snacktivity: Snack & Trivia* (A,B) 2:30 B-I-N-G-O* (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Life Stories (B) 	**6** 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Pet Visit (All) 11:00 Church (B) 12:30 Game: Yahtzee (All) 2:00 Scenic Drive: Dorena Lake 3:00 Pretty Nails & Manicures (A) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Movie Night & Popcorn (All)	**7** 9:00 Beauty & Grooming Time (A,B) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & Dominos (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Sing-a-long* (A) 3:00 Arts & Crafts (B) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B)
8 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 B-I-N-G-O* (A,B) 12:30 Game: Yahtzee (All) 2:00 Snacktivity: Snack & Art Time* (A,B) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Dominos (B)	**9** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:00 Piano Player: Jonathan (B) 12:30 Game: Dominos (All) 1:30 Floral Arranging (B,C) 2:30 Snacktivity: Snack & Poetry* (A,B) 3:00 Card Games* (A,B) B-I-N-G-O* (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Penny Ante (B)	**10** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack &Travel* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Game: Yahtzee (All) 2:00 Birthday Social (A, B) 3:00 Pretty Nails & Manicures (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B) 	**11** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Magic Show: Magic with Larry (A) 12:30 Word Puzzle Games* (A,B) 12:30 Game: Scrabble (C) 1:00 Creative Arts* (A,B) 2:00 Snacktivity: Snack & Animals* (A,B) 3:30 Card Games* (A,B) 4:00 Exercise Fun* (A) 6:00 B-I-N-G-O Night!* (B)	**12** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & On This Day* (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) 6:00-8:00pm Winter Wonderland (C) Girlschoir from the Oregon's Children's Choir will be performing from 6:30-7:30! Special guest appearance by Santa Claus!	**13** 9:00 Beauty & Grooming Time (A,B) 9:30 Exercise: Chair Yoga With Megan (B) 10:30 Snacktivity: Snack & Laughter* (A,B) 11:00 Church Guys (B) 12:30 Game: Yahtzee (All) 2:00 Scenic Drive: Deerhorn 3:00 Pretty Nails & Manicures (B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Movie Night & Popcorn (All)	**14** 9:00 Beauty & Grooming Time (A,B) 9:30 Exercise Fun* (A,B) 10:00 Play Actors: Crow Kids Studio (C) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Sing-a-long* (A) 3:00 Arts & Crafts (B) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B)
15 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 B-I-N-G-O* (A,B) 12:30 Game: Yahtzee (All) 2:00 Creative Art: Deck The Doors (All) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Dominos (B)	**16** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:00 Piano Player: Jonathan (C) 12:30 Game: Dominos (All) 1:30 Floral Arranging (B,C) 2:30 Snacktivity: Snack & Word Games (A,B) 3:00 Card Games* (A,B) B-I-N-G-O* (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Penny Ante (B) 	**17** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack &Travel* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Game: Yahtzee (All) 2:00 Coffee & Conversation* (All) 3:00 Pretty Nails & Manicures (A) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Match Them Up* (B)	**18** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & Brain Games* (A,B) 12:30 Word Puzzle Games* (A,B) 12:30 Game: Scrabble (C) 1:00 Creative Arts* (A,B) 2:00 Winter Weather Safety Trivia (C) 3:30 Card Games* (A,B) 4:00 Exercise Fun* (A) 6:00 B-I-N-G-O Night!* (B)	**19** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Music: Song Spinners (C) 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 Piano Player: Basil (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Life Stories (B) 	**20** 9:00 Beauty & Grooming (A,B) 9:30 Exercise Fun* (A,B) 10:00 Snacktivity: Snack & Pet Visit (All) 11:00 Church (B) 12:30 Game: Yahtzee (All) 2:00 Scenic Drive: Leaburg Lake 3:00 Pretty Nails & Manicures (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Movie Night & Popcorn (All)	**21** 9:00 Beauty & Grooming Time (A,B) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & Dominos (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Sing-a-long* (A) 3:00 Arts & Crafts (B) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B)
22 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 B-I-N-G-O* (A,B) 12:30 Game: Yahtzee (All) 2:00 Snacktivity: Snack & Art Time* (A,B) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Dominos (B)	**23** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:00 Piano Player: Jonathan (A) 12:30 Floral Arranging (B,C) 2:00 Snacktivity: Snack & Music* (A,B) 2:00 Music: Katie Sontag (C) 3:00 Card Games* (A,B) B-I-N-G-O* (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Penny Ante (B)	**24** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack &Travel* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Game: Yahtzee (All) 2:00 Coffee &Conversation* (All) 3:00 Pretty Nails & Manicures (B) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B) 	**25** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & Brain Games* (A,B) 12:30 Word Puzzle Games* (All) 12:30 Game: Scrabble (C) 1:00 Creative Arts* (A,B) 2:00 Snacktivity: Snack & Animals* (A,B) 3:30 Card Games* (A,B) 4:00 Exercise Fun* (A) 6:00 B-I-N-G-O Night!* (B) 	**26** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & On This Day* (A,B) 1:00 Piano Player: Steven (B) 2:00 Snacktivity: Snack & Trivia* (A,B) 2:30 B-I-N-G-O* (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Life Stories (B)	**27** 9:00 Beauty & Grooming Time (A,B) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & Laughter* (A,B) 11:00 Church Guys (B) 12:30 Game: Yahtzee (All) 2:00 Scenic Drive: Jasper 3:00 Pretty Nails & Manicures (A) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Movie Night & Popcorn (All) 	**28** 9:00 Beauty & Grooming Time (A,B) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack & Dominos (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Sing-a-long* (A) 3:00 Arts &Crafts (B) 3:00 Saturday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Yahtzee (B)
29 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 B-I-N-G-O* (A,B) 12:30 Game: Yahtzee (All) 2:00 Snacktivity: Snack & Animals* (A,B) 3:00 Sunday Stroll/ Resident Focus Visits (All) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Dominos (B) 	**30** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:00 Piano Player: Jonathan (B) 12:30 Game: Dominos (All) 1:30 Floral Arranging (B,C) 2:30 Snacktivity: Snack & Word Games* (A,B) 3:00 Card Games* (A,B) B-I-N-G-O* (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Penny Ante (B)	**31** 9:00 Beauty & Grooming Time (All) 9:30 Exercise Fun* (A,B) 10:30 Snacktivity: Snack &Travel* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 1:30 Game: Yahtzee (All) 2:00 Coffee & Conversation* (All) 3:00 Pretty Nails & Manicures (C) 4:00 Exercise Fun* (A) 5:15 Exercise Fun* (B) 6:00 Game: Match Them Up* (B)				**December Highlights** Mondays @ 10am Jonathan on Piano Dec. 2nd Gingerbread House Decorating in B Dec. 3rd Magic Show: The Magic of Christmas in C Dec. 5th/26th Steven on Piano in B Dec. 10th Birthday Social in A & B Dec. 11th Magic Show: Magic with Larry in A Dec. 12th Winter Wonderland in C Dec. 13th Exercise: Chair Yoga with Megan in B Dec. 14th Play Actors: Crow Kids Studio Dec. 18th Winter Weather Safety Trivia in C Dec. 19th Basil on Piano in C & Song Spinners in C Dec. 23rd Music: Katie Sontag in C Fridays @ 2:00pm Scenic Drives