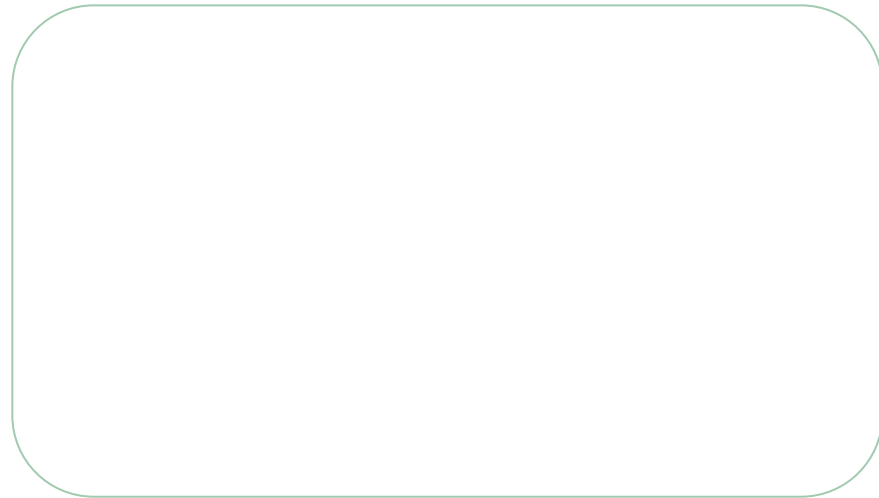




960 Boone Rd., SE
Salem, OR 97306

STAMP
HERE



Administrative Team: 503-363-2273

Executive Director: Jessica Penland

Asst. Executive Director: Sarah Shipley

Wellness Director: Rachel W.

Wellness Director: Mark N.

Wellness Coordinator: Michael M.

Business Office Director: Shelly Kesterson

Wellness Nurse: Monique T.

Wellness Nurse: Virginia G.

Dining Services Director: Chad Christy

Maintenance Director: George Curtis

Life Enrichment Director: Amanda Bell

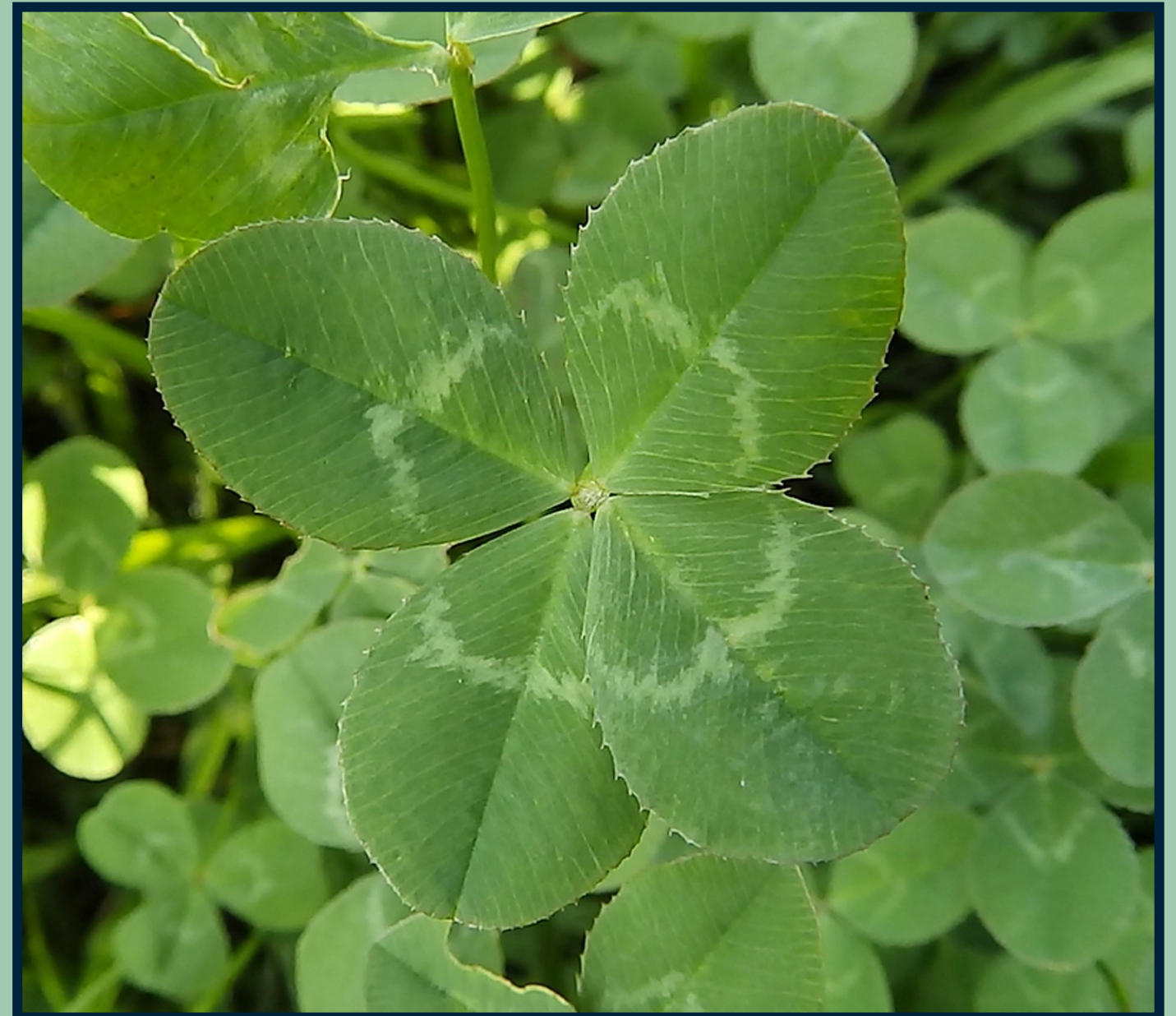
Pictured: Slieve League, Ireland



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

Farmington Square Salem News

Monthly Newsletter



March 2020 910-920

2 Artistic Engagement
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Highlights & Our Artistic Expression
7 Special Moments, Birthdays, Social Media
8 Mission & Team

Artistic Engagement Benefits & Ideas

American Artist Georgia O'Keeffe once said, "Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing." O'Keeffe's words ring true when we think of art's importance in our daily lives. Art forms provide people of all ages, walks of life, and creative abilities the opportunity to express feelings and become engaged; by extension positively affecting health.



artistic expression can have on older adults. It:

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

The next time you engage in an art form, remember how many ways you may be benefitting yourself. For those who wish to start taking part in artistic expression, or help a loved one to do so, a great place to start is with music and an empty page.

This is especially true for older adults, according to Gene Cohen, MD, PhD. Cohen concluded in a 2006 study that older adults active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (Today's Geriatric Medicine).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In an article entitled "Aging: What's Art Got to Do With It," in Geriatric Monthly, Barbara Bagan, PhD, ATR-BC, shared plenty of detailed positive effects

Special Visit from Friendship Brigade - Lexi and Kenai



Happy Birthday Wishes!

Jan J. 3/6 940
Mark K. 3/19 920



Visit us Online:

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

March 2020 Highlights

March is Noodle Month, Peanut Month, Women’s History Month, and Craft Month.

- 01 Peanut Butter Day; Pig Day
- 02 Read Across America Day
- 03 Cold Cuts Day; Soup it Forward Day
- 04 Grammar Day; Pound Cake Day
- 05 Cheese Doodle Day
- 06 Oreo Day; Staff Appreciation Day
- 07 Cereal Day
- 08 Oregon Day; Women’s Day
- 09 Meatball Day; Barbie Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Girl Scouts Day; Plant Flowers Day
- 13 K9 Veterans Day; Good Deed Day
- 14 Butterflies Day; Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day; Panda Day
- 17 St. Patrick’s Day; 3D Day
- 18 Lacy Cookie Day; Sloppy Joes Day
- 19 Certified Nurses Day; Spring Begins!
- 20 Ravioli Day; Flour Day
- 21 French Bread Day; CA Strawberry Day
- 22 Bavarian Crepes Day
- 23 Melba Toast Day; Chip and Dip Day
- 24 Chocolate Covered Raisins Day
- 25 Lobster Newburg Day; Manatee Day
- 26 Spinach Day; Nougat Day
- 27 Scribble Day; Spanish Paella Day
- 28 Food on Sticks Day
- 29 Nevada Day; Lemon Chiffon Cake Day
- 30 Virtual Vacay Day; Park Walks Day
- 31 Crayon Day; Tater Day

SPRING FORWARD! On the evening of **Saturday, March 7**, set your clocks forward one hour for Daylight Savings Time which will take effect at 2 AM.



Our Resident Spotlight Shines On: Lynn R.

We are proud to announce Lynn as our Resident of the Month!

Lynn has lived at Farmington Square for over 4 years now and is always a joy to be around. He is very social and kind–hearted man, who enjoys sharing about his past time as an elementary school teacher and the fun days he had racing his motorcycle and flying airplanes as a pilot instructor. You can always find him outside in the summer catching some rays, and also feeding the birds and squirrels nuts for the winter! We are honored to have Lynn as part of our Farmington Square Family and look forward to hearing many more stories of his past adventures!



Our Staff Spotlight Shines On: Anna Z.

We are happy to announce that Anna was nominated by her residents, as Staff Member of the Month!

Anna has been a housekeeper here at Farmington Square for 8 months now and has done an amazing job keeping our Assisted Living Cottages clean and tidy each and every day! You can always see her with a smile as she goes along her daily tasks, bringing joy and comfort to our residents. We are so grateful to have such a hard working and dedicated team member with us and appreciate all that she does to make our community look and feel like Home!

March 2020 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT
1 9:00 Sit and be Fit IN2L 9:30 Bulletin Boards 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 Peoples Church in 940 3:00 Coffee & Devotions 4:00 Skip - Bo	2 Antiques Day 9:00 Exercise IN2L 9:30 Animal Trivia IN2L 10:30 Scenic Drive 11:30 Word Search IN2L 1:30 One on Ones 2:00 Sow & Tell (Antiques) 3:00 Reminisce IN2L 4:00 Scrabble	3 9:00 Sit and be Fit IN2L 9:30 One on Ones 10:30 B I N G O in 950 11:30 Morning Walk 1:30 Sports Trivia IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Card Games	4 9:00 Exercise IN2L 9:30 Sports Trivia IN2L 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 One on Ones 2:00 Rainbow lacing Craft 3:30 Sing a Long IN2L 4:00 Hangman IN2L	5 9:00 Chair Dancing IN2L 9:30 Crosswords IN2L 10:30 One on Ones 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 B I N G O in 910 3:00 Reminisce IN2L 4:00 Scrabble	6 Employee Appreciation Day 9:00 Sit and be Fit IN2L 9:30 One on Ones 10:30 Adult Coloring 11:30 Price is Right IN2L 1:30 Trivia IN2L 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Skip - Bo	7 9:00 Sit and be Fit IN2L 9:30 What does it Cost? IN2L 10:30 One on Ones 11:30 Scrabble 1:30 Outside Stroll 2:00 B I N G O in 920 3:00 Reminisce IN2L 4:00 Wii Bowling/ 920
8 DAYLIGHT SAVINGS BEGINS 9:00 Exercise IN2L 9:30 Word Search 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Peoples Church in 910 3:00 Devotions 4:00 Uno	9 9:00 Chair Dancing IN2L 9:30 What does it Cost? IN2L 10:30 Scenic Drive 11:30 Piggy Bank IN2L 1:30 One on Ones 2:00 Manicures 3:00 Reminisce IN2L 4:00 Skip - Bo	10 9:00 Chair Dancing IN2L 9:30 Word Search 10:30 B I N G O in 920 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 One on Ones 3:00 Yahtzee 4:00 Manicures	11 9:00 Exercise IN2L 9:30 One on Ones 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Pot of Gold Craft 3:30 Reminisce N2L 4:00 Wii Bowling/ 920	12 Plant a Flower Day 9:00 Sit and be Fit IN2L 9:30 Karaoke IN2L 10:00 Plant a Flower Craft 11:30 Outside Walk 1:30 One on ones 2:00 B I N G O in 950 3:00 Uno 4:00 Reminisce IN2L	13 9:00 Exercise IN2L 9:30 Family Feud IN2L 10:30 Piggy Bank IN2L 11:30 Casino Games IN2L 1:30 Outside Walk 2:00 Manicures 3:00 Sing a Long IN2L 4:00 Scrabble	14 9:00 Chair Dancing IN2L 9:30 History Trivia 10:30 Creative Coloring 11:30 Family Feud IN2L 1:30 Afternoon Stroll 2:00 B I N G O in 940 3:00 Coffee & Chat 4:00 Skip- Bo
15 9:00 Sit and be Fit IN2L 9:30 Crosswords IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 Peoples Church in 950 3:00 Coffee & Devotions 4:00 Skip - Bo	16 9:00 Exercise IN2L 9:30 Animal Trivia IN2L 10:30 Scenic Drive 11:30 Word Search IN2L 1:30 One on Ones 2:00 Jokes & Laughter IN2L 3:00 Reminisce IN2L 4:00 Scrabble	17 ST. PATRICK'S DAY 9:00 Sit and be Fit IN2L 9:30 One on Ones 10:30 St. Patty's Day Party in 950 11:30 Morning Walk 1:30 B I N G O in 940 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Card Games	18 9:00 Exercise IN2L 9:30 Sports Trivia IN2L 10:30 Price is Right IN2L 11:30 Yahtzee 1:30 Resident Council in 910 2:00 Creative Coloring 3:30 Sing a Long IN2L 4:00 Hangman IN2L	19 SPRING BEGINS 9:00 Chair Dancing IN2L 9:30 Spring Crosswords IN2L 10:30 B I N G O in 920 11:30 Outside Stroll 1:30 What does it Cost? IN2L 2:00 Nurses Day Cards 3:00 Reminisce IN2L 4:00 Scrabble	20 9:00 Sit and be Fit IN2L 9:30 One on Ones 10:30 Adult Coloring 11:30 Price is Right IN2L 1:30 Food Committee in 910 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Skip - Bo	21 9:00 Sit and be Fit IN2L 9:30 What does it Cost? IN2L 10:30 One on Ones 11:30 Scrabble 1:30 Outside Stroll 2:00 B I N G O in 910 3:00 Reminisce IN2L 4:00 Wii Bowling/ 920
22 9:00 Exercise IN2L 9:30 Word Search 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Peoples Church in 940 3:00 Devotions 4:00 Uno	23 9:00 Chair Dancing IN2L 9:30 What does it Cost? IN2L 10:30 Scenic Drive 11:30 Piggy Bank IN2L 1:30 One on Ones 2:00 Manicures 3:00 Reminisce IN2L 4:00 Skip - Bo	24 9:00 Chair Dancing IN2L 9:30 Word Search 10:30 Big Screen Movie in 940 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 B I N G O in 910 3:00 Yahtzee 4:00 Manicures	25 9:00 Exercise IN2L 9:30 One on Ones 10:30 Trivia IN2L 11:30 Dominoes 1:30 Family Feud IN2L 2:00 Arts & Crafts 3:30 Reminisce N2L 4:00 Wii Bowling/ 920	26 9:00 Sit and be Fit IN2L 9:30 Karaoke IN2L 10:30 One on ones 11:30 Outside Walk 1:30 Resident Council 2:00 B I N G O in 940 3:00 Uno 4:00 Reminisce IN2L	27 9:00 Exercise IN2L 9:30 Family Feud IN2L 10:30 Piggy Bank IN2L 11:30 Casino Games IN2L 1:30 Birthday Party in 950 2:00 Manicures 3:00 Sing a Long IN2L 4:00 Scrabble	28 9:00 Chair Dancing IN2L 9:30 History Trivia 10:30 Creative Coloring 11:30 Family Feud IN2L 1:30 Afternoon Stroll 2:00 B I N G O in 950 3:00 Coffee & Chat 4:00 Skip- Bo
29 9:00 Sit and be Fit IN2L 9:30 Crosswords IN2L 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 Peoples Church in 910 3:00 Coffee & Devotions 4:00 Skip - Bo	30 Virtual Vacation Day 9:00 Exercise IN2L 9:30 Virtual Vacation IN2L 10:30 Scenic Drive 11:30 Animal Trivia IN2L 1:30 One on Ones 2:00 Jokes & Laughter IN2L 3:00 Reminisce IN2L 4:00 Scrabble	31 9:00 Sit and be Fit IN2L 9:30 One on Ones 10:30 B I N G O in 950 11:30 Morning Walk 1:30 Sports Trivia IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Card Games	Happy Birthday! Jan J. 3/6 940 Mark K. 3/19 920	Lunch & Outings 3/4 Willamette Pie Co. @ 11am 3/11 Spirit Mountain Casino @ 10am 3/18 Five Guys @ 11am 3/25 Great Wall @ 11am	Live Entertainment 3/5 Rachel @ 10:30am in 950 3/12 Chris @ 10:30am in 940 3/17 Rob / St. Patty's @ 10:30am in 950 3/19 Linda @ 2pm in 940 3/26 LuAnn @ 10:30am in 950 3/27 Barbara / Birthday @ 10:30am in 940	Shopping Trips 3/6 Walmart @ 10am 3/13 Dollar Tree @ 10am 3/20 Fred Meyer @ 10am 3/27 Winco @ 10am

March 2020 Activities 940-950

SUN	MON	TUE	WED	THU	FRI	SAT
1 9:00 Exercise IN2L 9:30 Bulletin Boards 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Peoples Church in 940 3:00 Snack & Devotions 4:00 Table Ball 6:30 Memory Boxes	2 Antiques Day 9:00 Sit and be Fit In2L 9:30 Bean Bag Toss 10:30 Sing a long IN2L 11:30 Word Search IN2L 1:30 Scenic Drive 2:30 Sow & Tell (Antiques) 3:30 Coffee & Chat 4:00 Ring Toss 6:30 Memory Boxes 	3 9:00 Chair Dancing IN2L 9:30 Ring Toss 10:30 B I N G O in 950 11:30 Morning Walk 1:30 Sports Trivia IN2L 2:00 Karaoke IN2L 3:00 Coffee & Chat 4:00 Balloon Bat 6:30 Memory Boxes	4 9:00 Exercise IN2L 9:30 Puzzles 10:30 Trivia IN2L 11:30 Bean Bag Toss 1:30 Family Feud IN2L 2:00 Rainbow lacing Craft 3:00 Sit & Sip 4:00 Bowling 6:30 Memory Boxes 	5 9:00 Sit and be Fit IN2L 9:30 Balloon Bat 10:30 What's in the Bag? 11:30 Outside Walk 1:30 Creative Coloring IN2L 2:00 B I N G O in 910 3:00 Sit & Sip 4:00 Ring Toss 6:30 Memory Boxes 	6 Employee Appreciation Day 9:00 Exercise IN2L 9:30 Bean Bag Toss 10:30 Piggy Bank IN2L 11:30 Karaoke IN2L 1:30 Adult Coloring 2:00 Manicures 3:00 Babies IN2L 4:00 Bowling 6:30 Memory Boxes 	7 9:00 Sit and be Fit IN2L 9:30 Balloon Bat 10:30 One on Ones 11:30 Puzzles 1:30 Outside Stroll 2:00 B I N G O in 920 3:00 Coffee & Reminisce 4:00 Sing a Long IN2L 6:30 Memory Boxes
8 DAYLIGHT SAVINGS BEGINS 9:00 Sit and be Fit IN2L 9:30 What's in the Bag? 10:30 Morning Walk 11:30 Bible Reading 1:30 Hymns IN2L 2:00 Peoples Church in 910 3:00 Coffee & Devotions 4:00 Balloon Bat 6:30 Memory Boxes	9 9:00 Chair Dancing IN2L 9:30 Balloon Bat 10:30 Match Game IN2L 11:30 Piggy Bank IN2L 1:30 Scenic Drive 2:00 Manicures 3:00 Sit & Sip 4:00 Bowling 6:30 Memory Boxes 	10 9:00 Exercise IN2L 9:30 Balloon Bat 10:30 B I N G O in 940 11:30 Outside Stroll 1:30 Casino Games IN2L 2:00 Manicures 3:00 Sit & Sip 4:00 Table Ball 6:30 Memory Boxes	11 9:00 Sit and e Fit IN2L 9:30 Bowling 10:30 Price is Right IN2L 11:30 What's in the Bag? 1:30 Outside Walk 2:00 Pot of Gold Craft 3:00 Snack & Chat 4:00 Hangman IN2L 6:30 Memory Boxes 	12 Plant a Flower Day 9:00 Chair Dancing IN2L 9:30 Karaoke IN2L 10:00 Plant a Flower Craft 11:30 Outside Stroll 1:30 Word Search IN2L 2:00 B I N G O in 950 3:30 Sit & Sip 4:00 Balloon Bat 6:30 Memory Boxes 	13 9:00 Chair Dancing IN2L 9:30 Balloon Bat 10:30 Ring Toss 11:30 Price is Right IN2L 1:30 Sing a Long IN2L 2:00 Afternoon Stroll 3:00 Sit & Sip 4:00 Table Ball 6:30 Memory Boxes 	14 9:00 Exercise IN2L 9:30 Bowling 10:30 Creative Coloring 11:30 Family Feud IN2L 1:30 Afternoon Stroll 2:00 B I N G O in 910 3:00 Coffee & Chat 4:00 Karaoke IN2L 6:30 Memory Boxes
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