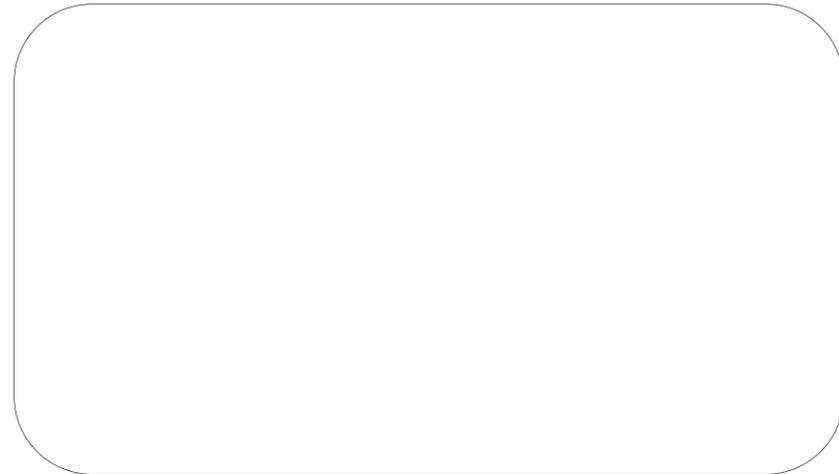




1530 Poplar Dr.  
Medford, OR 97504

STAMP  
HERE



**Administrative Team: 541-770-9080**

- Executive Director: Diana Rushing
- Community Relations Dir.: Kelly Carey
- Wellness Director: Chelsea Terrill
- Wellness Director: Sheila Vadney
- Business Office Dir.: Jennifer Tessen
- Dining Services Dir.: Margaret Tepovac
- Maintenance Director: Kim Williams
- Life Enrichment Director: Dawn Rand



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

# The Farmington Times

## Monthly Newsletter



Aug. 6th is Root Beer Float Day!

## August 2020

- 2 Here Comes the Sun!
- 3 Team & Resident Spotlight
- 4-5 Activities Calendar

- 6 Highlights, Notes, Seniors Day
- 7 Special Moments & Birthdays
- 8 Mission & Team

# Here Comes the Sun! Summertime Sun Safety Tips



These summer days, we want to head right outside for some fun outdoors. But before doing so, check out these tips about how to protect yourself and loved ones while out having fun! Note: This is not medical advice, and all should consult with their doctors about their personal sun safety guidelines.

Before heading outside, consider where and when you're going out. In the cooling shade, like under trees or umbrellas, is the best place to be if outside between the hours of 10 am and 4 pm during summer. Reflective surfaces like snow, sand, water, or concrete are areas in which to be extra careful of the sun's rays. UV rays are also quite strong at high altitudes.

Make sure to check the heat index. For those wondering, the heat index measures how hot it *feels* when relative humidity factors into actual air temperature. For example, if air is 96°F and relative humidity is 65%, it may feel like 121°F! Yikes! Heat

index can be checked online at [weather.gov](http://weather.gov) or even on OSHA's Heat Safety App!

Dress for the weather. If you're headed outside during sunny summer days, wear protective clothing. Long-sleeved loose shirts, pants, wide-brimmed hats, and UV-blocking sunglasses are all a good idea. Make sure to apply a broad spectrum sunscreen at least 15 minutes before going outside - even if it's cloudy. An SPF of 15 or higher is recommended by the CDC, with reapplication every 2 hours, and after swimming, sweating, or drying off.

Have fun out there, enjoy the sun, and be sun safe while doing it!

### Did You Know?

Some actively seek out sun exposure to increase Vitamin D, but the National Council on Skin Cancer Protection recommends obtaining Vitamin D through food and supplements rather than UV rays.

# Special Moments

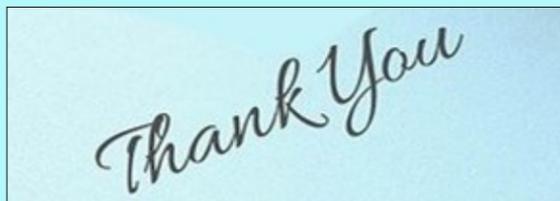


- Shar R: Aug. 4
- Kaylie K: Aug. 6
- Patrick U: Aug. 11
- Val H: Aug. 19
- Dinorah C: Aug. 21
- Diana R: Aug. 21
- Judy S: Aug. 24
- Melody A: Aug. 25
- Dennis Y: Aug. 27
- Joyce B: Aug. 30
- GiGi G: Aug. 30

# August 2020 Highlights

August is Sandwich Month, Wellness Month, Family Fun Month, and Golf Month!

- |   |  |
|---|--|
| 01 Disc Golf Day; Mustard Day             | 21 Seniors Day!; Spumoni Day           |
| 02 Friendship Day; Ice Cream Sandwich Day | 22 Tooth Fairy Day; Pecan Torte Day    |
| 03 Watermelon Day                         | 23 Sponge Cake Day                     |
| 04 Chocolate Chip Cookie Day              | 24 Peach Pie Day; Waffle Day           |
| 05 Oyster Day                             | 25 Banana Split Day; Park Service Day  |
| 06 Root Beer Float Day; Wiggle Toes Day   | 26 Dog Day; Cherry Popsicle Day        |
| 07 Lighthouse Day; Water Balloon Day      | 27 Pots de Crème Day; Just Because Day |
| 08 Frozen Custard Day; Bowling Day        | 28 Bow Tie Day; Red Wine Day           |
| 09 Rice Pudding Day; Book Lovers Day      | 29 Chop Suey Day                       |
| 10 S'mores Day; Lazy Day                  | 30 Toasted Marshmallow Day; Beach Day  |
| 11 Raspberry Bombe Day; Son Daughter Day  | 31 Trail Mix Day                       |
| 12 Julienne Fries Day; Vinyl Record Day   |  |
| 13 Prosecco Day; Left Handers Day         |  |
| 14 Creamsicle Day                         |  |
| 15 Leathercraft Day; Lemon Meringue Day   |  |
| 16 Tell a Joke Day                        |  |
| 17 Black Cat Appreciation Day; Thrift Day |  |
| 18 Fajita Day; Ice Cream Pie Day          |  |
| 19 Aviation Day; Soft Ice Cream Day       |  |
| 20 Radio Day; Chocolate Pecan Pie Day     |  |



August 21st is National Seniors Day! It has been observed since 1988 when then President Regan made it a holiday in part to share appreciation for older adults' accomplishments and services. Get involved by connecting with and thanking senior loved ones!

## A note regarding Coronavirus:

Safety and comfort of our residents and staff is our number one priority during the Coronavirus cases that have happened nationwide. We will continue to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All of our activities are subject to cancellation. To read a full list of measures taken, and our current visitor policy, please visit our website: [www.farmingtonsquare-medford.com](http://www.farmingtonsquare-medford.com)



## Our resident spotlight shines on: Joe

Meet Joe! Joe has made Farmington Square his home for approximately three years.

Joe loves to watch ALL sports on TV and used to play basketball with his friends. Joe also loves pepperoni pizza and In & Out cheeseburgers!

We are glad to have Joe as part of our Farmington Square family!

## Our staff spotlight shines on: Monica

Meet Monica! Monica has been a part of the Farmington Square family for 17 years. She started in the kitchen as a helper and then was promoted as a cook and has been cooking for the past 12 years.

Monica really enjoys learning about our residents and she loves each one.

In Monica's spare time, she enjoys spending time with her family and going to the lake. She also enjoys the Rogue's baseball games.

Thank you for all you do, Monica!



# AUGUST 2020

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

SUN	MON	TUE	WED	THU	FRI	SAT
2 (Aug 1st in last box) 9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / Sensory Activity 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	3 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 Sing A Long 4:00 One on One 5:00 Music Appreciation	4 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	5 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Sensory Tables 3:00 <b>Frozen Banana Pops</b> 4:00 One on One 5:00 Music Appreciation	6 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 <b>Tracy Davy on Zoom</b> 4:00 One on One 5:00 Music Appreciation	7 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Gardening Club 2:00 Balloon Ball 2:30 Snacktivity 3:00 <b>Music by Rebecca (A)</b> 4:00 Sm. Group Reading 5:00 Music Appreciation	8 <b>* Pet Therapy</b> 10:00 Beautiful You (A) 10:45 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club (A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
9 9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / Sensory Activity 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	10 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 Sing A Long 4:00 One on One 5:00 Music Appreciation	11 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	12 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Sensory Tables 3:00 <b>Frozen Push Ups</b> 4:00 One on One 5:00 Music Appreciation	13 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 <b>Singin in the Rain Musical</b> 4:00 One on One	14 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Gardening Club 2:00 Balloon Ball 2:30 Snacktivity 3:00 <b>Music by Rebecca (B)</b> 4:00 Sm. Group Reading 5:00 Music Appreciation	15 10:00 Beautiful You (A) 10:45 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club (A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
16 9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / Sensory Activity 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	17 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 Sing A Long 4:00 One on One 5:00 Music Appreciation	18 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	19 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Sensory Tables 3:00 <b>Sherbert Cups</b> 4:00 One on One 5:00 Music Appreciation	20 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 <b>Craft Club</b> 4:00 One on One 5:00 Music Appreciation	21 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Gardening Club 2:00 Balloon Ball 2:30 Snacktivity 3:00 <b>Music by Rebecca (C)</b> 4:00 Sm. Group Reading 5:00 Music Appreciation	22 10:00 Beautiful You (A) 10:45 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club (A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
23 <b>* Pet Therapy</b> 9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / Sensory Activity 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	24 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 Sing A Long 4:00 One on One 5:00 Music Appreciation	25 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	26 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Sensory Tables 3:00 <b>Strawberry Pops</b> 4:00 One on One 5:00 Music Appreciation	27 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Sm. Group Reading 2:00 Balloon Ball 2:30 Snacktivity 3:00 <b>Travel on the IN2L</b> 4:00 One on One 5:00 Music Appreciation	28 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Gardening Club 2:00 Balloon Ball 2:30 Snacktivity 3:00 <b>Music by Rebecca (D)</b> 4:00 Sm. Group Reading 5:00 Music Appreciation	29 10:00 Beautiful You (A) 10:45 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club (A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
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# AUGUST 2020

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9 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	10 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 11:00 Card-O 1:45 Bingo 2:30 Snacktivity 3:00 Singing in the Rain Musical 4:00 One on One	11 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Gardening Club 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	12 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Reminiscing Ball 1:45 Bingo 3:00 <b>Frozen Push Ups</b> 4:00 One on One 5:00 Music Appreciation	13 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Table Games 4:00 One on One 5:00 Music Appreciation	14 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Whack a Balloon 4:00 One on One 5:00 Music Appreciation	15 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Gardening Club 10:30 Snacktivity 11:00 Walk Club 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
16 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	17 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 11:00 Card-O 1:45 Bingo 2:30 Snacktivity 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	18 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Gardening Club 1:45 Bingo 3:00 Crafting Club 4:00 One on One 5:00 Music Appreciation	19 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Reminiscing Ball 1:45 Bingo 3:00 <b>Sherbert Cups</b> 4:00 One on One 5:00 Music Appreciation	20 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Card Games 4:00 One on One 5:00 Music Appreciation	21 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 <b>Music by Rebecca (C)</b> 4:00 One on One 5:00 Music Appreciation	22 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Gardening Club 10:30 Snacktivity 11:00 Walk Club 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
23 <b>*Pet Therapy</b> 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	24 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 11:00 Card-O 1:45 Bingo 2:30 Snacktivity 3:00 Karaoke on IN2L 4:00 One on One 5:00 Music Appreciation	25 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Gardening Club 1:45 Bingo 3:00 Family Feud on IN2L 4:00 One on One 5:00 Music Appreciation	26 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Reminiscing Ball 1:45 Bingo 3:00 <b>Strawberry Pops</b> 4:00 One on One 5:00 Music Appreciation	27 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Travel on the IN2L 4:00 One on One 5:00 Music Appreciation	28 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 <b>Music by Rebecca (D)</b> 4:00 One on One 5:00 Music Appreciation	29 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Gardening Club 10:30 Snacktivity 11:00 Walk Club 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
30 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	31 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 11:00 Card-O 1:45 Bingo 2:30 Snacktivity 3:00 Resident Council 4:00 One on One 5:00 Music Appreciation	<b>All activities subject to change per mandated health guidelines.</b>		<b>Resident Birthdays:</b> Aug. 19, Val H. Aug. 24, Judy S. Aug. 30, Joyce B.	<b>Employee Birthdays:</b> Aug. 4, Shar R. Aug. 6, Kaylie K. Aug. 11, Patrick U. Aug. 21, Dinorah C. Aug. 21, Diana R. Aug. 25, Melody A. Aug. 27, Dennis Y. Aug. 30, GiGi G.	Aug. 1st 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Gardening Club 10:30 Snacktivity 11:00 Walk Club 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation