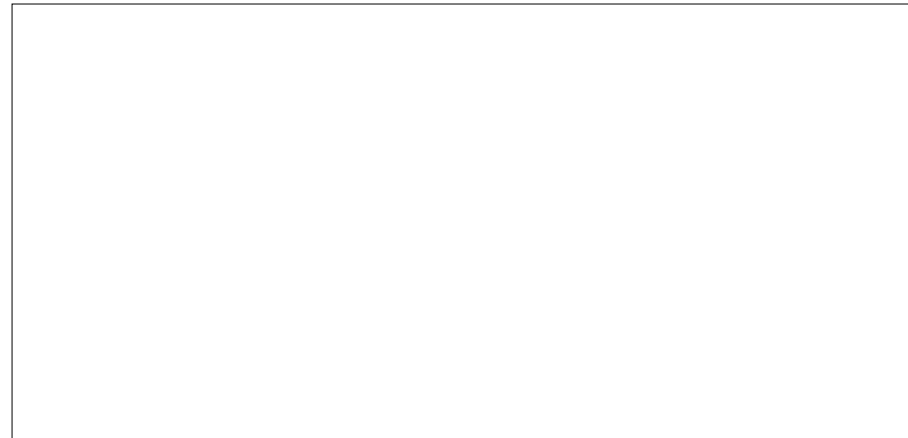




1530 Poplar Dr.
Medford, OR 97504

Stamp



Administrative Team:

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

Connect:

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

The Farmington Times

October 2020 Newsletter



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Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.

What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

Special Moments



Happy Birthday!



- Sandra H: Oct. 5
Kenny M: Oct. 10
Lynn C: Oct. 12

 - Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
 - Their birthstones are opals & tourmaline.
 - Their birth flower is the Calendula.
 - More American presidents have October birthdays than any other month!
- Bob E: Oct. 24
Lucy R: Oct. 31

October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.
Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- 01 Homemade Cookies Day; Hair Day

02 Custodial Worker Day; Car Naming Day

03 Techies Day

04 Golf Love Day; Taco Day; Cinn. Bun Day

05 Rhode Island Day; Get Funky Day

06 Mad Hatter Day; Orange Wine Day

07 Frappe Day; Pumpkin Seed Day

08 Fluffernutter Day; Pierogi Day

09 Moldy Cheese Day

10 Angelfood Cake Day; Chess Day

11 Sausage Pizza Day; Clergy Apprec. Day

12 Gumbo Day; Native Americans Day

13 Yorkshire Pudding Day; Navy Birthday

14 Fossil Day; Dessert Day

15 Cheese Curd Day; I Love Lucy Day

16 Sports Day; Global Cat Day; Bosses Day
- 17 Pasta Day; Sweetest Day

18 No Beard Day; Choco Cupcake Day

19 Seafood Bisque Day; Kentucky Day

20 Brandy Fruit Day; Youth Confidence Day

21 Pumpkin Cheesecake Day; Reptile Day

22 Nut Day; Color Day; Make a Dog's Day

23 Boston Crème Pie Day; Talk Show Day

24 Make a Difference Day; Bologna Day

25 Mother In Law Day; Greasy Food Day

26 Pumpkin Day; Mincemeat Day

27 American Beer Day; Black Cat Day

28 Chocolate Day

29 Oatmeal Day; National Cat Day

30 Candy Corn Day; Breadstick Day

31 Halloween

Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan

⅔ cup granulated sugar

½ cup whole-milk Greek yogurt

2 eggs

⅔ cup applesauce

7 tbsp unsalted butter, melted

1 cup flour, plus 1 tbsp divided

¾ cup whole-wheat flour

1 tsp vanilla

1 tsp baking soda

1 tsp apple pie spice

½ tsp salt

1 Green apple (diced)

½ cup chop walnuts

3 tbsp brown sugar

¼ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



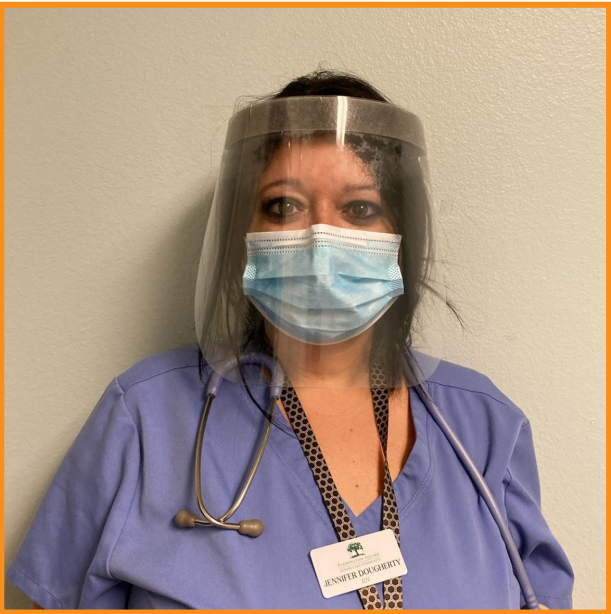
RESIDENT SPOTLIGHT:

Judy

Meet Judy! Judy has made Farmington Square her home for about five years. Before retiring, Judy worked in sales as a pharmaceutical representative.

Judy enjoys photography, art, and travel. She loves to visit and reminisce about her job in pharmaceuticals and also about her traveling adventures.

Judy, we are so glad that you made Farmington Square your home!



STAFF SPOTLIGHT:

Jenn

Meet Jenn, our new Wellness Nurse! Jenn was a traveling nurse in Virginia before moving to the Rogue Valley this past April.

Community-based senior care has always held a special place in Jenn's heart, which led her to Farmington Square.

In Jenn's free time, she enjoys camping, rafting, and fishing with her two children. Fun Fact: she HATES sweets and chocolate.

Welcome Jenn!

OCTOBER 2020

Farmington Square

• A / B •

1530 Poplar Drive Medford, OR 97504

• 541-770-9080

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4 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 / One On One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	5 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing a Long 4:15 One on One 5:00 Music Appreciation	6 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Donuts 4:15 One on One 5:00 Music Appreciation	7 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	8 9:30 Beautiful You 10:30 Snacktivity 11:00 Bowling (A) 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Bowling (B) 4:15 One on One 5:00 Music Appreciation	9 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Karaoke 4:15 One on One 5:00 Music Appreciation	10 9:30 Beautiful You (A) 10:30 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
11 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 / One On One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	12 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing a Long 4:15 One on One 5:00 Music Appreciation	13 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Cupcakes 4:15 One on One 5:00 Music Appreciation	14 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	15 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Halloween Jewelry 4:15 One on One 5:00 Music Appreciation	16 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 "Viva Las Vegas" Mus. 4:15 One on One 5:00 Music Appreciation	17 9:30 Beautiful You (A) 10:30 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
18 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 / One On One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	19 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing a Long 4:15 One on One 5:00 Music Appreciation	20 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Brownies 4:15 One on One 5:00 Music Appreciation	21 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	22 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Tracy Davy on Zoom 4:15 One on One 5:00 Music Appreciation	23 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Resident Council 4:15 One on One 5:00 Music Appreciation	24 9:30 Beautiful You (A) 10:30 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
25 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 / One On One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	26 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing a Long 4:15 One on One 5:00 Music Appreciation	27 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fall Cookies 4:15 One on One 5:00 Music Appreciation	28 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	29 9:30 Beautiful You 10:30 Halloween Party (A) 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Halloween Party (B) 3:30 Sing a Long 4:15 One on One 5:00 Music Appreciation	30 9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 David Christian on Zoom 4:15 One on One	31 9:30 Beautiful You (A) 10:30 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

OCTOBER 2020

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4 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	5 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Whack a balloon 4:00 One on One 5:00 Music Appreciation	6 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 IN2L Activity 1:45 Bingo 3:00 Donuts 4:00 One on One 5:00 Music Appreciation	7 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Reminiscing / IN2L 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	8 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Decorate a cookie 4:00 One on One 5:00 Music Appreciation	9 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games / IN2L 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	10 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club (C) 10:30 Snacktivity 11:00 Walk Club (D) 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
11 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	12 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Popcorn Toss 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 IN2L Activity 1:45 Bingo 3:00 Cupcakes 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 Reminiscing / IN2L 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	15 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Halloween Craft 4:00 One on One 5:00 Music Appreciation	16 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	17 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club (C) 10:30 Snacktivity 11:00 Walk Club (D) 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
18 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	19 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Kickball 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 IN2L Activity 1:45 Bingo 3:00 Brownies 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 Reminiscing / IN2L 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	22 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Tracy Davy on Zoom 4:00 One on One 5:00 Music Appreciation	23 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Resident Council 4:00 One on One 5:00 Music Appreciation	24 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Walk Club (C) 10:30 Snacktivity 11:00 Walk Club (D) 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
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