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Stamp

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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

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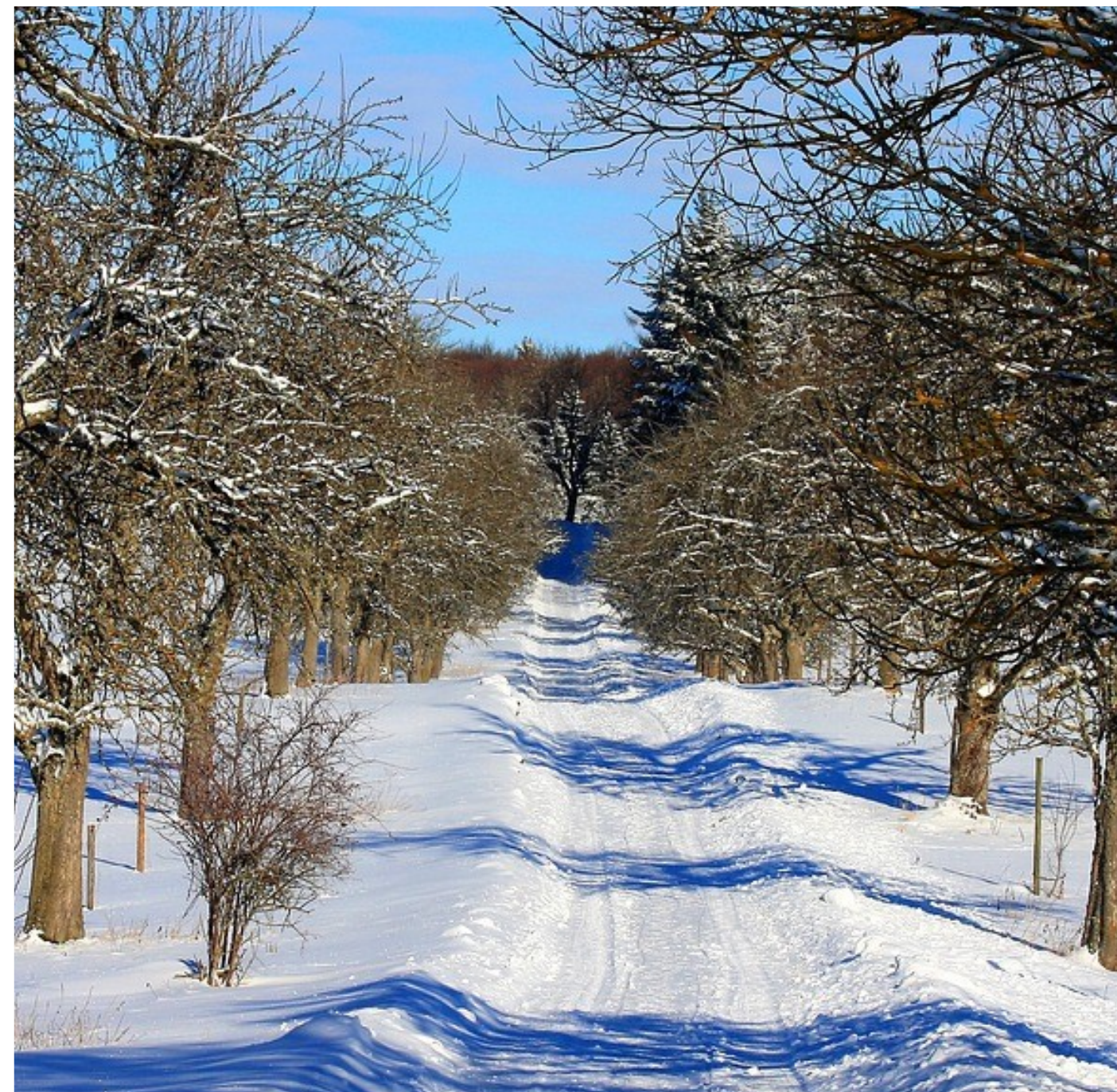
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Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.

The Farmington Times

January 2021 Newsletter



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How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

Special Moments



- | | |
|-------------------|---------------------|
| Kaylee C: Jan. 5 | Ariel J: Jan. 20 |
| Channi H: Jan. 7 | Alice D: Jan. 24 |
| Shirley R: Jan. 7 | Stephanie : Jan. 28 |
| Angela K: Jan. 9 | Arturo F: Jan. 31 |
| Maria C: Jan. 19 | |

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

- | | |
|---|---|
| 01 New Year's Day; Bloody Mary Day | 17 Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Winnie the Pooh Day; Thesaurus Day |
| 03 Chocolate Cherry Day | 19 Popcorn Day; Tin Can Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day |
| 05 Whipped Cream Day; Bird Day | 21 Granola Bar Day; Squirrel Lovers Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day; Library Fix Up Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Apricot Day; Balloon Day | 25 Opposite Day; Irish Coffee Day |
| 10 Bittersweet Chocolate Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Milk Day; Vision Board Day | 27 Bubble Wrap Day; Chocolate Cake Day |
| 12 Pharmacist Day; Marzipan Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Rubber Duck Day; Sticker Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Your Pet Day; Pastrami Day | 30 Croissant Day |
| 15 Hat Day; Bagel & Lox Day | 31 Inspire with Art Day; Backwards Day; Hot Chocolate Day |
| 16 Fig Newton Day; Intl. Spicy Food Day | |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



Staff Spotlight:
Kylie

Meet Kylie! Kylie has been with Farmington Square for four and a half years. She first started in housekeeping and then moved to caregiving. Kylie chose caregiving because she really enjoys helping people.

In Kylie's spare time, she likes to pen pal and has had that hobby for twenty five years! Kylie also loves to collect unique shaped rocks from the Oregon coast!



Resident Spotlight:
Alice

Meet Alice! Alice has made Farmington Square her home for about a year. Before retiring, she worked at the sherriff's office and was also a den mother for her children's boy scouts.

Alice enjoys crafting, walk club, and a cold Pepsi!

Thanks Alice for making Farmington Square your home!

SUN	MON	TUE	WED	THU	FRI	SAT
Sun., Jan. 31, from bottom of calendar 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)	All activities subject to change per mandated health guidelines.	Employee Birthdays: Jan. 5, Kaylee C. Jan. 7, Channi H. Jan. 9, Angela K. Jan. 19, Maria C. Jan. 20, Ariel J. Jan. 28, Stephanie W. Jan. 31, Arturo F.	Resident Birthdays: Jan. 7, Shirley R. Jan. 24, Alice D.		1 New Year's Day 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	2 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
3 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)	4 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	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 Snowball Toss 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 Fancy Fingers 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 Crafting Club 4:15 One on One 5:00 Music Appreciation	8 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 Bowling 4:15 One on One 5:00 Music Appreciation	9 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
10 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)	11 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	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 Balloon Ball 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 Fancy Fingers 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 Pudding Parfaits 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 IN2L Activity 4:15 One on One 5:00 Music Appreciation	16 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
17 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)	18 Martin Luther King Jr. Day 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	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 Matching Cards 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 Fancy Fingers 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 Movie Matinee 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 Sing a Long 4:15 One on One 5:00 Music Appreciation	23 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
24 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)	25 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	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 IN2L Travel 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 Fancy Fingers 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 IN2L Games 4:15 One on One 5:00 Music Appreciation	29 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	30 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

<div> <div>JANUARY 2021</div> <div> Farmington Square • C / D • 1530 Poplar Drive Medford, OR 97504 • 541-770-9080 </div> </div>						
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3 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	4 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit 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	5 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 IN2L Activity 1:45 Bingo 3:00 Decorate Cookies 4:00 One on One 5:00 Music Appreciation	6 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Reminiscing / IN2L 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	7 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Crafting Club 4:00 One on One 5:00 Music Appreciation	8 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Family Feud / IN2L 4:00 One on One 5:00 Music Appreciation	9 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club (C) 10:30 Snacktivity 11:00 Fit Club (D) 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
10 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	11 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Sing a Long 4:00 One on One 5:00 Music Appreciation	12 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 IN2L Activity 1:45 Bingo 3:00 Kickball 4:00 One on One 5:00 Music Appreciation	13 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Reminiscing / IN2L 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	14 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Snowball Fight 4:00 One on One 5:00 Music Appreciation	15 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Painting on Canvas 4:00 One on One 5:00 Music Appreciation	16 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club (C) 10:30 Snacktivity 11:00 Fit Club (D) 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
17 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	18 Martin Luther King Jr. Day 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Pudding Parfaits 4:00 One on One 5:00 Music Appreciation	19 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 IN2L Activity 1:45 Bingo 3:00 Alligator Hunt 4:00 One on One 5:00 Music Appreciation	20 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Reminiscing / IN2L 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	21 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Movie Matinee 4:00 One on One 5:00 Music Appreciation	22 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Sing a Long 4:00 One on One 5:00 Music Appreciation	23 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club (C) 10:30 Snacktivity 11:00 Fit Club (D) 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
24 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	25 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Resident Council 4:00 One on One 5:00 Music Appreciation	26 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 IN2L Activity 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	27 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Reminiscing / IN2L 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	28 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit 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	29 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Sing a Long 4:00 One on One 5:00 Music Appreciation	30 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club (C) 10:30 Snacktivity 11:00 Fit Club (D) 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation