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# Farmington Square Salem News



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### February 2021 Newsletter 910-920

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## **Prioritize Your Heart Health With Daily Choices**

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and bloodvessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

#### **Get Active**

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

#### Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

#### Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

## **Special Moments – National Hay Day!**









# Happy Birthday!





2/1	910
2/7	950
2/14	920
2/21	920
2/27	920
	2/7 2/14 2/21



Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!

# **February 2021 Highlights**

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

01 Baked Alaska Day; Serpent Day 02 Groundhog Day; Ukulele Day **03** Carrot Cake Day 04 Homemade Soup Day 05 Nutella Day; Gum Day 06 Frozen Yogurt Day; Chopsticks Day 07 Superbowl LV; Send Cards Day 08 Boy Scouts Day; Kite Flying Day 09 Bagel and Lox Day; Pizza Day **10 Cream Cheese Brownie Day** 11 Inventors' Day; Peppermint Patty Day **12 Chinese New Year; Plum Pudding Day** 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day

15 Presidents' Day; Gumdrop Day 16 Fat Tuesday; Almond Day 17 Ash Wed.; Cabbage Day; Kind Act Day 18 Wine Day; Battery Day; Pluto Day 19 Caregivers' Day; Chocolate Mint Day 20 Cherry Pie Day; Muffin Day; Pet Day 21 Grain-Free Day; Sticky Bun Day 22 Sweet Potato Day; Margarita Day 23 Banana Bread Day; Dog Biscuit Day 24 Tortilla Chip Day 25 Chocolate Covered Nuts Day; Clam **Chowder Day; Pancake Day** 26 Pistachio Day; Toast Day; Chili Day 27 Retro Day; Strawberry Day 14 Valentine's Day; Chocolate Truffle Day 28 Floral Day; Chocolate Souffle 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.

Make a New Friend Day is on February 11

We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

"Facebook!" - Joyce H.

"Working at Casino in Reno!" - Barbara G.

"Ministering with the Gideons!" - Donald G.

"My residents and co-workers at Farmington Square have not only become friends, but like family!" - Amanda B.



## **Staff Spotlight:** Luis E.

We would like to highlight our faithful and hard-working caregiver Luis. He began working here at Farmington Square Salem 13 YEARS ago! Luis is much loved by the residents for his kind, careful, and respectful demeanor. He is dependable and generous with his time; always picking up shifts to help out his fellow coworkers! When asked why he has stayed with us for so long, Luis stated: "I like the way that the company has treated me. They are flexible with my work hours. I like how the campus is set up with the different buildings. Assisted Living and Memory Care are both different, and I like being able to work with both types of residents. It brings me a lot of satisfaction to take care of all my residents. I like them, and I treat them like my grandparents. We here at Farmington Square Salem say a **BIG "THANK YOU!"** to Luis for his continued dedication and outstanding work! WAY TO GO LUIS!!!

### **Resident Spotlight:** Lorraine K.

We are excited to shine a light on our new Resident Lorraine! Lorraine joined our Farmington Square Community over 2 weeks ago and she has already made some lasting friendships with many residents and staff members alike! She is happily participating in all kinds of fun activities like Bingo, Arts & Crafts, One on Ones, and Social Hour with a hot cup of her favorite tea! Lorraine used to be a designer and was a member of the New comers of Salem, and also enjoyed collecting dolls in her past.

We are so overjoyed that she has made Farmington Square her new home, and we look forward to building new and lasting connections with her!





2		FEBRUARY	2021 Activiti	es 910-920		
SUN	MON	TUE	WED	THU	FRI	SAT
<u> </u>	1	2 Groundhog Day!	3 National Carrot Cake Day		5 National Wear Red Day!	6
subject to change	<ul> <li>9:30 Bulletin Board Decorating!</li> <li>10:00 Trivia IN2L</li> <li>10:30 Hangman IN2L</li> <li>11:30 Word Search IN2L</li> </ul>	9:30 Sit & be Fit IN2L 10:00 History of Groundhog Day 10:30 Hangman– Groundhog Day 12:00 Take- Out Tuesday	9:30 Exercise IN2L 10:00 Shopping/ Delivery 10:30 Common Sayings IN2L 11:30 One on Ones	9:30 Exercise IN2L 10:00 Which Came First? IN2L 11:00 Word Puzzles IN2L 11:30 Walk Outside/ Birds	Wear Red!!!	9:30 Chair Dancing IN2L 10:00 History Trivia IN2L 10:30 Write Letters to Family 11:30 Family Feud IN2L
health guidelines.	2:00 (B)	1-4 Window Visits 2:30 Groundhog Word Searches 3:00 Coffee Corner 4:00 Ground Hog Day Movie!	1:30 Hand Massages 3:00 Snack– Carrot Cake! 4:00 Bowling 4:30 Sing a Long/ Guitar IN2L	1-4pm Window Visits 2:30 One on Ones 3:30 Sit & Sip 4:00 Funny Babies IN2L	<ul> <li>1:30 Arm Chair Travel</li> <li>2:00 Helping Others IN2L</li> <li>3:00 Sit &amp; Sip</li> <li>4:00 Where the Red Fern Grows!</li> </ul>	2:00 (B)
	8 Presidents Day!	9 National Pizza Day!	10 10	11 New Friend Day!	12	13
9:30 Exercise IN2L 10:00 Sports Trivia IN2L	9:30 Chair Dancing IN2L	9:30 Exercise IN2L	9:30 Sit and be Fit IN2L 10:00 Shopping/ Delivery	9:30 Sit and be Fit IN2L 10:00 Friendship Cards Craft	9:30 Chair Dancing IN2L 10:00 One on Ones	9:30 Sit and be Fit IN2L 10:00 What did it Cost? IN2L
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	11:30 Happy Neuron IN2L	12:00 Take - Out Tuesday! 1-4 Window Visits	11:30 Reminisce– Baking IN2L 1:30 One on Ones	11:30 Reminisce– New Friends 1-4pm Window Visits	11:30 Sing a long Music IN2L 1:30 National Parks IN2L	11:30 Jokes & Laughter IN2L
	2:00 <b>BUNGO</b> in 920 3:30 Snack & Chat	2:00 Sing a Long IN2L	3:00 Snack - Eat Cookies!	2:00 Family Feud IN2L	2:00 Animal Trivia IN2L	2:00 BUNGO in 910 3:30 Coffee Corner
	4:30 Patriotic Karaoke IN2L	3:00 Snack & Chat	4:00 Manicures	3:30 Snack & Chat	3:00 Snack & Chat	4:00 Funny Babies IN2L
·····	4:30 Nature Slide Shows IN2L	4:00 Common Sayings IN2L	4:30 Happy NeuronIN2L	4:00 Give Cards to Friends	4:00 Classic TV IN2L	4:30 Reminisce IN2L
	15	16	17 National Kind Act Day!	18	19 Caregiver's Day!	20
9:30 Sit and be Fit IN2L	9:30 Exercise IN2L	9:30 Sit & be Fit IN2L	9:30 Exercise IN2L	9:30 Exercise IN2L	9:30 Sit and be Fit IN2L	9:30 Chair Dancing IN2L
10:00 Write Love Poetry	10:00 Trivia IN2L	10:00 What did it Cost? IN2L	10:00 Shopping/ Delivery	10:00 Which Came First? IN2L	10:00 Good News IN2L	10:00 History Trivia IN2L
10:30 Valentines Canvas Craft	10:30 Hangman IN2L	10:30 Brain Teasers IN2L	10:30 Friend Heart Craft	11:00 Word Puzzles IN2L	10:30 Caregiver Appreciation Craft!	10:30 Write Letters to Family
11:30 Bible Reading - Gods Love	11:30 Word Search IN2L	12:00 Take- Out Tuesday	11:30 One on Ones	11:30 Walk Outside/ Birds	11:30 Therapeutic Music IN2L	11:30 Family Feud IN2L
	2:00 🕒 🔍 🕞 🖓 🕞 🕲 🕞 2:00	1-4 Window Visits	1:30 Hand Massages	1-4pm Window Visits	1:30 History of Mother Teresa	2:00 <b>BUNGO</b> in 910
	3:30 Sit & Sip	2:30 Word Searches IN2L	3:00 Sit & Sip	2:30 One on Ones	2:00 Helping Others IN2L	3:30 Sit & Sip
	4:00 Country Karaoke IN2L	3:00 Coffee Corner	4:00 Give Heart Craft to Friend	3:30 Sit & Sip	3:00 Sit & Sip	4:00 Americana Karaoke 4:30 One on Ones
4:00 One on Ones	4:30 Which Came First? Trivia	4:00 Puzzles IN2L	4:30 Sing a Long/ Guitar IN2L	4:00 Funny Babies IN2L	4:00 Western Movies IN2	
	22	23 Banana Bread Day!	24	25	26 Pistachio Day!	27
10,00 Discussion Starters	9:30 Chair Dancing IN2L	9:30 Exercise IN2L	9:30 Sit and be Fit IN2L	9:30 Sit and be Fit IN2L	9:30 Chair Dancing IN2L	9:30 Sit and be Fit IN2L
10:30 Spiritual Songs IN2L	10:00 Good News IN2L	10:00 Adult Coloring	10:00 Shopping/ Delivery	10:00 Colorful Creations	10:00 One on Ones	10:00 What did it Cost? IN2L
11:30 Bible Trivia IN2L	10:30 What did it Cost? IN2L	10:30 Discussion Starters	10:30 Manicures	10:30 Piggy Bankers IN2L	10:30 Discussion Starters	10:30 One on Ones
	11:30 Happy Neuron IN2L 2:00 <b>BUNGO</b> in 920	12:00 Take - Out Tuesday! 1-4 Window Visits	11:30 Funny Animal IN2L 1:30 One on Ones	11:30 Which Came First? Trivia 1-4pm Window Visits	11:30 Sing a long Music IN2L 1:30 National Parks IN2L	11:30 Jokes & Laughter IN2L 2:00
2.00 Chumah Campan INI2I	3:30 Snack & Chat	2:00 Sing a Long IN2L	3:00 Coffee Corner	2:00 Family Feud IN2L	2:00 Animal Trivia IN2L	3:30 Coffee Corner
2.00 Create Chieles Dures	4:30 Outside Stroll	3:00 Snack– Banana Bread!	4:00 Farm Animals Trivia IN2L	3:30 Snack & Chat	3:00 Snack - Pistachio Pudding!	4:00 Funny Babies IN2L
4:00 One on Ones	4:30 Nature Slide Shows IN2L	4:00 Common Sayings IN2L	4:30 Happy Neuron IN2L	4:00 Common Sayings IN2L	4:00 Classic TV IN2L	4:30 Reminisce IN2L
28 National Floral Day!	Happy Birthday!	Take Out/ Lunch Delivery	Shopping/ Delivery			
9:30 Sit and be Fit IN2L	Lyle K. 2/1 910	2/2 Los Arcos 12pm	2/3 Walmart 10-12			
	Caroline B. 2/7 950	2/9 Donatellos Pizza 12pm				
	Lee C. 2/14 920		2/17 Fred Meyer 10-12		Contraction of the second seco	
11:30 Bible Reading	John M. 2/21 920	· · · ·	2/24 Safeway 10-12			
1:30 Travel Rose City - Portland	Dorothy V. 2/27 920					
2:00 Church Sermon IN2L						
3:00 Coffee Corner						
4:00 Reminisce– Flowers! IN2L					Aleforder Million Markerson	







2		FEBRUARY	2021 Activiti	es 940-950		
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Groundhog Day!	3 National Carrot Cake Day!			6
All activities subject to change per mandated health guidelines.	19:30Bulletin Board Decorating!10:00Bean bag Toss10:30Hangman IN2L11:30Word Search IN2L2:00BBCountry Caraoke IN2L4:00Country Karaoke IN2L4:30Which Came First? Trivia	2 Groundnog Day: 9:30 Sit & be Fit IN2L 10:00 History of Groundhog Day 10:30 Hangman– Groundhog Day 12:00 Take- Out Tuesday 1-4 Window Visits 2:30 Groundhog Word Searches 3:00 Coffee Corner 4:00 Ground Hog Day Movie!	9:30 Exercise IN2L 10:00 Shopping/ Delivery 10:30 Common Sayings IN2L 11:30 Dart Ball Game 1:30 Hand Massages 3:00 Snack- Carrot Cake! 4:00 Bowling 4:30 Sing a Long/ Guitar IN2L	<ul> <li>9:30 Exercise IN2L</li> <li>10:00 Ring Toss / Music</li> <li>11:00 Word Puzzles IN2L</li> <li>11:30 Walk Outside/ Birds</li> <li>1-4pm Window Visits</li> <li>2:30 One on Ones</li> <li>3:30 Sit &amp; Sip</li> <li>4:00 Funny Babies IN2L</li> </ul>	Wear Red!!! 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 One on Ones 11:30 What did it Cost? Clothes IN2L 1:30 Arm Chair Travel 2:00 Helping Others IN2L 2:00 Sit & Sin	9:30 Chair Dancing IN2L 10:00 Balloon Bat w/ Oldies 10:30 Write Letters to Family 11:30 Family Feud IN2L 2:00 Bloon Bat w/ Oldies 4:00 Balloon Bat w/ Oldies 4:30 One on Ones
7 Super Bowl!	8 Presidents Day!	9 National Pizza Day!	10	11 New Friend Day!	12	13
Wear Favorite Sports Team Colors!9:30Exercise IN2L10:00Sports Trivia IN2L10:30Spiritual Songs IN2L11:30BibleTrivia IN2L	9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 President Trivia IN2L 11:30 Happy Neuron IN2L 2:00 PORCO in 920 3:30 Snack & Chat 4:30 Patriotic Karaoke IN2L 4:30 Nature Slide Shows IN2L	9:30 Exercise IN2L 10:00 Adult Coloring 10:30 Discussion Starters 12:00 Take - Out Tuesday! 1-4 Window Visits 2:00 Sing a Long IN2L 3:00 Snack & Chat 4:00 Common Sayings IN2L	<ul> <li>9:30 Sit and be Fit IN2L</li> <li>10:00 Shopping/ Delivery</li> <li>10:30 No Bake Cookies!</li> <li>11:30 Reminisce- Baking IN2L</li> <li>1:30 Balloon Bat w/ Oldies</li> <li>3:00 Snack - Eat Cookies!</li> <li>4:00 Manicures</li> <li>4:30 Happy NeuronIN2L</li> </ul>	9:30 Sit and be Fit IN2L 10:00 Friendship Cards Craft 11:00 Friendship Poetry Corner 11:30 Reminisce- New Friends 1-4pm Window Visits 2:00 Family Feud IN2L 3:30 Snack & Chat 4:00 Give Cards to Friends	<ul> <li>9:30 Chair Dancing IN2L</li> <li>10:00 Dart Ball Game</li> <li>10:30 Discussion Starters</li> <li>11:30 Sing a long Music IN2L</li> <li>1:30 National Parks IN2L</li> <li>2:00 Animal Trivia IN2L</li> </ul>	9:30 Sit and be Fit IN2L 10:00 What did it Cost? IN2L 10:30 Ring Toss 11:30 Jokes & Laughter IN2L 2:00 BOOGO in 910 3:30 Coffee Corner 4:00 Funny Babies IN2L 4:30 Reminisce IN2L
14 Valentines Day!	15	16		18		20
9:30 Sit and be Fit IN2L 10:00 Write Love Poetry 10:30 Valentines Canvas Craft 11:30 Bible Reading - Gods Love 1:30 Travel City of Love- Paris 2:00 Zoom Valentines Party! 3:00 Valentines Cookies ! 4:00 One on Ones 21 Sticky Bun Day! 9:30 Exercise IN2L 10:00 Discussion Starters 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 Snack - Sticky Buns 4:00 One on Ones	9:30 Exercise IN2L 10:00 Bean bag Toss 10:30 Hangman IN2L 11:30 Word Search IN2L 2:00 B B B B B B B B B B B B B B B B B B	<ul> <li>9:30 Sit &amp; be Fit IN2L</li> <li>10:00 Balloon Bat w/ Oldies</li> <li>10:30 Brain Teasers IN2L</li> <li>12:00 Take- Out Tuesday</li> <li>1-4 Window Visits</li> <li>2:30 Word Searches IN2L</li> <li>3:00 Coffee Corner</li> <li>4:00 Puzzles IN2L</li> <li>23 Banana Bread Day!</li> <li>9:30 Exercise IN2L</li> <li>10:00 Adult Coloring</li> <li>10:30 Discussion Starters</li> <li>12:00 Take - Out Tuesday!</li> <li>1-4 Window Visits</li> <li>2:00 Sing a Long IN2L</li> <li>3:00 Sonack- Banana Bread!</li> <li>4:00 Common Sayings IN2L</li> </ul>	9:30 Exercise IN2L 10:00 Shopping/ Delivery 10:30 Friend Heart Craft 11:30 Dart Ball Game 1:30 Hand Massages 3:00 Sit & Sip 4:00 Give Heart Craft to Friend 4:30 Sing a Long/ Guitar IN2L 24 9:30 Sit and be Fit IN2L 10:00 Shopping/ Delivery 10:30 Manicures 11:30 Balloon Bat w/ Oldies 1:30 One on Ones 3:00 Coffee Corner 4:00 Farm Animals Trivia IN2L 4:30 Happy Neuron IN2L	<ul> <li>9:30 Exercise IN2L</li> <li>10:00 Ring Toss / Music</li> <li>11:00 Word Puzzles IN2L</li> <li>11:30 Walk Outside/ Birds</li> <li>1-4pm Window Visits</li> <li>2:30 One on Ones</li> <li>3:30 Sit &amp; Sip</li> <li>4:00 Funny Babies IN2L</li> <li>25</li> <li>9:30 Sit and be Fit IN2L</li> <li>10:00 Bean Bag Toss</li> <li>10:30 Poetry Corner</li> <li>11:30 Which Came First? Trivia</li> <li>1-4pm Window Visits</li> <li>2:00 Family Feud IN2L</li> <li>3:30 Snack &amp; Chat</li> <li>4:00 Common Sayings IN2L</li> </ul>	<ul> <li>9:30 Sit and be Fit IN2L</li> <li>10:00 Good News IN2L</li> <li>10:30 Caregiver Appreciation Craft!</li> <li>11:30 Therapeutic Music IN2L</li> <li>1:30 History of Mother Teresa</li> <li>2:00 Helping Others IN2L</li> <li>3:00 Sit &amp; Sip</li> <li>4:00 Western Movies IN2</li> <li>26 Pistachio Day!</li> <li>9:30 Chair Dancing IN2L</li> <li>10:00 Dart Ball Game</li> <li>10:30 Discussion Starters</li> <li>11:30 Sing a long Music IN2L</li> <li>1:30 National Parks IN2L</li> <li>2:00 Animal Trivia IN2L</li> <li>3:00 Snack - Pistachio Pudding!</li> </ul>	9:30 Chair Dancing IN2L 10:00 Balloon Bat w/ Oldies
28 National Floral Day! 9:30 Sit and be Fit IN2L 10:00 Flower Trivia IN2L 10:30 Floral Arrangements! 11:30 Bible Reading 1:30 Travel Rose City - Portland 2:00 Church Sermon IN2L 3:00 Coffee Corner 4:00 Reminisce- Flowers! IN2L	Happy Birthday!           Lyle K.         2/1         910           Caroline B. 2/7         950           Lee C.         2/14         920           John M.         2/21         920           Dorothy V.         2/27         920	2/9Donatellos Pizza12pm2/16Love Love12pm	Shopping/ Delivery 2/3 Walmart 10-12 2/10 Dollar Tree 10-12 2/17 Fred Meyer 10-12 2/24 Safeway 10-12			

