



1530 Poplar Dr.
Medford, OR 97504

Stamp

Administrative Team:

Executive Director: Diana Rushing
Community Relations Dir.: Kelly Carey
Wellness Director: Chelsea Terrill
Wellness Director: Ariel Jones
Wellness Nurse: Jenn Daughtery
Business Office Dir.: Jennifer Tessen
Dining Services Dir.: Margaret Tepovac
Maintenance Director: Garret Hofmaster
Life Enrichment Director: Dawn Rand

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

The Farmington Times

March 2021 Newsletter



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The Better to See You With: Eye Health & Wellness Tips

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.

Be Seen

One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best— way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing

- glasses and/or contacts
- Wearing UV protective sunglasses outdoors

Vision Issues

People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.



Special Moments



Fenunuivao: March 6
Ruth: March 8
Brandi: March 10
Riley: March 11
Walter: March 12

Loren: March 13
Patty: March 14
Jean: March 28

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!

March 2021 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- | | |
|--|---|
| 01 Peanut Butter Day; Pig & Horse Day | 17 St. Patrick's Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Mulled Wine Day; World Wildlife Day | 19 Certified Nurses Day; March Equinox |
| 04 Marching Music Day; Sons' Day | 20 Ravioli Day; Corn Dog Day; Quilting Day |
| 05 Staff Appreciation Day | 21 French Bread Day; World Puppetry Day |
| 06 Dentists' Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; Be Silly Day |
| 07 Cereal Day; Flapjack Day | 23 Puppy Day; Tamale Day; 3-D Day |
| 08 Intl. Women's Day; Peanut Cluster Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Medal of Honor Day; Swedish Waffle Day |
| 10 Registered Dietician Nutritionists' Day | 26 Spinach Day; Wear Purple (Epilepsy) Day |
| 11 Johnny Appleseed Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam War Vets Day; |
| 14 Daylight Savings Starts; Chips Day | Piano Day |
| 15 Pears Helene Day; Kansas Day | 30 Doctors Day; Park Day; |
| 16 Artichoke Hearts Day; Panda Day | Virtual Vacay Day |

Saturday night, March 13, set your clocks forward one hour!



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.

March 5th is Learn What Your Name Means Day!

Staff and residents looked up meanings of their first names! These are a few!

"Strong willed warrior" - William

"Shining with glory" - Robert

"The Wooded Valley" - Glenn

"To harvest" - Teresa



Staff Spotlight:
Garret

Meet Garret! He is our new Maintenance Director. Garret grew up in the Rogue Valley and has always had an interest in how things "work," which led him to a career in facility maintenance. Garret feels blessed to be working with and serving the senior population.

On his time off, Garret enjoys spending time with his wife and their four dogs.



Resident Spotlight:
Lois

Meet Lois! She has made Farmington Square her home for about two years.

Lois enjoys watching TV. Her favorite shows include Perry Mason, Matlock and Bonanza. She also enjoys listening to country music.

Thank you, Lois, for making Farmington Square your home!

MARCH 2021										Farmington Square • A / B • 1530 Poplar Drive Medford, OR 97504 • 541-770-9080									
SUN		MON		TUE		WED		THU		FRI		SAT							
All activities subject to change per mandated health guidelines.		1 Love Peanut Butter Day		2 Read Across America Day		3		4Sons’ Day		5 Staff Appreciation Day		6 Get Outside Day							
		9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You (A)											
		10:30 Snacktivity	10:30 Snacktivity	10:30 Snacktivity	10:30 Snacktivity	10:30 Snacktivity	10:30 Snacktivity	10:30 Snacktivity											
		11:00 Fit Club	11:00 Fit Club	11:00 Fit Club	11:00 Fit Club	11:00 Fit Club	11:00 Fit Club	11:00 Beautiful You (B)											
		12:00 Reading Circle	12:00 Reading Circle	12:00 Reading Circle	12:00 Reading Circle	12:00 Reading Circle	12:00 Reading Circle	12:00 Fit Club (A)											
		2:00 Sm. Group Activity	2:00 Sm. Group Activity	2:00 Sm. Group Activity	2:00 Sm. Group Activity	2:00 Sm. Group Activity	2:00 Sm. Group Activity	1:00 Fit Club (B)											
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		3:00 Sing a Long	3:00 Fancy Fingers	3:00 Wednesday Craft	3:00 Wii Baseball	3:00 Balloon Ball	3:00 Balloon Ball	2:15 Sensory Activity (B)											
		4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	3:30 IN2L Activities											
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3:30 Church / Hymns (A)	3:00 Karaoke	3:00 Fancy Fingers	3:00 Fancy Fingers	3:00 Wii Baseball	3:00 Wii Baseball	2:15 Sensory Activity (B)													
4:15 Church / Hymns (B)	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	3:30 IN2L Activities													
		5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation												
14 Start Daylight Saving Time		15		16 Artichoke Hearts Day		17 St. Patrick’s Day!		18		19 Let’s Laugh Day		20 Spring is Here!							
9:30 Beautiful You (A)	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You (A)													
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3:30 Church / Hymns (A)	3:00 Sing a Long	3:00 Fancy Fingers	3:00 St. Patrick’s Craft	3:00 St. Patrick’s Craft	3:00 Tracy Davy / Zoom	2:15 Sensory Activity (B)													
4:15 Church / Hymns (B)	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	3:30 IN2L Activities													
		5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation													
21 French Bread Day		22		23 Puppy Day		24		25		26 Spinach Day		27 Passover at Sundown							
9:30 Beautiful You (A)	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You (A)													
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10:50 Beautiful You (B)	11:00 Fit Club	11:00 Fit Club	11:00 Fit Club	11:00 Fit Club	11:00 Fit Club	11:00 Beautiful You (B)													
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3:30 Church / Hymns (A)	3:00 Yogurt Parfaits	3:00 Fancy Fingers	3:00 Fancy Fingers	3:00 Wii Baseball	3:00 Wii Baseball	2:15 Sensory Activity (B)													
4:15 Church / Hymns (B)	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	3:30 IN2L Activities													
		5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation													
28 Palm Sunday		29		30 Doctors’ Day		31				Resident Birthdays:		Employee Birthdays:							
9:30 Beautiful You (A)	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You	9:30 Beautiful You					March 8, Ruth B. (C)		March 6, Fenunuivao M.							
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10:50 Beautiful You (B)	11:00 Fit Club	11:00 Fit Club	11:00 Fit Club	11:00 Fit Club	11:00 Fit Club					March 12, Walter M. (D)									
12:00 Fit Club (A)	12:00 Reading Circle	12:00 Reading Circle	12:00 Reading Circle	12:00 Reading Circle	12:00 Reading Circle					March 13, Loren F. (C)									
1:15 Fit Club (B)	2:00 Sm. Group Activity	2:00 Sm. Group Activity	2:00 Sm. Group Activity	2:00 Sm. Group Activity	2:00 Sm. Group Activity					March 14, Patty R. (D)									
2:00 Sunday Matinee / One on One	2:30 Snacktivity	2:30 Snacktivity	2:30 Snacktivity	2:30 Snacktivity	2:30 Snacktivity					March 28, Jean P. (C)									
3:30 Church / Hymns (A)	3:00 David Christian / Zoom	3:00 Fancy Fingers	3:00 Fancy Fingers	3:00 Resident Council	3:00 Resident Council														
4:15 Church / Hymns (B)	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One	4:15 One on One														
		4:15 One on One	5:00 Music Appreciation	5:00 Music Appreciation	5:00 Music Appreciation														

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	<div>14 Start Daylight Saving Time</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Fit Club</div> <div>10:30 Snacktivity</div> <div>11:00 Sunday Hymns</div> <div>1:30 Bingo</div> <div>2:30 Snacktivity</div> <div>3:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>15</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Card-O</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Wii Bowling</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>16 Artichoke Hearts Day</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Ante Up</div> <div>10:30 Snackltivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Fancy Fingers</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>17 St. Patrick’s Day!</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 IN2L Game</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 St. Patrick’s Bingo</div> <div>3:00 St. Patrick’s Craft</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>18</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Card-O</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Tracy Davy / Zoom</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>19Let’s Laugh Day</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Trivia / IN2L</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Karaoke</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>
	<div>21 French Bread Day</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Fit Club</div> <div>10:30 Snacktivity</div> <div>11:00 Sunday Hymns</div> <div>1:30 Bingo</div> <div>2:30 Snacktivity</div> <div>3:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>22</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Card-O</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Wii Baseball</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>23 Puppy Day</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Ante Up</div> <div>10:30 Snackltivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Fancy Fingers</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>24</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 IN2L Game</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Heart & Hope/Zoom</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>25</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Card-O</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Shape Painting</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>26Spinach Day</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Trivia / IN2L</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Sing a Long</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>
	<div>28 Palm Sunday</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Fit Club</div> <div>10:30 Snacktivity</div> <div>11:00 Sunday Hymns</div> <div>1:30 Bingo</div> <div>2:30 Snacktivity</div> <div>3:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>29</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Card-O</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 David Christian/Zoom</div> <div>4:00 IN2L Activity</div> </div>	<div>30 Doctors’ Day</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 Ante Up</div> <div>10:30 Snackltivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Fancy Fingers</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>31</div> <div> <div>9:00 Menu Boards</div> <div>9:30 Daily Chronicles</div> <div>10:00 IN2L Game</div> <div>10:30 Snacktivity</div> <div>11:00 Fit Club</div> <div>1:45 Bingo</div> <div>3:00 Resident Council</div> <div>4:00 IN2L Activity</div> <div>5:00 Music Appreciation</div> </div>	<div>Resident Birthdays:</div> <div> <div>March 8, Ruth B. (C)</div> <div>March 11, Riley C. (B)</div> <div>March 12, Walter M. (D)</div> <div>March 13, Loren F. (C)</div> <div>March 14, Patty R. (D)</div> <div>March 28, Jean P. (C)</div> </div>	<div>Employee Birthdays:</div> <div> <div>March 6, Fenunuivao M.</div> <div>March 10, Brandi B.</div> </div>