

Stamp

2730 Bailey Lane Eugene, OR 97401

Administrative Team: Our mission is to create and **Executive Director: Jill Maher** sustain comfortable, caring **Business Office Director: Chelsea Hohenstein** environments for those **Community Relations Director: Cindy Benton** who depend on us. **Wellness Nurse: Theresa Curcio RN** Wellness Nurse: Judy Wilson RN Wellness Director: Barbara Schmidt **Wellness Director: Mia Reeser** Wellness Director: Nick Reeser **Maintenance Director: Brian Thompson Dining Services Director: Tristin Hunt** Life Enrichment Director: Kirsten Silva **Connect:** 541-344-7902 info-eugene@farmingtonsquare.com www.farmingtonsquare-eugene.com

The Farmington Square Times

April 2021 Newsletter



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Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their

health and the planet!

Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress.
 Gardening can lower cortisol
 - levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment

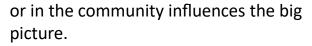
(albeit with proper sun protection).

Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a

better place.

• It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home



- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

Special Moments













Resident Birthdays

Dorothy: April 4th Carol: April 8th Evelyn: April 26th **Employee Birthdays**

Caitlin: April 2nd Chelsea: April 6th Brittany: April 18th Josue: April 22nd Jasmine: April 24th

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.

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April 2021 Highlights

April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!

01 April Fools Day; Sourdough Day 02 Peanut Butter and Jelly Day; Ferret Day 03 Film Score Day; Handmade Day 04 Easter; School Librarian Day 05 Caramel Day; Deep Dish Pizza Day 06 Caramel Popcorn Day; Librarians Day 07 Coffeecake Day; Beer Day 08 Zoo Lovers Day; Empanada Day 09 Unicorn Day; Antique Love Day 10 Hug Dog Day; Farm Animals Day 11 Quartet Day; Fondue Day; Pet Day 12 Ramadan Begins; Grilled Cheese Day 13 Scrabble Day; Peach Cobbler Day 14 Dolphin Day; Gardening Day; Pecan Day 15 World Art Day; Banana Day; Guess Day 16 Bean Count Day; Eggs Benedict Day;

17 Crawfish Day; Ellis Island History Day
18 Animal Cracker Day; Intl. Day for
Monuments and Sights
19 Amaretto Day; Garlic Day
20 Twin Day; Pineapple Upside Down Day
21 Administrative Professionals' Day; British
National Tea Day
22 Earth Day; Jelly Bean Day
23 Arbor Day; Picnic Day
24 Pigs in Blankets Day; Sense of Smell Day
25 Thank Plumbers Day; Zucchini Bread Day
26 Audubon Day; Pretzel Day
27 Babe Ruth Day; Prime Rib Day
28 Blueberry Pie Day; Superhero Day
29 Shrimp Scampi Day; Intl. Dance Day

30 Hairstylist Appreciation Day; Oatmeal

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.

Wear PJs Day; Orchid Day

April 8th is Zoo Lover's Day.

Cookie Day

Staff and residents shared their favorite animals!

- "The little giraffes" Nancy
- "Elephants" Carolyn
- "Elephants" Tina
- "Tigers" Anita
- "Giraffes Jeani
- "White Tigers" Christine
- "Penguins are fun!" Wanda
- "They're all so wonderful. It's hard to pick a

favorite. I like them all" - Pat



Staff Spotlight: Gen

Gen is a Cook who has worked here for about five months now. She is from California and attended the culinary program at Lane Community College. She enjoys hiking with her dog Tokane, playing disc golf, cooking (especially BBQ), and traveling (her favorite place to visit has been Yellowstone). Gen's favorite color is purple, her favorite animal is a dolphin and her favorite holidays are Thanksgiving and Christmas. She loves Italian food and root beer. Gen is described as hard working, joyful, friendly, easy to talk to, funny and always ready to help residents and coworkers. Gen, thank you for your dedication to those you serve, the delicious food you make, and for always going the extra mile to bring a smile to those around you!



Resident Spotlight:

This month, our resident spotlight shines on Jeani! She is from Fort Worth, Texas. She worked in real estate and as a home maker. She enjoys going on long walks, listening to music (especially Jimmy Buffett and The Eagles), watching NCIS, Law & Order, & old movies, reading fiction, dancing, conversing with others, sewing, quilting, crafting, gardening, and being outside. She is described as outgoing, social, stylish, has a good sense of humor, helpful, friendly, patient, calm, encouraging, and active.

Jeani, you have such a warm heart.
Thank you for always being so
helpful and kind. Your smile and
your fun clothes (fancy pants) bring
joy to those around you!

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APRIL 202		mington Square Eugene		ane, Eugene, OR 97401	• 541-344-	
SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Happy Earth Day!			9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: US Air Force Academy Day* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Pranks & Puns* (A,B) 2:30 Exercise Fun: Walking Group (All) 3:00 Sensory Games* (A, B) 3:00 Cribbage (C)	2 Good Friday 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Spring Poetry* (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 1:30 Scenic Bus Drive: Dee 2:00 Snacktivity: Decorate 2:30 Card Games* (All) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:30 Exercise Fun: Balloon Volleyball (B) 6:00 Movie Night & Popcorn* (All)	9:00 Beauty & Grooming (All) 9:30 Exercise: Music & Movement*(A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Travel to Natl. Parks* (All) 2:00 Creative Art: Watercolor Art* (All) 3:00 Outdoor Games (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Easter Service* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Easter Trivia* (All) 2:30 Exercise: Stretching & Weights (All) 3:00 Outdoor/Indoor Games* (All) 3:30 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A)	9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: April Trivia* (All) 12:30 B-I-N-G-O* (B, C) 1:00 Sing-a-long (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Spring Humor* (All) 3:00 Strategy & Target Games* (All)	9:30 Exercise: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Finland* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Caramel Popcorn* (All) 2:00 Exercise Fun: Balloon Ball (C) 2:30 TV Games* (All) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A)	9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Name That Sound Trivia* (All) 12:30 Word Games/Crosswords* (B,C) 1:00 Matching Games* (A) 2:00 Snacktivity: National Beer Day* (All) 2:00 Creative Arts: Spring Crafts* (All) 3:00 Casino Games* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement*(A) 6:00 B-I-N-G-O Night!* (B)	9:30 Exercise Fun: Balloon Ball (A,B) 5 10:30 Snacktivity: Zoo Lover Day* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Music & Art* (A,B) 2:30 Exercise Fun: Walking Group (All) 3:00 Sensory Games* (A, B) 3:00 Cribbage (C) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B)		9:00 Beauty & Grooming (All) 9:30 Exercise: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Birthday Cupcakes (All) 2:00 Creative Arts: Watercolor Art* (All) 3:00 Outdoor Games (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: National Pet Day* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Board Games* (All) 2:30 Exercise Fun: Stretching & Weights (All) 3:00 Outdoor/Indoor Games* (All) 3:30 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A)	9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Colorado Day* (All) 12:30 B-I-N-G-O* (B, C) 1:00 Sing-a-long (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Animal Trivia* (All) 3:00 Strategy & Target Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A)	9:30 Exercise: Music & Movement* (A,B) 10:30 Snacktivity: Scrabble Day* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversing* (All) 2:00 Exercise Fun: Balloon Ball (C) 2:30 TV Games* (All) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B)	9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Finish the Book Title Trivia* (All) 12:30 Word Games/Crosswords* (B,C) 1:00 Matching Games* (A) 2:00 Snacktivity: Funny Babies* (All) 2:00 Creative Art: Garden Day Crafts* (All) 3:00 Casino Games* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement*(A) 6:00 B-I-N-G-O Night!* (B)	9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Pranks & Puns* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Music & Art* (A,B) 2:30 Exercise Fun: Walking Group (All) 3:00 Sensory Games* (A, B) 3:00 Cribbage (C) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Board Game Night* (B)		9:00 Beauty & Grooming (All) 9:30 Exercise: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Watercolor Art* (All) 2:00 Recorded Live Music: Katie Sontag (All) 3:00 Outdoor Games (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Casino Games* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Card Games* (All) 2:30 Exercise Fun: Stretching & Weights (All) 3:00 Outdoor/Indoor Games* (All) 3:30 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A)	10:30 Snacktivity: North Dakota Day* (All) 12:30 B-I-N-G-O* (B, C) 1:00 Sing-a-long (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Guess Actor Trivia* (All) 3:00 Strategy & Target Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A)	9:30 Exercise: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Japan* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversing* (All) 2:00 Exercise Fun: Balloon Ball (C) 2:30 TV Games* (All) 3:00 Pretty Nails & Manicures (All)	9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Reminisce Trivia* (All) 12:30 Word Games/Crosswords* (B,C) 1:00 Matching Games* (A) 2:00 Snacktivity: Funny Babies* (All) 2:00 Creative Arts: Adult Coloring* (All) 2:30 Resident Council (C) 3:00 Casino Games* (All) 3:30 Card Games* (All) 4:00 Exercise Fun: Music & Movement*(A) 6:00 B-I-N-G-O Night!* (B)	9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Earth Day* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Music & Art* (A,B) 2:30 Exercise Fun: Walking Group (All) 3:00 Sensory Games* (A, B) 3:00 Cribbage (C) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B)		9:00 Beauty & Grooming (All) 9:30 Exercise: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Travel to England* (All) 2:00 Creative Arts: Watercolor Art* (All) 3:00 Outdoor Games (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Card Game Night* (B)
9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Casino Games* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: TV Games* (All) 2:30 Exercise Fun: Stretching & Weights (All) 3:00 Outdoor/Indoor Games* (All) 3:30 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A)	9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: South Dakota Day* (All) 12:30 B-I-N-G-O* (B, C) 1:00 Sing-a-long (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Which Came 1st Trivia* (All) 3:00 Strategy & Target Games* (All) 3:30 Word Games* (All)	9:30 Exercise: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Peru* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversing* (All) 2:00 Exercise Fun: Balloon Ball (C) 2:30 TV Games* (All) 3:00 Pretty Nails & Manicures (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Yahtzee Night* (B)	9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: Name That Sound Trivia* (All) 12:30 Word Games/Crosswords* (B,C) 1:00 Matching Games* (A) 2:00 Snacktivity: Funny Babies* (All) 2:00 Creative Art: Watercolor Art* (All) 3:00 Casino Games* (All) 3:30 Card Games* (All) 4:00 Exercise: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)	9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Pranks & Puns* (A,B) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Music & Art* (A,B) 2:30 Exercise Fun: Walking Group (All) 3:00 Sensory Games* (A, B) 3:00 Cribbage (C) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B)		April 1st: US Air Force Academy Day April 4th: Easter April 6th: Caramel Popcorn Day April 7th: Beer Day & Spring Crafts April 8th: Zoo Lover Day April 9th: Virtual Pet Visits & Spin to Win April 10th: Birthday Cupcakes April 11th: Pet Day April 12th: National Colorado Day April 13th: Scrabble Day April 14th: Gardening Day Crafts April 17th: Recorded Live Music: Katie Sontag April 19th: National North Dakota Day April 21st: Resident Council April 22nd: Earth Day April 23rd: Virtual Pet Visits & Arbor Day