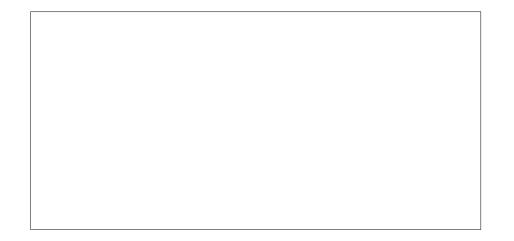


1530 Poplar Dr. Medford, OR 97504



**Administrative Team: Executive Director: Diana Rushing Community Relations Director:** Kelly Carey Wellness Director: Chelsea Terrill Wellness Director: Ariel Jones **Business Office Director: Jennifer Tessen Dining Services Director: Margaret Tepovac** Maintenance Director: Garett Hofmaster Life Enrichment Director: Dawn Rand

**Connect:** 541-770-9080 info-medford@farmingtonsquare.com www.farmingtonsquare-medford.com

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

Stamp

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# The Farmington Times



- **2** Gardening Benefits
- **3** Team & Resident Spotlight
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### April 2021 Newsletter

- 6 Highlights, Notes, In Our Words
- 7 Special Moments & Birthdays
- 8 Mission & Team

## **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

or in the community influences the big picture.

- 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!









Fern H: April 3 Irene M: April 5 **Donald W: April 9** Steve C: April 10 Bryan B: April 14

Olivia B: April 16 Marilyn L: April 17 Lauren B: April 24

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.

## 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;** Wear PJs Day; Orchid 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 **Cookie 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.

### April 8th is Zoo Lover's Day.

Staff and residents shared their favorite animals!

- "Dogs" Elaine
- "Cats" Teddie
- "Horses" Deborah
- "Elephants" Marilyn
- Snakes" Ariel
- "Chihuahua's" Jennifer
- "Fish" Garett
- "Bats and squirrels" Steve



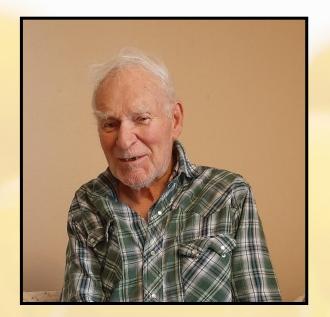
## Staff Spotlight: Ariel

Introducing our new Wellness Director, Ariel! Before becoming our Wellness Director, Ariel worked as a Caregiver and Med Tech.

Ariel has worked in the caregiving field for about five years. She loves nurturing the residents and making sure they are well cared for.

In her spare time, she loves hanging out with her six-yearold son and watching movies.

Thank you for all you do, Ariel!



# Resident Spotlight:

Meet JK! JK has made Farmington Square his home for about 6 months now.

JK has settled in quite nicely and has made several friends in his cottage. He likes to listen to country and western music, walk around the courtyard with his dog Ginger, and watch TV.

Thank you, JK, for making Farmington Square your home! We're so happy you're part of the Farmington family!

APRIL 202			- -	rive Medford, OR 97504	• 541-770-9080	CAT
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