



1530 Poplar Dr.
Medford, OR 97504

Stamp

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: Garrett Hofmaster
Life Enrichment Director: Dawn Rand

Connect:

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

The Farmington 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

- 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!

Special Moments



Happy Birthday!



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	17 Crawfish Day; Ellis Island History Day
02 Peanut Butter and Jelly Day; Ferret Day	18 Animal Cracker Day; Intl. Day for Monuments and Sights
03 Film Score Day; Handmade Day	19 Amaretto Day; Garlic Day
04 Easter; School Librarian Day	20 Twin Day; Pineapple Upside Down Day
05 Caramel Day; Deep Dish Pizza Day	21 Administrative Professionals' Day; British National Tea Day
06 Caramel Popcorn Day; Librarians Day	22 Earth Day; Jelly Bean Day
07 Coffeecake Day; Beer Day	23 Arbor Day; Picnic Day
08 Zoo Lovers Day; Empanada Day	24 Pigs in Blankets Day; Sense of Smell Day
09 Unicorn Day; Antique Love Day	25 Thank Plumbers Day; Zucchini Bread Day
10 Hug Dog Day; Farm Animals Day	26 Audubon Day; Pretzel Day
11 Quartet Day; Fondue Day; Pet Day	27 Babe Ruth Day; Prime Rib Day
12 Ramadan Begins; Grilled Cheese Day	28 Blueberry Pie Day; Superhero Day
13 Scrabble Day; Peach Cobbler Day	29 Shrimp Scampi Day; Intl. Dance Day
14 Dolphin Day; Gardening Day; Pecan Day	30 Hairstylist Appreciation Day; Oatmeal Cookie Day
15 World Art Day; Banana Day; Guess Day	
16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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" - Garrett
- "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-year-old son and watching movies.

Thank you for all you do, Ariel!



Resident Spotlight:
JK

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!

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	 Happy Earth Day!	Resident Birthdays: April 3, Fern H. (B) April 5, Irene M. (B) April 9, Donald W. (B) April 10, Steve C. (C) April 17, Marilyn L. (A)	Employee Birthdays: April 14, Bryan B. April 16, Olivia B. April 24, Lauren B.	1 April Fool's Day 9:30 Beautiful You 10:30 Snacktivity 11:00 Wii Baseball 12:00 One on One 2:00 Reading Circle 2:30 Snacktivity 3:00 Fit Club 4:15 One on One 5:00 Music Appreciation	2 Good Friday 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Balloon Ball 4:15 Small Group Activity 5:00 Music Appreciation	3 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
4 Easter 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 Easter Craft 3:30 Church / Hymns (A) 4:15 Church / Hymns (B) 5:00 Music Appreciation	5 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Scenic Drive (A) 4:15 Small Group Activity 5:00 Music Appreciation	6 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Fancy Fingers 4:15 Small Group Activity 5:00 Music Appreciation	7 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Craft Club 4:15 Small Group Activity 5:00 Music Appreciation	8 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Ball Throw 4:15 Small Group Activity 5:00 Music Appreciation	9 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 IN2L Activity 4:15 Small Group Activity 5:00 Music Appreciation	10 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
11 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)	12 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Scenic Drive (B) 4:15 Small Group Activity 5:00 Music Appreciation	13 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Fancy Fingers 4:15 Small Group Activity 5:00 Music Appreciation	14 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Heart & Hope / Zoom 4:15 Small Group Activity 5:00 Music Appreciation	15 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Tracy Davy / Zoom 4:15 Small Group Activity 5:00 Music Appreciation	16 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Table Games 4:15 Small Group Activity 5:00 Music Appreciation	17 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
18 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)	19 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Sing a Long 4:15 Small Group Activity 5:00 Music Appreciation	20 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Fancy Fingers 4:15 Small Group Activity 5:00 Music Appreciation	21 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Bowling 4:15 Small Group Activity 5:00 Music Appreciation	22 Earth Day 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Garden Club 4:15 Small Group Activity 5:00 Music Appreciation	23 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Adult Coloring 4:15 Small Group Activity 5:00 Music Appreciation	24 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
25 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)	26 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Karaoke 4:15 Small Group Activity 5:00 Music Appreciation	27 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Fancy Fingers 4:15 Small Group Activity 5:00 Music Appreciation	28 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Heart & Hope/Zoom 4:15 Small Group Activity 5:00 Music Appreciation	29 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Resident Council 4:15 Small Group Activity 5:00 Music Appreciation	30 9:30 Beautiful You 10:30 Snacktivity 11:00 Reading Circle 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 David Christian / Zoom 4:15 Small Group Activity 5:00 Music Appreciation	

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4 Easter 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 230 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	5 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Card-O 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Whack a Ball 4:00 One on One 5:00 Music Appreciation	6 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Ante Up 10:30 Snacktivity 11:00 Fit Club 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 IN2L Game 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	8 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Card-O 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Craft Club 4:00 One on One 5:00 Music Appreciation	9 9:00 Menu Boards 9:30 Daily Chronicles 10:00 Trivia / IN2L 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Karaoke 4:00 One on One 5:00 Music Appreciation	10 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
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