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Stamp

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

Farmington Square Salem News

April 2021 Newsletter



2 Gardening Benefits
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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!

Special Moments - St. Patty's Day!



Happy Birthday!



- Peggy A: April 1st
- Millie S: April 1st
- Shirley M: April 4th
- Gloria L: April 7th



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!

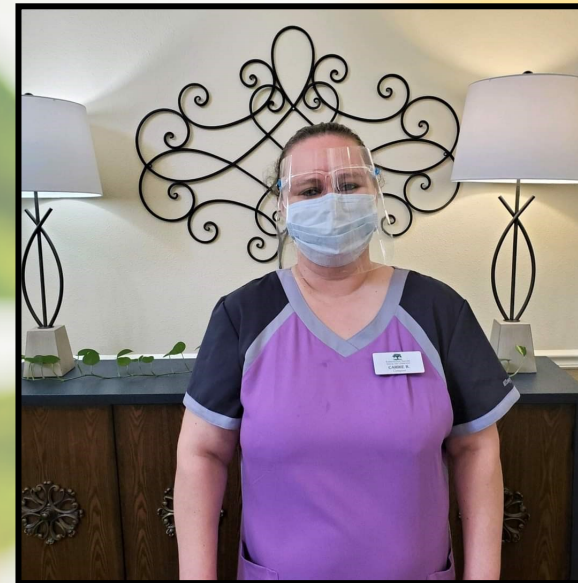
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| 01 April Fools Day; Sourdough Day | 17 Crawfish Day; Ellis Island History Day |
| 02 Peanut Butter and Jelly Day; Ferret Day | 18 Animal Cracker Day; Intl. Day for Monuments and Sights |
| 03 Film Score Day; Handmade Day | 19 Amaretto Day; Garlic 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!

- "Bunnies!" - Megan
- "Puppies!" - Gloria
- "Birds!" - Donald
- "Squirrels!" - Lynn
- "Dolphins!" - Judy
- "Cats!" - Pam
- "Horses" - Millie



Staff Spotlight: Carrie R.

We would like to highlight our team member Carrie! Carrie just celebrated her 7 year anniversary with us at Farmington Square Salem.

Carrie is an outstanding caregiver! She always goes the extra mile, whether that means picking up extra shifts or taking that special moment to make a resident smile. Carrie takes the time! Carrie says her favorite thing about working at Farmington Square Salem is the residents and the staff. She shared, "I am very thankful to all my coworkers who help me out taking care of the residents. We have a good team here."

In her spare time, Carrie likes to go camping, play games, and spend time with family.

**Thank you Carrie for all you do!
Congrats on 7 years!!**





Resident Spotlight: Jeannine D.

We are proud to shine a light on our beloved resident Jeannine!

Jeannine has been part of our Farmington Square family for over 7 years now and is a joy to be around! She loves to socialize with others and always finds ways to cheer up staff and friends she has made over the years, by writing personalized letters and sending cards to those she appreciates! She enjoys card games—especially UNO, Bingo and loves shopping and take-out from some of her favorite stores and restaurants!

Jeannine is very special to all of us and we are so honored to have shared so many years of wonderful and cherished memories together!

APRIL 2021 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Happy Birthday!  Peggy A. 4/1 910 Millie S. 4/1 920 Shirley M. 4/4 950 Gloria L. 4/7 940	Take-Out/Lunch Delivery 4/6 BL Road House 12pm 4/13 Panda Express 12pm 4/20 Nancy's 12pm 4/27 Donatellos 12pm	Shopping/ Delivery 4/7 Walmart 10-12 pm 4/14 Dollar Tree 10-12pm 4/21 Fred Meyer 10-12 pm 4/28 Winco Food 10-12pm	1 M. L. Baseball Opening! 9:30 Sit and be Fit IN2L 10:00 Men's Coffee & Donuts 10:30 Baseball Trivia IN2L 11:30 Hero's of Baseball 12:30 Indoor Visits 2:00 Family Feud IN2L 3:30 Baseball & Cracker Jacks 4:30 Rat Pack Juke Box	2 Good Friday 9:30 Exercise IN2L 10:00 Scenic Drive 10:30 Good News IN2L 11:00 Devotionals IN2L 1:00 Manicures & Messages 2:00 Sermon – Good Friday 3:30 Arm Chair Travel - Israel 4:30 Contemporary Music	3 9:30 Sit and be Fit IN2L 10:00 What did it Cost? IN2L 10:30 Outside Stroll 11:30 Jokes & Laughter IN2L 1:30 B I N G O in 910 2:30 Easter Wind Chimes 4:00 One on Ones 4:30 Rhythm & Blues Juke Box
4 Easter Sunday! 9:30 Sit and be Fit IN2L 10:00 Easter Egg Decorating ! 10:30 Morning Walk 11:30 Bible Reading 1:30 Arm Chair Travel 2:00 Church Sermon - Easter 3:00 Easter Egg Hunt! 4:30 Inspirational Music	5 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 What did it Cost? IN2L 11:00 Resident Council 910 1:30 B I N G O in 920 2:30 Movie Matinee & Popcorn 4:00 Outside Stroll 4:30 1930's Juke Box	6 National Twinkie Day! 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Brain Teasers IN2L 11:00 Pictionary IN2L 12:30 Indoor Visits 2:00 Bowling 3:30 Snack - Twinkies 4:30 1980's Juke Box	7 National Walking Day! 9:30 Exercise IN2L 10:00 Happy Neuron IN2L 10:30 Walking Group 11:30 National Park Tour IN2L 12:30 Indoor Visits 3:00 Hikers in History IN2L 4:00 Hang Man IN2L 4:30 Folk Music Juke Box	8 9:30 Sit and be Fit IN2L 10:00 Colorful Creations 10:30 Piggy Bankers IN2L 11:30 Which Came First? Trivia 12:30 Indoor Visits 2:00 Family Feud IN2L 3:30 Pictionary IN2L 4:30 Blues Juke Box	9 Cherish Antique Day! 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Antique Show & Tell 1:30 Happy Neuron IN2L 2:00 Afternoon Stroll/ Birds! 3:00 Pictionary IN2L 4:00 One on Ones 4:30 Instrumental Music	10 9:30 Chair Dancing IN2L 10:00 History Trivia 10:30 Write Letters to Family 11:30 Family Feud IN2L 1:30 B I N G O in 910 3:30 Arm Chair Travel - New York 4:00 One on Ones 4:30 New Wave Juke Box
11 9:30 Exercise IN2L 10:00 Scenic Drive 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 Southern Gospel	12 Grilled Cheese Day! 9:30 Exercise IN2L 10:00 Morning Stroll 10:30 Finish the Phrase IN2L 11:30 Word Search IN2L 1:30 B I N G O in 920 2:30 Movie Matinee/ Grilled Cheese 4:00 Bowling 4:30 1940's Juke Box	13 Scrabble Day! 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll 11:00 Scrabble Tournament! 12:30 Indoor Visits 2:00 Chef Chat w/ Antonios 910 3:30 Balloon Burst 4:30 1970's Juke Box	14 Gardening Day! 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll 11:30 Garden Group / Planting 12:30 Indoor Visits 3:00 Garden Trivia IN2L 4:00 What's that Sound? IN2L 4:30 Soul Music Juke Box	15 9:30 Sit and be Fit IN2L 10:00 Men's Coffee & Donuts 10:30 Outside Stroll 11:30 Which Came First? Trivia 12:30 Indoor Visits 2:00 Family Feud IN2L 3:30 Pictionary IN2L 4:30 Rock & Roll Juke Box	16 Pajamas to Work Day! <i>Wear favorite Pajamas to work</i> 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 10:30 Manicures & Messages 11:30 Pictures with Pajamas! 1:30 Happy Neuron IN2L 2:00 Jewelry Making 3:30 Pictionary IN2L 4:00 Dance Music Juke Box	17 International Haiku Day! 9:30 Sit and be Fit IN2L 10:00 Poetry Corner - Haiku 10:30 Outside Stroll 11:30 Jokes & Laughter IN2L 1:30 B I N G O in 910 2:30 Colorful Creations 4:00 One on Ones 4:30 Swing Dance Juke Box
18 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 10:30 Morning Walk 11:30 Bible Reading 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Brain Teasers IN2L 4:30 Contemporary Christian	19 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 What did it Cost? IN2L 11:00 Resident Council 920 1:30 B I N G O in 920 2:30 Movie Matinee & Popcorn 4:00 Outside Stroll 4:30 1950's Juke Box	20 Look a like Day! <i>Dress a like/ Staff & Residents</i> 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Brain Teasers IN2L 11:00 Pictionary IN2L 12:30 Indoor Visits 2:00 Look a Like Contest! 3:30 Puzzles IN2L 4:30 1920's Juke Box	21 National Tea Day! 9:30 Exercise IN2L 10:00 Happy Neuron IN2L 10:30 Common Sayings IN2L 11:30 Manicures & Messages 12:30 Indoor Visits 3:00 Ladies Tea Time 4:00 Arm Chair Travel - England 4:30 Reggae Music Juke Box	22 Earth Day! 9:30 Sit and be Fit IN2L 10:00 Floral Arrangements! 10:30 Piggy Bankers IN2L 11:30 Which Came First? Trivia 12:30 Indoor Visits 2:00 Family Feud IN2L 3:30 Watering Gardens 4:30 Nature Juke Box	23 National Picnic Day! 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 10:30 Make Rice Krispy Treats! 11:30 Picnic Outside! 1:30 Happy Neuron IN2L 2:00 Afternoon Stroll/ Birds! 3:00 Pictionary IN2L 4:00 Disco Juke Box	24 9:30 Chair Dancing IN2L 10:00 History Trivia 10:30 Write Letters to Family 11:30 Family Feud IN2L 1:30 B I N G O in 910 3:30 Arm Chair Travel - Poland 4:00 One on Ones 4:30 Polish Folk Music Juke Box
25 9:30 Exercise IN2L 10:00 Scenic Drive 10:30 Spiritual Songs IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 Hymnals	26 9:30 Exercise IN2L 10:00 Morning Stroll 10:30 Finish the Phrase IN2L 11:30 Word Search IN2L 1:30 B I N G O in 920 2:30 Movie Matinee & Popcorn 4:00 Bowling 4:30 1960's Juke Box	27 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll 11:00 One on Ones 12:30 Indoor Visits 2:00 Chef Chat w/ Antonios 920 3:30 Balloon Burst 4:30 Country Music Juke Box	28 Super Hero Day! 9:30 Sit and be Fit IN2L 10:00 Super Hero Masks! 10:30 Morning Stroll 11:30 Manicures 1:30 Super Hero Movies! 3:00 Super Hero Pictures! 4:00 What's that Sound? IN2L 4:30 Techno Music Juke Box	29 9:30 Sit and be Fit IN2L 10:00 Men's Coffee & Donuts 10:30 Outside Stroll 11:30 Which Came First? Trivia 12:30 Indoor Visits 2:00 Family Feud IN2L 3:30 Pictionary IN2L 4:30 Classical Juke Box	30 International Jazz Day! 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 10:30 Manicures & Messages 11:30 Arm Chair Travel -New Orleans 1:30 Happy Neuron IN2L 2:00 Jewelry Making 3:30 Pictionary IN2L 4:00 Jazz Juke Box	 Happy Earth Day!

A decorative banner featuring several colorful Easter eggs (blue, orange, green) and white lilies with yellow centers. The eggs are decorated with various patterns, including a bunny and colorful confetti. The banner is set against a light green background.



Happy Earth Day!