



1530 Poplar Dr.  
Medford, OR 97504

Stamp

**Administrative Team:**

**Executive Director:** Diana Rushing  
**Wellness Director:** Chelsea Terrill  
**Wellness Director:** Ariel Jones  
**Wellness Coordinator:** Diana Ellis  
**Wellness Nurse:** Jenn Daughtery  
**Business Office Director:** Jennifer Tessen  
**Dining Services Director:** Margaret Tepovac  
**Maintenance Director:** Garrett 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

**May 2021 Newsletter**



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# Hands On Arthritis Facts and Care Tips

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

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one's ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

### Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



**American Adults Diagnosed: 54 million+**  
**Americans Likely to Have Arthritis: 91 million**  
**Types of Arthritis That Exist: Over 100**  
**Working Adults With Arthritis: 60%**

### Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you've found this helpful or received relief from these tips!

## Special Moments



Happy Birthday!



- |                          |                            |
|--------------------------|----------------------------|
| <b>Stormi N: May 1</b>   | <b>Dot O: May 15</b>       |
| <b>Aredhel L: May 5</b>  | <b>Lea H: May 18</b>       |
| <b>Monica M: May 5</b>   | <b>Robert H: May 22</b>    |
| <b>David G: May 12</b>   | <b>Jennifer T: May 27</b>  |
| <b>Elise B: May 13</b>   | <b>Deborah C: May 29</b>   |
| <b>Shane C: May 14</b>   | <b>Charlawna H: May 30</b> |
| <b>Tiffany B: May 15</b> |                            |

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstones for May are emerald and pearl. The birth flower for May is lily of the valley. A UK study showed that May is the luckiest month in which to be born!



# May 2021 Highlights

**May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!**

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 Mother's Day; Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Lost Sock Memorial Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking 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.

## May 6th is Beverage Day!

**Our residents and staff shared their favorite drinks!**

"Flavored lemonade" - Dawn  
 "Pepsi" - Alice  
 "Water with lemon" - Jennifer  
 "Coffee" - William  
 "Ice Tea" - Lester  
 "Milk" - Seldom  
 "Ice Water" - Carol  
 "Rock Stars" - Kylie



**Staff Spotlight:**  
Chelsea

**Meet Chelsea!** Chelsea has worn many hats for the past six years that she has worked at Farmington Square. Chelsea has been a Life Enrichment assistant, caregiver, Med Tech, and for the past three years she has been our Wellness Director.

**In her spare time,** she enjoys spending time with her children and friends.

**We are so glad that Chelsea is a part of our Farmington Square leadership team!**



**Resident Spotlight:**  
Nancy

**Meet Nancy!** Nancy has been a resident of Farmington Square for about three years.

**Nancy enjoys** Wii bowling, playing bingo, getting her hair and nails done, and watching TV.

**Nancy has made several good friends** at Farmington and enjoys visiting with them in the common areas.

**We are happy that Nancy chose Farmington Square as her home!**



# MAY 2021

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<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
2 (1st in last box)  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)	3  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 Sm. Group Activity 5:00 Music Appreciation	4  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 Sm. Group Activity 5:00 Music Appreciation	5  9:30 Beautiful You 10:30 Snacktivity 11:00 Scenic Drive (A) 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Reading Circle 4:15 Sm. 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 Bowling 4:15 Sm. 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 Bowling 4:15 Sm. Group Activity 5:00 Music Appreciation	8  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 Activity 5:00 Music Appreciation
9  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)	10  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 Sm. Group Activity 5:00 Music Appreciation	11  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 Sm. Group Activity 5:00 Music Appreciation	12  9:30 Beautiful You 10:30 Snacktivity 11:00 Scenic Drive (B) 12:00 One on One 2:00 Fit Club 2:30 Snacktivity 3:00 Heart & Hope / Zoom 4:15 Sm. 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 Sensory Activity 4:15 Sm. 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 Garden Club 4:15 Sm. Group Activity 5:00 Music Appreciation	15  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 Activity 5:00 Music Appreciation
16  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)	17  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 Sm. Group Activity 5:00 Music Appreciation	18  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 Sm. Group Activity 5:00 Music Appreciation	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 Fancy Fingers 4:15 Sm. 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 Tracy Davy / Zoom 4:15 Sm. 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 Balloon Ball 4:15 Sm. Group Activity 5:00 Music Appreciation	22  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 Activity 5:00 Music Appreciation
23  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)	24  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 Sm. Group Activity 5:00 Music Appreciation	25  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 Sm. Group Activity 5:00 Music Appreciation	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 Heart & Hope / Zoom 4:15 Sm. 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 David Christian / Zoom 4:15 Sm. 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 Craft Club 4:15 Sm. Group Activity 5:00 Music Appreciation	29  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 Activity 5:00 Music Appreciation
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# MAY 2021

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SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box)	3	4	5	6	7	8
9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	9:00 Menu Boards 9:30 Daily Chronicles 10:00 Card-O 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	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	9:00 Menu Boards 9:30 Daily Chronicles 10:00 IN2L Game 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Craft Club 4:00 One on One 5:00 Music Appreciation	9:00 Menu Boards 9:30 Daily Chronicles 10:00 Card-O 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Donuts & Coffee 4:00 One on One 5:00 Music Appreciation	9:00 Menu Boards 9:30 Daily Chronicles 10:00 Trivia / IN2L 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 IN2L Activity 4:00 One on One 5:00 Music Appreciation	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
9	10	11	12	13	14	15
9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	9:00 Menu Boards 9:30 Daily Chronicles 10:00 Card-O 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Kickball 4:00 One on One 5:00 Music Appreciation	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	9:00 Menu Boards 9:30 Daily Chronicles 10:00 IN2L Game 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Heart & Hope / Zoom 4:00 One on One 5:00 Music Appreciation	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	9:00 Menu Boards 9:30 Daily Chronicles 10:00 Trivia / IN2L 10:30 Snacktivity 11:00 Fit Club 1:45 Bingo 3:00 Garden Club 4:00 One on One 5:00 Music Appreciation	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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