



FARMINGTON
SQUARE

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Stamp

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Wellness Nurse: Theresa Curcio RN
Wellness Nurse: Judy Wilson RN
Wellness Director: Barbara Schmidt
Wellness Director: Mia Reeser
Wellness Director: Nick Reeser
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Dining Services Director: Tristin Hunt
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**Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.**



The Farmington Square Times

June 2021 Newsletter



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Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Oct. 10**. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit alz.careasy.org/home
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



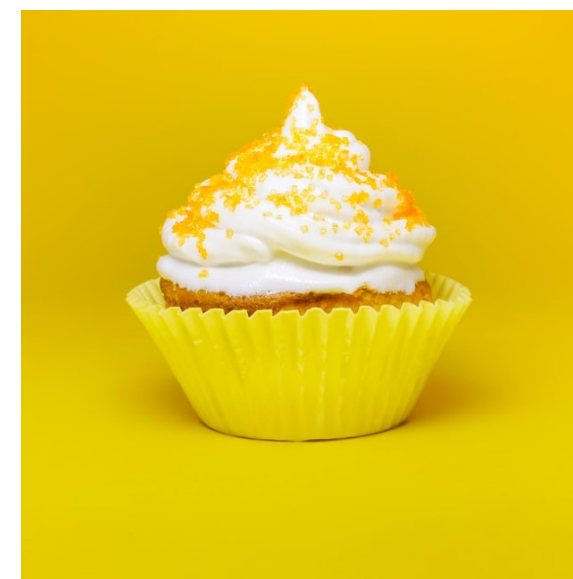
⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: volunteer.alz.org/Volunteeropportunities/becoming

Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

Special Moments



Happy Birthday!

Resident Birthdays:
Helen: June 1st
Steven: June 4th
Don: June 9th
Elizabeth: June 11th

Employee Birthdays:
Theresa: June 4th
Adam: June 11th
Hannah: June 26th

Those born in June are Gemini (May 21–June 20) and Cancer (June 21–July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!

June 2021 Highlights

June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!

01 Olive Day; Nail Polish Day; Pen Pal Day	16 Fudge Day
02 Rocky Road Day; Rotisserie Chicken Day	17 Mascot Day; Apple Strudel Day
03 Egg Day; Chocolate Macaroons Day	18 Go Fishing Day; Picnic Day; Tapas Day
04 Cheese Day; Donut Day; Fish & Chips Day	19 Juneteenth; Garfield Day; Wear Blue Day
05 Veggie Burger Day; Environment Day	20 Father's Day; Seashell Day; It's Summer!
06 D-Day; Glasses Day; Sweden Day	21 Peach N' Cream Day; Selfie Day; Yoga Day
07 Oklahoma Day; Chocolate Ice Cream Day	22 Chocolate Éclair Day; Onion Rings Day
08 Best Friends Day; Positive Thinking Day	23 Hydrate Day; Pecan Sandy Day; Pink Day
09 Donald Duck Day; Strawb. Rhubarb Pie Day	24 Praline Day; Red, White, Blue Pops Day
10 Egg Roll Day; Iced Tea Day	25 Catfish Day; Strawberry Parfait Day
11 Corn Cob Day; German Choc. Cake Day	26 Coconut Day; Beautician's Day
12 PB Cookie Day; Red Rose Day; Falafel Day	27 Ice Cream Cake Day; Sunglasses Day
13 Weed the Garden Day; Sew Machine Day	28 Alaska Day
14 Flag Day; Strawberry Shortcake Day	29 Camera Day; Waffle Iron Day
15 Photography Day; Smile Power Day	30 Parchment Day; Meteor Watch 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.

June 20 marks the Start of Summer!

Our residents and staff shared their favorite things about summer!

"Sunshine" - Donna

"Warm temperature" - Wanda

"Being in nature" - Lynne

"Being in the pool" - Libby

"Ice cream " - Dani

"Gardening" - Claudia

"Sunny weather" - Bill

"Sitting in the sunshine and reading my bible" - Shirley



Staff Spotlight: Ellie

Ellie is a caregiver and has worked at FSE for almost six years. She is originally from San Fernando Valley, CA. In her free time she enjoys spending time with her 3 year old son, hanging out with friends, dancing, and enjoying a drink (preferably with tequila). She likes watching chick flicks and listening to most music. Her favorite colors are lavender and black, her favorite seasons are fall and winter, her favorite food is Mexican, and her favorite holiday is her birthday! She is described as honest, hard-working, funny, a team player, outgoing, spontaneous, efficient, and friendly.

Ellie, you are very much appreciated and a very valuable team member. You know the residents and their routines like the back of your hand and you always get the job done no matter what. Thank you for the attentive care you give your residents and coworkers. You are wonderful!



Resident Spotlight: Terry

This month, our resident spotlight shines on Terry! She is from Sacramento, CA. She worked as a finance manager for Willamette Valley Hospice. She enjoys quilting, crafts, reading, going for drives to the coast, watching TV and movies (especially musicals), and loves all music except opera and classical. Her favorite color is purple, her favorite season is fall, her favorite holiday is Thanksgiving, and her favorite food is Mexican. She is described as very sweet, friendly, polite, respectful, compassionate, quiet, teasing, and has a good sense of humor!

Terry, welcome to our Farmington family! We are so happy to have you here with us and we're very excited to get to know you even more!

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	 	<div>1 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Argentina* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Stretching & Weights* (C) 2:30 Dominos* (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)</div>	<div>2 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/Crossword Puzzle* (B,C) 1:00 Card Games* (A) 2:00 Snacktivity: Funny Babies* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Outdoor Games (All) 3:30 Puzzles* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)</div>	<div>3 9:00 Beauty & Grooming (All) 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)</div>	<div>4 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Virtual Pet Visits* (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 1:30 Scenic Bus Drive: Lorane (C) 2:00 Snacktivity: Donut Day* (All) 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)</div>	<div>5 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Dominos (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Virtual Vacation* (All) 2:00 Creative Arts: Watercolor Painting* (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)</div>
<div>6 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: TV Games* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Sing-a-long* (All) 2:30 Card Games* (All) 3:00 Outdoor/Indoor Games (All) 3:30 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Shake Loose a Memory (B)</div> 	<div>7 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Oklahoma Day* (All) 12:30 B-I-N-G-O* (B, C) 1:00 Strategy & Target Games* (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Adult Coloring* (All) 3:00 Matching Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)</div>	<div>8 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Cambodia* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Stretching & Weights* (C) 2:30 Dominos* (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)</div> 	<div>9 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: What Did It Cost? Trivia* (All) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Board Games* (A) 2:00 Snacktivity: Funny Animals* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Outdoor Games (All) 3:30 Puzzles* (All) 4:00 Exercise Fun: Music & Movement* (A)</div>	<div>10 9:00 Beauty & Grooming (All) 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: Iced Tea Day* (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)</div> 	<div>11 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Create a Story* (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 1:30 Scenic Bus Drive: Lookout Point Lake (A) 2:00 Snacktivity: Word Games* (All) 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)</div> 	
<div>13 9:00 Beauty & Grooming (All) 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: Karaoke (All) 2:30 Card Games* (All) 3:00 Outdoor/Indoor Games (All) 3:30 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Shake Loose a Memory (B)</div>	<div>14 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Get to Know Me (All) 12:30 B-I-N-G-O* (B, C) 1:00 Strategy & Target Games* (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Adult Coloring* (All) 3:00 Matching Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)</div> 	<div>15 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Poland* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Photography Day* (All) 2:00 Exercise Fun: Stretching & Weights* (C) 2:30 Dominos* (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)</div>	<div>16 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/Crossword Puzzle* (B,C) 1:00 Card Games* (A) 2:00 Snacktivity: Funny Babies* (All) 2:30 Resident Council (C) 3:00 Outdoor Games (All) 3:30 Puzzles* (All) 4:00 Exercise Fun: Music & Movement* (A)</div> 	<div>17 9:00 Beauty & Grooming (All) 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)</div>	<div>18 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Virtual Pet Visits* (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 1:30 Scenic Bus Drive: Noti (B) 2:00 Snacktivity: Word Games* (All) 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)</div> 	
<div>20 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: Father's Day Trivia* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Father's Day Treats (All) 2:30 Card Games* (All) 3:00 Outdoor/Indoor Games (All) 3:30 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Shake Loose a Memory (B)</div> 	<div>21 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Get to Know Me (All) 12:30 B-I-N-G-O* (B, C) 1:00 Strategy & Target Games* (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Adult Coloring* (All) 3:00 Matching Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)</div>	<div>22 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Switzerland* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Stretching & Weights* (C) 2:30 Dominos* (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)</div> 	<div>23 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Tai Chi* (A,B) 10:30 Snacktivity: What Did It Cost? Trivia* (All) 12:30 Word Games/Crossword Puzzle* (B,C) 1:00 Board Games* (A) 2:00 Snacktivity: Funny Animals* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Outdoor Games (All) 3:30 Puzzles* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)</div>	<div>24 9:00 Beauty & Grooming (All) 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)</div> 	<div>25 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Fit Xpress* (A,B) 10:30 Snacktivity: Create a Story* (All) 11:00 Church* (All) 12:30 Yahtzee (B,C) 1:00 (A) 1:30 Scenic Bus Drive: Cottage Grove Lake (C) 2:00 Snacktivity: Word Games* (All) 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)</div>	
<div>27 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Balloon Ball (A,B) 10:30 Snacktivity: TV Games* (All) 12:30 Yahtzee (B,C) 1:00 (A) 2:00 Snacktivity: Karaoke* (All) 2:30 Card Games* (All) 3:00 Outdoor/Indoor Games (All) 3:30 Resident Focus Visits (All) 4:00 Exercise Fun: Music & Movement* (A) 5:15 Exercise Fun: Music & Movement* (B) 6:00 Shake Loose a Memory (B)</div>	<div>28 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Sit and Be Fit* (A,B) 10:30 Snacktivity: Alaska Day* (All) 12:30 B-I-N-G-O* (B, C) 1:00 Strategy & Target Games* (A) 2:00 Sensory Games* (A) 2:00 Flower Arranging (B,C) 2:30 Snacktivity: Adult Coloring* (All) 3:00 Matching Games* (All) 3:30 Word Games* (All) 4:00 Exercise Fun: Balloon Ball (A) 5:15 Exercise Fun: Balloon Ball (B) 6:00 Penny Ante (B)</div> 	<div>29 9:00 Beauty & Grooming (All) 9:30 Exercise Fun: Music & Movement* (A,B) 10:30 Snacktivity: Travel to Turkey* (All) 12:30 B-I-N-G-O* (B,C) 1:00 (A) 2:00 Snacktivity: Coffee & Conversation* (All) 2:00 Exercise Fun: Stretching & Weights* (C) 2:30 Dominos* (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)</div>	<div>30 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/Crossword Puzzle* (B,C) 1:00 Card Games* (A) 2:00 Snacktivity: Funny Babies* (All) 2:00 Creative Arts: Watercolor Painting* (All) 3:00 Outdoor Games (All) 3:30 Puzzles* (All) 4:00 Exercise Fun: Music & Movement* (A) 6:00 B-I-N-G-O Night!* (B)</div>  	<div></div>	<div>June Highlights June 4th – Donut Day June 4th & 18th – Virtual Pet Visits June 10th – Iced Tea Day June 12th – Birthday Cupcakes June 16th – Resident Council June 19th – Hot Rods & Hot Dogs June 20th – Father's Day Treats June 26th – Recorded Live Music: Katie Sontag</div>	