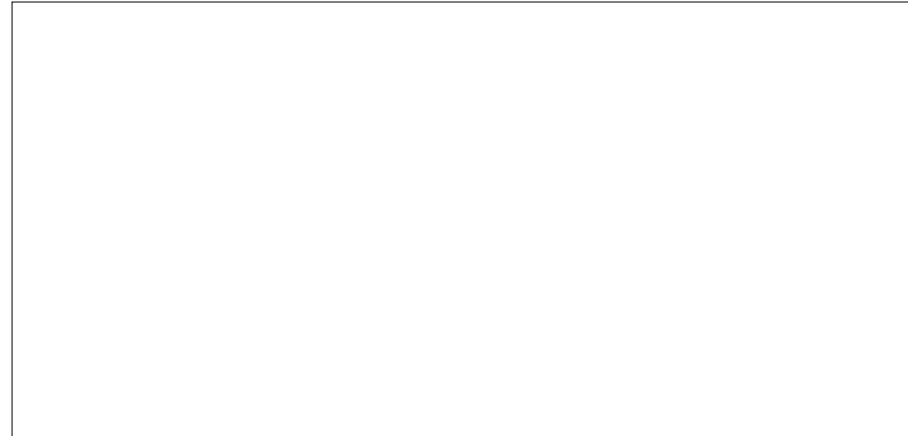




1530 Poplar Dr.  
Medford, OR 97504

Stamp



**Administrative Team:**

Executive Director: Dora Howard  
Wellness Director: Chelsea Terrill  
Wellness Director: Ariel Jones  
Wellness Coordinator: Diana Ellis  
Business Office Director: Jennifer Tessen  
Dining Services Director: Margaret Tepovac  
Maintenance Director: Garrett Hofmaster  
Community Relations Director: Ivy Marchbanks  
Life Enrichment Director: Olivia Bailey

**Connect:**

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[www.farmingtonsquare-medford.com](http://www.farmingtonsquare-medford.com)  
[Facebook.com/FarmingtonSquareMedford](https://www.facebook.com/FarmingtonSquareMedford)

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

# The Farmington Times

July 2021 Newsletter



2 Hot Weather Safety Tips  
3 Team & Resident Spotlight  
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# Fun in the Sun: Hot Weather Safety Tips

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

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

**Stay hydrated.** Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

**Use sunscreen.** Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

**Cover up.** When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

**Try to avoid the sun during peak hours.** Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

**Pay attention to the heat index and UV index.** The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at [www.epa.gov/sunsafety/uv-index-1](http://www.epa.gov/sunsafety/uv-index-1)

**Medications and sun don't always mix.** Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

**Have a great, safe summer!** We hope these suggestions are helpful to you in your preparation for summer fun this year!

## Special Moments



Janna waiting for lunch to be served!



Dot. O Smiling for the camera



Maria Is celebrating 20 years working here!



Randy S. Enjoying the lunch time hour



- |                     |                    |
|---------------------|--------------------|
| Carol H: July 3     | Leonard D: July 15 |
| Luke H: July 6      | Tamera M: July 17  |
| Bill F: July 11     | Diana E: July 27   |
| Danielle K: July 14 |                    |

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



# July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

01 Stamp Day; Creative Ice Cream Day	17 Peach Ice Cream Day; Emoji Day
02 Anisette Day; World UFO Day	18 Sour Candy Day; Ice Cream Day
03 Chocolate Wafer Day; Eat Beans Day;	19 Daiquiri Day
04 Independence Day; Scarecrow Build Day	20 Fortune Cookie Day; Penn. Day; Chess Day
05 Apple Turnover Day; Graham Cracker Day	21 Be Someone Day; Junk Food Day
06 Fried Chicken Day; Sushi Hand Rolls Day	22 Penuche Fudge Day; Hot Dog Day
07 Macaroni Day; Strawberry Sundae Day	23 Vanilla Ice Cream Day; Lovely Grandma Day
08 Almond Chocolate Day; Blueberry Day	24 A. Earhart Day; DriveThru Day; Cowboy Day
09 Sugar Cookie Day	25 Culinarians' Day; Parents' Day
10 Collector Car Day; Pina Colada Day	26 Bagelfest Day; Coffee Milkshake Day
11 Blueberry Muffin Day; Amer. Pet Pic Day	27 Creme Brulee Day; New Jersey Day
12 Pecan Pie Day; Jello Day	28 Milk Chocolate Day; Waterpark Day
13 Beans N' Franks Day; French Fries Day	29 Intern Day; Eat Chicken Wings Day
14 Mac and Cheese Day; Tape Measure Day	30 Cheesecake Day; Chili Dog Day
15 Give Something Away Day; Tapioca Day	31 Mutt Day; Avocado Day
16 Corn Fritter Day; Personal Chefs' 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.

## July 1st is Creative Ice Cream Day

**Our residents and staff shared creative, unique combinations they came up with!**

**"Chocolate" - Veronica**

**"Mint Chocolate Chip" - Esther**

**"Vanilla" - Angela**

**"Chocolate with Vanilla" - Gwen**

**"Rocky Road" - Sharron**

**"Chocolate" - Pam**

**"Vanilla with carmel and coffee flavor" - Olivia**



## Staff Spotlight: Garret Hofmaster

Meet Garret! He's the Maintenance Director here at Farmington Square. He has worked for the Radiant Senior Living family of communities for 10 months. Garret enjoys interactions with the Farmington Square residents.

He shared that FSM is a special place to work because all of the staff is really invested in the wellbeing of the residents and are very good at what they do.

Thanks for all you do, Garret!



## Resident Spotlight: Glenn S.

Meet Glenn! He is very outgoing and loves to enjoy his free time relaxing, watching tv or reading a magazine. He is celebrating his birthday this month! Glenn has made many friends here at Farmington Square and has settled in very nicely in his cottage. He enjoys laughing with the staff and other residents, and loves to talk about almost anything. Glenn is very friendly. If you stop by and see him here, make sure to say hello!



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