



2730 Bailey Lane
Eugene, OR 97401

Stamp



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Community Relations Director: Cindy Benton
Wellness Nurse: Theresa Curcio RN
Wellness Nurse: Judy Wilson RN
Wellness Director: Barbara Schmidt
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

The Farmington Square Times

July 2021 Newsletter



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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

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



Resident Birthdays:

Nancy: July 11th
Doris: July 29th
Margaret: July 30th

Employee Birthdays:

Jemima: July 22nd

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 Culinaricians' 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!

"Butter pecan ice-cream with caramel sauce" - Terry

"Orange sherbet with strawberries" - Irene

"Vanilla ice-cream with chocolate and butterscotch syrup" - Harvey

"Strawberry ice-cream with hot fudge, whipped cream and sprinkles" - Donna

"Rocky road ice-cream with chocolate syrup" - Andrew

"Vanilla ice-cream with hot fudge" - Tina

"Mint chocolate chip ice-cream with whipped cream" - Alyssa



Staff Spotlight: Jemima

Jemima has been a Caregiver here at FSE for about a year now and was recently promoted to a med tech. She is originally from Seattle, but grew up here in Eugene, Oregon. She previously was a pre-school assistant teacher for summer school. She goes to OSU and studies Kinesiology. She enjoys listening to all types of music, being in nature, hiking, spending time with her siblings and cousins, dancing, and traveling. She likes tacos and boba. Her favorite colors are pastel pink and blue, her favorite season is fall, her favorite holiday is Christmas, and her favorite place to travel is Mexico.

Fun fact: She plays the clarinet and used to be in Sheldon High School's marching band. Last year she got to play and travel all over with the U of O 's marching band and currently plays in OSU's marching band. She is described as sweet, very caring, patient, understanding, kind, soft spoken, open to learning and overall super friendly.

Jemima, congratulation's on your recent promotion! Thank you so much for everything that you do! We appreciate your hard work, dedication and kind heart. Keep it up!



Resident Spotlight: Lynne

This month, Lynne is featured as our resident spotlight! She is from Oakland, California. She has been a painter, writer and storyteller for children. She loves drawing, painting, reading, world travel, baking, walking, old movies, cooking & baking shows, napping, listening to oldies and alone time. She loves orange juice and Chicago chili. Her favorite color is red, favorite season is "any happy season," and her favorite place to travel is Europe. Fun fact: Not only has she been a storyteller for her children and neighbor kids, but she also has been an amazing storyteller at museums and libraries. She is described as very sweet, strong, compassionate, has the best sense of humor, artistic, creative, respectful and polite.

Lynne, you are such an amazing, beautiful and talented woman. Everyone enjoys your company and your sweet smile!


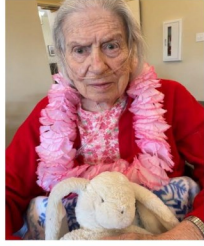


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<div>11</div> <div>9:15 Exercise Fun: Stretching & Balloon Ball</div> <div>10:30 Snacktivity: Beauty & Grooming (All)</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 Yahtzee</div> <div>2:00 Snacktivity: Sing-a-long*</div> <div>3:00 Outdoor Games</div> <div>3:30 Card Games*</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Shake Loose a Memory</div>	<div>12</div> <div>9:15 Exercise Fun: Sit and Be Fit*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Matching Games*</div> <div>2:30 Creative Arts: Adult Coloring</div> <div>3:30 Card Games*</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Penny Ante</div>	<div>13</div> <div>9:15 Exercise Fun: Music & Movement*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: National French Fries Day</div> <div>2:30 Dominos</div> <div>3:00 Pretty Nails & Manicures</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Yahtzee Night</div>	<div>14</div> <div>9:15 Exercise Fun: Tai Chi*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 Word Games*</div> <div>2:00 Snacktivity: Travel on iN2L*</div> <div>2:00 Creative Arts: Watercolor Painting*</div> <div>3:00 Outdoor Games</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 B-I-N-G-O* Night</div>	<div>15</div> <div>9:15 Exercise Fun: Balloon Ball</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Music & Art*</div> <div>2:30 Exercise Fun: Walking Group</div> <div>3:00 Sensory Games*</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Board Game Night</div>	<div>16</div> <div>9:15 Exercise Fun: Sit and Be Fit*</div> <div>10:30 Snacktivity: Virtual Pet Visits</div> <div>11:00 Church*</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 Yahtzee</div> <div>2:00 Snacktivity: Card Games*</div> <div>2:30 Trivia Games*</div> <div>3:00 Pretty Nails & Manicures</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Movie Night & Popcorn*</div>	<div>17</div> <div>9:15 Exercise Fun: Music & Movement*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Virtual Vacation*</div> <div>2:00 Creative Arts*</div> <div>3:00 Outdoor Games</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Card Game Night*</div>
<div>18</div> <div>9:15 Exercise Fun: Stretching & Balloon Ball</div> <div>10:30 Snacktivity: Beauty & Grooming (All)</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 Yahtzee</div> <div>2:00 Snacktivity: National Ice-cream Day</div> <div>3:00 Outdoor Games</div> <div>3:30 Card Games*</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Shake Loose a Memory</div>	<div>19</div> <div>9:15 Exercise Fun: Sit and Be Fit*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Matching Games*</div> <div>2:30 Creative Arts: Adult Coloring</div> <div>3:30 Card Games*</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Penny Ante</div>	<div>20</div> <div>9:15 Exercise Fun: Music & Movement*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Coffee & Conversation*</div> <div>2:30 Dominos</div> <div>3:00 Pretty Nails & Manicures</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Yahtzee Night</div>	<div>21</div> <div>9:15 Exercise Fun: Tai Chi*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 Word Games*</div> <div>2:00 Snacktivity: Travel on iN2L*</div> <div>2:00 Creative Arts: Watercolor Painting*</div> <div>3:00 Outdoor Games</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 B-I-N-G-O* Night</div>	<div>22</div> <div>9:15 Exercise Fun: Balloon Ball</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Music & Art*</div> <div>2:30 Exercise Fun: Walking Group</div> <div>3:00 Sensory Games*</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Board Game Night</div>	<div>23</div> <div>9:15 Exercise Fun: Sit and Be Fit*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Church*</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 Yahtzee</div> <div>2:00 Snacktivity: Card Games*</div> <div>2:30 Trivia Games*</div> <div>3:00 Pretty Nails & Manicures</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Movie Night & Popcorn*</div>	<div>24</div> <div>9:15 Exercise Fun: Music & Movement*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Birthday Cupcakes</div> <div>2:00 Creative Arts*</div> <div>3:00 Outdoor Games</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Card Game Night*</div>
<div>25</div> <div>9:15 Exercise Fun: Stretching & Balloon Ball</div> <div>10:30 Snacktivity: Beauty & Grooming (All)</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 Yahtzee</div> <div>2:00 Snacktivity: National Wine & Cheese Day</div> <div>3:00 Outdoor Games</div> <div>3:30 Card Games*</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Shake Loose a Memory</div>	<div>26</div> <div>9:15 Exercise Fun: Sit and Be Fit*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Matching Games*</div> <div>2:30 Creative Arts: Adult Coloring</div> <div>3:30 Card Games*</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Penny Ante</div>	<div>27</div> <div>9:15 Exercise Fun: Music & Movement*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Coffee & Conversation*</div> <div>2:30 Dominos</div> <div>3:00 Pretty Nails & Manicures</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Yahtzee Night</div>	<div>28</div> <div>9:15 Exercise Fun: Tai Chi*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 Word Games*</div> <div>2:00 Snacktivity: Travel on iN2L*</div> <div>2:00 Creative Arts: Watercolor Painting*</div> <div>3:00 Outdoor Games</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 B-I-N-G-O* Night</div>	<div>29</div> <div>9:15 Exercise Fun: Balloon Ball</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Music & Art*</div> <div>2:30 Exercise Fun: Walking Group</div> <div>3:00 Sensory Games*</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Board Game Night</div>	<div>30</div> <div>9:15 Exercise Fun: Sit and Be Fit*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Church*</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 Yahtzee</div> <div>2:00 Snacktivity: Card Games*</div> <div>2:30 Trivia Games*</div> <div>3:00 Pretty Nails & Manicures</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Movie Night & Popcorn*</div>	<div>31</div> <div>9:15 Exercise Fun: Music & Movement*</div> <div>10:30 Snacktivity: Beauty & Grooming</div> <div>11:00 Dinning Service Prep: Lunchtime</div> <div>12:30 B-I-N-G-O*</div> <div>2:00 Snacktivity: Virtual Vacation*</div> <div>2:00 Creative Arts*</div> <div>3:00 Outdoor Games</div> <div>4:00 Dinning Service Prep: Dinnertime</div> <div>5:30 Card Game Night*</div>

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div> <div>* = on iN2L</div>	<div>July Highlights</div> <div>July 3rd- Recorded Live Music: Lori LeMaster July 4th– Independence Day Treats July 5th– National Hawaii Day July 10th- National Pina Colada Day July 13th- National French Fries Day July 16th– Virtual Pet Visits July 18th- National Ice-cream Day July 21st- Resident Council July 24th- Birthday Cupcakes July 25th– National Wine & Cheese Day July 31st- Recorded Live Music: Robert Meade</div>	<div></div>	<div></div>	<div>1</div> <div>10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 3:00 Sensory Games* 3:30 Trivia Games 4:00 Exercise Fun: Stretching & Balloon Ball</div>	<div>2</div> <div>10:45 Exercise Fun: Walking Group 11:00 Church* 12:30 Yahtzee 2:00 Movie & Popcorn 3:00 Pretty Nails & Manicures 4:00 Card Games*</div>	<div>3</div> <div>10:45 Resident Focused Visits 11:00 Church* 12:30 B-I-N-G-O* 2:00 Recorded Live Music: Lori LeMaster 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</div>
<div>4</div> <div>10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 2:30 Independence Day Treats 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games</div> <div></div>	<div>5</div> <div>10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 National Hawaii Day* 3:00 Word Games* 3:30 Resident Focus Visits 4:00 Creative Arts*</div>	<div>6</div> <div>10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Coffee & Conversation* 3:00 Pretty Nails & Manicures 4:00 Exercise Fun: Tai Chi*</div>	<div>7</div> <div>10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Card Games* 3:00 Creative Arts* 4:00 Puzzles*</div>	<div>8</div> <div>10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 3:00 Sensory Games* 3:30 Trivia Games 4:00 Exercise Fun: Stretching & Balloon Ball</div>	<div>9</div> <div>10:45 Exercise Fun: Walking Group 11:00 Church* 12:30 Yahtzee 2:00 Movie & Popcorn 3:00 Pretty Nails & Manicures 4:00 Card Games*</div>	<div>10</div> <div>10:45 Resident Focused Visits 11:00 Church* 12:30 B-I-N-G-O* 2:00 National Pina Colada Day 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</div>
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<div>18</div> <div>10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 2:30 National Ice-cream Day 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games</div>	<div>19</div> <div>10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Strategy & Target Games* 3:00 Word Games* 3:30 Resident Focus Visits 4:00 Creative Arts*</div>	<div>20</div> <div>10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Coffee & Conversation* 3:00 Pretty Nails & Manicures 4:00 Exercise Fun: Tai Chi*</div>	<div>21</div> <div>10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Card Games* 2:30 Resident Council 3:30 Creative Arts* 4:00 Puzzles*</div>	<div>22</div> <div>10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 3:00 Sensory Games* 3:30 Trivia Games 4:00 Exercise Fun: Stretching & Balloon Ball</div>	<div>23</div> <div>10:45 Exercise Fun: Walking Group 11:00 Church* 12:30 Yahtzee 2:00 Movie & Popcorn 3:00 Pretty Nails & Manicures 4:00 Card Games*</div>	<div>24</div> <div>10:45 Resident Focused Visits 11:00 Church* 12:30 B-I-N-G-O* 2:00 Birthday Cupcakes 2:30 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</div>
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