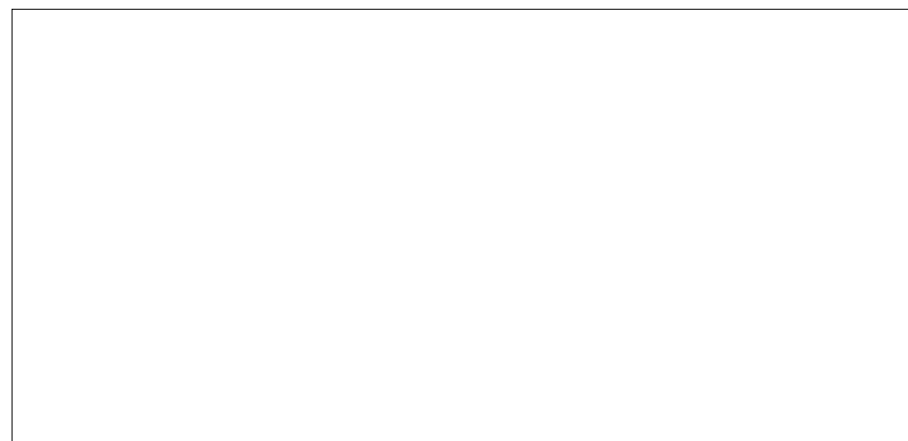




1530 Poplar Dr.
Medford, OR 97504

Stamp



Administrative Team:

Executive Director: Dora Howard

Wellness Director: Chelsea Terrill

Wellness Director: Diana Ellis

Business Office Director: Jennifer Tessen

Dining Services Director: Margaret Tepovac

Maintenance Director: Garrett Hofmaster

Life Enrichment Director: Olivia Bailey

Community Relations Director: Ivy Marchbanks

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

The Farmington Times

September 2021 Newsletter



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3 Team & Resident Spotlight
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Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

Special Moments



- | | |
|-----------------------|----------------------|
| Nancy W: Sept. 1 | William B.: Sept. 17 |
| Lester H: Sept. 6 | Norma J.W.: Sept. 19 |
| Barbara J: Sept. 12 | Mary M.: Sept. 20 |
| Teddy S: Sept. 15 | Randy S.: Sept. 20 |
| Veronica M.: Sept. 17 | |

Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!

September 2021 Highlights

September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days

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.

Autumn Begins September 22!

Our residents and staff shared what they love most about Autumn!

"The color of the trees"- Judy S.

"The colors the leaves and the new start" - Margret

"The leaves falling on the ground, beautiful colors and the cold days." - Stormi

"All the changes in the colors" - B building Residents

"All the Changing weather" - Ginger V.

"I like to watch my dog run through the pile of leaves." - Veronica



Staff Spotlight:
Olivia B.

Meet Olivia! She started working for Farmington in March as a housekeeper and now she is the life enrichment director here! She is a proud, devoted mother to a beautiful 3-year-old girl. In her free time, Olivia loves to travel, and read her Bible. Her favorites are coffee in the morning and visiting new places with her daughter. She really has enjoyed getting to know all our residents individually.

Thank you for all you do, Olivia!




Resident Spotlight:
Teddy S.

Meet Thelma! She goes by "Teddy." Those who know her are in wonderful company. Teddy is a mother of two; she has one son Robert and one daughter Blythe. In her early years, she worked as a secretary at a school district in her home town of Philadelphia, Pennsylvania. Teddy does not like to say she is creative, although if you watch her in action you'll see her artwork is just beautiful! We're so glad Teddy has made Farmington Square home. (Happy Birthday on Sept. 15th Teddy!)

SEPTEMBER 2021

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Staff Anniversaries		1	2	3 National Bowling Day	4 National Wildlife Day
	GARRETT H. SEPTEMBER 8 TH —1 year		9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Fit Club 1:00 Bingo 2:00 Sing A-long 3:00 Snack 4:00 Reading Club 5:00 Music Apprec.	9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Fit Club 1:00 Bingo 2:00 IN2L Travel 3:00 Snack 4:00 Puzzles 5:00 Music Apprec.	9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Bingo 2:00 Reminisce— IN2L 3:00 Snack 4:00 Bowling 5:00 Music Apprec.	9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 IN2L Fitness 1:00 Saltbox Movie 2:00 Crafting Corner 3:00 Snack 4:00 Wildlife Masks 5:00 Music Apprec.
	SHEILA V. SEPTEMBER 16 TH – 17 years					
	LAURIE B. SEPTEMBER 17 TH —6 years					
5 National Cheese Pizza 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 IN2L Fitness 1:00 Church 2:00 IN2L Spiritual 3:00 Pizza Flavored Snack 4:00 Bingo 5:00 Music Apprec.	6 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Bingo 2:00 Sensory Ball 3:00 Snack 4:00 Afternoon Stroll 5:00 Music Apprec.	7 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Bingo 2:00 Balloon Ball 3:00 Snack 4:00 Karaoke 5:00 Music Apprec.	8 9:00 Menu Boards 9:30 Morning News 10:15 Beautiful You 11:15 Fit Club 1:00 Bingo 2:00 Sing A-long 3:00 Snack/Heart & Hope 4:00 Reading Club 5:00 Music Apprec.	9 National Teddy Bear Day 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Fit Club 1:00 Bingo 2:00 IN2L Travel 3:00 Snack 4:00 Puzzles 5:00 Music Apprec.	10 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Movie & Treats 3:00 Snack 4:00 Color Activity 5:00 Music Apprec.	11 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 IN2L Fitness 1:00 Saltbox Movie 2:00 Crafting Corner 3:00 Snack 4:00 Matching Game 5:00 Music Apprec.
12 National Give a Hug Day 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Afternoon Stroll 1:00 Church 2:00 IN2L Spiritual 3:00 Sensory Activity 4:00 Reading Circle 5:00 Music Apprec.	13 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Bingo 2:00 Sensory Ball 3:00 Snack 4:00 Afternoon Stroll 5:00 Music Apprec.	14 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Bingo 2:00 Balloon Ball 3:00 Snack 4:00 Karaoke 5:00 Music Apprec.	15 National Double Cheese 9:00 Menu Boards 9:30 Morning News 10:15 Beautiful You 11:15 Fit Club 1:00 Resident Council 2:00 Sing A-long 3:00 Snack 4:00 Reading Club 5:00 Music Apprec.	16 National Guac Day 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Fit Club 1:00 Bingo 2:00 IN2L Travel 3:00 Snack 4:00 Puzzles 5:00 Music Apprec.	17 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Fit Club 1:00 Bingo 2:00 Movie & Treats 4:00 Bowling 5:00 Music Apprec.	18 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 IN2L Fitness 1:00 Saltbox Movie 2:00 Crafting Corner 3:00 Snack 4:00 Sing Along 5:00 Music Apprec.
19 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful you 11:00 Afternoon Stroll 1:00 Church 2:00 IN2L Spiritual 3:00 Snack 4:00 Fold Clothes 5:00 Music Apprec.	20 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Team Meeting 1:00 Bingo 2:00 Sensory Ball 3:00 Snack 4:00 Afternoon Stroll 5:00 Music Apprec.	21 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 One on one 2:00 Balloon Ball 3:00 Snack 4:00 Karaoke 5:00 Music Apprec.	22 9:00 Menu Boards 9:30 Morning News 10:15 Beautiful You 11:15 Fit Club 1:00 Bingo 2:00 Sing A-long 3:00 Snack/Heart & Hope 4:00 Reading Club 5:00 Music Apprec.	23 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Fit Club 1:00 Bingo 2:00 IN2L Travel 3:00 Snack 4:00 Puzzles 5:00 Music Apprec.	24 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Fit Club 1:00 Bingo 2:00 IN2L Jokes 3:00 Snack 4:00 Word Find Hand out 5:00 Music Apprec.	25 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 IN2L Fitness 1:00 IN2L Activity 2:00 Crafting Corner 3:00 IN2L Activity 4:00 Dot-to Dots 5:00 Music Apprec.
26 Johnny Appleseed Day 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Bean Bag Toss 1:00 Church 2:00 IN2L Spiritual 3:00 Snack 4:00 Arrange Flowers 5:00 Music Apprec.	27 National Scarf Day 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Fishing Game 2:00 Sensory Ball 3:00 Snack 4:00 Afternoon Stroll 5:00 Music Apprec.	28 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Bingo 2:00 Balloon Ball 3:00 Snack 4:00 Karaoke 5:00 Music Apprec.	29 National Coffee Day 9:00 Menu Boards 9:30 Morning News 10:15 Beautiful You 11:15 Fit Club 1:00 Bingo 2:00 Sing A-long 3:00 Donuts & Coffee 4:00 Reading Club 5:00 Music Apprec.	30 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Fit Club 1:00 Bingo 2:00 IN2L Travel 3:00 Snack 4:00 Puzzles 5:00 Music Apprec.	Employee Birthdays Chelsea T. 9/20 Amalia F. 9/27	Resident Birthdays Nancy W. 9/1 Lester H. 9/6 Barbara J. 9/12 Teddy S. 9/15 Veronica M. 9/17 William B. 9/17 Norma J.W 9/19 Mary M. 9/20 Randy S. 9/20

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5 National Cheese Pizza Day 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 IN2L Fitness 1:00 Church 2:00 IN2L Spiritual 3:00 Pizza Pringles and Juice 4:00 Bingo 5:00 Music Appreciation	6 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Bingo 2:00 Sensory Ball 3:00 Snack 4:00 Afternoon Stroll 5:00 Music Appreciation	7 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Bingo 2:00 Balloon Ball 3:00 Snack 4:00 Karaoke 5:00 Music Appreciation	8 9:00 Menu Boards 9:30 Morning News 10:15 Beautiful You 11:15 Fit Club 1:00 Bingo 2:00 Sing A-long 3:00 Snack/Heart & Hope 4:00 Reading Club 5:00 Music Appreciation	9 National Teddy Bear Day 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Fit Club 1:00 Bingo 2:00 IN2L Travel 3:00 Snack 4:00 Puzzles 5:00 Music Appreciation	10 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 Chair Exercise 1:00 Movie & Treats 3:00 Snack 4:00 Color Activity 5:00 Music Appreciation	11 9:00 Menu Boards 9:30 Morning News 10:00 Beautiful You 11:00 IN2L Fitness 1:00 Saltbox Movie 2:00 Crafting Corner 3:00 Snack 4:00 Matching Game 5:00 Music Appreciation
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