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Stamp



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

Farmington Square Salem News

October 2021 Newsletter



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Physical Therapy for Improved Quality of Life

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

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

5 Potential Physical Therapy Benefits

Improved Movement: Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

Pain Relief or Prevention: Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



Did you know? There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

Management of Issues with Diabetes: Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

Management of Issues As We Age: Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

Strengthening After a Stroke: Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!

Special Moments



Happy Birthday!

Nancy J.	10/12	910
Deanne M.	10/20	950
Teddi T.	10/27	950
Leota R.	10/29	940
Julie S.	10/30	950
Virginia W.	10/31	940



Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October Birthdays than any other month!

October 2021 Highlights

October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!

01 Intl. Seniors Day; Homemade Cookies Day	17 Pasta Day
02 Custodial Workers' Day; Fried Scallops Day	18 Chocolate Cupcake Day; No Beard Day
03 Techies' Day	19 Seafood Bisque Day; Kentucky Day
04 Golf Love Day; Taco Day; Cinnamon Bun Day	20 Confident Youth Day; Medical Asst. Day
05 Nice Act Day; International Teachers' Day	21 Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Pumpkin Seed Day	22 Color Day; Nut Day; Make a Dog's Day
07 Frappe Day; Chocolate Pretzel Day	23 Boston Cream Pie Day; Make Difference Day
08 Fluffernutter Day; Pierogi Day; Heroes Day	24 Bologna Day; Mother-In-Laws' Day
09 Leif Ericson Day; Chess Day; I Love Yarn Day	25 Greasy Food Day; Sourest Day
10 Decorate Cake Day; Clergy Appreciation Day	26 Pumpkin Day; Mincemeat Day
11 Native Americans' Day; Columbus Day	27 Navy Day; American Beer Day; Black Cat Day
12 World Arthritis Day; Farmers' Day	28 Chocolate Day; First Responders' Day
13 Navy Birthday; Train Brain Day; Fossil Day	29 Cat Day; Oatmeal Day; Nevada Day
14 Dessert Day	30 Candy Corn Day
15 I Love Lucy Day; Bosses Day	31 Halloween; Girl Scout Founder's Day
16 Global Cat Day; Sports Day; Sweetest Day	

"I wish that every day was Saturday and every month was October." - Charmaine J. Forde

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.

October 14 is Dessert Day!

Our residents and staff shared their favorites!

"Cherry Pie!" - Debbie

"Peanut Butter & Chocolate Ice Cream!" - Alora

"Pumpkin Pie!" - Mark

"Peach Pie Alamode!" - Zoey

"Crème Brule!" - Amanda

"Vegan Tiramisu!" - Jessica

"Cookies & Cream Ice Cream!" - Miguel

"Apple Pie!" - Gloria



Staff Spotlight:
Jessica N.

We are happy to shine a light on Jessica, our new Activity Assistant in our Memory Care Cottage. Jessica joined Farmington Square a few months ago and has been an amazing addition to our team! Jessica shared that her love for seniors started when she was a cook in a residential care home years ago, and realized she wanted to do activities! Jessica is always so fun-loving and bubbly. She really brings joy to the residents lives each day as they do all kinds of activities together! We are so grateful to know she really enjoys what she does and who takes that extra time each day to show our residents that they are truly valued and loved! We appreciate you Jessica!



Resident Spotlight:
Eveleth M.

We are so honored to shine a light on our new resident Eveleth! Eveleth will be 100 years young this coming December and what a Fire Cracker she is! Eveleth was born in Minneapolis, MN, and has two wonderful daughters. She was a banker and president of the Ladies Elks Club. She has enjoyed dancing, golfing, and playing Bridge! Eveleth loves to share fond memories of her past with those around her and has such a sweet spirit that just lights up the whole room! We are so excited to have Eveleth as part of our Farmington Square Family and look forward to all the amazing stories she has to share with us! We welcome you Eveleth!

OCTOBER 2021 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT
31 Halloween! 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Bible Story Trivia 1:30 Halloween Trivia IN2L 2:00 Church Sermon IN2L 3:00 Happy Neuron IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	Happy Birthday! Nancy J. 10/12 910 Deanne M. 10/20 950 Teddi T. 10/27 950 Leota R. 10/29 940 Julie S. 10/30 950 Virginia W. 10/31 940	Take-Out/Lunch Delivery 10/5 Love Love 12pm 10/12 Nancy Jo's 12pm 10/19 KF Chicken 12pm 10/26 Donatello's 12pm	Shopping/ Delivery 10/6 Walmart 10-12 10/13 Dollar Tree 10-12 10/20 Fred Meyer 10-12 10/27 Winco Food 10-12	All activities subject to change per mandated health guidelines. 	1 Intl. Seniors Day! 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Good News IN2L 1:30 Uno/Cards 2:00 Brain Teasers IN2L 3:30 Afternoon Stroll 4:00 Inspirational Seniors IN2L 4:30 Classical Juke Box	2 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:00 Colorful Creations 4:00 Skip-Bo 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
3 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	4 9:30 Chair Dancing 10:00 Morning Stroll 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Wii Bowling 920 4:30 1920's Juke Box	5 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Outside Stroll / Birds! 11:00 Word Search 11:30 Uno / Cards 2:00 Beading Necklaces/Bracelets 3:30 Skip - Bo 4:30 Laughter & Lemonade	6 Mad Hatter Day! 9:30 Exercise IN2L 10:00 Morning Stroll/Smoky 10:30 Mad Hatter Craft 11:30 Dominoes 2:00 B I N G O in 920 3:00 Mad Hatter Tea Party! 4:00 Skip-Bo 4:30 Free Rice Game IN2L	7 9:30 Conductorcise 10:00 Morning Stroll/Roses 10:30 Piggy Bankers IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Colorful Creations 3:00 Snacktivity-Saltbox TV IN2L 4:30 Today in History	8 Our Hero's Day! 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Hero's in History 2:00 Music W/ Rachel in 950 3:00 Our Hero Videos w/ Amanda 4:00 Jokes & Laughter 4:30 Oldies Juke Box	9 Alzheimer's Walk! 8-1pm Trip to Alzheimer's Walk at River Front Park 3:00 B I N G O 910 4:00 Skip-Bo 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
10 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Happy Neuron IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	11 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Balloon Burst 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Wii Bowling 920 4:30 1930's Juke Box	12 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll/ Flowers! 11:00 Price is Right IN2L 11:30 Word Search 2:00 Resident / Food Council 920 3:30 Canvas Painting - Fall 4:30 Laughter & Lemonade	13 Train Your Brain Day! 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Happy Neuron IN2L 11:30 Scrabble / Puzzles 2:00 B I N G O in 920 3:00 Ladies Tea Time 4:30 Brain Teasers IN2L 6:00 Salt Box TV IN2L	14 9:30 Conductorcise 10:00 Morning Stroll 10:30 Outside Stroll 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Skip-Bo 3:00 Snacktivity- Saltbox TV IN2L 4:30 Today in History	15 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Good News IN2L 1:30 Uno/Cards 2:00 Brain Teasers IN2L 3:30 Afternoon Stroll 4:00 Jokes & Laughter 4:30 Country Juke Box	16 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:00 Colorful Creations 4:00 Skip-Bo 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
17 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	18 Choc. Cupcake Day! 9:30 Chair Dancing 10:00 Morning Stroll 10:30 Music W/ Rachel in 950 11:30 Manicures & Massages 1:30 Family Feud 2:30 Movie & Cupcakes! 4:00 Wii Bowling 920 4:30 1940's Juke Box	19 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Outside Stroll / Birds! 11:00 Word Search 11:30 Uno / Cards 2:00 Colorful Creations 3:30 Skip - Bo 4:30 Laughter & Lemonade	20 9:30 Exercise IN2L 10:00 Morning Stroll/Smoky 10:30 Common Sayings IN2L 11:30 Dominoes 2:00 B I N G O in 920 3:00 Ladies Tea Time 4:00 Skip-Bo 4:30 Free Rice Game IN2L	21 9:30 Conductorcise 10:00 Morning Stroll/Roses 10:30 Piggy Bankers IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Colorful Creations 3:00 Snacktivity-Saltbox TV IN2L 4:30 Today in History	22 Color Day! 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Colorful Creations ! 2:00 Music W/ Rachel in 950 3:00 Culture Club: 4:00 Jokes & Laughter 4:30 Rhythm & Blues Juke Box	23 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:00 Colorful Creations 4:00 Skip-Bo 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
24 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Happy Neuron IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	25 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Balloon Burst 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Wii Bowling 920 4:30 1950's Juke Box	26 Pumpkin Day! 9:00 Trip to Pumpkin Patch! 11:00 Pumpkin Donuts! 11:00 Price is Right IN2L 11:30 Scrabble / Puzzles 2:00 Pumpkin Decorating! 3:30 Skip - Bo 4:30 Laughter & Lemonade	27 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Price is Right IN2L 11:30 Scrabble / Puzzles 2:00 B I N G O in 920 3:00 Ladies Tea Time 4:30 Brain Teasers IN2L 6:00 Salt Box TV IN2L	28 9:30 Conductorcise 10:00 Morning Stroll 10:30 Outside Stroll 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Skip-Bo 3:00 Snacktivity- Saltbox TV IN2L 4:30 Today in History	29 Halloween Party! Dress up in Halloween Costumes 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Good News IN2L 1:30 Uno/Cards 2:00 Brain Teasers IN2L 3:30 Afternoon Stroll 4 - 6 Halloween Party Outside Trick or Treating w/ Children	30 Candy Corn Day! 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:00 Snacks- Candy Corn! 4:00 Skip-Bo 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L

OCTOBER 2021 Activities 940-950

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31 Halloween! 9:30 Light & Lively Exercise 10:00 Balloon Bat 11:30 Bible Story Trivia 1:30 Halloween Trivia IN2L 2:00 Church Sermon IN2L 3:00 Snack & Chat 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	Happy Birthday! Nancy J. 10/12 910 Deanne M. 10/20 950 Teddi T. 10/27 950 Leota R. 10/29 940 Julie S. 10/30 950 Virginia W. 10/31 940	Take-Out/Lunch Delivery 10/5 Love Love 12pm 10/12 Nancy Jo's 12pm 10/19 KF Chicken 12pm 10/26 Donatello's 12pm	Shopping/ Delivery 10/6 Walmart 10-12 10/13 Dollar Tree 10-12 10/20 Fred Meyer 10-12 10/27 Winco Food 10-12	All activities subject to change per mandated health guidelines.	1 Intl. Seniors Day! 9:30 Chair Dancing IN2L 10:00 Balloon Bat 11:30 Good News IN2L 1:30 Uno/Cards 2:00 Brain Teasers IN2L 3:30 Afternoon Snack 4:00 Inspirational Seniors IN2L 4:30 Classical Juke Box	2 9:30 Sit and be Fit IN2L 10:00 Scenic Drive In 950 11:30 Family Feud IN2L 2:00 B I N G O in 910 3:30 Snack & Chat 4:00 Bean Bag Toss 4:30 Ted Talks-IN2L 6:00 Jeopardy
3 9:30 Light & Lively Exercise 10:00 Good News IN2L 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:00 Snack & Chat 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	4 9:30 Chair Dancing 10:00 Scenic Drive in 940 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 3:30 Snack & Chat 4:30 Bowling	5 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Outside Stroll / Birds! 11:00 Word Search 11:30 Match Game IN2L 2:00 Beading Necklaces/Bracelets 3:30 Snack & Chat 4:30 Bean Bag Toss	6 Mad Hatter Day! 9:30 Exercise IN2L 10:00 Balloon Bat 10:30 Mad Hatter Craft 11:30 Dominoes 2:00 B I N G O in 920 3:00 Mad Hatter Tea Party! 4:00 Alice In Wonderland Movie 6:00 Jeopardy	7 9:30 Conductorcise 10:00 Morning Stroll/Roses 10:30 Piggy Bankers IN2L 11:00 Which Came First? 11:30 Puzzles 2:00 Colorful Creations 3:00 Snacktivity-Saltbox TV IN2L 4:30 Today in History	8 Our Hero's Day! 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Hero's in History 2:00 Music W/ Rachel in 950 3:00 Our Hero Videos w/ Amanda 4:00 Jokes & Laughter 4:30 Oldies Juke Box	9 Alzheimer's Walk! 8-1pm Trip to Alzheimer's Walk at River Front Park 3:00 B I N G O 910 4:00 Balloon Bat 4:30 Ted Talks-IN2L 6:00 Wheel of Fortune
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