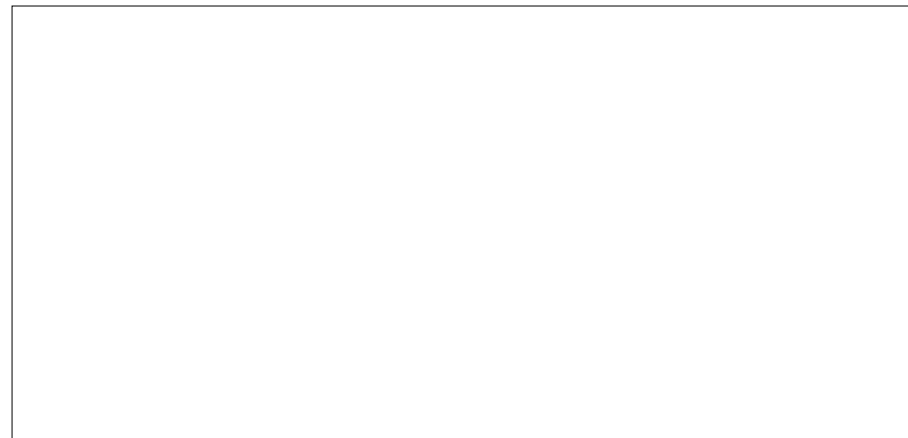




1530 Poplar Dr.  
Medford, OR 97504

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**Administrative Team:**

**Dora Howard: Executive Director**

**Chelsea Terrill: Wellness Director**

**Diana Ellis: Wellness Director**

**Lorraine Hoffman: RN**

**Shayne Putnam: Maintenance Director**

**Norma Hernandez: Life Enrichment  
Director**

**Margaret Tepovac: Dining Services Director**

**Connect:**

**541-770-9080**

**[info-medford@farmingtonsquare.com](mailto:info-medford@farmingtonsquare.com)**

**[www.farmingtonsquare-medford.com](http://www.farmingtonsquare-medford.com)**

**[Facebook.com/FarmingtonSquareMedford](https://Facebook.com/FarmingtonSquareMedford)**

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



# The Farmington Times

**November 2021 Newsletter**



2 Flu Prevention Steps  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

6 Highlights, Notes  
7 Special Moments & Birthdays  
8 Mission & Team



# Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.



Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one’s medical professional.

## Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, bodyache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don’t often bring chills, fever, or headache. (CDC)

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they’re sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we’re set up to stand up to this year’s flu virus. We hope this information helps everyone navigate this year’s flu season!

*Follow your medical professional’s advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.*

# Special Moments

**November 11th is Veterans Day!**  
It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



# Happy Birthday!

Residents:	Team Members:
Sharon H.: Nov. 5	Kimberly P.: Nov. 3
Arline S.: Nov. 15	Kylie M.: Nov. 5
	Juanita G.: Nov. 14
	Norma H.: Nov. 20

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum, said to bring happiness and laughter!



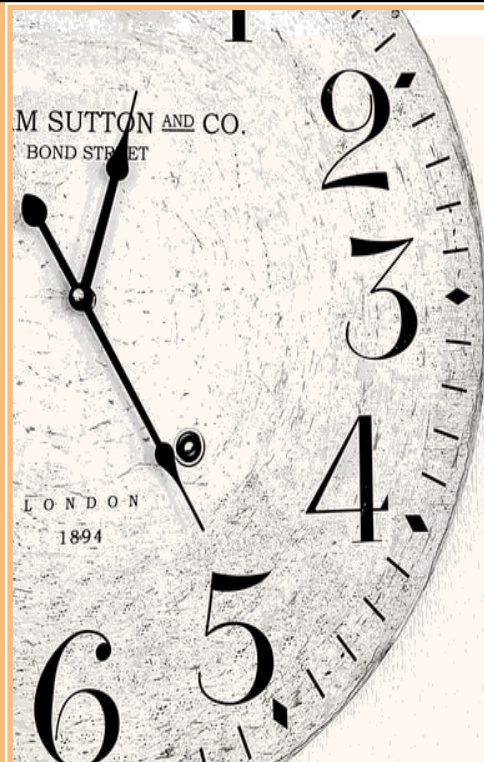
# November 2021 Highlights

November observes Alzheimer’s Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It is Novel Writing Month so it’s a great time to work on writing!

- |  |   |
|--|---|
| 01 Calzone Day; Cinnamon Day               | 16 Button Day; Fast Food Day              |
| 02 Deviled Egg Day; Traffic Directors’ Day | 17 Hike Day; Homemade Bread Day           |
| 03 Sandwich Day; Stress Awareness Day      | 18 Mickey’s Birthday                      |
| 04 Candy Day; Men Make Dinner Day          | 19 Monopoly Day; Intl. Men’s Day          |
| 05 Donut Day; Favorite Team Jersey Day     | 20 Peanut Butter Fudge Day                |
| 06 Nachos Day; Saxophone Day               | 21 Gingerbread Cookie Day; Stuffing Day   |
| 07 Bittersweet Almond Chocolate Day        | 22 Cranberry Relish Day                   |
| 08 Cappuccino Day                          | 23 Espresso Day; Cranberry Day            |
| 09 Louisiana Day; Scrapple Pork Day        | 24 Sardines Day; Jukebox Day              |
| 10 Vanilla Cupcake Day; Accounting Day     | 25 Thanksgiving Day; Parfait Day          |
| 11 Veterans’ Day; Sundae Day               | 26 Cake Day; Native American Heritage Day |
| 12 Pizza with Works Day; French Dip Day    | 27 Bavarian Cream Pie Day; Small Biz Sat. |
| 13 World Kindness Day                      | 28 Hannukah Begins; French Toast Day      |
| 14 Pickle Day; Spicy Guacamole Day         | 29 Electronic Greetings Day               |
| 15 Recycle Day; Raisin Bran Cereal Day     | 30 Mason Jar Day; Mousse Day              |

## Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



**Daylight Savings Time Ends!** On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.

## STAFF SPOTLIGHT:

**Norma**



Norma is our new Life Enrichment Director! She worked here from 2002-2011, and then came back 5 years ago. She has served in various roles including Caregiver, Housekeeper, and in Activities. Norma was born in Mexico. She has lived in the U.S. for 28 years, first in California and then Oregon. She grew up with her grandma and grandpa and says that inspired her toward working with seniors. She is married with three kids and two granddaughters. At work, she likes to do activities with the residents. Outside of work, she likes to sing, dance, and write. Fun fact: Her father was a teacher and musician who played “everything!”



## RESIDENT SPOTLIGHT: Merry Anne

Merry hails from Louisiana. She is a warm, friendly person who always likes to help others. She enjoys dancing, singing, and exercise. Social time is very important to her. She enjoys chatting, drinking coffee, and smiling with her jokes.

We are so happy to have Merry here at Farmington Square!





# NOVEMBER 2021

Farmington Square Medford

• AB

• 1530 Poplar Dr., Medford, OR 97504

• 541-770-9080

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p> 	<p><b>1 Author's Day</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 Table game            12:00 Lunch            1:00 IN2L Game            2:00 Writing my History</p>	<p><b>2</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 ReadingIN2L            12:00 Lunch            1:00 Bowling            2:00 Movie IN2L            3:00 Name 5            4:00 TriviaIN2L            5:00 Karaoke</p>	<p><b>3 National Sandwich Day</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 Reading Time            11:00 IN2L Game            12:00 Lunch            1:00 Bowling/B            1:00 Board Game/A            2:00 IN2L            3:00 Coffee Club            4:00 Crafts</p>	<p><b>4</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 Board Game            12:00 Lunch            1:00 Reading Circle            1:00 Bingo/B            2:00 IN2L Travel            3:00 Snack Time/SC            4:00 Crafts            5:00 One on One</p>	<p><b>5 Football Day</b>            9:00 Beauty hour            10:00 Walk exercise/B            10:00 Chair exercise/A            11:00 Reading circle            12:00 Lunch            1:00 Art Game/IN2L            2:00 Bowling            3:00 Snack/SC            4:00 Table game            5:00 Trivia Quizzes/B</p>	<p><b>6</b>            9:00 Beauty hour            10:00 Exercise            10:00 Reading Circle            11:00 IN2L Trivia            12:00 Lunch            1:00 Table game            2:00 Puzzle            3:00 Snack/SC            4:00 Bowling            5:00 Movie time</p>
<p><b>7</b>            9:00 Beauty hour            10:00 Reading Circle            10:00 Table game            11:00 Morning Exercise            12:00 Lunch            2:00 Church            3:00 Snack / Tea time            4:00 Bingo/B            4:00 IN2L/Travel/A</p>	<p><b>8 National Cappuccino</b>            9:00 Beauty hour            10:00 Morning exercise            10:00 Morning walk/B            11:00 Reading circle            12:00 Lunch            1:00 Bingo/B            1:00 Sensory Ball/A            3:00 Snack            4:00 IN2L Trivia/B            5:00 Music Appreciation</p>	<p><b>9</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 Reading circle            12:00 Lunch            1:00 Table game            2:00 Craft/B            2:00 Balloon Ball/A            3:00 Snack            4:00 IN2L Trivia            5:00 Music Appreciation</p>	<p><b>10</b>            9:00 Beauty hour            10:00 Morning exercise            10:00 Walk exercise/B            11:00 Reading circle            12:00 Lunch            1:00 Bingo            2:00 Table game            3:00 Snack/Heart &amp; Hope            4:00 One on One            5:00 Movie time</p>	<p><b>11 Veterans Day</b>            9:00 Beauty hour            10:00 Morning exercise            10:00 Walk exercise/B            11:00 Table game            12:00 Lunch            1:00 Bingo/B            1:00 IN2L/Story            3:00 Snack            4:00 One on One            5:00 Music Appreciation</p>	<p><b>12 Happy hour Day</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 Reading circle            12:00 Lunch            1:00 Bowling/B            1:00 Paint/A            3:00 Snack/Tea            4:00 Fancy nails            5:00 IN2L Music</p>	<p><b>13</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 Table game/A            11:00 IN2L Trivia/B            12:00 Lunch            1:00 Reading Circle            2:00 movie timeIN2L            3:00 Snack            4:00 Fancy nails            5:00 IN2L music</p>
<p><b>14 Family Pj Day</b>            9:00 Beauty hour            10:00 Reading circle/B            10:00 IN2L reading/A            11:00 Bowling            12:00 Lunch            1:00 Church            2:00 IN2L Spiritual            3:00 Snack            4:00 Movie IN2L            5:00 One on One</p>	<p><b>15</b>            9:00 Beauty hour            10:00 Morning Exercise            10:00 Walk Exercise/B            11:00 Table game            12:00 Lunch            1:00 Bingo/B            1:00 Kickball/A            3:00 Snack            4:00 Reading            5:00 IN2L</p>	<p><b>16</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 Reading circle            11:00 Balloon ball            12:00 Lunch            1:00 Bingo/B            2:00 Karaoke            3:00 Snack            4:00 Travel video            5:00 Music Appreciation</p>	<p><b>17</b>            9:00 Beauty hour            9:00 Walk exercise            10:00 Reading circle            11:00 IN2L game            12:00 Lunch            1:00 Resident Council            2:00 Balloon Ball            3:00 Snack            4:00 Crafts            5:00 One on One</p>	<p><b>18</b>            9:00 Beauty hour            10:00 Morning exercise/A            10:00 Morning Walk/B            11:00 IN2L reading            12:00 Lunch            1:00 Bingo/B            1:00 Table game            3:00 Snack            4:00 Puzzles            5:00 One on One</p>	<p><b>19</b>            9:00 Beauty hour            10:00 Morning exercise/B            10:00 Chair exercise/A            11:00 Kickball            12:00 Lunch            1:00 Reading Club            2:00 IN2L travel            4:00 Bowling            5:00 Fancy nails</p>	<p><b>20</b>            9:00 Beauty hour            10:00 Morning exercise            10:00 Table game            11:00 IN2L reading            12:00 Lunch            1:00 Puzzle            2:00 Balloon Ball            3:00 Snack            4:00 Sing Along            5:00 One on One</p>
<p><b>21 Mens's Day</b>            9:00 Beauty hour            10:00 Reading circle            10:00 Table game            11:00 IN2L Movie            12:00 Lunch            1:00 Church            2:00 Balloon ball            3:00 Snack            4:00 Fold Clothes            5:00 IN2L</p>	<p><b>22</b>            9:00 Beauty hour            10:00 Morning exercise/A            10:00 Walk exercise/B            11:00 IN2L game            12:00 Lunch            1:00 Bingo/B            2:00 Sensory Ball/A            3:00 Snack            4:00 IN2L reading            5:00 One on One</p>	<p><b>23 Espresso Day</b>            9:00 Beauty hour            10:00 Morning Walk            11:00 Reading circle            12:00 Lunch            1:00 Table game            2:00 Balloon Ball            3:00 Snack            4:00 Karaoke IN2L            5:00 Music Appreciation</p>	<p><b>24</b>            9:00 Beauty hour            10:00 Morning exercise            10:00 Table game            11:15 Reading Club            12:00 Lunch            1:00 Bingo/B            2:00 Craft            3:00 Snack            4:00 One on One            5:00 IN2L</p>	<p><b>25 Thanksgiving Day</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 Reading circle/B            11:00 Reading IN2L            12:00 Lunch            1:00 Bowling            2:00 Team Meeting            3:00 Snack            4:00 Puzzles            5:00 One on One</p>	<p><b>26 National Cake Day</b>            9:00 Beauty hour            10:00 Morning exercise/B            10:00 Chair exercise/A            11:00 Reading circle            12:00 Lunch            1:00 Bingo/B            1:00 IN2L game            3:00 Snack            4:00 Balloon Ball            5:00 Music Appreciation</p>	<p><b>27</b>            9:00 Beauty hour            10:00 Reading circle/B            10:00 Reading IN2L            11:00 Name 5            12:00 Lunch            1:00 Table game            2:00 IN2L Karaoke            3:00 Snack/SC            4:00 Dance club            5:00 Music Appreciation</p>
<p><b>28 French Toast Day</b>            9:00 Beauty hour            10:00 Church            11:00 Morning exercise            11:00 Bean Bag Toss            12:00 Lunch            1:00 IN2l game            2:00 Name 5            3:00 Snack            4:00 IN2L karaoke            5:00 One on One</p>	<p><b>29</b>            9:00 Beauty hour            10:00 Morning exercise            11:00 Table game            12:00 Lunch            1:00 Bingo/B            1:00 Fishing Game/A            2:00 Sensory Ball            3:00 Snack            4:00 Afternoon Stroll            5:00 IN2L</p>	<p><b>30</b>            9:00 Beauty hour            10:00 Morning exercise/A            10:00 Walk exercise/B            11:00 IN2L game            12:00 Lunch            1:00 Bingo/B            1:00 Balloon Ball/A            3:00 Snack            4:00 Karaoke IN2L            5:00 One on One</p>			<p><b>Employee Birthdays</b></p> <p><b>Juanita G. 11/14</b>  <b>Kylie M. 11/05</b>  <b>Kimberly P. 11/03</b>  <b>Norma H. 11/20</b></p>	<p><b>Resident Birthdays</b></p> <p><b>Sharon H. 11/05</b>  <b>Arline S. 11/15</b></p>



# NOVEMBER 2021

Farmington Square Medford •

CD •

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541-770-9080

SUN	MON	TUE	WED	THU	FRI	SAT
<b>All activities subject to change per mandated health guidelines.</b> 	<b>1 Authors Day</b> 9:00 Walk exercise 10:00 Resident Snack 11:00 Wii Bowling 12:00 Lunch 1:00 Bingo 2:00 Coffee Club 3:00 IN2L game 4:00 Writing history Story	<b>2</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 IN2L game 12:00 Lunch 1:00 Bingo 2:00 Bingo 3:00 Craft 4:00 One on One	<b>3</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Kickball 12:00 Lunch 1:00 Bingo 2:00 Coffee Club/Bingo 3:00 Name 5 4:00 Fancy Finger	<b>4</b> 9:00 Beauty hour 10:00 Resident Snack 11:00 IN2L game 12:00 Lunch 1:00 Bingo 2:00 Coffee Club/Bingo 3:00 Trivia IN2L 4:00 Wii Bowling	<b>5 National Football Day</b> 9:00 Morning Walk 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 Play Uno 2:00 Coffee Club/Bingo 3:00 Bingo 4:00 One on One	<b>6</b> 9:00 Morning Walk 10:00 Resident Snack 11:00 Bowling 12:00 Lunch 1:00 Bingo 2:00 Coffee Club/Bingo 3:00 Fancy Nails 4:00 IN2L
<b>7</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Trivia IN2L 12:00 Lunch 1:00 Name 5 2:00 Bingo 3:00 Church 4:00 IN2L movie	<b>8</b> 9:00 Morning Walk 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L video 2:00 Bingo 3:00 Trivia IN2L 4:00 One on One	<b>9</b> 9:00 Morning walk 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L trivia 2:00 Bingo 3:00 Craft 4:00 IN2L game	<b>10</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Name 5 12:00 Lunch 1:00 IN2Ltrivia 2:00 Bingo 3:00 Card-O 4:00 IN2L Karaoke	<b>11 Veterans Day</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card –O 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 Name 5 4:00 Travel Video	<b>12</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Trivia IN2L 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 Bowling 4:00 One on One	<b>13</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 IN2L /open 4:00 One on One
<b>14 National PJ Day</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 IN2L game 12:00 Lunch 1:00 Coffee club 2:00 Bingo 3:00 Church 4:00 IN2L movie	<b>15</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L trivia 2:00 Bingo 3:00 IN2L game 4:00 Wii Bowling	<b>16</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 Name 5 2:00 Bingo 3:00 IN2L game 4:00 One on One	<b>17</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 Whack a Balloon 4:00 IN2L Karaoke	<b>18</b> 9:00 Morning Walk 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2Lgame 2:00 Bingo 3:00 Table game 4:00 IN2L	<b>19</b> 9:00 Morning Walk 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 IN2L trivia 4:00 One on One	<b>20</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 Bowling 4:00 Kickball
<b>21</b> 9:00 Morning exercise 10:00 Morning Snack 11:00 IN2L trivia 12:00 Lunch 1:00 Coffee club 2:00 Bingo 3:00 Church 4:00 IN2L movie	<b>22</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 Fancy nails 4:00 IN2L trivia	<b>23</b> 9:00 Morning Walk 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 Table game 2:00 Bingo 3:00 Kickball 4:00 IN2L trivia	<b>24</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 Whack Balloon 4:00 Name 5	<b>25 Thanksgiving Day</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L movie 2:00 Bingo 3:00 Craft 4:00 One on One	<b>26</b> 9:00 Morning Walk 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 Fancy nails 2:00 Bingo 3:00 IN2L game 4:00 Kickball	<b>27</b> 9:00 Morning Walk 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 Table game 4:00 One on One
<b>28 French Toast Day</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 IN2L trivia 12:00 Lunch 1:00 IN2L history 2:00 Bingo 3:00 Church 4:00 IN2L movie	<b>29</b> 9:00 Morning exercise 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 IN2L game 2:00 Bingo 3:00 Name 5 4:00 Kickball	<b>30</b> 9:00 Morning Walk 10:00 Resident Snack 11:00 Card-O 12:00 Lunch 1:00 Kickball 2:00 Bingo 3:00 IN2L game 4:00 Bowling			<b><u>Employee Birthdays</u></b>  <b>Juanita G. 11/14</b> <b>Kylie M. 11/05</b> <b>Kimberly P. 11/03</b> <b>Norma H. 11/20</b>	<b><u>Resident Birthdays</u></b>  <b>Sharon H. 11/05</b> <b>Arline S. 11/15</b>