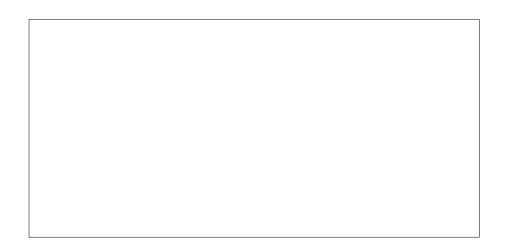


960 Boone Road SE Salem, OR 97306



Administrative Team:

Executive Director: Jessica Penland Business Office Director: Shelly Kesterson Community Relations Director: Brandon Moglia Wellness Dir.: Mark N./ Megan M./Nicole O. Wellness Coordinator: Dawn J. / Alora M. Wellness Nurse: Diana Armouch **Dining Services Director: Antonios Salama Maintenance Director: George Curtis** Life Enrichment Director: Amanda Bell

Connect: 503-363-2273 info-salem@farmingtonsquare.com www.farmingtonsquare-salem.com Facebook.com/FarmingtonSquareSalem Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Stamp

Farmington Square Salem News



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December 2021 Newsletter

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Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off Wintertime Blues

In the winter, there are fewer opportunities these tasks. for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular newsletter on the 1st!



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to

We wish everyone a safe, warm, and funfilled winter season this year! Let us know if you've found this information helpful in the comments section when we post our





Happy Birthday!







Raymond W: Dec. 2 James H: Dec. 4 William B: Dec. 7 Bernadette B: Dec. 8 Donald G: Dec. 11 Mary F: Dec. 14 Doris S: Dec. 20

Eveleth H: Dec. 21 David L: Dec. 28 Jeannine D: Dec. 30 Fred O:Dec. 30

Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19). Their birthstone is Turquoise, zircon, or tanzanite. Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

01 Red Apple Day; Pie Day; Rosa Park Day 02 Mutt Day; Special Ed. Day; Fritter Day 03 Persons w/ Disabilities Day; Faux Fir Day 04 Team Appreciation Day; Sock Day 05 Sacher Torte Day; Intl. Volunteers' Day 06 Gazpacho Day; Microwave Day 07 Remember Pearl Harbor Day; Illinois Day 23 Pfeffernusse Cookies Day 08 Be a Time Traveler Day; Brownie Day 09 Pastry Day; Christmas Card Day **10 Chanukah Begins; Nobel Prize Day** 11 Noodle Ring Day; App Day; Indiana Day **12** Gingerbread House Day; Ambrosia Day 13 Cocoa Day; Violin Day; Horse Day 14 Alabama Day; Monkey Day 15 Cupcake Day; Wear Pearls Day; Tea Day **16 Chocolate Covered Anything Day**

17 Syrup Day; Ugly Holiday Sweater Day 18 Twin Day; Roast Suckling Pig Day 19 Oatmeal Muffin Day; Hard Candy Day 20 Sangria Day 21 Winter Begins; Crossword Puzzle Day 22 Date Nut Bread Day; Forefathers' Day 24 Christmas Eve; Eggnog Day 25 Christmas Day; Pumpkin Pie Day 26 Kwanzaa Begins; Candy Cane Day; Thank You Note Day 27 Fruitcake Day 28 Chocolate Day; Cards Day; Short Film Day **29 Pepper Pot Day** 30 Bacon Day **31 New Year's Eve; Champagne Day**

Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

Winter Begins December 21st!

Our residents and staff shared what they love most about the season!



"The Christmas Spirit! " - Amanda "Skiing in homeland of Austria" - Stefany "Christmas Movies - "Home Alone" - Gloria "Reuniting wih Family " - Blanca "Winter Sports - Snow Boarding " - Dawn "Falling Snow" - Jessica " Christmas " - Greg & Vicki 🛯 😫





Staff Spotlight: Miguel E.

We at Farmington Square are happy to shine a light on Miguel! Miguel has been a caregiver in our Memory Care Cottage for just a few months now, but he has truly made a huge difference in the residents' lives. They even ask for him by name when he is not here! Miguel shared that he loves each resident and works hard to make sure that they are well taken care of, the same way he would take care of his own parents or grandparents! We are grateful to have such a

compassionate and dedicated team member and hope he knows how much we appreciate him!



Resident Spotlight: Mary M.

We want to shine a light on our sweet resident Mary! Mary has been part of our **Farmington Square family for** almost a year now and she is a tru e delight to be around! Mary was born in Oklahoma, had 5 children and owned a medical staffing business with her husband, which she says she loved. She also enjoys visiting with others, singing karaoke, balloon bat, and baking group! Mary is always letting us know how much she loves and appreciates us and we are so honored to be able to give her the care she deserves!

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9:30 Sit and be Fit IN2L 10:00 Scenic Drive 950 11:30 Family Feud IN2L 2:00 B 1 N C 2 in 910 3:00 Colorful Creations 3:30 Sit and Sip 4:30 Bean Bag Toss 6:00 Wheel of Fortune

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9:30	Sit and be Fit IN2L
10:00	Scenic Drive 950
11:30	Family Feud IN2L
2:00	BUNGO in 910
3:00	Colorful Creations
4:00	Sit and Sip
4:30	Bean Bag Toss
6:00	Jeopardy Game Show

25 **Christmas Day!** Wear Ugly Christmas Sweater

> All activities subject to change per mandated health guidelines.