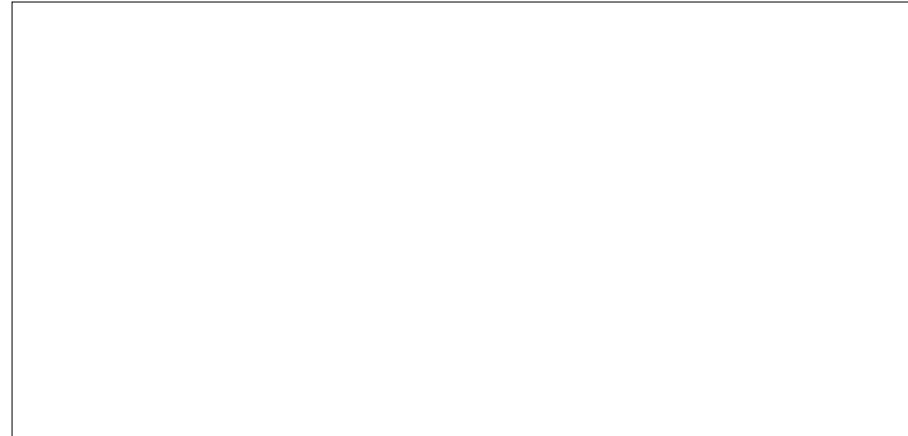




2730 Bailey Lane
Eugene, OR 97401

Stamp



Administrative Team:

Executive Director: Jill Maher

Business Office Director: Chelsea Hohenstein

Community Relations Director: Cindy Benton

Wellness Nurse: Judy Wilson RN

Wellness Director: Barbara Schmidt

Maintenance Director: Brian Thompson

Life Enrichment Director: Kirsten Silva

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

The Farmington Square Times

January 2022 Newsletter



2 Healthy New Year's Resolutions

3 Team & Resident Spotlight

4 - 5 Activities Calendar

6 Highlights, Notes

7 Special Moments & Birthdays

8 Mission & Team

Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. 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



Happy Birthday!

Resident Birthdays:

Becky: Jan. 13th

Jack: Jan. 27th

Staff Birthdays:

Claudia: Jan. 1st

Kayla: Jan. 5th

Mary: Jan. 16th

Charlie: Jan. 19th

Mattie: Jan. 21st

Christine: Jan. 26th

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31).

Their birthstone is garnet, symbolizing love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers. It's Hobby Month so it's a great time to indulge in and share about hobbies!

- | | |
|---|---|
| 01 Bloody Mary Day; Set Resolutions | 17 MLK Jr. Day; Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Pooh Bear Day; Thesaurus Day |
| 03 Chocolate Covered Cherry Day | 19 Popcorn Day; World Quark Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Cheese Lovers' Day; Buttercrunch Day |
| 05 Whip Cream Day; Bird Day; Keto Day | 21 Granola Bar Day; Squirrels Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Law Enforcement Day; Apricot Day | 25 Opposite Day; Intl. Irish Coffee Day |
| 10 Bittersweet Chocolate Day; Eagles Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Arkansas Day; Milk Day | 27 Chocolate Cake Day |
| 12 Pharmacists' Day; Chicken Curry Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Stickers Day; Peach Melba Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Pet Day; Pastrami Sandwich Day | 30 Croissant Day |
| 15 Hat Day; Bagel Day | 31 Artsy Day; Backwards Day; Cocoa Day |
| 16 Fig Newton Day; Eat Hot & Spicy 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.

Cheesy Talk! Jan. 20th is Cheese Lover's Day. For fun, some of us shared our favorite kinds of cheese!

- "American Cheese" - Nancy
- "Gruyere and Dill Havarti " - Jack
- "Cheddar" - Liz
- "Tillamook Cheddar" - Duane
- "Tillamook, any kind" - Bill
- "Cheddar" - Shirley
- "Cheddar" - Jeani
- "All cheese, even the stinky ones" - Alex



RESIDENT SPOTLIGHT: Bob & Joyce

Bob is from Klamath Falls, Oregon. He worked as a baker at Williams/Franz. He likes watching TV (sports, news and old westerns), walking and spending time with his wife Joyce and their cat Socks. His favorite foods are pot roast, baked ham, mash potatoes with gravy, scalloped potatoes, stuffing, pork chops and of course vanilla Ice cream. His favorite color is blue and his favorite holiday is Christmas. He is described as quiet, very sweet and likes to be friendly.

Joyce is from Klamath Falls, Oregon as well. She worked for Chef Francisco packaging soup and putting icing on cakes. She likes country music, old westerns, reading (romance) and spending time with Bob and their cat Socks. Her favorite foods are bacon, clam chowder, corn, carrots, chicken spinach salad and grilled cheese. She has no favorite color and her favorite holiday is Christmas. She is described as welcoming, affectionate and super sweet.

Fun Fact: They met in 1948 in Klamath Falls through a mutual friend. They raised four boys together.

Bob & Joyce, thank you for being such a wonderful part of our Farmington Family. We love you both!



STAFF SPOTLIGHT: Tony

Tony has worked at FSE for almost 3 months, he is a Life Enrichment Assistant and a part time Bus Driver.

He was born in San Jose, California. Then, he moved from Portland to Eugene. He currently also works as a night custodian at St. Paul School (his wife works there as well). He previously worked as a travel agent for over 30 years. He has traveled all over; he's been to Europe, Australia, and Korea.

He likes bike rides over 30 miles long to local wineries, collects anything that is related to frogs and elephants, spending time with his family and enjoys music and singing along with our residents.













His favorite holiday is Christmas, favorite food is pizza and cod, and favorite color is purple. He is described as sweet, understanding, reliable, creative and very caring.

Fun Fact: He was born on Valentines Day and always gets a lot of themed gifts for his birthday.

Tony, Residents and Staff have nothing but good things to say about you. We are all so lucky to have you and happy you are a part of the Farmington family. We appreciate all that you do and more!!!

JANUARY 2022

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JANUARY 2022

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2 (1st in last box) 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games*	3 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Strategy & Target Games* 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*	4 10:45 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails & Manicures 4:00 National Trivia Day Personal Shopper Day: 11am-2pm	5 10:45 Resident Focused Visits 12:30 Word Games/ Crossword Puzzle* 2:00 Presentation by Tim Fox: National Bird Day 2:45 Current Events with Tony 4:00 Creative Arts*	6 10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Resident focused visit 4:00 Exercise Fun: Stretching & Balloon Ball Personal Shopper Day: 1:30pm-4:30pm	7 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails & Manicures 4:00 Card Games* Personal Shopper Day: 1:30pm-4:30pm	8 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits	
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