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Salem, OR 97306

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

January 2022 Newsletter



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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!

Wilma W. 1/8 950



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!

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|---|---|
| 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!

"Swiss Cheese" - Virginia

"Cheddar Cheese" - Mary

"Chao Cheese" - Jessica

"Mozzarella Cheese" - Caroline

"Extra Sharp White Cheddar" - Amanda



RESIDENT SPOTLIGHT:

Wilma!

We are happy to shine a light on our sweet Resident Wilma! Wilma has been at Farmington Square for almost 8 months now and she is a delight to be around! Wilma often shares wonderful stories of her life on her family's farm in Virginia, from milking cows to riding horses, she loved it all! Wilma also enjoys joining in on all kinds of activities with Country Music Karaoke being her favorite! We are so grateful to have Wilma with us and look forward to sharing many more memories together!




STAFF SPOTLIGHT:

Fiona!

We are so proud to shine a light on our Night Shift Caregiver Fiona! Fiona has only been with us for a short while, but what an amazing job she is doing! She is always willing to take on whatever task is needed with a smile and positive attitude! Fiona shared that her love for seniors began when she used to volunteer at her mother's community as a child. She shared that with raising her autistic son, she has learned patience and compassion for those who need our care. Thank you, Fiona, for all you do!

JANUARY 2022 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 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	3 9:30 Chair Dancing 10:00 Good News IN2L 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	4 Trivia Day! 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Word Search 11:30 Uno / Cards 2:00 Colorful Creations 3:30 Skip - Bo 4:30 Jokes & Laughter	5 9:30 Exercise IN2L 10:00 Good News IN2L 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	6 9:30 Conductorcise 10:00 Today in History 10:30 Balloon Burst 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Skip-Bo 3:00 Snacktivity- Saltbox TV IN2L 4:30 Shirley Temple IN2L	7 9:30 Chair Dancing IN2L 10:30 Music w/ Rachel in 950 11:30 Colorful Creations! 2:00 Family Feud IN2L 3:30 Balloon Burst 4:00 Jokes & Laughter 4:30 Rock and Roll Juke Box	8 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 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
9 Eagles Day! 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Eagles/ Birds Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Colorful Creations - Eagles 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	10 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	11 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Price is Right IN2L 11:30 Word Search 2:00 Colorful Creations 3:30 Skip - Bo 4:30 Jokes & Laughter	12 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	13 9:30 Conductorcise 10:00 Today in History 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 I Love Lucy IN2L	14 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 History Trivia 1:30 Uno/Cards 2:00 Brain Teasers IN2L 3:30 Afternoon Stroll 4:00 Jokes & Laughter 4:30 Oldies Juke Box	15 Hat Day 9:30 Sit and be Fit IN2L 10:00 Hat Craft 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
16 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	17 MLK Jr. Day! 9:30 Chair Dancing 10:00 History of MLK JR. 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Wii Bowling 920 4:30 1940's Juke Box	18 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Word Search 11:30 Uno / Cards 2:00 Resident / Food Council 920 3:30 Skip - Bo 4:30 Jokes & Laughter	19 Popcorn Day! 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Common Sayings IN2L 11:30 Dominoes 2:00 B I N G O in 920 3:00 Snacks - Popcorn! 4:00 Skip-Bo 4:30 Free Rice Game IN2L	20 9:30 Conductorcise 10:00 Today in History 10:30 Balloon Burst 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Skip-Bo 3:00 Snacktivity- Saltbox TV IN2L 4:30 Western Movies IN2L	21 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Colorful Creations! 2:00 Family Feud IN2L 3:30 Balloon Burst 4:00 Jokes & Laughter 4:30 Rhythm & Blues Juke Box	22 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 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
23 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	24 Peanut Butter Day! 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 3:00 Peanut Butter Cookies! 4:30 1950's Juke Box	25 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Price is Right IN2L 11:30 Word Search 2:00 Colorful Creations 3:30 Skip - Bo 4:30 Jokes & Laughter	26 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	27 9:30 Conductorcise 10:00 Today in History 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 Gene Autry IN2L	28 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 History Trivia 1:30 Uno/Cards 2:00 Music w/ Chris in 950 3:30 Afternoon Stroll 4:00 Jokes & Laughter 4:30 Oldies Juke Box	29 Puzzle Day! 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 11:30 Puzzle Fun! 2:00 B I N G O in 910 3:00 Colorful Creations 4:00 Word Puzzles IN2L 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
30 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	31 Cocoa Day! 9:30 Chair Dancing 10:00 Good News IN2L 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 3:00 Cocoa & Marshmallow's! 4:30 1960's Juke Box	Happy Birthday Wilma W. 1/8 950 	Take-Out/Lunch Delivery 12/7 KFChicken 12pm 12/14 Love Love 12pm 12/21 Five Guys 12pm 11/30 Donatello's 12pm	Shopping/ Delivery 1/5 Walmart 10-12pm 1/12 Dollar Tree 10-12pm 1/19 Fred Meyer 10-12pm 1/26 Winco Food 10-12pm	All activities subject to change per mandated health guidelines.	
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2 (1st in last box) 9:30 Light & Lively Exercise 10:00 Good News IN2L 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Snack & Chat 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	3 9:30 Chair Dancing 10:00 Scenic Drive / 940 10:30 Balloon Bat/ Music 11:30 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Bowling 4:30 1920's Juke Box	4 Trivia Day! 9:30 Sit & be Fit IN2L 10:00 Trivia IN2L 10:30 Today in History 11:00 Ring Toss 11:30 Pictionary IN2L 2:00 Colorful Creations 3:30 Sit & Sip 4:30 Jokes & Laughter	5 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Common Sayings IN2L 11:30 Dominoes/ Puzzles 2:00 B I N G O 3:00 Snack & Chat 4:00 Balloon Bat/ Music 4:30 Jeopardy	6 9:30 Conductorcise 10:00 Today in History 10:30 Bean Bag Toss 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Colorful Creations 3:00 Snacktivity- Saltbox TV IN2L 4:30 Shirley Temple IN2L	7 9:30 Chair Dancing IN2L 10:30 Music w/ Rachel in 950 11:30 Colorful Creations! 2:00 Family Feud IN2I 3:00 Snack & Music 3:30 Balloon Burst 4:00 Jokes & Laughter 4:30 Rock and Roll Juke Box	8 9:30 Sit and be Fit IN2L 10:00 Scenic Drive / 950 11:30 Family Feud IN2L 2:00 B I N G O 3:00 Colorful Creations 3:30 Sit & Sip 4:30 Balloon Bat/ Music 6:00 Wheel Of Fortune
9 Eagles Day! 9:30 Light & Lively Exercise 10:00 Good News IN2L 11:30 Eagles/ Birds Trivia 1:30 Colorful Creations - Eagles 2:00 Church Sermon IN2L 3:00 Snack & Chat 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	10 9:30 Chair Dancing IN2L 10:00 Scenic Drive / 940 10:30 Balloon Bat/ Music 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Bowling 4:30 1930's Juke Box	11 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Price is Right IN2L 11:30 Ring Toss 2:00 Colorful Creations 3:30 Sit & Sip 4:30 Jokes & Laughter	12 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 3:00 Sit & Sip 4:30 Brain Teasers IN2L 6:00 Wheel Of Fortune	13 9:30 Conductorcise 10:00 Today in History 10:30 Bean Bag Toss 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Colorful Creations 3:00 Snacktivity-Saltbox TV IN2L 4:30 I Love Lucy IN2L	14 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 History Trivia 1:30 Ring Toss 2:00 Brain Teasers IN2L 3:00 Snack & Chat 4:00 Jokes & Laughter 4:30 Oldies Juke Box	15 Hat Day 9:30 Sit and be Fit IN2L 10:00 Hat Craft 11:30 Family Feud IN2L 2:00 B I N G O 3:00 Colorful Creations 3:30 Sit & Sip 4:30 Balloon Bat/ Music 6:00 Jeopardy
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