



2730 Bailey Lane
Eugene, OR 97401

Stamp



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

The Farmington Square Times

February 2022 Newsletter



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Healthy Habits to Consider for Heart-Smart Living

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start that with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)

Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper Number)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our facebook post for this month’s newsletter. We’d love to hear of your efforts!

Special Moments



Happy Birthday!

Employee Birthdays:
Brittany: Feb. 5th
Tony: Feb. 14th

Those born in February are either Aquarius “The Water Bearer” (Jan. 19-Feb. 19) or Pisces “The Fish” (Feb. 19-March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.

February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

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| 01 Dark Chocolate Day; Baked Alaska Day | 15 Gumdrops Day; World Hippo Day |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day | 16 Fat Tuesday; Almond Day; Anthropology Day |
| 03 Carrot Cake Day; Optimist Day | 17 Cabbage Day; Random Kind Acts Week |
| 04 Homemade Soup Day; Thank a Mail Carrier | 18 Wine Day; Pluto Day; Caregivers' Day |
| Day 05 World Nutella Day; Fun Outside Day | 19 Chocolate Mint Day; Arabian Horse Day |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day |
| 07 Alfredo Day; Periodic Table Day | 21 Presidents' Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day | 24 Tortilla Chip Day; Toast Day; Chili Day |
| 11 Inventor Day; Backyard Bird Count Day | 25 Chocolate Nut Day; Clam Chowder Day |
| 12 Plum Pudding Day; Global Movie Day | 26 Pistachio Day; Tell a Fairy Tale Day |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day |
| 14 Valentine's Day; Book Giving Day | 28 Floral Design Day; Chocolate Souffle Day |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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.



Visit our facebook at:
[Facebook.com/
FarmingtonSquare
Eugene](https://www.facebook.com/FarmingtonSquareEugene)

Inventors' Day is Feb. 11. These are some inventions we are grateful for!

"Telephone" - Harvey

"Theater" - Wanda

"Myself" - Shirley

"Computers" - Johnetta

"Toaster" - Mary

"My son" - Ellie

"Women, my car & good salami" - Jack

"Broom" - Donna

"Automobiles & airplanes" - JoAnne



RESIDENT SPOTLIGHT: Donna

Donna is from Enterprise, Oregon. She was a Homemaker and raised her 3 children.

She enjoys going for walks, socializing, square dancing, listening to country & modern music (loves Elvis), likes watching the news, John Wayne & Carol Burnett, being outside and she loves her sweets.

Her favorite holiday is Christmas, favorite food is candy (of course), and favorite color is blue. She is described as very nice, humorous, complimentary, sassy, caring, family-oriented and honest.

Fun Fact: She used to enjoy writing poetry about her family & friends! Donna, we are so lucky to have you here! Your sweet compliments and beautiful smile always brighten our day!



STAFF SPOTLIGHT: Kevin

Kevin is a Housekeeper who has worked at our community for about 6 months. He is originally from Van Nuys, CA, and has lived in Eugene since 1975. He attended LCC and U of O. He has a journalism degree. He previously worked for 20 years at a shelter care as a cook and a housekeeper.

He enjoys gardening, creative writing, graphic arts, model building (especially model rockets that fly), and collects steel framed aquariums (has 3 tanks with tropical and fresh water fish). His favorite holiday is Halloween (loves how the theater decorates for it with special effects), favorite food is "hands down, stir fry" and favorite color is red. He is described as dedicated, hardworking, self motivated, very sweet and a great problem solver. **Fun Fact:** He draws in anaglyph 3D and cartooning!

Kevin, thank you for all that you do!

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FEBRUARY 2022

Farmington Square Eugene •

Cottage B •

2730 Bailey Lane Eugene, OR 97401 •

541-344-7902

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<p>20</p> <p>9:15 Exercise Fun: Stretching & Balloon Ball</p> <p>10:30 Snacktivity: Beauty & Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Snacktivity: Sing-a-long*</p> <p>3:00 Sensory Games*</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p>21</p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty & Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Snacktivity: Performance by Basil</p> <p>2:45 Floral Arranging</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Exercise Fun*</p>	<p>22</p> <p>9:15 Exercise Fun: Music & Movement*</p> <p>10:30 Snacktivity: Beauty & Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Snacktivity: National California Day*</p> <p>2:30 Puzzle Club*</p> <p>3:00 Pretty Nails & Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Yahtzee Night</p>	<p>23</p> <p>9:15 Exercise Fun: Tai Chi*</p> <p>10:30 Snacktivity: Beauty & Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Word Games*</p> <p>2:00 Snacktivity: Travel on iN2L*</p> <p>2:00 Creative Arts: Watercolor Painting*</p> <p>3:00 Card Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 B-I-N-G-O* Night</p>	<p>24</p> <p>9:15 Exercise Fun: Balloon Ball</p> <p>10:30 Snacktivity: Beauty & Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Snacktivity: Resident Focused Visits</p> <p>3:00 Exercise Fun: Walking Group</p> <p>3:30 Sensory Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Board Game Night</p>	<p>25</p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty & Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Resident Focused Visits</p> <p>2:30 Trivia Games*</p> <p>3:00 Pretty Nails & Manicures</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Movie Night & Popcorn*</p>	<p>26</p> <p>9:15 Exercise Fun: Music & Movement*</p> <p>10:30 Snacktivity: Beauty & Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 B-I-N-G-O* </p> <p>1:30 Scenic Bus Ride</p> <p>2:00 Snacktivity: Virtual Vacation*</p> <p>3:00 Indoor/Outdoor Games</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Balloon Volleyball Night</p>
<p>27</p> <p>9:15 Exercise Fun: Stretching & Balloon Ball</p> <p>10:30 Snacktivity: Beauty & Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 Yahtzee</p> <p>2:00 Snacktivity: National Strawberry Day* </p> <p>3:00 Sensory Games*</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Shake Loose a Memory</p>	<p>28</p> <p>9:15 Exercise Fun: Sit and Be Fit*</p> <p>10:30 Snacktivity: Beauty & Grooming</p> <p>11:00 Dinning Service Prep: Lunchtime</p> <p>12:30 B-I-N-G-O*</p> <p>2:00 Snacktivity: Floral Arranging</p> <p>2:30 Creative Arts: Adult Coloring*</p> <p>3:30 Card Games*</p> <p>4:00 Dinning Service Prep: Dinnertime</p> <p>5:30 Exercise Fun*</p>					<p>February Highlights</p> <p>Feb. 1st– National Texas Day</p> <p>Feb. 2nd– National World Read Aloud Day</p> <p>Feb. 5th– National World Nutella Day</p> <p>Feb. 7th– Presentation by Tim Fox (Cottage C)</p> <p>Feb. 9th– National Pizza Day</p> <p>Feb. 11th– Pet Therapy (All) & Performance by Katie S.</p> <p>Feb 14th– Valentine's Day Treats & Bethany James Songs of Love Performance</p> <p>Feb. 19th– Birthday Cupcakes</p> <p>Feb. 21st– Performance by Basil</p> <p>Feb. 22nd– National California Day</p> <p>Feb. 27th– National Strawberry Day</p> <p>Scenic Bus Rides every Saturday</p>





FEBRUARY 2022

Farmington Square Eugene

Cottage C

2730 Bailey Lane, OR 97401

541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>		<p>1 10:45 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 National Texas Day* 3:00 Pretty Nails & Manicures 4:00 Story Time*</p> <p>Personal Shopper Day: 11am-2pm</p>	<p>2 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 2:45 National World Read Aloud Day * 4:00 Creative Arts*</p>	<p>3 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 Visits 4:00 Exercise Fun: Stretching & Balloon Ball</p>	<p>4 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails & Manicures 4:00 Card Games*</p> <p>Personal Shopper Day: 1:30pm-4:30pm</p>	<p>5 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 National World Nutella Day* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</p>
<p>6 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*</p>	<p>7 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Presentation by Tim Fox 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*</p>	<p>8 10:45 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails & Manicures 4:00 Story Time*</p> <p>Personal Shopper Day: 11am-2pm</p>	<p>9 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 National Pizza Day* 2:45 Exercise Fun: Stretching & weights 4:00 Creative Arts*</p>	<p>10 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 Visits 4:00 Exercise Fun: Stretching & Balloon Ball</p>	<p>11 10:45 Exercise Fun: Stretching & Balloon Ball 11:00 Pet Therapy 12:30 Yahtzee 2:00 Resident Focused Visits 2:45 Performance by Katie S. 3:30 Pretty Nails & Manicures Personal Shopper Day: 1:30pm-4:30pm</p>	<p>12 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</p>
<p>13 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*</p>	<p>14 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Valentine's Day Treats & Bethany James Songs of Love Performance 3:00 Floral Arranging 3:30 Walking Group 4:00 Creative Arts*</p>	<p>15 10:45 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails & Manicures 4:00 Story Time*</p> <p>Personal Shopper Day: 11am-2pm</p>	<p>16 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 2:35 Resident Council 4:00 Creative Arts*</p>	<p>17 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 Visits 4:00 Exercise Fun: Stretching & Balloon Ball</p>	<p>18 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails & Manicures 4:00 Card Games*</p> <p>Personal Shopper Day: 1:30pm-4:30pm</p>	<p>19 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Birthday Cupcakes* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</p>
<p>20 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*</p>	<p>21 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Strategy & Target Games* or Performance by Basil (Cottage B) 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*</p>	<p>22 10:45 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 National California Day* 3:00 Pretty Nails & Manicures 4:00 Story Time*</p> <p>Personal Shopper Day: 11am-2pm</p>	<p>23 10:45 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 2:45 Current Events with Tony 4:00 Creative Arts*</p>	<p>24 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 Visits 4:00 Exercise Fun: Stretching & Balloon Ball</p>	<p>25 10:45 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails & Manicures 4:00 Card Games*</p> <p>Personal Shopper Day: 1:30pm-4:30pm</p>	<p>26 10:45 Exercise Fun: Tai Chi* 11:30 Resident Focused Visits 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits</p>
<p>27 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 National Strawberry Day* 3:00 Exercise Fun: Stretching & Balloon Ball 3:30 Resident Focus Visits 4:00 Card Games*</p>	<p>28 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*</p>					<p>February Highlights Feb. 1st– National Texas Day Feb. 2nd– National World Read Aloud Day Feb. 5th– National World Nutella Day Feb. 7th– Presentation by Tim Fox Feb. 9th– National Pizza Day Feb. 11th– Pet Therapy (All) & Performance by Katie S. Feb. 14th– Valentine's Day Treats & Bethany James: Songs of Love Performance Feb. 16th– Resident Council Feb. 19th– Birthday Cupcakes Feb. 21st– Performance by Basil (Cottage A & B) Feb. 22nd– National California Day Feb. 27th– National Strawberry Day Scenic Bus Rides every Saturday</p>