

2730 Bailey Lane Eugene, OR 97401



Leadership Team Phone: 541.344.902 Email: info-eugene@farmingtonsquare.com Website: farmingtonsquare-eugene.com

> **Executive Director: Jill Maher Community Relations Director: Cindy Benton** Wellness Nurse: Judy Wilson, RN **Business Office Director: Chelsea Hohenstein** Life Enrichment Director: **Kirsten Silva Maintenance Director: Brian Thompson**

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



Stamp

The Farmington Square Times



- 2 Spring Into Volunteering
- **3** Team & Resident Spotlight
- 4 5 Activities Calendar

April 2022 Newsletter

- 6 Highlights, Notes, In Our Words
- 7 Special Moments & Birthdays
- 8 Mission & Team

Spring Into Volunteering!

You've probably heard the famous Aesop quote: "No act of kindness, no matter how small is ever wasted." It's true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It's the perfect time of year for giving as the season brings re -growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank.
 FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.



Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children's hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!









Special Moments



Happy Birthday!

Employee Birthdays: Ben: April 3rd Chelsea: April 6th Dominique: April 18th Jasmine: April 24th Courtney: April 29th Mattie: April 30th

Resident Birthdays: Carol: April 8th

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless, enthusiastic, and optimistic!

April 2022 Highlights

April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!

01 April Fool's Day; Sourdough Bread Day 02 PBJ Day; Ferret Day; Handmade Day 03 Film Score Day; Chocolate Mousse Day 04 Walk Around Things Day; Vitamin C Day 05 Caramel Day; Deep Dish Pizza Day 06 Bookmobile Day; Walking Day 07 World Health Day; Beer Day; Burrito Day 08 Zoo Lovers' Day; Reflect on Gratitude Day 09 Cherish Antiques Day; Name Yourself Day 10 Farm Animal Day; Cinnamon Crescent Day 11 Barbershop Quartet Day; Pet Day **12 Grilled Cheese Day; Colorado Day** 13 Scrabble Day; Peach Cobbler Day 14 Gardening Day; Pecan Day; Dolphin Day 15 Good Friday; Glazed Ham Day 16 Bean Count Day; Eggs Benedict Day; PJ Day 17 Easter; Haiku Day; Ellis Island History Day 18 Intl. Monuments & Sights Day; Radio Day 19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day; 21 British Tea Day; Chocolate Cashews Day 22 Earth Day; Jelly Bean Day 23 Picnic Day; Cherry Cheesecake Day 24 Pigs in Blankets Day; Pet Parent Day 25 Hairstylist Day; Zucchini Bread Day; 26 Audubon Day; Pretzel Day 27 Prime Rib Day; Administrative Staff Day 28 Poem Day; Superhero Day 29 Arbor Day; Dance Day 30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know? Earth Day, first celebrated in 1970, has a new theme each year. In 2022, it's "Invest in Our Planet!"



Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those 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



April 26th is Audobon Day celebrating the birth of John James Audobon in 1785. He was a French-American bird expert and painter famous for his illustrations and studies of American birds. These are some of the birds we admire:

"Cardinal" - Alex "Robin" - Loya "Hummingbird" - Al "Cardinal" - Rosemary "Blue Jay" -Duane "Wood Pecker" - Harvey "Hummingbird" - Ginny



Staff Spotlight: Andrew

Andrew is a Caregiver who has worked here for six years. He is from Yakima, WA. He enjoys seeing friends, watching movies and playing video games. His favorite color is blue, his favorite holiday is Thanksgiving, and his favorite food is any type of Mexican food. He is described as strong, caring and has a great sense of humor. Fun Fact: He enjoys his remote controlled drone.

Andrew, your compassion and care for the residents is admirable. Your hard work and dedication to Farmington Square does not go unnoticed and we appreciate all you do for the community. Thank you for devoting 6 years to the residents and for always being a great team player.



Resident Spotlight: Bonnie

Bonnie is from Delta, CO. She grew up in a family of 10; they were farmers (vegetable & animal). She worked at J.C. Penney. She loves her family very much. They are very important to her. She enjoys listening to people talk about their lives & tell their stories, listening to 40's & 50's music, and watching TV (crime shows or game shows). She has always really liked reading, baking/ cooking, traveling, dancing and gardening. Her favorite holiday is Christmas (she loves decorating early and is happy to see the hustle & bustle of the season). Her favorite color is blue and her favorite food is biscuits and gravy (reminds her of her childhood). She is described as kind, social, soft spoken, happy, independent, lively, inspirational and loving. Fun Fact: She loves people and had fun being part of a big family (she's the 4th youngest of 10). Bonnie, we are so excited that you have chosen Farmington Square as your home. We are so lucky to have you here and to learn more about you and your story. Welcome to the Farmington family!

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SUN	MON	TUE	WED	ТНИ	FRI	SAT
All activities subject to change per mandated health guidelines.	April Highlights April 1st Comedian: Melody D. April 6th- Caramel Popcorn Day April 10th- Farm Animals Day April 12th- Licorice Day April 12th- Licorice Day April 14th- Gardening Day & Performance by Katie S. (Cottage B @2pm & Cottage A @2:45pm) April 16th- Easter Eggstravaganza April 16th- Easter Eggstravaganza April 17th- Easter Goodies April 18th- FETCH Pet Therapy April 19th- North Dakota Day & Exercise Class with Katy April 25th- Basil on Piano (Cottage B @2pm & Cottage C @3 pm) April 26th- South Dakota Day April 28th- Poetry Reading Day				1 11:15 Exercise Fun: Stretching & Bal- loon Ball 12:30 Yahtzee 2:00 Comedian: Melody D. 3:00 Pretty Nails & Manicures 4:00 Card Games* 6:15 Movie Night & Popcorn Personal Shopper Day: 1:30pm-4:30pm	2 11:15 Exercise Fun: Tai Chi* 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
3 11:15 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*	4 11:15 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*	5 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails & Manicures 4:00 Story Time* Personal Shopper Day: 11am-2pm	6 11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 2:35 Caramel Popcorn Day 4:00 Creative Arts*	7 11:15 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 & Bal- loon Ball	8 11:15 Exercise Fun: Stretching & Bal- loon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails & Manicures 4:00 Card Games* 6:15 Movie Night & Popcorn Personal Shopper Day: 1:30pm-4:30pm	9 11:15 Exercise Fun: Tai Chi* 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
10 11:15 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 3:00 Farm Animal Day* 3:30 Resident Focus Visits 4:00 Card Games*	11 11:15 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*	12 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails & Manicures 4:00 Story Time* Personal Shopper Day: 11am-2pm	13 11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 2:35 Licorice Day 4:00 Creative Arts*	14 11:15 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group or Performance by Katie S. (Cottage B) 2:30 Gardening Day* 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching & Bal- loon Ball	15 11:15 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails & Manicures 4:00 Card Games* 6:15 Movie Night & Popcorn Personal Shopper Day: 1:30pm-4:30pm	16 11am-1pm Easter Eggstravaganza 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits
17 11:15 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 3:00 Easter Goodies 3:30 Resident Focus Visits 4:00 Card Games*	18 10:00 FETCH Pet Therapy 11:15 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*	Class with Katy	20 11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 2:35 Sensory Games 4:00 Creative Arts*	21 11:15 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 & Bal- loon Ball	22 11:15 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Earth Day* 3:00 Pretty Nails & Manicures 4:00 Card Games* 6:15 Movie Night & Popcorn Personal Shopper Day: 1:30pm-4:30pm	23 11:15 Exercise Fun: Tai Chi* 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
24 11:15 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*	25 11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Basil on Piano 3:30 Walking Group 4:00 Creative Arts*	26 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails & Manicures 4:00 South Dakota Day* Personal Shopper Day: 11am-2pm	27 11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretching & weights 2:35 Sensory Games 4:00 Creative Arts*	28 11:15 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* 3:00 Poetry Reading Day* 4:00 Exercise Fun: Stretching & Bal- loon Ball	11:15 Exercise Fun: Stretching & Bal- loon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails & Manicures 4:00 Card Games* 6:15 Movie Night & Popcorn	30 11:15 Exercise Fun: Tai Chi* 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 May 31 in top row, column one.