

Leadership Team

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Brooke Whitehead

Life Enrichment Director:

Norma Hernandez

Dining Services Director:

Margaret Tepovac

Maintenance Director:

Shayne Putnam

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

The Farmington Times

April 2022 Newsletter



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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.

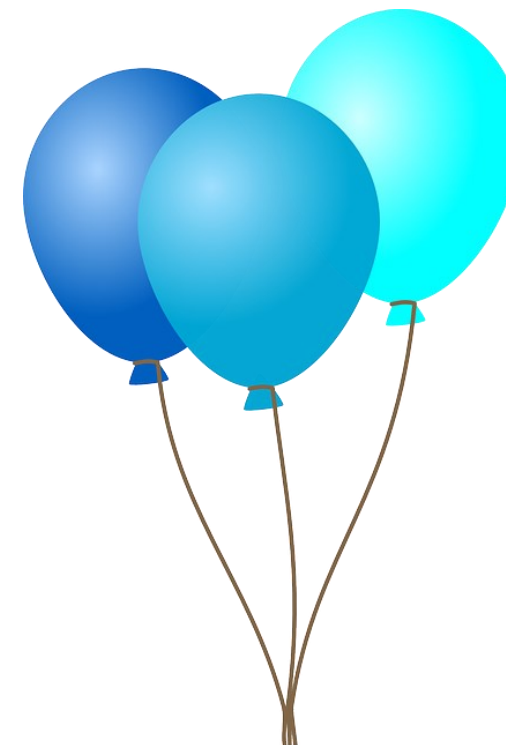
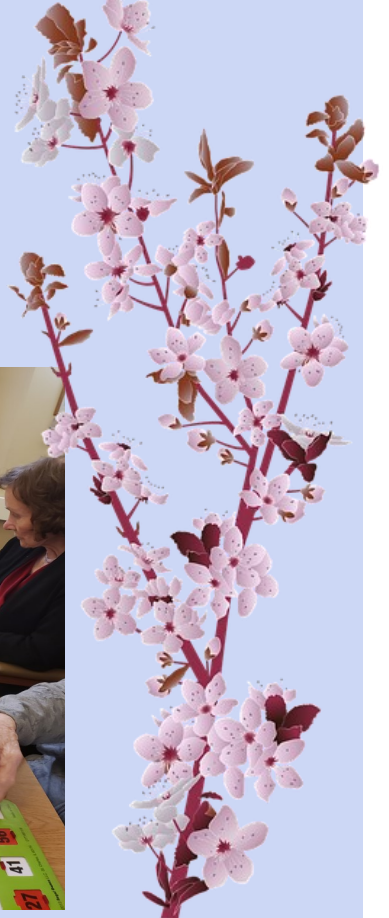


Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- 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!

Residents:	Team Members:
Donald W April.9	Devontae A April.17
Erma H April.3	Bryan B April.14
Steve C April.10	Olivia B April.16
	Dora H April.26

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
 Medford](https://www.facebook.com/FarmingtonSquareMedford)



"Tweety" -Norma
 "Columbidae" -Lea
 "Crow" -Virginia
 "Robin" - Thelma
 "Duck" -Margaret
 "Teal" -Judith

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:



Staff Spotlight: Shyanne

Shyanne has been working here at Farmington Square for a year. She is an extraordinary person and Med Tech.

She enjoys dancing and singing with the residents, as well as helping residents paint their nails.

She likes seeing a smile on residents' faces. Her goal is to become an RN or traveling nurse, to be successful and live a happy life with the ones she loves.

We are happy to have you here at Farmington, Shyanne. We enjoy your beautiful smile.



Resident Spotlight: Virginia "Ginger"

This month, we're honoring Ginger as our resident of the month! She has a spectacular and tender smile. She likes to talk with everyone and share her stories.

Ginger enjoys always being active. She likes to play basketball, bowl, exercise, and play board games. She is also a big fan of Pepsi Cola!

We are happy to have you here at Farmington Square, Ginger! You are a wonderful person; always helping others.

APRIL 2022

Farmington Square • C/D • 1530 Poplar Dr, Medford Or, 97504 • 541 770-9080

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Resident Birthday Erma H 4/3 Donald W 4/9 Steve C 4/10	Employee Birthdays Devontae A 4/17 Bryan B 4/14 Olivia B 4/16 Lauren B 4/24 Dora H 4/26			1 Fool's Day 9:00 Morning Exercise 10:00 IN2L Game 11:00 Card-O 12:00 IN2L Radio 1:00 Reading Club 2:00 Bingo 3:00 Music/B 4:00 Afternoon Walk 5:00 One on One	2 PBJ Day 9:00 Morning Exercise 10:00 IN2L Game 11:00 Card-O 12:00 IN2L Radio 1:00 Reading Club 2:00 Bingo 3:00 Afternoon Walk 4:00 Karaoke 5:00 IN2L Music
3 Chocolate Mousse Day 9:00 Morning Exercise 10:00 Name 5 11:00 Reading Club 12:00 IN2L Radio 1:00 Play UNO 2:00 Afternoon Walk 3:00 Church 4:00 IN2L Game 5:00 IN2L Music	4 Vitamin C Day 9:00 Morning Exercise 10:00 Name 5 11:00 Reading Club 12:00 IN2L Radio 1:00 Card-O 2:00 Bingo 3:00 Afternoon Walk 4:00 Karaoke 5:00 IN2L Music	5 Caramel Day 9:00 Morning Exercise 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Play UNO 2:00 Bingo 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 IN2L Music	6 Walking Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Bowling 2:00 Bingo 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	7 Burrito Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Puzzles 2:00 Bingo 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	8 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Play UNO 2:00 Bingo 3:00 Afternoon Walk 4:00 Coffee Club 5:00 IN2L Music	9 9:00 Morning Exercise 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 IN2L History 2:00 Bingo 3:00 Afternoon Walk 4:00 Bowling 5:00 IN2L Music
10 Farm Animal Day 9:00 Morning Yoga 10:00 IN2L Game 11:00 Reading Club 12:00 IN2L Radio 1:00 Puzzles 2:00 IN2L Movie 3:00 Church 4:00 Coffee Club 5:00 IN2L Music	11 Pet Day 9:00 Morning Yoga 10:00 Card-O 11:00 Reading Club 12:00 IN2L Radio 1:00 Bowling 2:00 Bingo 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	12 Colorado Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Puzzles 2:00 Bingo 3:00 Afternoon Walk 4:00 Coffee Club/Tea 5:00 IN2L Music	13 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Puzzles 2:00 Bingo 3:00 Afternoon Walk 4:00 Table Game 5:00 IN2L Music	14 Gardening Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Name 5 2:00 Bingo 3:00 Afternoon Walk 4:00 Coffee Club 5:00 IN2L Music	15 Good Friday Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Play UNO 12:00 IN2L Radio 1:00 IN2L Game 2:00 Bingo 3:00 Afternoon Walk 4:00 Karaoke 5:00 IN2L Music	16 PJ Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Name 5 2:00 Table Game 3:00 Afternoon Walk 4:00 Karaoke 5:00 IN2L Music
17 Easter 9:00 Morning Yoga 10:00 Reading Club 11:00 Easter Day 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo Club 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	18 Radio Day 9:00 Morning Yoga 10:00 Reading Club 11:00 IN2L Music 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 The Dance Club/B 4:00 Play UNO 5:00 IN2L Music	19 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Puzzles 2:00 Bingo 3:00 Afternoon Walk 4:00 Karaoke 5:00 IN2L Music	20 Twin Day 9:00 Morning Exercise 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Name 5 2:00 Bingo 3:00 Afternoon Walk 4:00 Bowling 5:00 IN2L Music	21 9:00 Morning Yoga 10:00 Reading Club 11:00 Play UNO 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 IN2L Music	22 Earth Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	23 9:00 Morning Exercise 10:00 Reading Club 11:00 Play UNO 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music
24 9:00 Morning Yoga 10:00 Reading Club 11:00 IN2L Game 12:00 IN2L Radio 1:00 Puzzles 2:00 Afternoon Walk 3:00 Church 4:00 Bowling 5:00 IN2L Music	25 Hairstylist Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 IN2L game 2:00 Bingo 3:00 Afternoon Walk 4:00 Play UNO 5:00 IN2L Music	26 9:00 Morning Yoga 10:00 Reading Club 11:00 Name 5 12:00 IN2L Radio 1:00 Karaoke 2:00 Card-O 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	27 9:00 Morning Yoga 10:00 Reading Club 11:00 Name 5 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 IN2L Music	28 Poem Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo 3:00 Afternoon Walk 4:00 Karaoke 5:00 IN2L Music	29 Arbor Day 9:00 Morning Yoga 10:00 Reading Club 11:00 Card-O 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo 3:00 Afternoon Walk 4:00 IN2L Game 5:00 IN2L Music	30 Jazz Day 9:00 Morning Yoga 10:00 Reading Club 11:00 IN2L Game 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo 3:00 Music/B 4:00 Afternoon Walk 5:00 IN2L Music

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17 Easter 9:00 Beauty Hour 10:00 Reading Club 11:00 Easter Day 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo Club 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	18 Radio Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo/B IN2L/A 3:00 The Dance Club/B 4:00 One on One 5:00 IN2L Music	19 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Puzzles 2:00 Bingo/B IN2L/A 3:00 Afternoon Walk 4:00 Karaoke 5:00 IN2L Music	20 Twin Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Name 5 2:00 Bingo/B IN2L/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 IN2L Music	21 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Reading Club 12:00 IN2L Radio 1:00 Puzzles 2:00 Bingo/B IN2L/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 IN2L Music	22 Earth Day 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Reading Club 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo/B IN2L/A 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	23 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Reading Club 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo/B IN2L/A 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music
24 9:00 Beauty Hour 10:00 Reading Club 11:00 Morning Exercise 12:00 IN2L Radio 1:00 Puzzles 2:00 Afternoon Walk 3:00 Church 4:00 One on One 5:00 IN2L Music	25 Hairstylist Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 IN2L game 2:00 Bingo/ Card-O 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 IN2L Music	26 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Karaoke 2:00 Card-O Bingo 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	27 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo/B IN2L/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 IN2L Music	28 Poem Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo/B IN2L/A 3:00 Afternoon Walk 4:00 Karaoke 5:00 IN2L Music	29 Arbor Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo/B IN2L/A 3:00 Afternoon Walk 4:00 One on One 5:00 IN2L Music	30 Jazz Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo/B IN2L/A 3:00 Music/B 4:00 Afternoon Walk 5:00 IN2L Music