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Stamp

Farmington Square Leadership Team

Executive Director:

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Assistant Executive Director:

Rhonda Tebbetts

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Brandon Moglia

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Nicole Oberlander

Wellness Director, 940:

Alexis Gysin

Wellness Director, 950:

Mark Nott

Wellness Nurses:

Barb Cuevas /Diana Armouch

Business Office Director:

Shelly Kesterson

Life Enrichment Director:

Amanda Bell

Dining Services Director:

Antonios Salama

Maintenance Director:

George Curtis

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

Farmington Square Salem News

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: Puppets!



Happy Birthday!

Peggy A. 4/1 910 Mikie B. 4/12 950
Millie S. 4/1 920 Irene M. 4/25 940
Shirley M. 4/4 950

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.



April 26th is Audubon Day celebrating the birth of John James Audubon 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:

"Lovebirds" - Mary
"Parakeets" - Fiona
"Bluebirds" - Vicky
"Shoebill Storks" - Miguel
"Hummingbirds" - Amanda
"Cardinals" - Jessica



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FarmingtonSquare
Salem](https://www.facebook.com/FarmingtonSquareSalem)



Staff Spotlight: Gabby

We are happy to shine a spotlight on Gabby who has been a caregiver in our Memory Care Cottage for a year now and is doing an amazing job! Gabby shared that she found her love for helping others when her brother with autism was in a group home and she saw the great care they gave him. She wanted to make a difference in others' lives no matter how big or small. Gabby also has a passion for doing makeup and loves spending time with her family! We are so proud of Gabby for all of her continued hard work and dedication to our Team and Residents at Farmington Square!



Resident Spotlight: Willis

We are so excited to shine a light on our new resident Willis! Willis has been with us at Farmington Square for just a short while now, but what a joy he is to be around! He is always smiling and making others laugh and has already made some close relationships with others in our community. Willis loves joining in on all kinds of activities throughout the day. One of his favorite activities is playing his harmonica to karaoke as the other residents sing along! We are honored to be able to have Willis in our care and look forward to many more fun-filled and exciting days together!

APRIL 2022 Activities 910-920

SUN	MON <u>Happy Birthday!</u>	TUE <u>Shopping/ Delivery</u>	WED <u>Take-Out/Lunch Delivery</u>	THU <u>Happy Easter</u>	FRI <u>1 April Fools Day!</u>	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p>Peggy A. 4/1 910 Millie S. 4/1 920 Shirley M. 4/4 950 Mikie B. 4/12 950 Irene M. 4/25 940</p>	<p>4/1 Walmart 2pm 4/8 Dollar Tree 2pm 4/15 Fred Meyer 2pm 4/22 Winco Food 2pm 4/29 Safeway 2pm</p>	<p>4/1 Gold Dragon 12pm 4/8 Cozumel 12pm 4/15 Nancy Jo's 12pm 4/22 KF Chicken 12pm 4/29 Donatellos 12pm</p>		<p>9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Balloon Burst - April Fools 1:30 Uno/ Cards 2:00 Brain Teasers IN2L 3:00 Family Feud 4:00 Jokes & Laughter 4:30 Oldies Juke Box</p>	<p>2 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00 BINGO 3:00 Colorful Creations 3:30 Happy Neuron IN2L 4:30 Skip- Bo 6:00 Wheel Of Fortune</p>
<p>3 9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 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</p>	<p>4 9:30 Chair Dancing 10:00 Good News IN2L 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 2:00 Skip- Bo 4:00 WII Bowling 4:30 1920's Juke Box</p>	<p>5 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Arm Chair Travel/ Oregon 11:00 Uno/ Cards 11:30 Pictionary IN2L 2:00 Oregon Trivia IN2L 3:30 Scrabble 4:30 Jokes & Laughter</p>	<p>6 Walking Day! 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group - Fun Pics 11:30 Dominoes/ Puzzles 2:00 BINGO 3:30 Skip- Bo 4:00 Balloon Burst 4:30 Jeopardy</p>	<p>7 9:30 Conductorcise 10:00 Today in History 10:30 Brain Teasers IN2L 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Colorful Creations 3:00 Scrabble 4:30 Western Movie IN2L</p>	<p>8 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Sports Trivia IN2L 2:00 Music with Chris in 950 3:00 Scrabble 3:30 Balloon Burst 4:00 Jokes & Laughter 4:30 Country Juke Box</p>	<p>9 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00 BINGO 3:00 Colorful Creations 3:30 Happy Neuron IN2L 4:30 Skip- Bo 6:00 Jeopardy</p>
<p>10 Farm Animals Day! 9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Farm Animal Trivia 1:30 Arm Chair Travel- Farm IN2L 2:00 Church Sermon IN2L 3:00 Name that Animal - IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L</p>	<p>11 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 4:30 1930's Juke Box</p>	<p>12 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Price is Right IN2L 11:30 Uno/ Cards 2:00 Colorful Creations 3:30 Scrabble 4:30 Jokes & Laughter</p>	<p>13 Trip to Bauman Farm! 9:30 Trip to Bauman Farm! 10:30 Therapeutic Music IN2L 11:30 Scrabble / Puzzles 2:00 Family Feud 3:30 Skip- Bo 4:30 Brain Teasers IN2L 6:00 Wheel Of Fortune</p>	<p>14 9:30 Conductorcise 10:00 Today in History 10:30 Happy Neuron IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Easter Craft 3:00 Uno/ Cards 4:30 Classic Movie IN2L</p>	<p>15 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 History Trivia 1:30 Uno/ Cards 2:00 Brain Teasers IN2L 3:00 Family Feud 4:00 Jokes & Laughter 4:30 Classical Juke Box</p>	<p>16 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Easter Egg Decorating! 2:00 BINGO 3:00 Colorful Creations 3:30 Happy Neuron IN2L 4:30 Skip- Bo 6:00 Wheel Of Fortune</p>
<p>17 Easter Day! 9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Balloon Burst - Easter 1:30 Easter Egg Hunt! 2:00 Easter Sunday Sermon IN2L 2:30 Visit from Easter Bunny! 4:30 Hymnals 6:00 Sunday @ The Memories IN2L</p>	<p>18 9:30 Chair Dancing 10:00 Good News IN2L 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 2:00 Skip- Bo 4:00 WII Bowling 4:30 1940's Juke Box</p>	<p>19 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Today in History 11:00 Uno/ Cards 11:30 Pictionary IN2L 2:00 Resident/ Food Council /920 3:30 Scrabble 4:30 Jokes & Laughter</p>	<p>20 Trip to Tulip Festival! 9:30 Trip to Tulip Festival! 10:30 Therapeutic Music IN2L 11:30 Dominoes/ Puzzles 2:00 Family Feud 3:30 Skip- Bo 4:00 Balloon Burst 4:30 Jeopardy</p>	<p>21 9:30 Conductorcise 10:00 Today in History 10:30 Brain Teasers IN2L 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Colorful Creations 3:00 Scrabble 4:30 Shirley Temple IN2L</p>	<p>22 Earth Day! 9:30 Chair Dancing IN2L 10:30 Music with Rachel in 950 11:30 Earth Day Trivia IN2L 2:00 Planting in Gardens! 3:00 Scrabble 3:30 Balloon Burst- Earth Day 4:00 Jokes & Laughter 4:30 Jazz Juke Box</p>	<p>23 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00 BINGO 3:00 Colorful Creations 3:30 Happy Neuron IN2L 4:30 Skip- Bo 6:00 Jeopardy</p>
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APRIL 2022 Activities 940-950

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