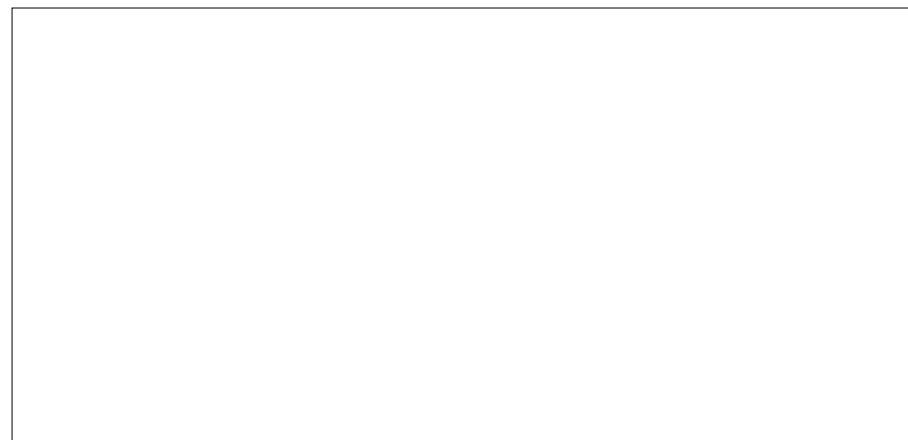




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Stamp



Leadership Team

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Kirsten Silva

Maintenance Director:

Brian Thompson

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



The Farmington Square Times

May 2022 Newsletter



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Creative Fitness & Hydration Ideas for Older Adults

Follow your medical professional’s advice and speak with them before changing diet, exercise, or supplements.

Physical fitness and staying hydrated, while naturally easy and fun for some, can seem intimidating for others. Look forward to creative approaches to both this Senior Health and Fitness Month!

Fun Fitness

For most of us, there’s some type of physical fitness that appeals (workout machines, sports, dance, yoga, swimming), but sometimes creativity spurs extra motivation! Think outside the box with ideas like: in-air arm swim strokes, hula hooping laughter yoga, gardening, soft darts, bean bag toss, bowling, croquet, mini golf, striking poses and holding them, noodle ball volleying, and scavenger hunts.

Our community uses It’s Never 2 Late (IN2L) that has many fitness avenues, from Conductorcize and Sit & Be Fit to Tai Chi and Chair Chi (for varying fitness levels). Explore the features with our life enrichment team.

Themed Walks

Walks can be more fun when paired with an activity. Consider a bird walk, tree walk, or flower walk and mark observations with a field guide book. Get artsy by collecting flowers for pressing. Head out on a nature walk where each walker collects a leaf, twig, rock, wildflower, blade of grass, etc. Paint positive-message rocks and on a walk leave them places for others to find. Other ideas: museum walk or mall-window shop, or see which walker can write down the most street sign names or models of cars spotted.



Physical fitness is important for older adults. It makes activities of daily life easier to do, and it helps with bone density and muscle strength. An added bonus is a decreased likelihood for falls.

Hydration Elation

For older adults, hydrating is especially important as thirst tends to decrease with age. Water doesn’t have to be the only source for hydrating though. Some foods high in water content include celery, cucumbers, watermelon, cantaloupe, strawberries, bell peppers, grapes, and tomatoes. Soups, broths, and stews also can increase fluid intake, but watch for sodium content. When it comes to beverages, add some excitement to water with fruit or mint infused in it, or try milk, coconut water, or herbal caffeine-free teas like hibiscus or chamomile.

Share Your Best Fitness/Hydration Idea

We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

Special Moments



"May! Queen of blossoms and fulfilling flowers. With what pretty music shall we charm the hours?" - Lord Edward Thurlow



Happy Birthday!

Resident Birthdays:

- Liz: May 18th
- Ginny: May 19th
- Joanne: May 24th

Employee Birthdays:

- Judy: May 3rd
- Tina: May 13th
- Irene: May 18th
- Rhonda: May 24th

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstone for May is emerald. The birth flower for May is lily of the valley. May is said to be the luckiest month in which to be born!



May 2022 Highlights

May includes awareness observances for mental health, asthma, blood pressure, osteoporosis, skin cancer, and strokes. It celebrates seniors, nurses, photography, strawberries, salsa, asparagus, and barbecues!

- | | |
|--|---|
| 01 Chocolate Parfait Day; Lemonade Day | 20 Endangered Species Day; Pizza Party Day |
| 02 Truffle Day; World Tuna Day | 21 Waiters' Day; Strawberries and Cream Day |
| 03 Teachers Day; Two Different Shoes Day | 22 Solitaire Day; Instrument Day |
| 04 Firefighters' Day; Bird Day; Star Wars Day | 23 Lucky Penny Day; Turtle Appreciation Day |
| 05 Astronauts' Day; Hoagie Day | 24 Brothers' Day; Scavenger Hunt Day |
| 06 Nurses' Day; Crepe Suzette Day | 25 Tappers' Day; Senior Health & Fitness Day |
| 07 Kentucky Derby Day; Fitness Day; Trains Day | 26 Paper Plane Day; Blueberry Cheesecake Day |
| 08 Mother's Day; Coconut Cream Pie Day | 27 Grape Popsicle Day; Road Trip Day |
| 09 Lost Sock Memorial Day; Moscato Day | 28 Brisket Day; Enjoy a Hamburger Day |
| 10 Shrimp Day; Washington Day | 29 Paperclip Day; Coq Au Vin Day |
| 11 Receptionists' Day; 3rd Shift Staff Day | 30 Memorial Day; Creative Day; Mint Julep Day |
| 12 Intl. Nurse Day; Nutty Fudge Day | 31 Macaroon Day; Save Your Hearing Day |
| 13 Apple Pie Day; Fruit Cocktail Day | |
| 14 Buttermilk Biscuit Day; Dog Mom Day | |
| 15 Chocolate Chip Day; World Baking Day | |
| 16 BBQ Day; Sea Monkey Day | |
| 17 Cherry Cobbler Day; Walnut Day; Idaho Day | |
| 18 Museum Day; Juice Slushies Day | |
| 19 Devil's Food Cake Day | |



Happy Mother's Day to all the moms out there!

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/FarmingtonSquareEugene](https://www.facebook.com/FarmingtonSquareEugene)

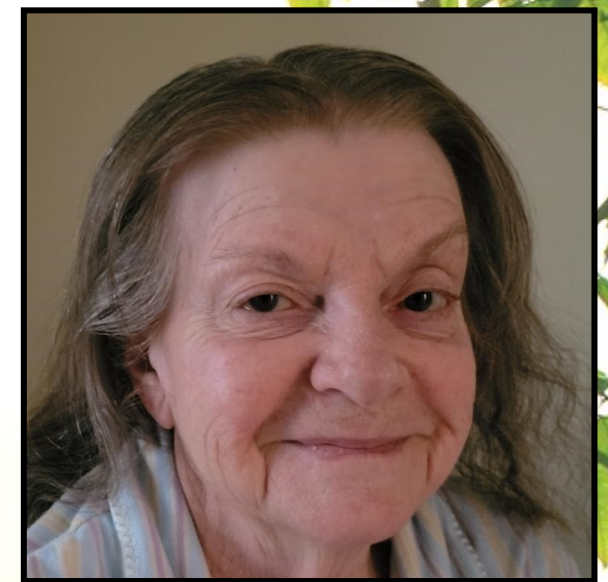
In honor of Senior Health & Fitness Day, these are some of our favorite healthy food/fitness choices.

- "Walking and making healthy food choice such as apples, grapes, oranges." -Jeani
- "Healthy food, plenty of water, and daily exercise routine." -Lee
- "Loves to eat oranges and walnuts and makes a point to exercise with activities daily." -Harvey
- "Taking good care of ourselves and each other is very important. I like fruits and veggies." -Sharon
- "I like sunshine, to drink plenty of water, carrots and apples. I like exercise such as stretching. Keeping a positive attitude is important." - Nancy
- "I like to exercise, especially walking outside. I love to eat good food, especially onions and broccoli." - Donna
- "I like to eat vegetables and fish. I use to love to play Basketball and Softball." -Loya
- "I first discovered the avocado when I went to Europe, I had never had one growing up in England. The avocado is my favorite healthy food choice, I also love to hike." - Donald



Staff Spotlight: Christian

Christian is a Cook who has worked here for about a month. He is from Springfield, Oregon. He previously worked at various care facilities and ARC for Lane County. He enjoys riding dirt bikes, drawing, growing Bonsai trees, the outdoors/nature, hiking, baking, and skateboarding. His favorite food is a gourmet burger with bacon and cheese. His favorite place to travel is the coast, and he'd like to travel to Japan. His favorite animal is cats and his favorite holiday is his dad's birthday (he plans to bake him a cake). Fun fact: He loves reading fantasy, non-fiction, as well as about the moon and stars. He is described as a sweetie, very good with the residents, a go-getter, very helpful, very polite, funny, and ambitious. Christian, we really appreciate you and all of the hard work you have put into FSE over the past month. We're grateful to have you as a part of our team. The residents and staff are thankful for all you do. Welcome to the FSE family!



Resident Spotlight: Sharon

Sharon is from Eugene, Oregon. She used to be a hairdresser. She enjoys camping, hiking, flowers, reading (loves mysteries), and gardening. She like to listen to music (gospel, Country), watching any animal TV shows, gardening, and walking around the community and outside. She enjoys beauty and grooming (nails and hair), and art. Her favorite place to travel is anywhere to see new things. Her favorite food is everything (she is not a picky eater), and her favorite holiday is Christmas. Fun fact: Sharon's favorite animal is a reindeer because she loves Christmas. She is described as energetic, has a good sense of humor, social, friendly, creative, and honest. Sharon, we are so glad to have you as a part of the Farmington family. Your smile is contagious and you always find a way to make people laugh. We love having you here at Farmington Square!

MAY 2022

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SUN	MON	TUE	WED	THU	FRI	SAT
1 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 iN2L Games* 2:00 Snacktivity: Sensory Games* 3:00 Tabletop Games 3:30 Exercise Fun: Stretching & Balloon Ball 4:30 Dinning Service Prep: Dinnertime	2 9:15 Exercise Fun: Music & Movement 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Puzzle Club* 2:00 Margi on Piano (Cottage C)  3:00 Creative Arts: Adult Coloring* 4:00 Card Games* 4:30 Dinning Service Prep: Dinnertime	3 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Exercise Fun: Balloon Ball 2:00 Snacktivity: National Montana Day (iN2L)* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	4 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Trivia Games* 2:00 Snacktivity: iN2L* 2:00 Creative Arts: Watercolor Painting* 3:00 Sensory Games* 4:30 Dinning Service Prep: Dinnertime	5 9:15 Residents Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 Dice Games 2:00 Snacktivity: Music & Art* 2:30 Exercise Fun: Walking Group 3:00 Tabletop Games 4:30 Dinning Service Prep: Dinnertime	6 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Church* 11:30 Dinning Service Prep: Lunchtime 1:00 Sensory Games* 2:00 Resident Focused Visits 2:30 Movie & Popcorn* 3:00 Pretty Nails & Manicures 4:30 Dinning Service Prep: Dinnertime	7 9:15 Resident Focused Visits 10:30 Snacktivity: Beauty & Grooming 11:30 Dinning Service Prep: Lunchtime 1:00 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Snacktivity: Virtual Vacation* 2:30 Trivia: iN2L* 3:00 Exercise Fun: Music & Movement* 4:30 Dinning Service Prep: Dinnertime
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MAY 2022

Farmington Square Eugene • Cottage C • 2730 Bailey Lane Eugene, OR 97401 • 541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
1 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*	2 11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Margi on Piano  3:00 Floral Arranging 3:30 Walking Group 4:00 Creative Arts*	3 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 National Montana Day (iN2L)* 3:00 Pretty Nails & Manicures 4:00 Story Time* Personal Shopper Day: 11am-2pm	4 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*	5 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 & Balloon Ball	6 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	7 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
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