

Stamp

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The Farmington Square Times

June 2022 Newsletter



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Share in the Hope for an End to Alzheimer's Disease

This Alzheimer's & Brain Awareness Month, take action in the fight to end Alzheimer's! The Alzheimer's Association has many types of opportunities for getting involved. Check out the information and links here to start supporting!

Join the Fight Against Alzheimer's

- Participate in the Longest Day on June 21 the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org
- Participate in the Ride to End Alzheimer's on August 28, 2022. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit alz.careasy.org/home
- Be a Volunteer:
- ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
- ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6.5 million Americans have Alzheimer's in 2022.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.
- ⇒ Volunteer Community Educator, providing education and expanding program reach.
 Learn more at: volunteer.alz.org/
 Volunteeropportunities/becoming

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook pages this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause. Don't forget to hashtag your efforts on social media with #endalz.



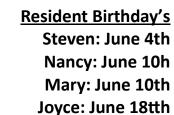


Special Moments





Happy Birthday!



Employee Birthday's
Sarah: June 18th
Stormy: June 21st
Kasey: June 30th

Those born in June are Gemini (May 21-June 20) and Cancer (June 21-July 22). The birthstones for June are pearl and alexandrite. The birth flowers for June are roses and honeysuckles. People born in June are said to be sociable and enthusiastic.



June 2022 Highlights

June includes awareness observances for cataracts, headaches and migraines, liver health, men's health, and PTSD. It celebrates camping, dairy, the outdoors, roses, papayas, and fresh fruits and vegetables!

- 01 Olive Day; Kind Words Day; Intl. Parent Day
- 02 Rocky Road Day; Rotisserie Chicken Day
- 03 Egg Day; Donut Day; World Bike Day
- 04 Cheese Day; Fish/Chips Day; Trail Day
- 05 Veggie Burger Day; Cancer Survivors' Day
- 06 Applesauce Cake Day; Garden Exercise Day

- 08 Best Friends Day; World Oceans Day
- 09 Donald Duck Day; Strawberry Rhubarb Pie Day
- 10 Egg Roll Day; Iced Tea Day; Spice Day
- 11 Corn on Cob Day; German Chocolate Cake Day
- 12 PB Cookie Day; Red Rose Day; Jerky Day
- 13 Weeding Garden Day; Men's Health Week
- 14 Army Bday; Flag Day; Strawberry Shortcake Day
- 15 Nature Photography Day; Smile Power Day
- 16 Fudge Day; Intl. Tapas Day; Nurse Assistant Day
- 17 Waste Collectors' Day; Mascot Day; Apple
- Strudel Day; Wear Blue Day (for Men's Health)
- 18 Go Fishing Day; Intl. Picnic Day
- 19 Father's Day; Juneteenth; Turkey Lovers' Day

- 20 Vanilla Shake Day; Ice Cream Soda Day; Hike Day
- 21 Summer!; Peaches N' Cream Day; Selfie Day
- 22 Éclair Day; Onion Ring Day; World Rainforest Day
- 23 Hydrate Day; Pecan Sandies Day; Color Pink Day
- 24 Pralines Day; World UFO Day; Cream Tea Day
- 25 Strawberry Parfait Day; Summersgiving
- 07 Chocolate Ice Cream Day; World Food Safety Day 26 Coconut Day; Beautician Day; Choc. Pudding Day
 - 27 Ice-Cream Cake Day; Sunglasses Day; Onion Day
 - 28 Alaska Day; Paul Bunyan Day
 - 29 Camera Day; Waffle Iron Day; Buttercrunch Day
 - 30 Meteor Day; Show off Your Personal Style Day



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

In Our Words

June 30th is Show Off Your Personal Style Day. Our staff and residents shared their style favorites.

"Classy. Likes slim, flat shoes and a red dress suit" -Wanda

"Likes outdoor wear and an occasional glam look." -Alyssa

"Casual comfort with bright colors." -Al

"Girly girl. Likes pastel colors, pinks and dresses." -Katelyn

"Comfortable & good for travel." -Anita

"I like getting dressed up as long as I don't look like a dope." -Harvey

"Country girl. The more bling on the butt the better!" -Claudia



Staff Spotlight: Gina

Gina is a Cook and has worked at FSE since the beginning of April.

She is from Marin County, California. She used to work at a restaurant her mother owned called The Villa Marin (she grew up cooking). She enjoys gardening, cooking, has an interested in cars, likes watching garden & home shows, cats and listening to music (Stone Temple Pilots, Soundgarden & The Beatles).

Her favorite food is Mexican, favorite candy is See's chocolate, favorite animal is cats and favorite holiday is Thanksgiving (she has a tablecloth everyone signs that attends her holiday gatherings).

Fun fact: She is a descendant of Davy Crockett. She is described as sweet, caring, friendly, has a great sense of humor, a team player, comforting and a good cook.

Gina, we are very grateful to have you join our Farmington family! You are amazing with the residents and all your co-workers adore you. We are excited to see the creative and delicious meals you prepare for the community!



Resident Spotlight: Jeff

Jeff is from Cleveland, Ohio, He was the mayor of Eugene and also a minister. He has always enjoyed golfing, hiking, camping, ballroom dancing, traveling/cruises and drums. He loves spending time with his wife Mary, going for walks around the community, listening to music, playing balloon ball, and conversing with other residents and staff. His favorite food is all foods (he says "all pizza is best," favorite animal is his grand-dogs, favorite candy is anything fruity, and favorite holidays are Christmas & Thanksgiving (for the food).

Fun fact: He was in a band in high school and can still pick up on a beat and make a drum out of anything! He is also is an excellent ballroom dancer!

He is described as very outgoing, friendly, calm, reassuring, active, and predictable. A hug always cheers him up.

Jeff, you have been such a joy to have here at Farmington! Your smile is contagious and we feel so honored to have the former mayor of **Eugene call FSE home! Welcome to the** family!

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JUNE 2022		quare Eugene • Co		ley Lane Eugene, OR 97		Septimization of the septimiza
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All activities subject to change per mandated health guidelines.			1 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*	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	11:15 Exercise Fun: Stretching & Balloon Ball 12:30 Yahtzee 2:00 Exercise Class with Katy 3:00 Pretty Nails & Manicures 4:00 Card Games* 6:15 Movie Night & Popcorn Personal Shopper Day: 1:30pm-4:30pm	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
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*	6 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*	7 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* & Chocolate Ice cream Day 3:00 Pretty Nails & Manicures 4:00 Story Time* Personal Shopper Day: 11am-2pm	8 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*	9 11:15 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:40 Performance by Katie S. 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching & Balloon Ball	10 10:00 FETCH Pet Therapy 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	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
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*	13 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*	Shortcake Day	1511:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 1:00 Nature Photography Day 2:00 Exercise Fun: Stretching & weights 2:30 Resident Council 4:00 Creative Arts*	16 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	17 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	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
11:15 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise Fun: Stretching & Balloon Ball 3:00 Outdoor/Indoor Games & Father's Day Treats 3:30 Resident Focus Visits 4:00 Card Games*	20 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*	12:30 Yahtzee 2:00 Margi on Piano (Cottage C) 3:00 Pretty Nails & Manicures 3:30 National Arizona Day 4:00 Story Time* Personal Shopper Day: 11am-2pm		11:15 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:30 National Hydration Day 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching & Balloon Ball	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	11:15 Exercise Fun: Tai Chi* 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
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*	27 11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Word Games* 2:50 Basil on Piano 3:00 Floral Arranging 3:30 Walking Group 4:00 Creative Arts*	28 11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails & Manicures 4:00 National Alaska Day Personal Shopper Day: 11am-2pm	29 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*	30 11:15 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 2:30 Trivia Games* & Red, White & Blue Popsicle Day 3:00 Resident Focused Visits 4:00 Exercise Fun: Stretching & Balloon Ball	June Highlights June 3rd- Exercise Class with Katy (Cottage C) June 7th- Chocolate Ice cream Day June 9th- Performance by Katie S. (Cottage B @2pm & Cottage C @2:40pm) June 10th- FETCH Pet Therapy June 14th- Strawberry Shortcake Day June 15th- Nature Photography Day & Resident Council June 19th- Father's Day Treats June 21st- National Arizona Day & Margi on Piano (Cottage C) June 22nd- Gus R. on Piano (Cottage C) June 23rd- National Hydration Day June 25th- Birthday Cupcakes June 27th- Basil on Piano (Cottage B @2pm & Cottage C @ 2:50pm) June 28th- National Alaska Day June 30th- Red, White & Blue Popsicle Day	