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Business Office Director:
Brooke Whitehead

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Norma Hernandez

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Shayne Putnam

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

The Farmington Times

July 2022 Newsletter



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Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

Steps Toward a More Social You

To increase your social wellness, consider actions you can work into your daily life.

- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!

Special Moments



Happy Birthday!

Resident Birthday

Rita V 7/11

Employee Birthday

Michael W 7/11

Alli A 7/13

Ashley L 7/17

Tamera M 7/17

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.

July 2022 Highlights

July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!

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|---|---|
| 01 Unique Ice Cream Day; Gingersnap Day; Joke Day | 20 Fortune Cookie Day; Hot Dog Day; Chess Day |
| 02 Made in the USA Day | 21 Junk Food Day |
| 03 Chocolate Wafer Day; Beans Day; Fried Clam Day | 22 Hammock Day; Mango Day; Penuche Fudge Day; |
| 04 Independence Day; Caesar Salad Day | 23 Gorgeous Grandma Day; Vanilla Ice Cream Day |
| 05 Apple Turnover Day; Hawaii Day | 24 Parents' Day; A. Earhart Day; Drive Thru Day |
| 06 Fried Chicken Day; Hand Roll Day | 25 Hire Veterans Day; Sundae Day; Wine/Cheese Day |
| 07 Macaroni Day; Chocolate Day | 26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day |
| 08 Chocolate Almonds Day; Freezer Pop Day | 27 Crème Brûlée Day; Love Is Kind Day |
| 09 Sugar Cookie Day; Collector Car Day; Kebab Day | 28 Intern Day; Milk Chocolate Day; Chili Dog Day |
| 10 Kitten Day; Pina Colada Day | 29 Chicken Wing Day; Lasagna Day; Lipstick Day |
| 11 US Pet Pics Day; 711 Day; Blueberry Muffin Day | 30 Friends Day; Father-in-Law Day; Cheesecake Day |
| 12 Jell-O Day; Pecan Pie Day | 31 Avocado Day; Mutt Day; Raspberry Cake Day |
| 13 Barbershop Music Day; French Fry Day | |
| 14 Mac & Cheese Day; Tape Measure Day | |
| 15 Gummi Worm Day; Tapioca Day; Horses Day | |
| 16 Corn Fritters Day | |
| 17 Peach Ice Cream Day; Ice Cream Day | |
| 18 Caviar Day; Sour Candy Day | |
| 19 Daiquiri Day | |

In Our Words...

July celebrates ice cream so we asked residents and team members their favorite ice cream flavors and combinations. Here's what they shared!



"Chocolate" -Maria

"Strawberry" -Veronica

"Lemon" -Norma

"Neapolitan" -Thelma

"Blue moon" -Janna

"Banana Split" -Pamela

"Vanilla" -Patrick

"Mint Chocolate Chip" -Angela

"Rocky Road" -Alicia

"Cherry " -Margaret



Staff Spotlight: Alicia G

Alicia is one of our Med Tech/ Caregivers here at Farmington Square. She has been working with us since 2020.

Alicia enjoys working with our residents. They bring joy to her day and she loves to learn new things about them, and hearing their stories.

Alicia's goal is getting her CNA and take her career further into helping others as a Nurse or Traveling Nurse.

We are happy to have you Alicia in the Farmington Square family!



Resident Spotlight: Esther S.

Esther is one of our very special residents here at Farmington Square. She is very sociable and enjoys art.

She likes to draw and color to express her talent and shares her artwork with her friends and the staff here at Farmington Square. Esther likes to play bingo. She also enjoys flowers and their colors. Her favorite snack is popcorn. She says that eating popcorn and drawing are the best things in life and we agree!

We are very happy to have you with us at Farmington Square and thank you for sharing your talent and your smile, Esther!

JULY 2022

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