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Farmington Square Salem News

July 2022 Newsletter



Farmington Square Leadership Team

Executive Director:

Jessica Penland

Assistant Executive Director:

Rhonda Tebbetts

Community Relations Director:

Brandon Moglia

Wellness Director, 910/920:

Nicole Oberlander

Wellness Director, 940:

Taylor Nardi

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.

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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.

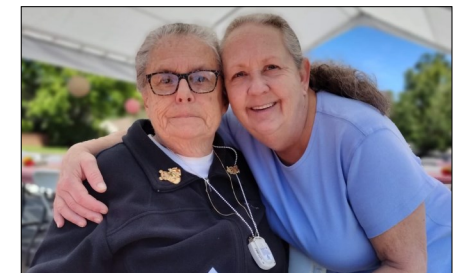
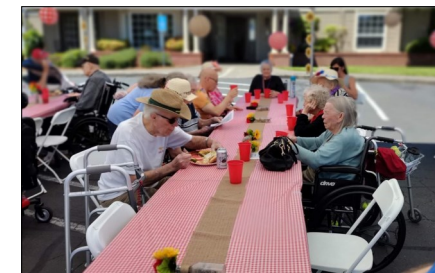
- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



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!



Happy Birthday!

Richard K. July 6th

Gary L. July 17th

Grace L. July 28th



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!

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!

"Neapolitan"- Romey

"Cookie Dough"- Pam

"Peanut Butter & Chocolate" - Jessica

"Rocky Road" - Shelly

"Caramel Swirl" -Elizabeth

"Mint Chocolate Chip" - Brandy

"Vanilla " -Lori & Virginia

"Chocolate" - Wilma & Mary

"Strawberry" -Eunice & Zealand

"Cookie Jar Blizzard" -Amanda



Staff Spotlight: Romey

Lets shine a special spotlight on Romey, our amazing housekeeper of 23 years!

She is an amazing employee who not only works in housekeeping, but also in caregiving and activities. Romey is the first to enthusiastically jump in to help with any events happening in the community - our residents always have smiles on their faces and are having a good time when she is with them or helping them.



Resident Spotlight: Ronald

We are so excited to shine a light on and welcome Ronald to our community!

Ron was born in Pittsburgh and worked as a metallurgist and has a son and daughter. Ronald shared that he enjoys listening to country music and watching old westerns, especially John Wayne ones, and even lit up when he spoke of his days riding motorcycles and playing softball! We are so happy to have Ronald at Farmington Square and look forward to getting to know him even better!

JULY 2022 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT
						1 National Joke Day! 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Candid Camera IN2L 2:00 Funny Babies IN2L 3:00 Afternoon Stroll 3:30 Balloon Burst 4:00 Jokes & Laughter 4:30 I Love Lucy IN2L
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	4 Independence Day! 9:00 Leaving for 4th of July Parade in St. Paul Oregon 11:00 Returning from Parade 1:30 Independence Day Trivia 2:00 4th of July Craft 3:00 Snacks - Patriotic Bomb Pops 3:30 Fireworks Display Between 960 and 950	5 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Morning Walk 11:00 Uno/ Cards 11:30 Pictionary IN2L 2:00 History Trivia IN2L 3:30 Scrabble 4:30 Jokes & Laughter	6 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00 B I N G O 3:30 Skip- Bo 4:00 Balloon Burst 4:30 Jeopardy	7 Strawberry Sundae Day! 9:30 Conductorcise 10:00 Today in History 10:30 Brain Teasers IN2L 11:00 Animal Trivia IN2L 11:30 Jigsaw Puzzles 2:00 Colorful Creations 3:00 Strawberry Pops! 4:30 Western Movie IN2L	8 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Morning Walk 1:30 Uno/ Cards 2:00 Brain Teasers IN2L 3:00 Family Feud 4:00 Jokes & Laughter 4:30 Classical Juke Box	9 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00 B I N G O 3:00 Colorful Creations 3:30 Happy Neuron IN2L 4:30 Scrabble / Puzzles 6:00 Wheel Of Fortune
10 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	11 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Balloon Burst 11:00 Manicures & Massages 1:30 Afternoon Stroll 2:00 Skip- Bo 4:00 WII Bowling 4:30 1930's Juke Box	12 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Morning Walk 11:00 Uno/ Cards 11:30 Pictionary IN2L 2:00 History Trivia IN2L 3:30 Scrabble 4:30 Jokes & Laughter	13 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00 B I N G O 3:30 Skip- Bo 4:30 Brain Teasers IN2L 6:00 Wheel Of Fortune	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 Afternoon Stroll 3:00 Uno/ Cards 4:30 Classic Movie IN2L	15 Horses Day! 9:30 Chair Dancing IN2L 10:00 Horse Trivia IN2L 11:30 Lunch at Los Arcos 2:00 Music w/ Chris in 960 3:00 Afternoon Stroll 3:30 Balloon Burst 4:00 Funny Animals IN2L 4:30 Black Beauty Movie	16 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00 B I N G O 3:00 Colorful Creations 3:30 Happy Neuron IN2L 4:30 Skip- Bo 6:00 Jeopardy
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24 A. Earhart Day! 9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Bible Story Trivia 1:30 History of A. Earhart IN2L 2:00 Church Sermon IN2L 3:00 A. Earhart Trivia IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	25 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Music w/ Rachel in 960 1:30 Afternoon Stroll 2:30 Monday Movie Matinee 4:00 WII Bowling 4:30 1950's Juke Box	26 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Morning Walk 11:00 Uno/ Cards 11:30 Pictionary IN2L 2:00 History Trivia IN2L 3:30 Scrabble 4:30 Jokes & Laughter	27 Love is Kind Day! 9:30 Exercise IN2L 10:00 Heart Suncatchers! 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00 B I N G O 3:30 Skip- Bo 4:30 Brain Teasers IN2L 6:00 Wheel Of Fortune	28 9:30 Conductorcise 10:00 Today in History 10:30 Happy Neuron IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Afternoon Stroll 3:00 Uno/ Cards 4:30 Classic Movie IN2L	29 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Name that Sound IN2L 2:00 What did it cost? 3:00 Afternoon Stroll 3:30 Balloon Burst 4:00 Jokes & Laughter 4:30 Oldies Juke Box	30 National Friends Day! 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00 B I N G O 3:30 Friendship Bracelets 4:30 Skip- Bo 6:00 Jeopardy
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