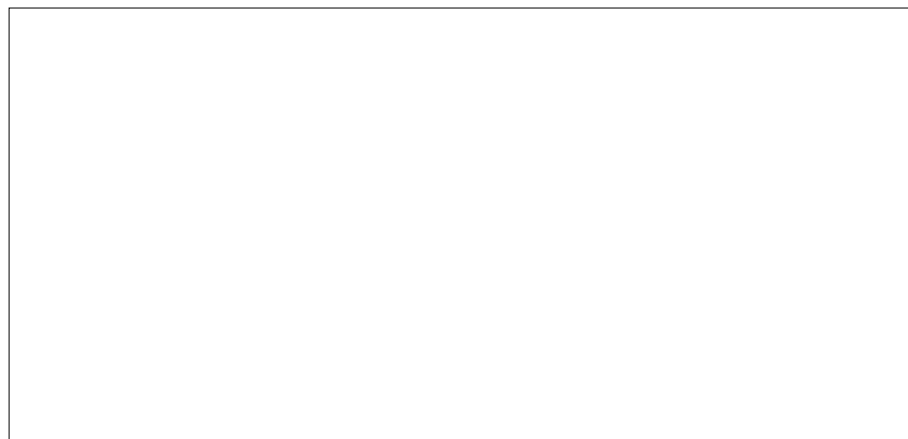




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Stamp



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
Dinning Services Director:
Melissa Bernik
Maintenance Director:
George Curtis

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



Farmington Square Salem News

September 2022 Newsletter



2 Managing Chronic Pain
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights & Birthdays
7 Special Moments & In Our Words
8 Mission & Team

Pain Points: Tips for Managing Chronic Pain

Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer’s and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It’s important to know that you and your loved ones don’t have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents’ symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don’t be discouraged if it takes a while to find the answers you’re looking for – health is a journey after all.

Special Moments Love is Kind Day!



In Our Words...

September 23rd marks the start of Autumn!
These are our Fall Favorites:

“Pumpkin Spice ” -Jessica

“Beautiful Weather” - Lorna

“Changing Colors of the Leaves ” -Peggy

“Halloween” -Barb

“Pumpkins” -Hope



September 2022 Highlights

September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.

September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.

01 World Letter Writing Day
 02 Coconut Day, College Colors Day, Food Bank Day
 03 Bacon Day, U.S. Bowling League Day, Tailgating Day
 04 Macadamia Nut Day, Wildlife Day
 05 Labor Day, Beautician Week, Cheese Pizza Day
 06 Coffee Ice Cream Day, Read a Book Day
 07 Acorn Squash Day, Beer Day, Salami Day
 08 Literacy Day, Ampersand Day
 09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day
 10 World First Aid Day, Swap Ideas Day
 11 Assisted Living Week, Grandparents' Day,
 Day of Service & Remembrance
 12 Chocolate Milkshake Day, Video Games Day
 13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day
 14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day
 15 Cheese Toast Day, Linguine Day, Online Learning Day
 16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day
 17 Thank Police Day, House Cleaners' Day, Dance Day
 18 Bamboo Day, Air Force Bday, Cheeseburger Day
 19 Butterscotch Pudding Day, Talk Like a Pirate Day

20 Fried Rice Day, Pepperoni Pizza Day, Punch Day
 21 World Alzheimer's Day, Chai Day, Pecan Cookie Day
 22 Centenarians' Day, Hobbit Day, White Chocolate Day
 23 Autumn Begins, Pot Pie Day, Snack Stick Day
 24 Family Health & Fitness Day, Hunting & Fishing Day
 25 Dining Staff Day, Daughters' Day, Quesadilla Day
 26 HR Staff Day, Family Day, Dumpling Day, Pancake Day
 27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day
 28 Strawberry Cream Pie Day, Ladies Health Day
 29 VFW Day, Coffee Day
 30 Chewing Gum Day, Hot Cider Day, Love People Day

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on Sept. 9 than any other day of the year!

Residents

Carol R.	9-1	940
Eloise H.	9-12	940
Joyce H.	9-20	910
Iver O.	9-21	950
Nancy W.	9-23	910
Emilie K.	9-27	940

Staff

Shelly M.	9-5
Eddie N.	9-12
Alora M.	9-12
Shelly K.	9-13
Tatiana E.	9-20
Jennifer A.	9-25
Nicole O.	9-26



Staff Spotlight: Francesca

We are happy to shine a light on and announce Francesca's One Year Anniversary at Farmington Square!!!

Fran has been in the healthcare field for 4 years now and shared that she found her passion for healthcare and love for seniors when she helped take care of her grandmother.

Fran is a Med-Tech and Caregiver in our Memory Care Cottage and she is very kind, compassionate and works well as a team player! Fran lit up with a smile when she shared how much she loves our residents and that she is so happy to not only take care of their needs but how she is able to just spend time with them!

Congratulations Fran, we greatly appreciate you!!!



Resident Spotlight: Nancy

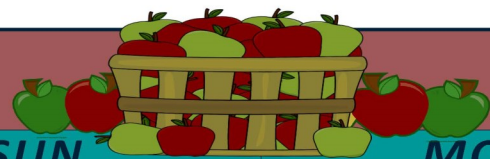
We are excited to shine a light on our sweet resident Nancy!

Nancy has lived here for almost a year and a half now and has definitely made Farmington Square her home!

Nancy was born in Portland, has 3 children and worked as a bank manager, even volunteering her time at the Senior Center!

Nancy enjoys game shows, movies, listening and singing along to oldies, and really loves receiving flowers from her family!

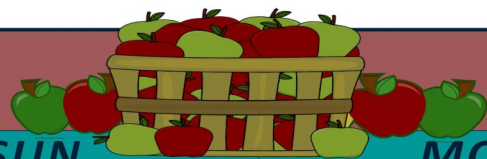
She is very soft spoken but has great one liners that make everyone laugh! We are so happy to have Nancy as part of our Farmington Square Family!



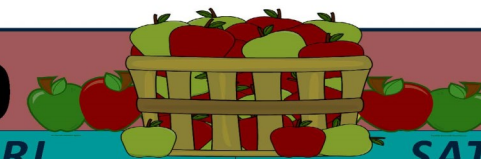
SEPTEMBER 2022 Activities 910-920



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Happy Birthday Carol R. 9/1 940 Eloise H. 9/12 940 Joyce H. 9/20 910 Iver O. 9/21 950 Nancy W. 9/23 910 Emilie K. 9/27 940	Take-Out/Lunch Outing 9/2 Panda Express 12pm 9/9 McDonalds 12pm 9/16 KFChicken 12pm 9/23 Cozumel 12pm 9/30 Donatello's 12pm	Shopping/ Delivery 9/2 Walmart 2pm 9/9 Dollar Tree 2pm 9/16 Fred Meyer 2pm 9/23 WinCo Foods 2pm 9/30 Safeway 2pm	1 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	2 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 Rock & Roll Juke Box	3 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 Common Sayings IN2L 4:00 Skip- Bo 6:00 Salt Box Movie IN2L
4 Wildlife Day! 9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Bible Story Trivia 1:30 Arm Chair Travel- Zoo IN2L 2:00 Wildlife Craft 3:00 Church Sermon IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	5 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 1920's Juke Box	6 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Morning Walk 11:00 Uno/ Cards 11:30 Common Sayings IN2L 2:00 Animal Trivia IN2L 3:30 Scrabble 4:30 Jokes & Laughter	7 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00 BINGO 3:30 Skip- Bo 4:30 Brain Teasers IN2L 6:00 Wheel Of Fortune	8 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 Scrabble 4:30 Western Movie IN2L	9 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	10 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 4:00 Skip- Bo 6:00 Salt Box Movie IN2L
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SEPTEMBER 2022 Activities 940-950



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	18 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 Snack & Chat 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	19 9:30 Chair Dancing 10:00 Good News IN2L 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 3:00 Sit & Sip 4:00 Bowling 4:30 1950's Juke Box	20 9:30 Sit & be Fit IN2L 10:00 Balloon Bat w/ Music 10:30 Morning Walk 11:00 Sing a Long IN2L 11:30 Common Sayings IN2L 2:00 Sports Trivia IN2L 3:30 Snack & Chat 4:30 Jokes & Laughter	21 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 Sit & Sip 4:30 Ring Toss 6:00 Wheel Of Fortune	22 Centenarians Day! 9:30 Conductorcise 10:00 Today in History 10:30 Celebrate Centenarians! 11:00 Animal Trivia IN2L 11:30 Jigsaw Puzzles 2:00 Inspirational Seniors IN2L 3:00 Snack & Chat 4:30 Western Movie IN2L	23 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Morning Walk 1:30 Manicures & Massages 2:30 What did it cost? IN2L 3:00 Sit & Sip 4:00 Jokes & Laughter 4:30 Rhythm & Blues Juke Box
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