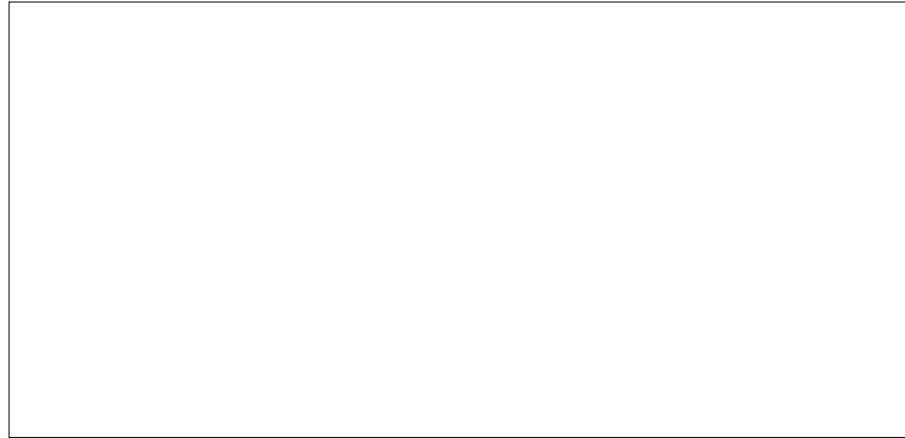




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Dining Services Director: Margaret Tepovac
Maintenance Director: Shayne Putnam

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

The Farmington Times

June 2023 Newsletter



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Alzheimer's & Dementia Awareness & Updates

Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.

Summer solstice on June 21 is a notable date this Alzheimer's & Brain Awareness Month. The Alzheimer's Association observes it as the day with the most light, and the day we fight, encouraging fundraising toward an end to Alzheimer's. Our community hopes to bring awareness not only to this year's Longest Day, but also to this important month with facts and updates.

Facts About Alzheimer's

- More than 6 million Americans are living with Alzheimer's.
- 1 in 3 seniors pass with Alzheimer's or dementia.
- Alzheimer's and dementias cost the U.S. \$321 billion in 2022.
- The difference between Alzheimer's and dementia is dementia is an overall term for a particular group of symptoms (difficulties with memory, language, problem-solving, and other thinking skills) while Alzheimer's disease is one cause of dementia.

Updates and Research Studies

- Few Americans know about mild cognitive impairment, which can be an early stage of Alzheimer's. MCI causes cognitive changes that the affected person and those in their life can notice, but doesn't affect the ability to carry out everyday activities. Learn more at alz.org in a Special Report.
- Various studies indicate that keeping strong social connections and staying mentally active may lower the risk of cognitive decline and Alzheimer's.
- There seems to be a strong link between head trauma and future risk of cognitive



The Longest Day: Consider taking part in a fund-raising activity to support an end to Alzheimer's. The options for activities are great: from board games, gardening, and bowling to Yoga or having a cookout, and beyond! You can register for a creative fundraising activity at act.alz.org.

- decline. Help fall-proof your living space by reducing poor light, loose rugs, and clutter.
- Some conditions known to increase the risk of cardiovascular disease like high blood pressure, diabetes, and high cholesterol increase the risk of developing Alzheimer's.
 - Regular physical exercise and heart-healthy eating may help to protect the brain. Two recommended diets include The Dash Diet and Mediterranean Diet.
 - A current clinical trial by DIAN is testing if antibodies to beta-amyloid can reduce beta-amyloid plaque in the brains of people with certain genetic mutations and reduce, delay or prevent Alzheimer's symptoms. Another trial, A4 by the Alzheimer's Disease Cooperative Study, is testing if antibodies to beta-amyloid can lower Alzheimer's disease risk in people 65-85 at high risk for the disease.

We hope all of this information has been helpful toward broadening awareness of Alzheimer's during this important month.

Special Moments



Happy Birthday to our Staff & Residents:

- Ruth F: June 19
- Glen S: June 19
- Joe H: June 26
- Fawn W: June 12
- Mario C: June 16
- Ryan B: June 29

June 2023 Highlights

Observes: Men's Health, Headaches & Migraines, PTSD, Safety

Celebrates: Zoos & Aquariums, Fruit & Veggies, Camping, Dairy, Great Outdoors, Iced Tea, Roses, Papaya, Turkey, African American Music, LGBTQIA Pride

- | | |
|---|---|
| 01 Nail Polish Day; Olives Day; Pen Pal Day | 16 Fudge Day; World Tapas Day |
| 02 Donut Day; Rocky Road Day; Rotiss. Chicken Day | 17 Apple Strudel Day; Eat Your Veggies Day |
| 03 Egg Day; Chocolate Macaroons Day; Trails Day | 18 Father's Day; Go Fishing Day; Turkey Day |
| 04 Cancer Survivors' Day; Cheese Day; Corgi Day | 19 Juneteenth; Garfield the Cat Day; Watch Day |
| 05 Veggie Burger Day; World Environment Day | 20 American Eagle Day; Ice Cream Soda Day |
| 06 D-Day; Eyewear Day; Gardening Exercise Day | 21 First Day of Summer; Peaches & Cream Day |
| 07 Chocolate Ice-Cream Day; Oklahoma Day | 22 Chocolate Éclair Day; Onion Rings Day |
| 08 BFF Day; Positivity Day; World Oceans Day | 23 Detroit-Style Pizza Day; Hydration Day |
| 09 Donald Duck Day; Strawberry Rhubarb Pie Day | 24 Pralines Day; Summersgiving |
| 10 Egg Roll Day; Iced Tea Day; Rose' Day | 25 Catfish Day; Strawberry Parfait Day; Beatles Day |
| 11 Children's Day; Corn on Cob Day; Outlet Shop Day | 26 Beautician Day; Choc Pudding Day; Coconut Day |
| 12 Men's Health Week; Jerky Day; PB Cookie Day | 27 Ice Cream Cake Day; Onion Day; Pineapple Day |
| 13 World Softball Day; Weed Your Garden Day | 28 Alaska Day; Parchment Day; Paul Bunyan Day |
| 14 Flag Day; Strawberry Shortcake Day | 29 Almond Buttercrunch Day; Waffle Iron Day |
| 15 Photography Day; Smile Power Day | 30 Meteor Watch Day; Social Media Day |

Our Executive Director's Corner

Dear residents, family members, and friends,

I cannot adequately express how excited I am to see Spring arrive! Our strawberries and tomato plants are growing as fast as the smiles on the residents and team members faces! It is so wonderful to see everyone going on walks in the sun. We are looking forward to summer BBQ's and more. Make sure you like us on Facebook so you can keep up on all the fun activities we have in store!

Warm Regards,

Joni 



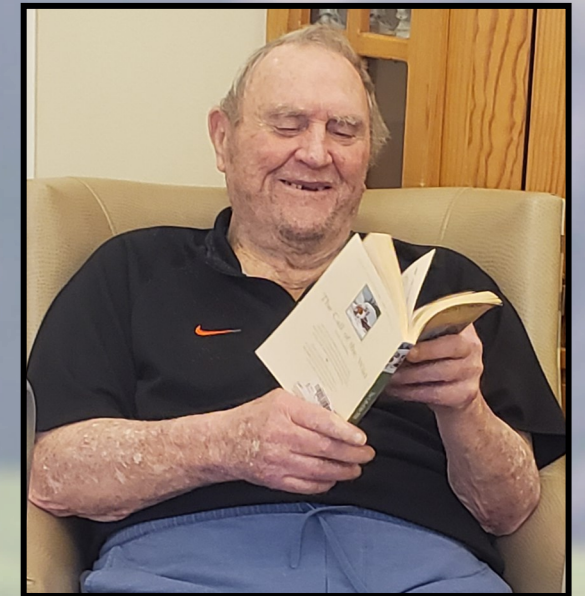
Staff Spotlight:
Vanessa Y

Vanessa is our team member of the of the month! She is a treasured Caregiver on the Farmington Square team.

On her days off, Vanessa likes to spend time with her kids by taking them to the park and watching baseball games.

Vanessa loves to cook for family and friends. She enjoys interactions and conversation with the residents.

We are delighted to have you with us, Vanessa!



Resident Spotlight:
Glenn S

This month, we're honoring Glenn as our resident of the month!


Glenn is very social. He likes to joke around and be funny.

Glenn prefers to read while drinking coffee every morning, he likes fried foods, meat, gravy, potatoes, fresh vegetables, black coffee, and fruit roll-ups. He likes to share stories about the past and good memories with his daughters.

We are so happy to have Glenn here at Farmington Square!

JUNE 2023

Farmington Square C/D • 1530 Poplar Dr, Medford, Or 97502 • Type Phone Here

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Resident Birthday Ruth F June/19 Glenn S June/19 Joe H June/26	Employee Birthdays Fawn W June/12 Mario C June/16 Ryan B June/29		1 Nails Polish Day 9:00 Morning Strolls 10:00 Fit Club 11:00 Reading/Trivia iN2L 12:00 iN2L Radio 1:00 Crafts 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Croquet 5:00 Music appreciation	2 Donuts Day 9:00 Morning Strolls 10:00 Fit Club 11:00 Sun & Fun 12:00 iN2L Radio 1:00 iN2L Game 2:00 Bingo Club 3:00 Afternoon Walk 4:00 iN2L Karaoke 5:00 Music appreciation	3 Morning Strolls 9:00 Morning Strolls 10:00 Fit Club 11:00 Splish Splash 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo Club 3:00 The Coffee Club 4:00 Saturday Movie 5:00 Music appreciation
4 Cheese Day 9:00 Morning Strolls 10:00 Fit Club 11:00 Reading/iN2L Trivia 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Sunday Hymns 5:00 Music appreciation	5 Word Environment Day 9:00 Morning Strolls 10:00 Fit Club 11:00 Reading/Trivia iN2L 12:00 iN2L Radio 1:00 Parachutes 2:00 Bingo Club 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	6 Gardening Exercise Day 9:00 Morning Strolls 10:00 Fit Club 11:00 Reading/Trivia iN2L 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo Club 3:00 Gardening Club 4:00 Fancy Fingers 5:00 Music appreciation	7 Chocolate Ice-Cream Day 9:00 Reading Club 10:00 Morning Strolls 11:00 Reading/Trivia iN2L 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo Club 3:00 Sun & Fun 4:00 Fancy Fingers 5:00 Music appreciation	8 Best-Friends Day 9:00 Reading Club 10:00 Morning Strolls 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo Club 3:00 Live Music 4:00 One on One 5:00 Music appreciation	9 Movie Night 9:00 Reading Club 10:00 Fit Club 11:00 Table Game 12:00 iN2L Radio 1:00 Splish Splash 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Movie Night 5:00 Music appreciation	10 Iced Tea Day 9:00 Reading Club 10:00 Morning Strolls 11:00 Sensory Game 12:00 iN2L Radio 1:00 Craft Club 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Ice Tea Club 5:00 Music appreciation
11 9:00 Reading Club 10:00 Morning Strolls 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Sunday Hymns 2:00 Bingo Club 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	12 Red Rose Day 9:00 Reading Club 10:00 Fit Club 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Croquet 2:00 Bingo Club 3:00 Afternoon Walk 4:00 iN2L Game 5:00 Music appreciation	13 9:00 Reading Club 10:00 Morning Strolls 11:00 Reading/iN2L Trivia 12:00 iN2L Radio 1:00 Craft Club 2:00 Bingo Club 3:00 Afternoon Walk 4:00 iN2L Game 5:00 Music appreciation	14 9:00 Reading Club 10:00 Fit Club 11:00 Play UNO 12:00 iN2L Radio 1:00 Card-O 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Fancy Fingers 5:00 Music appreciation	15 Smile Power Day 9:00 Reading Club 10:00 Fit Club 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Craft Club 2:00 Bingo Club 3:00 Afternoon Walk 4:00 iN2L Karaoke 5:00 Music appreciation	16 9:00 Reading Club 10:00 Fit Club 11:00 Card-O 12:00 iN2L Radio 1:00 Sun & Fun 2:00 Bingo Club 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	17 Cherry Tart Day 9:00 Reading Club 10:00 Celebrate father's Day 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo Club 3:00 Afternoon Walk 4:00 One on One
18 Father's Day 9:00 Reading Club 10:00 Fit Club 11:00 Table Game 12:00 iN2L Radio 1:00 Sunday Hymns 2:00 Bingo Club 3:00 Celebration 4:00 iN2L Game 5:00 Music appreciation	19 9:00 Reading Club 10:00 Fit Club 11:00 Card-O 12:00 iN2L Radio 1:00 iN2L Game 2:00 Bingo Club 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	20 Ice Cream Soda Day 9:00 Reading Club 10:00 Fit Club 11:00 Play UNO 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo Club 3:00 Ice Cream Club 4:00 Fancy Nails 5:00 Music appreciation	21 First Day of Summer 9:00 Reading Club 10:00 Fit Club 11:00 Summer Lovin' 12:00 iN2L Radio 1:00 Craft Club 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Fancy Fingers 5:00 Music appreciation	22 9:00 Reading Club 10:00 Fit Club 11:00 Summer Magic 12:00 iN2L Radio 1:00 Play UNO 2:00 Bingo Club 3:00 Live Music 4:00 iN2L Karaoke 5:00 Music appreciation	23 9:00 Reading Club 10:00 Fit Club 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Card-O 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Movie Time 5:00 Music appreciation	24 9:00 Reading Club 10:00 Fit Club 11:00 Summer Lovin' 12:00 iN2L Radio 1:00 Card-O 2:00 Bingo Club 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation
25 The Beatles Day 9:00 Reading Club 10:00 Fit Club 11:00 Play UNO 12:00 iN2L Radio 1:00 Card-O 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Sunday Hymns 5:00 Music appreciation	26 9:00 Reading Club 10:00 Fit Club 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Play UNO 2:00 Bingo Club 3:00 Afternoon Walk 4:00 iN2L Game 5:00 Music appreciation	27 Ice cream Cake Day 9:00 Reading Club 10:00 Fit Club 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Card-O 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation	28 9:00 Reading Club 10:00 Fit Club 11:00 Bowling 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo Club 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation	29 9:00 Reading Club 10:00 Fit Club 11:00 Croquet 12:00 iN2L Radio 1:00 Play UNO 2:00 Bingo Club 3:00 Outing 4:00 One on One 5:00 Music appreciation	30 9:00 Reading Club 10:00 Fit Club 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Card-O 2:00 Bingo Club 3:00 Table Game 4:00 iN2L Karaoke 5:00 Music appreciation	

SUN	MON	TUE	WED	THU	FRI	SAT
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<div>4</div> <div>Cheese Day</div> <div>9:00 Beautiful You 10:00 Fit Club 11:00 Reading/iN2L Trivia 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo B/Paint/A 3:00 Afternoon Walk 4:00 Sunday Hymns 5:00 Music appreciation</div>	<div>5</div> <div>Word Environment Day</div> <div>9:00 Beautiful You 10:00 Fit Club 11:00 Reading/Trivia iN2L 12:00 iN2L Radio 1:00 Parachutes 2:00 Bingo B/Table G/A 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation</div>	<div>6</div> <div>Gardening Exercise Day</div> <div>9:00 Beautiful You 10:00 Fit Club 11:00 Reading/Trivia iN2L 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo B/Coloring/A 3:00 Gardening Club 4:00 Fancy Fingers 5:00 Music appreciation</div>	<div>7</div> <div>Chocolate Ice-Cream Day</div> <div>9:00 Beautiful You 10:00 Morning Strolls 11:00 Reading/Trivia iN2L 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo B/ Coloring/A 3:00 Sun & Fun 4:00 Fancy Fingers 5:00 Music appreciation</div>	<div>8</div> <div>Best-Friends Day</div> <div>9:00 Beautiful You 10:00 Morning Strolls 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo B/ Sensory G/A 3:00 Live Music 4:00 One on One 5:00 Music appreciation</div>	<div>9</div> <div>Movie Night</div> <div>9:00 Beautiful You 10:00 Fit Club 11:00 Table Game 12:00 iN2L Radio 1:00 Splish Splash 2:00 Bingo B/Coloring/A 3:00 Afternoon Walk 4:00 Movie Night 5:00 Music appreciation</div>	<div>10</div> <div>Iced Tea Day</div> <div>9:00 Beautiful You 10:00 Morning Strolls 11:00 Sensory Game 12:00 iN2L Radio 1:00 Craft Club 2:00 Bingo B/Table G/A 3:00 Afternoon Walk 4:00 Ice Tea Club 5:00 Music appreciation</div>
<div>11</div> <div>Beautiful You Morning Strolls Sun & Fun iN2L Radio Sunday Hymns Bingo B/Coloring/A Afternoon Walk One on One Music appreciation</div>	<div>12</div> <div>Red Rose Day</div> <div>9:00 Beautiful You 10:00 Fit Club 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Croquet 2:00 Bingo B/Sensory g/A 3:00 Afternoon Walk 4:00 iN2L Game 5:00 Music appreciation</div>	<div>13</div> <div>Beautiful You Morning Strolls Reading/iN2L Trivia iN2L Radio Craft Club Bingo B/ Table g/A Afternoon Walk iN2L Game Music appreciation</div>	<div>14</div> <div>Beautiful You Morning Strolls Reading/iN2L Trivia iN2L Radio Table Game Bingo B/Sensory g/A Afternoon Walk Fancy Fingers Music appreciation</div>	<div>15</div> <div>Smile Power Day</div> <div>9:00 Beautiful You 10:00 Morning Strolls 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Craft Club 2:00 Bingo B/Table g/A 3:00 Afternoon Walk 4:00 iN2L Karaoke 5:00 Music appreciation</div>	<div>16</div> <div>Beautiful You Morning Strolls Reading/Trivia iN2L iN2L Radio Sun & Fun Bingo B/Coloring/A Afternoon Walk One on One Music appreciation</div>	<div>17</div> <div>Cherry Tart Day</div> <div>9:00 Beautiful You 10:00 Celebrate Father’s Day 11:00 Sun & Fun 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo B/Sensory g/A 3:00 Afternoon Walk 4:00 One on One</div>
<div>18</div> <div>Father’s Day</div> <div>9:00 Beautiful You 10:00 Fit Club 11:00 Table Game 12:00 iN2L Radio 1:00 Sunday Hymns 2:00 Bingo B/Coloring/A 3:00 Celebration 4:00 iN2L Game 5:00 Music appreciation</div>	<div>19</div> <div>Beautiful You Fit Club Reading/Trivia iN2L iN2L Radio iN2L Game Bingo B/ Sensory g/A Afternoon Walk One on One Music appreciation</div>	<div>20</div> <div>Ice Cream Soda Day</div> <div>9:00 Beautiful You 10:00 Morning Strolls 11:00 Reading/Trivia iN2L/A 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo B/B Table g/A 3:00 Ice Cream Club 4:00 Fancy Nails 5:00 Music appreciation</div>	<div>21</div> <div>First Day of Summer</div> <div>9:00 Beautiful You 10:00 Reading/iN2L Trivia 11:00 Summer Lovin’ 12:00 iN2L Radio 1:00 Bowling 2:00 Bingo B/Sensory g/A 3:00 Afternoon Walk 4:00 Fancy Fingers 5:00 Music appreciation</div>	<div>22</div> <div>Beautiful You Fit Club Summer Magic iN2L Radio Sensory Games Bingo B/Table g/A Live Music iN2L Karaoke Music appreciation</div>	<div>23</div> <div>Beautiful You Morning Strolls Reading/Trivia iN2L iN2L Radio Splish Splash Bingo B/Table g/A Afternoon Walk Movie Time Music appreciation</div>	<div>24</div> <div>Beautiful You Morning Strolls Summer Lovin’ iN2L Radio Coloring Club Bingo B/iN2L g/A Afternoon Walk One on One Music appreciation</div>
<div>25</div> <div>The Beatles Day</div> <div>9:00 Beautiful You 10:00 Fit Club 11:00 Table Game 12:00 iN2L Radio 1:00 Croquet Club 2:00 Bingo B/Coloring/A 3:00 Afternoon Walk 4:00 Sunday Hymns 5:00 Music appreciation</div>	<div>26</div> <div>Beautiful You Morning Strolls Fit Club iN2L Radio Sensory Games Bingo B/Table g/A Afternoon Walk iN2L Game Music appreciation</div>	<div>27</div> <div>Ice cream Cake Day</div> <div>9:00 Beautiful You 10:00 Morning Strolls 11:00 Reading/iN2L Trivia 12:00 iN2L Radio 1:00 Table Game 2:00 Bingo B/Sensory g/A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation</div>	<div>28</div> <div>Beautiful You Morning Strolls Reading/iN2L Trivia iN2L Radio Sensory Games Bingo B/Table g/A Afternoon Walk Fancy Nails Music appreciation</div>	<div>29</div> <div>Beautiful You Outing Summer Magic iN2L Radio Bowling Bingo B/Coloring/A iN2L Karaoke One on One Music appreciation</div>	<div>30</div> <div>Beautiful You Morning Strolls Reading/Trivia iN2L iN2L Radio Sensory Games Bingo B/Table g/A Table Game iN2L Karaoke Music appreciation</div>	