



1530 Poplar Dr.
Medford, OR 97504

Stamp



Leadership Team Phone: 541.770.9080
Email: infomedford@farmingtonsquare.com
Website: farmingtonsquare-medford.com
Facebook: Farmington Square Medford

Executive Director: Joni Shale
Wellness Director: Shyanne Long ,
Sheila Vadney
Business Office Director: Brooke Whitehead
Life Enrichment Director: Norma Hernandez
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

July 2023 Newsletter



2 All About UV Safety
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights & Our ED's Corner
7 Special Moments & Birthdays
8 Mission & Team

All About UV Safety: Summer Skin Protection Tips

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

It's a delight for many when colder weather gives way to warm and hot sunny days that allow for fun outdoor activities. It's also a great time to refresh knowledge about sun safety. This UV Safety Month, tune in to learn some safety tips for greeting golden rays.

If you're one who loves to head out into the sunshine, you're likely drawn to its benefits, from stress reduction and the opportunity for physical activity to the Vitamin D boost it brings. That being said, it's smart to know about its risks. A little UV-ray knowledge can go a long way toward protecting you outside.

UV Rays are invisible and are part of energy from the sun (as well as from sun lamps and tanning beds). UV rays that reach the Earth include UVA and UVB. UVA rays have the lowest energy of UV rays, but can cause aging in skin cells and indirect damage to cell DNA. They can damage the skin, cause wrinkles, and may have a role in some skin cancers. UVB rays bring more energy, can damage skin cells directly, and bring sunburn. They are the cause of most skin cancers. (American Cancer Society).

Avoiding the harmful effects of the sun's rays, while enjoying the sun's benefits can be as easy as setting up some routine sun rules. Before you head outside, consider these tips from the American Academy of Dermatology:

- Know that even when it doesn't seem like the sun could affect you, it can. The sun's UV rays can reach you on cloudy or cool



days, and they can reflect off of water, snow, sand, and cement.

- Apply a generous amount of broad-spectrum and water-resistant sunscreen with an SPF of at least 30 to all exposed skin 30 minutes before going out. Make sure to re-apply it every two hours and after sweating or going in water. Don't forget to cover your lips, ears, back of neck and tops of feet and hands. Wearing an SPF 15 lip balm is also a good idea.
- Dress in protective clothing, such as a long-sleeved shirt and pants in tightly-woven fabric, along with a wide brimmed hat and sunglasses.
- Know when to seek shade. The sun's rays are strongest between 10 am and 4 pm.
- Be aware that some medications can make us more sensitive to the sun. Read labels carefully in case of sun restrictions.
- Check out your local UV Index online for the level of UV exposure currently in your area. The lower the number, the safer it is.

We hope you feel confident to embrace summer fun under the sun. Let us know your outdoor plans on our Facebook on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

- Lorene: July 4th**
- Mary : July 8th**
- Donald: July 10th**
- Michael : July 11th**
- Rita: July 11th**
- Francis: July 11th**
- Ashley : July 17th**
- Patricia : July 18th**
- Joanna : July 21st**

Our Executive Director's Corner

Dear residents, family members, and friends,

With Independence Day approaching my thoughts have drifted to a person's individual independence and how as we age we lose independence.

Losing one's independence is not only a physical process, but an emotional one as well. As mobility and other factors that facilitate the ease of every day life start to fail, individuals must adjust not only to struggling to complete day-to-day tasks but depending on others to help them as well.

By coping with the loss of independence, individuals can lead fulfilling and happy lives. If you are dealing with the loss of independence, or know someone who is, the following tips can help in coping process:

Ask for Help - Asking for help can often create intense feelings of guilt and shame. For this reason, most people who require help do not ask for it.

However, the people you ask for help from will likely be more relieved that you are asking instead of risking injury than feeling put-out by lending a hand. It is important to establish your support system and allow yourself to be comfortable asking for assistance.

Avoid Isolation - When dealing with pain or an injury, it is easy to become isolated within the home and fearful of going out in the world. Whether it be shame or fear of further injury, individuals who have lost their independence tend to stay home where things are familiar and safe. Isolation will lead to depression and a severe sense of loneliness. It's important to reach out to others socially and maintain connections with friends and family.

You can also fight loneliness by finding new hobbies or reigniting your passion for old ones. Find a circle of people that share your interests and make the effort to socialize with them.

Address the Depression - The end result of loss of independence, no matter the age of the individual, is often depression.

Recognizing the signs of depression is an important first step in addressing the issue. Some of these symptoms include:

- Withdrawal
- Isolative behavior
- Irritability
- Lack of motivation
- Loss of appetite and/or sleep
- Feelings of worthlessness

If you feel you are experiencing depression, make an appointment with your health care provider immediately to discuss treatment options.

Here is looking forward to a wonderful summer and maintaining independence!

Warmly,

Joni



Staff Spotlight:
Michael W

Michael is our team member of the month! He is an amazing Med-Tech on the Farmington Square team.

Michael enjoys being outside in nature. He also likes going to new places to do some sightseeing. Michael's favorite genre of music is metal. He also enjoys spending his down time reading and spending time with his friends.

We are so glad you are a part of our team Michael!




Resident Spotlight:
Pat T

This month we are honoring Pat as our resident of the month!

Pat loves being outside in nature. She also loves gardening.

Pat used to be the manager of a Asante lab. She is a huge Dodgers Fan! She has three sons and a niece. Her favorite foods includes popsicles, big macs and fried shrimp. She also loves spending time with her family.

We love having Pat here at Farmington Square!


<div> <div>JULY 2023</div> <div> Farmington Square A/B • 1530 Poplar Dr, Medford, OR 97502 • 541-770-9080 </div> </div>						
SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>		Resident's Birthday Lorene B July 4th Mary A July 8th Donald D July 10th Frank S July 11th Rita V July 11th Patricia T July 18th Joanna F July 21st	Employee's Birthday Michael W July 11th Ashley L July 17th			1 Creative Ice Cream Day 9:00 Beauty Hour 10:00 Morning Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo B/ Coloring A 3:00 Karaoke 4:00 Fancy Nails 5:00 Music appreciation
2 9:00 Beauty Hour 10:00 Morning Exercise 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Sunday Hymns 2:00 Bingo B/ Table Game A 3:00 Gardening Club 4:00 One On One 5:00 Music Appreciation	3 9:00 Beauty Hour 10:00 Table Game 11:00 Karaoke 12:00 IN2L Radio 1:00 Sensory Game 2:00 Bingo B/ Painting A 3:00 Afternoon Walk 4:00 IN2L Movie 5:00 Music Appreciation	4 Caesar Salad Day 9:00 Beauty Hour 10:00 Morning Walk 11:00 Reading Club 12:00 IN2L Radio 1:00 Crafts 2:00 Bingo B/ Trivia A 3:00 Sun and Fun 4:00 Fancy Nails 5:00 Music Appreciation	5 Apple Turnover Day 9:00 Beauty Hour 10:00 Morning Walk 11:00 Reading Club 12:00 IN2L Radio 1:00 Crafts 2:00 Bingo B/ Trivia A 3:00 Sun and Fun 4:00 Fancy Nails 5:00 Music Appreciation	6 9:00 Beauty Hour 10:00 Crafts 11:00 Karaoke 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo B/ Table Game A 3:00 IN2L Game 4:00 Coffee Club 5:00 Music Appreciation	7 Macaroni Day 9:00 Beauty Hour 10:00 Morning Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Splish Splash 2:00 Bingo B/ Sensory Game 3:00 Karaoke 4:00 One On One 5:00 Music Appreciation	8 9:00 Beauty Hour 10:00 Morning Exercise 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 IN2L Game 2:00 Bingo B/ Painting A 3:00 Gardening Club 4:00 Saturday Movie 5:00 Music Appreciation
9 9:00 Beauty Hour 10:00 Table Game 11:00 Karaoke 12:00 IN2L Radio 1:00 Balloon Toss 2:00 Bingo B/ IN2L Game A 3:00 Afternoon Walk 4:00 Sunday Hymns 5:00 Music Appreciation	10 Kitten Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Crafts 2:00 Bingo B/ Table Game A 3:00 Splish Splash 4:00 Fancy Nails 5:00 Music Appreciation	11 9:00 Beauty Hour 10:00 Morning Walk 11:00 Reading Club 12:00 IN2L Radio 1:00 IN2L Radio 2:00 Bingo B/ Sensory Game A 3:00 Bowling 4:00 Ice Tea Club 5:00 Music Appreciation	12 Pecan Pie Day 9:00 Beauty Hour 10:00 Crafts 11:00 Karaoke 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo B/ Painting A 3:00 Afternoon Walk 4:00 One On One 5:00 Music Appreciation	13 9:00 Beauty Hour 10:00 Morning Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Crafts 2:00 Bingo B/ Trivia A 3:00 IN2L Game 4:00 Fancy Nails 5:00 Music Appreciation	14 Mac and Cheese Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Sensory Game 2:00 Bingo B/ IN2L Game A 3:00 Table Game 4:00 One On One 5:00 Music Appreciation	15 9:00 Beauty Hour 10:00 Table Game 11:00 Karaoke 12:00 IN2L Radio 1:00 IN2L Trivia 2:00 Bingo B/ Painting A 3:00 Afternoon Walk 4:00 Coffee Club 5:00 Music Appreciation
16 Ice Cream Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Crafts 2:00 Bingo B/ Table Game A 3:00 Sunday Hymns 4:00 Fancy Nails 5:00 Music Appreciation	17 9:00 Beauty Hour 10:00 Morning Walk 11:00 Reading Club 12:00 IN2L Radio 1:00 Balloon Toss 2:00 Bingo B/ Sensory Game A 3:00 IN2L Game 4:00 One On One 5:00 Music Appreciation	18 9:00 Beauty Hour 10:00 Crafts 11:00 Karaoke 12:00 IN2L Radio 1:00 Sensory Game 2:00 Bingo B/ IN2L Game A 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music Appreciation	19 Hot Dog Day 9:00 Beauty Hour 10:00 Morning Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 IN2L Game 2:00 Bingo B/ Coloring A 3:00 Table Game 4:00 Ice Tea Club 5:00 Music Appreciation	20 9:00 Beauty Hour 10:00 Moring Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Crafts 2:00 Bingo B/ Trivia A 3:00 Sun and Fun 4:00 One On One 5:00 Music Appreciation	21 9:00 Beauty Hour 10:00 Table Game 11:00 Karaoke 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo B/ Painting A 3:00 Sensory Game 4:00 Movie Night 5:00 Music Appreciation	22 Mango Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Crafts 2:00 Bingo B/ Sensory Game A 3:00 Crafts 4:00 One On One 5:00 Music Appreciation
23 Gorgeous Grandma Day 9:00 Beauty Hour 10:00 Morning Walk 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Sensory Game 2:00 Bingo B/ Coloring A 3:00 Gardening Club 4:00 Sunday Hymns 5:00 Music Appreciation	24 9:00 Beauty Hour 10:00 Crafts 11:00 Karaoke 12:00 IN2L Radio 1:00 IN2L Game 2:00 Bingo B/ Table Game A 3:00 Afternoon walk 4:00 Coffee Club 5:00 Music Appreciation	25 9:00 Beauty Hour 10:00 Morning Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Splish Splash 2:00 Bingo B/ IN2L Game A 3:00 Sun and Fun 4:00 One On One 5:00 Music Appreciation	26 Bagelfest Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Sun and Fun 2:00 Bingo B/ Trivia A 3:00 Gardening Club 4:00 Fancy Nails 5:00 Music Appreciation	27 9:00 Beauty Hour 10:00 Table Game 11:00 Karaoke 12:00 IN2L Radio 1:00 Bowling 2:00 Bingo B/ Coloring A 3:00 Afternoon Walk 4:00 Ice Tea Club 5:00 Music Appreciation	28 Chocolate Milk Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Crafts 2:00 Bingo B/ Table Game A 3:00 Karaoke 4:00 One On Oen 5:00 Music Appreciation	29 9:00 Beauty Hour 10:00 Morning Hour 11:00 Reading Club 12:00 IN2L Radio 1:00 Sensory Games 2:00 Bingo B/ Trivia A 3:00 Bowling 4:00 Fancy Nails 5:00 Music Appreciation
30 Cheesecake Day 9:00 Beauty Hour 10:00 Crafts 11:00 Karaoke 12:00 IN2L Radio 1:00 Sunday Hymns 2:00 Bingo B/ Sensory Games A 3:00 Afternoon Walk 4:00 Movie Night 5:00 Music Appreciation	31 Raspberry Cake Day 9:00 Beauty Hour 10:00 Morning Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Sun and Fun 2:00 Bingo B/ Coloring A 3:00 Gardening Club 4:00 One On Oen 5:00 Music Appreciation					

JULY 2023

Farmington Square C/D

• 1530 Poplar Dr, Medford, OR 97502

• 541-770-9080

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		Resident's Birthday Lorene B July 4th Mary A July 8th Donald D July 10th Frank S July 11th Rita V July 11th Patricia T July 18th Joanna F July 21st	Employee's Birthday Michael W July 11th Ashley L July 17th			1 Creative Ice Cream Day 9:00 Morning Exercise 10:00 Morning Walk 11:00 Table Game 12:00 IN2L Radio 1:00 UNO 2:00 Bingo 3:00 Ice Tea Club 4:00 One On One 5:00 Music appreciation
2 9:00 Fit Club 10:00 Crafts 11:00 Sensory Game 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo 3:00 Sunday Hymns 4:00 Fancy Nails 5:00 Music Appreciation	3 9:00 Reading Club 10:00 Morning Walk 11:00 UNO 12:00 IN2L Radio 1:00 Trivia 2:00 Bingo 3:00 Coffee Club 4:00 Movie Night 5:00 Music Appreciation	4 Caesar Salad Day 9:00 Fit Club 10:00 Crafts 11:00 Card-O 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 Afternoon Walk 4:00 IN2L Game 5:00 Music Appreciation	5 Apple Turnover Day 9:00 Morning Exercise 10:00 Morning Walk 11:00 IN2L Game 12:00 IN2L Radio 1:00 Bowling 2:00 Bingo 3:00 Sensory Game 4:00 One On One 5:00 Music Appreciation	6 9:00 Reading Club 10:00 Crafts 11:00 Sun and Fun 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo 3:00 Karaoke 4:00 Fancy Nails 5:00 Music Appreciation	7 Macaroni Day 9:00 Morning Exercise 10:00 Morning Walk 11:00 Bowling 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 Balloon Toss 4:00 IN2L Game 5:00 Music Appreciation	8 9:00 Fit Club 10:00 Crafts 11:00 Table Game 12:00 IN2L Radio 1:00 Sun and Fun 2:00 Bingo 3:00 Afternoon Walk 4:00 IN2L Karaoke 5:00 Music Appreciation
9 9:00 Reading Club 10:00 Afternoon Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Sunday Hymns 2:00 Bingo 3:00 Crafts 4:00 Fancy Nails 5:00 Music Appreciation	10 Kitten Day 9:00 Fit Club 10:00 Crafts 11:00 Sensory Game 12:00 IN2L Radio 1:00 Splish Slash 2:00 Bingo 3:00 Afternoon Walk 4:00 One On One 5:00 Music Appreciation	11 9:00 Morning Exercise 10:00 Morning Walk 11:00 UNO 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 Table Game 4:00 IN2L Game 5:00 Music Appreciation	12 Pecan Pie Day 9:00 Reading Club 10:00 Crafts 11:00 Card-O 12:00 IN2L Radio 1:00 Coffee Club 2:00 Bingo 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music Appreciation	13 9:00 Morning Exercise 10:00 Morning Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 UNO 2:00 Bingo 3:00 IN2L Game 4:00 One On One 5:00 Music Appreciation	14 Mac and Cheese Day 9:00 Fit Club 10:00 Crafts 11:00 Croquet 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo 3:00 Table Game 4:00 IN2L Karaoke 5:00 Music Appreciation	15 9:00 Reading Club 10:00 Morning Walk 11:00 Table Game 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 Bowling 4:00 Fancy Nails 5:00 Music Appreciation
16 Ice Cream Day 9:00 Fit Club 10:00 Crafts 11:00 UNO 12:00 IN2L Radio 1:00 Croquet 2:00 Bingo 3:00 Afternoon Walk 4:00 Sunday Hymns 5:00 Music Appreciation	17 9:00 Morning Exercise 10:00 Morning Walk 11:00 Gardening Club 12:00 IN2L Radio 1:00 Trivia 2:00 Bingo 3:00 Sensory Game 4:00 One On One 5:00 Music Appreciation	18 9:00 Reading Club 10:00 Crafts 11:00 Trivia 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo 3:00 Gardening Club 4:00 IN2L Game 5:00 Music Appreciation	19 Hot Dog Day 9:00 Morning Exercise 10:00 Morning Walk 11:00 IN2L Game 12:00 IN2L Radio 1:00 Bowling 2:00 Bingo 3:00 Sun and Fun 4:00 Fancy Nails 5:00 Music Appreciation	20 9:00 Fit Club 10:00 Crafts 11:00 Card-O 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 Afternoon Walk 4:00 IN2L Karaoke 5:00 Music Appreciation	21 9:00 Reading Club 10:00 Morning Walk 11:00 Bowling 12:00 IN2L Radio 1:00 UNO 2:00 Bingo 3:00 Table Game 4:00 One On One 5:00 Music Appreciation	22 Mango Day 9:00 Morning Exercise 10:00 Crafts 11:00 Sun and Fun 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo 3:00 Gardening Club 4:00 Fancy Nails 5:00 Music Appreciation
23 Gorgeous Grandma Day 9:00 Fit Club 10:00 Morning Walk 11:00 Croquet 12:00 IN2L Radio 1:00 Sunday Hymns 2:00 Bingo 3:00 Card-O 4:00 IN2L Game 5:00 Music Appreciation	24 9:00 Reading Club 10:00 Crafts 11:00 UNO 12:00 IN2L Radio 1:00 Gardening Club 2:00 Bingo 3:00 Afternoon walk 4:00 IN2L Karaoke 5:00 Music Appreciation	25 9:00 Fit Club 10:00 Morning Walk 11:00 Splish Slash 12:00 IN2L Radio 1:00 Balloon Toss 2:00 Bingo 3:00 IN2L Game 4:00 One On One 5:00 Music Appreciation	26 Bagelfest Day 9:00 Morning Exercise 10:00 Crafts 11:00 IN2L Games 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo 3:00 Trivia 4:00 Fancy Nails 5:00 Music Appreciation	27 9:00 Reading Club 10:00 Moring Walk 11:00 Sensory Game 12:00 IN2L Radio 1:00 Croquet 2:00 Bingo 3:00 One on One 4:00 IN2L Game 5:00 Music Appreciation	28 Chocolate Milk Day 9:00 Morning Exercise 10:00 Crafts 11:00 Card-O 12:00 IN2L Radio 1:00 IN2L Game 2:00 Bingo 3:00 Afternoon walk 4:00 IN2L Karaoke 5:00 Music Appreciation	29 9:00 Fit Club 10:00 Morning Walk 11:00 Trivia 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 Movie Night 4:00 One On One 5:00 Music Appreciation
30 Cheesecake Day 9:00 Reading Club 10:00 Crafts 11:00 Parachutes 12:00 IN2L Radio 1:00 Afternoon Walk 2:00 Bingo 3:00 Sunday Hymns 4:00 Fancy Nails 5:00 Music Appreciation	31 Raspberry Cake Day 9:00 Fit Club 10:00 Morning Walk 11:00 IN2L Game 12:00 IN2L Radio 1:00 Card-O 2:00 Bingo 3:00 Table Game 4:00 One On Oen 5:00 Music Appreciation					