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Stamp



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

# The Farmington Times

August 2023 Newsletter



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# 10 Ways to Increase Happiness: Some You Wouldn't Have Guessed!

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

"Come on get happy," so goes the Partridge Family theme song. But is it that easy? We hope to make it so with tips we've gathered toward happiness for older adults. Come on read along!

There are many different types of steps you can take to make a difference toward your happiness. Here are some actions to consider:

- **Keep connected.** Build and maintain social connections to boost mood, reduce stress, and improve self-esteem, per PsychCentral.
- Stop and smell the roses. Enjoy moments as they come by focusing on the present.
- **Brighten someone's day.** Lifting another person's mood with a kind comment can also benefit you by making you feel good.
- **Make your living space your own.** A recent study showed when living spaces reflect the personality and preferences of their inhabitants, older adults reported an increased sense of well-being.
- **Learn.** Investing time and energy into learning brings a sense of purpose and increased feelings of positivity.
- **Laugh.** If you can tune into a source that will make you laugh each day, do it. Laughing lowers the stress hormone cortisol and increases endorphins for a happy boost.

Physical health also plays a large role in how we feel. The way that we treat our bodies can go a long way, even as we face conditions that affect us. Prioritizing some key areas can boost happiness.

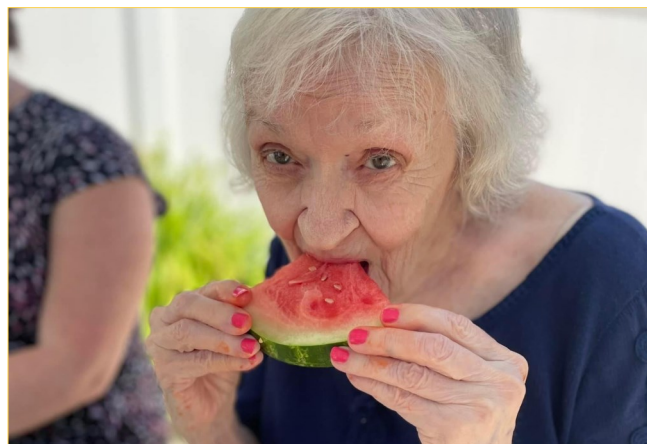


Try starting a daily gratitude journal. It can become your go-to happy spot!

- **Eat a healthy diet.** Make sure to consult your health professional to find out dietary advice specific to you. For most seniors, the plate should look like a rainbow with lean protein, fruits and vegetables, whole grains, and low-fat dairy, per the National Council on Aging. MyPlate.gov is a great source for plate specifics based on age.
- **Keep hydrated.** The NCOA recommends drinking small amounts of fluids consistently through the day.
- **Stay physically active.** Adults 65 and over ought to have a least 150 minutes of moderate intensity activity weekly, per the CDC.
- **Address hearing challenges and consider using a hearing aid to help with hearing loss.** The University of Michigan conducted a 2019 study that found seniors who got a hearing aid when diagnosed with hearing loss had reduced depression and anxiety, as well as a reduced risk for falling.

Do you have a special tip for boosting your happiness that we haven't shared? We'd love to hear it on our Facebook post for this month's newsletter.

## Special Moments



### Happy Birthday to our Staff & Residents:

- Carl N: Aug. 4th
- Sharlene R : Aug. 4th
- Bonnie L : Aug. 7th
- Scauti H : Aug. 8th
- Harry S : Aug. 14th
- Brenda B : Aug. 19th
- Roy S : Aug. 30th



# August 2023 Highlights

**Observes:** Children's Eye Health, Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

**Celebrates:** Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Heading Back to School, Peace, and Sandwiches

01: Raspberry Cream Pie Day; Intl. Mahjong Day  
02: Coloring Book Day; Ice Cream Sandwich Day  
03: Georgia Day; Watermelon Day; IPA Day  
04: Choc Chip Cookie Day; Beer Day  
05: Oyster Day; Disc Golf Day; Mustard Day  
06: Family Day; Root Beer Float Day; Sisters' Day  
07: Lighthouse Day; Raspberries N' Cream Day  
08: Frozen Custard Day; Sleep Under Stars Night  
09: Book Lovers Day; Rice Pudding Day  
10: Connecticut Day; S'mores Day  
11: Sons & Daughters' Day; Raspberry Bombe Day  
12: Julienne Fries Day; Vinyl Day; Bowling Day  
13: Filet Mignon Day; Prosecco Day  
14: Creamsicle Day; V-J Day; Spirit of '45 Day  
15: Leathercraft Day; Lemon Meringue Pie Day

16: Airborne Day; Rum Day; Tell a Joke Day  
17: Black Cat Day; Thrift Shop Day  
18: Fajita Day; Ice Cream Pie Day; Pinot Noir Day  
19: Aviation Day; Potato Day; Soft Ice Cream Day  
20: Chocolate Pecan Pie Day; Radio Day  
21: Seniors' Day; Spumoni Day  
22: Be An Angel Day; Pecan Torte Day  
23: Cuban Sandwich Day; Sponge Cake Day  
24: Maryland Day; Peach Pie Day; Waffle Day  
25: Banana Split Day; Park Service Founders Day  
26: Cherry Popsicle Day; Dog Day  
27: Just Because Day; Pots Dè Crème Day  
28: Bow Tie Day; Cherry Turnover Day  
29: Chop Suey Day; Lemon Juice Day  
30: Beach Day; Toasted Marshmallow Day



*national*  
**ROOT BEER FLOAT**  
*day*

***Join us for Root Beer Floats!***  
***Sunday, August 6th***  
***Noon to 2pm***



**Staff Spotlight:**  
**Emily**

Emily is our staff spotlight of the month! She is our administrative assistant here at Farmington Square.

Emily loves spending her free time being outside whether camping or being at the lake. She also enjoys reading a good mystery book. She has 10 siblings and loves spending time with them.

Emily was engaged recently and is planning her wedding! She has been with her fiancé for four and half years!

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



**Resident Spotlight:**  
**Chuck**

This month we are honoring Chuck as our resident spotlight!

Chuck loves going on walks in the afternoons to look at the flowers and the feel the warmth of the sun. His two most favorite drinks are Pepsi and hot chocolate. Chuck also enjoys watching game shows.


Chuck also absolutely loved his wife! He loved spending as much time as he could with her.

We love having Chuck here at Farmington Square!



# AUGUST 2023

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SUN	MON	TUE	WED	THU	FRI	SAT
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<b>6 Root Beer Float Day</b> 9:00 Beauty Hour 10:00 Table Game 11:00 Reading Club 12:00 IN2L Radio 1:00 Crafts 2:00 Trivia A /Bingo B 3:00 Sunday Hymns 4:00 One on One 5:00 Music Appreciation	<b>7</b> 9:00 Beauty Hour 10:00 Morning Exercise 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Balloon Toss 2:00 Sensory Game/ Bingo B 3:00 Coloring 4:00 Afternoon Walk 5:00 Music Appreciation	<b>8</b> 9:00 Beauty Hour 10:00 Crafts 11:00 Karaoke 12:00 IN2L Radio 1:00 IN2L Trivia 2:00 Table Game A/Bingo B 3:00 Bowling 4:00 Coffee Club 5:00 Music Appreciation	<b>9 Book Lover Day</b> 9:00 Beauty Hour 10:00 Table Game 11:00 Reading Club 12:00 IN2L Radio 1:00 Balloon Toss 2:00 Trivia A / Bingo B 3:00 Coloring 4:00 Fancy Nails 5:00 Music Appreciation	<b>10</b> 9:00 Beauty Hour 10:00 Morning Walk 11:00 Karaoke 12:00 IN2L Radio 1:00 Crafts 2:00 IN2L Game A / Bingo B 3:00 Table Game 4:00 One on One 5:00 Music Appreciation	<b>11</b> 9:00 Beauty Hour 10:00 Crafts 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Table Game 2:00 Sensory game A/Bingo B 3:00 Sun and Fun 4:00 Coffee Club 5:00 Music Appreciation	<b>12 Bowling Day</b> 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Karaoke 12:00 IN2L Radio 1:00 Crafts 2:00 Table Game A/Bingo B 3:00 Splish Splash 4:00 Afternoon Walk 5:00 Music Appreciation
<b>13</b> 9:00 Beauty Hour 10:00 Table Game 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Sunday Hymns 2:00 IN2L Game A/Bingo B 3:00 Gardening Club 4:00 Fancy Nails 5:00 Music Appreciation	<b>14</b> 9:00 Beauty Hour 10:00 Morning Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 IN2L Game 2:00 Coloring A / Bingo B 3:00 Karaoke 4:00 One on One 5:00 Music Appreciation	<b>15</b> 9:00 Beauty Hour 10:00 Crafts 11:00 Karaoke 12:00 IN2L Radio 1:00 Sensory Game 2:00 Trivia A /Bingo B 3:00 IN2L Game 4:00 Ice Tea Club 5:00 Music Appreciation	<b>16 Tell A Joke Day</b> 9:00 Beauty Hour 10:00 Morning Exercise 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Crafts 2:00 Sensory game A/Bingo B 3:00 Gardening Club 4:00 Afternoon Walk 5:00 Music Appreciation	<b>17</b> 9:00 Beauty Hour 10:00 Crafts 11:00 Reading Club 12:00 IN2L Radio 1:00 IN2L Game 2:00 Table Game A / Bingo B 3:00 Bowling 4:00 One on One 5:00 Music Appreciation	<b>18</b> 9:00 Beauty Hour 10:00 Morning Walk 11:00 Karaoke 12:00 IN2L Radio 1:00 Sensory Game 2:00 Trivia A / Bingo B 3:00 Coloring 4:00 Fancy Nails 5:00 Music Appreciation	<b>19</b> 9:00 Beauty Hour 10:00 Table Game 11:00 Crafts 12:00 IN2L Radio 1:00 Balloon Toss 2:00 Coloring A / Bingo B 3:00 Reading Club 4:00 Saturday night movie 5:00 Music Appreciation
<b>20 Radio Day</b> 9:00 Beauty Hour 10:00 Morning Walk 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Crafts 2:00 Sensory Game A/ Bingo B 3:00 Karaoke 4:00 Sunday Hymns 5:00 Music Appreciation	<b>21</b> 9:00 Beauty Hour 10:00 Crafts 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Table Game 2:00 Trivia A / Bingo B 3:00 Gardening Club 4:00 Fancy Nails 5:00 Music Appreciation	<b>22</b> 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 IN2L Radio 1:00 Crafts 2:00 Table Game A / Bingo B 3:00 Splish Splash 4:00 Afternoon Walk 5:00 Music Appreciation	<b>23</b> 9:00 Beauty Hour 10:00 Crafts 11:00 Karaoke 12:00 IN2L Radio 1:00 Sensory Game 2:00 Coloring A / Bingo B 3:00 Sun and Fun 4:00 Coffee Club 5:00 Music Appreciation	<b>24 Peach Pie Day</b> 9:00 Beauty Hour 10:00 Morning Walk 11:00 Reading Club 12:00 IN2L Radio 1:00 Table Game 2:00 IN2L Game A / Bingo B 3:00 Color 4:00 Fancy Nails 5:00 Music Appreciation	<b>25</b> 9:00 Beauty Hour 10:00 Table Game 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Crafts 2:00 Table game A / Bingo B 3:00 Bowling 4:00 One on One 5:00 Music Appreciation	<b>26 Dog Day</b> 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Balloon toss 12:00 IN2L Radio 1:00 Table Game 2:00 Trivia A / Bingo B 3:00 Afternoon Walk 4:00 Ice Tea Club 5:00 Music Appreciation
<b>27</b> 9:00 Beauty Hour 10:00 Crafts 11:00 Karaoke 12:00 IN2L Radio 1:00 Sunday Hymns 2:00 Coloring A / Bingo B 3:00 Sun and Fun 4:00 One on One 5:00 Music Appreciation	<b>28</b> 9:00 Beauty Hour 10:00 Morning Walk 11:00 Reading Club 12:00 IN2L Music 1:00 IN2L Game 2:00 Sensory Game A/Bingo B 3:00 Coloring 4:00 Coffee Club 5:00 Music Appreciation	<b>29</b> 9:00 Beauty Hour 10:00 Table Game 11:00 Balloon Toss 12:00 IN2L Radio 1:00 IN2L Game 2:00 Trivia A / Bingo B 3:00 Bowling 4:00 Afternoon Walk 5:00 Music Appreciation	<b>30 Beach Day</b> 9:00 Beauty Hour 10:00 Morning Exercise 11:00 IN2L Trivia 12:00 IN2L Radio 1:00 Crafts 2:00 Table game A / Bingo B 3:00 Karaoke 4:00 IN2L Movie 5:00 Music Appreciation	<b>31</b> 9:00 Beauty Hour 10:00 Morning Walk 11:00 Reading Club 12:00 IN2L Radio 1:00 Balloon Toss 2:00 Coloring A / Bingo B 3:00 Gardening Club 4:00 One on One 5:00 Music Appreciation		



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	<b>6 Root Beer Float Day</b> 9:00 Morning Exercise 10:00 IN2L Trivia 11:00 UNO 12:00 IN2L Radio 1:00 Sunday Hymns 2:00 Bingo 3:00 Table Game 4:00 Ice Tea Club 5:00 Music Appreciation	<b>7</b> 9:00 Reading Club 10:00 Morning Walk 11:00 Karaoke 12:00 IN2L Radio 1:00 Coloring 2:00 Bingo 3:00 Bowling 4:00 One on One 5:00 Music Appreciation	<b>8</b> 9:00 Fit Club 10:00 IN2L Trivia 11:00 Croquet 12:00 IN2L Radio 1:00 Card-O 2:00 Bingo 3:00 Painting 4:00 Fancy Nails 5:00 Music Appreciation	<b>9 Book Lover Day</b> 9:00 Morning Exercise 10:00 Crafts 11:00 Sun and Fun 12:00 IN2L Radio 1:00 Table Game 2:00 Bingo 3:00 Afternoon Walk 4:00 Coffee Club 5:00 Music Appreciation	<b>10</b> 9:00 Reading Club 10:00 Morning Walk 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Karaoke 2:00 Bingo 3:00 IN2L Game 4:00 One on One 5:00 Music Appreciation	<b>11</b> 9:00 Fit Club 10:00 Crafts 11:00 UNO 12:00 IN2L Radio 1:00 Sensory Game 2:00 Bingo 3:00 Puzzle 4:00 Splish Slash 5:00 Music Appreciation
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