

Stamp

1530 Poplar Dr. Medford, OR 97504

Leadership Team Phone: 541.770.9080

Email: infomedford@farmingtonsquare.com
Website: farmingtonsquare-medford.com
Facebook: Farmington Square Medford

**Executive Director: Joni Shale** 

**Community Sales Director: James Denner** 

Wellness Director A/D Cottage: Shyanne Long

Wellness Director B/C: Shelia Vadney

**Business Office Director: Brooke Whitehead** 

Life Enrichment Director: Norma Hernandez

**Dining Services Director: Margaret Tepovac** 

**Maintenance Director: Shayne Putnam** 



# The Farmington Times

October 2023
Farmington Square Medford Newsletter



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#### **Hearing Health Tips & New Technologies**

If you're struggling to hear certain sounds or voices that you've always been able to hear just fine, you may be facing a common issue: age-related hearing loss (know as presbycusis). It affects one in three adults over 65, and fortunately, there are various ways to treat it.

The causes of presbycusis include changes in the inner ear, middle ear, or in nerve paths to the brain. Other contributors may include prolonged exposure to loud noises, loss of hair cells, genetic factors, health conditions like heart disease or diabetes, and some medications, per John Hopkins Medicine. It is not a reversible condition so prevention (by avoiding loud noise exposure or wearing ear plugs) is wise.

If you're wondering if you're experiencing hearing loss, but are not sure, there are symptoms to look out for. Presbycusis often occurs gradually and subtly over time. You may find it harder than usual to hear soft voices, children's voices, and speech during background noise, and you may miss words in conversation, according to the American Academy of Audiology. You may also experience ear ringing or hear mumbled or slurred speech. To find out if you are in fact experiencing hearing loss, you'll want to seek a diagnosis from your health provider. You may be referred to a hearing specialist who can test if there are tones you're unable to hear.

When it comes to treatment options for hearing loss, the options are plentiful.

 Hearing Aids are widely used and just recently became available over the counter. Their technology moves forward with recent improvements such as directional



Did you know? Hearing loss affects 30-35% of adults between 65 and 75, and 40-50% of those 75 and older. (American Academy of Audiology)

- microphones that can help speech be understood over background noise.
- Cochlear implants can help by creating signals the brain interprets as sound.
- Telecoils can enhance hearing aids and cochlear implants.
- Assistive listening devices (a hearing loop system, FM system, or infrared system) help amplify sounds and can be used with or without hearing aids.
- Augmentative and alternative communication devices can help people express themselves via a picture board or text display.
- Alerting devices use sound, light, and vibrations to alert users of events.
   (National Institute on Deafness and Other Communication Disorders)

Let us know if this article has been helpful to you on our Facebook post for this month's newsletter.



#### Luau Fun!









## Happy Birthday to our Staff & Residents:

Murray U.: Oct. 8
Alan T.: Oct. 10
Elva S.: Oct. 15
Jayne H.: Oct. 21
Lynette C.: Oct. 28
Serene W.: Oct. 5
Briana N.: Oct. 5
Sandra H.: Oct. 5
Stormee M.: Oct. 10

Jazmin H.: Oct. 14

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### October 2023 Highlights

Observes: Breast Cancer Awareness, Chiropractors, Dental Hygiene, Emotional Wellness, Financial Planning, Long-Term Care Planning, Organizing Medical Info, Physical Therapy, Protecting Hearing, and Talking About Prescriptions Celebrates: Apples, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, and Spinach

- 1: Hair Day; Bake Cookies Day; Pumpkin Spice Day 16: Boss's Day; Dictionary Day; Sports Day
- 02: Custodial Worker's Day; Fried Scallops Day
- 03: Techies Day; Eat Fruit At Work Day
- 04: Cinnamon Bun Day; Golf Lover's Day; Taco Day
- 05: Apple Betty Day; Do Something Nice Day
- 06: Coaches Day; Mad Hatter Day; Noodle Day
- 07: Chocolate Covered Pretzel Day; Frappe Day
- 08: American Touch Tag Day; Fluffernutter Day
- 09: Native American Day; Columbus Day
- 10: Angel Food Cake Day; Cake Decorating Day
- 11: Sausage Pizza Day; Fossil Day
- 12: Farmers' Day; Freethought Day; Gumbo Day
- 13: Train Your Brain Day; Yorkshire Pudding Day
- 14: Dessert Day; Chess Day; I Love Yarn Day
- 15: Aestheticians' Day; I Love Lucy Day

- 17: Pasta Day; Pharmacy Technician Day
- 18: Chocolate Cupcake Day; No Beard Day
- 19: Kentucky Day; Seafood Bisque Day
- 20: Brandied Fruit Day; Chicken & Waffles Day
- 21: Pumpkin Cheesecake Day; Reptiles Day
- 22: Happy Dogs Day; Nut Day; Mother-in-Law Day
- 23: Boston Cream Pie Day; TV Talk Show Host Day
- 24: Bologna Day; Food Day; United Nations Day
- 25: Greas Food Day; Merry Music Day; Sour Day
- 26: Day of the Deployed; Pumpkin Day; TN Day
- 27: Black Cat Day; Breadstick Day; Navy Day
- 28: Chocolate Day; First Responders Day
- 29: Cat Day; Oatmeal Day; World Stroke Day
- 30: Candy Corn Day
- 31: Caramel Apple Day





**Staff Spotlight:** Monica M.

**Meet Monica! She started working** in 2001 at Farmington Square. She is an amazing cook. She is also a very proud and devoted mother. In her free time, Monica loves to travel and read her bible. Her favorite things are coffee in the morning and visiting new places. She really enjoys getting to know the residents individually.

We are delighted to have you with us, Monica!



**Resident Spotlight:** Euel R.

**Euel is very outgoing and enjoys** his free time watching his favorite television shows. Euel has made many friends here at Farmington Square and is has settled very nicely into his new home. He enjoys laughing with the team and other residents here, and he loves to talk about almost anything. **Euel is very friendly and if you get** the chance, stop by and say hello!

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

OCTOBER	2023 Farr	mington Square Medford	A/B • 1530 Poplar	Dr., Medford, OR 97504	• 541-770-9080	262
SUN	MON	TUE	WED	THU	FRI	SA7
9:00 Beauty Hour 10:00 Morning Exercise 11:00 Table Game 12:00 Radio 1:00 Reading Club 2:00 Bingo 3:00 Afternoon Walk 4:00 Sunday Hymns 5:00 Music appreciation  8  9:00 Beauty Hour 10:00 Morning Exercise 11:00 Table Game 12:00 Radio 1:00 Ring Toss 2:00 Bingo 3:00 Bowling	9:00 Beauty Hour 10:00 Morning Exercise 11:00 Table Game 12:00 Radio 1:00 Ring Toss 2:00 Bingo 3:00 Afternoon Walk 4:00 Paint	TUE  Techies Day  9:00 Beauty Hour 10:00 Reading Club 11:00 Table Game 12:00 IN2L Radio 1:00 Name 5 2:00 Bingo 3:00 Afternoon Walk 4:00 Paint 5:00 Music appreciation  10  9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Bowling 2:00 Bingo 3:00 Afternoon Walk	Taco Day 9:00 Beauty Hour 10:00 Reading Club 11:00 Table Game 12:00 Radio 1:00 Bowling 2:00 Bingo 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation  11 Sausage Pizza Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Crafts 2:00 Bingo 3:00 Fancy Nails	5 Do Something Nice Day 9:00 Beauty Hour 10:00 Reading Club 11:00 Bowling 12:00 Radio 1:00 Name 5 2:00 Bingo 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation  12 Farmers' Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Fancy Nails 2:00 Bingo 3:00 Music Live	6 Coaches Day 9:00 Beauty Hour 10:00 Reading Club 11:00 Ring Toss 12:00 Radio 1:00 Paint 2:00 Bingo 3:00 Afternoon Walk 4:00 Movie Time 5:00 Music appreciation  13 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Table Game 2:00 Bingo 3:00 Afternoon Walk	Frappe Day 9:00 Beauty Hour 10:00 Reading Club 11:00 Table Game 12:00 Radio 1:00 Name 2:00 Bingo 3:00 Afternoon Walk 4:00 Bowling 5:00 Music appreciation  14  Dessert Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Crafts 2:00 Bingo 3:00 Table Game
4:00 Sunday Hymns 5:00 Music appreciation	4:00 Coffee Club	4:00 Tea Club 5:00 Music appreciation	4:00 Afternoon Walk 5:00 Music appreciation	4:00 Afternoon Walk 5:00 Music appreciation	4:00 Movie Time 5:00 Music appreciation	4:00 One on One 5:00 Music appreciation
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Mother-in-Law Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Sunday Hymns 2:00 Bingo 3:00 Coffee Club 4:00 Movie Time 5:00 Music appreciation		Food Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Table Game 2:00 Bingo 3:00 Paint 4:00 Coffee Club 5:00 Music appreciation	9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Fancy Nails 2:00 Bingo 3:00 Ring Toss 4:00 Afternoon Walk 5:00 Music appreciation	Pumpkin Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Fancy Nails 2:00 Bingo 3:00 Music Live 4:00 Paint 5:00 Music appreciation	Black Cat Day 9:00 Beauty Hour 10:00 Outing 11:00 Reading Club 12:00 Radio 1:00 Ring Toss 2:00 Bingo 3:00 Afternoon Walk 4:00 One On One 5:00 Music appreciation	Chocolate Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Table Game 2:00 Bingo 3:00 Tea Club 4:00 One on One 5:00 Music appreciation
Cat Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Sunday Hymns 2:00 Bingo 3:00 Coffee Club 4:00 Bowling 5:00 Music appreciation	Candy Corn Day 9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Bowling 2:00 Bingo 3:00 Afternoon Walk 4:00 One on One 5:00 Music appreciation	Halloween  9:00 Beauty Hour 10:00 Morning Exercise 11:00 Reading Club 12:00 Radio 1:00 Paint 2:00 Bingo 3:00 Afternoon Walk 4:00 Fancy Nails 5:00 Music appreciation			Resident Birthdays  Murray U 10/8 Alan T 10/10 Elva S 10/15 Jayne H 10/21 Lynette C 10/28	Jesse G 10/1 Serene W 10/5 Briana N 10/5 Sandra H 10/5 Stormee 10/10 Kenneth M 10/10 Jazmin H 10/14 Lucila R 10/31

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I Love Lucy Day 9:00 Morning Walk/D 10:00 Reading Club/C 11:00 Name 5/D 12:00 Radio 1:00 Sunday Hymns/C 2:00 Bingo/D 3:00 Crafts/C 4:00 Table Game/D 5:00 Music appreciation	Sports Day 9:00 Morning Walk/C 10:00 Reading Club/D 11:00 Card-O/C 12:00 Radio 1:00 Bowling/D 2:00 Bingo/C 3:00 Fancy Nails/D 4:00 One on One/C 5:00 Music appreciation	Pasta Day 9:00 Morning Walk/D 10:00 Reading Club/C 11:00 Ring Toss/D 12:00 Radio 1:00 Card-O/C 2:00 Bingo/D 3:00 Coffee Club/C 4:00 Table Game/D 5:00 Music appreciation	9:00 Morning Walk/C 10:00 Reading Club/D 11:00 Bowling/C 12:00 Radio 1:00 Name 5/D 2:00 Bingo/C 3:00 Fancy Nails/D 4:00 One on One/C 5:00 Music appreciation	Kentucky Day 9:00 Morning Walk/D 10:00 Reading Club/C 11:00 Bowling/D 12:00 Radio 1:00 Wii Game/C 2:00 Bingo/D 3:00 Crafts/C 4:00 Table Game/D 5:00 Music appreciation	Waffles Day 9:00 Morning Walk/C 10:00 Reading Club/D 11:00 Ring Toss/C 12:00 Radio 1:00 Croquet/D 2:00 Bingo/C 3:00 Bowling/D 4:00 Movie Time/C 5:00 Music appreciation	9:00 Morning Walk/D 10:00 Reading Club/C 11:00 Table Game/D 12:00 Radio 1:00 Card-O/C 2:00 Bingo/D 3:00 Paint/C 4:00 One on One/D 5:00 Music appreciation
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