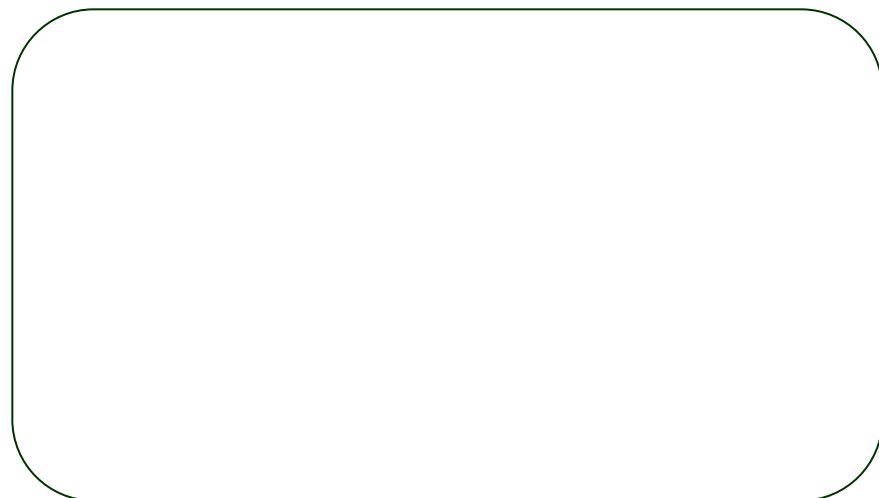




1530 Poplar Dr.  
Medford, OR 97504

PLACE STAMP  
HERE



### Administrative Staff:

**DARREN PENQUITE**  
Executive Director  
**SAMANTHA HAMILTON**  
Assistant Executive Director  
**DIANA RUSHING**  
**PAMELA LINDEN**  
Resident Care Coordinator  
**MARRIE REINHEARDT**  
Business Office Manager  
**MEGAN BOATMAN**  
Licensed Practical Nurse  
**MARGARET TEPOVAC**  
Dietary Director  
**KIM WILLIAMS**  
Maintenance Director  
**ELLY SWIFT**  
Activities Director

Contact us at:  
**541-770-9080**



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

# The Farmington Times

Farmington Square Memory Care Newsletter — March 2017



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# Steps Toward Great Nutrition

March is National Nutrition Month, a campaign created by the Academy of Nutrition and Dietetics, and the theme for this year's campaign is "Put Your Best Fork Forward."

For seniors, this means making healthy eating choices and also recognizing unique, age-specific nutrition needs. We always provide registered dietician approved menus, but to put best forks even further forward, here are some tips worth following.

(Note: The following content is for informational purposes and should not be mistaken for medical advice. Please consult a physician, medical professional or specialist for all health matters.)

## Have Healthy Habits!

Healthy habits to adopt could include consuming a variety of foods, avoiding empty calories found in chips, desserts, soda and alcohol; and picking foods that are low in cholesterol and fat (especially saturated and trans fats). Other best practices include quitting smoking and tobacco, and getting at least 30 minutes of physical activity daily.

## Go For The Rainbow!

When a plate of food features a rainbow of brightly colored fruits and vegetables, it tends to have a variety of important nutrients, according to the National Council on Aging.

## Skip the Salt!

Most people take in more sodium than they need, so avoiding the salt shaker is a big step



toward lowering sodium intake. Certain spices can serve as great salt substitutes! It also helps to be aware of foods in which sodium may be high, such as packaged or prepared meat, poultry and seafood; pizza; pre-packaged rice and/or pasta; salad dressings and seasonings; sandwiches; sauces and gravies; taco mixes; and soups.

## Avoid Added Sugars!

Sugars that are added to foods and drinks when they are prepared or processed should be avoided if possible. Ways to limit added sugars include: drinking water, unsweetened beverages, low-fat or fat-free milk, and/or 100 percent fruit juice; choosing fruit as dessert; eating small portions of sweets; and choosing packaged foods without added sugars, such as frozen fruit, unsweetened applesauce or plain yogurt.

## Help Out Your Digestive System!

Consuming the right amounts of fluids and fiber help to prevent constipation. Water, whole grain foods with fiber, legumes, bran cereal, and fruits and vegetables all may help with constipation.

## Off the Menu



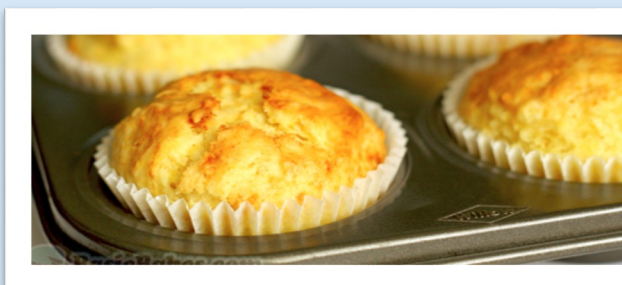
This March 17, your St. Patrick's Day celebration might not feel complete without shamrocks, beer, green dye, and a meal of corned beef and cabbage. Many Irish would be appalled to learn that March 17 is Corned Beef and Cabbage Day, in honor of this traditional St. Paddy's Day dish, for no self-respecting Irishman would eat such a dish.

In Ireland, beef was a food historically reserved for kings. Cattle were far too valuable as draft animals or producers of dairy. Pork, not beef, was the country's common meat. It wasn't until the beef-loving English conquered Ireland that beef cows populated Ireland's

green pastures. Ireland eventually grew so influential in the cattle industry that England passed the Cattle Acts of 1663 and 1667, prohibiting the import of live cattle from Ireland. Ireland then began curing its beef for export, using massive salt crystals the size of corn kernels. This Irish "corned beef," as it came to be known, was so popular that it supplied both the British and French navies, and supplied the colonies of the New World across the Atlantic.

Despite the wealth of Ireland's corned beef trade, common Irish could still not afford the dish and relied on bacon as their staple meat. It wasn't until they emigrated to America and found good-paying jobs that they were able to afford corned beef. Even then, the corned beef eaten by the Irish in America was not Irish corned beef but Jewish corned beef, boiled with cabbage and potatoes, sold by kosher butchers. So it was Irish Americans who transformed St. Patrick's Day from a religious feast day to a celebration of Irish culture and in so doing adopted Jewish corned beef and cabbage as their celebratory dish.

The popularity of corned beef and cabbage never made it back to Ireland. Today, the Irish eat bacon or lamb on St. Patrick's Day. Furthermore, up until 1970, Irish pubs were ordered closed in observance of the religious holiday, meaning that beer wasn't on the menu either.



"Muffins"  
- DORIS

"Fruit"  
- MARCY





# March Highlights — You're Invited!

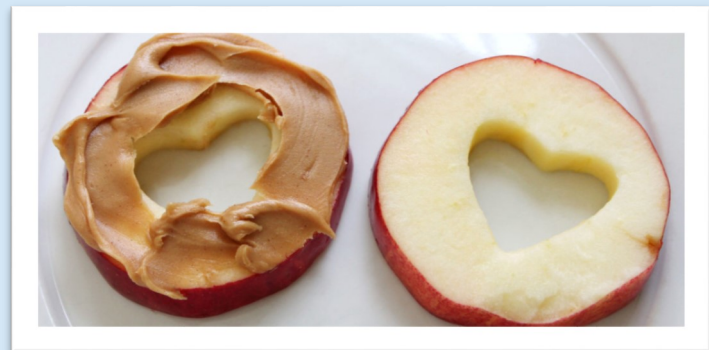
- 3/1: 2:30 Monthly Birthday Party  
Music by Bob Isom.
- 3/4: 10:30 Louis Faro on piano.
- 3/7: 1:30 Square Dance Outing.
- 3/8: David Christian on guitar.
- 3/11: 2:00 Visit from Therapy Dogs.
- 3/13: 1:30/3:00 Sing Along Drive.
- 3/16: 3:00 Tracy Davy on Guitar.
- 3/17: 3:00 St. Patties Party.
- 3/20: 1:30/3:00 1st Day of Spring Drive.
- 3/21: 3:00 Heritage Fellowship sing along.
- 3/23: 3:00 Special Performance by Marty Davis!
- 3/26: 2:00 Visit from Therapy Dogs.
- 3/30: 1:30/3:00 Rogue Valley Mall Outing.

\* If you are interested in accompanying your loved-one on an outing or volunteering for events and fundraisers please contact Elly at (541) 770-9080.



St. Patrick's Day

# Our Favorite Healthy Snacks



“Apples and Peanut Butter”  
- SARAH

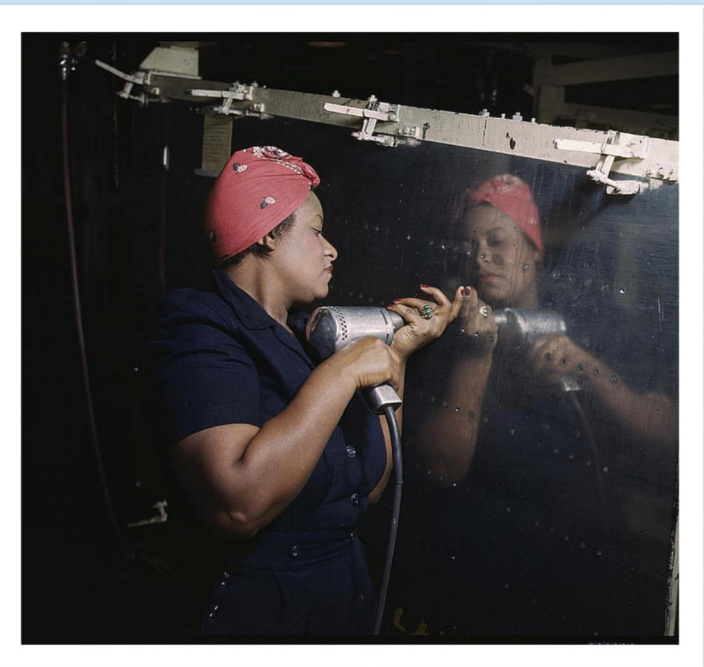
We asked residents and staff members to share their favorite healthy snacks. Here are some of our their answers!

# History's Winning Women

The month of March is now celebrated throughout the world as Women’s History Month, but it all began as a school celebration in Sonoma, California, in 1978 honoring International Women’s Day on March 8. Students spent the week learning about women’s contributions to culture and society and were asked to write an essay on what it meant to be a “Real Woman.” The week culminated with a parade through downtown Santa Rosa. Two years later, President Jimmy Carter proclaimed the week of March 8 National Women’s History Week. By 1986, fourteen states had declared March Women’s History Month, and one year later, Congress made it a national designation.

The theme of Women’s History Month this year is “Honoring Trailblazing Women in Labor and Business.” It has been widely reported how women experience inequalities in working conditions, opportunity, and pay in the workplace, and 2017 highlights many women who have striven to make gains in these areas.

Take Kate Mullany, a labor organizer who founded one of the first women’s unions, the Collar Laundry Union, in 1864. Laundresses worked long days for low pay in sweltering conditions, giving rise to the term *sweatshop*. Mullany led a six-day strike that helped improve pay and working conditions. A century later, in 1962, the New York Stock Exchange did not allow women on the trading floor. Norma



Yaeger completed the stockbroker training program at Hornblower and Weeks, Inc., demanded the right to accompany male trainees on the floor, and went on to enjoy a successful Wall Street career. In 1979, Lilly Ledbetter was hired as a supervisor for a Goodyear Tire and Rubber plant. When she discovered that she was being paid thousands of dollars less than her male counterparts, she fought the company to receive equal pay for equal work. These women are but a few examples of activists who have made life better not just for women but for societies the world over.

# Find us on Facebook!



We’ve been sharing more and more on our Facebook page recently and would love to have you join the conversation!  
LIKE our Facebook page today!

Search for Farmington Square Medford to find our page!





# MARCH 2017 Cottages A and B



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle <b>2:30 Monthly B-day Party</b> <b>3:00 Bob on Piano</b> 4:00 Table Games	2 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Sing Along 4:00 Table Games	3 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Men's Group 4:00 Table Games	4 9:30 Beautiful You <b>10:30 Louis on Piano</b> 1:30 Movie & Popcorn 3:00 Table Games 5:00 Music Appreciation
5 9:30 Beautiful You 11:30 Reading Circle 1:30 Sunday Strolls 3:00 Table Games 5:00 Music Appreciation	6 Happy B-day, Fenunuivao! 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Sing Along 4:00 Table Games	7 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle <b>1:30 Square Dance Outing</b> 3:30 Balloon Toss 4:00 Table Games	8 Happy B-day, Norma! 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Fancy Fingers <b>3:00 David on Guitar</b> 4:00 Table Games	9 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Crafting Club 4:00 Table Games	10 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Ladies' Tea 4:00 Table Games	11 9:30 Beautiful You 11:30 Fancy Fingers <b>2:00 Therapy Dogs</b> 2:30 Movie & Popcorn 3:00 Table Games 5:00 Music Appreciation
12 Happy B-day, Margie! 9:30 Beautiful You 11:30 Reading Circle 1:30 Sunday Strolls 3:00 Table Games 5:00 Music Appreciation	13 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss <b>3:00 Sing Along Drive</b> 4:00 Table Games	14 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Baking Club 4:00 Table Games	15 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Fancy Fingers 3:00 Sing Along 4:00 Table Games	16 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss <b>3:00 Tracy on Guitar</b> 4:00 Table Games	17 <b>St. Patrick's Day!</b> 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss <b>3:00 St. Patties Party!</b> 4:00 Table Games	18 9:30 Beautiful You 11:30 Fancy Fingers 1:30 Movie & Popcorn 3:00 Table Games 5:00 Music Appreciation
19 9:30 Beautiful You 11:30 Reading Circle 1:30 Sunday Strolls 3:00 Table Games 5:00 Music Appreciation	20 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss <b>3:00 1st Day of Spring Drive</b> 4:00 Table Games	21 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss <b>3:00 Heritage Fellowship</b> 4:00 Table Games	22 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Fancy Fingers 3:00 Sing Along 4:00 Table Games	23 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss <b>3:00 Marty Davis on Guitar!</b> 4:00 Table Games	24 Happy B-day, Jacqueline! 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Men's Group 4:00 Table Games	25 9:30 Beautiful You 11:30 Fancy Fingers 1:30 Movie & Popcorn 3:00 Table Games 5:00 Music Appreciation
26 9:30 Beautiful You 11:30 Reading Circle 1:30 Sunday Strolls <b>2:00 Therapy Dogs</b> 3:00 Table Games 5:00 Music Appreciation	27 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss <b>3:00 Resident Council</b> 4:00 Table Games	28 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Crafting Club 4:00 Table Games	29 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Fancy Fingers 3:00 Sing Along 4:00 Table Games	30 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss <b>3:00 RV Mall Outing</b> 4:00 Table Games	31 Happy B-day, Kim! 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Pretty Petals 4:00 Table Games	





# MARCH 2017 Cottages C and D



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:30 Ante Up Game 11:00 Sit & Be Fit Exercise 1:00 Bingo <b>2:30 Monthly B-day</b> <b>3:00 Bob on Piano</b> 4:00 Whoga	<b>2</b> Happy B-day, Joe! 9:30 Trivia Thursday 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo 3:00 Sing Along 4:00 Tai Chi	<b>3</b> 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls 1:30 Bingo 3:00 Men's Group 4:00 Whoga	<b>4</b> 9:30 Table Games <b>10:30 Louis on Piano</b> 1:00 Afternoon Strolls 1:30 Bingo 3:00 Bowling 4:00 Movie & Popcorn
<b>5</b> 9:30 Table Games 11:00 Book Club 1:00 Puzzle Time 1:30 Bingo 3:00 Sunday Strolls 4:00 Magazine Time	<b>6</b> 9:30 Name 5 Game 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo 3:00 Sing Along 4:00 Whoga	<b>7</b> 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls <b>1:30 Square Dance Outing</b> 3:00 Bingo 4:00 Tai Chi	<b>8</b> 9:30 Ante Up Game 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo <b>3:00 David on Guitar</b> 4:00 Whoga	<b>9</b> 9:30 Trivia Thursday 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo 3:00 Crafting Club 4:00 Tai Chi	<b>10</b> 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls 1:30 Bingo 3:00 Ladies' Tea 4:00 Whoga	<b>11</b> 9:30 Table Games 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls <b>2:00 Therapy Dogs</b> 3:00 Bingo 4:00 Movie & Popcorn
<b>12</b> 9:30 Table Games 11:00 Book Club 1:00 Puzzle Time 1:30 Bingo 3:00 Sunday Strolls 4:00 Magazine Time	<b>13</b> 9:30 Name 5 Game 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls <b>1:30 Sing Along Drive</b> 3:00 Bingo 4:00 Whoga	<b>14</b> Happy B-day, Carl! 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls 1:30 Bingo 3:00 Baking Club 4:00 Tai Chi	<b>15</b> 9:30 Ante Up Game 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo 3:00 Sing Along 4:00 Whoga	<b>16</b> 9:30 Trivia Thursday 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo <b>3:00 Tracy on Guitar</b> 4:00 Tai Chi	<b>17 St. Patrick's Day!</b> 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls 1:30 Bingo <b>3:00 St. Patties Party!</b> 4:00 Whoga	<b>18</b> 9:30 Table Games 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo 3:00 Bocce Ball 4:00 Movie & Popcorn
<b>19</b> 9:30 Table Games 11:00 Book Club 1:00 Puzzle Time 1:30 Bingo 3:00 Sunday Strolls 4:00 Magazine Time	<b>20</b> 9:30 Name 5 Game 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls <b>1:30 1st Day of Spring Drive</b> 3:00 Bingo 4:00 Whoga	<b>21</b> 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls 1:30 Bingo <b>3:00 Heritage Fellowship</b> 4:00 Tai Chi	<b>22</b> 9:30 Ante Up Game 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo 3:00 Sing Along 4:00 Whoga	<b>23</b> 9:30 Trivia Thursday 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo <b>3:00 Marty Davis on Guitar!</b> 4:00 Tai Chi	<b>24</b> 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls 1:30 Bingo 3:00 Men's Group 4:00 Whoga	<b>25</b> 9:30 Table Games 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo 3:00 Horse Shoes 4:00 Movie & Popcorn
<b>26</b> 9:30 Table Games 11:00 Book Club 1:00 Puzzle Time <b>2:00 Therapy Dogs</b> 3:00 Bingo 4:00 Magazine Time	<b>27</b> Happy B-day, Sheila! 9:30 Name 5 Game 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo <b>3:00 Resident Council</b> 4:00 Whoga	<b>28</b> 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls 1:30 Bingo 3:00 Crafting Club 4:00 Tai Chi	<b>29</b> 9:30 Ante Up Game 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls 1:30 Bingo 3:00 Sing Along 4:00 Whoga	<b>30</b> 9:30 Trivia Thursday 11:00 Sit & Be Fit Exercise 1:00 Afternoon Strolls <b>1:30 RV Mall Outing</b> 3:00 Bingo 4:00 Tai Chi	<b>31</b> 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls 1:30 Bingo 3:00 Pretty Petals 4:00 Whoga	