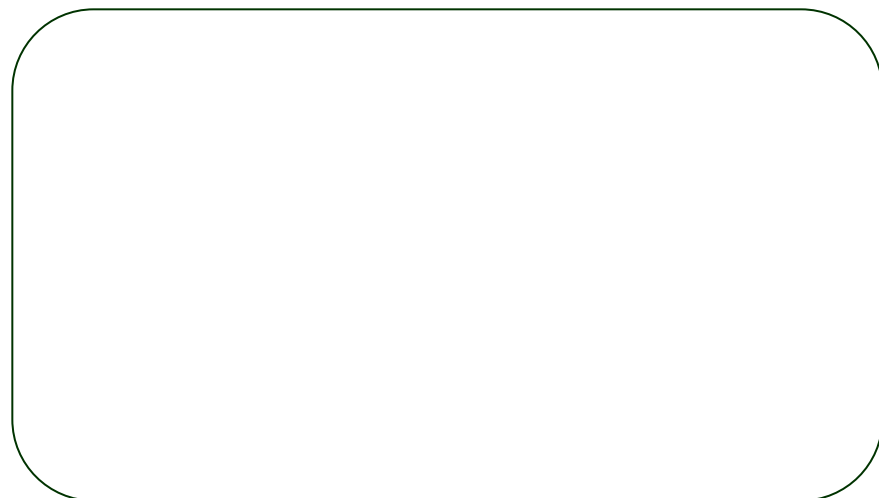




960 Boone Rd. SE
Salem, OR 97306

PLACE STAMP
HERE



Administrative Staff:

Margo Garibay
Executive Director

Jessica D./ Bridget B.
Community Relations Director
Katrina D. / Patty C. / Mari G.
Resident Care Coordinator

Shelly Kesterson
Business Office Manager

Rebecca Heflin
Registered Nurse

Steven Wendell
Dietary Director

Nels Esselstron
Maintenance Director
Amanda Bell
Activities Director

Contact us at:

503-363-2273



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

The Farmington Square News

Farmington Square Assisted & Memory Care Newsletter — July 2017



INSIDE THIS ISSUE

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Here Comes The Sun!

With summer upon us...here are some tips for a safe season.

Out comes the sun and all kinds of summer fun! To truly enjoy these summer months, we must also be aware of the possible dangers that come with hotter weather. Summer sun can cause sunburns, heat stroke and exhaustion. In preparation for a safe, fun summer, here are some helpful guidelines:

Stay hydrated. Even without summer sun, older adults are especially susceptible to dehydration, according to AgingCare.com. The body's ability to conserve water reduces with age, as does a sense of thirst. It is important for older adults to drink lots of fluids and eat foods with high water content. Celery is a great example of one. Most people need about two quarts of water per day.

Use sunscreen. Protecting the skin is always a good idea. A sunscreen with an SPF of at least 15 is recommended by the Mayo Clinic. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands and neck are spots to remember!

Cover up. When headed out into the heat or sun, it is best to wear loose-fitting, lightweight and light-colored clothing. Wide-brimmed hats and sunglasses are also important for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure, too.

Did You Know? It can take weeks for a person's body to acclimate to hot weather. It is smart to limit sun exposure, especially until one's body is conditioned to it.



Avoid being outside during the hottest hours of the day. The sun is at its highest spot in the sky at noon, and that is when the sun's rays can cause sunburns in the shortest amount of time. That being said, the temperature peaks each day around 3 pm.

Pay attention to the heat index. The Heat Index measures how hot it *feels* in any given place when relative humidity is factored in with actual air temperature. Both of those readings can be found on local weather websites.

Medications and sun don't always mix. Certain medications can cause increased sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before heading out into the sun.

Winner of Our Watermelon Eating Contest !



"Potato Salad w/ onions "
- Robert H. 960



"BBQ"
- Sandra T. 930

July Highlights — You're Invited!

7/4/17 : St. Paul Rodeo Parade

Leaving @ 9:30am

Fireworks @ 3:30pm /outside

7/12/17 : Horse Therapy

10am -11am

7/18/17: Big Screen Movie

w/ Charlie Foxx @ 10:30am in 960

7/18/17: Lunch Outing to Cozumels

Leaving at 11am

7/21/17: Dog Day's of Summer

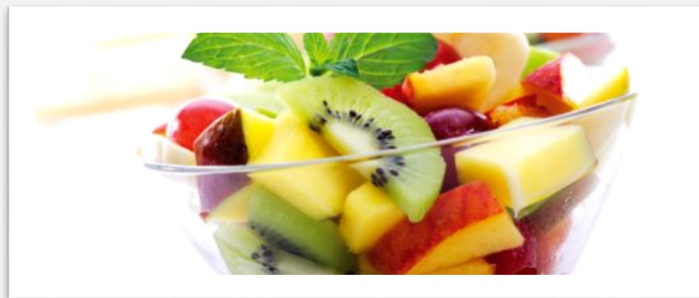
Car Wash & Hot Dog Meal Fundraiser!!!

1pm-4pm outside 940



**Summer Luau
w/ Pacifka Dancers
Saturday August 12th
11:30am-2pm
Outside 940-950**

Our Favorite Summer Dishes

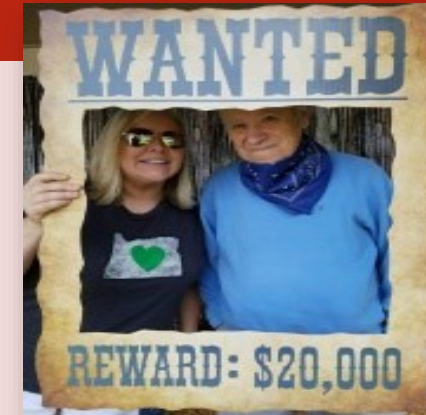


"Fruit Salad & Shish kabobs "
- Brytahni B.



**We asked residents about
their favorite dishes to have
in the summer.**

WANTED PHOTO BOOTH!!!



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!

www.Facebook.com/FarmingtonSquareSalem







July 2017 910-920

Farmington Square

960 Boone Rd SE

Salem Or. 97306

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

July 2017 930-960

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2 9:00 Beautiful You in 940/950 10:00 Exercise in 910/930 10:30 Baking Group in 930 12:00 Helping Hands in 940/50 1:00 One on Ones in 920/60 2:00 Church Service in 950/ IN2L 3:00 Reading & Snacks in 40/50 3:30 Skip-Bo in 20/60	3 9:00 Beautiful You 9:30 Balloon Bat 10:00 Exercise 11:00 Adult Coloring 1:30 Manicure Mondays 2:00 Scenic Drive /Morning Stroll 3:00 Word Search 3:30 Snack & Chat	4 Dr. Day 12-430 9:00 Beautiful You 9:30 St. Paul Rodeo Parade  10:00 Puzzles 11:00 One on Ones 1:00  in 910 2:30 What's in the Bag? 3:30 Fireworks Outside 	5 9:00 Beautiful You 9:30 Exercise 10:30 Timeless Trivia  11:30 One on Ones 1:00 Balloon Bat 2:00 Afternoon Stroll 2:30 Karaoke in 940/ IN2L 3:30 Skip-Bo in 20/60	6 9:00 Dr. Day 9-430 9:30 Today in History 10:00 Warm Ups 10:30 One on Ones 11:30 Outside Stroll  1:00  in 960 / IN2L 2:30 Adult Coloring 3:30 Skip-Bo in 20/60	7 9:00 Beautiful You 9:30 Exercise  10:00 Arts & Crafts 10:30 Ball Toss 11:30 One on Ones 1:30 Yahtzee 2:30 Wii Bowling 920/940/950 3:30 Skip-Bo in 20/60	8 9:00 Beautiful You in 940/950 10:00  in 960 / IN2L 11:30 Sit & Fit in 940/950 12:00 Helping Hands in 940 /950 1:00 One on Ones in 910/920 2:00 Coloring in 930/40/50 2:30 Songs & Snacks in 940/950 3:30 Skip-Bo in 20/30
9 9:00 Beautiful You in 940/950 10:00 Exercise in 910/930 10:30 Baking Group in 930 12:00 Helping Hands in 940/50 1:00 One on Ones in 920/60 2:00 Church Service in 930/ IN2L 3:00 Reading & Snacks in 40/50 3:30 Skip-Bo in 20/60	10 9:00 Beautiful You 9:30 Balloon Bat 10:00 Exercise 11:00 What's in the Bag? 1:30 Manicure Mondays 2:00 Scenic Drive /Morning Stroll 3:00 Word Search 3:30 Snack & Chat	11 Dr. Day 12-430 9:00 Beautiful You 9:30 Walking Group / Shopping  10:00 Dominoes 11:00 One on Ones 1:00  in 910  2:30 Ball Toss 3:30 Skip-Bo in 20/60	12 9:00 Beautiful You 9:30 Exercise  10:00 Horse Therapy 11:30 One on Ones 1:00 UNO 2:00 Afternoon Stroll 2:30 Karaoke in 940/ IN2L 3:30 Skip-Bo in 20/60	13 9:00 Dr. Day 9-430 9:30 Today in History 10:00 Warm Ups 10:30 One on Ones 11:30 Outside Stroll  1:00  n 960 / IN2L 2:30 Adult Coloring 3:30 Skip-Bo in 20/60	14 9:00 Beautiful You 9:30 Exercise  10:00 Model Air Pane Craft 11:00 Balloon Bat 11:30 One on Ones in 910 /IN2L 1:30 Long Word/ Short Word 2:30 Wii Bowling 920/940/950 3:30 Skip-Bo in 20/60	15 9:00 Beautiful You in 940/950 10:00  in 960 / IN2L 11:30 Sit & Fit in 940/950 12:00 Helping Hands in 940 /950 1:00 One on Ones in 910/920 2:00 Coloring in 930/40/50 2:30 Songs & Snacks in 940/950 3:30 Skip-Bo in 20/30
16 9:00 Beautiful You in 940/950 10:00 Exercise in 910/930 10:30 Baking Group in 930 12:00 Helping Hands in 940/50 1:00 One on Ones in 920/60 2:00 Church Service in 960/ IN2L 3:00 Reading & Snacks in 40/50 3:30 Skip-Bo in 20/60	17 9:00 Beautiful You 9:30 Balloon Bat 10:00 Exercise 11:00 Adult Coloring 1:30 Manicure Mondays 2:00 Scenic Drive /Morning Stroll 3:00 Word Search 3:30 Skip-Bo in 20/60	18 Dr. Day 12-430 9:00 Beautiful You 9:30 Walking Group /Shopping  10:00 Puzzles 11:00 One on Ones 1:00  in 910 2:30 What's in the Bag? 3:30 Skip-Bo in 20/60	19 9:00 Beautiful You 9:30 Exercise 10:30 Timeless Trivia  11:30 One on Ones 1:00 Balloon Bat 2:00 Afternoon Stroll 2:30 Karaoke in 940/ IN2L 3:30 Skip-Bo in 20/60	20 9:00 Dr. Day 9-430 9:30 Today in History 10:00 Warm Ups 10:30  in 960 /IN2L 11:30 Outside Stroll  1:30 One on Ones 2:30 Adult Coloring 3:30 Skip-Bo in 20/60	21 9:00 Beautiful You 9:30 Exercise  10:00 Arts & Crafts 10:30 Ball Toss 11:30 One on Ones 1:30 Yahtzee 2:30 Wii Bowling 920/940/950 3:30 Skip-Bo in 20/60	22 9:00 Beautiful You in 940/950 10:00  in 960 / IN2L 11:30 Sit & Fit in 940/950 12:00 Helping Hands in 940 /950 1:00 One on Ones in 910/920 2:00 Coloring in 930/40/50 2:30 Songs & Snacks in 940/950 3:30 Skip-Bo in 20/30
23 9:00 Beautiful You in 940/950 10:00 Exercise in 910/930 10:30 Baking Group in 930 12:00 Helping Hands in 940/50 1:00 One on Ones in 920/60 2:00 Church Service in 920/ IN2L 3:00 Reading & Snacks in 40/50 3:30 Skip-Bo in 20/60	24 9:00 Beautiful You 9:30 Balloon Bat 10:00 Exercise 11:00 What's in the Bag? 1:30 Manicure Mondays 2:00 Scenic Drive /Morning Stroll 3:00 Word Search 3:30 Snack & Chat	25 Dr. Day 12-430 9:00 Beautiful You 9:30 Walking Group/ Shopping  10:00 Dominoes 11:00 One on Ones 1:00  in 910 2:30 Ball Toss 3:30 Skip-Bo in 20/60	26 9:00 Beautiful You 9:30 Exercise  10:30 Timeless Trivia 11:30 One on Ones 1:00 UNO 2:00 Afternoon Stroll 2:30 Karaoke in 940/ IN2L 3:30 Skip-Bo in 20/60	27 9:00 Dr. Day 9-430 9:30 Today in History 10:00 Warm Ups 10:30  in 960 /IN2L 11:30 Outside Stroll  1:30 One on Ones 2:30 Adult Coloring 3:30 Skip-Bo in 20/60	28 9:00 Beautiful You  9:30 Exercise 10:00 Balloon Bat 10:30 Birthday Party w/ LuAnn /960 11:30 One on Ones in 910 /IN2L 1:30 Resident Council/ Food in 920 2:30 Wii Bowling 920/940/950 3:30 Skip-Bo in 20/60	29 9:00 Beautiful You in 940/950 10:00  in 960 / IN2L 11:30 Sit & Fit in 940/950 12:00 Helping Hands in 940 /950 1:00 One on Ones in 910/920 2:00 Coloring in 930/40/50 2:30 Songs & Snacks in 940/950 3:30 Skip-Bo in 20/30
30 9:00 Beautiful You in 940/950 10:00 Exercise in 910/930 10:30 Baking Group in 930 12:00 Helping Hands in 940/50 1:00 One on Ones in 920/60 2:00 Church Service in 950/ IN2L 3:00 Reading & Snacks in 40/50 3:30 Skip-Bo in 20/60	31 9:00 Beautiful You 9:30 Balloon Bat 10:00 Exercise 11:00 Adult Coloring 1:30 Manicure Mondays 2:00 Scenic Drive /Morning Stroll 3:00 Word Search 3:30 Snack & Chat	 Red Box Movies 7/11 7/25 @ 1:30 Charlie Foxx Movie 7/18 @ 10:30 am In 960  Musical Entertainment 7/6 S. Sparrow 960/10:30 7/13 Rachel V. 960/10:30 7/20 Jeff B. 960/2pm 7/27 Maurice M. 960/2pm  Shopping Trip Outing 7/7 Walmart @ 10am 7/14 Dollar Tree @ 10 am 7/28 Fred Meyer @ 10am (If bus is not available Shopping will be on Tuesday)  Lunch Outings & Take-Out 7/5 Nancy's Burgers @ 11am  7/19 Cozumel @ 11:30  7/11 Take - Out KFC @ 11:30  7/26 Wednesday Market @ 10:30				