

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



The Farmington Square News

Farmington Square Assisted & Memory Care Newsletter — July 2017



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.



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.

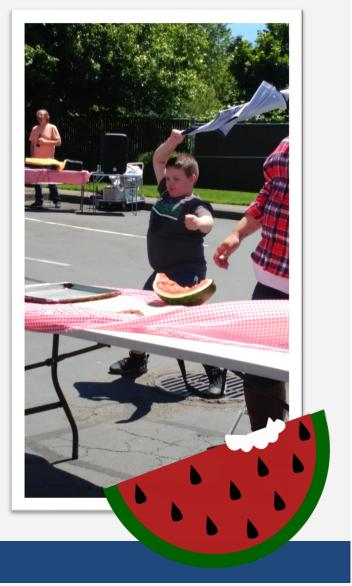
Did You Know? It can take weeks for a person's body to acclimate to hot weather. It is smart to limit sun exposure, especially until one's body is conditioned to it.

Winner of Our Watermelon Eating Contest!











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

"BBQ" - Sandra T. 930



7

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.





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

3

7/18 @ 10:30 am

In 960

1:30 Manicure Mondays

3:30 Skip-Bo in 20/60

2:00 Outside Stroll

3:00 Word Search

1:00 One on Ones in 920/60

3:30 Skip-Bo in 20/60

2:00 Church Service in 950/ IN2L

3:00 Reading & Snacks in 40/50

Farmington Square

Market @ 10:30

960 Boone Rd SE Salem Or. 97306 503-363-2273

Sun Mon Tue Wed Fri Sat 19:00 Beautiful You in 940/950 Residents Birthdays. 10:00 BINGO IN 960 / IN2L Margaret K. 7/2 950 Clarice S. 7/5 950 Judith B. 7/6 930 11:30 Sit & Fit in 940/950 12:00 Helping Hands in 940 / 950 1:00 One on Ones in 910/920 Betty N. 7/17 910 Diane P. 7/17 920 Alonzo J. 7/20 930 Elizabeth L. 7/24 950 Gloria D. 7/25 960 2:00 Coloring in 930/40/50 2:30 Songs & Snacks in 940/950 3:30 Skip-Bo in 20/30 2 9:00 Beautiful You in 940/950 79:00 Beautiful You 89:00 Beautiful You in 940/950 3 9:00 Beautiful You 4 Dr. Day 12-430 5 9:00 Beautiful You 69:00 Dr. Day 9-430 10:00 Exercise in 910/930 9:30 Scenic Drive / Morning Stroll 9:00 Reautiful You 9:30 Exercise 9:30 Today in History 9:30 Exercise 10:00 BINGO in 960 / IN2L 10:30 Baking Group in 930 10:00 Exercise 9:30 St. Paul Rodeo Parade 0:30 Timeless Trivia 10:00 Warm Ups 10:00 Arts & Crafts 11:30 Sit & Fit in 940/950 12:00 Helping Hands in 940/50 11:00 Adult Coloring 10:00 Dominoe 11:30 One on Ones 10:30 One on Ones 10:30 Scrabble 12:00 Helping Hands in 940 /950 11:00 One on Ones 1:00 One on Ones in 9<mark>20/60</mark> 1:30 Manicure Mondays 1:00 Horse Shoes 11:30 Outside Stroll 1:00 One on Ones in 910/920 11:30 One on Ones 1:00 B N GO in 910 2:00 Church Service in 950/ IN2L 2:00 Outside Stroll 2:00 Afternoon Stroll 1:00 BINGO in 960 / IN2L 1:30 Yahtzee 2:00 Coloring in 930/40/50 2:30 Family Feud in 930 /IN2L 3:00 Reading & Snacks in 40/50 3:00 Word Search 2:30 Karaoke in 940/ IN2L 2:30 Adult Coloring 2:30 Songs & Snacks in 940/950 2:30 Wii Bowling 920/940/950 3:30 Fireworks Outside 3:30 Skip-Bo in 20/60 3:30 Skip-Bo in 20/30 9 9:00 Beautiful You in 940/950 10 9:00 Beautiful You 11 Dr. Day 12-430 12 9:00 Beautiful You 139:00 Dr. Day 9-430 14 9:00 Beautiful You 159:00 Beautiful You in 940/950 10:00 Exercise in 910/930 9:30 Scenic Drive / Morning Stroll 9:00 Beautiful You 9:30 Exercise 9:30 Today in History 9:30 Exercise 10:00 BNGO in 960 / IN2L 9:30 Walking Group / Shopping 10:00 Warm Uns 10:00 Exercise 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3:00 Word Search 2:30 Karaoke in 940/ IN2L 2:30 Adult Coloring 3:00 Reading & Snacks in 40/50 2:30 Songs & Snacks in 940/950 2:30 Wii Bowling 920/940/950 3:30 Skip-Bo in 20/60 3:30 Skip-Bo in 20/30 3:30 Skip-Bo in 20/60 30 9:00 Beautiful You in 940/950 31 9:00 Beautiful You **Red Box Movies Musical Entertainment Shopping Trip Outing Lunch Outings & Take-Out** 10:00 Exercise in 910/930 9:30 Scenic Drive / Morning Stroll 7/5 Nancy's Burgers @ 11am 🏽 🔑 7/19 Cozumel @ 11:30 7/11 7/25 @ 1:30 7/6 S. Sparrow 960/10:30 7/7 Walmart @ 10am 10:30 Baking Group in 930 10:00 Exercise 7/11 Take - Out KFC @ 11:30 7/26 Wednesday 12:00 Helping Hands in 940/50 11:00 Adult Coloring **Charlie Foxx Movie** 7/14 Dollar Tree @ 10 am 7/13 Rachel V. 960/10:30

7/20 Jeff B. 960/2pm

7/27 Maurice M. 960/2pm

7/28 Fred Meyer @ 10am

Shopping will be on Tuesday)

(If bus is not available

Charlie Foxx Movie

7/18 @ 10:30 am

In 960

3:30 Skip-Bo in 20/60

12:00 Helping Hands in 940/50

3:00 Reading & Snacks in 40/50

2:00 Church Service in 950/ IN2L

1:00 One on Ones in 920/60

11:00 Adult Coloring

2:00 Outside Stroll

3:00 Word Search

1:30 Manicure Mondays

Farmington Square

7/11 Take - Out KFC @ 11:30 7/26 Wednesday

Market @ 10:30

7/14 Dollar Tree @ 10 am

7/28 Fred Meyer @ 10am

Shopping will be on Tuesday)

(If bus is not available

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Residents I	J		Clarice S. 7/5 950 Jud		19:00 Beautiful You in 940/950 10:00 in 960 / IN2L 11:30 Sit & Fit in 940/950 12:00 Helping Hands in 940 /95 1:00 One on Ones in 910/920
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9:00 Beautiful You in 940/950 :00 Exercise in 910/930 :30 Baking Group in 930 :00 Helping Hands in 940/50 :00 One on Ones in 920/60 :00 Church Service in 950/ IN2L :00 Reading & Snacks in 40/50 :30 Skip-Bo in 20/60	3 9:00 Beautiful You 9:30 Scenic Drive /Morning Stroll 10:00 Exercise 11:00 Adult Coloring 1:30 Manicure Mondays 2:00 Outside Stroll 3:00 Word Search 3:30 Skip-Bo in 20/60	4 Dr. Day 12-430 9:00 Beautiful You 9:30 St. Paul Rodeo Parade 10:00 Dominoes 11:00 One on Ones in 930/IN2L 1:00	5 9:00 Beautiful You 9:30 Exercise 10:30 Timeless Trivia 11:30 One on Ones 1:00 Chicktionary in 940 / IN2L 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 960 / IN2L 10:30 One on Ones 11:30 Sing a Long in 930 1:00 Breat in 960 / IN2L 2:30 Adult Coloring 3:30 Skip-Bo in 20/60	79:00 Beautiful You 9:30 Exercise 10:00 Arts & Crafts 10:30 Scrabble 11:30 One on Ones 1:30 Yahtzee 2:30 Wii Bowling 920/940/950 3:30 Skip-Bo in 20/60	89:00 Beautiful You in 940/950 10:00 propin 960 / IN2L 11:30 Sit & Fit in 940/950 12:00 Helping Hands in 940 /95 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
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7/13 Rachel V. 960/10:30

7/27 Maurice M. 960/2pm

7/20 Jeff B. 960/2pm

Charlie Foxx Movie

7/18 @ 10:30 am

In 960

3:30 Skip-Bo in 20/60

12:00 Helping Hands in 940/50

3:00 Reading & Snacks in 40/50

2:00 Church Service in 950/ IN2L

1:00 One on Ones in 920/60

10:00 Exercise 11:00 Adult Coloring

3:00 Word Search

1:30 Manicure Mondays

2:00 Scenic Drive /Morning Stroll

Farmington Square

7/11 Take - Out KFC @ 11:30 6 7/26 Wednesday

Market @ 10:30

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1100			
						19:00 Beautiful You in 940/950
	Residents	Birthdays.	Margaret K 7/2 950	Clarice S. 7/5 950 Jud	lith R 7/6 930	10:00 BINGO in 960 / IN2L
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						12:00 Helping Hands in 940 /95 1:00 One on Ones in 910/920
	Betty N. 7/17 910	Diane P. 7/17 920 A	Monzo J. 7/20 930	Elizabeth L. 7/24 950 G	Gloria D. 7/25 960	2:00 Coloring in 930/40/50
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Reading & Snacks in 40/50	3:00 Word Search	2:30 What's in the Bag?	2:30 Karaoke in 940/ IN2L	2:30 Adult Coloring	2:30 Wii Bowling 920/940/950	2:30 Songs & Snacks in 940/950
0 Skip-Bo in 20/60	3:30 Snack & Chat	3:30 Fireworks Outside	3:30 Skip-Bo in 20/60	3:30 Skip-Bo in 20/60	3:30 Skip-Bo in 20/60	3:30 Skip-Bo in 20/30
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Reading & Snacks in 40/50	3:00 Word Search	2:30 What's in the Bag? 3:30 Skip-Bo in 20/60	2:30 Karaoke in 940/ IN2L	2:30 Adult Coloring	2:30 Wii Bowling 920/940/950	2:30 Songs & Snacks in 940/950
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9:00 Beautiful You in 940/950	24 9:00 Beautiful You	25 Dr. Day 12-430	26 9:00 Beautiful You	279:00 Dr. Day 9-430	28 9:00 Beautiful You	299:00 Beautiful You in 940/95
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00 Helping Hands in 940/50	11:00 What's in the Bag?	10:00 Dominoes	11:30 One on Ones	10:30 BINGO in 960 /IN2L	10:30 Birthday Party w/ LuAnn /960	12:00 Helping Hands in 940 /95
0 One on Ones in 920/60	1:30 Manicure Mondays	11:00 One on Ones	1:00 UNO	11:30 Outside Stroll	11:30 One on Ones in 910 /IN2L	1:00 One on Ones in 910/920
O Church Service in 920/ IN2L	2:00 Scenic Drive /Morning Stroll	1:00 BINGO in 910	2:00 Afternoon Stroll	1:30 One on Ones 2:30 Adult Coloring	1:30 Resident Council/ Food in 920	2:00 Coloring in 930/40/50
O Reading & Snacks in 40/50	3:00 Word Search	2:30 Ball Toss 3:30 Skip-Bo in 20/60	2:30 Karaoke in 940/ IN2L	2:30 Adult Coloring	2:30 Wii Bowling 920/940/950	2:30 Songs & Snacks in 940/950
0 Skip-Bo in 20/60	3:30 Snack & Chat	0.50 Skip-b0 III 20/00	3:30 Skip-Bo in 20/60	3:30 Skip-Bo in 20/60	3:30 Skip-Bo in 20/60	3:30 Skip-Bo in 20/30
9:00 Beautiful You in 940/950	31 9:00 Beautiful You	Pod Pov Movies	Musical Entai	tainment A Shenning Trin	Outing Lunch Outings 9	2. Tako Out
		Red Box Movies	Musical Enter	tainment 🦯 Shopping Trip	Outing Lunch Outings &	x Take-Out
00 Exercise in 910/930	9:30 Balloon Bat					

7/13 Rachel V. 960/10:30

7/27 Maurice M. 960/2pm

7/20 Jeff B. 960/2pm

7/14 Dollar Tree @ 10 am

7/28 Fred Meyer @ 10am

Shopping will be on Tuesday)

(If bus is not available