



17950 SW 115th Avenue  
Tualatin, OR 97062

STAMP  
HERE



**Administrative Team: 503-692-1748**

**Executive Director: June Sulfridge**

**Community Relations Dir.: Randy Dickens**

**Wellness Coordinator: Tina Maxwell**

**Registered Nurse: Franciene Thompson**

**Business Office Director: Pam Bates**

**Maintenance Director: Paul Burns**

**Dining Service Dir: Samantha Olivar-Silva**

**Life Enrichment Director: Anjee Thompson**



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

# The Farmington Times

## Monthly Newsletter



## April 2020

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3 Team & Resident Spotlight  
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6 Highlights, Notes, Audubon Day  
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## How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.



**Magic Three!** Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:  
**Option One:** 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**  
**Option Two:** 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

**What is aerobic activity?** Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

**What is muscle-strengthening activity?** Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit [health.gov](http://health.gov) and click on Physical Activity!

## Special Moments



Linda: April 4  
 Joan: April 9  
 Ella: April 11  
 Reba: April 14  
 Ali: April 15

## April 2020 Highlights

April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.

- 01 Walking Day; Sourdough Day
- 02 Burrito Day; PB&J Day
- 03 Film Score Day
- 04 Walk Around Things Day
- 05 Deep Dish Pizza Day
- 06 Caramel Popcorn Day
- 07 Coffee Cake Day
- 08 Empanada Day; Zoo Love Day
- 09 Antiques Day; Passover Starts
- 10 Young Writers Day; Good Friday
- 11 Cheese Fondue Day; Pet Day
- 12 Easter Day; Grilled Cheese Day
- 13 Peach Cobbler Day; Scrabble Day
- 14 Gardening Day; Look at the Sky Day
- 15 Glazed Spiral Ham Day
- 16 High Five Day; Eggs Benedict Day
- 17 Cheeseball Day; Haiku Poetry Day
- 18 Animal Cracker Day; Record Shop Day
- 19 Garlic Day



- 20 Lime Bean Day; Cheddar Fries Day
- 21 Kindergarten Day; Choco. Cashews Day
- 22 Earth Day; Jelly Bean Day
- 23 Picnic Day; Talk Like Shakespeare Day
- 24 Pigs in Blankets Day; Arbor Day
- 25 Telephone Day; Sense of Smell Day
- 26 Pretzel Day; Audubon Day
- 27 Devil Dog Day; Tell a Story Day
- 28 Poetry Reading Day; Superhero Day
- 29 Denim Day; Zipper Day
- 30 Shelter Pet Day; Raisin Day

### A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:

<https://www.farmingtonsquare-tualatin.com>

April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

### Our resident spotlight shines on: Gordon

Gordon loves to be outside. When ever the sun is out, he can be found walking in the courtyard or sitting on a bench enjoying the sun!

He has a kind heart and always wants to make sure that everyone is getting their fair share. He is always the first one to sign up for any scenic drive, picnic, or outing of any kind. He is great about encouraging others to come out and see the beauty of nature.

We are so glad to have you hear at Farmington Square, Gordon!



### Our staff spotlight shines on: All of our Team

This last couple of weeks have tested all of us around the world. We have had the opportunity because of this to see just how amazing our staff is! From taking care of our residents to keeping families connected to being a strong support system for each other, they have been rock stars!

They have all been there for our residents and we are so proud of them.

Thank you team for all you do!

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Farmington Square Tualatin • Alpine • 17950 SW 115th Ave., Tualatin, Oregon 97062 • (503)-692-1748

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<b>5</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	<b>6</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Write a Story Part 1 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L 7:00 Movie IN2L	<b>7</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L 7:00 Movie	<b>8</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Museum 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show 7:00 Movie IN2L	<b>9</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L 7:00 Movie IN2L	<b>10</b> 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show 7:00 Movie	<b>11</b> 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L 7:00 Movie
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<b>19</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	<b>20</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Write a Story Part 1 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L 7:00 Movie IN2L	<b>21</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L 7:00 Movie	<b>22</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Museum 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show 7:00 Movie IN2L	<b>23</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L 7:00 Movie IN2L	<b>24</b> 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show 7:00 Movie	<b>25</b> 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L 7:00 Movie
<b>26</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	<b>27</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Write a Story Part 1 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L 7:00 Movie IN2L	<b>28</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L 7:00 Movie	<b>29</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Museum 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show 7:00 Movie IN2L	<b>30</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L 7:00 Movie IN2L	<b>Activities subject to cancellation per current mandated health guidelines.</b>	