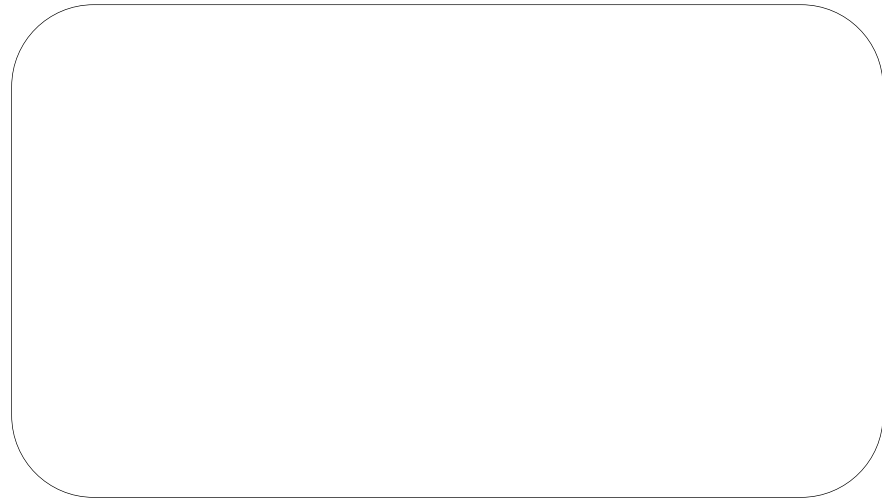




17950 SW 115th Avenue  
Tualatin, OR 97062

STAMP  
HERE



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

- Executive Director: June Sulffridge
- Community Relations Dir.: Randy Dickens
- Wellness Director: Jennifer Chongway
- Wellness Director: Stace Jarvis
- Wellness Director: Tammy Smith– Martin
- Registered Nurse: Franciene Thompson
- Maintenance Director: Paul Burns
- Dining Service Dir.: Samantha Olivar-Silva
- Life Enrichment Dir.: Anjee Thompson



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

# The Farmington Times

## Monthly Newsletter



Aug. 6th is Root Beer Float Day!

## August 2020

- 2 Here Comes the Sun!
- 3 Team & Resident Spotlight
- 4-5 Activities Calendar

- 6 Highlights, Notes, Seniors Day
- 7 Special Moments & Birthdays
- 8 Mission & Team



# Here Comes the Sun! Summertime Sun Safety Tips



These summer days, we want to head right outside for some fun outdoors. But before doing so, check out these tips about how to protect yourself and loved ones while out having fun! Note: This is not medical advice, and all should consult with their doctors about their personal sun safety guidelines.

Before heading outside, consider where and when you're going out. In the cooling shade, like under trees or umbrellas, is the best place to be if outside between the hours of 10 am and 4 pm during summer. Reflective surfaces like snow, sand, water, or concrete are areas in which to be extra careful of the sun's rays. UV rays are also quite strong at high altitudes.

Make sure to check the heat index. For those wondering, the heat index measures how hot it *feels* when relative humidity factors into actual air temperature. For example, if air is 96°F and relative humidity is 65%, it may feel like 121°F! Yikes! Heat

index can be checked online at [weather.gov](http://weather.gov) or even on OSHA's Heat Safety App!

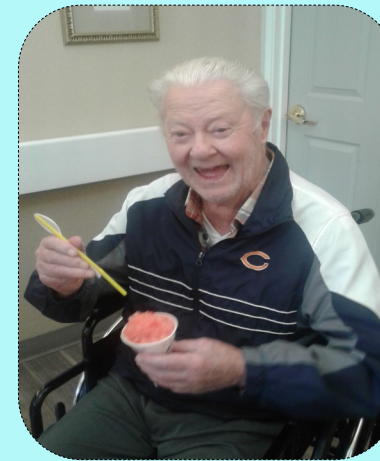
Dress for the weather. If you're headed outside during sunny summer days, wear protective clothing. Long-sleeved loose shirts, pants, wide-brimmed hats, and UV-blocking sunglasses are all a good idea. Make sure to apply a broad spectrum sunscreen at least 15 minutes before going outside - even if it's cloudy. An SPF of 15 or higher is recommended by the CDC, with reapplication every 2 hours, and after swimming, sweating, or drying off.

Have fun out there, enjoy the sun, and be sun safe while doing it!

### Did You Know?

Some actively seek out sun exposure to increase Vitamin D, but the National Council on Skin Cancer Protection recommends obtaining Vitamin D through food and supplements rather than UV rays.

# Special Moments



Art: Aug. 2

Naomi: Aug. 11

Richard: Aug. 12

Isabelle: Aug. 25



# August 2020 Highlights

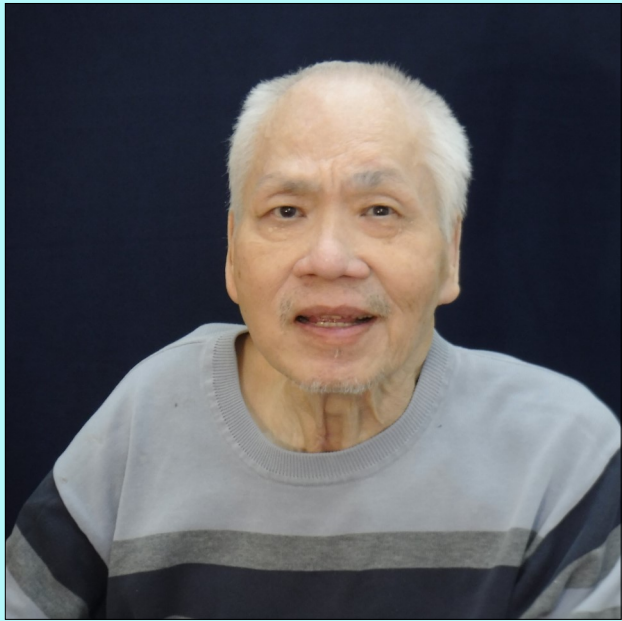
**August is Sandwich Month, Wellness Month, Family Fun Month, and Golf Month!**

- |   |  |
|---|--|
| 01 Disc Golf Day; Mustard Day             | 21 Seniors Day!; Spumoni Day           |
| 02 Friendship Day; Ice Cream Sandwich Day | 22 Tooth Fairy Day; Pecan Torte Day    |
| 03 Watermelon Day                         | 23 Sponge Cake Day                     |
| 04 Chocolate Chip Cookie Day              | 24 Peach Pie Day; Waffle Day           |
| 05 Oyster Day                             | 25 Banana Split Day; Park Service Day  |
| 06 Root Beer Float Day; Wiggle Toes Day   | 26 Dog Day; Cherry Popsicle Day        |
| 07 Lighthouse Day; Water Balloon Day      | 27 Pots de Crème Day; Just Because Day |
| 08 Frozen Custard Day; Bowling Day        | 28 Bow Tie Day; Red Wine Day           |
| 09 Rice Pudding Day; Book Lovers Day      | 29 Chop Suey Day                       |
| 10 S'mores Day; Lazy Day                  | 30 Toasted Marshmallow Day; Beach Day  |
| 11 Raspberry Bombe Day; Son Daughter Day  | 31 Trail Mix Day                       |
| 12 Julienne Fries Day; Vinyl Record Day   |  |
| 13 Prosecco Day; Left Handers Day         |  |
| 14 Creamsicle Day                         |  |
| 15 Leathercraft Day; Lemon Meringue Day   |  |
| 16 Tell a Joke Day                        |  |
| 17 Black Cat Appreciation Day; Thrift Day |  |
| 18 Fajita Day; Ice Cream Pie Day          |  |
| 19 Aviation Day; Soft Ice Cream Day       |  |
| 20 Radio Day; Chocolate Pecan Pie Day     |  |



August 21st is National Seniors Day! It has been observed since 1988 when then President Regan made it a holiday in part to share appreciation for older adults' accomplishments and services. Get involved by connecting with and thanking senior loved ones!

**A note regarding Coronavirus:**  
Safety and comfort of our residents and staff is our number one priority during the Coronavirus cases that have happened nationwide. We will continue to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All of our activities are subject to cancellation. To read a full list of measures taken, and our current visitor policy, please visit our website: [www.farmingtonsquare-tualatin.com](http://www.farmingtonsquare-tualatin.com)



## Our resident spotlight shines on: Ly

Ly worked as a Pharmacist by trade and we are sure that his smile and gentle nature served him well in the business of caring for others when they were coming to see him.

He loves to see his family on Skype, and his grandchildren are his favorite. He is always telling us they are so cute.

He loves to smile and hold hands with the staff.

We love having you here at Farmington Square, Ly!

## Our staff spotlight shines on: Jessica

Jessica has worked at Farmington Square Tualatin a little over a year.

When she is not at work she is with her family . Including her Husband and Children. She loves to spend time with them doing what ever the day brings and having fun with them.

She loves her coworkers and most of all her residents

Thanks for all your care and smiles you share





# AUGUST 2020

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

SUN	MON	TUE	WED	THU	FRI	SAT
<b>2 (Aug 1st on the Bottom)</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner	<b>3 National Watermelon Day</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner	<b>4</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner	<b>5</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner	<b>6</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner	<b>7</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner	<b>8</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner
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<b>16 Tell a Joke Day</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	<b>17</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Word Search 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	<b>18 National Fajita Day</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV	<b>19</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	<b>20</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	<b>21 Seniors Day</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Coloring IN2L 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	<b>22</b> 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Spelling and Hangman 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
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Farmington Square Tualatin

• Beechwood

• 17950 SW 115th Ave., Tualatin, OR 97062

• (503) 692-1748

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Farmington Square Tualatin •

Ponderosa •

17950 SW 115th Ave., Tualatin, OR 97062 •

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SUN	MON	TUE	WED	THU	FRI	SAT
<b>2 (Aug 1st on the Bottom)</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>3 National Watermelon Day</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	<b>4</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	<b>5</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	<b>6</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	<b>7</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	<b>8</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
<b>9</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>10</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	<b>11</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	<b>12</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	<b>13</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	<b>14 National Creamsicle Day</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	<b>15</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
<b>16 Tell a Joke Day</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>17</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	<b>18 National Fajita Day</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	<b>19</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	<b>20</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	<b>21 Seniors Day</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	<b>22</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
<b>23</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>24</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	<b>25</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	<b>26</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	<b>27 National Jut Because Day</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	<b>28</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	<b>29</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
<b>30</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>31</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	<b>All activities                      subject to change                      per mandated                      health guidelines.</b>				<b>Aug 1st</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