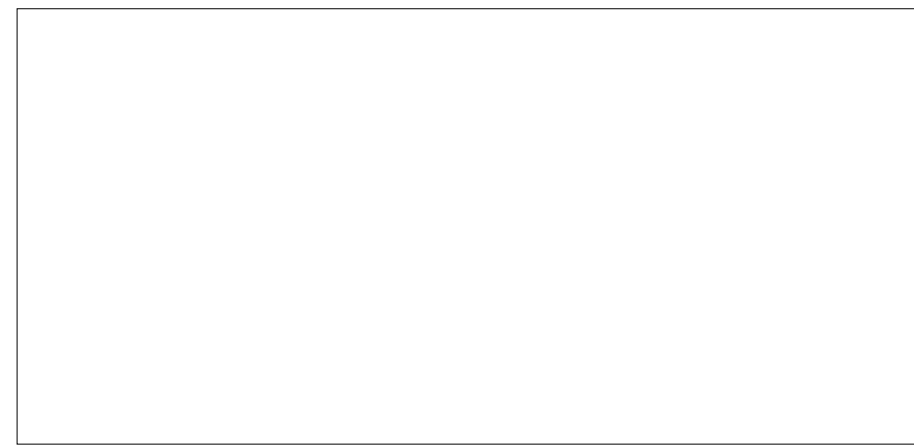




17950 SW 115th Ave
Tualatin, OR 97062

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Administrative Team:

Executive Director: Tawnya Theodore
Community Relations Dir.: Randy Dickens
Wellness Director: Sally Campos
Wellness Director: Heather Schories
Registered Nurse: Franciene Thompson
Business Office Director: Jane Smith
Maintenance Director: Paul Burns
Dining Service Dir.: Samantha Olivar-Silva
Life Enrichment Dir.: Anjee Thompson

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

The Farmington Times

January 2021 Newsletter



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How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

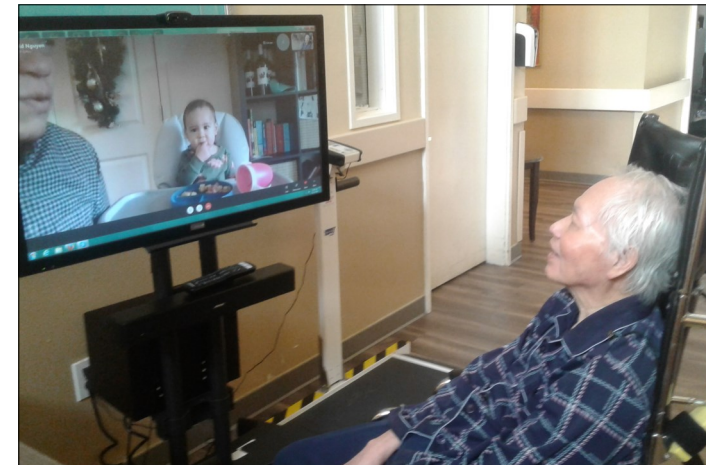
include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!



Special Moments



Happy Birthday!



Shirley: Jan. 17th

Paul: Jan. 26th

Arlie: Jan. 28th

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

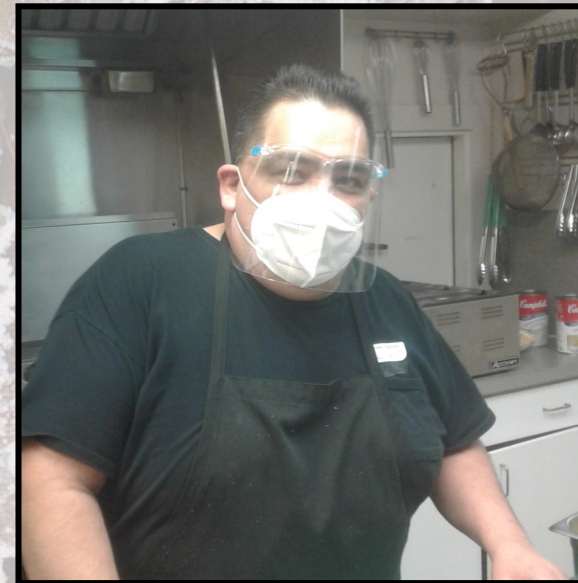
January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

- | | |
|---|---|
| 01 New Year's Day; Bloody Mary Day | 17 Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Winnie the Pooh Day; Thesaurus Day |
| 03 Chocolate Cherry Day | 19 Popcorn Day; Tin Can Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day |
| 05 Whipped Cream Day; Bird Day | 21 Granola Bar Day; Squirrel Lovers Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day; Library Fix Up Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Apricot Day; Balloon Day | 25 Opposite Day; Irish Coffee Day |
| 10 Bittersweet Chocolate Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Milk Day; Vision Board Day | 27 Bubble Wrap Day; Chocolate Cake Day |
| 12 Pharmacist Day; Marzipan Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Rubber Duck Day; Sticker Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Your Pet Day; Pastrami Day | 30 Croissant Day |
| 15 Hat Day; Bagel & Lox Day | 31 Inspire with Art Day; Backwards Day; |
| 16 Fig Newton Day; Intl. Spicy Food Day | Hot Chocolate Day |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
 Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



Staff Spotlight:
Sabino

We are happy to highlight one of our kitchen staff members this month. This husband and father loves Oregon and cooking.

He say cooking is a life skill and he finds joy in it. Being in the kitchen makes him feel like he is taking care of people and if not for cooking he doesn't know that he could find that feeling of satisfaction.

We are so glad to have him on our team!



Resident Spotlight:
Marie

GO DUCKS!!!! That is what this young lady is all about. She has been cheering on her team and enjoys watching them take the field.

She has been an avid quilter and has always loved to sew with her friends. She has made several beautiful quilts.

She loves to Skype with her children, grandchildren and great grandchildren.

We love having you here, Marie!

JANUARY 2021

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

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
Sun., Jan. 31 from bottom 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	All activities subject to change per mandated health guidelines.	Happy Birthday Shirley W. -- Jan, 17th Paul C. – Jan, 26th Arlie W.— Jan, 28th			1 New Year's Day 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	2 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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17 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	18 Martin Luther King Jr. Day 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	19 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	20 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	21 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	22 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	23 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
24 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	25 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	26 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	27 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	28 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	29 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	30 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