



FARMINGTON
SQUARE

17950 SW 115th Ave
Tualatin, OR 97062

Stamp

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

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

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The Farmington Times

February 2021 Newsletter: Alpine



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Prioritize Your Heart Health With Daily Choices

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

Special Moments



Happy Birthday!



Ronnie Feb. 12
Cherie: Feb. 21
Mas: Feb. 21
George: Feb. 22
Bill: Feb. 28

Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!

February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

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| 01 Baked Alaska Day; Serpent Day | 15 Presidents' Day; Gumdrops Day |
| 02 Groundhog Day; Ukulele Day | 16 Fat Tuesday; Almond Day |
| 03 Carrot Cake Day | 17 Ash Wed.; Cabbage Day; Kind Act Day |
| 04 Homemade Soup Day | 18 Wine Day; Battery Day; Pluto Day |
| 05 Nutella Day; Gum Day | 19 Caregivers' Day; Chocolate Mint Day |
| 06 Frozen Yogurt Day; Chopsticks Day | 20 Cherry Pie Day; Muffin Day; Pet Day |
| 07 Superbowl LV; Send Cards Day | 21 Grain-Free Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day |
| 11 Inventors' Day; Peppermint Patty Day | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day | 26 Pistachio Day; Toast Day; Chili Day |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day |
| 14 Valentine's Day; Chocolate Truffle Day | 28 Floral Day; Chocolate Souffle 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.

Make a New Friend Day is on February 11

We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

"Just Say Hi to Everyone" - Rhoda

"I tripped over my best friend in school" - Anjee

"Pretend like you are lost" - Marg

"Tell someone they look nice" - Bill



Staff Spotlight:

Aime

This wife and mother of three has worked at FST as a Med Tech for 16 years. Few resident family members know her because she works the late night shift. At 3 am, you will find her hard at work while most of us are sound asleep. She loves making sure that her residents are safe and comfortable at night and said she feels like their guardian as she watches over them.

Thank you for your years of service on the Late Shift.



Resident Spotlight:

Sandy

Sandy is mother of two and has been married to her husband Dan for 39 years. She is a retired RN that worked in the pediatric department most of her career. Her love of nursing and her caring attitude shines bright every day. Her kindness and concern for all around her also shows in her daily life. She loves to look at the birds with our staff and she loves maple bars.

She is such a gentle lady and we love having her here.

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All activities subject to change per mandated health guidelines.	1 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	2 Groundhog’s Day 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	3 Feed the Birds Day 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	4 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	5 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	6 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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