

Stamp

14420 SW Farmington Rd. Beaverton, OR 97005

Administrative Team:

Adriene Lierheimer

Executive Director

Sophie McDuffy

Community Relations Director

Tiffany Milles (A)

Wellness Director

Niroj Ari (B)

Wellness Director

Maria Cotom-Pineda (C/D)

Wellness Director

TBA

Business Office Director

Joan Alfano

Registered Nurse

Erika Silva

Dietary Director

TBA

Maintenance Director

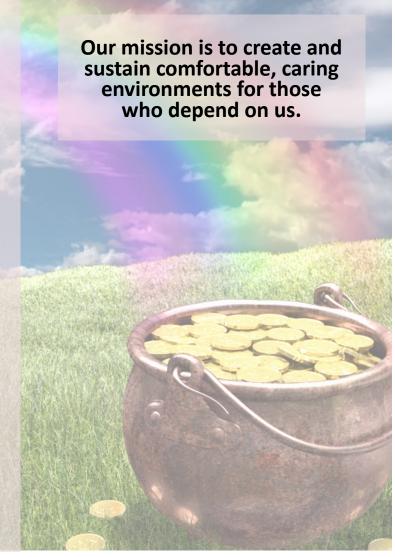
Robert Baty

Life Enrichment Director

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The Radiant Reader

March 2021

Farmington Square Transitions Newsletter



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The Better to See You With: Eye Health & Wellness Tips

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.



One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best— way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing



glasses and/or contacts

Wearing UV protective sunglasses outdoors

Vision Issues

People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.

A big thank you to Nurse Francine (from FS Tualatin) and our Nurse Joan for getting us vaccinated!



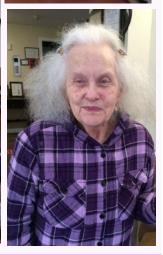






Special Moments





Happy Birthday!



Susan H. - 3/2

Mary K. - 3/13

Carol N. - 3/14

Veora M. - 3/15

Patricia H. - 3/17

Sidney B. - 3/24

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!

March 2021 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

01 Peanut Butter Day; Pig & Horse Day
02 Banana Cream Pie Day; Read Day

03 Mulled Wine Day; World Wildlife Day

04 Marching Music Day; Sons' Day

05 Staff Appreciation Day

06 Dentists' Day; Oreo Day; Dress Day

07 Cereal Day; Flapjack Day

08 Intl. Women's Day; Peanut Cluster Day

09 Barbie Day; Meatball Day

10 Registered Dietician Nutritionists' Day

11 Johnny Appleseed Day

12 Girl Scouts Day; Plant a Flower Day

13 Coconut Torte Day; K9 Veterans Day

14 Daylight Savings Starts; Chips Day

15 Pears Helene Day; Kansas Day

16 Artichoke Hearts Day; Panda Day

17 St. Patrick's Day

18 Lacy Cookie Day; Sloppy Joe Day

19 Certified Nurses Day; March Equinox

20 Ravioli Day; Corn Dog Day; Quilting Day

21 French Bread Day; World Puppetry Day

22 Bavarian Crepes Day; Be Silly Day

23 Puppy Day; Tamale Day; 3-D Day

24 Cheesesteak Day; Chocolate Raisins Day

25 Medal of Honor Day; Swedish Waffle Day

26 Spinach Day; Wear Purple (Epilepsy) Day

27 Spanish Paella Day; World Theatre Day

28 Black Forest Cake Day; Food on Stick Day

29 Vietnam War Vets Day;

Piano Day

30 Doctors Day; Park Day;

Virtual Vacay Day

Saturday night, March 13, set your clocks forward one hour!

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.

March 5th is Learn What Your Name Means Day!

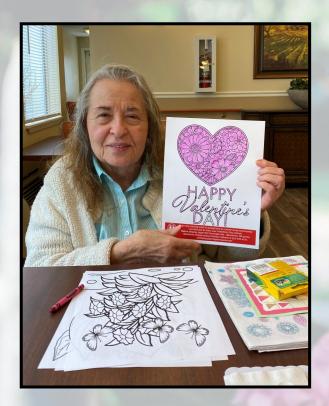
Staff and residents looked up meanings and origin of their first names! These are a few!

Sidney - "French: From the city of Saint-Denis"

Patricia - "English: Noble"

Susan - "Hebrew: Lily"

Jeanne - "Scottish: God is gracious"





Caught in Action!





MARC	H 2021	Building A		Farmington Square 14420 SW Farmington Rd.		Beaverton, OR. 97005 503-626-2273	
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
	9:45 Water coloring	10:00 Exercise	9:45 Painting	9:45 Library Outing	10:00 Exercise	10:00 Exercise	
	10:15 Snack	10:30 Snack & News	9:45 Fred Meyer	10:30 Snack	10:30 Snack & News	10:30 Snack & News	
	10:30 Music Therapy	11:00 Wacky Word Games	10:30 Snack & News	11:00 Exercise	11:00 Wacky Word Games	11:00 Wacky Word Games/ Craft	
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	1:30 Sing Along/Snack	2:15 Sing Along/Snack	11:30 Exercise	1:30 Bean Bag Toss	2:00 Snack	2:30 Bingo/ Snack	
	3:00 Bingo	3:00 Bingo	1:30 Sing Along /Trivia	2:30 Reminisce/ Snack	2:15 Sing Along	3:30 Balloon Bounce	
	6:00 Evening Movie	6:00 Puzzles	2:45 Happy Hour / Bingo	3:00 Bingo	3:00 Bingo	6:00 Movie Night	
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:30 Movie Matinee	3:00 Bingo	3:00 Bingo	1:30 Sing Along /Trivia	1:45 Snack	2:15 Sing Along	3:30 Mini Golf	
:00 Balloon Bounce	6:00 Evening Movie	6:00 Puzzles	2:45 Ice Cream Social / Bingo	4:00 Painting	3:00 Bingo	6:00 Movie Night	
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:00 Balloon Bounce	6:00 Evening Movie	3:45 Pet Therapy	2:45 Ice Cream Social / Bingo	4:00 Painting	3:00 Bingo	6:00 Movie Night	
		6:00 Puzzles	6:00 Puzzles	6:00 Balloon Bounce	6:00 Puzzles		
B Palm Sunday	29	30	31				
:30 Coffee/ News	9:45 Scenic Drive	10:00 Exercise	9:45 Painting		Activity schedule		
:00 Puzzles	10:30 Snack	10:30 Snack & News	9:45 Fred Meyer				
:30 Snack	11:00 Wacky Word Games	11:00 Wacky Word Games	10:30 Snack & News	subject to canc	ellation per current mand	ated nealth guidelines.	
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			6:00 Puzzles				

MARCH	1 2021	Building B		Farmington Square 14420 SW Farmington Rd.		Beaverton, OR. 97005 503-626-2273	
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	1:30 Exercise 1:30 Trivia/ Snack	11:00 Exercise and Sing Along 1:30 Table Games	10:30 Snack	11:00 Exercise 1:30 Craft	1:30 Trivia	11:00 Exercise	
	2:00 Craft	2:45 Snack	1:30 Seated Stretching 2:00 Reminisce/ Snack	2:45 Snack	2:30 Reminisce /Snack	1:30 Sing Along 2:45 Bingo with Snack	
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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Pretty Nails	10:00 Beauty Hour
	10:30 Sing Along / Snack	10:30 Memory Bio/Snack	10:30 Balloon Bat/Snack	10:30 Memory Bio/Snack	10:30 Memory Bio/Snack	10:30 Sing Along/ Snack
	11:00 <i>Trivia</i>	11:00 Sing Along	11:00 Sing Along	11:00 Exercise	11:00 What Did It Cost	11:00 Balloon Toss
	11:30 Exercise	11:30 Seated Stretching	11:30 Travel Tours	11:30 Name That Tune	11:30 Exercise	11:30 <i>Trivia</i>
	1:30 Travel	1:30 <i>Bingo</i>	1:30 <i>Bingo</i>	1:30 <i>Bingo</i>	1:30 Puzzle/Cards/Folding	1:30 Puzzle/Cards/Folding
	2:00 Reminisce/ Snack	2:00 Old Commercials/Snack	2:00 Reminisce/ Snack	2:00 Trivia/ Snack	2:00 Old Commercials/Snack	2:00 Reminisce/ Snack
	3:00 <i>Bingo</i>	3:00 Travel	3:00 Balloon Bat	3:00 Sing Along	3:00 <i>Bingo</i>	3:00 <i>Bingo</i>
	6:00 <i>Movie</i>	6:00 Nature Relax	6:00 National Parks	6:00 Nature Relax	6:00 Nature Relax	6:00 National Parks
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0:00 Beauty Hour	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Pretty Nails	10:00 Beauty Hour
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1:00 Conductor Exercise	11:00 <i>Trivia</i>	11:00 Sing Along	11:00 Sing Along	11:00 Exercise	11:00 What Did It Cost	11:00 Balloon Toss
1:30 Good News Network	11:30 Exercise	11:30 Seated Stretching	11:30 Travel Tours	11:30 Name That Tune	11:30 Exercise	11:30 <i>Trivia</i>
1:30 Bible Study	1:30 Travel	1:30 <i>Bingo</i>	1:30 <i>Bingo</i>	1:30 <i>Bingo</i>	1:30 Puzzle/Cards/Folding	1:30 Puzzle/Cards/Folding
2:00 Balloon Bounce	2:00 Reminisce/ Snack	2:00 Old Commercials/Snack	2:00 Reminisce/ Snack	2:00 Trivia/ Snack	2:00 Old Commercials/Snack	2:00 Reminisce/ Snack
3:00 Bingo/ Snack	3:00 <i>Bingo</i>	3:00 Travel	3:00 Balloon Bat	3:00 Sing Along	3:00 <i>Bingo</i>	3:00 <i>Bingo</i>
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