



FARMINGTON
SQUARE

14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp

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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

Connect:

503-626-2273

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



The Radiant Reader

March 2021

Farmington Square Transitions Newsletter



2 Eye Health and Wellness Tips
3 Caught in Action
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
7 Special Moments & Birthdays
8 Mission & Team

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.

Be Seen

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.



Special Moments

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



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 | 17 St. Patrick’s Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Mulled Wine Day; World Wildlife Day | 19 Certified Nurses Day; March Equinox |
| 04 Marching Music Day; Sons’ Day | 20 Ravioli Day; Corn Dog Day; Quilting Day |
| 05 Staff Appreciation Day | 21 French Bread Day; World Puppetry Day |
| 06 Dentists’ Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; Be Silly Day |
| 07 Cereal Day; Flapjack Day | 23 Puppy Day; Tamale Day; 3-D Day |
| 08 Intl. Women’s Day; Peanut Cluster Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Medal of Honor Day; Swedish Waffle Day |
| 10 Registered Dietician Nutritionists’ Day | 26 Spinach Day; Wear Purple (Epilepsy) Day |
| 11 Johnny Appleseed Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam War Vets Day; |
| 14 Daylight Savings Starts; Chips Day | Piano Day |
| 15 Pears Helene Day; Kansas Day | 30 Doctors Day; Park Day; |
| 16 Artichoke Hearts Day; Panda 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!

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| 7 9:30 Snack 9:45 Watercolors 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video | 8 9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia/ Snack</i> 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie | 9 9:45 Watercolors 10:30 Snack 11:00 <i>Exercise and Sing Along</i> 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles | 10 9:45 Painting 9:45 Fred Meyer 10:30 Snack 1:30 <i>Seated Stretching</i> 2:00 <i>Triva/ Snack</i> 2:45 Ice Cream Social / Bingo 6:00 Puzzles | 11 9:45 Watercolors & Snack 10:45 <i>Exercise and Sing Along</i> 1:00 <i>Movie Matinee</i> 1:15 Elsie Stuhr 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie | 12 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Trivia 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 Puzzles | 13 10:00 <i>Watercolors & Snack</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 <i>Sing Along</i> 2:45 Bingo with Snack 4:00 Poem of The Day 6:00 Evening Movie |
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