



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

503-692-1748

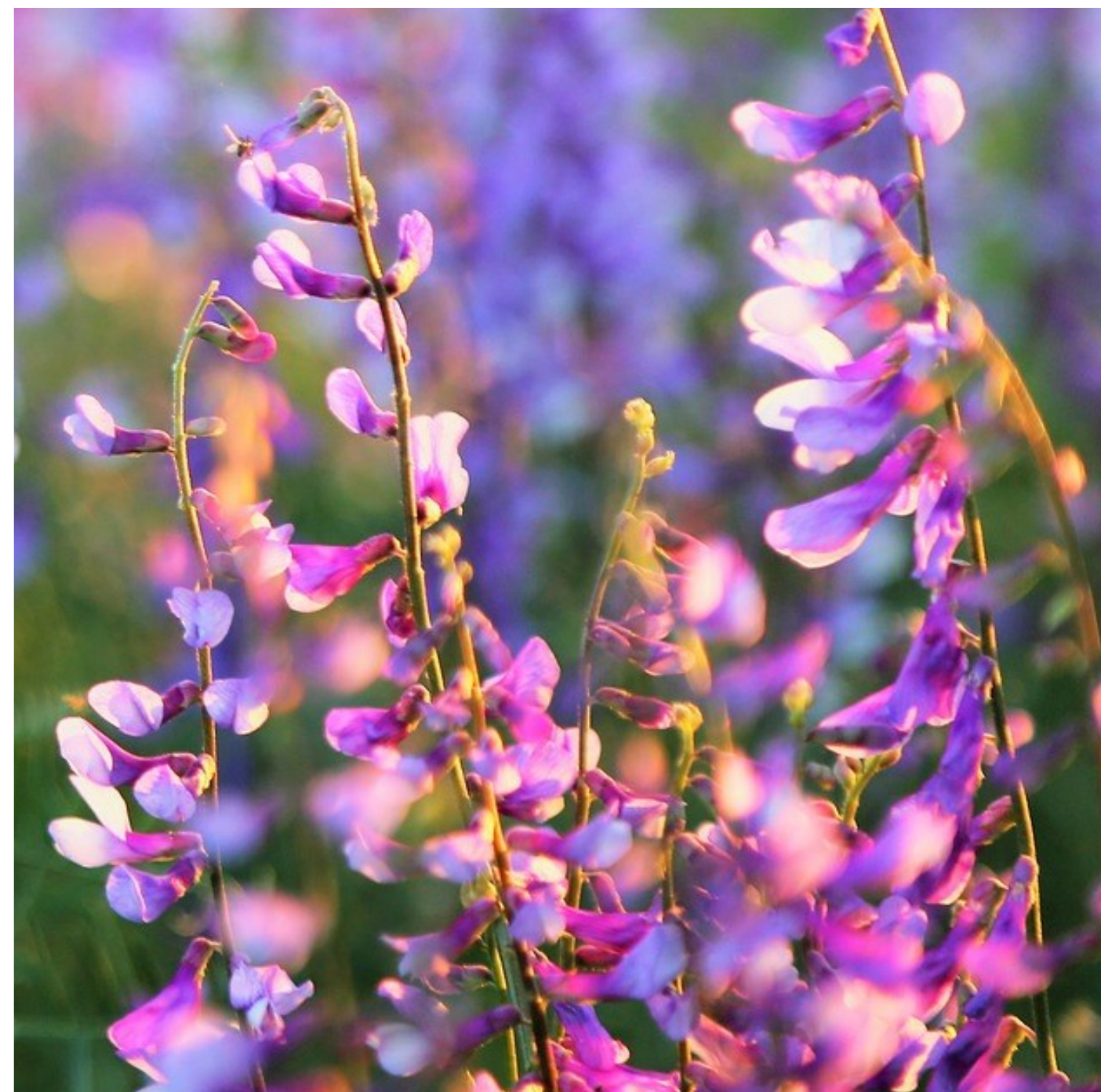
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Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.

The Farmington Times

March 2021 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.



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



Gordon: March 20
Marie: March 23
Arnie: March 27
Linda: March 30

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!

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|--------------------------------------------|---------------------------------------------|
| 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!

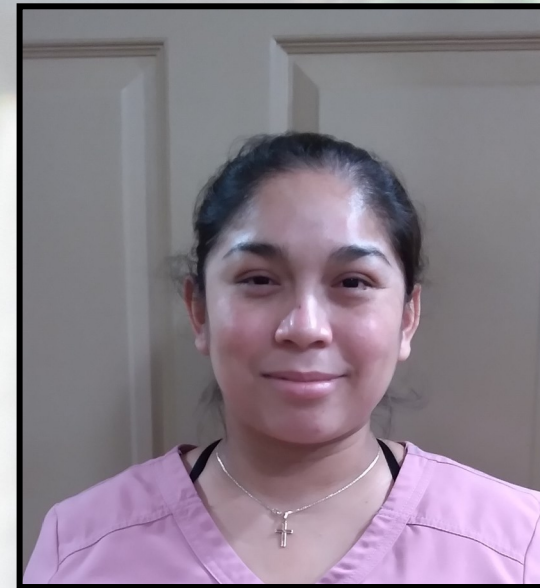


Regarding Covid-19: Resident and staff safety and comfort remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All activities are subject to 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 of their first names! These are a few!

- **"My name means Rose" - Rhoda**
- **"means beautiful" - Linda**
- **"Humble" - Paul**
- **"means farmer or worker" - George**
- **"Anjee means like an angel, angelic messenger"**
- **"Tawnya means able, or a green field."**



Staff Spotlight:
Lizbeth

Lizbeth is a mother of two boys, ages 7 and 8 years old. She, her husband, and sons moved to Oregon 7 years ago and love it here. She has worked at Farmington Square for just a few months, and she is most definitely part of our family team now. Her kindness and quiet encouragement toward the residents is part of what makes her a great caregiver. She says that she loves making residents feel safe and loved, and likes that we are a big family here at FST. Thank you for being on our team, Lizbeth!



Resident Spotlight:
Paul

This family man and his lovely wife have been traveling the world together for many years. After joining the Army special forces, Paul became a teacher and taught communications in Germany for many years. He has two grown sons and five grandchildren. He loves to talk about all of them. He also likes talking about his travels and some of the beautiful things he has seen in his lifetime. He has a great sense of humor and loves a good joke or riddle.

We're so glad to have you here at Farmington Square, Paul!

MARCH 2021

Farmington Square Tualatin



Alpine



17950 SW 115th Ave., Tualatin, OR 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>
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7 Cereal Day 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	8 Intl. Womens’ Day 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	9 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	10 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	11 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	12 Girl Scouts’ Day 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	13 K9 Veterans Day 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
14 Start Daylight Saving Time 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	15 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L 7:00 Movie IN2L	16 Artichoke Hearts Day 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	17 St. Patrick’s Day! 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 RESIDNET COUNCIL SPEACHES 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show 7:00 Movie IN2L	18 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 RESIDENT COUNCIL ELECTIONS 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L 7:00 Movie IN2L	19 Let’s Laugh Day 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	20 Spring is Here! 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
21 French Bread Day 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	22 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L 7:00 Movie IN2L	23 Puppy Day 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	24 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show 7:00 Movie IN2L	25 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	26 Spinach Day 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	27 Passover at Sundown 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
28 Palm Sunday 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	29 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L 7:00 Movie IN2L	30 Doctors’ Day 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	31 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			