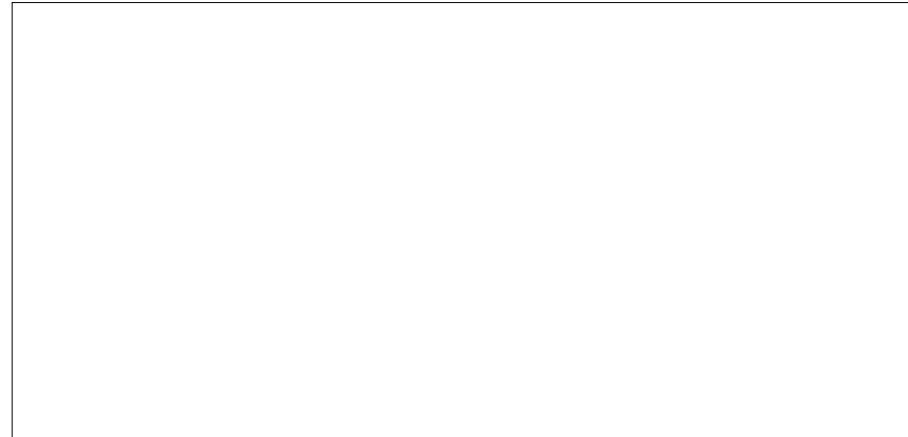




FARMINGTON
SQUARE

17950 SW 115th Ave
Tualatin, OR 97062

Stamp



Administrative Team:

Executive Director: Tawnya Theodore
Community Relations Director: 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 Director: Samantha Olivar-Silva
Life Enrichment Director: Anjee Thompson

Connect:

503-692-1748
info-tualatin@farmingtonsquare.com
www.farmingtonsquare-tualatin.com

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



The Farmington Times

April 2021 Newsletter



2 Gardening Benefits
3 Team & Resident Spotlight
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Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home

or in the community influences the big picture.

- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

Special Moments



Happy Birthday!



- Joan: April 9**
- Linda: April 9**
- Ella: April 11**
- Reba: April 14**
- Gary: April 26**

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.

April 2021 Highlights

April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!

- | | |
|--|--|
| 01 April Fools Day; Sourdough Day | 17 Crawfish Day; Ellis Island History Day |
| 02 Peanut Butter and Jelly Day; Ferret Day | 18 Animal Cracker Day; Intl. Day for Monuments and Sights |
| 03 Film Score Day; Handmade Day | 19 Amaretto Day; Garlic Day |
| 04 Easter; School Librarian Day | 20 Twin Day; Pineapple Upside Down Day |
| 05 Caramel Day; Deep Dish Pizza Day | 21 Administrative Professionals' Day; British National Tea Day |
| 06 Caramel Popcorn Day; Librarians Day | 22 Earth Day; Jelly Bean Day |
| 07 Coffeecake Day; Beer Day | 23 Arbor Day; Picnic Day |
| 08 Zoo Lovers Day; Empanada Day | 24 Pigs in Blankets Day; Sense of Smell Day |
| 09 Unicorn Day; Antique Love Day | 25 Thank Plumbers Day; Zucchini Bread Day |
| 10 Hug Dog Day; Farm Animals Day | 26 Audubon Day; Pretzel Day |
| 11 Quartet Day; Fondue Day; Pet Day | 27 Babe Ruth Day; Prime Rib Day |
| 12 Ramadan Begins; Grilled Cheese Day | 28 Blueberry Pie Day; Superhero Day |
| 13 Scrabble Day; Peach Cobbler Day | 29 Shrimp Scampi Day; Intl. Dance Day |
| 14 Dolphin Day; Gardening Day; Pecan Day | 30 Hairstylist Appreciation Day; Oatmeal Cookie Day |
| 15 World Art Day; Banana Day; Guess Day | |
| 16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

April 8th is Zoo Lover's Day.

Staff and residents shared their favorite animals!

- "Giraffe" - Jane
- "Orangutan" - Bill
- "Polar Bear" - Josephine
- "Baby Rhino" - Tawnya
- "Koala" - Heather
- "Duck" - Marie
- "Tiger" - Bob
- "Elephant" - Franciene



Staff Spotlight:
Nollen

Nollen is a Med Tech at Farmington Square, on second shift. He spent most of his childhood in Ireland helping on his grandfather's farm and going to school. After school, he traveled a bit and then came back to the US and worked his way from New York across the country back to Oregon.

He said ne enjoys the chance to motivate, encourage, and change lives while caring for our residents.

We are happy to have you on our team, Nollen!



Resident Spotlight:
Marilyn

Marilyn was born in Saskatchewan Canada, and grew up on her parents' farm. She went to the University of Saskatchewan to become a teacher. She has been a teacher in both Canada and the US and has loved helping children learn.

She has two daughters and they have all been involved with the Scottish Highland Games here in Oregon. She loves to listen to music!

We are so excited to have Marilyn as part of our Farmington family!

APRIL 2021

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<p>25</p> <p>8:00 Breakfast</p> <p>9:30 Exercise IN2L</p> <p>10:00 Brain Game IN2L</p> <p>11:00 Walking Group</p> <p>12:00 Lunch</p> <p>1:00 Bible Study IN2L</p> <p>2:00 Games</p> <p>3:00 Puzzle Time</p> <p>4:00 Trivia IN2L</p> <p>5:00 Dinner</p> <p>6:00 Comedy TV</p>	<p>26</p> <p>8:00 Breakfast</p> <p>9:30 Exercise IN2L</p> <p>10:00 Trivia IN2L</p> <p>11:00 Word Games IN2L</p> <p>12:00 Lunch</p> <p>1:00 Word Search</p> <p>2:00 Brain Games</p> <p>3:00 Walking Club</p> <p>4:00 Trivia IN2L</p> <p>5:00 Dinner</p> <p>6:00 History Show</p>	<p>27</p> <p>8:00 Breakfast</p> <p>9:30 Exercise IN2L</p> <p>10:00 Today In History</p> <p>11:00 Bible Study</p> <p>12:00 Lunch</p> <p>1:00 Trivia IN2L</p> <p>2:00 Bingo</p> <p>3:00 Coloring</p> <p>4:00 Puzzle Time</p> <p>5:00 Dinner</p> <p>6:00 Comedy TV</p>	<p>28</p> <p>8:00 Breakfast</p> <p>9:30 Exercise IN2L</p> <p>10:00 Read Aloud</p> <p>11:00 Hang man</p> <p>12:00 Lunch</p> <p>1:00 Jokes and Poems</p> <p>2:00 Card Game</p> <p>3:00 Write a Poem</p> <p>4:00 Game Show</p> <p>5:00 Dinner</p> <p>6:00 Classic TV</p>	<p>29</p> <p>8:00 Breakfast</p> <p>9:30 Exercise IN2L</p> <p>10:00 Walking Group</p> <p>11:00 Puzzle Time</p> <p>12:00 Lunch</p> <p>1:00 Word Game</p> <p>2:00 Art Project</p> <p>3:00 Travel Show IN2L</p> <p>4:00 Ball Toss</p> <p>5:00 Dinner</p> <p>6:00 Drama TV</p>	<p>30</p> <p>8:00 Breakfast</p> <p>9:30 Exercise IN2L</p> <p>10:00 Bible Study</p> <p>11:00 Sing Along</p> <p>12:00 Lunch</p> <p>1:00 Trivia IN2L</p> <p>2:00 Card Games</p> <p>3:00 Read Aloud</p> <p>4:00 Travel Show IN2L</p> <p>5:00 Dinner</p> <p>6:00 Comedy TV</p>	<p>Happy Birthday</p> <p>Joan: April 9</p> <p>Linda: April 9</p> <p>Ella: April 11</p> <p>Reba: April 14</p> <p>Gary: April 26</p>

APRIL 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>  <p>Happy Earth Day!</p>				<p>1 April Fool's Day 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</p>	<p>2 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</p>	<p>3 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</p>
	<p>4 Easter 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</p>	<p>5 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</p>	<p>6 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L</p>	<p>7 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</p>	<p>8 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</p>	<p>9 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</p>
<p>11 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</p>	<p>12 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</p>	<p>13 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L</p>	<p>14 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</p>	<p>15 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 RESIDENT COUNCIL 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L</p>	<p>16 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</p>	<p>17 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</p>
<p>18 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</p>	<p>19 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</p>	<p>20 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L</p>	<p>21 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</p>	<p>22 Earth Day 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</p>	<p>23 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</p>	<p>24 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</p>
<p>25 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</p>	<p>26 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</p>	<p>27 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L</p>	<p>28 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</p>	<p>29 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</p>	<p>30 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</p>	<p>Happy Birthday Joan: April 9 Linda: April 9 Ella: April 11 Reba: April 14 Gary: April 26</p>