



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

The Farmington Times

May 2021 Newsletter



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Hands On Arthritis Facts and Care Tips

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

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one’s ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



American Adults Diagnosed: 54 million+
Americans Likely to Have Arthritis: 91 million
Types of Arthritis That Exist: Over 100
Working Adults With Arthritis: 60%

Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you’ve found this helpful or received relief from these tips!

Special Moments



Happy Birthday!



Patti: May 2
John: May 6
Sharon: May 13
Jonette: May 19
Marilynn: May 20
Dennis: May 27

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstones for May are emerald and pearl. The birth flower for May is lily of the valley. A UK study showed that May is the luckiest month in which to be born!

May 2021 Highlights

May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 Mother's Day; Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Lost Sock Memorial Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking 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.

May 6th is Beverage Day!

Our residents and staff shared their favorite drinks!

"Coffee" - Bill

"Hot Chocolate" - Ella

"Fresca" - Bonnie

"Fruit Punch" - Bob

"Scotch" - John

"COLD Water" - Merrell

"Coffee" - Sharon

"Chocolate Milk" - Patti



Staff Spotlight:
Modesta

Modesta or Modi as the residents call her, has been working here for 19 plus years and all the residents know and love her. She always has a smile on her face and makes sure that each resident feels like they are her favorite. When she is not at work, she loves to spend time with her family and cook for special family occasions.

We love having her here at FST and know that she takes great pride in her work and cares that her job is done well!



Resident Spotlight:
Josephine

Josephine was born in Montana and spent much of her early years on a farm. She married a military man and has traveled to many places with him. She loves to watch travel shows and reminisce on the places she has lived and traveled. She loves to watch John Wayne movies and Skype with her children, grand children and great grand children. She also loves to do word search puzzles and walk in the courtyard.

We love having her here!

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• Alpine •

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<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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• Beechwood •

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2 (1st in last box) 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	3 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	4 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	5 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	6 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 <i>Video IN2L</i>	7 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	8 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 Kittens Video 5:00 Dinner 6:00 Music IN2L
9 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	10 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	11 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	12 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	13 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 <i>Video IN2L</i>	14 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	15 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 Zoo Tour Video 5:00 Dinner 6:00 Music IN2L
16 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	17 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	18 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	19 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	20 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	21 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	22 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 Fam Animal Video 5:00 Dinner 6:00 Music IN2L
23 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	24 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	25 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	26 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	27 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	28 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	29 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 Jungle Animal Video 5:00 Dinner 6:00 Music IN2L
30 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	31 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	All activities subject to change per mandated health guidelines.		Happy Birthday Patti: May 2 John: May 6 Sharon: May 13 Jonette: May 19 Marilyn: May 20 Dennis: May 27		1st 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 Funny Animal Video 5:00 Dinner 6:00 Music IN2L