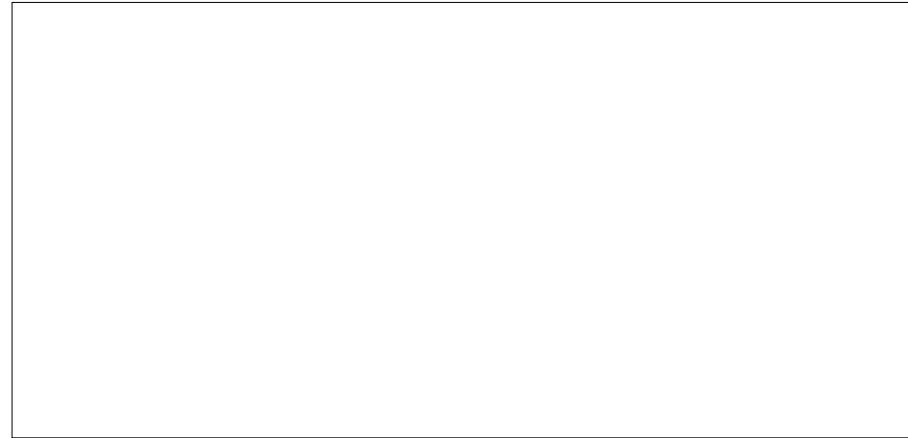




FARMINGTON  
SQUARE

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:** Mara Campos Chan  
**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**  
**Facebook.com/farmingtonsquaretualatin**

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



# The Farmington Times

June 2021 Newsletter



**2 Alzheimer's Awareness Month**  
**3 Team & Resident Spotlight**  
**4 - 5 Activities Calendar**

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# Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

## Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight— by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Aug. 21**. Set up a Tribute or Memorial Page with fundraising support options at [act.alz.org](http://act.alz.org)
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: [trialmatch.alz.org](http://trialmatch.alz.org)
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at [alz.org/get-involved-now/advocate](http://alz.org/get-involved-now/advocate)
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit [alz.careasy.org/home](http://alz.careasy.org/home)
- Be a Volunteer:
  - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
  - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



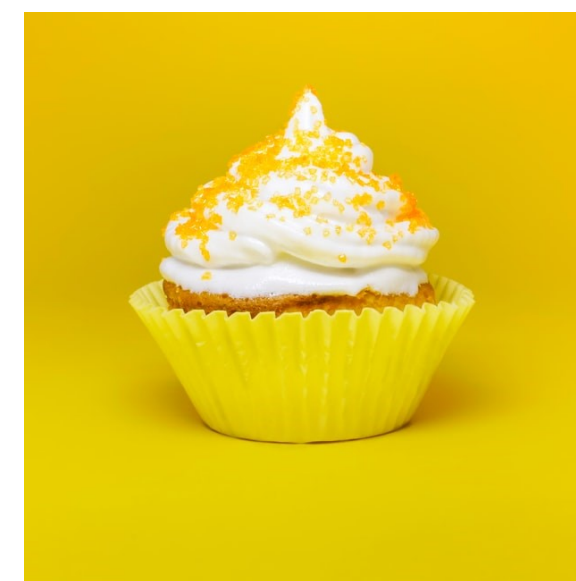
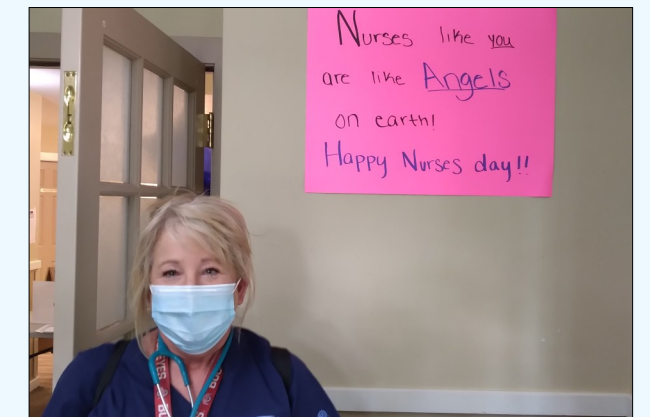
⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: [volunteer.alz.org/Volunteeropportunities/becoming](http://volunteer.alz.org/Volunteeropportunities/becoming)

## Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

## Special Moments



Happy Birthday!

**Josephine: June 1**  
**Shirley: June 9**  
**Toddy: June 13**

Those born in June are Gemini (May 21–June 20) and Cancer (June 21–July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!



# June 2021 Highlights

**June observes Men’s Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!**

- |                                             |                                             |
|---------------------------------------------|---------------------------------------------|
| 01 Olive Day; Nail Polish Day; Pen Pal Day  | 16 Fudge Day                                |
| 02 Rocky Road Day; Rotisserie Chicken Day   | 17 Mascot Day; Apple Strudel Day            |
| 03 Egg Day; Chocolate Macaroons Day         | 18 Go Fishing Day; Picnic Day; Tapas Day    |
| 04 Cheese Day; Donut Day; Fish & Chips Day  | 19 Juneteenth; Garfield Day; Wear Blue Day  |
| 05 Veggie Burger Day; Environment Day       | 20 Father’s Day; Seashell Day; It’s Summer! |
| 06 D-Day; Glasses Day; Sweden Day           | 21 Peach N’ Cream Day; Selfie Day; Yoga Day |
| 07 Oklahoma Day; Chocolate Ice Cream Day    | 22 Chocolate Éclair Day; Onion Rings Day    |
| 08 Best Friends Day; Positive Thinking Day  | 23 Hydrate Day; Pecan Sandy Day; Pink Day   |
| 09 Donald Duck Day; Strawb. Rhubarb Pie Day | 24 Praline Day; Red, White, Blue Pops Day   |
| 10 Egg Roll Day; Iced Tea Day               | 25 Catfish Day; Strawberry Parfait Day      |
| 11 Corn Cob Day; German Choc. Cake Day      | 26 Coconut Day; Beautician’s Day            |
| 12 PB Cookie Day; Red Rose Day; Falafel Day | 27 Ice Cream Cake Day; Sunglasses Day       |
| 13 Weed the Garden Day; Sew Machine Day     | 28 Alaska Day                               |
| 14 Flag Day; Strawberry Shortcake Day       | 29 Camera Day; Waffle Iron Day              |
| 15 Photography Day; Smile Power Day         | 30 Parchment Day; Meteor Watch 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.

**June 20 marks the Start of Summer!**

**Our residents and staff shared their favorite things about summer!**

“Fresh tomatoes” - Sharon

“Sunshine” - Linda

“Watermelon” - Ella

“Gardening” - Anjee

“Flowers” - Bonnie

“BBQ’s” - Joel

“Picnics” - Art

“The sun” - Bob



## Staff Spotlight: Amelia

This staff member has been a Caregiver for many years. She has five children and seven grandchildren and caring for them has been her life-long passion. Cooking is her favorite thing to do when she is not at work and she hope to someday open her own restaurant and share her love of great food with others. Caring for her residents makes her happy and making sure that they look nice and feel good about themselves is very important to her.

**Thank you for your hard work!**



## Resident Spotlight: Rhoda

Rhoda is filled with never-ending sparks of joy. She is a jokester and has the best sense of humor.

She loves to talk about her family, her country, and her love of nature. Anything that is Red, White and Blue is her favorite and the 4th of July is her favorite holiday. She loves to sing patriotic songs and sing along is her favorite activity.

**We love having this shining example of Love and Energy here at FST!**



# JUNE 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>		<p><b>1</b></p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of School Days 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 5:00 Dinner 6:00 Comedy TV</p>	<p><b>2</b></p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 One on One 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV</p>	<p><b>3</b></p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV</p>	<p><b>4 National Doughnut Day</b></p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Read Aloud 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV</p>	<p><b>5</b></p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Balloon Toss 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show</p>
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# JUNE 2021

Farmington Square Tualatin •

Beechwood •

17950 SW 115th Ave., Tualatin, OR 97062 •

(503) 692-1748

SUN	MON	TUE	WED	THU	FRI	SAT
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# JUNE 2021

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Ponderosa •

17950 SW 115th Ave., Tualatin, OR 97062 •

(503) 692-1748

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>		<p><b>1</b></p> <p>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><b>2</b></p> <p>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><b>3</b></p> <p>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 Corn Hole 5:00 Dinner 6:00 History Video IN2L</p>	<p><b>4 National Doughnut Day</b></p> <p>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><b>5</b></p> <p>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</p>
	<p><b>6</b></p> <p>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><b>7</b></p> <p>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><b>8</b></p> <p>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><b>9</b></p> <p>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><b>10 National Iced Tea Day</b></p> <p>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 Corn Hole 5:00 Dinner 6:00 History Video IN2L</p>	<p><b>11</b></p> <p>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><b>13</b></p> <p>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><b>14 Flag Day</b></p> <p>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><b>15</b></p> <p>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><b>16</b></p> <p>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><b>17</b></p> <p>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 Corn Hole 5:00 Dinner 6:00 History Video IN2L</p>	<p><b>18 National Wear Blue Day</b></p> <p>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><b>19</b></p> <p>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</p>
<p><b>20 Father's Day</b></p> <p>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><b>21</b></p> <p>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><b>22 Chocolate Éclair Day</b></p> <p>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><b>23</b></p> <p>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><b>24</b></p> <p>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 Corn Hole 5:00 Dinner 6:00 History Video IN2L</p>	<p><b>25</b></p> <p>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><b>26</b></p> <p>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</p>
<p><b>27</b></p> <p>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><b>28</b></p> <p>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><b>29</b></p> <p>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><b>30</b></p> <p>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><b>Happy Birthday</b></p> <p><b>Josephine: June 1</b></p> <p><b>Shirley: June 9</b></p> <p><b>Toddy: June 13</b></p>