



14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp

Administrative Team:

Eric Printz
Executive Director
Sophie McDuffey
Community Relations Director
Tiffany Milles (A)
Wellness Director
Niroj Ari (B)
Wellness Director
Maria Cotom-Pineda (C/D)
Wellness Director
Angela Gilmore
Business Office Director
Joan Alfano
Registered Nurse
Erika Silva
Dietary Director
Jimi Smith
Maintenance Director
Robert Baty
Life Enrichment Director

Connect:

503-626-2273

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www.farmingtonsquare-beaverton.com

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

The Radiant Reader

July 2021

Farmington Square Newsletter



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Fun in the Sun: Hot Weather Safety Tips

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

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

Stay hydrated. Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

Use sunscreen. Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

Cover up. When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

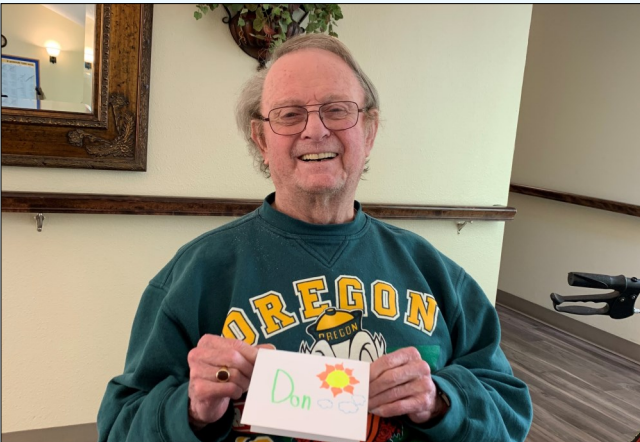
Try to avoid the sun during peak hours. Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

Pay attention to the heat index and UV index. The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at www.epa.gov/sunsafety/uv-index-1

Medications and sun don't always mix. Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

Have a great, safe summer! We hope these suggestions are helpful to you in your preparation for summer fun this year!

Special Moments



- Larry S. - 7/3
- Mary F. - 7/14
- Don M. - 7/19
- Marge B. - 7/24
- Robin M. - 7/25
- Dick D. - 7/26

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.

July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

01 Stamp Day; Creative Ice Cream Day	17 Peach Ice Cream Day; Emoji Day
02 Anisette Day; World UFO Day	18 Sour Candy Day; Ice Cream Day
03 Chocolate Wafer Day; Eat Beans Day;	19 Daiquiri Day
04 Independence Day; Scarecrow Build Day	20 Fortune Cookie Day; Penn. Day; Chess Day
05 Apple Turnover Day; Graham Cracker Day	21 Be Someone Day; Junk Food Day
06 Fried Chicken Day; Sushi Hand Rolls Day	22 Penuche Fudge Day; Hot Dog Day
07 Macaroni Day; Strawberry Sundae Day	23 Vanilla Ice Cream Day; Lovely Grandma Day
08 Almond Chocolate Day; Blueberry Day	24 A. Earhart Day; DriveThru Day; Cowboy Day
09 Sugar Cookie Day	25 Culinarians' Day; Parents' Day
10 Collector Car Day; Pina Colada Day	26 Bagelfest Day; Coffee Milkshake Day
11 Blueberry Muffin Day; Amer. Pet Pic Day	27 Creme Brulee Day; New Jersey Day
12 Pecan Pie Day; Jello Day	28 Milk Chocolate Day; Waterpark Day
13 Beans N' Franks Day; French Fries Day	29 Intern Day; Eat Chicken Wings Day
14 Mac and Cheese Day; Tape Measure Day	30 Cheesecake Day; Chili Dog Day
15 Give Something Away Day; Tapioca Day	31 Mutt Day; Avocado Day
16 Corn Fritter Day; Personal Chefs' 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.

July 1st is Creative Ice Cream Day

Our residents and staff shared creative, unique combinations they came up with!

"Coconut sorbet" - Jimi

"Pickles dipped in a chocolate frosty" - Tiffany

"Chocolate chips with maraschino cherries in chocolate or vanilla ice cream" - Eric

"Pistachio and mandarin oranges in vanilla ice cream" - Susan

"Vanilla ice cream with famous Dave's devil hot pickles" - Olya

Welcome to our new Executive Director

Eric Printz

We would like to welcome our new Executive Director Eric Printz!

Eric recently accepted the role of Executive Director, moving from his prior position as Administrator in Training at Emerald Gardens Assisted and Memory Care and as Community Relations Director at Farmington Square Gresham.

He comes to the role with 25 years of Hospitality and Health Care experience, and has an extensive history of successfully leading people, projects, and events. He loves our seniors and is enjoying getting to know each of them here at our community. In his free time, he enjoys playing the piano and spending time with his wife Elaine.

Eric's passion is creating and maintaining a culture where his team can thrive in their care for the seniors that we serve at Farmington Square Beaverton.



JULY 2021 Building A

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4 Independence Day	5	6	7	8	9	10
9:30 Snack 9:45 Watercolors 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Fire Work Display	9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Trivia/ Snack 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Name That Tune 1:30 Gentle Chair Yoga 2:00 Gardening 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie	9:45 Painting 9:45 Fred Meyer 10:30 Snack 1:30 Seated Stretching 2:00 Trivia/ Snack 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	9:45 <i>Watercolors & Snack</i> 10:45 Exercise and Sing Along 1:00 Movie Matinee 1:15 Elsie Stuhr 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	10:00 Table Games 10:30 Coffee & News 11:00 Craft 1:30 Exercise 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Name That Tune 1:30 Gentle Chair Yoga 2:00 Gardening 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie
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