



14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp

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Sophie McDuffey
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Wellness Director
Niroj Ari (B)
Wellness Director
Maria Cotom-Pineda (C/D)
Wellness Director
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**Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.**

The Radiant Reader

August 2021

Farmington Square Newsletter



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Explore Paths to Improved Eye Wellness

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

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Older Adults:

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

Special Moments



Pat U. - 8/20

Lori L. - 8/25

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.

August 2021 Highlights

August is Eye Exam Month, Wellness Month, and Sun Safety Month. It celebrates peaches, paninis, golf, catfish, sandwiches, and goat cheese!



01 Mahjong Day; Sister Day; Colorado Day	
02 Coloring Day; Ice Cream Sandwich Day	
03 Watermelon Day; National Night Out Day	
04 Chocolate Chip Cookie Day	
05 Oyster Day; Work Like a Dog Day; IPA Day	
06 Root Beer Float Day; Water Balloon Day	19 Aviation Day; Potato Day; Hair Bow Day
07 Mustard Day; Disc Golf Day	20 Radio Day; Lemonade Day
08 Froyo Custard Day; Zucchini Day; Cat Day	21 Senior Day; Spumoni Day; Geocache Day
09 Book Lovers' Day; Rice Pudding Day	22 Pecan Torte Day; Be an Angel Day
10 S'mores Day; Connecticut Day	23 Sponge Cake Day; Cuban Sandwich Day
11 Son & Daughter Day; Kinetic Sand Day	24 Maryland Day; Waffle Day; Peach Pie Day
12 Vinyl Record Day; World Elephant Day	25 Banana Split Day
13 Intl. Left Handers' Day; Prosecco Day	26 Cherry Popsicle Day; Dog Day
14 Creamsicle Day; Bowling Day	27 Pots de Crème Custard Day; Just Cuz Day
15 Lemon Meringue Pie Day; Honey Bee Day	28 Bow Tie Day; Cherry Turnover Day
16 Tell a Joke Day; Airborne Day	29 Chop Suey Day; Lemon Juice Day
17 Black Cat Day; Thrift Shop Day	30 Toasted Marshmallow Day; Beach Day
18 Fajita Day; Ice Cream Pie Day	31 Trail Mix Day; Intl. Bacon 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.

August 9th is Book Lovers Day!

Our residents and staff shared their favorites!

"Anything Stephen King" - Larry

"Harry Potter series" - Laynee

"All History books" - Joanne

"Heidi" - Berthine

"Many Lives Many Masters" - Erika

"1984" - Carlos

"Desperation" - Tiffany



Staff Spotlight: Olya

Olya is an exemplary model for our staff spotlight. She is a key member of our community! Olya started as a caregiver and is now an Executive Administrative Assistant. Her care and devotion, with the willingness to go above and beyond, touches everyone in our community. From accommodating residents families to answering calls after hours for residents when they reach out, she truly radiates Farmington Square's values. She is cheerful and willing to assist with any task, using her creative artistic abilities and great sense of humor. These are only a few of the reasons that she is our employee of the month.

Thank you, Olya!

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