



2730 Bailey Lane
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Stamp



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Wellness Director: Barbara Schmidt

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

The Farmington Square Times

August 2021 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



Resident Birthdays:
Jeani : August 11th
Wanda: August 31st

Employee Birthdays:
Cindy: August 1st
Andrew : August 15th
Mia: August 15th

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

“East of Eden by John Steinbeck” - Jo-Anne

“Lake Wobegon Days by Garrison Keillor” - Mel

“The Invisible Man” - Johnetta

“The Cat in the Hat - Alex

“Little Women” - Mary

“The Bible” - Andrew

“Hatchet by Gary Paulsen” - Tristin



Staff Spotlight: Cindy

Cindy is the Community Relations Director and has worked here for 6 months now. She is from Phoenix, Arizona. She graduated from BYU in Utah. She previously worked for the Alzheimer's Association and the American Diabetes Association.

She loves to garden, watch TV (NCIS is her favorite show), she has an amazing collection of hippos, pizza (only from Papa's, nothing else will do), dogs (she has three Cavalier King Charles Spaniels: Ziva, Beatrice and Stella), crocheting and cleaning. Her favorite holiday is Christmas and her favorite seasons are fall and spring. Her favorite food is southwest Mexican food.

Fun Fact: Cindy was on national TV, she was introduced by Ed McMahon. She shared the stage with Jerry Lewis where she presented him with a check for his MDA Telethon and he did the famous “Hey! Lady!” when he saw her. She is described as funny, outgoing, compassionate, friendly and a people person.

Cindy, we are so ecstatic to have you on our team! Your presence brightens everyone's day!









Resident Spotlight: Steve

Steve is originally from Elwood, Indiana and grew up in a small country town called Logansport, Indiana. He moved to Eugene in 1969 with his lovely wife Linda. He renovated and owned multiple houses in Eugene in the 80's, he taught high school Spanish and governments at Thurston High School. He also taught Political Science at Indiana University and he was self-employed as a lease broker for heavy equipment at his company Evergreen Funding.

He enjoys being outdoors (anything in nature), exercising (balloon toss/kickball), all types of music (jazz, pop, show tunes), watching TV (news, dramas, 50s oldies, singing competitions, 60 minutes, and AFV), and laughing. He used to love to sing with Linda, he liked to run, hike, travel and fly (he's trained as a pilot). His favorite holiday is Thanksgiving and fall is his favorite season. **Fun Fact:** Steve has volunteered and been a part of many projects including the Eugene Parks Foundation Board, the Riverloop Project and even was Papa Duck (head of all the duck wranglers) in the Ducks Parade. He is described as very friendly, outgoing, quiet, has a great sense of humor, easy going, very pleasant, and funny with a great smile. Steve, you are always such a happy guy. Your smile always brightens every day!

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15 9:15 Exercise: Stretch & Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Dining Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Sing-a-long* 3:00 Outdoor Games 3:30 Card Games* 4:00 Dining Service Prep: Dinnertime 5:30 Shake Loose a Memory	16 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dining Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Floral Arranging 2:30 Creative Arts: Adult Coloring 3:30 Card Games* 4:00 Dining Service Prep: Dinnertime 5:30 Penny Ante	17 9:15 Exercise: Music & Movement* 10:30 Snacktivity: Beauty & Grooming 11:00 Dining Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Coffee & Conversing* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:00 Dining Service Prep: Dinnertime 5:30 Yahtzee Night	18 9:15 Exercise Fun: Tai Chi* 10:30 Snacktivity: Beauty & Grooming 11:00 Dining Service Prep: Lunchtime 12:30 Word Games* 2:00 Snacktivity: Travel on iN2L* 2:00 Creative Art: Watercolor Painting* 3:00 Outdoor Games 4:00 Dining Service Prep: Dinnertime 5:30 B-I-N-G-O* Night	19 9:15 Exercise Fun: Balloon Ball 10:30 Snacktivity: Beauty & Grooming 11:00 Dining Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Music & Art* 2:30 Exercise Fun: Walking Group 3:00 Sensory Games* 4:00 Dining Service Prep: Dinnertime 5:30 Board Game Night	20 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Church* 11:00 Dining Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Lemonade Day  2:30 Trivia Games* 3:00 Pretty Nails & Manicures 4:00 Dining Service Prep: Dinnertime 5:30 Movie Night & Popcorn*	21 9:15 Exercise: Music & Movement* 10:30 Snacktivity: Beauty & Grooming 11:00 Dining Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Virtual Vacation* 2:00 Creative Arts* 3:00 Outdoor Games 4:00 Dining Service Prep: Dinnertime 5:30 Card Game Night*
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29 9:15 Exercise Fun: Stretching & Balloon Ball 10:30 Snacktivity: Beauty & Grooming (All) 11:00 Dining Service Prep: Lunchtime 12:30 Yahtzee 2:00 Snacktivity: Sing-a-long* 3:00 Outdoor Games 3:30 Card Games* 4:00 Dining Service Prep: Dinnertime 5:30 Shake Loose a Memory	30 9:15 Exercise Fun: Sit and Be Fit* 10:30 Snacktivity: Beauty & Grooming 11:00 Dining Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Floral Arranging 2:30 Creative Arts: Adult Coloring 3:30 Card Games* 4:00 Dining Service Prep: Dinnertime 5:30 Penny Ante	31 9:15 Exercise Fun: Music & Movement* 10:30 Snacktivity: Beauty & Grooming 11:00 Dining Service Prep: Lunchtime 12:30 B-I-N-G-O* 2:00 Snacktivity: Coffee & Conversation* 2:30 Dominos 3:00 Pretty Nails & Manicures 4:00 Dining Service Prep: Dinnertime 5:30 Yahtzee Night	 		August Highlights Aug. 1st— National Colorado Day Aug. 6th— Performance by Wade & National Root Beer Float Day Aug. 10th— National S'mores Day Aug. 14th— Birthday Cupcakes Aug. 20th— National Lemonade Day Aug. 23rd— Basil on Piano Aug. 25th— Natl. Banana Split Day	All activities subject to change per mandated health guidelines.

AUGUST 2021

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SUN	MON	TUE	WED	THU	FRI	SAT
1 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise: Stretch & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games	2 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Travel on iN2L: Colorado Day* 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*	3 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Coffee & Conversation* 2:40 Performance by Katie S.  3:30 Pretty Nails & Manicures 4:00 Story Time	4 10:45 Resident Focused Visits 12:30 Word Games & Crossword Puzzle* 2:00 Exercise: Stretch & weights 3:00 Creative Arts* 4:00 Puzzles*	5 10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 3:00 Sensory Games* 3:30 Trivia Games 4:00 Exercise: Stretch & Balloon Ball	6 10:45 Exercise: Stretch & Balloon Ball 11:00 Church* 12:30 Yahtzee 2:00 Natl. Root beer Float Day  3:00 Pretty Nails & Manicures 4:00 Card Games*	7 10:45 Exercise Fun: Tai Chi* 11:00 Church* 12:30 B-I-N-G-O* 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits
8 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise: Stretch & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games	9 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*	10 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 National S'mores Day  3:00 Pretty Nails & Manicures 4:00 Story Time	11 10:45 Resident Focused Visits 12:30 Word Games & Crossword Puzzle* 2:00 Exercise: Stretching & weights 3:00 Creative Arts* 4:00 Puzzles*	12 10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 3:00 Sensory Games* 3:30 Trivia Games 4:00 Exercise: Stretch & Balloon Ball	13 10:45 Exercise: Stretch & Balloon Ball 11:00 Church* 12:30 Yahtzee 2:00 Movie & Popcorn 3:00 Pretty Nails & Manicures 4:00 Card Games*	14 10:45 Exercise Fun: Tai Chi* 11:00 Church* 12:30 B-I-N-G-O* 2:00 Birthday Cupcakes  2:30 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits
15 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise: Stretch & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games	16 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Strategy & Target Games* 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*	17 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Coffee & Conversation* 3:00 Pretty Nails & Manicures 4:00 Story Time	18 10:45 Resident Focused Visits 12:30 Word Games /Crossword Puzzle* 2:00 Exercise: Stretching & weights 2:30 Resident Council 3:30 Creative Arts* 4:00 Puzzles*	19 10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 3:00 Sensory Games* 3:30 Trivia Games 4:00 Exercise: Stretch & Balloon Ball	20 10:45 Exercise: Stretch & Balloon Ball 11:00 Church* 12:30 Yahtzee 2:00 National Lemonade Day  3:00 Pretty Nails & Manicures 4:00 Card Games*	21 10:45 Exercise Fun: Tai Chi* 11:00 Church* 12:30 B-I-N-G-O* 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits
22 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise: Stretch & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games	23 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*	24 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Coffee & Conversation* 3:00 Pretty Nails & Manicures 4:00 Story Time	25 10:45 Resident Focused Visits 12:30 Word Games & Crossword Puzzle* 2:00 Natl. Banana Split Day  3:00 Creative Arts* 4:00 Puzzles*	26 10:45 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Walking Group 3:00 Sensory Games* 3:30 Trivia Games 4:00 Exercise: Stretch & Balloon Ball	27 10:45 Exercise: Stretch & Balloon Ball 12:30 Yahtzee 2:00 Movie & Popcorn 3:00 Pretty Nails & Manicures 4:00 Card Games*	28 10:45 Exercise Fun: Tai Chi* 11:00 Church* 12:30 B-I-N-G-O* 2:00 Creative Arts* 3:00 Outdoor/Indoor Games 4:00 Resident Focus Visits
29 10:45 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise: Stretch & Balloon Ball 3:00 Outdoor/Indoor Games 3:30 Resident Focus Visits 4:00 Card Games	30 10:45 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Strategy & Target Games* 3:00 Word Games* 3:30 Walking Group 4:00 Creative Arts*	31 10:45 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 2:00 Coffee & Conversation* 3:00 Pretty Nails & Manicures 4:00 Story Time	 	 	August Highlights Aug. 1st– National Colorado Day Aug. 3th– Singing with Katie Aug. 6th- National Root Beer Float Day Aug. 10th– National S'mores Day Aug. 14th– Birthday Cupcakes Aug. 18th– Resident Council Aug. 20th– National Lemonade Day Aug. 23rd– Basil on Piano Aug. 25th– National Banana Split Day	<p>All activities subject to change per mandated health guidelines.</p>