



1530 Poplar Dr.
Medford, OR 97504

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Wellness Director: Ariel Jones

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

The Farmington 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.

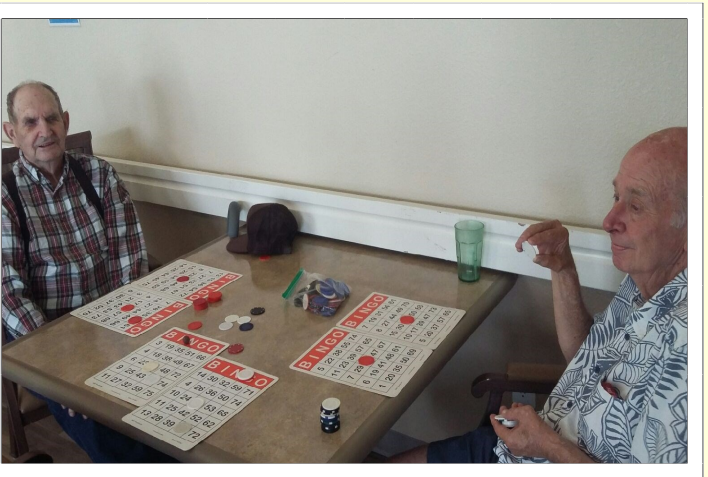
With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held 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



Happy Fourth of July



BINGO! BINGO! BINGO!



Happy Birthday!

- | | |
|-------------------------|----------------------|
| Sharlene R : August 4 | Seldom: August 17 |
| Glen-Doris F: August 10 | Dinorah C: August 21 |
| Patrick U: August 11 | Bryce N: August 23 |
| Tom O'Ben : August 11 | Judy S: August 24 |
| Sandra R : August 16 | Dennis Y: August 27 |

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

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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.
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August 9th is Book Lovers Day!

Our residents and staff shared their favorites!

"Percy Jackson and the Olympians" - Marcella

"Any book—if you put one or two together and then just read—it's good" - Lea

"The Divergent Series" - Tonya

"The Bible! I cant go a day without visiting a verse from the bible. God is good!" - Olivia

"The Bible" - David

"The Bible" - William

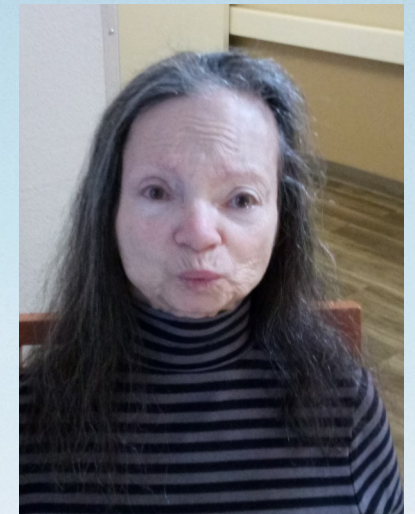


Staff Spotlight: Kenny

Meet Kenny! He has been here at Farmington for almost three years. His main job here is Housekeeping.

Kenny enjoys the outdoors and likes to ride his bike. He says he has really enjoyed getting to know the residents here at Farmington Square.

Kenny has always worked hard to make sure we have a safe and clean environment for our staff and residents. We appreciate all your hard work Kenny! Thank you!



Resident Spotlight: Debbie

Meet Deb, She is a one of a kind, down to earth Super Star.

Debbie has lived here at Farmington square for over a year now. Before retirement, she was enlisted in the Air Force. She is a California native who really enjoys horses. Debbie likes to camp and go hiking for fun.

Here at Farmington, she enjoys to take day trips and socialize with other residents.

We're so happy to have you here, Debbie!

AUGUST 2021

Farmington Square Medford

• A/B

• 1530 Poplar Dr. Medford, OR 97504

• 541-770-9080

<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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