



960 Boone Road SE  
Salem, OR 97306

Stamp



**Administrative Team:**  
**Executive Director:** Jessica Penland  
**Business Office Director:** Shelly Kesterson  
**Community Relations Director:** Sharon LaSalle  
**Wellness Dir.:** Mark N./ Megan M./Nicole O.  
**Wellness Coordinator:** Dawn Jones  
**Wellness Nurse:** Diana Armouch  
**Dining Services Director:** Antonios Salama  
**Maintenance Director:** George Curtis  
**Life Enrichment Director:** Amanda Bell

**Connect:**  
 503-363-2273  
[info-salem@farmingtonsquare.com](mailto:info-salem@farmingtonsquare.com)  
[www.farmingtonsquare-salem.com](http://www.farmingtonsquare-salem.com)  
[Facebook.com/FarmingtonSquareSalem](https://www.facebook.com/FarmingtonSquareSalem)

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

# Farmington Square Salem News

August 2021 Newsletter



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| <b>2 Paths to Improved Eye Wellness</b> | <b>6 Highlights, Notes, In Our Words</b> |
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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



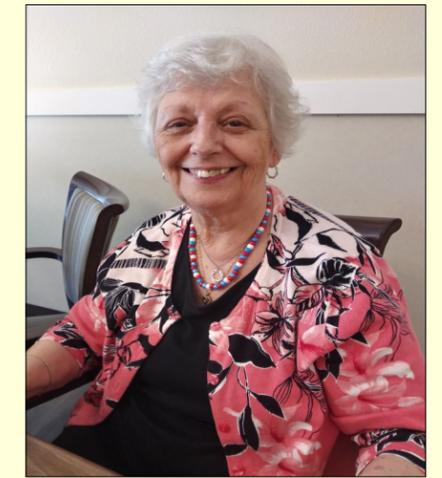
Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- 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.

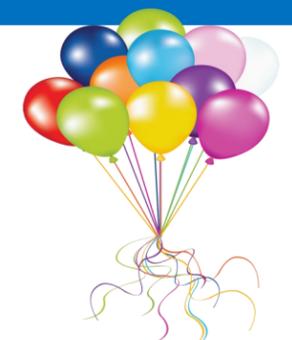
With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held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



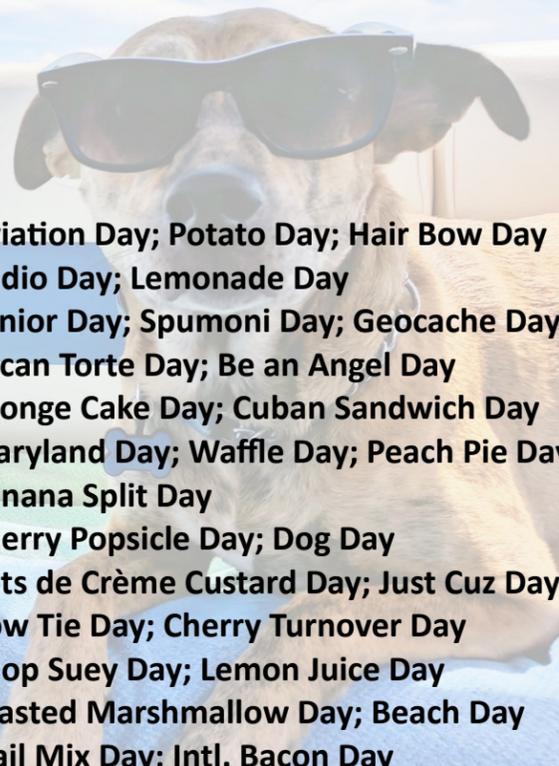
- Zealand F. 8/9 950
- Dorothy R. 8/12 940
- Stefany L. 8/13 940
- Debbie K. 8/29 920



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!

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- 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
  - 07 Mustard Day; Disc Golf Day
  - 08 Froyo Custard Day; Zucchini Day; Cat Day
  - 09 Book Lovers' Day; Rice Pudding Day
  - 10 S'mores Day; Connecticut Day
  - 11 Son & Daughter Day; Kinetic Sand Day
  - 12 Vinyl Record Day; World Elephant Day
  - 13 Intl. Left Handers' Day; Prosecco 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
  - 19 Aviation Day; Potato Day; Hair Bow Day
  - 20 Radio Day; Lemonade Day
  - 21 Senior Day; Spumoni Day; Geocache Day
  - 22 Pecan Torte Day; Be an Angel Day
  - 23 Sponge Cake Day; Cuban Sandwich Day
  - 24 Maryland Day; Waffle Day; Peach Pie Day
  - 25 Banana Split Day
  - 26 Cherry Popsicle Day; Dog Day
  - 27 Pots de Crème Custard Day; Just Cuz Day
  - 28 Bow Tie Day; Cherry Turnover Day
  - 29 Chop Suey Day; Lemon Juice Day
  - 30 Toasted Marshmallow Day; Beach 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!

"The Great Gatsby" - Jessica

"I am Legend" - Carlyn

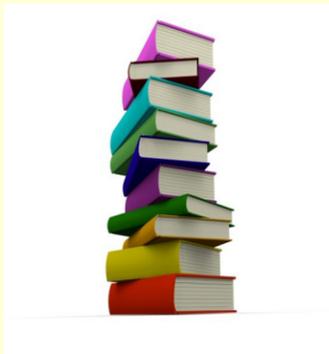
"National Geographic" - Carol

"Mystery Books" - Leota

"Travel Books" - Virginia

"Pilgrims Progress" - Amanda

"The Holy Bible" - Pam, Eunice & Gloria



## Staff Spotlight: Patty C.

We are happy to shine a light on Patty who has been a loyal and dedicated team member at Farmington Square for 8 years! Patty has taken on many different roles over the years, but finds her special gift as a Med Tech in our Memory Care Cottage. Patty has such a sweet spirit and not only takes care of each residents' daily needs, but shows them the love and compassion they deserve! We are so proud to have Patty as part of our Farmington Square Family and congratulate her on her 8 year anniversary! Thank you, Patty!!!



## Resident Spotlight: Doris S.

We would like to welcome and spotlight our new resident Doris! Doris has been with us for just a short time now, but she has quickly joined in with all kinds of activities, like crafts, bowling, crosswords and has even shared her talent and love of playing piano! Doris is a native of Oregon and loved to spend her days outside and also volunteered at the Hospital with the Women's Health Initiative. We have really enjoyed getting to know Doris and we look forward to finding new ways to make each day fun and exciting!

# AUGUST 2021 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	<b>2 National Coloring Day!</b> 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Music W/ Rachel in 950 11:00 Manicures & Massages 1:30 Coloring Fun! 2:30 Monday Movie Matinee 4:00 Wii Bowling 920 4:30 1920's Juke Box	<b>3</b> 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Outside Stroll / Birds! 11:00 Word Search 11:30 Uno / Cards 2:00 Beading Necklaces 3:30 Skip - Bo 4:30 Laughter & Lemonade	<b>4 Chocolate Chip Day</b> 9:30 Exercise IN2L 10:00 Morning Stroll/Smoky 10:30 Make Chocolate Chip Cookies 11:30 Dominoes 2:00  in 920 3:00 Chocolate Chip Cookies! 4:00 Skip-Bo 4:30 Free Rice Game IN2L	<b>5</b> 9:30 Conductorcise 10:00 Men's Coffee & Donuts 10:30 Outside Stroll 11:00 Sports Trivia IN2L 11:30 Puzzles 2:00 Skip-Bo 3:00 Snacktivity- Saltbox TV IN2L 4:30 Today in History	<b>6 Root Beer Float Day!</b> 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Good News IN2L 1:30 Yahtzee! 2:00 Brain Teasers IN2L 3:00 Rook Beer Floats 4:00 Jokes & Laughter 4:30 Country Juke Box	<b>7</b> 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Family Feud IN2L 2:00  in 910 3:00 Colorful Creations 4:00 Skip-Bo 4:30 Ted Talks-IN2L 6:00 Salt Box TV IN2L
<b>8 National Cat Day</b> 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Cat Trivia 1:30 Colorful Creations - Cats 2:00 Church Sermon IN2L 3:00 Funny Cat Videos 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	<b>9 Book Lovers Day!</b> 9:30 Chair Dancing 10:00 Morning Stroll 10:30 Famous Authors 11:00 Manicures & Massages 1:30 Family Feud 2:30 Monday Movie Matinee 4:00 Wii Bowling 920 4:30 1930's Juke Box	<b>10</b> 9:30 Exercise IN2L 10:00 Book Club 10:30 Outside Stroll/ Flowers! 11:00 Brain Teasers IN2L 11:30 Scrabble / Puzzles 2:00 Resident Council in 910 3:30 Canvas Painting 4:30 Laughter & Lemonade	<b>11</b> 9:30 Sit and be Fit IN2L 10:00 Good News IN2L 10:30 Morning Stroll / Flowers! 11:30 Dominoes 2:00  in 920 3:00 Ladies Tea Time 4:30 This or That IN2L 6:00 Salt Box TV IN2L	<b>12</b> 9:30 Conductorcise 10:00 Morning Stroll/Roses 10:30 Piggy Bankers IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Colorful Creations 3:00 Snacktivity-Saltbox TV IN2L 4:30 Today in History	<b>13 Hawaiian Day!</b> Wear your favorite Hawaiian Shirt! 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Morning Stroll/ Birds! 2:00 Hawaii Trivia IN2L 3:00 Culture Club: Hawaii 4:00 Jokes & Laughter 4:30 Hawaiian Music Juke Box 6:00 Blue Hawaii - Elvis	<b>14 Creamsicle Day</b> 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Jokes & Laughter IN2L 2:00  in 910 3:00 Creamsicles! 4:00 Skip-Bo 4:30 Ted Talks IN2L 6:00 Salt Box TV IN2L
<b>15</b> 9:30 Light & Lively Exercise 10:00 Scenic Drive 11:30 Bible Trivia IN2L 1:30 Afternoon Stroll 2:00 Church Sermon IN2L 3:30 Happy Neuron IN2L 4:30 Southern Gospel 6:00 Sunday @ The Memories IN2L	<b>16 Tell Me a Joke Day!</b> 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Jokes & Laughter 11:00 Manicures & Massages 1:30 Candid Camera Videos 2:00 Music W/ Chris in 950 4:00 Wii Bowling 920 4:30 1940's Juke Box	<b>17</b> 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Outside Stroll / Birds! 11:00 Word Search 11:30 Uno / Cards 2:00 Chef Chat w/ Antonios 920 3:30 Skip - Bo 4:30 Laughter & Lemonade	<b>18</b> 9:30 Exercise IN2L 10:00 Morning Stroll/Smoky 10:30 Common Sayings IN2L 11:30 Dominoes 2:00  in 920 3:00 Ladies Tea Time 4:00 Skip-Bo 4:30 Free Rice Game IN2L	<b>19 Aviation Day!</b> 9:30 Conductorcise 10:00 Men's Coffee & Donuts 10:30 Outside Stroll 11:00 History of Aviation 11:30 Puzzles 2:00 Make Airplanes 3:00 Snacktivity- Saltbox TV IN2L 4:30 Skip-Bo	<b>20</b> 9:30 Chair Dancing IN2L 10:00 Scenic Drive 11:30 Good News IN2L 1:30 Yahtzee! 2:00 Brain Teasers IN2L 3:30 Culture Club: Austria 4:00 Jokes & Laughter 4:30 instrumental Juke Box	<b>21 Senior Day!</b> 9:30 Sit and be Fit IN2L 10:00 Morning Stroll 11:30 Family Feud IN2L 2:00  in 910 3:00 Senior Smiles / photos 4:00 Skip-Bo 4:30 Inspirational Seniors IN2L 6:00 Salt Box TV IN2L
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