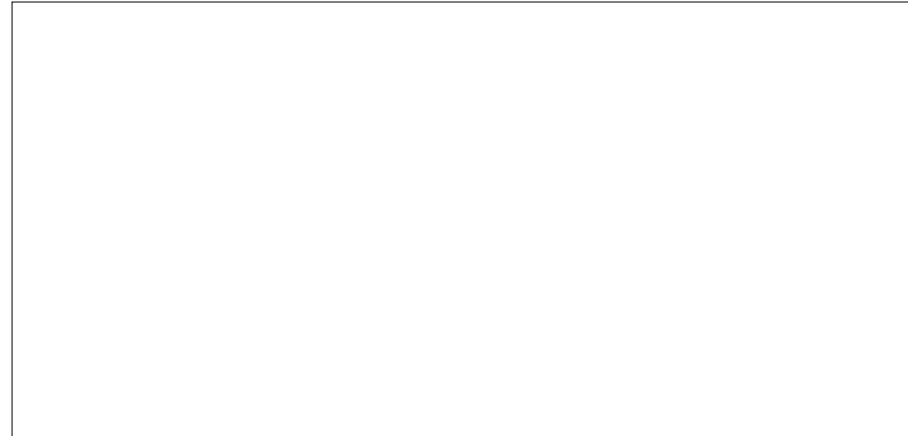




17950 SW 115th Ave
Tualatin, OR 97062

Stamp



Administrative Team:

Executive Director: Tawnya Theodore
Community Relations Director: Randy Dickens
Wellness Director: Sally Campos
Wellness Director: Mara Campos
Registered Nurse: Franciene Thompson
Business Office Director: Jane Smith
Maintenance Director: Paul Burns
Dining Service Director: Pat Margitta
Life Enrichment Director: Anjee Thompson

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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



Bonnie: August 6
Naomi: August 11
Joyce: August 30

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!

"A book of quotes my dad gave me" - Jonnette

"The Bible" - Cec

"My Scrapbooks" - Bob

"How Green was My Valley" - Anjee

"Adventure" - Sharon

"Travel" - Joyce



Staff Spotlight:
Rachel

Rachel has been with FST for five years in our activities department and is one of our accentual employees. Her kindness and never ending energy is why the residents love her. She is an alumni of Linfield University and loves to write short stories, poems, and hopes to write a childrens book on memory care some day. Thank you, Rachel, for all of your dedication and love.



Resident Spotlight:
John

John has live here at FST for two years. He retired from the lumber industry and is also a Navy veteran. John loves to watch western movies and read Tom Clancy thrillers. He loves having his family visit and talking about his grandchildren. He has a great smile and a quick wit that keeps the staff and others laughing. We love having his smiling face around us to brighten our day.

AUGUST 2021

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SUN	MON	TUE	WED	THU	FRI	SAT
1 8:00 Breakfast 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 12:00 Lunch 1:00 Bible Study IN2L 2:00 Games 3:00 Noodle Tennis 4:00 Trivia IN2L 5:00 Dinner 6:00 Comedy TV	2 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 12:00 Lunch 1:00 Balloon Toss 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 5:00 Dinner 6:00 History Show	3 8:00 Breakfast 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Weddings 12:00 Lunch 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 5:00 Dinner 6:00 Comedy TV	4 8:00 Breakfast 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 Hang man 12:00 Lunch 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 5:00 Dinner 6:00 Classic TV	5 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 12:00 Lunch 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 5:00 Dinner 6:00 Drama TV	6 8:00 Breakfast 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 12:00 Lunch 1:00 Trivia IN2L 2:00 Read Aloud 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 5:00 Dinner 6:00 Comedy TV	7 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 12:00 Lunch 1:00 Trivia 2:00 Balloon Toss 3:00 Today in History 4:00 Concert IN2L 5:00 Dinner 6:00 Western Show
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AUGUST 2021

Farmington Square Tualatin

• Ponderosa

• 17950 SW 115th Ave., OR 97140

• (503) 692-1748

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
1 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	2 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	3 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L	4 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	5 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 5:00 Dinner 6:00 History <i>Video IN2L</i>	6 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	7 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Kittens Video 5:00 Dinner 6:00 Music IN2L
8 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	9 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	10 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L	11 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	12 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 5:00 Dinner 6:00 History <i>Video IN2L</i>	13 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	14 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:30 - 2:00pm <u>Hawaiian Luau</u> 2:00 One On One 3:00 Walking Group 4:00 Zoo Tour Video 5:00 Dinner 6:00 Music IN2L 7:00 Movie
15 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	16 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	17 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L	18 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	19 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 RESIDENT COUNCIL 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 5:00 Dinner 6:00 History Video IN2L	20 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	21 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Fam Animal Video 5:00 Dinner 6:00 Music IN2L
22 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	23 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	24 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L	25 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	26 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 5:00 Dinner 6:00 History Video IN2L	27 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	28 8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Jungle Animal Video 5:00 Dinner 6:00 Music IN2L
29 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	30 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	31 8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 5:00 Dinner 6:00 Music IN2L		Happy Birthday Bonnie, Aug 6 Naomi, Aug 11 Joyce, Aug 30		All activities subject to change per mandated health guidelines.