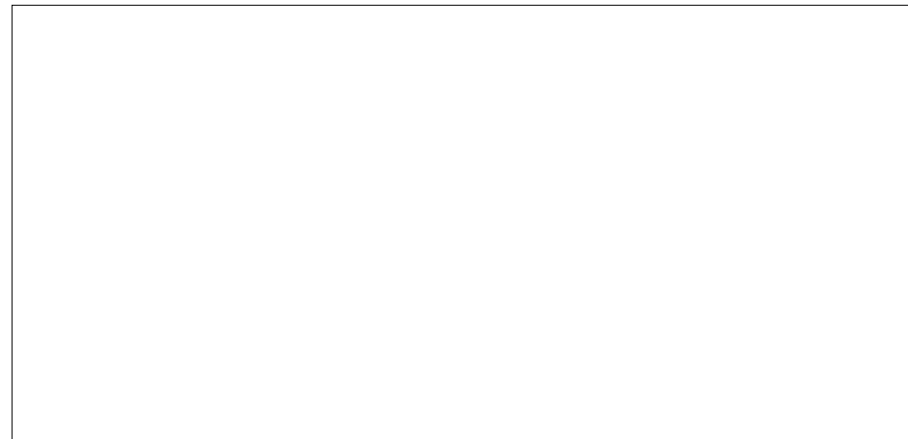




17950 SW 115th Ave
Tualatin, OR 97062

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 Margiotta
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

September 2021 Newsletter



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Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

Special Moments



Sharon: Sept. 7 Bonnie: Sept. 22
Rhoda: Sept. 9 Merrell: Sept. 25
Nancy: Sept. 15 Randy: Sept. 26

Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!

September 2021 Highlights

September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days

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.

Autumn Begins September 22!

Our residents and staff shared what they love most about Autumn!

"Hot coffee in the morning" - Sharon

"Changing leaves" - Patty

"Apple pie" - Ella

"Leaves" - Sharon

"Octoberfest" - John

"Falling leaves" - Bob

"Football" - Bob



Staff Spotlight: Cheyenne

Cheyenne is one of our evening shift caregivers. Originally from the Long Island area of New York, she has become a part of our Farmington Square Family. The Residents love to see her come in and share her bright smile and happy personality with everyone. She loves to connect with the residents and can often be found helping them with an activity after dinner. We are happy to have you as a team member, Cheyenne!



Resident Spotlight: Patty

Patty has traveled the world with her family and along the way collected some amazing treasures. Her Russian Nesting dolls and pieces of art from far of lands are her pride and joy. This mother of two sons and grandmother is always ready to brag about her family and how much she loves them. Looking at family photos and sharing stories always makes her smile. Her smile makes us all smile as well! Thank you, Patty!

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5 9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Noodle Tennis 4:00 Trivia IN2L 6:00 Comedy TV	6 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Balloon Toss 2:00 Brain Games 3:00 Funny Videos 4:00 Trivia IN2L 6:00 History Show	7 9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Weddings 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	8 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 Hang man 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	9 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Puzzle Time 1:00 Word Game 2:00 Art Project 3:00 Travel Show IN2L 4:00 Ball Toss 6:00 Drama TV	10 9:30 Exercise IN2L 10:00 Spelling and Hangman 10:00 Sing Along 1:00 Trivia IN2L 2:00 Read Aloud 3:00 Church Sermon IN2L 4:00 Travel Show IN2L 6:00 Comedy TV	11 9:30 Exercise IN2L 10:00 Snack and Chat 11:00 Games IN2L 1:00 Trivia 2:00 Balloon Toss 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
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5 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L	6 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 6:00 Music IN2L	7 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art with Annie 2:00 Cribbage / Games 3:00 One on One Visit 4:00 Walking Group 6:00 Music IN2L 7:00 Movie	8 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show 7:00 Movie IN2L	9 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 6:00 History <i>Video IN2L</i> 7:00 Movie IN2L	10 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 6:00 Funny TV Show 7:00 Movie	11 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Zoo Tour Video 6:00 Music IN2L 7:00 Movie
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