



17950 SW 115th Ave
Tualatin, OR 97062

Stamp



Administrative Team:

Executive Director: Tawnya Theodore
Community Relations Dir.: Randy Dickens
Wellness Director: Sally Campos
Wellness Director: Mara Campos-Chan
Registered Nurse: Franciene Thompson
Business Office Director: Jane Smith
Maintenance Director: Paul Burns
Dining Service Dir.: Pat Margiotta
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

The Farmington Times

December 2021 Newsletter



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Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year! Let us know if you've found this information helpful in the comments section when we post our newsletter on the 1st!

Special Moments



Happy Birthday!



Wes: December, 27

Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19). Their birthstone is Turquoise, zircon, or tanzanite. Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

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|--|---|
| 01 Red Apple Day; Pie Day; Rosa Park Day | 17 Syrup Day; Ugly Holiday Sweater Day |
| 02 Mutt Day; Special Ed. Day; Fritter Day | 18 Twin Day; Roast Suckling Pig Day |
| 03 Persons w/ Disabilities Day; Faux Fir Day | 19 Oatmeal Muffin Day; Hard Candy Day |
| 04 Team Appreciation Day; Sock Day | 20 Sangria Day |
| 05 Sacher Torte Day; Intl. Volunteers' Day | 21 Winter Begins; Crossword Puzzle Day |
| 06 Gazpacho Day; Microwave Day | 22 Date Nut Bread Day; Forefathers' Day |
| 07 Remember Pearl Harbor Day; Illinois Day | 23 Pfeffernusse Cookies Day |
| 08 Be a Time Traveler Day; Brownie Day | 24 Christmas Eve; Eggnog Day |
| 09 Pastry Day; Christmas Card Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Chanukah Begins; Nobel Prize Day | 26 Kwanzaa Begins; Candy Cane Day; Thank You Note Day |
| 11 Noodle Ring Day; App Day; Indiana Day | 27 Fruitcake Day |
| 12 Gingerbread House Day; Ambrosia Day | 28 Chocolate Day; Cards Day; Short Film Day |
| 13 Cocoa Day; Violin Day; Horse Day | 29 Pepper Pot Day |
| 14 Alabama Day; Monkey Day | 30 Bacon Day |
| 15 Cupcake Day; Wear Pearls Day; Tea Day | 31 New Year's Eve; Champagne Day |
| 16 Chocolate Covered Anything Day | |

Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

Winter Begins December 21st!

Our residents and staff shared what they love most about the season!

"Pie" - Bob

"Frost in the Air" - Toddy

"Hot Coffee" - Bill

"Family" Bonnie

"Being warm" - Ronnie

"Yummy Food" - Judy



Staff Spotlight:
Porfiria

This hard working lady has been working at Farmington Square for 16 years and as a caregiver. During that time her kindness and compassion for her residents has easy to see.

She and her husband raise birds. Most of her at home time is spent with her family, her birds, or cooking.

Thank you for all your hard work and kindness!



Resident Spotlight:
Randy

Randy has been a life long outdoors man. He has spent most his life on an outdoor adventure. Fishing is his passion! He enjoys going out with family and friends to catch a fish or two. He also enjoys watching movies and loves to go one walks with the staff. He always has a smile on his face and loves to tip his hat at the ladies.

We love having his warm smile here at FST.

DECEMBER 2021

Farmington Suare Tualatin •

Alpine •

19750 SW 115th Ave., Tualatin, Or 97062 •

(503)692-1748

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All activities subject to change per mandated health guidelines.			1 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	2 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	3 9:30 Exercise IN2L 10:00 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	4 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
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 Last Day of Hanukkah/ St. Nicholas Day 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	7 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Ireland 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	8 Brownie Day 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 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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19 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	20 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	21 Winter Solstice 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Canada 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	22 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	23 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	24 Christmas Eve. 9:30 Exercise IN2L 10:00 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	25 Christmas Day 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
26 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	27 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	28 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to China 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 One on One 6:00 Comedy TV	29 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	30 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	31 New Year's Eve. 9:30 Exercise IN2L 10:00 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	Happy Birthday Wes< Dec. 27

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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 Puzzle Time 4:00 Trivia IN2L 6:00 Comedy TV	6 Last Day of Hanukkah/ St. Nicholas Day 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Ball Toss 2:00 Brain Games 3:00 Walking Club 4:00 Trivia IN2L 6:00 Western Movie	7 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Bible Study 1:00 One on One 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 6:00 Comedy TV	8 Brownie Day 9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 1:00 Jokes and Poems 2:00 Crafts and Create 3:00 Ring Toss 4:00 Game Show 6:00 How its Made IN2L	9 9:30 Exercise IN2L 10:00 Walking Group 11:00 One on One 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 Bible Study 11:00 Sing Along 1:00 Trivia IN2L 2:00 Card Games 3:00 Read Aloud 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 Hangman 3:00 Today in History 4:00 Concert IN2L 6:00 Western Show
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5 9:30 Bible Study 10:00 Exercise 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 Last Day of Hanukah/ St. Nicholas 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 Cards 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 Brownie Day 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 Video IN2L 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 9:3 0 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
12 9:30 Bible Study 10:00 Exercise 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	13 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 Cards 4:00 Funny Videos 6:00 Music IN2L 7:00 Movie IN2L	14 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	15 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	16 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 1:00 RESIDENT COUNCIL 2:00 Book Club 3:00 Trivia IN2L 4:00 Corn Hole 6:00 History Video IN2L 7:00 Movie IN2L	17 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	18 9:3 0 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Travel Show 6:00 Music IN2L 7:00 Movie
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