



17950 SW 115th Ave
Tualatin, OR 97062

Stamp



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



The Farmington Times

February 2022 Newsletter



2 Healthy Heart Habits
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, Facebook
7 Special Moments & Birthdays
8 Mission & Team

Healthy Habits to Consider for Heart-Smart Living

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start that with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)

Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper Number)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our facebook post for this month's newsletter. We'd love to hear of your efforts!

Special Moments



Happy Birthday!

Ronnie: Feb. 12
Marlene: Feb. 15
Mas: Feb. 21
Helen: Feb. 24

Those born in February are either Aquarius "The Water Bearer" (Jan. 19-Feb. 19) or Pisces "The Fish" (Feb. 19-March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.



February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

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| 01 Dark Chocolate Day; Baked Alaska Day | 15 Gumdrop Day; World Hippo Day |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day | 16 Fat Tuesday; Almond Day; Anthropology Day |
| 03 Carrot Cake Day; Optimist Day | 17 Cabbage Day; Random Kind Acts Week |
| 04 Homemade Soup Day; Thank a Mail Carrier Day | 18 Wine Day; Pluto Day; Caregivers' Day |
| 05 World Nutella Day; Fun Outside Day | 19 Chocolate Mint Day; Arabian Horse Day |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day |
| 07 Alfredo Day; Periodic Table Day | 21 Presidents' Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day | 24 Tortilla Chip Day; Toast Day; Chili Day |
| 11 Inventor Day; Backyard Bird Count Day | 25 Chocolate Nut Day; Clam Chowder Day |
| 12 Plum Pudding Day; Global Movie Day | 26 Pistachio Day; Tell a Fairy Tale Day |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day |
| 14 Valentine's Day; Book Giving Day | 28 Floral Design Day; Chocolate Souffle Day |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Visit our facebook at:
[Facebook.com/
 FarmingtonSquare
 Tualatin](https://www.facebook.com/FarmingtonSquareTualatin)

Inventors' Day is Feb. 11. These are some inventions we are grateful for!

- "Ball Point Pen" - Bonnie
- "Coffee Maker" - Sharon
- "Sports TV" - Bob
- "Phones" - Alexis
- "Internet" - Annie
- "Cars" - Ella
- "Trains" - Wes
- "Books" - Rachel



RESIDENT SPOTLIGHT: Linda

Linda is a kind-hearted lady who always tries to help out. She loves to help the staff and residents alike.

She enjoys going on walks, sipping tea and looking at books.

One of our staff made an acrostic (using the first letter) poem for her.:

- L-Lovely
- I-Independent
- N-Nice
- D- Diligent
- A-Altruistic (unselfish)

We think that describes her very well!



STAFF SPOTLIGHT: Megan

One of our evening shift Med Techs and Caregivers, Megan, is always focused on her residents. She is calm and always makes time for her residents when they come to her with a question or a concern.

She loves to spend time with her nieces and nephews and going to the beach is always a favorite getaway for her. She also loves her cat Pumpkin.

We love her kind heart and how much she cares for the residents and our team here at FST.

Thank you for your hard work!

FEBRUARY 2022

Farmington Square Tualatin •

Alpine •

17950 SW 115th Ave., Tualatin, Oregon 97062 •

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 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	2 Groundhogs 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	3 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	4 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	5 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
	6 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	7 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	8 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	9 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	10 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	11 Inventors Day 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
13 Super Bowl LVI 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	14 Valentines 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 6:00 History Show	15 9:30 Exercise IN2L 10:00 Today In History 11:00 Travel to Greece 1:00 Trivia IN2L 2:00 Ball Toss 3:00 Coloring 4:00 Puzzle Time 6:00 Comedy TV	16 9:30 Exercise IN2L 10:00 Coloring IN2L 11:00 One on One 1:00 Jokes and Poems 2:00 Card Game 3:00 Ball Toss 4:00 Game Show 6:00 Classic TV	17 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	18 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	19 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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FEBRUARY 2022

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Beechwood •

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FEBRUARY 2022

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Ponderosa •

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	<p>6</p> <p>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</p>	<p>7</p> <p>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</p>	<p>8</p> <p>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</p>	<p>9</p> <p>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</p>	<p>10</p> <p>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</p>	<p>11 Inventors Day</p> <p>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</p>
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