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Stamp

Leadership Team

Executive Director:
Eric Printz

Assistant Executive Director:
Maria Cotom-Pineda

Community Relations Director:
Kara Tobey

Wellness Director:
Tiffany Milles

Wellness Director:
Isabelle Hein

Business Office Director:
Angela Gilmore

Life Enrichment Director:
Rob Baty

Dining Services Director:
Erika Silva

Maintenance Director:
Michael Fraser

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

The Radiant Reader

March 2022

Farmington Square Newsletter



2 Caffeine: Friend or Foe?
3 Team Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
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Spilling the Beans on Caffeine: Is Your Cup of Joe a Friend ...or a Foe?

Most of us have a relationship with caffeine - whether we love it to love it, or wish we didn't want it. It's in coffee, soda, and tea that we drink (unless we opt for decaf, though even *that* has a little), and we turn to it in times of tiredness for a quick energy boost.

This National Caffeine Awareness Month, we've set out to unearth facts about caffeine that are worth poring over.

First off, if you're wondering what exactly caffeine is, ponder no further. Caffeine is a bitter stimulant substance whose chemical name is trimethylxanthine. It occurs naturally in the fruit, leaves, and beans of coffee, cacao, and guarana plants. Human-made caffeine also exists and is added to some medicines, foods, and drinks.

When consumed, caffeine is typically absorbed by the human body within 45 minutes. An average 8-ounce cup of coffee has 95 milligrams of caffeine, but can vary. According to the Mayo Clinic, up to 400 milligrams of caffeine per day is safe for most healthy adults. Though, there are different recommendations for pregnant and breastfeeding women, and the American Academy of Pediatrics discourages caffeine for children.

There are both pros and cons to caffeine intake for adults. On the upside, it can increase energy, speed up reaction times,



Did you know? Caffeine can be found in chocolate. It can also be hidden in some yogurt, ice cream, and protein bars! If seeking a non-caffeinated energy boost, consider having some blueberries!

and aid in concentration. Coffee, specifically, is said to have some health benefits, from slowing cognitive decline in older adults to protecting against certain cancers and Type Two Diabetes. As for drawbacks, it may bring on stomach acid release (heartburn), increase blood pressure, and act as a diuretic. It can also interact poorly with some medications. For some with caffeine sensitivity, even small amounts can cause restlessness, sleep issues, and anxiety.

An area where opinions vary is its level of addictiveness. The facts are: it does raise dopamine a little, and can bring withdrawal symptoms if one stops intake.

So...Stick with or skip? For those who enjoy caffeinated beverages or foods, as with anything, it's best to enjoy in moderation. Let us know your thoughts about caffeine in our newsletter post on our facebook.

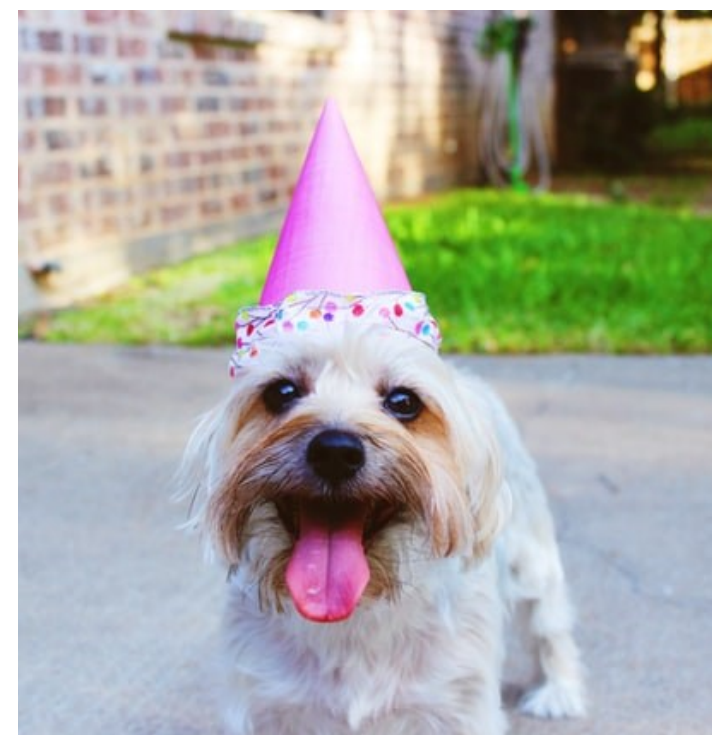
Special Moments



Happy Birthday!

Susan H. - 3/2
Veora M. - 3/15
Pat H. - 3/17
Joann P. - 3/18
Sidney B. - 3/24

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!



March 2022 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

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|--|---|
| 01 Peanut Butter Day; Music Therapy Day | 17 St. Patrick's Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Cold Cuts Day; World Wildlife Day | 19 Certified Nurses Day; Poultry Day |
| 04 Marching Music Day; Pound Cake Day | 20 Spring Begins; Ravioli Day; Corn Dog Day |
| 05 Employee Appreciation Day | 21 French Bread Day; Puppetry & Poetry Day |
| 06 Dentists' Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; West Virginia Day |
| 07 Cereal Day; Flapjack Day | 23 Chip Dip Day; Puppy Day; Tamale Day |
| 08 Intl. Women's Day; Oregon Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Swedish Waffle Day; Physicians' Week |
| 10 Blueberry Popover Day; Bagpipe Day | 26 Nougat Day; Spinach Day |
| 11 Oatmeal Nut Waffles Day; Plumbing Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam Vet Day; Nevada Day; Piano Day |
| 14 Child Craft Day; Spider Day; Chip Day | 30 Doctors' Day; Park Walk Day |
| 15 Pears Helene Day; Health Care HR Week | 31 Crayon Day; Tater Day |
| 16 Artichoke Hearts Day; Panda Day | |

Spring forward! Sunday, March 13, set your clocks forward one hour!



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, visit our website: farmingtonsquare-beaverton.com.



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

March 12th celebrates Plant a Flower Day!

We're sharing our favorite flowers!

"Dahlias" - Perry

"Tulip" - Eric

"Hydrangea" - Jerré

"Gerbera Daisies" - Isabelle

"Yellow, Red, Pink Roses" - Nancy, Virginia, Marilyn



Staff Spotlight: Marcos

Our Employee of the Month Marcos started with us last year as a Caregiver and quickly was promoted to Med Technician. Marcos is a wonderful asset to our residents and our team. He leads quietly and by example and is always glad to jump in anywhere needed and give a helping hand. We are so glad he is such a wonderful part of our community!

MARCH 2022 Building A

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		10:00 Pretty Nails	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Beauty Hour
		10:30 Sing Along/Snack	10:30 Exercise/ Snack	10:30 Memory Bio/ Snack	10:30 Sing Along/ Snack	10:30 Sing Along/ Snack
		11:00 Sorting/ Folding	11:00 Sing Along	11:00 Sorting	11:00 Exercise	11:00 Balloon Toss
		11:30 Seated Stretching	11:30 Reminisce	11:30 Exercise	11:30 Aroma Therapy	11:30 Trivia
		1:30 Bingo	1:30 Bingo	1:30 Sing Along	1:30 Bingo	1:30 Puzzle/Cards/Folding
		2:00 Old Commercials/Snack	2:00 Tea Time / Snack	2:00 Craft/ Snack	2:00 Trivia/ Snack	2:00 Reminisce/ Snack
		3:00 Balloon Bat	3:00 Balloon Bat	3:00 Bingo	3:00 Pretty Nails	3:00 Bingo
		6:00 Nature Relax	6:00 National Parks	6:00 Nature Relax	6:00 Nature Relax	6:00 National Parks
6	7	8	9	10	11	12
10:00 Beauty Hour	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Beauty Hour
10:30 Snack	10:30 Sing Along / Snack	10:30 Sing Along/Snack	10:30 Exercise/ Snack	10:30 Memory Bio/ Snack	10:30 Sing Along/ Snack	10:30 Sing Along/ Snack
11:00 Conductor Exercise	11:00 Aroma Therapy	11:00 Sorting/ Folding	11:00 Sing Along	11:00 Sorting	11:00 Exercise	11:00 Balloon Toss
11:30 Good News Network	11:30 Balloon Bounce	11:30 Seated Stretching	11:30 Reminisce	11:30 Exercise	11:30 Aroma Therapy	11:30 Trivia
1:30 Bible Study	1:30 Travel	1:30 Bingo	1:30 Bingo	1:30 Sing Along	1:30 Bingo	1:30 Puzzle/Cards/Folding
2:00 Balloon Bounce	2:00 Reminisce/ Snack	2:00 Old Commercials/Snack	2:00 Tea Time / Snack	2:00 Craft/ Snack	2:00 Trivia/ Snack	2:00 Reminisce/ Snack
3:00 Bingo	3:00 Bingo	3:00 Balloon Bat	3:00 Balloon Bat	3:00 Bingo	3:00 Pretty Nails	3:00 Bingo
6:00 Travel Videos	6:00 Movie	6:00 Nature Relax	6:00 National Parks	6:00 Nature Relax	6:00 Nature Relax	6:00 National Parks
13 Day Light Saving Time	14	15	16	17 ST. Patrick's Day	18	19
10:00 Beauty Hour	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Beauty Hour
10:30 Snack	10:30 Sing Along / Snack	10:30 Sing Along/Snack	10:30 Exercise/ Snack	10:30 Memory Bio/ Snack	10:30 Sing Along/ Snack	10:30 Sing Along/ Snack
11:00 Conductor Exercise	11:00 Aroma Therapy	11:00 Sorting/ Folding	11:00 Sing Along	11:00 Sorting	11:00 Exercise	11:00 Balloon Toss
11:30 Good News Network	11:30 Balloon Bounce	11:30 Seated Stretching	11:30 Reminisce	11:30 Exercise	11:30 Aroma Therapy	11:30 Trivia
1:30 Bible Study	1:30 Travel	1:30 Bingo	1:30 Bingo	1:30 Sing Along	1:30 Bingo	1:30 Puzzle/Cards/Folding
2:00 Balloon Bounce	2:00 Reminisce/ Snack	2:00 Old Commercials/Snack	2:00 Tea Time / Snack	2:00 Craft/ Snack	2:00 Trivia/ Snack	2:00 Reminisce/ Snack
3:00 Bingo	3:00 Bingo	3:00 Balloon Bat	3:00 Balloon Bat	3:00 Bingo	3:00 Pretty Nails	3:00 Bingo
6:00 Travel Videos	6:00 Movie	6:00 Nature Relax	6:00 National Parks	6:00 Nature Relax	6:00 Nature Relax	6:00 National Parks
20 First Day Of Spring	21	22	23	24	25	26
10:00 Beauty Hour	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Beauty Hour
10:30 Snack	10:30 Sing Along / Snack	10:30 Sing Along/Snack	10:30 Exercise/ Snack	10:30 Memory Bio/ Snack	10:30 Sing Along/ Snack	10:30 Sing Along/ Snack
11:00 Conductor Exercise	11:00 Aroma Therapy	11:00 Sorting/ Folding	11:00 Sing Along	11:00 Sorting	11:00 Exercise	11:00 Balloon Toss
11:30 Good News Network	11:30 Balloon Bounce	11:30 Seated Stretching	11:30 Reminisce	11:30 Exercise	11:30 Aroma Therapy	11:30 Trivia
1:30 Bible Study	1:30 Travel	1:30 Bingo	1:30 Bingo	1:30 Sing Along	1:30 Bingo	1:30 Puzzle/Cards/Folding
2:00 Balloon Bounce	2:00 Reminisce/ Snack	2:00 Old Commercials/Snack	2:00 Tea Time / Snack	2:00 Craft/ Snack	2:00 Trivia/ Snack	2:00 Reminisce/ Snack
3:00 Bingo	3:00 Bingo	3:00 Balloon Bat	3:00 Balloon Bat	3:00 Bingo	3:00 Pretty Nails	3:00 Bingo
6:00 Travel Videos	6:00 Movie	6:00 Nature Relax	6:00 National Parks	6:00 Nature Relax	6:00 Nature Relax	6:00 National Parks
27	28	29	30	31		
10:00 Beauty Hour	10:00 Beauty Hour	10:00 Pretty Nails	10:00 Beauty Hour	10:00 Pretty Nails		
10:30 Snack	10:30 Sing Along / Snack	10:30 Sing Along/Snack	10:30 Exercise/ Snack	10:30 Memory Bio/ Snack		
11:00 Conductor Exercise	11:00 Aroma Therapy	11:00 Sorting/ Folding	11:00 Sing Along	11:00 Sorting		
11:30 Good News Network	11:30 Balloon Bounce	11:30 Seated Stretching	11:30 Reminisce	11:30 Exercise		
1:30 Bible Study	1:30 Travel	1:30 Bingo	1:30 Bingo	1:30 Sing Along		
2:00 Balloon Bounce	2:00 Reminisce/ Snack	2:00 Old Commercials/Snack	2:00 Tea Time / Snack	2:00 Craft/ Snack		
3:00 Bingo	3:00 Bingo	3:00 Balloon Bat	3:00 Balloon Bat	3:00 Bingo		
6:00 Travel Videos	6:00 Movie	6:00 Nature Relax	6:00 National Parks	6:00 Nature Relax		