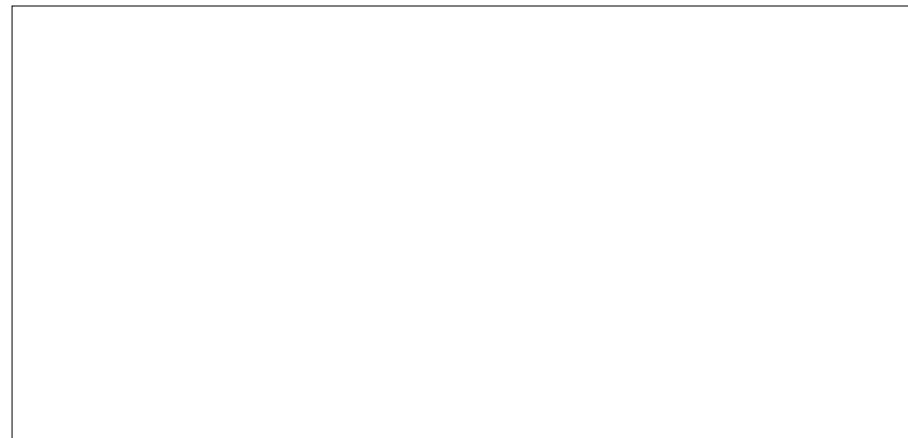




14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp



Leadership Team
Phone: 503.626-2273
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Tiffany Miles & Isabelle Hein
Business Office Director:
Amanda Al Fartosi
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

August 2022

Farmington Square Newsletter



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3 Team Spotlight
4 - 5 Activities Calendar

6 Highlights & Birthdays
7 Special Moments & In Our Words
8 Mission & Team

Looking Forward Toward Improved Eye Wellness

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

Do either of these scenarios sound familiar? You’re excitedly diving into a new book and you need to squint to see the words more clearly—or you’re taking a walk and you look to the street signs, but they’re not as clear as you expect them to be. Both frustrating instances example changes having occurred in the eyes. Fortunately, this Eye Exam Month, we've gathered insight that may be helpful toward improving eye wellness.

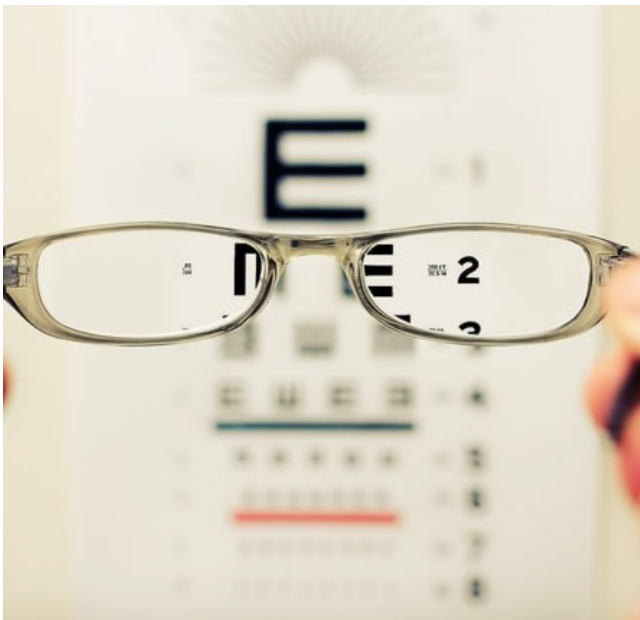
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

Proactive measures through lifestyle are also important. Some 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 screen eyestrain 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 is also helpful toward eye wellness. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

When it comes to older adults, there are specific eye issues to watch for. A few include:

- Dry eye, in which not enough tears or quality tears are made, leading to poor vision
- Age-related macular degeneration, an issue that causes central (not side) vision loss. The



macula of the eye allows for fine detail and color, so when affected, reading, watching tv, and recognizing faces could be challenging.

- Cataracts, cloudy areas in the eye lens (usually in both eyes, to different degrees) can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma, a group of issues which damage the optic nerve, can in time 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. There are also many prescription devices, like spectacle-mounted magnifiers for close 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



In Our Words...

August 8th is Happiness Happens Day. We asked our residents and staff, “What brings you great happiness?” Here’s what they shared!

“Reminiscing all the good times with my late sweet-heart” -Jerré

“Family Time” -Marilyn

“Spending time with my farm animals” -Diane

“Getting to the Beach” -Julia

“Positivity” -Karla

“Helping others” -Rob

“Spending time with cats and listening or playing music” -Nancy

“Feeding people great food” -April



August 2022 Highlights

Observes: Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Peace, and Sandwiches

01 Mahjong Day; Raspberry Cream Pie Day	17 Black Cat Day; Massachusetts Day; Thrift Day
02 Coloring Book Day; National Night Out Day	18 Fajita Day; Ice Cream Pie Day; Pinot Noir Day
03 Georgia Day; Nuts Day; Watermelon Day	19 Bow Day; Aviation Day; Potato Day
04 Coast Guard Day; Chocolate Chip Cookie Day	20 Chocolate Pecan Pie Day; Radio Day
05 Oyster Day; Beer Day; Water Balloon Day	21 Seniors Day; Spumoni Day
06 Root beer Float Day; Disc Golf Day	22 Pecan Torte Day
07 Raspb. & Cream Day; Family Day; Friend Day	23 Cuban Sandwich Day; Sponge Cake Day
08 Frozen Custard Day; Happiness Happens Day	24 Maryland Day; Peach Pie Day; Waffle Day
09 Book Lovers Day; Rice Pudding Day	25 Banana Split Day; Park Service Founders Day
10 Connecticut Day; S'mores Day	26 Dog Day; Cherry Popsicle Day
11 Raspberry Bombe Day; Son & Daughter Day	27 Just Because Day; Pots De Creme Day
12 Julienne Fries Day; Vinyl Record Day	28 Bow Tie Day; Cherry Turnovers Day
13 Left Handers Day; Bowling Day	29 Chop Suey Day; Lemon Juice Day
14 Creamsicle Day; Spirit of '45 Day	30 Beach Day; Toasted Marshmallow Day
15 Leathercraft Day; Lemon Meringue Pie Day	31 Eat Outside Day; Trail Mix Day
16 Airborne Day; Tell a Joke Day	

Happy Birthday!

Residents:

Pat U. - 8/20

Lori L. - 8/25

Staff:

Beatriz - 8/14

Carmen - 8/18

Kimberly - 8/30

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.



Staff Spotlight: Julia

Please join us in celebrating our Employee of the Month Ms. Julia! Julia joined our Farmington Square family in February, and we can already see the amazing impact she is having with our residents. Julia is putting our residents first by displaying kindness, patience, and grace. She is building relationships and rapport that will prove to have a lasting impact on both our residents and fellow team members.

Shining the spotlight on Julia:

Julia is a mother of eight children. She enjoys going to the beach and is an adventurous eater - but no sushi for her. She enjoys watching movies with her family, with Grease being in her top 10 favorite movies. Go, grease lightening, go!!! She has a sweet tooth with brownies being the sweet goodness that is irresistible for her.

When you see Julia around, please take a moment to say Congratulations and thank her for putting our residents first!

AUGUST 2022 Building A

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SUN	MON	TUE	WED	THU	FRI	SAT
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7 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	8 9:45 Scenic Drive 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 <i>Travel Video</i> 6:00 Evening Movie	9 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Craft 2:30 Sing Along/ Snack 3:00 Bingo 6:00 <i>Evening Movie</i>	10 9:45 Painting 9:45 Fred Meyer 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> 2:45 Ice Cream Social / Bingo 6:00 Balloon Bounce	11 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:15 Elsie Stuhr 1:45 Snack/ Afternoon Walk 4:00 Painting 6:00 <i>Travel Video</i>	12 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 Craft 3:00 Bingo 6:00 Balloon Bat	13 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
14 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	15 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 Balloon Bat 3:00 Afternoon Movie 6:00 <i>Travel Video</i>	16 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Craft 2:30 Sing Along/ Snack 3:00 Bingo 6:00 <i>Evening Movie</i>	17 9:45 Painting 9:45 Fred Meyer 10:30 Snack & News 11:15 Pet Therapy 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> 2:45 Ice Cream Social / Bingo 6:00 Balloon Bounce	18 9:45 Library Trip 9:45 Gardening 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 <i>Travel Video</i>	19 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 Craft 3:00 Bingo 6:00 Balloon Bat	20 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:00 Bingo 3:00 Worship With Paul 6:00 Movie Night
21 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	22 9:45 Scenic Drive 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 <i>Travel Video</i> 6:00 Evening Movie	23 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Craft 2:30 Sing Along/ Snack 3:00 Bingo 6:00 <i>Evening Movie</i>	24 9:45 Painting 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Sing Along /Trivia</i> 2:30 Music By Joel Parker’s Synergy Combo 6:00 Balloon Bounce	25 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:15 Elsie Stuhr 1:45 Snack/ Afternoon Walk 4:00 Painting 6:00 <i>Travel Video</i>	26 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 Craft 3:00 Bingo 6:00 Balloon Bat	27 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
28 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	29 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 Balloon Bat 3:00 Afternoon Movie 6:00 <i>Travel Video</i>	30 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Craft 2:30 Sing Along/ Snack 3:00 Bingo 6:00 <i>Evening Movie</i>	31 9:45 Painting 9:45 Fred Meyer 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> 2:45 Ice Cream Social / Bingo 6:00 Balloon Bounce	Activity schedule Subject to cancellation per current mandated health guidelines. Please look for a red time to indicate what may be changing Example: 9:45 Fred Meyer		

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SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Travel video 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	2 9:45 Gardening 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 IN2L Games 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie	3 9:45 Painting 9:45 Fred Meyer 10:30 Snack 1:30 Seated Stretching 2:00 Trivia/ Snack 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	4 9:45 Library Outing 9:45 Gardening 10:00 Snack 11:00 Word Games 1:30 Exercise 2:45 Snack 3:00 Bingo 6:00 Evening Movie	5 10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	6 9:45 Gardening 10:00 Watercolors 10:30 Word Games 11:00 Exercise 1:30 Balloon Badminton 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie
7 9:30 Snack 9:45 Gardening 9:45 Watercolors 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	8 9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Travel Video 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	9 9:45 Gardening 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 IN2L Games 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie	10 9:45 Painting 9:45 Fred Meyer 10:30 Snack 11:00 Trivia 1:30 Seated Stretching 2:45 Ice Cream Social / Bingo 6:00 Balloon Bounce	11 9:45 Gardening 10:00 Table Games 10:30 Word Games 11:00 Exercise 1:15 Elsie Stuhr 1:45 Snack/ Afternoon Walk 4:00 Poem Of The Day 6:00 Evening Movie	12 10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	13 9:45 Gardening 10:00 Watercolors 10:30 Word Games 11:00 Exercise 1:30 Balloon Badminton 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie
14 9:30 Snack 9:45 Gardening 9:45 Watercolors 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	15 9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Resident Council 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	16 9:45 Gardening 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 IN2L Games 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie	17 9:45 Painting 9:45 Fred Meyer 10:30 Snack 10:45 Pet Therapy 1:30 Seated Stretching 2:00 Trivia/ Snack 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	18 9:45 Library Outing 9:45 Gardening 10:00 Snack 11:00 Word Games 1:30 Exercise 2:45 Snack 3:00 Bingo 6:00 Evening Movie	19 10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	20 9:45 Gardening 10:00 Watercolors 10:30 Word Games 11:00 Exercise 1:30 Balloon Badminton 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie
21 9:30 Snack/ Watercolors 9:30 Gardening 9:45 Watercolors 9:45 Nature Park Walk 11:15 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	22 9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Travel Video 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	23 9:45 Gardening 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 IN2L Games 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie	24 9:45 Painting 9:45 Fred Meyer 10:30 Snack 1:30 Seated Stretching 2:00 Trivia/ Snack 2:30 Music By Joel Parker's Sinergy Combo 6:00 Puzzles	25 9:45 Gardening 10:00 Table Games 10:30 Word Games 11:00 Exercise 1:15 Elsie Stuhr 1:45 Snack/ Afternoon Walk 4:00 Poem Of The Day 6:00 Evening Movie	26 10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	27 9:45 Gardening 10:00 Watercolors 10:30 Word Games 11:00 Exercise 1:30 Balloon Badminton 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie
28 9:30 Snack 9:45 Gardening 9:45 Watercolors 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	29 9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Travel Video 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	30 9:45 Gardening 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 IN2L Games 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie	31 9:45 Painting 9:45 Fred Meyer 10:30 Snack 1:30 Seated Stretching 2:00 Trivia/ Snack 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	Activity schedule Subject to cancellation per current mandated health guidelines. Please look for a red time to indicate what may be changing Example: 9:45 Fred Meyer		

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