



1655 NE 18th St.  
Gresham, OR 97030

Stamp



**Farmington Square Leadership Team**  
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**Wellness Nurses:**  
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**Wellness Directors:** Kalina Bounphisay, Tammy Kerr, Jacqelyn Stahley  
**Business Office Director:**  
Monica Bounphisay  
**Life Enrichment Director:**  
Yolanda Irving Vance  
**Maintenance Director:**  
Elijah Taylor

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



# Farmington Square News

August 2022 Newsletter



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# 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.

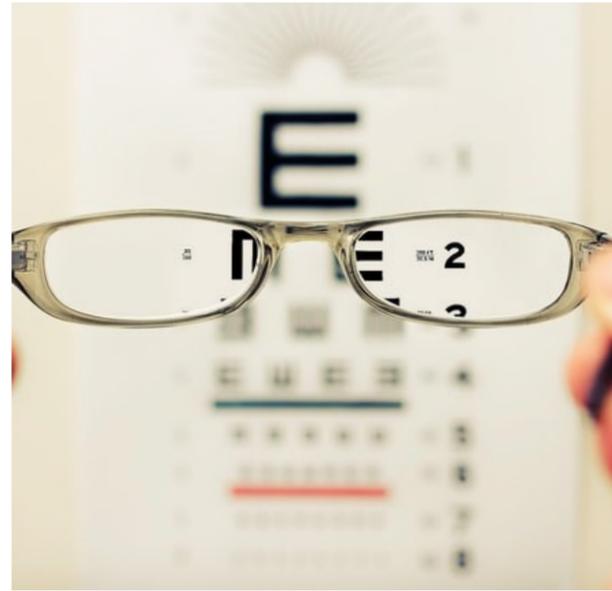
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

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!

"My 4 Sons " -Marge

"Balloons " -Candace

"Good Food Betty

"Linda -Family

"My Husband " -Mary

"Candy " -Janis

"Wine & Cheese" -Ann

"Cheese Burgers " -Walter

"Hot Cornbread " -Willie



# 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:**

- Linda : Aug.08
- Arletta A. : Aug.11
- Jani Z : Aug. 13
- Patrick O. Aug 17
- Roger M. : Aug.26
- Gary S. Aug 28**

**Staff:**

- Rosa G. Aug. 27

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: America**

America is one of our Dedicated Medical Technicians. America always does her best and our residents love her!

She loves to spend with her family and shopping and going out to beautiful restaurants.

We thank you America for all you do here at Farmington Square Gresham!



**Resident Spotlight: Jo**

Jo is one of our very outgoing residents. She is very social and loves playing Bingo and trivia on our IN2L system.

Jo loves her family and enjoys visiting with them whenever possible!

Jo, we are so lucky to have you here at Farmington Square Gresham!

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Farmington Square Gresham

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