



1655 NE 18th St.
Gresham, OR 97030

Stamp



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Monica Bounphisay
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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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3 Team & Resident Spotlight
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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.

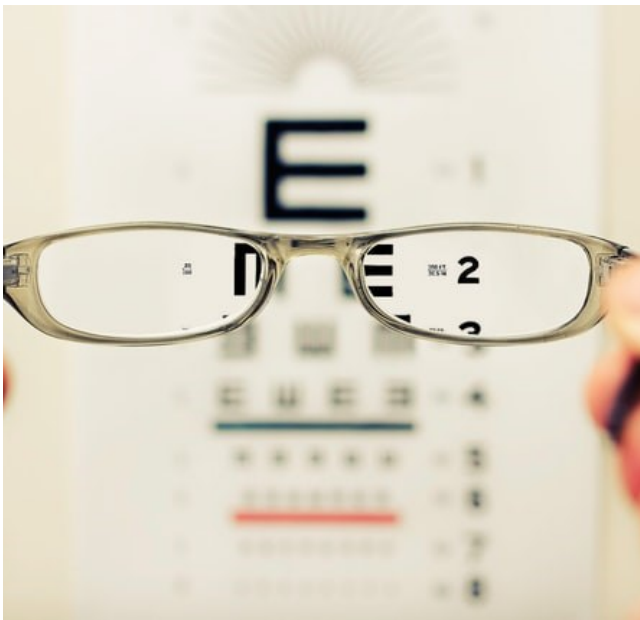
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

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

“Good Food Betty

“My Husband ” -Mary

“Wine & Cheese” -Ann

“Balloons ” -Candace

“Linda -Family

“Candy ” -Janis

“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!

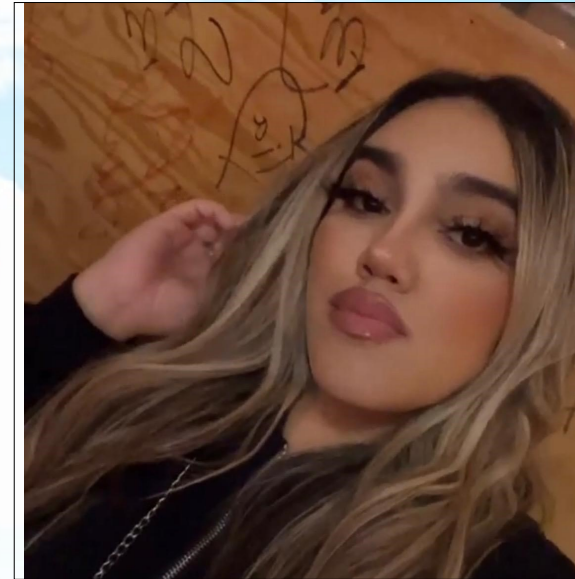
Residents:

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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