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Stamp

Farmington Square Leadership Team

Executive Director:

Jessica Penland

Assistant Executive Director:

Rhonda Tebbetts

Community Relations Director:

Brandon Moglia

Wellness Director, 910/920:

Nicole Oberlander

Wellness Director, 940:

Taylor Nardi

Wellness Director, 950:

Mark Nott

Wellness Nurses:

Barb Cuevas & Diana Armouch

Business Office Director:

Shelly Kesterson

Life Enrichment Director:

Amanda Bell

Maintenance Director:

George Curtis

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



Farmington Square Salem News

August 2022 Newsletter



2 A Look Into Eye Wellness
3 Team & Resident 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.

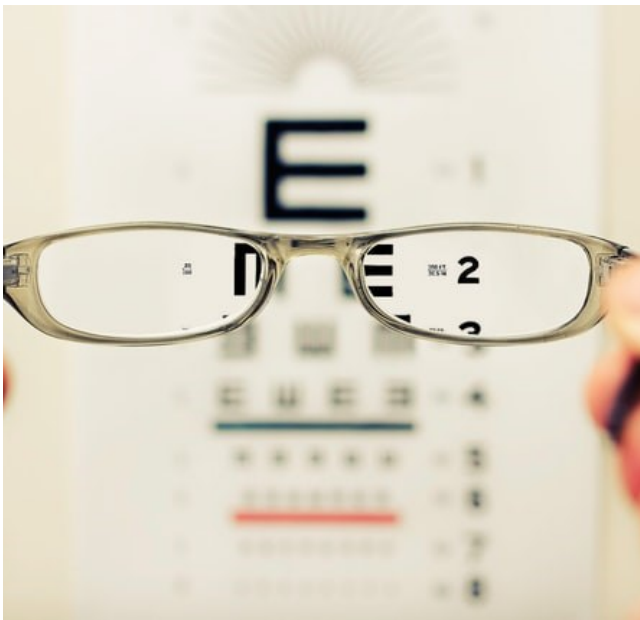
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

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 - Fish Hatchery & Picnic



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!

“Best Friends! ” - Caroline

“Husband & Kids!” Vicky

“Coffee!” -Jessica

“Not having to cook!” - Peggy

“My 2 Sons!” - Virginia

“My Dad!” -Francesca

“Playing Harmonica!” -Willis

“Balloon Bat Game!” -Leota

“Memory of Mom” -Amanda

“Best Friends!” -Mary



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:

Zealand F: Aug. 9
Bonnie S: Aug. 16
Debbie K: Aug. 29

Staff:

George C: Aug. 3
Makayla D: Aug. 9
Luis E: Aug. 9
Cayle N: Aug. 10
Kimberly J: Aug. 19
Jose R: Aug. 19
Fency L: Aug. 23
Fran L: Aug. 27
Blanca M: Aug. 29

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: Yolanda

We are happy to shine a spotlight on our amazing housekeeper Yolanda! Yolanda has been with Farmington Square for almost a year now and you can always find her in a happy mood, working away at keeping our community clean and beautiful!

Yolanda shared that her favorite thing about her job is the friendships she has made with the Residents and her Co-workers!

We greatly appreciate Yolanda and are so thankful that she is a part of our Team!



Resident Spotlight: Janice

We are excited to shine a light on one of our new comers Janice!

Jan has just been with us for a few months now, but she has made herself right at home! Jan loves spending her time out in our back flower gardens where she can enjoy the warm weather and admire the scenery! Jan also loves going on outings and especially enjoys our musical guests who come to our community with live entertainment!

Thank you Jan for choosing Farmington Square, we are so happy you are here!

AUGUST 2022 Activities 910-920

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	1 9:30 Chair Dancing IN2L 10:00 Good News IN2L 10:30 Balloon Burst 11:00 Manicures & Massages 1:30 Afternoon Stroll 2:00 Skip- Bo 4:00 WII Bowling 4:30 1920's Juke Box	2 Coloring Book Day 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Morning Walk 11:00 Uno/ Cards 11:30 Coloring Book Fun! 2:00 History Trivia IN2L 3:30 Scrabble 4:30 Jokes & Laughter	3 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00 B I N G O 3:30 Skip- Bo 4:30 Brain Teasers IN2L 6:00 Wheel Of Fortune	4 9:30 Conductorcise 10:00 Today in History 10:30 Happy Neuron IN2L 11:00 Which Came First? 11:30 Scrabble / Puzzles 2:00 Afternoon Stroll 3:00 Uno/ Cards 4:30 Classic Movie IN2L	5 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Morning Walk 1:30 Uno/ Cards 2:00 Brain Teasers IN2L 3:00 Family Feud 4:00 Jokes & Laughter 4:30 Classical Juke Box	6 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00 B I N G O 3:00 Colorful Creations 3:30 Happy Neuron IN2L 4:30 Scrabble / Puzzles 6:00 Wheel Of Fortune
7 9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Bible Story Trivia 1:30 Arm Chair Travel 2:00 Church Sermon IN2L 3:00 Happy Neuron IN2L 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	8 Happiness Happens Day 9:30 Chair Dancing 10:00 Good News IN2L 10:30 Balloon Burst 11:30 Manicures & Massages 1:30 Family Feud 2:00 Happy People IIN2I 4:00 WII Bowling 4:30 1930's Juke Box	9 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Morning Walk 11:00 Uno/ Cards 11:30 Pictionary IN2L 2:00 History Trivia IN2L 3:30 Scrabble 4:30 Jokes & Laughter	10 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00 B I N G O 3:30 Skip- Bo 4:00 Balloon Burst 4:30 Jeopardy	11 9:30 Conductorcise 10:00 Today in History 10:30 Brain Teasers IN2L 11:00 Animal Trivia IN2L 11:30 Jigsaw Puzzles 2:00 Colorful Creations 3:00 Scrabble 4:30 Western Movie IN2L	12 Vinyl Record Day 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Name that Sound In2L 2:00 Reminisce - Vinyl Records 3:00 Afternoon Stroll 3:30 Balloon Burst 4:00 Jokes & Laughter 4:30 Play Vinyl Records!	13 9:30 Sit and be Fit IN2L 10:00 Scenic Drive 910/20/50 11:30 Family Feud IN2L 2:00 B I N G O 3:00 Colorful Creations 3:30 Happy Neuron IN2L 4:30 Skip- Bo 6:00 Jeopardy
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	7 9:30 Light & Lively Exercise 10:00 Scenic Drive 910/20/40 11:30 Bible Story Trivia 1:30 Bean Bag Toss 2:00 Church Sermon IN2L 3:00 Sit & sip 4:30 Hymnals 6:00 Sunday @ The Memories IN2L	8 Happiness Happens Day 9:30 Chair Dancing 10:00 Good News IN2L 10:30 Balloon Bat/ Music 11:30 Manicures & Massages 1:30 Family Feud 2:00 Happy People IIN2I 3:00 Snack & Chat 4:30 Sing a Long/ Karaoke	9 9:30 Sit & be Fit IN2L 10:00 Book Club 10:30 Morning Walk 11:00 Ring Toss 11:30 Pictionary IN2L 2:00 History Trivia IN2L 3:00 Sit & Sip 4:30 Jokes & Laughter	10 9:30 Exercise IN2L 10:00 Good News IN2L 10:30 Walking Group 11:30 Dominoes/ Puzzles 2:00 B I N G O 3:30 Snack & Chat 4:00 Balloon Burst 4:30 Jeopardy	11 9:30 Conductorcise 10:00 Today in History 10:30 Bean Bag Toss 11:00 Animal Trivia IN2L 11:30 Jigsaw Puzzles 2:00 Colorful Creations 3:00 Sit & Sip 4:30 Western Movie IN2L	12 Vinyl Record Day 9:30 Chair Dancing IN2L 10:00 Good News IN2L 11:30 Name that Sound In2L 2:00 Reminisce - Vinyl Records 3:00 Afternoon Stroll 3:30 Snack & Chat 4:00 Jokes & Laughter 4:30 Play Vinyl Records!
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