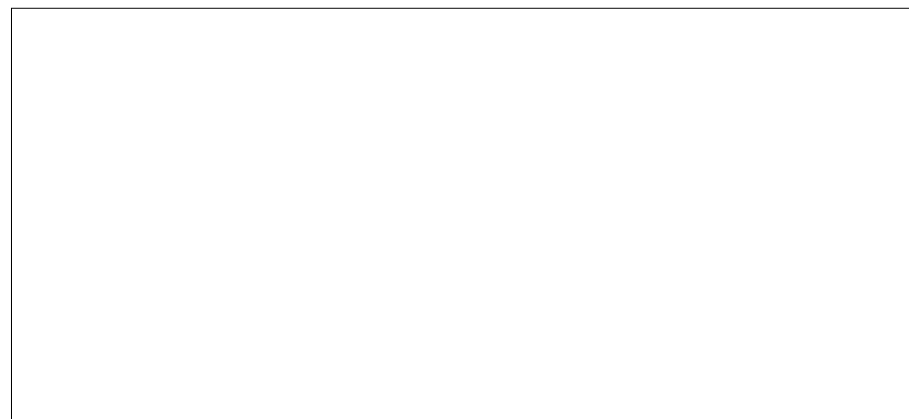




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Facebook: FarmingtonSquareTualatin

Stamp



#### Leadership Team

**Executive Director:**  
Tawnya Theodore

**Community Relations Director:**  
Randy Dickens

**Wellness Director, Alpine:**  
Sally Campos

**Wellness Director, Beechwood:**  
Mara Campos Chan

**Wellness Director, Ponderosa:**  
Melissa Garza

**Wellness Nurse:**  
Franciene Thompson

**Business Office Director:**  
Jane Smith

**Life Enrichment Director:**  
Anjee Thompson

**Dining Services Director:**  
Darett Miyashiro

**Maintenance Director:**  
Paul Burns

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

**Reminder: Please Be On Time! Rent is due on the 1st of each month and late after the 10th. If it has not been received by the 10th of the month a late fee is automatically generated. Please reach out to Jane Smith, our Business Office Director if you have any questions.**

# The Farmington Times

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.

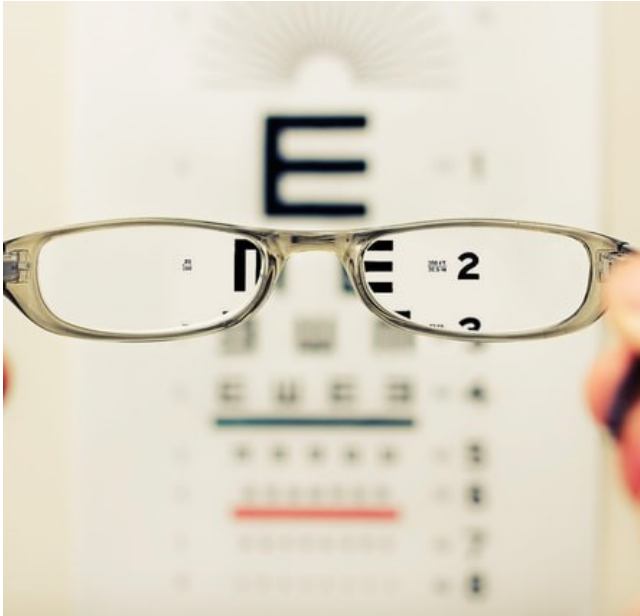
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

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





# 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!

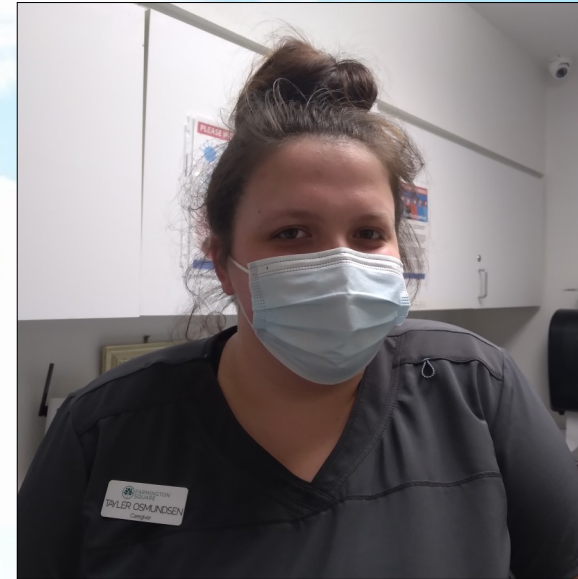
### Residents:

Bonnie: Aug. 6  
Dale: Aug. 7  
Joyful: Aug. 15

### Staff:

Tayler: Aug. 1  
Regence: Aug. 21  
Paul: Aug. 22  
Elizabeth: Aug. 28

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: Tayler

Tayler is one of our hardworking med techs. She works full time and is going to school to become a radiologist.

She loves going on trips to the Oregon Coast and riding quads with her brothers. Her favorite flowers are Tulips and Sunflowers. She hopes to one day travel through Mexico, England, and Italy.

We love her strong work ethic and how she shows the residents she cares for her companionship and joy. Thank you, Tayler!



### Resident Spotlight: Janis

This long time Kansas City Chiefs fan is a fun a lady to hang around with. She loves to socialize and talk current events with everyone. She enjoys doing puzzles and crafts and sitting outside in the sunshine if it is not too hot out. After retiring from secretarial work, she enjoyed gardening and spending time with her family. She loves movies and listening to music including one of her favorites, Fleetwood Mac. We love seeing her smiling face!



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7	8	9 Book Lovers Day	10 S'mores Day	11	12	13
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14 Creamsicle Day	15	16	17	18	19	20
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28	29	30	31 Trail mix Day			Happy Birthday!  Bonnie K.: Aug 6th
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28 <div>9:30 Exercise IN2L 10:00 Brain Game IN2L 11:00 Walking Group 1:00 Bible Study IN2L 2:00 Games 3:00 Puzzle Time 4:00 Trivia IN2L 6:00 Comedy TV</div>	29 <div>9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Word Games IN2L 1:00 Word Search 2:00 Brain Games 3:00 Book Club 4:00 Trivia IN2L 6:00 History Show</div>	30 <div>9:30 Exercise IN2L 10:00 Today In History 11:00 Stories of Childhood 1:00 Trivia IN2L 2:00 Bingo 3:00 Coloring 4:00 Puzzle Time 6:00 Comedy TV</div>	31 Trail Mix Day <div>9:30 Exercise IN2L 10:00 Read Aloud 11:00 Hang man 1:00 Jokes and Poems 2:00 Card Game 3:00 Sing Along 4:00 Game Show 6:00 Classic TV</div>			



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