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



The Farmington Square Times

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.

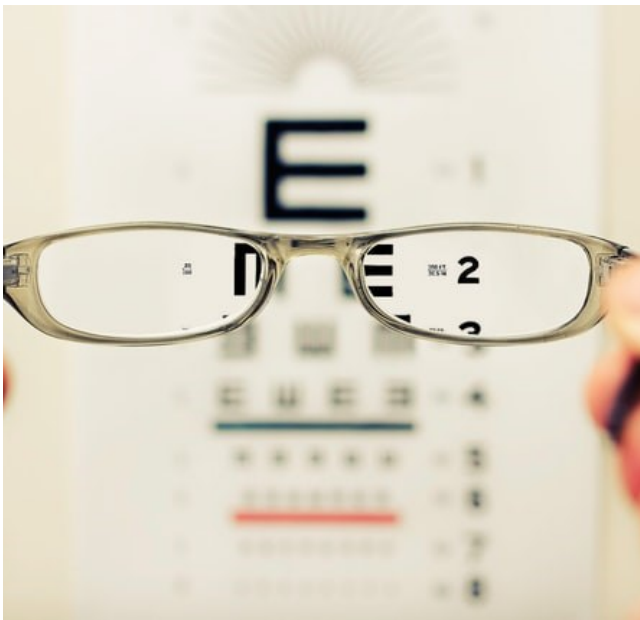
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

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 job, my family, and my significant other.” -Raeleen

“My cat Heidi” -Darwin

“The love of my children” -Loya

“My husband and grandchildren, family in general” -Sharon

“My wife” -Marty

“When I used to harvest, my husband and the kids that were around” -Wanda

“Being outdoors, fishing, hiking, family and significant other” -Alyssa

“Lots of things, my kids and chocolate chip cookies” -Betty



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:

Jeani: Aug. 11th
Darwin: Aug. 19th
Wanda: Aug. 31st

Staff:

Kevin: Aug. 9th
Andrew: Aug. 15th
Mia: Aug. 15th
Jara: Aug. 18th

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: Crystal

Crystal is a Caregiver who has worked here for about a year. She is from Glendale, CA. She previously worked for Elder Health and Living for 10 years. Her hobbies include traveling to new places, camping, cooking, baking (especially cheesecake), spending time with her husband and daughter, arts & crafts, and going to concerts. She enjoys listening to a variety of music (from all genres) and watching Netflix and Dexter. Her favorite food is Mexican, place to travel is the coast, and holiday is Thanksgiving.

Fun Fact: She does home improvement /DIY projects with her mother-in-law. They've made birdhouses and home décor!

She is described as very sweet, reliable, helpful, kind, caring, funny and hardworking.

Crystal, you have such a great smile and laugh. You always go the extra mile to ensure that the residents are happy and well cared for. Thank you for everything that you do and more, you're awesome!



Resident Spotlight: Betty

Betty is from Columbia, Kentucky. She used to be the Vice President of Baking at Citibank in Arizona & Chicago. She has always enjoyed going to the movies & symphonies, cooking, sewing, potting plants, traveling (especially family vacations & activities), church services, housework and going for walks. She likes listening to music (spiritual, light jazz and symphony), watching TV (Golden Girls, Hallmark, Jeopardy & Wheel of Fortune), reading the newspaper, conversing with other residents & staff and joining in on sing-a-longs. Her favorite food is anything (she loves all foods), her favorite place to travel is Hawaii and her favorite holiday is Christmas. **Fun Fact:** She has traveled many places like to Europe, China, Japan, Mexico and all over the U.S. She is described as friendly, outgoing, has a great sense of humor, witty, caring and very helpful. Betty, you have a great sense of humor and your smile lights up the whole room! We are so excited to get to know you more and hear all the fun stories you have to tell. Welcome to the Farmington family!

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AUGUST 2022

Farmington Square Eugene

• Cottage C

• 2730 Bailey Lane Eugene, OR 97401

• 541-344-7902

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p>1</p> <p>11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games: Family Feud* 3:30 Exercise Fun: Community Walks 4:00 Creative Arts*</p>	<p>2</p> <p>11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 National Coloring Book Day* 3:00 Pretty Nails & Manicures 4:00 Resident Focused Visits</p> <p>Personal Shopper Day: 11am – 2pm</p>	<p>3</p> <p>11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretch & Weights 2:35 Sensory GameS: Name That Sound* 4:00 Creative Arts*</p>	<p>4</p> <p>11:15 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Community Walks 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Card Games*</p>	<p>5</p> <p>11:15 Exercise: Stretch & Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails & Manicures 4:00 Board Games*</p> <p>Personal Shopper Day: 1:30-4:30pm</p>	<p>6</p> <p>11:15 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Creative Arts* 3:00 Outdoor/Indoor Games: Golf 4:00 Resident Focus Visits</p>
	<p>7</p> <p>11:15 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise: Stretching & Balloon Ball 3:00 Outdoor/Indoor Games: Corn hole 3:30 Resident Focus Visits 4:00 Card Games*</p>	<p>8</p> <p>11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games: Trivia* 3:30 Exercise Fun: Community Walks 4:00 Creative Arts*</p>	<p>9</p> <p>11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 National Book Lovers' Day* 3:00 Pretty Nails & Manicures 4:00 Resident Focused Visits</p> <p>Personal Shopper Day: 11am – 2pm</p>	<p>10</p> <p>11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 National S'mores Day 2:30 Exercise Fun: Stretch & Weights 3:30 Sensory Games: Music* 4:00 Creative Arts*</p>	<p>11</p> <p>11:15 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Community Walks 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Card Games*</p>	<p>12</p> <p>11:15 Exercise: Stretch & Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 3:00 Pretty Nails & Manicures 4:00 Board Games*</p> <p>Personal Shopper Day: 1:30-4:30pm</p>
<p>14</p> <p>11:15 Beauty & Grooming 12:30 Yahtzee 2:00 National Creamsicle Day 2:30 Exercise: Stretch & Balloon Ball 3:30 Resident Focus Visits 4:00 Card Games*</p>	<p>15</p> <p>11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games: Family Feud* 3:30 Exercise Fun: Community Walks 4:00 Creative Arts*</p>	<p>16</p> <p>11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails & Manicures 4:00 Resident Focused Visits</p> <p>Personal Shopper Day: 11am – 2pm</p>	<p>17</p> <p>11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretch & Weights 2:35 Sensory Games: Name That Sound* 4:00 Creative Arts*</p>	<p>18</p> <p>11:15 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 Exercise Fun: Community Walks 2:30 Trivia Games* 3:00 Resident Focused Visits 4:00 Card Games*</p>	<p>19</p> <p>11:15 Exercise: Stretch & Balloon Ball 12:30 Yahtzee 2:00 National World Photography Day* 3:00 Pretty Nails & Manicures 4:00 Board Games*</p> <p>Personal Shopper Day: 1:30-4:30pm</p>	<p>20</p> <p>11:15 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Birthday Cupcakes 2:30 Outdoor/Indoor Games: Golf 3:00 Creative Arts* 4:00 Resident Focus Visits</p>
<p>21</p> <p>11:15 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise: Stretch & Balloon Ball 3:00 Outdoor/Indoor Games: Corn hole 3:30 Resident Focus Visits 4:00 Card Games*</p>	<p>22</p> <p>11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games: Trivia* 3:30 Exercise: Community Walks 4:00 Creative Arts*</p>	<p>23</p> <p>11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 Puzzle Club* 3:00 Pretty Nails & Manicures 4:00 Resident Focused Visits</p> <p>Personal Shopper Day: 11am – 2pm</p>	<p>24</p> <p>11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretch & Weights 2:35 Sensory Games: Music* 4:00 Creative Arts*</p>	<p>25</p> <p>11:15 Beauty & Grooming 12:30 B-I-N-G-O* 2:00 National Banana Split Day 3:00 Exercise Fun: Community Walks 3:30 Trivia Games* 4:00 Resident Focused Visits</p>	<p>26</p> <p>11:15 Exercise: Stretch & Balloon Ball 12:30 Yahtzee 2:00 Resident Focused Visits 4:30-6:30 Luau Party (Cottage C) • Food • Games • Hula Dancers!</p>	<p>27</p> <p>11:15 Exercise Fun: Tai Chi* 12:30 B-I-N-G-O* 1:30 Scenic Bus Ride 2:00 Creative Arts* 3:00 Out/Indoor Games: Bowling 4:00 Resident Focus Visits</p>
<p>28</p> <p>11:15 Beauty & Grooming 12:30 Yahtzee 2:00 Exercise: Stretch & Balloon Ball 3:00 Outdoor/Indoor Games: Golf 3:30 Resident Focus Visits 4:00 Card Games*</p>	<p>29</p> <p>11:15 Resident Focused Visits 12:30 B-I-N-G-O* 2:00 Floral Arranging 3:00 Word Games: Trivia* 3:30 Exercise: Community Walks 4:00 Creative Arts*</p>	<p>30</p> <p>11:15 Exercise Fun: Tai Chi* 12:30 Yahtzee 2:00 National Beach Day* 3:00 Pretty Nails & Manicures 4:00 Resident Focused Visits</p> <p>Personal Shopper Day: 11am – 2pm</p>	<p>31</p> <p>11:15 Resident Focused Visits 12:30 Word Games/Crossword Puzzle* 2:00 Exercise Fun: Stretch & Weights 2:35 Sensory Games: Name That Sound* 4:00 Creative Arts*</p>	<p>August Highlights Aug. 2nd– National Coloring Book Day Aug. 9th– National Book Lovers' Day Aug. 10th– National S'mores Day Aug. 13th– National Bowling Day Aug. 14th– National Creamsicle Day Aug. 19th– National World Photography Day Aug.20th– Birthday Cupcakes Aug. 25th– National Banana Split Day Aug. 26th– Luau Party (Cottage C) Aug. 30th– National Beach Day</p>		