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



The Farmington 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.

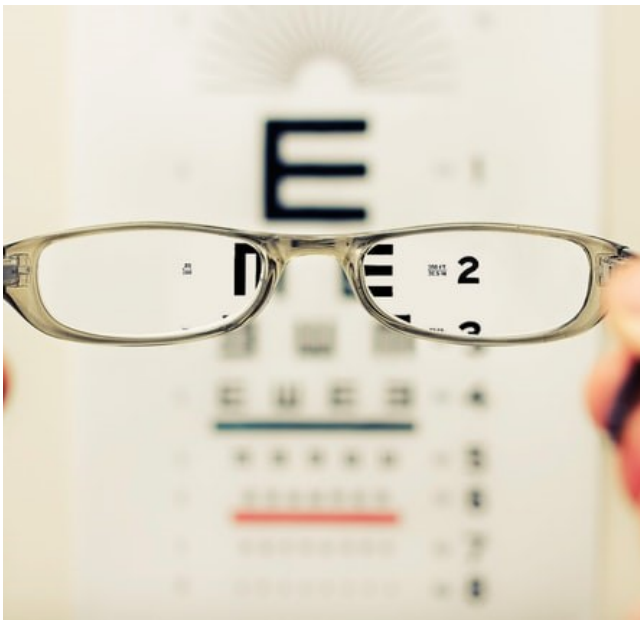
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

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!

- | | |
|--------------------------|------------------------|
| “Pepsi” -Ginner | “Husband ” - Kathy |
| “Ice cream” -Pam | “Western Shows” -John |
| “Family” -Emily | “Flowers” -Angela |
| “4 grandchildren” - Dora | “My Children ” -Brooke |



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:

Judith: Aug. 24th

Staff:

Sharlene: Aug. 4th

Karrington: Aug. 6th

Kaylie: Aug. 6th

Scauti : Aug. 8th

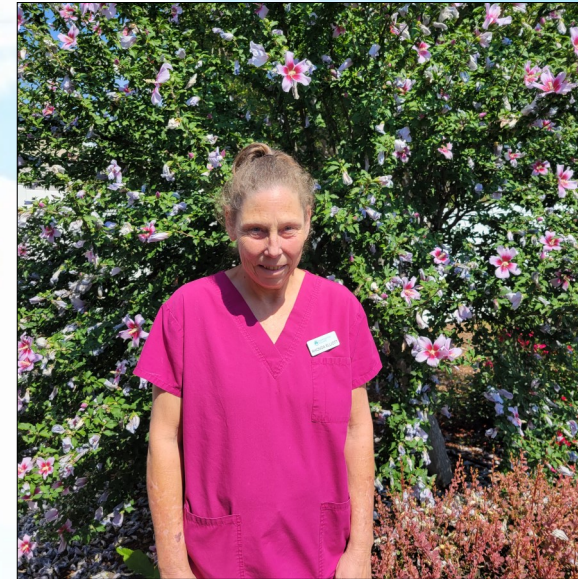
Patrick : Aug. 11th

Yurice : Aug. 12th

Dinorah : Aug. 21th

Dennis: Aug. 27th

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: Rhonda

Rhonda is one of our caregivers here at Farmington Square. Rhonda has been working at Farmington Square for about nine months.

She enjoys caring for our residents and talking with them. Rhonda enjoys traveling to new places as well. One of her goals is to grow her online caregiving coaching business.

We love having Rhonda here at Farmington Square as part of our little family!



Resident Spotlight: Teddy

Teddy is one of our residents here at Farmington Square.

Teddy enjoys going for walks and being outside. She never fails to put a smile on our faces with her jokes. When Teddy goes for walks, she likes to stop to smell the flowers.

We love having Teddy here at Farmington Square. Thank you for sharing your smile and jokes with us Teddy!

AUGUST 2022

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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 9:00 Beauty Hour 10:00 Exercise 11:00 IN2L A/ Kickball B 12:00 IN2L Radio 1:00 Fancy Nails 2:00 Reading Club 3:00 Karaoke 4:00 Card-O 5:00 IN2L Radio	2 Coloring Book Day 9:00 Beauty Hour 10:00 Morning Walk 11:00 Color/ Draw 12:00 IN2L Radio 1:00 Trivia 2:00 Table Game 3:00 Water Plants 4:00 One on One 5:00 IN2L Radio	3 9:00 Beauty Hour 10:00 Card-O 11:00 IN2L Traveling Video 12:00 IN2L Radio 1:00 IN2L Game A/ Bingo B 2:00 Bowling 3:00 reading Club 4:00 Coffee/Tea Social 5:00 IN2L Radio	4 Coast Guard Day 9:00 Beauty Hour 10:00 Exercise 11:00 Color/ Draw 12:00 IN2L Radio 1:00 Fancy Nails 2:00 IN2L Educational Video 3:00 Karaoke 4:00 One On One 5:00 IN2L Radio	5 9:00 Beauty Hour 10:00 Reading Club 11:00 Water Plants 12:00 IN2L Radio 1:00 IN2L Traveling Video 2:00 Balloon Toss 3:00 Dance party 4:00 Coffee/ Tea Social 5:00 IN2L Radio	6 9:00 Beauty Hour 10:00 One on One 11:00 Table Game 12:00 IN2L Radio 1:00 Fishing A/ Bingo B 2:00 Reading Club 3:00 Color/ Draw 4:00 Fancy Nails 5:00 IN2L Radio
7 Family Day 9:00 Beauty Hour 10:00 Morning walk 11:00 Water plants 12:00 IN2L Radio 1:00 Reading Club 2:00 Balloon Toss 3:00 Church 4:00 Trivia 5:00 IN2L Radio	8 9:00 Beauty Hour 10:00 Water Plants 11:00 One On One 12:00 IN2L Radio 1:00 Trivia 2:00 Bowling 3:00 Fancy Nails 4:00 Coffee/ Tea Social 5:00 IN2L Radio	9 Book Lovers Day 9:00 Beauty Hour 10:00 Exercise 11:00 IN2L Game A/Bingo B 12:00 IN2L Radio 1:00 Craft 2:00 Table Game 3:00 Dance Party 4:00 Reading Club 5:00 IN2L Radio	10 9:00 Beauty Hour 10:00 Balloon toss 11:00 Fishing A/ Basketball B 12:00 IN2L Radio 1:00 Fancy Nails 2:00 Trivia 3:00 Afternoon Walk 4:00 One On One 5:00 IN2L Radio	11 Son and Daughter Day 9:00 Beauty Hour 10:00 Water Plants 11:00 IN2L A/ Kickball B 12:00 IN2L Radio 1:00 IN2L Educational Video 2:00 Bowling 3:00 Table Game 4:00 Karaoke 5:00 IN2L Radio	12 9:00 Beauty Hour 10:00 Karaoke 11:00 Water Plants 12:00 IN2L Radio 1:00 Reading Club 2:00 IN2L A/ Basketball B 3:00 Card-O 4:00 Coffee/ Tea Social 5:00 IN2L Radio	13 Bowling Day 9:00 Beauty Hour 10:00 Reading Club 11:00 Water Plants 12:00 IN2L Radio 1:00 Fancy Nails 2:00 Fishing A/ Bingo B 3:00 IN2L game 4:00 One On One 5:00 IN2L Radio
14 9:00 Beauty Hour 10:00 Morning yoga 11:00 Balloon toss 12:00 IN2L Radio 1:00 One On One 2:00 Table Game 3:00 Church 4:00 Dance Party 5:00 IN2L Radio	15 Lemon Meringue Pie Day 9:00 Beauty Hour 10:00 One On One 11:00 Water Plants 12:00 IN2L Radio 1:00 Fancy Nails 2:00 Card-O 3:00 Karaoke 4:00 Bowling 5:00 IN2L Radio	16 9:00 Beauty Hour 10:00 Water Plants 11:00 IN2L A/ Kickball B 12:00 IN2L Radio 1:00 Table Game 2:00 IN2L Traveling Video 3:00 IN2L Game A/ Bingo B 4:00 Balloon Toss 5:00 IN2L Radio	17 9:00 Beauty Hour 10:00 Morning Walk 11:00 Water Plants 12:00 IN2L Radio 1:00 IN2L Game A/ Bingo B 2:00 Card-O 3:00 IN2L Educational Video 4:00 One On One 5:00 IN2L Radio	18 Fajita Day 9:00 Beauty Hour 10:00 Reading Club 11:00 IN2L Movie 12:00 IN2L Radio 1:00 Fancy Nails 2:00 Bowling 3:00 Color/Draw 4:00 Fishing A/ Bingo B 5:00 IN2L Radio	19 9:00 Beauty Hour 10:00 One On One 11:00 Exercise 12:00 IN2L Radio 1:00 IN2L Educational Video 2:00 Table Game 3:00 Fancy Nails 4:00 Craft 5:00 IN2L Radio	20 9:00 Beauty Hour 10:00 IN2L Movie 11:00 Water Plants 12:00 IN2L Radio 1:00 Karaoke 2:00 Balloon toss 3:00 Dancy party 4:00 Reading Cub 5:00 IN2L Radio
21 Senior Day 9:00 Beauty Hour 10:00 One On One 11:00 Morning walk 12:00 IN2L Radio 1:00 Fancy Nails 2:00 IN2L Game 3:00 Church 4:00 Coffee/Tea Social 5:00 IN2L Radio	22 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Table Game 12:00 IN2L Radio 1:00 IN2L A/ Basketball B 2:00 IN2L Educational Video 3:00 IN2L Game A/ Bingo B 4:00 Color/ Draw 5:00 IN2L Radio	23 9:00 Beauty Hour 10:00 Water Plants 11:00 Reading Club 12:00 IN2L Radio 1:00 IN2L Movie 2:00 Afternoon Walk 3:00 Table Game 4:00 Karaoke 5:00 IN2L Radio	24 Waffle Day 9:00 Beauty Hour 10:00 Water Plants 11:00 Balloon Toss 12:00 IN2L Radio 1:00 Fancy Nails 2:00 Afternoon Walk 3:00 Card-O 4:00 One On One 5:00 IN2L Radio	25 9:00 Beauty Hour 10:00 Exercise 11:00 Coffee/ Tea Social 12:00 IN2L Radio 1:00 Color/ Draw 2:00 Reading Club 3:00 Table Game 4:00 IN2L Traveling Video 5:00 IN2L Radio	26 9:00 Beauty Hour 10:00 Karaoke 11:00 Water Plants 12:00 IN2L Radio 1:00 Fancy Nails 2:00 Trivia 3:00 Reading Club 4:00 IN2L Movie 5:00 IN2L Radio	27 Just Because Day 9:00 Beauty Hour 10:00 One On One 11:00 IN2L A/ Kickball B 12:00 IN2L Radio 1:00 Reading Club 2:00 Dance Party 3:00 IN2L Educational Video 4:00 Craft 5:00 IN2L Radio
28 9:00 Beauty Hour 10:00 Morning Yoga 11:00 Fancy Nails 12:00 IN2L Radio 1:00 Balloon Toss 3:00 Church 4:00 Trivia 5:00 IN2L Radio	29 9:00 Beauty Hour 10:00 One On One 11:00 Coffee/ Tea Social 12:00 IN2L Radio 1:00 Fancy Nails 2:00 IN2L Traveling Video 3:00 Card-o 4:00 Water Plants 5:00 IN2L Radio	30 Beach Day 9:00 Beauty Hour 10:00 Reading Club 11:00 Color/Draw 12:00 IN2L Radio 1: 00 Trivia 2:00 IN2L Movie 3:00 Balloon Toss 4:00 IN2L Educational Video 5:00 IN2L Radio	31 9:00 Beauty Hour 10:00 Morning Walk 11:00 Water Plants 12:00 IN2L Radio 1:00 Fancy Nails 2:00 IN2L Game A/ Bingo B 3:00 Bowling 4:00 One On One 5:00 IN2L Radio		Resident Birthday Judith– August 24th	Employee Birthdays Sharlene– August 4th Karrington– August 6th Kaylie– August 6th Scauti– August 8th Patrick– August 11th Yurice– August 12th Dinorah– August 21st Dennis– August 27th

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