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# The Farmington Times

September 2022 Newsletter



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

**Leadership Team**  
**Executive Director:**  
Tawnya Theodore  
**Community Relations Director:**  
Randy Dickens  
**Wellness Director, Alpine:**  
**Wellness Director, Beechwood:**  
Tayler Osmundsen  
**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

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# Pain Points: Tips for Managing Chronic Pain

*Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.*

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

## Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above— can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

## Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer’s and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It’s important to know that you and your loved ones don’t have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents’ symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don’t be discouraged if it takes a while to find the answers you’re looking for – health is a journey after all.

# Special Moments



## In Our Words...

September 23rd marks the start of Autumn!  
These are our Fall Favorites:

- “Pretty Leaves” -Bonnie
- “Cool Nights” -Tighe
- “Apple Cider” -Ruth
- “Fall Leaves” -Jean
- “Pie” -Bob





# September 2022 Highlights

**September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.**

**September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.**

01 World Letter Writing Day  
 02 Coconut Day, College Colors Day, Food Bank Day  
 03 Bacon Day, U.S. Bowling League Day, Tailgating Day  
 04 Macadamia Nut Day, Wildlife Day  
 05 Labor Day, Beautician Week, Cheese Pizza Day  
 06 Coffee Ice Cream Day, Read a Book Day  
 07 Acorn Squash Day, Beer Day, Salami Day  
 08 Literacy Day, Ampersand Day  
 09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day  
 10 World First Aid Day, Swap Ideas Day  
 11 Assisted Living Week, Grandparents' Day,  
 Day of Service & Remembrance  
 12 Chocolate Milkshake Day, Video Games Day  
 13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day  
 14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day  
 15 Cheese Toast Day, Linguine Day, Online Learning Day  
 16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day  
 17 Thank Police Day, House Cleaners' Day, Dance Day  
 18 Bamboo Day, Air Force Bday, Cheeseburger Day  
 19 Butterscotch Pudding Day, Talk Like a Pirate Day

20 Fried Rice Day, Pepperoni Pizza Day, Punch Day  
 21 World Alzheimer's Day, Chai Day, Pecan Cookie Day  
 22 Centenarians' Day, Hobbit Day, White Chocolate Day  
 23 Autumn Begins, Pot Pie Day, Snack Stick Day  
 24 Family Health & Fitness Day, Hunting & Fishing Day  
 25 Dining Staff Day, Daughters' Day, Quesadilla Day  
 26 HR Staff Day, Family Day, Dumpling Day, Pancake Day  
 27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day  
 28 Strawberry Cream Pie Day, Ladies Health Day  
 29 VFW Day, Coffee Day  
 30 Chewing Gum Day, Hot Cider Day, Love People Day

**"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson**



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on Sept. 9 than any other day of the year!

## Residents

**Bertha: Sept. 1**  
**Jean A: Sept. 4**  
**Rhoda: Sept. 9**  
**Maxine: Sept. 10**  
**Skip: Sept. 20**  
**Bonnie D: Sept. 22**  
**Merrell: Sept. 26**



**Staff Spotlight:**  
**Lizbeth**

Lizbeth is a mother of two boys. She and her husband and sons moved to Oregon eight years ago and love it here. She has worked at FST for almost two years. She is kind and quiet. Her encouragement to the residents is part of what makes her a great caregiver.

She says that she loves making residents feel safe and loved, and likes that we are a big family here at FST.

**Thank you for being an amazing team member, Lizbeth!**



**Resident Spotlight:**  
**Janet**

Janet is a retired dance teacher, wife, and mother. Currently, her favorite thing is to share how much she adores her grandchildren and great grand children. She loves story telling and always has a warm and welcoming smile on her face. She loves to chat about her family and how she and her husband Bob were high school sweethearts. He was out on the field playing ball and she was the cute cheerleader rooting his team to on to a win.

**We are excited to have her as a new resident and look forward to hearing some of her great stories. Welcome Home Janet!**



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# SEPTEMBER 2022

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<div>4<div>9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L</div></div>	<div>5<div>Labor Day<div>9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 6:00 Music IN2L 7:00 Movie IN2L</div></div></div>	<div>6<div>9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 6:00 Music IN2L 7:00 Movie</div></div>	<div>7<div>9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show 7:00 Movie IN2L</div></div>	<div>8<div>9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 6:00 History <i>Video IN2L</i> 7:00 Movie IN2L</div></div>	<div>9<div>9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 6:00 Funny TV Show 7:00 Movie</div></div>	<div>10<div>9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Craft 6:00 Music IN2L 7:00 Movie</div></div>
<div>11<div>Assisted Living Week<div>9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L</div></div></div>	<div>12<div>9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 6:00 Music IN2L 7:00 Movie IN2L</div></div>	<div>13<div>9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 6:00 Music IN2L 7:00 Movie</div></div>	<div>14<div>9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show 7:00 Movie IN2L</div></div>	<div>15<div>9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 6:00 History <i>Video IN2L</i> 7:00 Movie IN2L</div></div>	<div>16<div>9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 6:00 Funny TV Show 7:00 Movie</div></div>	<div>17<div>9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Craft 6:00 Music IN2L 7:00 Movie</div></div>
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