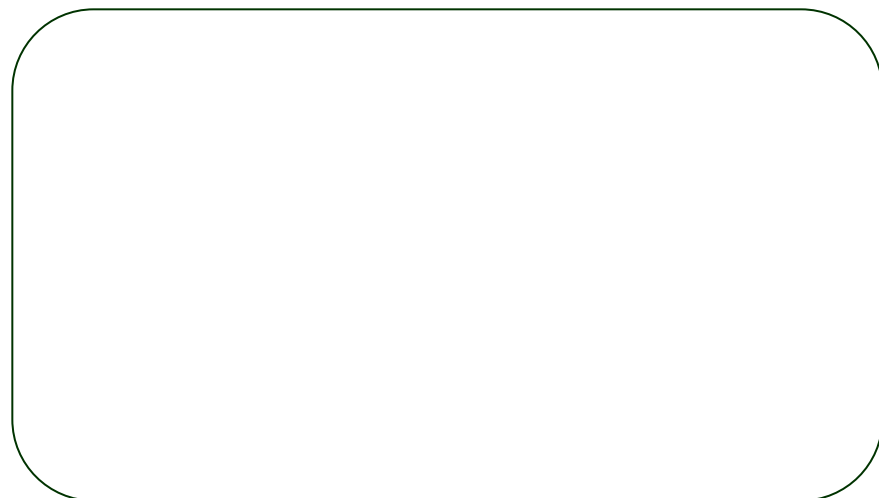




14420 SW Farmington Rd.
Beaverton, OR 97005

PLACE STAMP
HERE



Administrative Staff:

Teddi Neilson
Executive Director

Rachael Lara
Community Relations Director

Hannah Cripe (A)
Resident Care Coordinator

Krystal Cuellar (B)
Resident Care Coordinator

Perla Gonzalez (CD)
Resident Care Coordinator

Jeniffer VanDeBrake
Business Office Manager

Melia Robinson
Registered Nurse

Erika Silva
Dietary Director

Edgar Garcia
Maintenance Director

Robert Baty
Activities Director

Contact us at:
503-626-2273

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



The Radiant Reader

Farmington Square Transitions Newsletter — September 2017



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Walk to End Alzheimer's 2017

This month, we had a chance to chat with Kara Griffey, the Walk Director at the Alzheimer's Association Oregon Chapter about the Walk to End Alzheimer's.

RSL: Since the Walk started in 1989, it has grown in participation and with funding. What goals are in place for success going forward? **KG:** "Our goal is always to make sure that the Walk to End Alzheimer's is reflective of the community, and an opportunity to share the mission, and passion of those touched by the disease. As we move forward, we hope that more people will become story tellers and use the Walk as a platform to spread the awareness this disease deserves, and, by doing so, inspire others to give to the cause. We will continue to rely on the amazing volunteers in the community that put on their local Walk, and to grow the volunteers leading this effort so we can continue to reach more and more people, and a diverse group of people."

RSL: How would you describe the Walk's interest and participation? **KG:** "The Walk to End Alzheimer's is one of the fastest growing events of its kind in the nation, seeing positive growth nationally, and locally. As more Americans are faced with the challenges of this disease, more people are interested in getting involved and making a difference in the trajectory of this disease, and that is fantastic! We look forward to seeing many new faces this year at all our Walks across the state and are working hard to recruit new teams with diverse backgrounds."

To read even more from this interview, visit blog.radiantseniorliving.com!

RSL: What are some of the Alzheimer's Association's nationwide efforts that we can support beyond the Walk? **KG:** The Alzheimer's Association is the leader in terms of care, support, research, and advocacy efforts, working globally and locally to advance all areas forward. There are many ways for people to get involved with us, whether by becoming an advocate and helping advance public policy, or volunteering to facilitate one of our local support groups and enrolling in TrialMatch®. TrialMatch is a free clinical trial matching service that helps us ensure that research is moving forward for treatment, prevention, and a cure. Be sure to visit alz.org/oregon for more information!

RSL: Any parting message you would like to pass on? **KG:** "Get involved in any of the ways mentioned above! Whether you are 1 or 100, there is a way to participate to help end this disease. Let's show the world our purple passion and that together we can do better today than we did yesterday. We are on our way to meeting the first survivor of this disease and that is something to be excited about, be hopeful about, and mobilize together around."

Support the Walk!

Date: Sunday, September 10

Time: 10 am to 1 pm

Location: Portland Intl. Raceway
1940 North Victory Boulevard
Portland, OR 97217

Improve your health with healthy food choices!

As the saying goes... An Apple A Day Keeps the Doctor Away! Eating to improve your health is a great way to focus on a healthier lifestyle this Healthy Aging month. You don't need to go on an extreme diet to maintain a healthy and active lifestyle, just give your body the nutrients that it needs. Before starting and diet plan, make sure you talk with your doctor to make sure it is right for you.

Ways to eat a more healthful diet:

- Eat more whole fruits instead of drinking fruit juices. Aim for eating 1 ½ to 2 servings of fruit per day.
- With veggies, the more colorful, the better they are for you! Aim for 2-2 ½ servings of vegetables per day. Eat dark leafy greens like kale, spinach and broccoli to add more antioxidants to your diet.
- Talk with your doctor to find out how much calcium you need in a day. Calcium can then be found in milk, dairy, cheese and yogurt while non-dairy items include almonds kale and broccoli.



- Choose whole grains over processed grains. When shopping, look for pastas, breads and cereals that say "whole" on the label.
 - Our bodies need protein to help maintain healthy muscles and bones. Protein can be found in fish, beans, eggs, nuts, cheese, seeds and low fat milk.
- Hydrate! Aim for drinking eight 8 oz glasses of water per day. Dehydration can lead to many medical conditions, so make sure you're keeping hydrated.

"Man's Search for Meaning"

By
-Viktor Frankl

International Literacy Day takes place on September 8. In honor of it, we have discussed our favorite books. A few of them are shared here!

"Three Comrades"

By
-Erich Maria Remarque

"One Hundred Years of Solitude "

By
-Gabriel García Márquez

September Highlights — You're Invited!

- 9/7 9:30am-11:30am
Elsie Stuhr Harvest Bizarre
Rummage Sale.
- 9/10 12:00pm
Walk to End Alzheimer's-
Portland International Raceway
(1940 North Victory Boulevard,
Portland, OR. 97217)
- 9/21 6pm-8pm
Caregiver Support group-
This is a monthly meeting that is
held in the upstairs office above CD
building. Light refreshments will be
provided.
- 9/23 5pm-7pm
Family Game Night! Come join us for
a family fun time playing games and
get a chance to experience our IN2L.



September 19 is
Talk Like A Pirate Day!

Our Favorite Books

“Master & Commander”

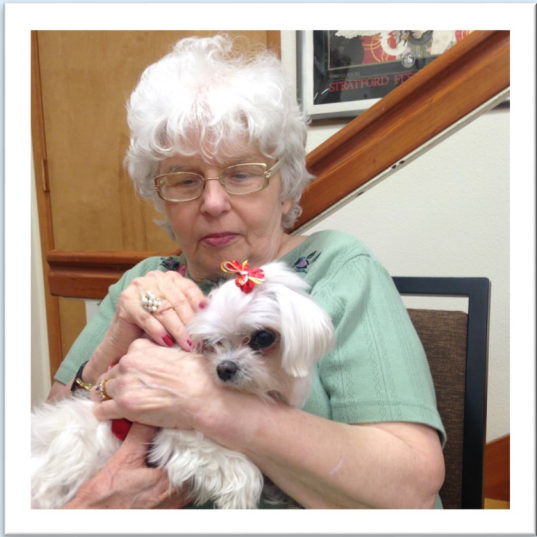
By
-Patrick O’Brian

“Practical Magic”

By
-Alice Hoffman



Caught in Action



Find us on Facebook!



We’ve been sharing more and more on our Facebook page recently and would love to have you join the conversation!
LIKE our Facebook page today!

www.Facebook.com/FarmingtonSquareBeaverton

September 2017 Building A

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3 9:00 Gardening 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	4 9:30 Scenic Drive 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Balloon Badminton 6:00 <i>Evening Movie</i>	5 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:30 Manicures/Snack 3:30 Bingo 6:00 Puzzles	6 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:00 Music Therapy with Alexis 2:30 Reminisce 3:00 Ice Cream Social 3:30 Bingo 6:00 Puzzles	7 9:30 Library Outing & Elsie Stuhr Harvest Bizarre 9:30 Morning Movie 1:30 Exercise 2:30 Manicures/Snack 3:00 Bingo 6:00 Puzzles	8 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games</i> 1:30 <i>Sing Along</i> 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	9 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Bean Bag Toss 6:00 Movie Night
10 9:00 Gardening 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	11 9:30 Water coloring 10:30 <i>Snack & News</i> 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Balloon Badminton 6:00 <i>Evening Movie</i>	12 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bowling 2:30 Manicures/Snack 3:30 Bingo 6:00 Puzzles	13 9:30 Fred Meyer 9:30 Morning Movie 10:30 Snack 1:30 Bingo 3:30 September Birthdays Happy Hour Music By Lee Nicholas 6:00 Puzzles	14 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:30 Reminisce/Snack 3:00 Bingo 6:00 Puzzles	15 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games</i> 1:30 <i>Sing Along</i> 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	16 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Bean Bag Toss 6:00 Movie Night
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24 9:00 Gardening 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:00 Movie Matinee 2:30 Bingo/Snack 3:45 Pet Therapy 6:00 Balloon Bounce	25 9:30 Water coloring 10:30 <i>Snack & News</i> 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Balloon Badminton 6:00 <i>Evening Movie</i>	26 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Senior Games 3:30 Bingo 6:00 Puzzles	27 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Senior Games 3:30 Happy Hour/ Bingo 6:00 Puzzles	28 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Movie Matinee 1:15 Elsie Stuhr 4:00 Painting 6:00 Puzzles	29 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games</i> 1:30 <i>Sing Along</i> 2:30 Bingo/Snack 3:30 Balloon Badminton 6:00 Puzzles	30 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Bean Bag Toss 6:00 Movie Night

September Birthdays

9-20

James S.

9-26

Grace H.

September 2017 Building B

Farmington Square
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503-626-2273

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	2 9:30 Sing Along 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:30 Bingo 3:30 Afternoon Stroll/Snack 6:00 Evening Movie
3 9:00 Coffee & News 9:30 Snack 10:00 Nature Park Walk 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	4 10:00 Watercolors & Snack 10:30 News of the Day 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	5 9:30 Watercolors 10:00 Morning Stroll 10:30 <i>News of the Day & Snack</i> 11:00 Exercise 1:30 Table Games 2:30 Craft 3:30 <i>Bingo/Snack</i> 6:00 Puzzles	6 9:00 Watercolors 9:30 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 <i>Bingo</i> 3:30 Ice Cream Social 6:00 Evening Movie	7 9:30 Library Outing & Elsie Stuhr Harvest Bizarre 9:30 Morning Movie 1:30 Seated Stretching 2:30 Table Games 3:30 <i>Bingo</i> 6:00 Puzzles	8 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	9 9:30 Sing Along 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:30 Bingo 3:30 Afternoon Stroll/Snack 6:00 Evening Movie
10 9:00 Coffee & News 9:30 Snack 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	11 9:30 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	12 9:30 Watercolors 10:00 Morning Stroll 10:30 <i>News of the Day & Snack</i> 11:00 Exercise 1:30 Table Games 2:30 Craft 3:30 <i>Bingo/Snack</i> 6:00 Puzzles	13 9:00 Watercolors 9:30 Fred Meyer 1:30 <i>Seated Stretching</i> 2:00 <i>Bingo</i> 3:30 September Birthdays Happy Hour Music By Lee Nicholas 6:00 Puzzles	14 9:30 Manicures 10:00 Watercolors & Snack 11:00 Exercise 1:30 Table Games 2:30 <i>Reminisce/Snack</i> 3:30 <i>Bingo</i> 6:00 Puzzles	15 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	16 9:30 Sing Along 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:30 Bingo 3:30 Afternoon Stroll/Snack 6:00 Evening Movie
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24 9:30 Snack 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Bingo and Snack 2:30 Painting 3:15 Pet Therapy 6:00 Puzzles	25 9:30 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	26 9:30 Watercolors 10:00 Morning Stroll 10:30 <i>News of the Day & Snack</i> 11:00 Exercise 1:30 Senior Games 3:30 <i>Bingo/Snack</i> 6:00 Puzzles	27 9:00 Watercolors 9:30 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 Senior Games 3:30 Bingo & Happy Hour 6:00 Evening Movie	28 9:30 Manicures 10:00 Watercolors & Snack 10:30 <i>Good News</i> 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	29 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	30 9:30 Sing Along 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:30 Bingo 3:30 Afternoon Stroll/Snack 6:00 Evening Movie

September Birthdays

9-20

James S.

9-26

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	4 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 Table Games 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	5 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	6 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	7 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	8 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	9 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 Music By: Barbara Amell 6:00 <i>Nature Relax</i>
10 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	11 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 Table Games 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	12 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	13 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	14 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	15 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	16 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>
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24 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:30 Pet Therapy 3:15 <i>Bingo</i> 6:00 <i>Travel Videos</i>	25 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 Table Games 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	26 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Senior Games 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	27 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Senior Games 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	28 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	29 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Brain Fitness</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	30 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>

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