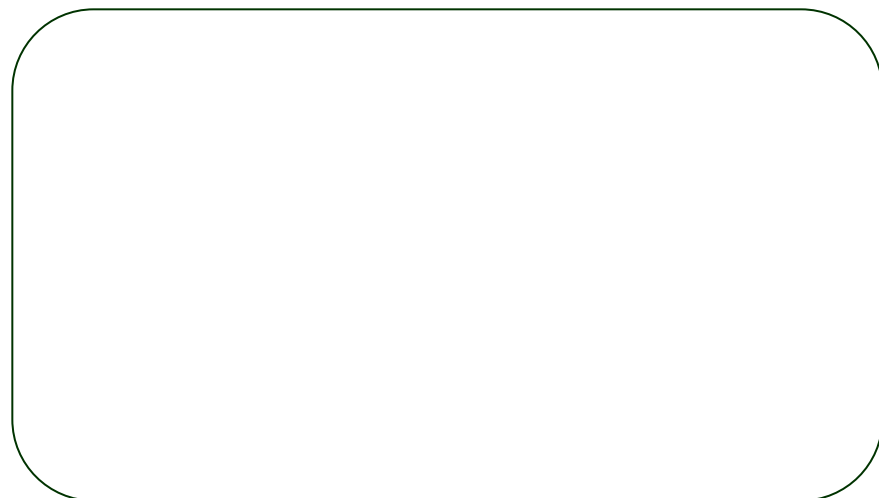




14420 SW Farmington Rd.
Beaverton, OR 97005

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 — October 2017



INSIDE THIS ISSUE

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The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults' emotional and physical health and how social they are in their daily lives. The Alzheimer's Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others. Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged. Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.

Oktoberfest is here again!



Join us for our annual Oktoberfest celebration. Admission is free, and everyone is welcome. This event will take place on Saturday, October 21st from 5-7pm. Come and join us for good ole' fashion German food and family friendly polka music. Live entertainment will be provided by Lee Nicholas Show. Beer and wine will be available for \$3 a glass. Throughout the months of October and

November we will also be selling life preservers to support the fight against Alzheimer's. These will be available for purchase in all med rooms for \$1 each and all proceeds from our Oktoberfest celebration as well as life preservers sales will go towards the Alzheimer's Association. Thank you for joining us in celebrating for a great cause!



October Highlights — You're Invited!

10/9, 9:30am:
OUTING TO PUMPKIN PATCH! RESIDENTS WILL GET TO PICK OUT PUMPKINS AND CORNSTALKS TO HELP DECORATE OUR COMMUNITY ENTRANCEWAYS FOR THE SEASON!

10/20, 6-8PM:
CAREGIVER SUPPORT GROUP- THIS MONTHLY MEETING WILL BE HELD IN THE UPSTAIRS OFFICE ABOVE CD BUILDING. LIGHT REFRESHMENTS PROVIDED.

10/21, 5-7PM:
OKTOBERFEST! ALL ARE INVITED TO JOIN US FOR OUR ANNUAL FALL FUNDRAISER FOR THE ALZHEIMER'S ASSOCIATION. SEE PAGE 7 FOR MORE DETAILS. RSVP TO Kathy Jimenez (503)626-2273.



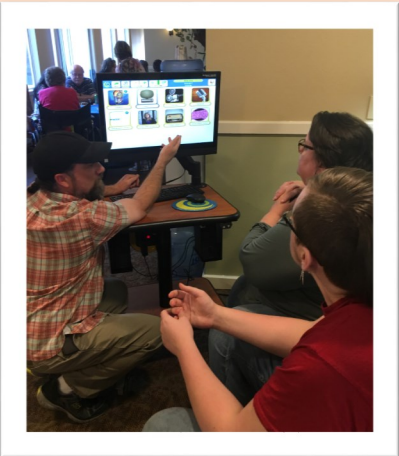
Halloween Social!
October 31st
Monte Waters on the piano
from 10:00am-11:00am

Snapshots from the Walk to End Alzheimer's



Thank you to all who came out to join us in supporting the Alzheimer's Association and the Walk to End Alzheimer's. We had a great time walking for the cause. Along with your help, we've raised \$1267 for Alzheimer's research so far in 2017!

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

October 2017 Building A

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October Birthdays

10-15
Jerry G.

10-16
Cleda D.

10-24
Chuck C.

10-24
Cindy W.

10-26
Walter P.

10-30
John G.

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| 1 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 | 2 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 | 3 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 | 4 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 | 5 9:30 Library Outing 10:00 Watercolors 11:00 Exercise 1:30 Table Games 2:30 <i>Reminisce/Snack</i> 3:30 <i>Bingo</i> 6:00 Puzzles | 6 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles | 7 9:30 <i>Sing Along</i> 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:30 Bingo 3:30 Afternoon Stroll/Snack 6:00 Evening Movie |
| 8 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 | 9 9:30 Pumpkin Patch Outing 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie | 10 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 | 11 9:00 Watercolors 9:30 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 <i>Reminisce</i> 3:30 Bingo & Happy Hour 6:00 Evening Movie | 12 9:30 Manicures 10:00 Watercolors & Snack 10:30 <i>Good News</i> 11:00 Exercise 1:00 <i>Movie Matinee</i> 1:15 Elsie Stuhr Dance 4:00 <i>Poem of the Day</i> 6:00 Puzzles | 13 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Pumpkin Painting/Snack 3:00 Bingo 6:00 Puzzles | 14 9:30 <i>Sing Along</i> 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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