



2730 Bailey Lane
Eugene, OR 97401

STAMP

HERE



Administrative Staff:

Jill Maher

Executive Director

Murray Stewart

Community Relations Director

Tawnya Friese

Barbara Schmidt

Resident Care Coordinator's

Scott Miller

Business Office Manager

Judy Wilson RN

Matt Hackett LPN

Nurse's

Bettina Karels

Dietary Director

Nik Skoog

Maintenance Director

Trixie Wentz

Activities Director

Contact us at:

541-344-7902



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

Farmington Square Times

Farmington Square Assisted & Memory Care Newsletter — February 2018

INSIDE THIS ISSUE

P1 The Best Compliments
P2 Regular Cancer Screening
P3 February Highlights
P3 Memories in the Making
P3 Connect with Us
P4 P8 Mission & Team

"My son told me that he
was very proud to be my
Child." ~ Martha

"My English teacher said,
"I was a creative thinker."
~Nick

The V.I.P's on board my
plane all yelled out when I
landed the plane. I landed
so softly they didn't know
they were on the ground."
~Don

"I considerate it a compli-
ment when my younger
daughter asked for one of
the sweaters I knitted"
~Elizabeth
"You have gone above and
beyond" ~Trixie

In honor of Compliment Day on February 24, we turned to our residents and team members to find out the best compliment they have ever received.

Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.



The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Low-dose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

Screening Suggestions for Women:

- For women, age 50-54, annual mammograms

are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

- At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Low-dose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

February Highlights

Mondays: we enjoy Floral Arranging at 1:30pm

February 12: Julie comes and shares her beautiful voice with us...she sounds just like Patsy Cline! 10am

February 13: Mardi-Gra Social 2-4pm

February 14: Valentines Social with Basil on Piano. He has a Valentine Play list to share with us! 2:30pm

February 27: Memory Tones, 2:00pm
A delightful singing group. If you have not had a chance to hear them...come and join us! They will put a smile on your face 2:00pm

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Memories in the Making!

