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1655 NE 18th St.

Gresham, OR 97030



# Gresham Farmington Square Newsletter

Farmington Square Assisted & Memory Care Newsletter



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**February 2018 Edition**



## 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.

## Memories in the Making!



## Happy Compliment Day! The best compliment ever was when...

**"I have a pretty smile!"**  
Lynn M.

**"I'm beautiful"**  
- Leotta "Jerry" I.

**"I'm the best Grandma!"**  
-Anita F.

**"I'm fun to be around!"**  
-Ann'drea



# February Highlights — You're Invited!

2/1 Charles & the Angels perform in our Diamond House @ 2pm. Come join us for an afternoon of music and dancing fun!

2/7 Outing to the Oregon Humane Society for a tour and visit the Animals! Community bus will load at 12:45pm

2/13 We're having our own Mardi Gras Parade! Come dress up with us in beads and feathers! Parade will start at 1:00pm in the Courtyard.

2/22 Come join us for a Tea Party with Sheila from the Traveling Tea Parties! We will have hot fresh tea, & snacks! We will also be dressed up in hats, and have amazing decorations! Join us in Emerald House @ 2pm for this fun event!



Join us for our annual Valentine's Day Party! Light refreshments will be served. We will also have games and treats! Come us help spread the love in Emerald House at 2pm! See you there!

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.

"I'm a great mom!"  
-Kelly O.

"One of my patients said that I was a great nurse!"  
- Joanne V.

"My boss once told me I was the best helper"  
- Joy T.

# Health Benefits of Love

The health and human services department reviewed a bounty of studies on marriages and health. They've found out that married people have fewer doctor visits and shorter hospital stays. One of the theories is that people in relationships take better care of themselves, a spouse may be honest about your oral hygiene, your best friend may motivate you to eat more grains and vegetables. Overtime these good habits translate to fewer illnesses. Also, a happy marriage or relationship is good for your blood pressure, studies have found that people in happy marriages and relationships had the best blood pressure, good and positive relationships helps with your stress levels as well, having someone near or by your side while your stressing is great, as you'll have someone that loves you and allow you to cope better. Another perk the study showed is that married people live longer! Marriage contributes to longer life

and mostly through mutual practical support, financial benefits and children who provide support. And lastly, study shows that love brings happiness and one of loves great benefits is joy! Happiness depends more of the quality of friends and family relationships. It's the month of love, happiness, and joy. So go ahead and spoil your loved one, with not just gifts, but also with quality time, and affection.





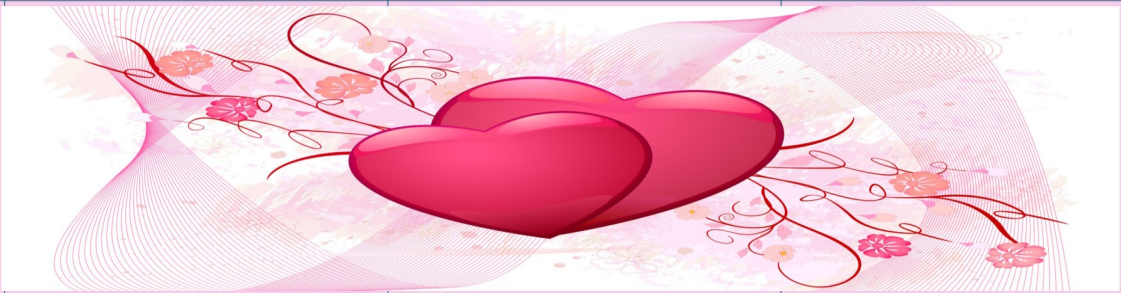
## Join us on Social Media!

- Facebook :  
[facebook.com/FarmingtonSquareGresham](https://facebook.com/FarmingtonSquareGresham)
- Blog :  
[blog.radiantseniorliving.com](https://blog.radiantseniorliving.com)
- Instagram :  
[radiantsrliving](https://www.instagram.com/radiantsrliving) & [radiantvoices](https://www.instagram.com/radiantvoices)
- Twitter :  
[RadiantSrLiving](https://twitter.com/RadiantSrLiving)
- Pinterest :  
[pinterest.com/radiantsrliving](https://pinterest.com/radiantsrliving)
- YouTube :  
Search "Radiant Senior Living"



# February 2018 Astor Barlow Crown Emerald

FARMINGTON SQUARE GRESHAM  
1655 NE 18TH ST  
GRESHAM, OREGON 97030  
503-665-1994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 IN2L Exercise (E) 10:00 Painting (E) 11:00 Men's Group (E) 1:00 IN2L Hangman (E) 2:00 Charles/Angels (D) 3:00 IN2L Trivia (E) 4:00 Resident Outreach	2 9:30 Resident Shopping 10:00 All About Me (E) 11:00 Balloon Volleyball (D) 1:00 Color Art (E) 2:00 IN2L Surprise (E) 3:00 Manicures (All) 4:00 Resident Outreach	3 9:00 Chair Exercise (C) 10:00 Short Tales (C) 11:00 Snacks (All) 1:00 JENGA (B) 2:00 Dice Game (B) 3:00 Reminisce 70's (B) 4:00 Resident Outreach
4 Superbowl Sunday! 9:00 Walking Group 10:00 Fun Facts (C) 11:00 Snacks (C) 1:00 IN2L Cars Trivia (E) 2:00 Women's Group (E) 3:00 BINGO (B) 4:00 SUPERBOWL!	5 9:30 Dancercise (E) 10:00 IN2L Surprise (E) 11:00 Snacks (All) 1:00 Blackjack (E) 2:00 IN2L Tic Tac Toe (E) 3:00 Tea/Coffee Hour (E) 4:00 Resident Outreach	6 9:30 Fun w/ Noodles (D) 10:00 Church w. Jerry (D) 11:00 Snacks (All) 1:00 IN2L Crosswords (E) 2:00 Charades (E) 3:00 IN2L Tic Tac Toe (E) 4:00 Resident Outreach	7 9:00 Current Events (E) 10:00 10,000 Dice (E) 11:00 Snacks (All) 1:30 Humane Society Visit 2:00 Manicures (B) 3:00 BINGO (B) 4:00 Resident Outreach	8 9:30 IN2L Exercise (E) 10:00 Bird Feeders (E) 11:00 Men's Group (B) 1:00 IN2L Hangman (E) 2:30 Will Spillette (D) 3:30 IN2L Surprise (A) 4:00 Resident Outreach	9 National Pizza Day! 9:30 Resident Shopping 10:00 Name that Actor (E) 11:00 Fill in the Hymn (E) 1:00 Pizza Art (E) 2:00 IN2L Family Feud (E) 3:00 Manicures (All) 4:00 Resident Outreach	10 9:00 Chair Exercise (C) 10:00 Short Tales (C) 11:00 Snacks (All) 1:00 JENGA (B) 2:00 Dice Game (B) 3:00 Reminisce 70's (B) 4:00 Resident Outreach
11 9:00 Walking Group 10:00 Fun Facts (C) 11:00 Snacks (C) 1:00 IN2L Cars Trivia (E) 2:00 Women's Group (E) 3:00 BINGO (B) 4:00 Sunday Football	12 Abraham Lincoln Birthday! 9:30 IN2L Sit & Be Fit (E) 10:30 Josephine/Piano (B) 11:30 Snacks (All) 1:00 Reminisce 60's (E) 2:00 Rock Art (E) 3:00 Tea/Coffee Hour (E) 4:00 Resident Outreach	13 Happy Mardi Gras! 9:30 Fun w/ Noodles (D) 10:00 Church w. Jerry (D) 11:00 Mardi Gras Hats (E) 1:00 Mardi Gras Parade! 2:00 Oldies w/ Lee (D) 3:30 IN2L Price is Right (E) 4:00 Resident Outreach	14 Valentine's Day! 9:00 Current Events (C) 10:00 Valentines Cards (B) 11:00 Snacks (All) 1:00 IN2L Word Grid (E) 2:00 Valentines Party! (E) 3:30 IN2L Puzzles (E) 4:00 Resident Outreach	15 9:30 IN2L Exercise (E) 10:00 Tye Dye Art (E) 11:00 IN2L Food Trivia (E) 1:00 IN2L Hangman (E) 2:30 Bill Beach/Piano (B) 3:30 Movie & Popcorn (B) 4:00 Resident Outreach	16 National Caregivers Day! 9:30 Resident Shopping 10:00 All About Me (E) 11:00 Reading Group (E) 1:00 IN2L Travels (E) 2:00 Slime Experiment (E) 3:00 Tea/Coffee Hour (E) 4:00 Resident Outreach	17 9:00 Chair Exercise (C) 10:00 Short Tales (C) 11:00 Snacks (All) 1:00 JENGA (B) 2:00 Dice Game (B) 3:00 Reminisce 70's (B) 4:00 Resident Outreach
18 9:00 Walking Group 10:00 Fun Facts (C) 11:00 Snacks (C) 1:00 IN2L Cars Trivia (E) 2:00 Women's Group (E) 3:00 BINGO (B) 4:00 Sunday Football	19 Presidents' Day! 9:30 IN2L Stretching (E) 10:00 IN2L Surprise (E) 11:00 President Trivia (E) 1:00 President Day Craft (E) 2:00 IN2L Word Search (E) 3:00 Tea/Coffee Hour (E) 4:00 Resident Outreach	20 9:30 Fun w. Noodles (D) 10:00 Church w. Jerry (D) 11:00 Snack (All) 1:00 IN2L Music Hour (E) 2:00 Happy Hour (E) 3:00 IN2L 70's Trivia (E) 4:00 Resident Outreach	21 9:30 Breakfast Outing (All) 11:00 IN2L Crossword (E) 1:00 Would you Rather (E) 2:00 Manicures (B) 3:00 BINGO (B) 4:00 Resident Outreach	22 9:30 Fun w/ Noodles (D) 10:30 Hot Shots Kazoo (D) 11:30 Snacks (D) 1:00 IN2L Surprise (E) 2:00 Tea Party w/ Sheila (E) 3:30 IN2L Map Game (E) 4:00 Resident Outreach	23 9:30 Resident Shopping 10:00 All About Me (E) 11:00 Coin Sorting (E) 1:00 Bubble Painting (E) 2:00 IN2L House Trivia (E) 3:00 Manicures (All) 4:00 Resident Outreach	24 9:00 Chair Exercise (C) 10:00 Short Tales (C) 11:00 Snacks (All) 1:00 JENGA (B) 2:00 Dice Game (B) 3:00 Reminisce 70's (B)
25 Clam Chowder Day! 9:00 Walking Group 10:00 Fun Facts (C) 11:00 Snacks (C) 1:00 IN2L Cars Trivia (E) 2:00 Women's Group (E) 3:00 BINGO (B) 4:00 Sunday Football	26 9:30 IN2L Conductorcise (E) 10:00 What did it cost? (E) 11:00 Snacks (All) 1:00 Blackjack (E) 2:00 IN2L Surprise (A) 3:00 Tea/Coffee Hour (A) 4:00 Resident Outreach	27 9:30 Fun w/ Noodles (D) 10:00 Church w. Jerry (D) 11:00 Snacks (All) 1:00 IN2L Crosswords (E) 2:00 Birthday Social (E) 3:00 IN2L Tic Tac Toe (E) 4:00 Resident Outreach	28 9:30 Current Events (C) 10:00 10,000 Dice 11:00 Snacks (All) 1:00 Shari's Pie Outing 2:00 Manicures (B) 3:00 BINGO (B) 4:00 Resident Outreach			

## February Birthdays

Carol M. 11th

Barbara M.  
12th

Vicki V. 17th



John S. 27th





# February 2018 DIAMOND

FARMINGTON SQUARE GRESHAM  
1655 NE 18TH ST  
GRESHAM, OR 97030  
503-665-1994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Limb Exercise 10:30 Snacks 11:45 Aromatherapy 1:00 Color/Paint Art 2:00 <i>Charles/Angels</i> 3:00 Manicures 4:00 Resident Outreach	2 9:30 Stretching 10:30 Snacks 11:45 Aromatherapy 1:30 IN2L Hangman 2:30 IN2L What did it cost? 3:00 Resident Outreach	3 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Music 2:30 Snacks 3:00 Sensory Games 4:00 Resident Outreach
4 9:30 Stretching 10:30 Snacks 11:30 Aromatherapy 2:00 IN2L Map Game 3:00 Manicures 4:00 resident Outreach	5 9:30 IN2L Exercise 10:30 Snacks 11:00 Poetry Reads 11:45 Aromatherapy 2:00 Tic Tac Toe 3:00 PICTURE BINGO 4:00 Resident Outreach	6 9:30 Fun w/ Noodles 10:00 Church w. Jerry 11:00 Aromatherapy 1:30 Reminisce 60's 2:00 IN2L Food Trivia 3:00 Tea/Coffee Hour 4:00 Resident Outreach	7 9:00 Walking Group 10:00 Scenic Drive 11:00 Aromatherapy 1:00 Dice Game 2:00 Bubble Wonders 3:00 Hand Massages 4:00 Resident Outreach	8 9:30 Limb Exercise 10:30 Snacks 11:45 Aromatherapy 1:00 IN2L Family Feud 2:30 <i>Will Spillette/Guitar</i> 3:30 Manicures 4:00 Resident Outreach	9 9:30 Stretching 10:00 Snacks 1:30 IN2L Hangman 2:30 IN2L Memory Game 3:00 Resident Outreach	10 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Name that Tune 2:30 Snacks 3:00 Sensory Games 4:00 Resident Outreach
11 9:30 Stretching 10:30 Snacks 11:30 Aromatherapy 2:00 IN2L Map Game 3:00 Manicures 4:00 resident Outreach	12 9:30 Walking Group 10:30 Snacks 11:00 Reading Group 11:45 Aromatherapy 2:00 Fill in the Blank 3:00 PICTURE BINGO 4:00 Resident Outreach	13 Mardi Gras! 9:30 Fun w/ Noodles 10:00 Church w. Jerry 11:00 Mardi Gras Hats! 1:00 <i>Mardi Gras Parade!</i> 2:30 <i>Oldies w/ Lee</i> 3:30 IN2L Price is Right 4:00 Resident Outreach	14 Valentine's Day! 9:00 Walking Group 10:00 Valentines Cards 11:00 Snacks 11:45 Aromatherapy 2:00 <i>Valentines Party! (E)</i> 3:30 IN2L Surprise 4:00 Resident Outreach	15 9:30 Limb Exercise 10:00 IN2L Memory Game 11:00 Aromatherapy 1:30 Bean Bag Toss 2:30 Finger Paint 3:30 Reminisce 70's 4:00 Resident Outreach	16 9:30 Walking Group 10:00 Balloon Volleyball 11:00 Aromatherapy 1:30 IN2L Hangman 2:30 IN2L Memory Game 3:30 Manicures 4:00 Resident Outreach	17 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Name that Tune 2:30 Snacks 3:00 Sensory Games 4:00 Resident Outreach
18 9:30 Stretching 10:30 Snacks 11:30 Aromatherapy 2:00 IN2L Map Game 3:00 Manicures 4:00 resident Outreach	19 Presidents' Day! 9:30 Walking Group 10:30 Snacks 11:45 Aromatherapy 1:30 President's Trivia 2:30 President Day Craft 3:00 PICTURE BINGO 4:00 Resident Outreach	20 9:30 Fun w/ Noodles 10:00 Church w. Jerry 11:00 Aromatherapy 1:30 Reminisce 60's 2:00 IN2L Food Trivia 3:00 Tea/Coffee Hour 4:00 Resident Outreach	21 9:00 Walking Group 10:00 Donut World 11:00 Snacks 1:30 Bubble Wonders 2:30 Hand Massages 3:30 IN2L House Trivia 4:00 Resident Outreach	22 9:30 IN2L Exercise 10:30 <i>Hot Shots Kazoo</i> 11:45 Aromatherapy 1:30 Bean Bag Toss 3:30 Manicures 4:00 Resident Outreach	23 9:30 Walking Group 10:00 Balloon Volleyball 11:45 Aromatherapy 1:30 Name that Actor 2:30 IN2L what did it cost? 3:30 IN2L Family Feud 4:00 Resident Outreach	24 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Name that Tune 2:30 Snacks 3:00 Sensory Games 4:00 Resident Outreach
25 9:30 Stretching 10:30 Snacks 11:30 Aromatherapy 2:00 IN2L Map Game 3:00 Manicures 4:00 resident Outreach	26 9:30 Walking Group 10:30 Snacks 11:00 Poetry Reads 11:45 Aromatherapy 2:00 Fill in the Blank 3:00 PICTURE BINGO 4:00 Resident Outreach	27 9:30 Fun w/ Noodles 10:00 Church w. Jerry 11:00 Aromatherapy 1:30 Reminisce 60's 2:00 <i>Birthday Social (E)</i> 3:00 Tea/Coffee Hour 4:00 Resident Outreach	28 9:00 Walking Group 10:00 Scenic Drive 11:00 Snacks 11:45 Aromatherapy 2:00 Bubble Wonders 3:00 Hand Massages 4:00 Resident Outreach	