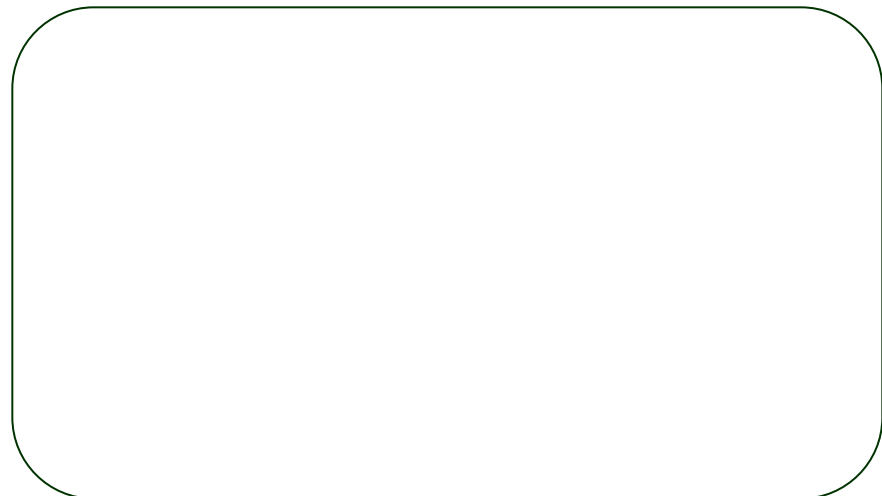




960 Boone Rd. SE
Salem, OR 97306

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Administrative Staff:

Margo Garibay
Executive Director

Jessica D. / Amanda B.
Community Relations Director
Katrina D. / Patty C. / Mari G.
Resident Care Coordinator

Shelly Kesterson
Business Office Manager

Rebecca Heflin
Registered Nurse

Steven Wendell
Dietary Director

Nels Esselstrom
Maintenance Director

Bonny Silva
Activities Director

Contact us at:

503-363-2273



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

The Farmington Square News

Farmington Square Assisted & Memory Care Newsletter

INSIDE THIS ISSUE

- P2 Regular Cancer Screening
- P3 Happy 100th Birthday
- P3 Connect with Us!
- P4 910-920 Activities Calendar
- P6 Happy Compliment Day
- P7 Memories in the Making
- P7 Happy Compliment Day
- P8 Mission & Team

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...

"A resident said, 'If employee of the month is a thing you should receive it!'"

- Brytahni

"A coworker said, 'Your passion radiates!'"

- Margo G.

"A residents family member said, 'You take great care of these residents!'"

- Patty C.

"A coworker said, 'We appreciate you!'"

- Lisa M.

February Highlights — You're Invited!

2/1/18: Guitar and harmonica
w/Jerry In 960 @ 2pm

2/13/18: Original Pancake
House -Leaving @ 8am

2/20/18: Big screen movie
with Charlie Foxx in 960 @
10:30am

2/28/18: Five Guys
Leaving @11am



Please join us for our
Valentines Day Party
February 14th @ 10:30 am
In 960 w/ Rob Magee

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.

"A Resident said,
'To know you is to love you.'
- Amanda B.

"A Resident said, 'You're taller than me!'"
- Carrie F.

"A coworker said, 'You make the hardest
job look easy.'
- Jessica D.

Happy 100th Birthday Ann!



We were so excited to celebrate Ann K. 100th Birthday on January 18th amongst her family, care staff and friends in building 950. Ann was born in a small town in Colorado and worked as a secretary at her families lumber yard. Ann loved to crochet, bake and garden and spend time with those she loved! she is always a joy to be around and always brightens the room with a smile!

When asked "What is the secret to life?" Ann responded, "Just be a good person and live a good honest life and drink plenty of vodka and wine but never together!"



Join us on Social Media!

Facebook :
[facebook.com/FarmingtonSquareSalem](https://www.facebook.com/FarmingtonSquareSalem)

Blog :
blog.radiantseniorliving.com

Instagram :
radiantsrliving & radiantvoices

Twitter :
RadiantSrLiving

Pinterest :
[pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)

YouTube :
Search "Radiant Senior Living"

February 2018 910-920

FARMINGTON SQUARE
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Edna P. 2/3 910 James Y. 2/8 920 Lee C. 2/14 960

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Charlie Foxx Movie
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2/14 Rob M. @ 10:30am in 960
2/22 Linda w. @ 2pm in 960



Shopping Trips

2/2 Walmart @ 10am
2/9 Dollar Tree @ 10am
2/16 Fred Meyer @ 10am

Lunch Outings

2/7 Gold Dragon @ 11am
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2/21 Walery's Pizza @ 10:30am
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National Days

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2/14 Valentine's Day
2/19 President's Day

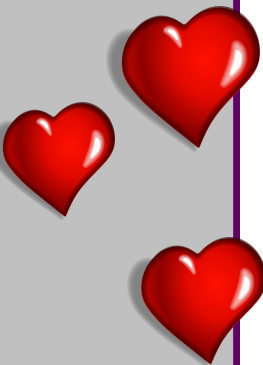
Welcome Home!



Charles & Dorothy

Teddi T.

Ronald H.



February 2018 930-960

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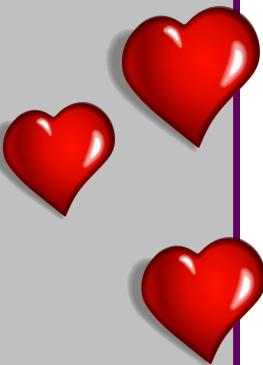
Welcome Home!



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February 2018 940-950

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4 9:30 Beautiful You in 940/950 10:00 Exercise in 910/930 10:30 Board Games in 930 12:00 Helping Hands in 940/50 1:00 One on Ones 2:00 Church Service in 920/ IN2L 3:00 Reading & Snacks in 40/50 3:30 Skip-Bo in 20/60 4:30 Helping Hands	5 9:30 Beautiful You 10:00 Exercise w/music 10:30 Scenic Drive 11:00 Reading 1:30 Manicure Mondays 2:00 Balloon Bat 3:00 Skip-Bo 3:30 Snack & Chat 4:30 Helping Hands	6 Dr. Day 12-430 9:30 Beautiful You 10:00 Exercise w/ Music 10:30 Valentines Day Cards 11:00 Price is Right in 910/IN2L 1:30 BTNGO in 950 3:00 Skip Bo 3:30 Snack & Chat 4:30 Helping Hands	7 9:30 Beautiful You 10:00 Exercise w/music 10:30 Timeless Trivia 11:30 One on Ones 1:30 Family Feud in 940 /IN2L 2:00 Skip Bo 2:30 Karaoke in 940/950 IN2L 3:30 Snack & Chat 4:30 Helping Hands	8 Dr. Day 9-430 9:30 Beautiful You 10:00 Exercise w/ Music 10:30 One on Ones 11:30 Reminisce 1:30 BTNGO in 950 2:30 Timeless trivia IN2L 3:30 Snack & Chat 4:30 Helping Hands	9 9:30 Beautiful You 10:00 Exercise w/music 10:30 Word Search 11:00 Valentine Heart Craft 1:30 Puzzles 2:30 Family Feud IN2L 3:30 Snack & Chat 4:30 Helping Hands	10 9:30 Beautiful You in 940/950 10:30 Sit & Fit in 940/950 11:30 BTNGO 12:00 Helping Hands in 940 /950 1:00 One on Ones 2:00 Adult Coloring 2:30 Songs & Snacks in 940/950 3:30 Skip-Bo 4:30 Helping Hands
11 9:30 Beautiful You in 940/950 10:00 Exercise in 910/930 10:30 Board Games in 930 12:00 Helping Hands in 940/50 1:00 One on Ones 2:00 Church Service in 950/ IN2L 3:00 Reading & Snacks in 40/50 3:30 Skip-Bo in 20/60 4:30 Helping Hands	12 9:30 Beautiful You 10:00 Exercise w/music 10:30 Scenic Drive 11:00 Reading 1:30 Manicure Mondays 2:00 Balloon Bat 3:00 Skip-Bo 3:30 Snack & Chat 4:30 Helping Hands	13 Dr. Day 12-430 9:30 Beautiful You 10:00 Exercise w/ Music 10:30 One on Ones 11:00 Family Feud in 910/IN2L 1:30 BTNGO in 940 3:00 Skip Bo 3:30 Snack & Chat 4:30 Helping Hands	14 9:30 Beautiful You 10:00 Exercise w/music 10:30 Valentines Day Party in 960 11:30 Price is Right in 940 /IN2L 1:00 Hand Massages 2:00 Hangman IN2L 2:30 Karaoke in 940/950 IN2L 3:30 Snack & Chat 4:30 Helping Hands	15 Dr. Day 9-430 9:30 Beautiful You 10:00 Exercise w/ Music 10:30 BTNGO in 940 11:30 Reminisce 1:30 One on Ones 2:30 Skip Bo 3:30 Snack & Chat 4:30 Helping Hands	16 9:30 Beautiful You 10:00 Exercise w/music 10:30 Word Search 11:00 Plastic bowling 11:30 Price is Right in 930/ IN2L 1:30 Heart Painting 2:30 Ring Toss 3:30 Snack & Chat 4:30 Helping Hands	17 9:30 Beautiful You in 940/950 10:30 Sit & Fit in 940/950 11:30 BTNGO 12:00 Helping Hands in 940 /950 1:00 One on Ones 2:00 Adult Coloring 2:30 Songs & Snacks in 940/950 3:30 Skip-Bo 4:30 Helping Hands
18 9:30 Beautiful You in 940/950 10:00 Exercise in 910/930 10:30 Board Games in 930 12:00 Helping Hands in 940/50 1:00 One on Ones 2:00 Church Service in 930/ IN2L 3:00 Reading & Snacks in 40/50 3:30 Skip-Bo in 20/60 4:30 Helping Hands	19 9:30 Beautiful You 10:00 Exercise w/music 10:30 Scenic Drive 11:00 Presidents Day Adult Coloring 1:30 Manicure Mondays 2:00 President Day Trivia 3:00 Patriotic Karaoke Songs 40/50 IN2L 3:30 Snack & Chat 4:30 Helping Hands	20 Dr. Day 12-430 9:30 Beautiful You 10:00 Exercise w/ Music 10:30 Charlie Foxx Movie / 960 11:00 Price is Right in 910 /IN2L 1:30 BTNGO in 930 3:00 Skip Bo 3:30 Snack & chat 4:30 Helping Hands	21 9:30 Beautiful You 10:00 Exercise w/music 10:30 Timeless Trivia 11:30 One on Ones 1:30 Family Feud in 940 /IN2L 2:00 Skip Bo 2:30 Karaoke in 940/950 IN2L 3:30 Snack & Chat 4:30 Helping Hands	22 Dr. Day 9-430 9:30 Beautiful You 10:00 Exercise w/ Music 10:30 BTNGO in 930 11:30 Reminisce 1:30 One on Ones 2:30 Timeless trivia IN2L 3:30 Snack & Chat 4:30 Helping Hands	23 9:30 Beautiful You 10:00 Exercise w/music 10:30 Word Search 10:30 Birthday Party w/ LuAnn /960 1:30 Puzzles 2:30 Family Feud IN2L 3:30 Snack & Chat 4:30 Helping Hands	24 9:30 Beautiful You in 940/950 10:30 Sit & Fit in 940/950 11:30 BTNGO 12:00 Helping Hands in 940 /950 1:00 One on Ones 2:00 Adult Coloring 2:30 Songs & Snacks in 940/950 3:30 Skip-Bo 4:30 Helping Hands
25 9:30 Beautiful You in 940/950 10:00 Exercise in 910/930 10:30 Board Games in 930 12:00 Helping Hands in 940/50 1:00 One on Ones 2:00 Church Service in 960/ IN2L 3:00 Reading & Snacks in 40/50 3:30 Skip-Bo in 20/60 4:30 Helping Hands	26 9:30 Beautiful You 10:00 Exercise w/music 10:30 Scenic Drive 11:00 Reading 1:30 Manicure Mondays 2:00 Balloon Bat 3:00 Skip Bo 3:30 Snack & Chat 4:30 Helping Hands	27 Dr. Day 12-430 9:30 Beautiful You 10:00 Exercise w/ Music 10:30 One on Ones 11:00 Family Feud in 910 /IN2L 1:30 BTNGO in 960 3:00 Skip Bo 3:30 Snack & Chat 4:30 Helping Hands	28 9:30 Beautiful You 10:00 Exercise w/music 10:30 Timeless Trivia 11:30 Price is Right in 940 /IN2L 1:00 Hand Massages 2:00 Hangman IN2L 2:30 Karaoke in 940/950 IN2L 3:30 Snack & Chat 4:30 Helping Hands			

Red Box Movies
2/6 2/13 2/27

Charlie Foxx Movie
2/20 @ 10:30am in 960

Musical & Live Entertainment

2/1 Jerry M. @ 2pm in 960
2/8 Rachel V. @ 10:30 am in 960
2/14 Rob M. @ 10:30am in 960
2/22 Linda w. @ 2pm in 960

Shopping Trips

2/2 Walmart @ 10am
2/9 Dollar Tree @ 10am
2/16 Fred Meyer @ 10am

Lunch Outings

2/7 Gold Dragon @ 11am
2/13 Original Pancake House @ 8am
2/21 Walery's Pizza @ 10:30am
2/28 Five Guys @ 11am

National Days

2/2 Groundhog Day
2/9 National Pizza Day
2/14 Valentine's Day
2/19 President's Day

Welcome Home!



Charles & Dorothy

Teddi T.

Ronald H.

