



14420 SW Farmington Rd.
Beaverton, OR 97005

STAMP
HERE



Administrative Team:

Teddi Neilson
Executive Director

Adriene Lierheimer
Assistant Executive Director

Sophia Stamatis
Community Relations Director

Margarita Real (A)
Resident Care Coordinator

Krystal Cuellar (B)
Resident Care Coordinator

Perla Gonzalez (CD)
Resident Care Coordinator

Cydney Hildreth
Business Office Manager

Melia Robinson
Registered Nurse

Erika Silva
Dietary Director

Daniel Larson
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



P2 Arthritis Facts and Care Tips
P3 Memories from our Easter celebration
P4 & P5 Activities Calendar

P6 Birthdays, Social Media, & Highlights
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May 2018 Edition

Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.



Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

Memories in the Making!



In honor of our moms, we asked around: What is something you have always loved about your mother?



"My mother inspires me to live as she did; with love, grace, and compassion"

- Terrie

"My mom has taught me the art of listening; Thanks mom!"

- Adriene

"I always loved mom's pie and spaghetti"

- Carole

"My mother has always had unconditional love and support"

- Jacky

May Highlights

MAY 5: Cinco de Mayo

MAY 13: Mother's Day

May 28: Memorial Day

5/8 1pm-4pm

Voters Assistance Team-

That time again, we will have the Voters Assistance Team here to assist our residents with question and aid for the upcoming election.

5/12 12pm-2pm

Mothers Day Brunch-

Stop by and enjoy a wonderful brunch with live music and a favorite mom! Please RSVP with Kathy Jimenez

5/17 6pm-8pm

Caregiver Support group-

This is a monthly meeting that is held in the lobby of CD building. Light refreshments will be provided



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 Blog.radiantseniorliving.com
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 Radiantvoices on Instagram
 RadiantSrLiving on Twitter
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 Radiant Senior Living on YouTube

May Birthdays!

We hope you enjoy your special day!

5-7 Ruth V.

5-10 Joanne Z.

5-19 Joy G.

5-30 Lois S.



Memories from our Easter celebration



May 2018 Building A

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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	2 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 3:00 Ice Cream Social & Bingo 6:00 Puzzles	3 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Movie Matinee 1:15 Elsie Stuhr 4:00 Painting 6:00 Puzzles	4 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games</i> 1:30 Manicures/Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Puzzles	5 Cinco de Mayo 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games/Craft</i> 1:30 Reminisce 2:30 <i>Bingo</i> 3:30 Mini Golf 6:00 Movie Night
6 9:30 Coffee & News 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	7 9:30 Water coloring 10:30 Music Therapy With Jee 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>	8 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Voters Assistance League 1:30 Mini Golf 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	9 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 3:30 May Birthday Party Music By: Lee Nicholas 6:00 Puzzles	10 9:30 Library Outing 11:00 Exercise 11:30 Wacky Word Games 1:30 Bean Bag Toss 2:30 Manicures/Snack 3:00 Bingo 6:00 Puzzles	11 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games</i> 1:30 Manicures/Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Puzzles	12 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games/Craft</i> 12:00 Mothers Day Celebration 2:30 <i>Bingo</i> 3:30 Bean Bag Toss 6:00 Movie Night
13 Mother's Day 9:30 Coffee & News 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	14 9:30 Scenic Drive 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Balloon Badminton 6:00 <i>Evening Movie</i>	15 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	16 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 3:00 Ice Cream Social & Bingo 6:00 Puzzles	17 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Movie Matinee 1:15 Elsie Stuhr 4:00 Painting 6:00 Puzzles	18 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games</i> 1:30 Manicures/Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Puzzles	19 10:00 Exercise 10:30 <i>Snack & News</i> 11:00 <i>Wacky Word Games/Craft</i> 1:30 Reminisce 2:30 <i>Bingo</i> 3:30 Mini Golf 6:00 Movie Night
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27 9:30 Coffee & News 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	28 Memorial Day 9:30 Scenic Drive 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Balloon Badminton 6:00 <i>Evening Movie</i>	29 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	30 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 3:00 Ice Cream Social & Bingo 6:00 Puzzles	31 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Movie Matinee 1:15 Elsie Stuhr 4:00 Painting 6:00 Puzzles		

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6 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	7 9:30 Scenic Drive 10:30 Coffee & News 11:30 Exercise 1:30 Bean Bag Toss 2:30 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	8 10:00 Watercolors 10:30 <i>News of the Day /Snack</i> 11:00 Exercise 1:00 Voters Assistance league 1:30 Table Games 2:15 Craft 3:00 <i>Bingo/Snack</i> 6:00 Puzzles	9 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 May Birthday Party Music By: Lee Nicholas 6:00 Puzzles	10 9:30 Library Outing 10:00 Watercolors 11:00 Exercise 1:30 Table Games 2:15 <i>Reminisce/Snack</i> 3:00 <i>Bingo</i> 6:00 Puzzles	11 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Manicures 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	12 9:30 <i>Sing Along</i> 10:30 Coffee & News 11:00 Exercise 12:00 Mothers Day Celebration 2:30 Bingo/Snack 4:00 <i>Poem of the Day</i> 6:00 Evening Movie
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