



14420 SW Farmington Rd.
Beaverton, OR
97005

STAMP
HERE



2018 Oktoberfest, October 20th 5-7pm In our assisted living building

Administrative Team:

Teddi Neilson
Executive Director

Adriene Lierheimer
Assistant Executive Director

Sophia Stamatis
Community Relations Director

Margarita Real
Resident Care Coordinator

Felicia Bernier (B)
Resident Care Coordinator

Perla Gonzalez (A&CD)
Resident Care Coordinator

Cydney Hildreth
Business Office Manager

Linda Swearingen
Registered Nurse

Erika Silva
Dietary Director

Jeffery Hendrickson
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 - 5 Physical Therapy
Benefits
P3 - Caught in Action
P4/5 - Activities Calendar
P6 - Birthdays, Highlights,
Social Media, Safety
P7 - Photos,
Autumn Funnies
P8 - Mission, Team

October 2018 Edition

5 Benefits of Physical Therapy

Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That's hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

Note: Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.

Five Potential Benefits of Physical Therapy:

1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
3. **Management of Issues Associated with Diabetes:** Physical therapists can help

prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven't tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

"Great photography is about depth of feeling, not depth of field." -Peter Adams



Autumn Funnies (answers on page 6)

1. What type of vehicle is best for a hayride?
2. What do trees say when they get their leaves back?
3. What type of vest should you wear in the fall?
4. How do you know when the moon has had enough to eat?
5. How do football players stay cool during games?
6. How do you fix a broken pumpkin?
7. What is the ratio of a pumpkin's circumference to its diameter?

October Highlights

October 18 from 6 to 8 pm is our Caregiver Support Group! This a monthly meeting that is held in the lobby of the CD building. Light refreshments are provided. We hope to see you there.

October 20 from 5 to 7pm is our Oktoberfest! All are invited to join us for our Annual Fall Fundraiser for the Alzheimer's Association. Please RSVP to Kathy Jimenez if you plan to attend. She can be reached at 503-626-2273 or at kjimenez@farmingtonsquare.com



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[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
 Radiant Senior Living on YouTube

October Birthdays!

We hope you enjoy
your special day!

10-15 Jerry G.
 10-16 Cleda D.
 10-24 Cindora W.
 10-26 Walter P.

3 Autumn Safety Tips to Remember

- 1) Make sure lit candles are not unattended at any time.
- 2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
- 3) Avoid AM glare with sunglasses.

Answers to the Fall Funnies on 7
 1. An autumn-mobile. 2. What a re-leaf! 3. A harvest vest! 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pie.



Caught In Action



October 2018

Farmington Square Beaverton - Building A
14420 SW Farmington Road; Beaverton, OR 97005 · (503) 626-2273

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Water coloring 10:30 Music Therapy 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>	2 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 <i>Sing Along With Jessica</i> 3:00 Bingo 6:00 Puzzles	3 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	4 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	5 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Reminisce 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	6 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
7 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	8 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>	9 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 <i>Sing Along With Jessica</i> 3:00 Bingo 6:00 Puzzles	10 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Bingo 3:00 Happy Hour Music By Dom Franko 6:00 Puzzles	11 9:30 Library Outing 11:00 Exercise 11:30 Wacky Word Games 1:30 Bean Bag Toss 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	12 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Reminisce 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	13 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
14 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	15 9:30 Water coloring 10:30 Music Therapy 11:30 <i>Wacky Word Games</i> 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Resident Council 6:00 <i>Evening Movie</i>	16 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 <i>Sing Along With Jessica</i> 3:00 Bingo 6:00 Puzzles	17 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	18 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	19 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Reminisce 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	20 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
21 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	22 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>	23 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:00 <i>Sing Along With Jessica</i> 3:00 Bingo 3:45 Pet Therapy 6:00 Puzzles	24 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Bingo 3:00 October Birthdays Music By David Cooley 6:00 Puzzles	25 9:30 Library Outing 11:00 Exercise 11:30 Wacky Word Games 1:30 Bean Bag Toss 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	26 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Reminisce 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	27 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
28 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	29 10:00 Exercise 10:30 Snack & News 11:00 <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>	30 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 <i>Sing Along With Jessica</i> 3:00 Bingo 6:00 Puzzles	31 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			

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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 9:30 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	2 9:30 Watercolors 10:00 Morning Stroll 11:00 Exercise 1:30 Table Games 2:30 Bean Bag Toss 3:00 Bingo/Snack 6:00 Puzzles	3 9:00 Watercolors 9:30 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 Reminisce 3:00 Ice Cream Social/ Bingo 6:00 Puzzles	4 9:30 Manicures 10:00 Watercolors & Snack 11:00 <i>Good News</i> 1:00 <i>Movie Matinee</i> 1:15 Elsie Stuhr 4:00 Poem Of The Day 6:00 Puzzles	5 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 <i>Reminisce</i> 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	6 9:30 <i>Sing Along</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Balloon Badminton 2:30 Bingo 3:30 Afternoon Stroll/Snack 6:00 Evening Movie
7 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	8 9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	9 9:30 Watercolors 10:00 Morning Stroll 11:00 Exercise 1:30 Table Games 2:30 Bean Bag Toss 3:00 Bingo/Snack 6:00 Puzzles	10 9:00 Watercolors 9:30 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 Reminisce 3:00 Happy Hour Music By Dom Franko 6:00 Puzzles	11 9:30 Watercolors 9:45 Library Outing 11:00 Exercise 1:30 Table Games 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	12 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 <i>Reminisce</i> 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	13 9:30 <i>Sing Along</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Balloon Badminton 2:30 Bingo 3:30 Afternoon Stroll/Snack 6:00 Evening Movie
14 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	15 9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Resident Council 2:30 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	16 9:30 Watercolors 10:00 Morning Stroll 11:00 Exercise 1:30 Table Games 2:30 Bean Bag Toss 3:00 Bingo/Snack 6:00 Puzzles	17 9:00 Watercolors 9:30 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 Reminisce 3:00 Ice Cream Social/ Bingo 6:00 Puzzles	18 9:30 Manicures 10:00 Watercolors & Snack 11:00 <i>Good News</i> 1:00 <i>Movie Matinee</i> 1:15 Elsie Stuhr 4:00 Poem Of The Day 6:00 Puzzles	19 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 <i>Reminisce</i> 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	20 9:30 <i>Sing Along</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Balloon Badminton 2:30 Bingo 3:30 Afternoon Stroll/Snack 5:00 October Fest 2018
21 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	22 9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	23 9:30 Watercolors 10:00 Morning Stroll 11:00 Exercise 1:30 Table Games 2:30 Bean Bag Toss 3:00 Bingo/Snack 3:15 Pet Therapy 6:00 Puzzles	24 9:00 Watercolors 9:30 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 Reminisce 3:00 October Birthdays Music By David Cooley 6:00 Puzzles	25 9:30 Watercolors 9:45 Library Outing 11:00 Exercise 1:30 Table Games 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	26 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 <i>Reminisce</i> 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	27 9:30 <i>Sing Along</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Balloon Badminton 2:30 Bingo 3:30 Afternoon Stroll/Snack 6:00 Evening Movie
28 9:00 Coffee & News 9:30 Snack 10:00 Shopping Outing 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	29 9:30 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Reminisce 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	30 9:30 Watercolors 10:00 Morning Stroll 11:00 Exercise 1:30 Table Games 2:30 Bean Bag Toss 3:00 Bingo/Snack 6:00 Puzzles	31 9:00 Watercolors 9:30 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 Reminisce 3:00 Ice Cream Social/ Bingo 6:00 Puzzles			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 Table Games 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	2 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 Balloon Bat 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	3 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	4 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 Ball Roll/ Trivia 2:00 <i>Trivia/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	5 10:00 Beauty Hour 10:30 MT/ <i>Sing Along/ Snack</i> 11:00 <i>Dancercize</i> 11:30 <i>Good News Network</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	6 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>
7 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	8 10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 Table Games 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	9 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 Balloon Bat 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 Scenic Drive 2:00 <i>Snack</i> 3:30 <i>Bingo</i> 6:00 <i>National Parks</i>	11 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 Ball Roll/ Trivia 2:00 <i>Trivia/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	12 10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Dancercize</i> 11:30 <i>Good News Network</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>	13 10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>What Did It Cost</i> 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>
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