FARMINGTON SQUARE
A RADIANT SENIOR LIVING COMMUNITY

960 Boone Rd. SE
Salem, OR 97306

STAMP HERE

Administrative Team:

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
Nels Esselstrom
Maintenance Director
Bonny Silva
Activities Director

Contact us at:
503-363-2273

Farmington Square News

Farmington Square Assisted & Memory Care Newsletter

P2 - 5 Physical Therapy Benefits
P3 - Team Member/ Resident of the Month
P4/5 - 910/920 Activities Calendar
P6 - New Residents , Highlights, Social Media, Safety
P7 - Photos, Autumn Funnies
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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.*

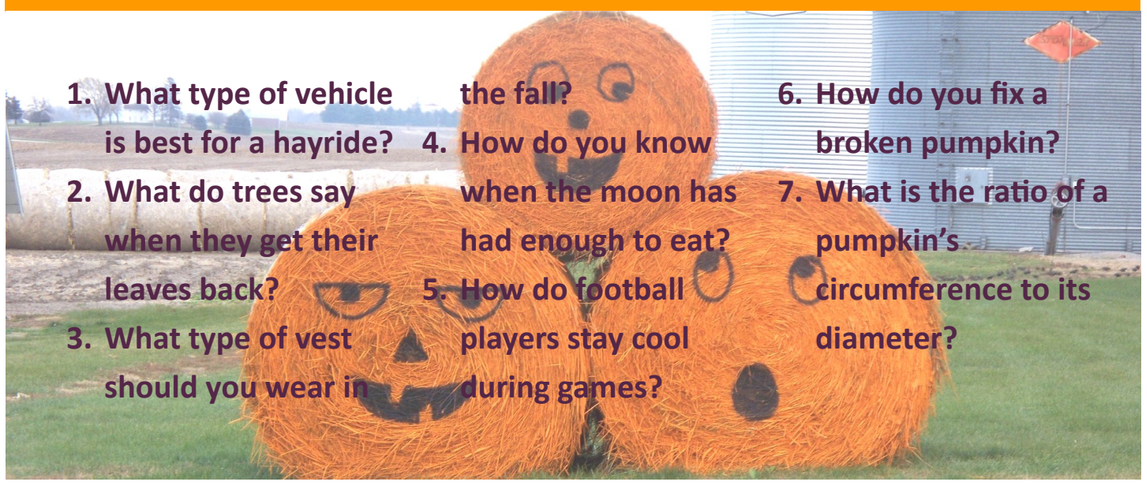
Five Potential Benefits of Physical Therapy:

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 1: Intl. Day for Older Persons
October 1: National Hair Day
October 2: Lee Natl. Denim Day
October 3: National Kale Day
October 4: National Taco Day
October 4: National Golf Day
October 6: World Card Making Day
October 10: National Angel Food Cake Day
October 11: National Sausage Pizza Day
October 13: National Chess Day
October 14: Pastoral Appreciation Day
October 18: National Chocolate Cupcake Day
October 21: National Pumpkin Cheesecake Day
October 21: National Reptile Awareness Day
October 23: National Boston Cream Pie Day
October 26: National Breadstick Day
October 26: National Pumpkin Day
October 27: National Make a Difference Day
October 28: National Chocolate Day
October 29: National Cat Day
October 30: National Candy Corn Day
October 31: TRUNK or TREAT

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Blog.radiantseniorliving.com
Radiantsrliving on Instagram
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Radiant Senior Living on YouTube

New Residents!

Welcome Home!

Germaine K.
Barbara F.
Billy C.
Larry & Jan J.
Betty H.

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! 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pi.

Resident of the Month!

Jeanette

Our resident of the month is Jeanette. She was born and raised in Portland Oregon. In her adulthood she traveled a lot with her husband while he served in the military. She has lived in our community for over a year. Jeanette is such a kind and gentle person and loves to help anyone she can. She always has a positive attitude. Congrats on being our featured resident Jeanette.

Team Member of the Month!

Victoria

Our employee of the month is Victoria. She is a caregiver here at our community. Victoria has worked here for 5 years. She is loved by our residents and team members alike. Victoria always comes to work with a positive attitude and loves her residents dearly. On her time off she enjoys spending time with her family. Congrats on being our featured team member Victoria!

October

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Bldg 910/920

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Scenic Drive Mondays - @10:30 : 930/960,910/920 @1:30 : 940/950 **Resident Counsel: @1:30 in 910**	1 9:30 Chair Dance IN2L 10:00 Movie Memories IN2L 11:00 Bean Bag Toss 1:30 Sing Along IN2L 2:00 Family Feud IN2L 3:00 Movie 4:00 Timeless Trivia IN2L	2 9:30 Exercise 10:00 Bingo 910 11:00 On this Day IN2L 1:30 Challenges IN2L 2:00 Puzzles 3:00 Price is Right IN2L 4:00 Bowling	3 9:30 Exercise 10:00 Ted-Ed IN2L 11:00 Darts 1:30 Yahtzee 2:00 Past Times IN2L 3:00 Foam Lacing 4:00 Scent Guessing	4 9:30 Exercise 10:00 Bingo 960 11:00 Ring Toss 1:30 Balloon Burst IN2L 2:00 Funny Videos IN2L 3:00 Craft 4:00 Adult Coloring	5 9:30 Chair Dance IN2L 10:00 Movie Memories IN2L 11:00 Bat Balloon 1:30 Hangman IN2L 2:00 Price is Right IN2L 3:00 Bean Bag Toss 4:00 Yahtzee	6 9:30 Exercise 10:00 Funny Videos IN2L 11:00 Ring Toss 1:30 Bingo 920 2:00 Bowling 3:00 Bubble Burst IN2L 4:00 Karaoke IN2L
7 9:30 Exercise 10:00 Devotion IN2L 11:00 Ring Toss 1:30 Hymns IN2L 2:00 Church Service 960 3:00 Bible Trivia IN2L 4:00 Yahtzee	8 9:30 Chair Dance IN2L 10:00 Movie Memories IN2L 11:00 Bean Bag Toss 1:30 Sing Along IN2L 2:00 Family Feud IN2L 3:00 Movie 4:00 Timeless Trivia IN2L	9 9:30 Exercise 10:00 Bingo 920 11:00 On this Day IN2L 1:30 Challenges IN2L 2:00 Puzzles 3:00 Price is Right IN2L 4:00 Bowling	10 9:30 Exercise 10:00 Ted-Ed IN2L 11:00 Darts 1:30 Yahtzee 2:00 Past Times IN2L 3:00 Foam Lacing 4:00 Scent Guessing	11 9:30 Exercise 10:00 Balloon Burst IN2L 11:00 Ring Toss 1:30 Bingo 950 2:00 Funny Videos IN2L 3:00 Dominoes 4:00 Adult Coloring	12 9:30 Chair Dance IN2L 10:00 Movie Memories IN2L 11:00 Bat Balloon 1:30 Hangman IN2L 2:00 Price is Right IN2L 3:00 Bean Bag Toss 4:00 Yahtzee	13 9:30 Exercise 10:00 Funny Videos IN2L 11:00 Ring Toss 1:30 Bingo 910 2:00 Bowling 3:00 Bubble Burst IN2L 4:00 Karaoke IN2L
14 9:30 Exercise 10:00 Devotion IN2L 11:00 Ring Toss 1:30 Hymns IN2L 2:00 Church Service 960 3:00 Bible Trivia IN2L 4:00 Yahtzee	15 9:30 Chair Dance IN2L 10:00 Movie Memories IN2L 11:00 Bean Bag Toss 1:30 Sing Along IN2L 2:00 Family Feud IN2L 3:00 Movie 4:00 Timeless Trivia IN2L	16 9:30 Exercise 10:00 Bingo 930 11:00 On this Day IN2L 1:30 Challenges IN2L 2:00 Puzzles 3:00 Price is Right IN2L 4:00 Bowling	17 9:30 Exercise 10:00 Ted-Ed IN2L 11:00 Darts 1:30 Yahtzee 2:00 Past Times IN2L 3:00 Foam Lacing 4:00 Scent Guessing	18 9:30 Exercise 10:00 Balloon Burst IN2L 11:00 Ring Toss 1:30 Bingo 940 2:00 Funny Videos IN2L 3:00 Craft 4:00 Adult Coloring	19 9:30 Chair Dance IN2L 10:00 Movie Memories IN2L 11:00 Bat Balloon 1:30 Hangman IN2L 2:00 Price is Right IN2L 3:00 Bean Bag Toss 4:00 Yahtzee	20 9:30 Exercise 10:00 Funny Videos IN2L 11:00 Ring Toss 1:30 Bingo 930 2:00 Bowling 3:00 Bubble Burst IN2L 4:00 Karaoke IN2L
21 9:30 Exercise 10:00 Devotion IN2L 11:00 Ring Toss 1:30 Hymns IN2L 2:00 Church Service 960 3:00 Bible Trivia IN2L 4:00 Yahtzee	22 9:30 Chair Dance IN2L 10:00 Movie Memories IN2L 11:00 Bean Bag Toss 1:30 Sing Along IN2L 2:00 Family Feud IN2L 3:00 Movie 4:00 Timeless Trivia IN2L	23 9:30 Exercise 10:00 Bingo 940 11:00 On this Day IN2L 1:30 Challenges IN2L 2:00 Puzzles 3:00 Price is Right IN2L 4:00 Bowling	24 9:30 Exercise 10:00 Ted-Ed IN2L 11:00 Darts 1:30 Yahtzee 2:00 Past Times IN2L 3:00 Foam Lacing 4:00 Scent Guessing	25 9:30 Exercise 10:00 Bingo 930 11:00 Ring Toss 1:30 Balloon Burst IN2L 2:00 Funny Videos IN2L 3:00 Dominoes 4:00 Adult Coloring	26 9:30 Chair Dance IN2L 10:30 Birthday Party in 960 1:30 Hangman IN2L 2:00 Price is Right IN2L 3:00 Bean Bag Toss 4:00 Yahtzee	27 9:30 Exercise 10:00 Funny Videos IN2L 11:00 Ring Toss 1:30 Bingo 940 2:00 Bowling 3:00 Bubble Burst IN2L 4:00 Karaoke IN2L
28 9:30 Exercise 10:00 Devotion IN2L 11:00 Ring Toss 1:30 Hymns IN2L 2:00 Church Service 960 3:00 Bible Trivia IN2L 4:00 Yahtzee	29 9:30 Chair Dance IN2L 10:00 Movie Memories IN2L 11:00 Bean Bag Toss 1:30 Sing Along IN2L 2:00 Family Feud IN2L 3:00 Movie 4:00 Timeless Trivia IN2L	30 9:30 Exercise 10:00 Bingo 950 11:00 On this Day IN2L 1:30 Challenges IN2L 2:00 Puzzles 3:00 Price is Right IN2L 4:00 Bowling	31 9:30 Exercise 10:00 Ted-Ed IN2L 11:00 Darts 1:30 Yahtzee 2:00 Past Times IN2L 3:00 Foam Lacing 4:00 Trunk or Treat			

Happy Birthday

10/7 Jeanette E. , 950 — 10/17 Jim S., 960 — 10/19 Leota R., 940

10/24 Mary Jane V., 930 — 10/27 Teddi T.,950 — 10/30 Lew W., 920

Charlie Foxx Movie
October 16, 2018
@ 1:30 in 960

Shopping Trips

10/5 Walmart
10/12 Dollar Tree
10/19 Fred Meyers

Live Entertainment

10/4 Jerry @2pm
10/11 Rachel @10:30
10/18 Singing Sparrow @10:30
10/25 Linda @2pm

Lunch Outings

10/3 Rock-n-Rogers @11
10/10 Taco Bell @11
10/17 Gold Dragon@11
10/24 E Z Orchards @ 11
10/31 Thai Orchid @11

National Days

10/1 Day for Older Persons
10/4 Taco Day
10/11 Sausage Pizza Day
10/31 Halloween