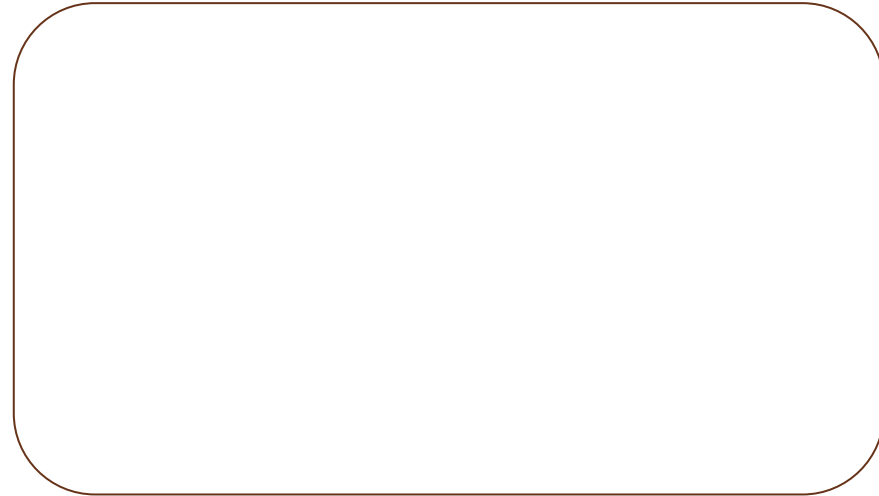




17950 SW 115th Avenue  
Tualatin, OR 97062

STAMP  
HERE



**Administrative Team:**

**Chris Budke**  
Executive Director  
**Randy Dickens**  
Community Relations Director  
**Melissa Fisher and  
Kimber Niell**  
Resident Care Coordinator  
**Josh Witherington**  
Business Office Manager  
**Jill Witherington**  
Registered Nurse  
**Kristi Rodriguez**  
Dietary Director  
**Drew Elbert**  
Maintenance Director  
**Anjee Thompson**  
Activities Director

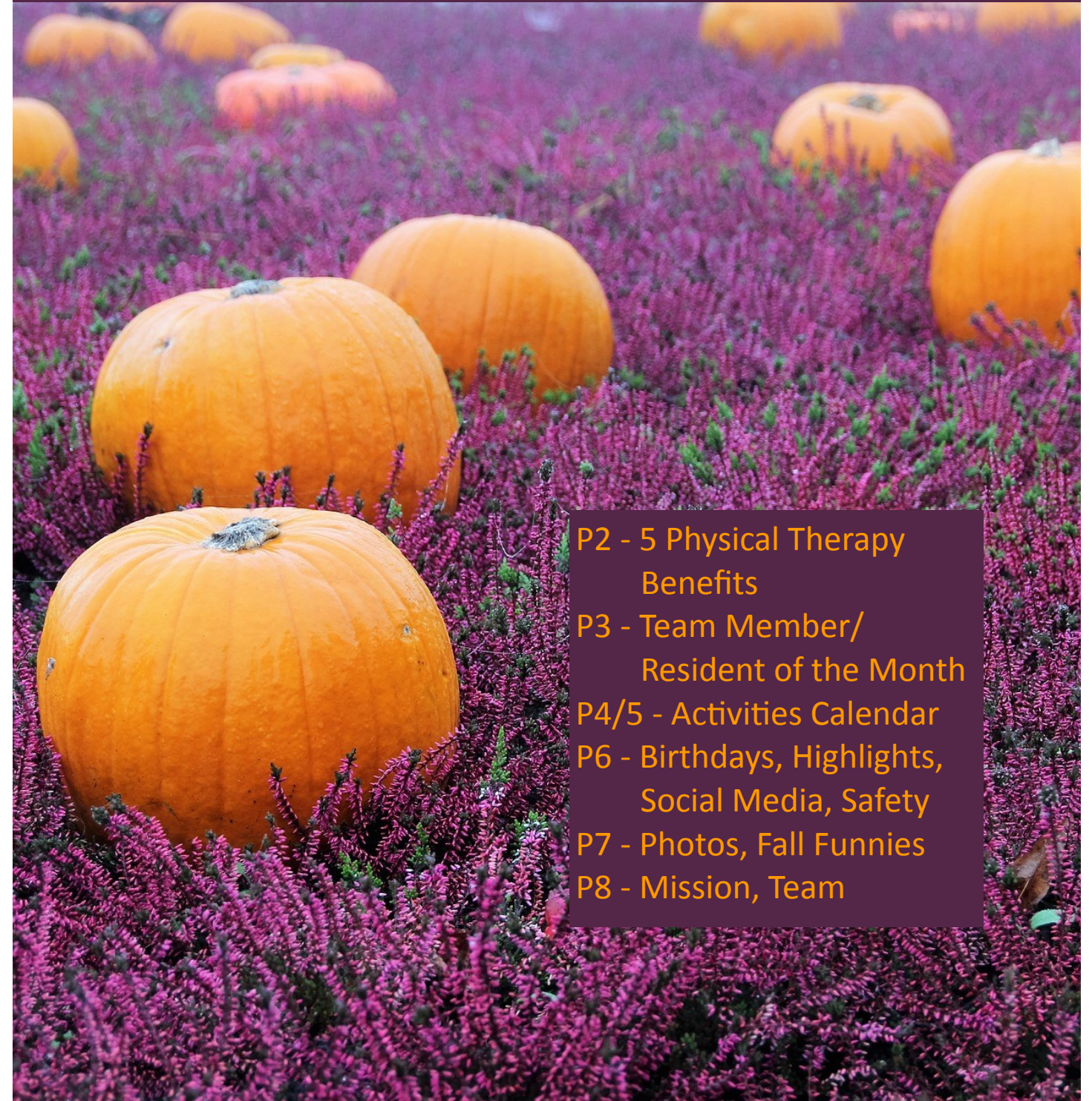
Contact us at:

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



# The Farmington Times

Farmington Square Assisted & Memory Care Newsletter



P2 - 5 Physical Therapy  
Benefits  
P3 - Team Member/  
Resident of the Month  
P4/5 - Activities Calendar  
P6 - Birthdays, Highlights,  
Social Media, Safety  
P7 - Photos, Fall 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?        | the fall?   | 6. How do you fix a broken pumpkin?                                |
| 2. What do trees say when they get their leaves back? | 4. How do you know when the moon has had enough to eat? | 7. What is the ratio of a pumpkin's circumference to its diameter? |
| 3. What type of vest should you wear in               | 5. How do football players stay cool during games?      |  |

# 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: Halloween



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

## October Birthdays!



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

## Resident of the Month!

### Isabelle

If you want to meet a proud Mother there is Isabelle Her life's joy is her children and she loves to talk about them. She has been a devoted member of her church for many years and loves that her church friends come out several times a year and have tea and bring her homemade cookies that she shares with the other residents. Her companion shines thru in everything she does as well as her sense of humor. She loves to hear a good joke as well as tell one.



## Team Member of the Month! Vanessa

Lifelong Oregon Resident , this single Mother of two has worked at FST for 4 years. Taking good care of her children and the residents is what makes her life worth wild. She loves Dancing with the Residents and making them smile. She says "Even when there memories fade they still hear music and want to dance."

# October 2018

Farmington Square Tualatin-Alpine |

17950 SW 115th Ave, Tualatin, Or. 97062 |

(503)692-1748

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
	1	2	3	4	5	6
	9:30 FUNNY VIDEOS 10:00 NOODLE TENNIS 11:00 SING ALONG 12:00 PIANO W/ KEVIN	10:00 STRETCHING 11:00 READ ALOUD 1:00 HANGMAN 2:00 BEANBAG TOSS	10:00 EXERCISE 11:00 TODAY IN HIST. 12:00 PIANO W/ALICE 1:00 BALL TOSS	10:00 CHAIR YOGA 11:00 TRIVIA 1:00 SPA TIME 2:00 CRAFTS	10:00 COLORING 11:00 STRETCHING 1:00 READ ALOUD 2:00 IN2L GAMES	10:00 IN2L MUSIC 11:00 CHAIR YOGA 1:00 BRAIN GAMES 2:00 TRIVIA
7	8	9	10	11	12	13
10:00 EXERCISE 11:00 SPELLING 1:00 BALL TOSS 2:00 BIBLE STUDY	9:30 FUNNY VIDEOS 10:00 NOODLE TENNIS 11:00 SING ALONG 12:00 PIANO W/ KEVIN	10:00 STRETCHING 11:00 READ ALOUD 1:00 HANGMAN 2:00 BEANBAG TOSS	10:00 EXERCISE 11:00 TODAY IN HIST. 12:00 PIANO W/ALICE 1:00 BALL TOSS	10:00 CHAIR YOGA 11:00 TRIVIA 12:40 ONE MAN BAND 1:00 SPA TIME	10:00 COLORING 11:00 STRETCHING 1:00 READ ALOUD 2:00 IN2L GAMES	10:00 IN2L MUSIC 11:00 CHAIR YOGA 11:30-1:30 FALL FEST 1:00 BRAIN GAMES
14	15	16	17	18	19	20
10:00 EXERCISE 11:00 SPELLING 1:00 BALL TOSS 2:00 BIBLE STUDY	9:30 FUNNY VIDEOS 10:00 NOODLE TENNIS 11:00 SING ALONG 12:00 PIANO W/ KEVIN	10:00 STRETCHING 11:00 READ ALOUD 1:00 HANGMAN 2:00 BEANBAG TOSS	10:00 EXERCISE 11:00 TODAY IN HIST. 12:00 PIANO W/ALICE 1:00 BALL TOSS	10:00 CHAIR YOGA 11:00 TRIVIA 1:00 SPA TIME 2:00 PET THERAPY	10:00 COLORING 11:00 STRETCHING 1:00 READ ALOUD 2:00 IN2L GAMES	10:00 IN2L MUSIC 11:00 CHAIR YOGA 1:00 BRAIN GAMES 2:00 TRIVIA
21	22	23	24	25	26	27
10:00 EXERCISE 11:00 SPELLING 1:00 BALL TOSS 2:00 BIBLE STUDY	9:30 FUNNY VIDEOS 10:00 NOODLE TENNIS 11:00 SING ALONG 12:00 PIANO W/ KEVIN	10:00 STRETCHING 11:00 READ ALOUD 1:00 HANGMAN 2:00 BEANBAG TOSS	10:00 EXERCISE 11:00 TODAY IN HIST. 12:00 PIANO W/ALICE 1:00 BALL TOSS	10:00 CHAIR YOGA 11:00 TRIVIA 1:00 SPA TIME 2:00 CRAFTS	10:00 COLORING 11:00 STRETCHING 1:00 READ ALOUD 2:00 IN2L GAMES	10:00 IN2L MUSIC 11:00 CHAIR YOGA 1:00 BRAIN GAMES 2:00 TRIVIA
28	29	30	31			
10:00 EXERCISE 11:00 SPELLING 1:00 BALL TOSS 2:00 BIBLE STUDY	9:30 FUNNY VIDEOS 10:00 NOODLE TENNIS 11:00 SING ALONG 12:00 PIANO W/ KEVIN	10:00 STRETCHING 11:00 READ ALOUD 1:00 HANGMAN 2:00 BEANBAG TOSS	10:00 EXERCISE 11:00 TODAY IN HIST. 12:00 PIANO W/ALICE 1:00 BALL TOSS			

# October 2018

Farmington Square Tualatin-BEECHWOOD |

17950 SW 115th Ave, Tualatin, Or. 97062 |

(503)692-1748

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
	1 10:00 CHAIR YOGA 11:00 TRIVIA 1:00 READ ALOUD 2:30 CARD GAMES	2 10:00 DAY IN HISTORY 11:00 EXERCISE 1:00 CRAFTS 2:00 BINGO	3 10:00 CHAIR YOGA 11:00 CHURCH SERVICE 11:30 PIANO W/ ALICE 1:00 IN2L GAMES	4 10:30 STRECHING 11:00 STATES TRIVIA 11:30 CATHOLIC COM. 1:00 BIBLE STUDY	5 9:30 BINGO & LUNCH JPC 10:30 EXERCISE 11:00 SPA TIME 1:00 THIS DAY IN HIST.	6 12:45 CHAIR YOGA 1:30 SPELLING 2:00 SING ALONG 3:00 WORD SEARCH
7 9:30 GOOD NEWS 10:00 GOSPEL SONGS 11:00 BIBLE STUDY 2:00 WORD SEARCH	1 10:00 CHAIR YOGA 11:00 TRIVIA 1:00 READ ALOUD 2:30 CARD GAMES	9 10:00 DAY IN HISTORY 11:00 EXERCISE 1:00 CRAFTS 2:00 BINGO	10 10:00 CHAIR YOGA 11:00 CHURCH SERVICE 11:30 PIANO W/ ALICE 1:00 IN2L GAMES	11 10:30 STRECHING 11:00 STATES TRIVIA 11:30 CATHOLIC COM. 12:20 ONE MAN BAND	12 9:30 BINGO & LUNCH JPC 10:30 EXERCISE 11:00 SPA TIME 1:00 THIS DAY IN HIST.	13 11:30-1:30 FALL FESTIVAL 12:45 CHAIR YOGA 1:30 SPELLING 2:00 SING ALONG
14 9:30 GOOD NEWS 10:00 GOSPEL SONGS 11:00 BIBLE STUDY 2:00 WORD SEARCH	15 10:00 CHAIR YOGA 11:00 TRIVIA 1:00 READ ALOUD 2:30 CARD GAMES	16 10:00 DAY IN HISTORY 11:00 EXERCISE 1:00 CRAFTS 2:00 BINGO	17 10:00 CHAIR YOGA 11:00 CHURCH SERVICE 11:30 PIANO W/ ALICE 1:00 IN2L GAMES	18 10:30 STRECHING 11:00 STATES TRIVIA 11:30 CATHOLIC COM. 1:30 PET THERAPY	19 9:30 BINGO & LUNCH JPC 10:30 EXERCISE 11:00 SPA TIME 1:00 THIS DAY IN HIST.	20 12:45 CHAIR YOGA 1:30 SPELLING 2:00 SING ALONG 3:00 WORD SEARCH
21 9:30 GOOD NEWS 10:00 GOSPEL SONGS 11:00 BIBLE STUDY 2:00 WORD SEARCH	22 10:00 CHAIR YOGA 11:00 TRIVIA 1:00 MUSIC W/ DAVE 2:00 READ ALOUD	23 10:00 DAY IN HISTORY 11:00 EXERCISE 1:00 CRAFTS 2:00 BINGO	24 10:00 CHAIR YOGA 11:00 CHURCH SERVICE 11:30 PIANO W/ ALICE 1:00 IN2L GAMES	25 10:30 STRECHING 11:00 STATES TRIVIA 11:30 CATHOLIC COM. 1:00 BIBLE STUDY	26 9:30 BINGO & LUNCH JPC 10:30 EXERCISE 11:00 SPA TIME 1:00 THIS DAY IN HIST.	27 12:45 CHAIR YOGA 1:30 SPELLING 2:00 SING ALONG 3:00 WORD SEARCH
28 9:30 GOOD NEWS 10:00 GOSPEL SONGS 11:00 BIBLE STUDY 2:00 WORD SEARCH	29 10:00 CHAIR YOGA 11:00 TRIVIA 1:00 READ ALOUD 2:00 PIANO W/ BILL	30 10:00 DAY IN HISTORY 11:00 EXERCISE 1:00 CRAFTS 2:00 BINGO	31 10:00 CHAIR YOGA 11:00 CHURCH SERVICE 11:30 PIANO W/ ALICE 1:00 IN2L GAMES			

# October 2018

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<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
	1 10:00 EXERCISE 11:00 TRIVIA 1:00 SCRABBLE 2:00 COMEDY TV	2 10:00 CHAIR YOGA 11:00 BOARD GAMES 1:00 BRAIN GAMES 2:00 BUNKO	3 10:00 EXERCISE 11:00 PAINO W/ ALICE 1:00 TRIVIA 2:00 COMEDY TV	4 10:00 CHAIR YOGA 11:00 BIBLE STUDY/ CC 1:00 PUZZLES 2:00 FRED MEYERS	5 9:30 BINGO & LUN. JPC 10:00 STRECTCHING 1:00 SCRABBLE 2:00 COMEDY TV	6 10:00 MORNING NEWS 11:00 SPA TIME 1:00 WORD SEARCH 2:00 BOARD GAMES
7 10:00 STRETCHING 11:00 DAILY NEWS 1:00 BIBLE STUDY 2:00 SUNDAY MOVIE	8 10:00 EXERCISE 11:00 TRIVIA 1:00 SCRABBLE 2:00 COMEDY TV	9 10:00 CHAIR YOGA 11:00 BOARD GAMES 1:00 BRAIN GAMES 2:00 BUNKO	10 10:00 EXERCISE 11:00 PAINO W/ ALICE 1:00 TRIVIA 2:00 SCENIC DRIVE	11 10:00 CHAIR YOGA 11:00 BIBLE STUDY/ CC 12:00 ONE MAN BAND 1:00 PUZZLES	12 9:30 BINGO & LUN. JPC 10:00 STRECTCHING 1:00 SCRABBLE 2:00 COMEDY TV	13 10:00 MORNING NEWS 11:30-1:30 FALL FEST 1:00 WORD SEARCH 2:00 BOARD GAMES
14 10:00 STRETCHING 11:00 DAILY NEWS 1:00 BIBLE STUDY 2:00 SUNDAY MOVIE	15 10:00 EXERCISE 11:00 TRIVIA 1:00 SCRABBLE 2:00 COMEDY TV	16 10:00 CHAIR YOGA 11:00 BOARD GAMES 1:00 BRAIN GAMES 2:00 BUNKO	17 10:00 EXERCISE 11:00 PAINO W/ ALICE 1:00 TRIVIA 2:00 LIBRARY	18 10:00 CHAIR YOGA 11:00 BIBLE STUDY/ CC 1:00 PUZZLES 2:30 PET THERAPY	19 9:30 BINGO & LUN. JPC 10:00 STRECTCHING 1:00 RESIDENT C. 2:00 COMEDY TV	20 10:00 MORNING NEWS 11:00 SPA TIME 1:00 WORD SEARCH 2:00 BOARD GAMES
21 10:00 STRETCHING 11:00 DAILY NEWS 1:00 BIBLE STUDY 2:00 SUNDAY MOVIE	22 10:00 EXERCISE 11:00 TRIVIA 1:00 SCRABBLE 2:00 COMEDY TV	23 10:00 CHAIR YOGA 11:00 BOARD GAMES 1:00 BRAIN GAMES 2:00 BUNKO	24 10:00 EXERCISE 11:00 PAINO W/ ALICE 11:30 LUNCH OUTING 1:00 TRIVIA	25 10:00 CHAIR YOGA 11:00 BIBLE STUDY/ CC 1:00 PUZZLES 2:00 DOMINOS	26 9:30 BINGO & LUN. JPC 10:00 STRECTCHING 1:00 SCRABBLE 2:00 COMEDY TV	27 10:00 MORNING NEWS 11:00 SPA TIME 1:00 WORD SEARCH 2:00 BOARD GAMES
28 10:00 STRETCHING 11:00 DAILY NEWS 1:00 BIBLE STUDY 2:00 SUNDAY MOVIE	29 10:00 EXERCISE 11:00 TRIVIA 1:00 SCRABBLE 2:00 COMEDY TV	30 10:00 CHAIR YOGA 11:00 BOARD GAMES 1:00 BRAIN GAMES 2:00 BUNKO	31 10:00 EXERCISE 11:00 PAINO W/ ALICE 1:00 TRIVIA 2:00 COMEDY TV			