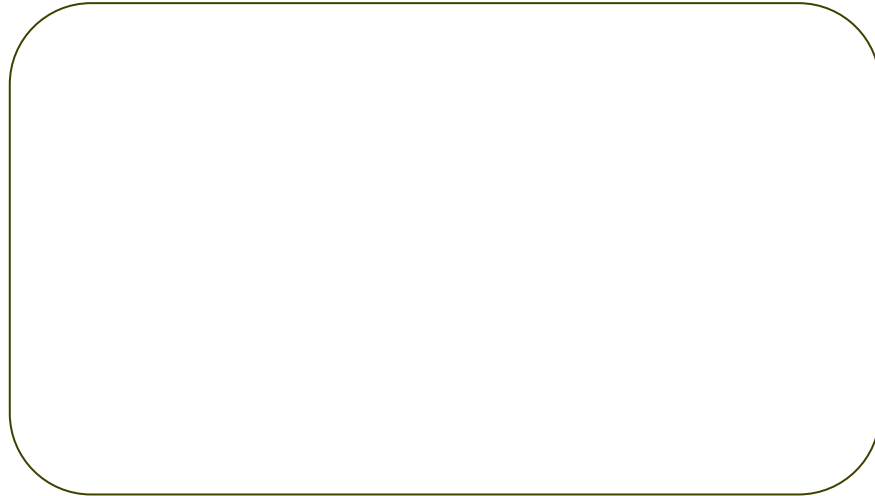




17950 SW 115th Avenue  
Tualatin, OR 97062

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#### 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:**  
**(503)692-1748**



# The Farmington Times

## Assisted & Memory Care Newsletter



**P2 Flu Prevention Steps for Seniors**  
**P3 Team Member/Resident of the Month**  
**P4/P5 Activities Calendar**

**P6 Birthdays, Highlights, Social Media**  
**P7 Photos, The Best Dish**  
**P8 Mission, Team**

## November 2018 Edition



# Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats. Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

## Differences Between a Flu and a Cold

**Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.**

**A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)**

“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz



## The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

|                          |                       |                        |
|--------------------------|-----------------------|------------------------|
| “Acorn Squash”<br>- Dena | “Spaghetti”<br>- Ella | “Tamales”<br>- Adriana |
| “Soup”<br>- Beverly      | “Turkey”<br>- Tony    |                        |



# November Highlights

November 1: National Calzone Day  
 November 2: National Deviled Egg Day  
 November 2: National Jersey Friday  
 November 3: National Sandwich Day  
 November 4: Candy Day  
 November 5: National Doughnut Day  
 November 6: Saxophone Day  
 November 8: National Cappuccino Day  
 November 10: Vanilla Cupcake Day  
 November 11: Veterans Day  
 November 13: National Sundae Day  
 November 14: National Pickle Day  
 November 15: National Bundt Cake Day  
 November 16: Button Day  
 November 17: Homemade Bread Day  
 November 19: Play Monopoly Day  
 November 20: Peanut Butter Fudge Day  
 November 21: Gingerbread Cookie Day  
 November 22: Thanksgiving Day  
 November 25: National Parfait Day  
 November 26: National Cake Day  
 November 28: French Toast Day  
 November 29: Square Dance Day

# Happy Birthday

To all with November birthdays!

Norma, Nov 11th

Karen, Nov 17th

Tony ,Nov 19th

Zona, Nov 20th

Marjorie, Nov 26th

## No-Bake Peanut Butter Fudge Squares Recipe modified from All Recipes' one

### Ingredients:

1/2 cup of

butter

16 ounces

of brown

sugar

1/2 cup of

milk

3/4 cup of peanut butter

1 teaspoon of vanilla

3 and 1/2 cups of confec-  
 tioners sugar

### Steps:

In saucepan, on medium heat, melt  
 butter.

Add brown sugar and milk and stir.

Bring to a boil for two minutes while  
 stirring.

Move from heat.

Mix in vanilla and peanut butter.

Pour on top of confectioners sugar in a  
 big mixing bowl.

Beat together until smooth.

Pour into a pan that is 8x8.



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

## Resident of the Month!

### Dolores

Dolores is a Mother of three Laurie, Linda and Dan. Talking about them and her grand children makes her smile light up the room. Her nickname is "Sarge" as she was in the Army . We salute her dedication to her family and country. We are proud of her serving in the armed forces. She was a secretary for a Lt. and talks about doing shorthand and how fast she could type back them. 158 words a minute with no mistakes. WOW!



## Team Member of the Month!

### Rachel

Rachel works in the activities department. She went to Linfield College and chose to work with seniors after having a family member struggle with memory issues. She is fun and energetic and the residents and staff all love being around her positive energy and joyful smile. She hopes someday to write a children's book about Alzheimer's and loving our family members even when they are confused.



# November 2018

Farmington Square Tualatin-ALPINE | 17950 SW 115th Ave., Tualatin, Or. 97062 | (503)692-1748

| Sun  | Mon  | Tue  | Wed  | Thu   | Fri   | Sat  |
|--|--|--|--|---|---|--|
|  | :  |  |  | 1   | 2   | 3  |
|  |  |  |  | 10:00 Exercise<br>10:30 Today in History<br>11:00 Trivia<br>1:00 Spa Time<br>2:00 Crafts                        | 10:00 Coloring<br>10:30 Bean Bag Toss<br>11:00 Stretching<br>1:00 Reading Aloud<br>2:00 In2L Games                      | 10:00 In2L Music<br>11:00 Chair Yoga<br>11:00 Brain Games<br>1:00 Ball Toss<br>2:00 Trivia                       |
| 4  | 5  | 6  | 7  | 8   | 9   | 10   |
| 10:00 Exercise<br>11:00 Spelling<br>1:00 Ball Toss<br>2:00 Bible Study<br>3:00 Spa Time<br>4:00 Movie Time | 10:00 Funny Videos<br>10:30 Noodle Tennis<br>11:00 Sing A Long<br>1:00 I N2L Painting<br>2:00 In2L Games<br>3:00 Travel Show | 10:00 Gentle Stretching<br>10:30 Jokes and Poems<br>1:00 Reading Aloud<br>1:00 Hang Man<br>2:00 Bean Bag Toss<br>3:00 Movie Time | 10:00 Exercise<br>10:30 Word Games<br>11:00 Today In History<br>12:00 Piano W/ Alice<br>1:00 Ball Toss<br>2:00 Bible Stories | 10:00 Exercise<br>10:30 Today in History<br>11:00 Trivia<br>1:00 Spa Time<br>2:00 Crafts<br>3:00 Family Stories | 10:00 Coloring<br>10:30 Bean Bag Toss<br>11:00 Stretching<br>1:00 Reading Aloud<br>2:00 In2L Games<br>3:00 Funny Videos | 10:00 In2L Music<br>11:00 Chair Yoga<br>11:00 Brain Games<br>1:00 Ball Toss<br>2:00 Trivia<br>3:00 History Video |
| 11   | 12   | 13   | 14   | 15  | 16  | 17   |
| 10:00 Exercise<br>11:00 Spelling<br>1:00 Ball Toss<br>2:00 Bible Study<br>3:00 Spa Time<br>4:00 Movie Time | 10:00 Funny Videos<br>10:30 Noodle Tennis<br>11:00 Sing A Long<br>1:00 I N2L Painting<br>2:00 In2L Games<br>3:00 Travel Show | 10:00 Gentle Stretching<br>10:30 Jokes and Poems<br>1:00 Reading Aloud<br>1:00 Hang Man<br>2:00 Bean Bag Toss<br>3:00 Movie Time | 10:00 Exercise<br>10:30 Word Games<br>11:00 Today In History<br>12:00 Piano W/ Alice<br>1:00 Ball Toss<br>2:00 Bible Stories | 10:00 Exercise<br>10:30 Today in History<br>11:00 Trivia<br>1:00 Spa Time<br>2:00 Pet Therapy<br>2:00 Crafts    | 10:00 Coloring<br>10:30 Bean Bag Toss<br>11:00 Stretching<br>1:00 Reading Aloud<br>2:00 In2L Games<br>3:00 Funny Videos | 10:00 In2L Music<br>11:00 Chair Yoga<br>11:00 Brain Games<br>1:00 Ball Toss<br>2:00 Trivia<br>3:00 History Video |
| 18   | 19   | 20   | 21   | 22  | 23  | 24   |
| 10:00 Exercise<br>11:00 Spelling<br>1:00 Ball Toss<br>2:00 Bible Study<br>3:00 Spa Time<br>4:00 Movie Time | 10:00 Funny Videos<br>10:30 Noodle Tennis<br>11:00 Sing A Long<br>1:00 I N2L Painting<br>2:00 In2L Games<br>3:00 Travel Show | 10:00 Gentle Stretching<br>10:30 Jokes and Poems<br>1:00 Reading Aloud<br>1:00 Hang Man<br>2:00 Bean Bag Toss<br>3:00 Movie Time | 10:00 Exercise<br>10:30 Word Games<br>11:00 Today In History<br>12:00 Piano W/ Alice<br>1:00 Ball Toss<br>2:00 Bible Stories | 10:00 Exercise<br>10:30 Today in History<br>11:00 Trivia<br>1:00 Spa Time<br>2:00 Crafts<br>3:00 Family Stories | 10:00 Coloring<br>10:30 Bean Bag Toss<br>11:00 Stretching<br>1:00 Reading Aloud<br>2:00 In2L Games<br>3:00 Funny Videos | 10:00 In2L Music<br>11:00 Chair Yoga<br>11:00 Brain Games<br>1:00 Ball Toss<br>2:00 Trivia<br>3:00 History Video |
| 25   | 26   | 27   | 28   | 29  | 30  |  |
| 10:00 Exercise<br>11:00 Spelling<br>1:00 Ball Toss<br>2:00 Bible Study<br>3:00 Spa Time<br>4:00 Movie Time | 10:00 Funny Videos<br>10:30 Noodle Tennis<br>11:00 Sing A Long<br>1:00 I N2L Painting<br>2:00 In2L Games<br>3:00 Travel Show | 10:00 Gentle Stretching<br>10:30 Jokes and Poems<br>1:00 Reading Aloud<br>1:00 Hang Man<br>2:00 Bean Bag Toss<br>3:00 Movie Time | 10:00 Exercise<br>10:30 Word Games<br>11:00 Today In History<br>12:00 Piano W/ Alice<br>1:00 Ball Toss<br>2:00 Bible Stories | 10:00 Exercise<br>10:30 Today in History<br>11:00 Trivia<br>1:00 Spa Time<br>2:00 Crafts<br>3:00 Family Stories | 10:00 Coloring<br>10:30 Bean Bag Toss<br>11:00 Stretching<br>1:00 Reading Aloud<br>2:00 In2L Games<br>3:00 Funny Videos |  |



# November 2018



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| Sun   | Mon  | Tue   | Wed   | Thu   | Fri   | Sat  |
|---|--|---|---|---|---|--|
|   |  |   |   | 1   | 2   | 3  |
|   |  |   |   | 10:00 Stretching<br>10:30 States Trivia<br>11:00 Bible Study<br>11:30 Catholic Com.<br>1:00 Art and Coloring<br>2:00 Uno/ Cards | 9:30 BINGO & Lunch JPC<br>10:30 Exercise<br>11:00 Spa Time<br>1:00 This Day History<br>1:30 Hangman<br>2:00 Bowling | 12:45 Chair Yoga<br>1:30 Spelling<br>2:00 Sing Along<br>2:30 Trivia<br>3:00 Word search<br>4:00 Movie Time |
| 4   | 5  | 6   | 7   | 8   | 9   | 10   |
| 10:00 Gentle Stretches<br>10:30 Good News<br>11:00 Bible Study<br>1:00 Word Search<br>2:00 In2L Trivia<br>3:00 Sunday Movie | 10:00 Chair Yoga<br>11:00 Trivia<br>1:00 Read Aloud<br>2:00 Card games<br>3:15 Ball Toss<br>4:00 Travel Show         | 10:00 Day in History<br>10:30 Exercise<br>11:00 Crafts<br>1:00 Word Games<br>2:00 Bingo<br>3:00 Book Club | 10:00 Chair Yoga<br>10:30 Church Service<br>11:00 Jokes and Poems<br>11:30 Piano w/ Alice<br>1:00 In2LGames<br>2:00 Board Games | 10:00 Stretching<br>10:30 States Trivia<br>11:00 Bible Study<br>11:30 Catholic Com.<br>12:20 One Man Band<br>2:00 Uno/ Cards    | 9:30 BINGO & Lunch JPC<br>10:30 Exercise<br>11:00 Spa Time<br>1:00 This Day History<br>1:30 Hangman<br>2:00 Bowling | 12:45 Chair Yoga<br>1:30 Spelling<br>2:00 Sing Along<br>2:30 Trivia<br>3:00 Word search<br>4:00 Movie Time |
| 11  | 12   | 13  | 14  | 15  | 16  | 17   |
| 10:00 Gentle Stretches<br>10:30 Good News<br>11:00 Bible Study<br>1:00 Word Search<br>2:00 In2L Trivia<br>3:00 Sunday Movie | 10:00 Chair Yoga<br>11:00 Trivia<br>1:00 Read Aloud<br>2:00 Card games<br>3:15 Ball Toss<br>4:00 Travel Show         | 10:00 Day in History<br>10:30 Exercise<br>11:00 Crafts<br>1:00 Word Games<br>2:00 Bingo<br>3:00 Book Club | 10:00 Chair Yoga<br>10:30 Church Service<br>11:00 Read Aloud<br>11:30 Piano w/ Alice<br>1:00 In2LGames<br>2:00 Board Games      | 10:00 Stretching<br>10:30 States Trivia<br>11:00 Bible Study<br>11:30 Catholic Com.<br>1:30 Pet Therapy<br>2:00 Uno/ Cards      | 9:30 BINGO & Lunch JPC<br>10:30 Exercise<br>11:00 Spa Time<br>1:00 This Day History<br>1:30 Hangman<br>2:00 Bowling | 12:45 Chair Yoga<br>1:30 Spelling<br>2:00 Sing Along<br>2:30 Trivia<br>3:00 Word search<br>4:00 Movie Time |
| 18  | 19   | 20  | 21  | 22  | 23  | 24   |
| 10:00 Gentle Stretches<br>10:30 Good News<br>11:00 Bible Study<br>1:00 Word Search<br>2:00 In2L Trivia<br>3:00 Sunday Movie | 10:00 Chair Yoga<br>11:00 Music W/ Lee N<br>1:00 Read Aloud<br>2:00 Card games<br>3:15 Ball Toss<br>4:00 Travel Show | 10:00 Day in History<br>10:30 Exercise<br>11:00 Crafts<br>1:00 Word Games<br>2:00 Bingo<br>3:00 Book Club | 10:00 Chair Yoga<br>10:30 Church Service<br>11:00 Jokes and Poems<br>11:30 Piano w/ Alice<br>1:00 In2LGames<br>2:00 Board Games | 10:00 Stretching<br>10:30 States Trivia<br>11:00 Bible Study<br>11:30 Catholic Com.<br>1:00 Art and Coloring<br>2:00 Uno/ Cards | 9:30 BINGO & Lunch JPC<br>10:30 Exercise<br>11:00 Spa Time<br>1:00 This Day History<br>1:30 Hangman<br>2:00 Bowling | 12:45 Chair Yoga<br>1:30 Spelling<br>2:00 Sing Along<br>2:30 Trivia<br>3:00 Word search<br>4:00 Movie Time |
| 25  | 26   | 27  | 28  | 29  | 30  |  |
| 10:00 Gentle Stretches<br>10:30 Good News<br>11:00 Bible Study<br>1:00 Word Search<br>2:00 In2L Trivia<br>3:00 Sunday Movie | 10:00 Chair Yoga<br>11:00 Trivia<br>1:00 Music W/ Dave<br>2:00 Music W/ Bill<br>3:15 Ball Toss<br>4:00 Travel Show   | 10:00 Day in History<br>10:30 Exercise<br>11:00 Crafts<br>1:00 Word Games<br>2:00 Bingo<br>3:00 Book Club | 10:00 Chair Yoga<br>10:30 Church Service<br>11:00 Jokes and Poems<br>11:30 Piano w/ Alice<br>1:00 In2LGames<br>2:00 Board Games | 10:00 Stretching<br>10:30 States Trivia<br>11:00 Bible Study<br>11:30 Catholic Com.<br>1:00 Art and Coloring<br>2:00 Uno/ Cards | 9:30 BINGO & Lunch JPC<br>10:30 Exercise<br>11:00 Spa Time<br>1:00 This Day History<br>1:30 Hangman<br>2:00 Bowling |  |



# November 2018

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| Sun   | Mon   | Tue   | Wed  | Thu   | Fri  | Sat   |
|---|---|---|--|---|--|---|
|   |   |   |  | 1   | 2  | 3   |
|   |   |   |  | 10:00 Chair Yoga<br>11:00 Bible Study/CC<br>1:00 Puzzles<br>2:00 Dominos<br>2:00 Trip to Walmart<br>3:00 Card Games   | 9:30 BINGO & Lunch JCP<br>10:00 Exercise<br>1:00 Scrabble<br>2:00 In2L Games<br>3:00 Word Search<br>4:00 Comedy TV   | 10:00 Morning News<br>10:30 Mini Golf<br>11:00 Spa Time<br>1:00 Word Games<br>2:00 Board Games<br>3:00 Day in History |
| 4   | 5   | 6   | 7  | 8   | 9  | 10  |
| 10:00 Exercise<br>10:30 Morning News<br>11:00 Word Search<br>1:00 Bible Study<br>2:00 Card Games<br>3:00 Sunday Movie | 10:00 Gentle Stretches<br>10:30 Brain Teasers<br>11:00 Cribbage<br>1:00 Scrabble<br>2:30 One on One<br>3:30 Weird Fruit Tasting | 10:00 Exercise<br>10:30 Today in History<br>11:00 Board Games<br>1:00 Brain Games<br>2:00 Bunko<br>3:00 Bingo | 10:00 Morning Stretches<br>10:30 Spa Time<br>11:00 Piano with Alice<br>1:00 Movie Theater Trip<br>1:00 Arts Class<br>2:30 One on One | 10:00 Chair Yoga<br>11:00 Bible Study/CC<br>12:00 One Man Band<br>1:00 Puzzles<br>2:00 Dominos<br>3:00 Card Games   | 9:30 BINGO & Lunch JCP<br>10:00 Exercise<br>1:00 Scrabble<br>2:00 In2L Games<br>3:00 Comedy TV<br>4:10 Music w/ Phil | 10:00 Morning News<br>10:30 Mini Golf<br>11:00 Spa Time<br>1:00 Word Games<br>2:00 Board Games<br>3:00 Day in History |
| VETERAN'S DAY  11                   | 12  | 13  | 14   | 15  | 16   | 17  |
| 10:00 Exercise<br>10:30 Morning News<br>11:00 Word Search<br>1:00 Bible Study<br>2:00 Card Games<br>3:00 Sunday Movie | 10:00 Gentle Stretches<br>10:30 Brain Teasers<br>11:00 Cribbage<br>1:00 Scrabble<br>2:30 One on One<br>3:30 Comedy TV           | 10:00 Exercise<br>10:30 Today in History<br>11:00 Board Games<br>1:00 Brain Games<br>2:00 Bunko<br>3:00 Bingo | 10:00 Morning Stretches<br>10:30 Spa Time<br>11:00 Piano with Alice<br>1:00 Arts Class<br>2:00 Scenic Drive<br>2:30 One on One       | 10:00 Chair Yoga<br>11:00 Bible Study/CC<br>1:00 Puzzles<br>2:00 Dominos<br>2:30 Pet Therapy<br>3:00 Card Games   | 9:30 BINGO & Lunch JCP<br>10:00 Exercise<br>1:00 Scrabble<br>2:00 In2L Games<br>3:00 Word Search<br>4:00 Comedy TV   | 10:00 Morning News<br>10:30 Mini Golf<br>11:00 Spa Time<br>1:00 Word Games<br>2:00 Board Games<br>3:00 Day in History |
| 18  | 19  | 20  | 21   | 22  | 23   | 24  |
| 10:00 Exercise<br>10:30 Morning News<br>11:00 Word Search<br>1:00 Bible Study<br>2:00 Card Games<br>3:00 Sunday Movie | 10:00 Gentle Stretches<br>10:30 Brain Teasers<br>11:00 Cribbage<br>1:00 Scrabble<br>2:30 One on One<br>3:30 Comedy TV           | 10:00 Exercise<br>10:30 Today in History<br>11:00 Board Games<br>1:00 Brain Games<br>2:00 Bunko<br>3:00 Bingo | 10:00 Morning Stretches<br>10:30 Spa Time<br>11:00 Piano with Alice<br>11:30 Lunch Outing<br>1:00 Arts Class<br>2:30 One on One      | HAPPY THANKSGIVING <br>10:00 Chair Yoga<br>11:00 Bible Study/CC<br>1:00 Puzzles<br>2:00 Dominos<br>3:00 Card Games | 9:30 BINGO & Lunch JCP<br>10:00 Exercise<br>1:00 Scrabble<br>2:00 In2L Games<br>3:00 Word Search<br>4:00 Comedy TV   | 10:00 Morning News<br>11:00 Mini Golf<br>1:00 Spa Time<br>1:00 Word Games<br>2:00 Board Games<br>3:00 Day in History  |
| 25  | 26  | 27  | 28   | 29  | 30   |   |
| 10:00 Exercise<br>10:30 Morning News<br>11:00 Word Search<br>1:00 Bible Study<br>2:00 Card Games<br>3:00 Sunday Movie | 10:00 Gentle Stretches<br>10:30 Brain Teasers<br>11:00 Cribbage<br>1:00 Scrabble<br>2:30 One on One<br>3:30 Comedy TV           | 10:00 Exercise<br>10:30 Today in History<br>11:00 Board Games<br>1:00 Brain Games<br>2:00 Bunko<br>3:00 Bingo | 10:00 Morning Stretches<br>10:30 Spa Time<br>11:00 Piano with Alice<br>1:00 Arts Class<br>2:30 Library Trip<br>2:30 One on One       | 10:00 Chair Yoga<br>11:00 Bible Study/CC<br>1:00 Puzzles<br>2:00 Dominos<br>3:00 Card Games   | 9:30 BINGO & Lunch JCP<br>10:00 Exercise<br>1:00 Scrabble<br>2:00 In2L Games<br>3:00 Word Search<br>4:00 Comedy TV   |   |