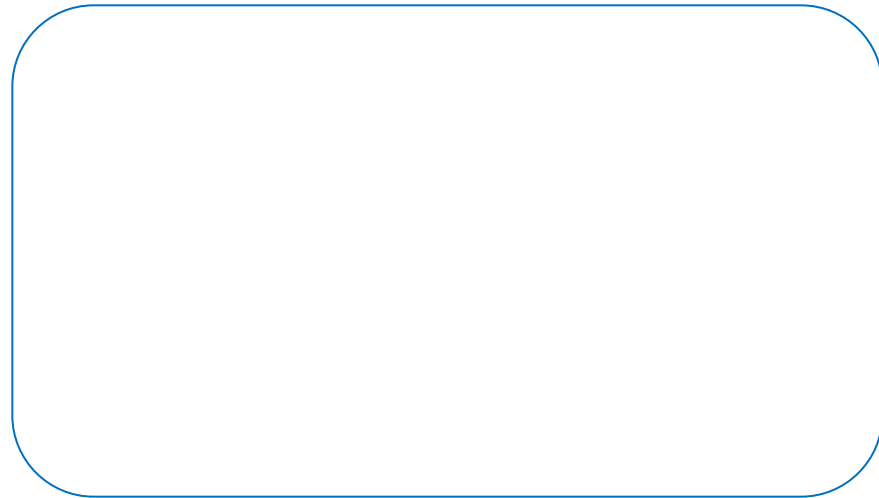




17950 SW 115th Avenue
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Randy Dickens
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Wellness Coordinator
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The Farmington Times

Assisted & Memory Care Newsletter



January 2019

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Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

Take a Daily Walk

Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

Special Christmas Moments



January Highlights

- 1 New Year's Day
- 2 National Science Fiction Day
- 3 National Chocolate-Covered Cherry Day
- 4 Spaghetti Day / Trivia Day
- 5 Whipped Cream Day
- 6 Shortbread Day / Technology Day
- 8 English Toffee Day / Skincare Day
- 9 Law Enforcement Appreciation Day
- 11 National Milk Day
- 14 National Dress Up Your Pet Day
- 15 Strawberry Ice Cream Day
- 16 Fig Newton Day
- 17 National Hot Buttered Rum Day
- 19 National Popcorn Day
- 20 Cheese Lover's Day
- 21 Martin Luther King Jr. Day
- 21 New England Clam Chowder Day
- 24 Peanut Butter Day / Compliment Day
- 23 Pie Day
- 25 Irish Coffee Day / Opposite Day
- 26 National Peanut Brittle Day

- 27 National Chocolate Cake Day
- 28 Blueberry Pancake Day / Kazoo Day
- 29 National Corn Chip Day
- 30 Croissant Day
- 31 Inspire your Heart with the Arts Day

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- ♦ Blog.radiantseniorliving.com
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- ♦ Radiant Senior Living on YouTube



Chuckle of the Month:

"Plant carrots in January and you'll never have to eat carrots." - Gardening Saying

January Birthdays!



We wish you a very Happy Birthday!

Nadine, Jan. 4th

Dottie, Jan. 14th

Resident of the Month! Glenn

A long time resident of New York he has moved to Oregon recently to be closer to his Daughter. A retired long time business man who appreciates a good hand shake. He loves talking about sports and his time in up state New York especially his home town. Glenn loves to socialize and dance to music. When ever we do a group activity he is always the host of the party. Checking in with everyone to make sure that they are all having a good time.



Team Member of the Month! Rhose

Rhose is one of our amazing kitchen staff members and has been with us for one year. She is always so good with the residents when they make a special request of the kitchen. She has been cooking with her Mom since she was eight years old. She remembers hanging out with her Mother in the kitchen learning from her how to make each dish taste its very best. Passing the tradition along she is teaching her son to cook and bake bread. Along with cooking here at FST she looks to photograph food and show how pleasing it can be to all the senses.

January 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Gentle Stretching 10:30 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	2 10:00 Exercise 10:30 Word Games 11:00 Today In History 12:00 Piano W/ Alice 1:00 Ball Toss 2:00 Bible Stories	3 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories	4 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Funny Videos	5 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
6 10:00 Exercise 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	7 10:00 Exercise 10:30 Spelling Games 11:00 Hangman 1:00 I N2L Painting 2:00 In2L Games 3:00 Ball Toss	8 10:00 Gentle Stretching 10:30 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	9 10:00 Exercise 10:30 Word Games 11:00 Today In History 12:00 Piano W/ Alice 1:00 Ball Toss 2:00 Bible Stories	10 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories	11 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Funny Videos	12 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
13 10:00 Exercise 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	14 10:00 Exercise 10:30 Spelling Games 11:00 Hangman 1:00 I N2L Painting 2:00 In2L Games 3:00 Ball Toss	15 10:00 Gentle Stretching 10:30 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	16 10:00 Exercise 10:30 Word Games 11:00 Today In History 12:00 Piano W/ Alice 1:00 Ball Toss 2:00 Bible Stories	17 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Pet Therapy 2:00 Crafts	18 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Funny Videos	19 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
20 10:00 Exercise 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	21 10:00 Exercise 10:30 Spelling Games 11:00 Hangman 1:00 I N2L Painting 2:00 In2L Games 3:00 Ball Toss	22 10:00 Gentle Stretching 10:30 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	23 10:00 Exercise 10:30 Word Games 11:00 Today In History 12:00 Piano W/ Alice 1:00 Ball Toss 2:00 Bible Stories	24 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories	25 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Funny Videos	26 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
27 10:00 Exercise 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	28 10:00 Exercise 10:30 Spelling Games 11:00 Hangman 1:00 I N2L Painting 2:00 In2L Games 3:00 Ball Toss	29 10:00 Gentle Stretching 10:30 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	30 10:00 Exercise 10:30 Word Games 11:00 Today In History 12:00 Piano W/ Alice 1:00 Ball Toss 2:00 Bible Stories	31 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories		

January 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Day in History 10:30 Exercise 11:00 Crafts 1:00 Word Games 2:00 Bingo 3:00 Book Club	2 11:30 Piano w/ Alice 1:00 Chair Yoga 2:30 Church Service 3:00 Jokes and Poems 4:00 Word Search 6:00 In2LGames	3 11:30 Catholic Com. 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Art and Coloring 6:00 Uno/ Cards	4 9:30 BINGO & Lun. JPC 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 This Day History 6:00 Hangman	5 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 4:00 Word search 6:00 Movie Time
6 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review	7 10:00 Chair Yoga 11:00 Trivia 1:00 Read Aloud 2:00 Card games 3:15 Ball Toss 4:00 Travel Show	8 10:00 Day in History 10:30 Exercise 11:00 Crafts 1:00 Word Games 2:00 Bingo 3:00 Book Club	9 11:30 Piano w/ Alice 1:00 Chair Yoga 2:30 Church Service 3:00 Jokes and Poems 4:00 Word Search 6:00 In2LGames	9 11:30 Catholic Com. 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Art and Coloring 6:00 Uno/ Cards	11 9:30 BINGO & Lun. JPC 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 This Day History 6:00 Hangman	12 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 4:00 Word search 6:00 Movie Time
13 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review	14 10:00 Chair Yoga 11:00 Trivia 1:00 Read Aloud 2:00 Card games 3:15 Ball Toss 4:00 Travel Show	15 10:00 Day in History 10:30 Exercise 11:00 Crafts 1:00 Word Games 2:00 Bingo 3:00 Book Club	16 11:30 Piano w/ Alice 1:00 Chair Yoga 2:30 Church Service 3:00 Jokes and Poems 4:00 Word Search 6:00 In2LGames	17 11:30 Catholic Com. 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Art and Coloring 6:00 Uno/ Cards	18 9:30 BINGO & Lun. JPC 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 This Day History 6:00 Hangman	19 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 4:00 Word search 6:00 Movie Time
20 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review	21 10:00 Chair Yoga 11:00 Trivia 1:00 Music W/ Dave 2:00 Sing a Long 3:15 Ball Toss 4:00 Travel Show	22 10:00 Day in History 10:30 Exercise 11:00 Crafts 1:00 Word Games 2:00 Bingo 3:00 Book Club	23 11:30 Piano w/ Alice 1:00 Chair Yoga 2:30 Church Service 3:00 Jokes and Poems 4:00 Word Search 6:00 In2LGames	24 11:30 Catholic Com. 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Art and Coloring 6:00 Uno/ Cards	25 9:30 BINGO & Lun. JPC 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 This Day History 6:00 Hangman	26 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 4:00 Word search 6:00 Movie Time
27 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review	28 10:00 Chair Yoga 11:00 Trivia 1:00 Walking Club 2:00 Music W/ Bill 3:15 Ball Toss 4:00 Travel Show	29 10:00 Day in History 10:30 Exercise 11:00 Crafts 1:00 Word Games 2:00 Bingo 3:00 Book Club	30 11:30 Piano w/ Alice 1:00 Chair Yoga 2:30 Church Service 3:00 Jokes and Poems 4:00 Word Search 6:00 In2LGames	31 11:30 Catholic Com. 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Art and Coloring 6:00 Uno/ Cards		

January 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Happy New Year 1 10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Brain Games 2:00 Bunko 3:00 Bingo	2 10:00 Morning Stretches 10:30 Spa Time 11:00 Piano with Alice 1:00 Arts Class 2:30 One on One 3:30 Puzzles	3 10:00 Chair Yoga 11:00 Bible Study/CC 1:00 Puzzles 2:00 Dominos 3:00 Card Games 6:00 Western Movie	4 9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 In2L Games 3:00 Word Search 4:30 Comedy TV	5 10:00 Morning News 10:30 Mini Golf 11:00 Spa Time 1:00 Word Games 2:00 Board Games 3:00 Day in History
6 10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie	7 10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	8 10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Brain Games 2:00 Bunko 3:00 Bingo	9 10:00 Morning Stretches 10:30 Spa Time 11:00 Piano with Alice 1:00 Arts Class 2:00 Shopping Trip 2:30 One on One	10 10:00 Chair Yoga 11:00 Bible Study/CC 1:00 Puzzles 2:00 Dominos 2:30 Jewelry Making 3:00 Card Games	11 9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 In2L Games 3:00 Write Your Story 4:10 Music w/ Phil	12 10:00 Morning News 10:30 Mini Golf 11:00 Spa Time 1:00 Word Games 2:00 Board Games 3:00 Day in History
13 10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie	14 10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	15 10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Brain Games 2:00 Bunko 3:00 Bingo	16 10:00 Morning Stretches 10:30 Spa Time 11:00 Piano with Alice 11:30 Lunch Outing 1:00 Arts Class 2:30 One on One	17 10:00 Chair Yoga 11:00 Bible Study/CC 1:00 Puzzles 2:00 Dominos 2:30 Pet Therapy 3:00 Card Games	18 9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 In2L Games 3:00 Word Search 4:30 Comedy TV	19 10:00 Morning News 10:30 Mini Golf 11:00 Spa Time 1:00 Word Games 2:00 Board Games 3:00 Day in History
20 10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie	21 10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	22 10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Brain Games 2:00 Bunko 3:00 Bingo	23 10:00 Morning Stretches 10:30 Spa Time 11:00 Piano with Alice 1:00 Arts Class 2:00 Scenic Drive 2:30 One on One	24 10:00 Chair Yoga 11:00 Bible Study/CC 1:00 Resident Council 2:00 Dominos 3:00 Card Games 6:00 Musical Movie	25 9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 In2L Games 3:00 Word Search 4:30 Comedy TV	26 10:00 Morning News 10:30 Mini Golf 11:00 Spa Time 1:00 Word Games 2:00 Board Games 3:00 Day in History
27 10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie	28 10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	29 10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Brain Games 2:00 Bunko 3:00 Bingo	30 10:00 Morning Stretches 10:30 Spa Time 11:00 Piano with Alice 1:00 Movie Theater trip 1:00 Arts Class 2:30 One on One	31 10:00 Chair Yoga 11:00 Bible Study/CC 1:00 Puzzles 2:00 Dominos 3:00 Card Games 6:00 Comedy Movie		