



14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp
Here



Administrative Team:

Teddi Neilson
Executive Director
Adriene Lierheimer
Assistant Executive Director
Elaine Hanrahan
Community Relations Director
Perla Gonzalez (A&C/D)
Resident Care Coordinator
Margarita Real (B)
Resident Care Coordinator
Ruby Ramirez
Staffing Coordinator
Cydney Hildreth
Business Office Director
Linda Swearingen
Registered Nurse
Erika Silva
Dietary Director
Matt Pecora
Maintenance Director
Robert Baty
Life Enrichment 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



February 2019

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8 Mission & Team

Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity



each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and

fruits as they have substances that may help cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

Note: Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

Special Moments



The Sweetest Acts of Kindness We've Seen

February 17 celebrates Random Acts of Kindness!

"A house keeper leaving for the day, took a moment longer to go and get a throw blanket for a resident"

- Matt

"A stranger turned around and helped an elderly man across the busy street"

- Margarita

"My old neighbor would split and deliver wood for those who needed it (but could not afford it) to heat their homes for the winter"

- Carole

"I was short on how much I owed for my groceries and the person behind me paid the difference"

- Ivone

February Highlights

FEBRUARY 21 from 6 to 8 pm

Caregiver Support Group! This a monthly meeting that is held in the lobby of the CD building. Light refreshments will be provided. We hope to see you there.

02/03 3:30pm

Come join us for Super Bowl LIII“53” Patriots vs. Los Angeles Rams. Join us in the living room of each building for our Super Bowl party. Sunday, Feb 3 at 3:30 pm. Staff and resident families are invited to join the residents in our festivities. . Wear your favorite team’s gear and cheer for your team to win!

- ◆ We’re online @
- ◆ Facebook.com/FarmingtonSquareBeaverton
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsrliving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsrliving
- ◆ Radiant Senior Living on YouTube

Oh Special Wintry Days:
"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again."
- Bill Morgan, Jr.

February Birthdays!

**We wish you
a very Happy Birthday!**

- | | |
|------------------|------------------|
| 2-1 Sara G. | 2-11 Joy M. |
| 2-2 Joyce H. | 2-17 Larry A. |
| 2-3 Jacquelin A. | 2-20 Dolores M. |
| 2-6 Margie C. | 2-28 Helen F. |
| 2-10 John D. | 2-29 Virginia C. |

Caught In Action



February 2019

Farmington Square Beaverton - Building A

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Puzzles 2:30 Bingo/ Snack 3:30 Sing Along 6:00 Balloon Bounce	2 Ground Hog Day 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Worship Time 6:00 Movie Night
3 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 3:00 Super Bowl LIII (53) Party 6:00 Balloon Bounce	4 9:30 Water coloring 10:30 Music Therapy 11:30 Wacky Word Games 1:30 Bible Bingo 2:30 Sing Along/Snack 3:30 Balloon Badminton 6:00 Evening Movie	5 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	6 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 3:00 February Birthdays Music By Art Goodman 6:00 Puzzles	7 9:30 Library Outing 11:00 Exercise 11:30 Wacky Word Games 1:30 Manicures/ Snack 2:30 Reminisce and Snack 3:00 Bingo 6:00 Puzzles	8 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Puzzles 2:30 Bingo/ Snack 3:30 Sing Along 6:00 Balloon Bounce	9 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Balloon Bat 2:30 Bingo 3:30 Worship Time 6:00 Movie Night
10 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	11 9:30 Scenic Drive 11:00 Wacky Word Games 11:30 Exercise 1:30 Bible Bingo 2:30 Sing Along/Snack 3:30 Balloon Badminton 6:00 Evening Movie	12 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	13 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 2:45 Happy Hour/ Bingo 6:00 Puzzles	14 Valentines Day 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	15 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Puzzles 2:30 Bingo/ Snack 3:30 Sing Along 6:00 Balloon Bounce	16 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Worship Time 6:00 Movie Night
17 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	18 Presidents Day 9:30 Water coloring 10:30 Music Therapy 11:30 Wacky Word Games 1:30 Bible Bingo 2:30 Sing Along/Snack 3:30 Resident Council 6:00 Evening Movie	19 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:00 Sing Along With Jessica 3:00 Bingo 6:00 Puzzles	20 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	21 9:30 Library Outing 11:00 Exercise 11:30 Wacky Word Games 1:30 Manicures/ Snack 2:30 Reminisce and Snack 3:00 Bingo 6:00 Puzzles	22 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games/ Craft 1:30 Puzzles 2:30 Bingo/ Snack 3:30 Sing Along 6:00 Balloon Bounce	23 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Balloon Bat 2:30 Bingo 3:30 Worship Time 6:00 Movie Night
24 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	25 9:30 Scenic Drive 11:00 Wacky Word Games 11:30 Exercise 1:30 Bible Bingo 2:30 Sing Along/Snack 3:30 Balloon Badminton 6:00 Evening Movie	26 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:00 Sing Along With Jessica 3:45 Pet Therapy 6:00 Puzzles	27 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 Reminisce 2:45 Happy Hour Music By Monte Waters 6:00 Puzzles	28 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		

February 2019

Farmington Square Beaverton - Building B
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					¹ 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	² Ground Hog Day 10:00 <i>Watercolors & Snack</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Table Games 2:45 Bingo 4:00 Poem of The Day 6:00 Evening Movie
³ 9:00 Coffee & News 9:30 Snack 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Super Bowl LIII (53) Party 6:00 Puzzles	⁴ 9:30 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 <i>Reminisce</i> 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	⁵ 10:00 Watercolors 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	⁶ 9:00 Watercolors 9:30 Fred Meyer <i>11:45 Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 Manicures 3:00 February Birthdays Music By Art Goodman 6:00 Puzzles	⁷ 9:30 Watercolors 9:45 Library Outing 11:00 Exercise 1:30 Table Games 2:30 <i>Reminisce</i> and Snack 3:00 Bingo 6:00 Puzzles	⁸ 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	⁹ 10:00 <i>Watercolors & Snack</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Table Games 2:45 Bingo 4:00 Poem of The Day 6:00 Evening Movie
¹⁰ 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	¹¹ 9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Reminisce</i> 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	¹² 9:30 Craft 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	¹³ 9:00 Watercolors 9:30 Fred Meyer <i>11:45 Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 <i>Reminisce</i> 2:45 Happy Hour/ Bingo 6:00 Puzzles	¹⁴ Valentines Day 9:30 Manicures 10:00 Watercolors & Snack 11:00 <i>Exercise</i> 1:00 <i>Movie Matinee</i> 1:15 Elsie Stuhr 4:00 Poem Of The Day 6:00 Puzzles	¹⁵ 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	¹⁶ 10:00 <i>Watercolors & Snack</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Table Games 2:45 Bingo 4:00 Poem of The Day 6:00 Evening Movie
¹⁷ 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	¹⁸ Presidents Day 9:30 Scenic Drive 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	¹⁹ 10:00 Watercolors 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	²⁰ 9:00 Watercolors 9:30 Fred Meyer <i>11:45 Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 Manicures 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	²¹ 9:30 Watercolors 9:45 Library Outing 11:00 Exercise 1:30 Table Games 2:30 <i>Reminisce</i> and Snack 3:00 Bingo 6:00 Puzzles	²² 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	²³ 10:00 <i>Watercolors & Snack</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Table Games 2:45 Bingo 4:00 Poem of The Day 6:00 Evening Movie
²⁴ 9:00 Coffee & News 9:30 Snack 10:00 Shopping Outing TBD 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	²⁵ 9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Reminisce</i> 2:15 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	²⁶ 9:30 Craft 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 3:15 Pet Therapy 6:00 Puzzles	²⁷ 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 <i>Reminisce</i> 2:45 Happy Hour Music By Monte Waters 6:00 Puzzles	²⁸ 9:30 Manicures 10:00 Watercolors & Snack 11:00 <i>Exercise</i> 1:00 <i>Movie Matinee</i> 1:15 Elsie Stuhr 4:00 Poem Of The Day 6:00 Puzzles		

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Beauty Hour 10:30 Sing Along/ Snack 11:00 Balloon Toss 11:30 Good News Network 1:30 Puzzle/Cards/Folding 2:00 Reminisce/ Snack 3:00 Bingo 6:00 National Parks	2 Ground Hog Day 10:00 Pretty Nails 10:30 Memory Bio/Snack 11:00 What Did It Cost 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 Old Commercials/Snack 3:00 Bingo 6:00 Nature Relax
3 10:00 Beauty Hour 10:30 Snack 11:00 Conductor Exercise 11:30 Good News Network 1:30 Bible Study 2:00 Balloon Bounce 3:00 Bingo 6:00 Travel Videos	4 10:00 Beauty Hour 10:30 Sing Along / Snack 11:00 Trivia 11:30 Exercise 1:30 Table Games 2:00 Reminisce/ Snack 3:00 Bingo 6:00 Movie	5 10:00 Pretty Nails/ Snack 10:30 Music Therapy 11:30 Seated Stretching 1:30 Bingo 2:00 Old Commercials/Snack 3:00 Trivia 6:00 Nature Relax	6 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 Trivia 11:30 Travel Tours 1:30 Bingo 2:00 Reminisce/ Snack 3:00 Sing Along 6:00 National Parks	7 10:00 Pretty Nails 10:30 Memory Bio/Snack 11:00 Exercise 11:30 Name That Tune 1:30 Bingo 2:00 Trivia/ Snack 3:00 Balloon Bat 6:00 Nature Relax	8 10:00 Beauty Hour 10:30 Sing Along/ Snack 11:00 Balloon Toss 11:30 Good News Network 1:30 Puzzle/Cards/Folding 2:00 Reminisce/ Snack 3:00 Bingo 6:00 National Parks	9 10:00 Pretty Nails 10:30 Memory Bio/Snack 11:00 What Did It Cost 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 Old Commercials/Snack 3:00 Bingo 6:00 Nature Relax
10 10:00 Beauty Hour 10:30 Snack 11:00 Conductor Exercise 11:30 Good News Network 1:30 Bible Study 2:00 Balloon Bounce 3:00 Bingo 6:00 Travel Videos	11 10:00 Beauty Hour 10:30 Sing Along / Snack 11:00 Trivia 11:30 Exercise 1:30 Table Games 2:00 Reminisce/ Snack 3:00 Bingo 6:00 Movie	12 10:00 Pretty Nails 10:30 Memory Bio/Snack 11:00 Sing Along 11:30 Seated Stretching 1:30 Bingo 2:00 Old Commercials/Snack 3:00 Trivia 6:00 Nature Relax	13 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 Sing Along 11:30 Travel Tours 1:30 Scenic Drive 2:00 Snack 3:30 Bingo 6:00 National Parks	14 Valentines Day 10:00 Pretty Nails 10:30 Memory Bio/Snack 11:00 Exercise 11:30 Name That Tune 1:30 Bingo 2:00 Trivia/ Snack 3:00 Balloon Bat 6:00 Nature Relax	15 10:00 Beauty Hour 10:30 Sing Along/ Snack 11:00 Balloon Toss 11:30 Good News Network 1:30 Puzzle/Cards/Folding 2:00 Reminisce/ Snack 3:00 Bingo 6:00 National Parks	16 10:00 Pretty Nails 10:30 Memory Bio/Snack 11:00 What Did It Cost 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 Old Commercials/Snack 3:00 Bingo 6:00 Nature Relax
17 10:00 Beauty Hour 10:30 Snack 11:00 Conductor Exercise 11:30 Good News Network 1:30 Bible Study 2:00 Balloon Bounce 3:00 Bingo 6:00 Travel Videos	18 Presidents Day 10:00 Beauty Hour 10:30 Sing Along / Snack 11:00 Trivia 11:30 Exercise 1:30 Table Games 2:00 Reminisce/ Snack 3:00 Bingo 6:00 Movie	19 10:00 Pretty Nails 10:30 Memory Bio/Snack 11:00 Sing Along 11:30 Seated Stretching 1:30 Bingo 2:00 Old Commercials/Snack 3:00 Trivia 6:00 Nature Relax	20 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 Trivia 11:30 Travel Tours 1:30 Bingo 2:00 Reminisce/ Snack 3:00 February Birthdays 3:00 Music By Mark Stevenz	21 10:00 Pretty Nails 10:30 Memory Bio/Snack 11:00 Exercise 11:30 Name That Tune 1:30 Bingo 2:00 Trivia/ Snack 3:00 Balloon Bat 6:00 Nature Relax	22 10:00 Beauty Hour 10:30 Sing Along/ Snack 11:00 Balloon Toss 11:30 Good News Network 1:30 Puzzle/Cards/Folding 2:00 Reminisce/ Snack 3:00 Bingo 6:00 National Parks	23 10:00 Pretty Nails 10:30 Memory Bio/Snack 11:00 What Did It Cost 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 Old Commercials/Snack 3:00 Bingo 6:00 Nature Relax
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