



17950 SW 115th Avenue
Tualatin, OR 97062

Stamp
Here



Administrative Team:

Chris Budke
Executive Director
Randy Dickens
Community Relations Director
Melissa Fisher
Wellness Director
Josh Witherington
Business Office Director
Jill Witherington
Wellness Nurse
Kristi Rodriguez
Dining Services Director
Tim Rydman
Maintenance Director
Anjee Thompson
Life Enrichment Director

Contact us at:
503-692-1748

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



The Farmington Times

Assisted & Memory Care Newsletter



February 2019

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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



Delicious Burgers



Lunch at Red Robin



Scenic Drive



Puppy Visits

Join us for our Valentine's Social!

Sweets with your Sweetheart Valentine's Social

Saturday, Feb. 9, 2019 from 2 - 4 pm

This simply sweet social pairs well with our selection of appetizers and desserts including pound cake, petit fours, and a chocolate fountain.

Enjoy live, heartwarming harp and piano performances!

Enter to win a Valentine's Day Delights Basket!

Purchase \$1 raffle tickets for the Valentine's Day Delights Basket to benefit the Alzheimer's Association's 2019 Walk to End Alzheimer's!

RSVP by Feb. 3, 2019 to 503-692-1748 or rdickens@farmingtonsquare.com



February Highlights

- 2 Ground Hog Day
- 3 Feed the Birds Day
- 4 Thank a Mailman Day
- 6 Chopsticks Day
- 7 Send a Card to a Friend Day
- 8 Kite Flying Day
- 9 National Pizza Day
- 11 Make a Friend Day
- 11 Inventors Day
- 12 Search for Pennies Day
- 14 Valentine’s Day
- 15 Susan B. Anthony Day
- 17 Random Acts of Kindness Day
- 18 President’s Day
- 19 Chocolate Mint Day
- 20 Cherry Pie Day
- 20 Love Your Pets Day
- 21 Card Reading Day
- 22 George Washington’s Birthday
- 23 Tennis Day
- 24 Tortilla Chip Day

- 26 Pistachio Day
- 27 Polar Bear Day
- 28 Floral Design Day
- 28 Tooth Fairy Day

- We’re online @
- ♦ Facebook.com/FarmingtonSquareTualatin
 - ♦ 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!**

Tom , 2/16

Cheri, 2/21

Mas, 2/21

Bill, 2/28

Resident of the Month! Donna

Donna has always been a bright spot in our caregivers’ days! She loves to talk about quilting, babies, and baking.

About Donna: She married her college sweetheart Dale and they both worked for the Oregon City School District.

She loves to quilt and has made quilts for all of her children and grandchildren. Each month, her family hangs one of the quilts that she made for her to enjoy in her room.



Team Member of the Month! Shelby

Shelby is a Med Tech who spends most of her shifts in Ponderosa and Beechwood. She has lived in Oregon for 10 years and has been working at FST for 7 months. She has two boys that are ages 10 1/2 and 4 1/2 that are her heart and soul. Spending time with the residents and learning about their lives and families is what she enjoys the most about being here. She earned a Bachelors degree from OSU/PSU School of Health and plans to become a Registered Nurse.

February 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Funny Videos	2 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
3 10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	4 10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:00 Hangman 1:00 I N2L Painting 2:00 In2L Games 3:00 Travel Show	5 10:00 Gentle Stretching 10:30 Snack 11:00 Jokes & Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	6 10:00 Exercise 10:30 Word Games 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:30 Funny Videos	7 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories 4:00 Animal Trivia	8 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Funny Videos	9 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
10 10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	11 10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:00 Hangman 1:00 I N2L Painting 2:00 In2L Games 3:00 Travel Show	12 10:00 Gentle Stretching 10:30 Snack 11:00 Jokes & Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	13 10:00 Exercise 10:30 Word Games 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:30 Funny Videos	14 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories 4:00 Animal Trivia	15 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Funny Videos	16 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
17 10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	18 10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:00 Hangman 1:00 I N2L Painting 2:00 In2L Games 3:00 Travel Show	19 10:00 Gentle Stretching 10:30 Snack 11:00 Jokes & Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	20 10:00 Exercise 10:30 Word Games 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:30 Funny Videos	21 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories 4:00 Animal Trivia	22 10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Funny Videos	23 10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
24 10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time 4:00 Movie Time	25 10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:00 Hangman 1:30 Piano w/ Bill 2:00 In2L Games 3:00 Travel Show	26 10:00 Gentle Stretching 10:30 Snack 11:00 Jokes & Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss 3:00 Movie Time	27 10:00 Exercise 10:30 Word Games 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:30 Funny Videos	28 10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories 4:00 Animal Trivia		

February 2019

Farmington Square Tualatin BEECHWOOD • 17950 SW 115th Ave., Tualatin, OR 97062 • (503) 692-1748

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<div>1</div> <div>9:30 BINGO & Lun. JPC</div> <div>1:00 Exercise</div> <div>2:00 Bowling</div> <div>3:00 Spa Time</div> <div>4:00 This Day History</div> <div>6:00 Hangman</div>	<div>2</div> <div>1:00 Chair Yoga</div> <div>1:30 Spelling</div> <div>2:30 Sing Along</div> <div>3:00 Trivia</div> <div>4:00 Word search</div> <div>6:00 Movie Time</div>
<div>3</div> <div>1:00 Gentle Stretches</div> <div>1:30 Good News</div> <div>2:00 Bible Study</div> <div>3:00 Word Search</div> <div>4:00 In2L Trivia</div> <div>6:00 News Review</div>	<div>4</div> <div>10:00 Chair Yoga</div> <div>11:00 Trivia</div> <div>1:00 Read Aloud</div> <div>2:00 Card games</div> <div>3:15 Ball Toss</div> <div>4:00 Travel Show</div>	<div>5</div> <div>10:00 Day in History</div> <div>10:30 Exercise</div> <div>11:00 Crafts</div> <div>1:00 Word Games</div> <div>2:00 Bingo</div> <div>3:00 Book Club</div>	<div>6</div> <div>11: Piano w/ Alice</div> <div>1:00 Chair Yoga</div> <div>2:30 Church Service</div> <div>3:00 Jokes and Poems</div> <div>4:00 Word Search</div> <div>6:00 In2LGames</div> <div>2:00 Board Games</div>	<div>7</div> <div>11:30 Catholic Com.</div> <div>1:00 Stretching</div> <div>1:30 States Trivia</div> <div>2:00 Bible Study</div> <div>4:00 Art and Coloring</div> <div>6:00 Uno/ Cards</div>	<div>8</div> <div>9:30 BINGO & Lun. JPC</div> <div>1:00 Exercise</div> <div>2:00 Bowling</div> <div>3:00 Spa Time</div> <div>4:00 This Day History</div> <div>6:00 Hangman</div>	<div>9</div> <div>1:00 Chair Yoga</div> <div>1:30 Spelling</div> <div>2:30 Sing Along</div> <div>3:00 Trivia</div> <div>4:00 Word search</div> <div>6:00 Movie Time</div>
<div>10</div> <div>1:00 Gentle Stretches</div> <div>1:30 Good News</div> <div>2:00 Bible Study</div> <div>3:00 Word Search</div> <div>4:00 In2L Trivia</div> <div>6:00 News Review</div>	<div>11</div> <div>10:00 Chair Yoga</div> <div>11:00 Trivia</div> <div>1:00 Read Aloud</div> <div>2:00 Card games</div> <div>3:15 Ball Toss</div> <div>4:00 Travel Show</div>	<div>12</div> <div>10:00 Day in History</div> <div>10:30 Exercise</div> <div>11:00 Crafts</div> <div>1:00 Word Games</div> <div>2:00 Bingo</div> <div>3:00 Book Club</div>	<div>13</div> <div>11:25 Piano w/ Alice</div> <div>1:00 Chair Yoga</div> <div>2:30 Church Service</div> <div>3:00 Jokes and Poems</div> <div>4:00 Word Search</div> <div>6:00 In2LGames</div>	<div>14</div> <div>11:30 Catholic Com.</div> <div>1:00 Stretching</div> <div>1:30 States Trivia</div> <div>2:00 Bible Study</div> <div>3:50 Music w/ Phill</div> <div>6:00 Uno/ Cards</div>	<div>15</div> <div>9:30 BINGO & Lun. JPC</div> <div>1:30 Music w/ Dave</div> <div>2:00 Bowling</div> <div>3:00 Spa Time</div> <div>4:00 This Day History</div> <div>6:00 Hangman</div>	<div>16</div> <div>1:00 Chair Yoga</div> <div>1:30 Spelling</div> <div>2:30 Sing Along</div> <div>3:00 Trivia</div> <div>4:00 Word search</div> <div>6:00 Movie Time</div>
<div>17</div> <div>1:00 Gentle Stretches</div> <div>1:30 Good News</div> <div>2:00 Bible Study</div> <div>3:00 Word Search</div> <div>4:00 In2L Trivia</div> <div>6:00 News Review</div>	<div>18</div> <div>10:00 Chair Yoga</div> <div>11:00 Trivia</div> <div>1:00 Walking Club</div> <div>2:00 Sing a Long</div> <div>3:15 Ball Toss</div> <div>4:00 Travel Show</div>	<div>19</div> <div>10:00 Day in History</div> <div>10:30 Exercise</div> <div>11:00 Crafts</div> <div>1:00 Word Games</div> <div>2:00 Bingo</div> <div>3:00 Book Club</div>	<div>20</div> <div>11:25 Piano w/ Alice</div> <div>1:00 Chair Yoga</div> <div>2:30 Church Service</div> <div>3:00 Jokes and Poems</div> <div>4:00 Word Search</div> <div>6:00 In2LGames</div>	<div>21</div> <div>11:30 Catholic Com.</div> <div>1:00 Stretching</div> <div>1:30 States Trivia</div> <div>2:00 Bible Study</div> <div>4:00 Art and Coloring</div> <div>6:00 Uno/ Cards</div>	<div>22</div> <div>9:30 BINGO & Lun. JPC</div> <div>1:00 Exercise</div> <div>2:00 Bowling</div> <div>3:00 Spa Time</div> <div>4:00 This Day History</div> <div>6:00 Hangman</div>	<div>23</div> <div>1:00 Chair Yoga</div> <div>1:30 Spelling</div> <div>2:30 Sing Along</div> <div>3:00 Trivia</div> <div>4:00 Word search</div> <div>6:00 Movie Time</div>
<div>24</div> <div>1:00 Gentle Stretches</div> <div>1:30 Good News</div> <div>2:00 Bible Study</div> <div>3:00 Word Search</div> <div>4:00 In2L Trivia</div> <div>6:00 News Review</div>	<div>25</div> <div>10:00 Chair Yoga</div> <div>11:00 Trivia</div> <div>1:00 Walking Club</div> <div>2:00 Music W/ Bill</div> <div>3:15 Ball Toss</div> <div>4:00 Travel Show</div>	<div>26</div> <div>10:00 Day in History</div> <div>10:30 Exercise</div> <div>11:00 Crafts</div> <div>1:00 Word Games</div> <div>2:00 Bingo</div> <div>3:00 Book Club</div>	<div>27</div> <div>11:25 Piano w/ Alice</div> <div>1:00 Chair Yoga</div> <div>2:30 Church Service</div> <div>3:00 Jokes and Poems</div> <div>4:00 Word Search</div> <div>6:00 In2LGames</div>	<div>28</div> <div>11:30 Catholic Com.</div> <div>1:00 Stretching</div> <div>1:30 States Trivia</div> <div>2:00 Bible Study</div> <div>4:00 Art and Coloring</div> <div>6:00 Uno/ Cards</div>		

February 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<div>1</div> <div>9:30 BINGO & Lun. JCP</div> <div>10:00 Exercise</div> <div>1:00 Scrabble</div> <div>2:00 In2L Games</div> <div>3:00 Word Search</div> <div>4:30 Comedy TV</div>	<div>2</div> <div>10:00 Morning News</div> <div>10:30 Mini Golf</div> <div>11:00 Spa Time</div> <div>1:00 Word Games</div> <div>2:00 Board Games</div> <div>3:00 Day in History</div>
<div>3</div> <div>10:00 Exercise</div> <div>10:30 Morning News</div> <div>11:00 Word Search</div> <div>1:00 Bible Study</div> <div>2:00 Card Games</div> <div>3:00 Sunday Movie</div>	<div>4</div> <div>10:00 Gentle Stretches</div> <div>10:30 Brain Teasers</div> <div>11:00 Cribbage</div> <div>1:00 Scrabble</div> <div>2:30 One on One</div> <div>4:30 Comedy TV</div>	<div>5</div> <div>10:00 Exercise</div> <div>10:30 Today in History</div> <div>11:00 Board Games</div> <div>1:30 Puppy Visit</div> <div>2:00 Bunko</div> <div>3:00 Bingo</div>	<div>6</div> <div>10:15 Spa Time</div> <div>10:15 PIANOW/ ALICE</div> <div>11:00 Stretches</div> <div>1:00 Arts Class</div> <div>2:00 Shopping @ Walmart</div> <div>3:30 Puzzles</div>	<div>7</div> <div>10:00 Chair Yoga</div> <div>11:30 Bible Study/CC</div> <div>12:00 ONE MAN BAND</div> <div>2:00 Dominos</div> <div>3:00 Card Games</div> <div>6:00 Western Movie</div>	<div>8</div> <div>9:30 BINGO & Lun. JCP</div> <div>10:00 Exercise</div> <div>1:00 Scrabble</div> <div>2:00 In2L Games</div> <div>3:00 Write Your Story</div> <div>4:10 MUSIC W/ PHIL</div>	<div>9</div> <div>10:00 Morning News</div> <div>10:30 Mini Golf</div> <div>11:00 Spa Time</div> <div>1:00 Word Games</div> <div>2-4:00 Sweets with Your Sweetheart</div>
<div>10</div> <div>10:00 Exercise</div> <div>10:30 Morning News</div> <div>11:00 Word Search</div> <div>1:00 Bible Study</div> <div>2:00 Card Games</div> <div>3:00 Sunday Movie</div>	<div>11</div> <div>10:00 Gentle Stretches</div> <div>10:30 Brain Teasers</div> <div>11:00 Cribbage</div> <div>1:00 Scrabble</div> <div>2:30 One on One</div> <div>4:30 Comedy TV</div>	<div>12</div> <div>10:00 Exercise</div> <div>10:30 Today in History</div> <div>11:00 Board Games</div> <div>1:30 Puppy Visit</div> <div>2:00 Bunko</div> <div>3:00 Bingo</div>	<div>13</div> <div>10:15 Spa Time</div> <div>10:15 PIANOW/ ALICE</div> <div>11:00 Stretches</div> <div>1:00 Arts Class</div> <div>2:00 Scenic Drive</div> <div>3:30 Puzzles</div>	<div>14</div> <div>Valentine's Day</div> <div>10:00 Chair Yoga</div> <div>10:50 Therapy Dog</div> <div>11:30 Bible Study/CC</div> <div>1:00 Puzzles</div> <div>2:00 Dominos</div> <div>3:00 Card Games</div>	<div>15</div> <div>9:30 BINGO & Lun. JCP</div> <div>10:00 Exercise</div> <div>1:00 Scrabble</div> <div>2:00 In2L Games</div> <div>3:00 Word Search</div> <div>4:30 Comedy TV</div>	<div>16</div> <div>10:00 Morning News</div> <div>10:30 Mini Golf</div> <div>11:00 Spa Time</div> <div>1:00 Word Games</div> <div>2:00 Board Games</div> <div>3:00 Day in History</div>
<div>17</div> <div>10:00 Exercise</div> <div>10:30 Morning News</div> <div>11:00 Word Search</div> <div>1:00 Bible Study</div> <div>2:00 Card Games</div> <div>3:00 Sunday Movie</div>	<div>18</div> <div>10:00 Gentle Stretches</div> <div>10:30 Brain Teasers</div> <div>11:00 Cribbage</div> <div>1:00 Scrabble</div> <div>2:30 One on One</div> <div>4:30 Comedy TV</div>	<div>19</div> <div>10:00 Exercise</div> <div>10:30 Today in History</div> <div>11:00 Board Games</div> <div>1:30 Puppy Visit</div> <div>2:00 Bunko</div> <div>3:00 Bingo</div>	<div>20</div> <div>10:15 Spa Time</div> <div>10:15 PIANOW/ ALICE</div> <div>11:00 Stretches</div> <div>11:30 Lunch Outing</div> <div>1:00 Arts Class</div> <div>3:30 Puzzles</div>	<div>21</div> <div>10:00 Chair Yoga</div> <div>11:30 Bible Study/CC</div> <div>1:00 Resident Council</div> <div>2:00 Dominos</div> <div>2:30 Pet Therapy</div> <div>3:00 Card Games</div>	<div>22</div> <div>9:30 BINGO & Lun. JCP</div> <div>10:00 Exercise</div> <div>1:00 Scrabble</div> <div>2:00 In2L Games</div> <div>3:00 Word Search</div> <div>4:30 Comedy TV</div>	<div>23</div> <div>10:00 Morning News</div> <div>10:30 Mini Golf</div> <div>11:00 Spa Time</div> <div>1:00 Word Games</div> <div>2:00 Board Games</div> <div>3:00 Day in History</div>
<div>24</div> <div>10:00 Exercise</div> <div>10:30 Morning News</div> <div>11:00 Word Search</div> <div>1:00 Bible Study</div> <div>2:00 Card Games</div> <div>3:00 Sunday Movie</div>	<div>25</div> <div>10:00 Gentle Stretches</div> <div>10:30 Brain Teasers</div> <div>11:00 Cribbage</div> <div>1:00 Scrabble</div> <div>2:30 One on One</div> <div>4:30 Comedy TV</div>	<div>26</div> <div>10:00 Exercise</div> <div>10:30 Today in History</div> <div>11:00 Board Games</div> <div>1:30 Puppy Visit</div> <div>2:00 Bunko</div> <div>3:00 Bingo</div>	<div>27</div> <div>10:15 Spa Time</div> <div>10:15 PIANO W/ ALICE</div> <div>11:00 Stretches</div> <div>1:00 Arts Class</div> <div>1:00 Movie Trip</div> <div>3:30 Puzzles</div>	<div>28</div> <div>10:00 Chair Yoga</div> <div>11:30 Bible Study/CC</div> <div>1:00 Puzzles</div> <div>2:00 Dominos</div> <div>3:00 Card Games</div> <div>6:00 Musical Movie</div>		