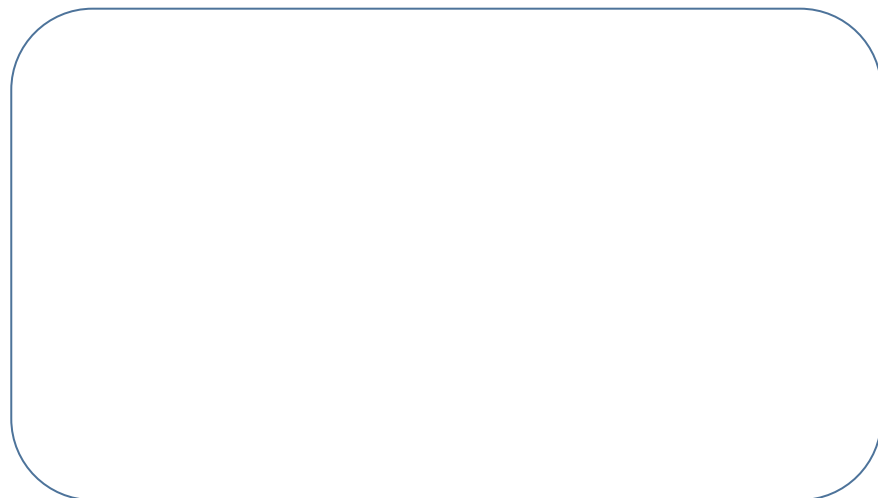




17950 SW 115th Avenue
Tualatin, OR 97062

Stamp
Here



Administrative Team:

Jerri Gray

Executive Director

Randy Dickens

Community Relations Director

Melissa Fisher

Wellness Director

Robert Thomas

Wellness Coordinator

Josh Witherington

Business Office Director

Jill Witherington

Wellness Nurse

Kristi Rodriguez

Dining Services Director

Anjee Thompson

Life Enrichment Director

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



April 2019

2 Gardening Benefits
3 Resident/Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments
8 Mission & Team

Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



beyond the garden for learning. Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

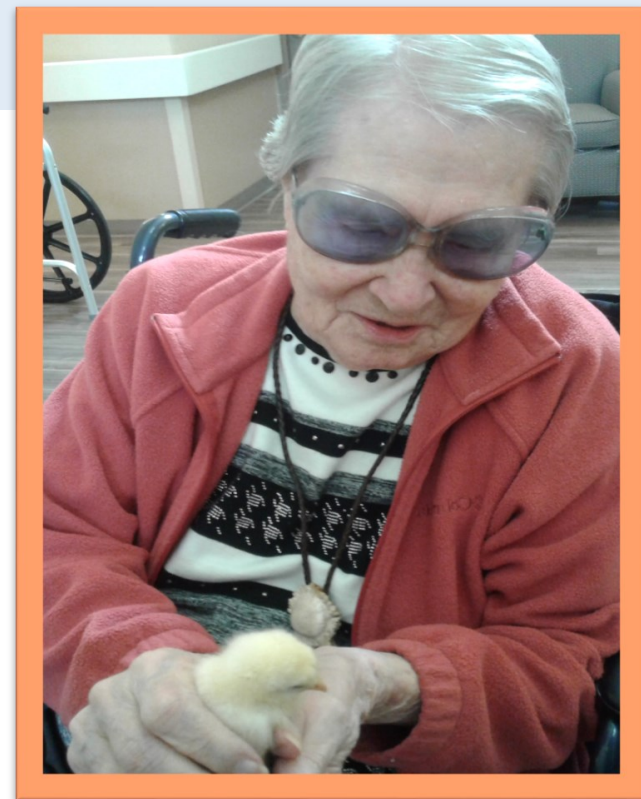
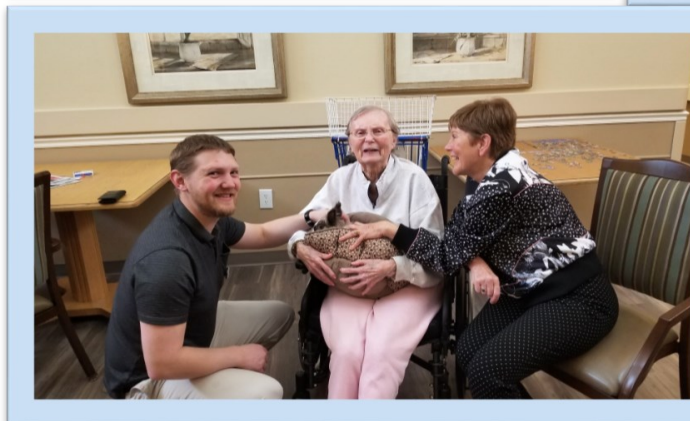
Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

Bunnies + Chicks + Mini Horse = Special Moments



April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

- 1 April Fool's Day
- 2 Peanut Butter & Jelly Day
- 3 Walking Day
- 4 Walk Around Things Day
- 5 Deep Dish Pizza Day
- 6 Caramel Popcorn Day
- 7 Handmade Day
- 8 Zoo Lover's Day
- 9 Antiques Day
- 10 Encourage Young Writers' Day
- 11 Barber Shop Quartet Day
- 12 Grilled Cheese Day
- 13 Scrabble Day
- 14 Dolphin Day
- 15 Take a Guess Day
- 16 Eggs Benedict Day
- 17 Haiku Poetry Day
- 18 High Five Day
- 19 Good Friday

- 20 Lookalike Day
- 21 Easter;
- 22 Earth Day
- 23 Picnic Day
- 24 Pigs in Blanket Day
- 25 Zucchini Bread Day
- 26 Arbor Day
- 27 Babe Ruth Day
- 28 Read Poetry Day
- 29 Shrimp Scampi Day
- 30 Oatmeal Cookie Day

We're online @

- ◆ Facebook.com/FarmingtonSquareTualatin
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsriving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsriving
- ◆ Radiant Senior Living on YouTube

Why are people exhausted on April 1st?
Because they just finished a 31-day March!

April Birthdays!



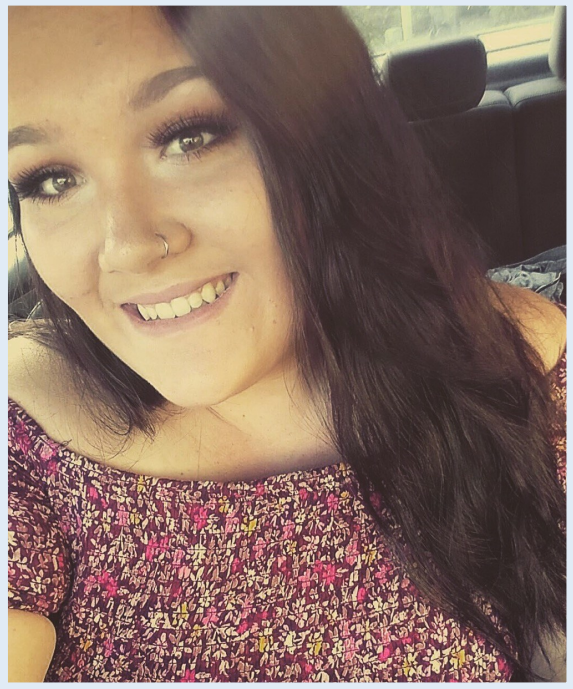
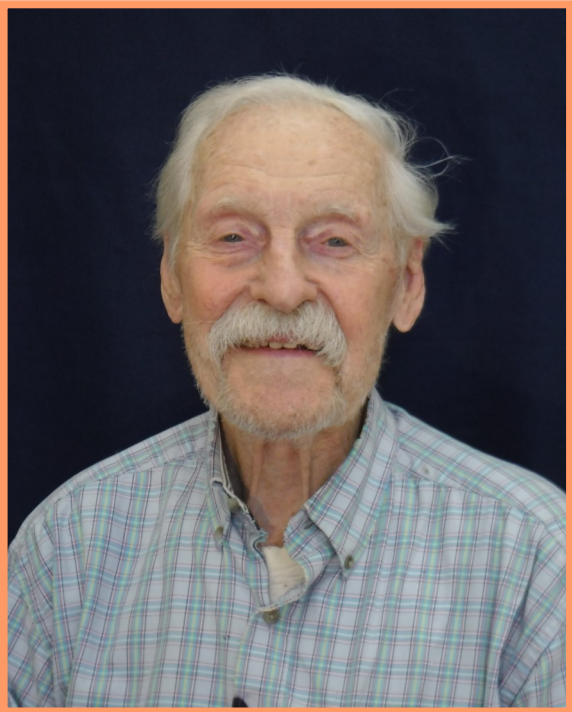
We wish you a
Very Happy Birthday!

- Joan, 4-9
- Ella, 4 -11
- Reba, 4 -14

Resident Spotlight! Bill

Bill has always been in the service of others. He served in the military and then he worked for the City of Portland as a Police Officer for many years. His badge, cap, and photo are on display at the downtown Portland Police Station. He is also a devoted father and husband and loves seeing his children and grandchildren, and showing them off.

He still continues to serve here in the community and is always offering to hold a door or pull a chair out for any of the ladies. Thanks for being such a friend to us all, Bill!



Staff Spotlight! Alexis

Alexis has been working here for 2 and a half years. She has been a care giver and is currently a Med Tech. She tries to start each day with a smile and the thought that with she has the chance to make each and every resident find joy in their day. She can often be found playing ball or sharing stories with our residents.

She spends free time with family and friends. In the summer, she loves to go to the river and hang out in the sun.

We are glad to have her here at Farmington Square Tualatin.

April 2019

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

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	April Fool's Day 1	2	3	4	5	6
	10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:30 Hangman 1:00 I N2L Painting 2:00 In2L Games	10:00 Gentle Stretching 10:30 Snack 11:00 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss	10:00 Exercise 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:00 IN2L Coloring	10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories	10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Coloring	10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
7	8	9	10	11	12	13
10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time	10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:30 Hangman 1:00 I N2L Painting 2:00 In2L Games	10:00 Gentle Stretching 10:30 Snack 11:00 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss	10:00 Exercise 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:00 IN2L Coloring	10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories	10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 1:30 Birthday Party 3:00 Coloring	10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
14	15	16	17	18	Good Friday 19	20
10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time	10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:30 Hangman 1:00 I N2L Painting 2:00 In2L Games	10:00 Gentle Stretching 10:30 Snack 11:00 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss	10:00 Exercise 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:00 IN2L Coloring	10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories	10:00 Coloring 10:30 Bible Study 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Coloring	10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
Easter Sunday 21	Earth Day 22	23	24	25	26	27
10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time	10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:30 Hangman 1:30 Piano w/ Bill 2:00 In2L Games	10:00 Gentle Stretching 10:30 Snack 11:00 Jokes and Poems 1:00 Reading Aloud 1:00 Flower Planting 2:00 Bean Bag Toss	10:00 Exercise 10:50 Piano W/ Alice 1:00 Today In History 2:00 Bible Stories 2:30 Ball Toss 3:00 IN2L Coloring	10:00 Exercise 10:30 Today in History 11:00 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Family Stories	10:00 Coloring 10:30 Bean Bag Toss 11:00 Stretching 1:00 Reading Aloud 2:00 In2L Games 3:00 Coloring	10:00 In2L Music 11:00 Chair Yoga 11:00 Brain Games 1:00 Ball Toss 2:00 Trivia 3:00 History Video
28	29	30				
10:00 Exercise 10:30 Snack 11:00 Spelling 1:00 Ball Toss 2:00 Bible Study 3:00 Spa Time	10:00 Exercise 10:30 Snack 11:00 Spelling Games 11:30 Hangman 1:30 IN2L Painting 2:00 In2L Games	10:00 Gentle Stretching 10:30 Snack 11:00 Jokes and Poems 1:00 Reading Aloud 1:00 Hang Man 2:00 Bean Bag Toss				

April 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	April Fool's Day 1	2	3	4	5	6
	10:00 Chair Yoga 11:00 Trivia 1:00 Read Aloud 2:00 Card games 3:15 Ball Toss 4:00 IN2L Games	10:00 Day in History 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games	11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Church Service 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show	11:30 Catholic Com. 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Art and Coloring 6:00 Uno/ Cards	9:30 BINGO & Lun. JPC 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 This Day History 6:00 Hangman	1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 4:00 Word search 6:00 Movie Time
7	8	9	10	11	12	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	10:00 Chair Yoga 11:00 Trivia 1:00 Read Aloud 2:00 Card games 3:15 Ball Toss 4:00 IN2L Games	10:00 Day in History 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games	11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Church Service 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show	11:30 Catholic Com. 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 3:50 Music w/ Phil 6:00 Uno/ Cards	9:30 BINGO & Lun. JPC 1:30 Music w/ Dave 2:00 Bowling 3:00 Birthday Party 4:00 This Day History 6:00 Hangman	1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 4:00 Word search 6:00 Movie Time
14	15	16	17	18	Good Friday 19	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	10:00 Chair Yoga 11:00 Trivia 1:00 Walking Club 2:00 Sing a Long 3:15 Ball Toss 4:00 IN2L Games	10:00 Day in History 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games	11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Church Service 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show	11:30 Catholic Com. 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Art and Coloring 6:00 Uno/ Cards	9:30 BINGO & Lun. JPC 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 Bible Study 6:00 Hangman	1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 4:00 Word search 6:00 Movie Time
Easter Sunday 21	Earth Day 22	23	24	25	26	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	10:00 Chair Yoga 11:00 Trivia 1:00 Walking Club 2:00 Music W/ Bill 3:15 Ball Toss 4:00 IN2L Games	10:00 Day in History 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Flower Planting 4:30 Book Club	11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Church Service 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show	11:30 Catholic Com. 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Art and Coloring 6:00 Uno/ Cards	9:30 BINGO & Lun. JPC 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 This Day History 6:00 Hangman	1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 4:00 Word search 6:00 Movie Time
28	29	30				
1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review	10:00 Chair Yoga 11:00 Trivia 1:00 Walking Club 2:00 Sing a Long 3:15 Ball Toss 4:00 IN2L Games	10:00 Day in History 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games				

April 2019

Farmington Square Tualatin– PONDEROSA • 17950 SW 115th Ave, Tualatin, Or. 97062 • (503)692-1748

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	April Fool's Day 1	2	3	4	5	6
	10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Word Search 2:00 Bunko 3:00 Bingo	10:15 Spa Time 10:15 PIANO W/ ALICE 11:00 Stretches 1:00 Arts Class 2:00 Shopping @ Walmart 3:30 Puzzles	10:00 Chair Yoga 11:30 Bible Study/CC 12:00 ONE MAN BAND 1:00 Book Club 2:00 Dominos 3:00 Card Games	9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 In2L Games 3:00 Write Your Story	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
7	8	9	10	11	12	13
10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie	10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Word Search 2:00 Bunko 3:00 Bingo	10:15 Spa Time 10:15 PIANO W/ ALICE 11:00 Stretches 1:00 Arts Class 2:00 Scenic Drive 3:30 Puzzles	10:00 Chair Yoga 10:50 Therapy Dog 11:30 Bible Study/CC 1:00 Book Club 2:00 Dominos 3:00 Card Games	9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:15 Birthday Party 3:00 Word Search 4:30 Comedy TV	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
14	15	16	17	18	Good Friday 19	20
10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie	10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Word Search 2:00 Bunko 3:00 Bingo	10:15 Spa Time 10:15 PIANO W/ ALICE 11:00 Stretches 11:30 Lunch Outing 1:00 Arts Class 3:30 Puzzles	10:00 Chair Yoga 11:30 Bible Study/CC 1:00 Resident Council 2:00 Dominos 2:30 Pet Therapy 3:00 Card Games	9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 Bible Study 3:00 Word Search 4:30 Comedy TV	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
Easter Sunday 21	Earth Day 22	23	24	25	26	27
10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie	10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 Flower Planting 4:30 Comedy TV	10:15 Spa Time 10:15 PIANO W/ ALICE 11:00 Stretches 1:00 Arts Class 2:00 Scenic Drive 3:30 Puzzles	10:00 Chair Yoga 11:30 Bible Study/CC 1:00 Book Club 2:00 Dominos 3:00 Card Games 6:00 Musical Movie	9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 In2L Games 3:00 Word Search 4:30 Comedy TV	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
28	29	30				
10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie	10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV				