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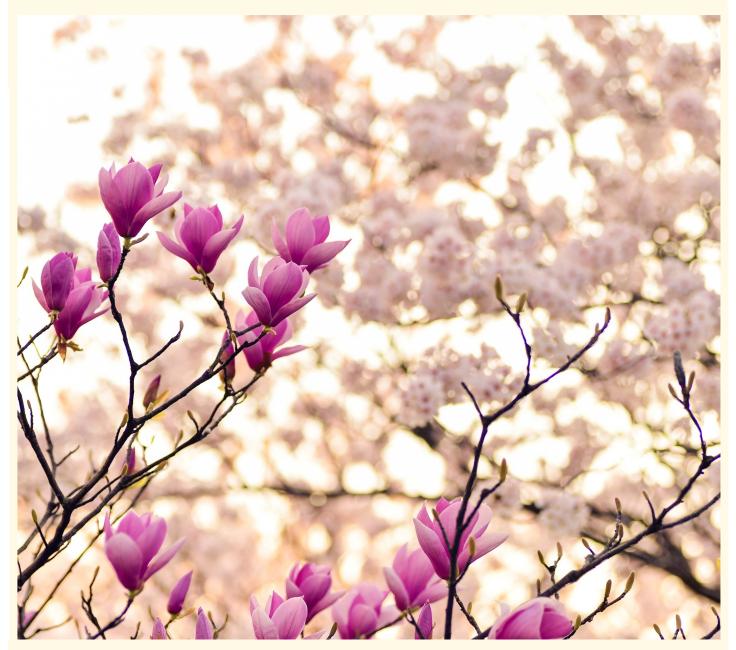
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The Farmington Square Times

Assisted & Memory Care Newsletter



May 2019

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Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D

and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.

May has been designated Skin

Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broadspectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broadspectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

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Special Moments











Our Gardening Day!



















May Highlights

May is Get Caught Reading Month and Military Appreciation Month

01 Chocolate Parfait Day

02 Truffle Day

03 Garden Meditation Day

04 Bird Day

05 Hoagie Day

06 Nurses Day

07 Teacher Appreciation Day

08 Have a Coke-Cola Day

09 Butterscotch Brownie Day

10 Shrimp Day

11 Mini Golf Day

12 Mother's Day

13 Fruit Cocktail Day

14 Dance Like a Chicken Day

15 Chocolate Chip Day

16 Love a Tree Day

17 Endangered Species Day

18 Armed Forces Day

19 Devil's Food Cake Day

20 Pick Strawberries Day

21 Waitstaff Day

22 Vanilla Pudding Day

23 Lucky Penny Day

24 Scavenger Hunt Day

25 Tap Dance Day

26 Blueberry Cheesecake Day

27 Memorial Day

28 Hamburger Day

29 Senior Health & Fitness Day

30 Water a Flower Day

31 Heat Awareness Day

We're online @

Facebook.com/FarmingtonSquareEugene

Blog.radiantseniorliving.com

Radiantsrliving & Radiantvoices on Instagram

RadiantSrLiving on Twitter

Pinterest.com/radiantsrliving

Radiant Senior Living on YouTube

Happy Mother's Day to all the moms out there!

May Birthdays



We wish you a Happy Birthday!

Lynda, May 11th Joanie, May 16th Aiko, May 26th Bobbye, May 14th Lorraine, May 24th Margaret, May 31st

We also wish our Radiant Team Members, a Happy Birthday!

Resident Spotlight! Wanda

Meet one of our new residents, Wanda!

Wanda was born in Wisconsin. She worked as a Bookkeeper and also in retail. She loves to shop!

She is an avid walker. She likes exercise, Bingo, movie night, sing-alongs, gardening, sewing, socials, travel documentaries, bible studies and to help her friends. In general, she likes to keep herself active physically and mentally.

Wanda has a smile for everyone and we enjoy her sense of humor. Welcome to Farmington Square Wanda!! We're glad you are here!





Staff Spotlight! Shea

Look at that Radiant Smile!

Shea works in our Life Enrichment
Department, and as a Caregiver.

She is a hard worker, has a gentle nature, and is a joy to be around.

She relates very well with our residents, is positive, and is helpful to everyone around her.

We are delighted that she is a Radiant Senior Team Member!! You are an Asset to our company Shea, Thank you and congratulations!

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May 2019

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