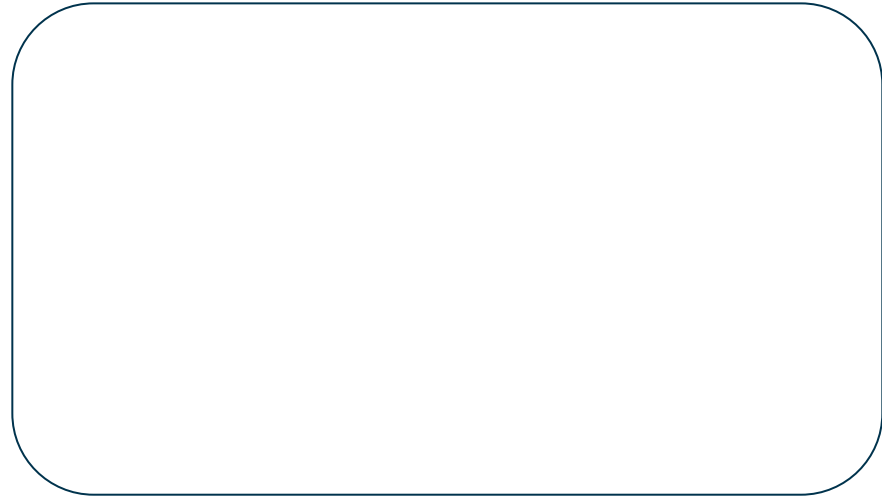




17950 SW 115th Avenue
Tualatin, OR 97062

STAMP
HERE



Administrative Team: 503-692-1748

- Jerri Gray**
Executive Director
- Randy Dickens**
Community Relations Director
- Pam Dyson**
Wellness Coordinator
- Josh Witherington**
Business Office Director
- Jill Witherington**
Wellness Nurse
- David Paredes**
Dining Services Director
- Nolan Smith**
Maintenance Director
- Anjee Thompson**
Life Enrichment Director



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

The Farmington Times

Assisted & Memory Care Newsletter



June 2019

- 2 Alzheimer's Research Updates & Facts
- 3 Team Member & Resident Spotlight
- 4-5 Activities Calendar

- 6 Birthdays, Social Media, & Highlights
- 7 Special Moments & Father's Day
- 8 Mission & Team

Alzheimer's Research Updates and Facts

This Alzheimer's and Brain Awareness Month, learn about current advancements relating to Alzheimer's.

Advance: Brain Scans Improve Diagnosis

The Alzheimer's Association shares that as of April 2019, a national study found a form of brain imaging that detects Alzheimer's-related plaques greatly influenced the clinical management of patients with mild cognitive impairment and dementia.

Advance: Early Onset Detection with Tests

In 2019, several types of blood tests have been in the news for their potential to diagnose Alzheimer's before symptoms show. The latest may be able to predict the disease 10 years before symptoms show by looking at the IRS-1 protein. Another is said to predict the disease within 3 years. There is much that is moving forward on this front.

Advance: Brain Disorder LATE That Mimics Alzheimer's Has Been Defined

Diagnostic criteria and guidelines are now recommended for a brain disorder that mimics symptoms of Alzheimer's. It's called LATE and when those with only LATE are not grouped with those with Alzheimer's (and not LATE), there may be research improvements. (Science Daily)

Have you registered for your local 2019 Walk to End Alzheimer's? Portland's walk is on Aug. 24th. Register at: alz.org/walk



Alzheimer's Facts

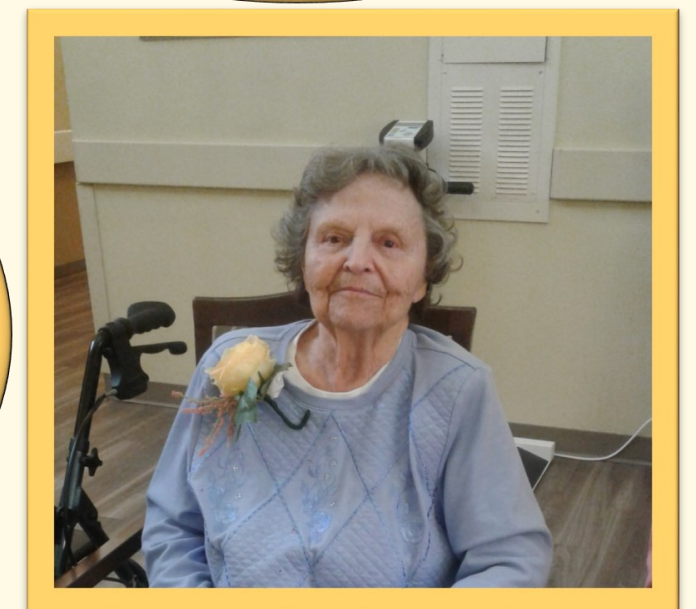
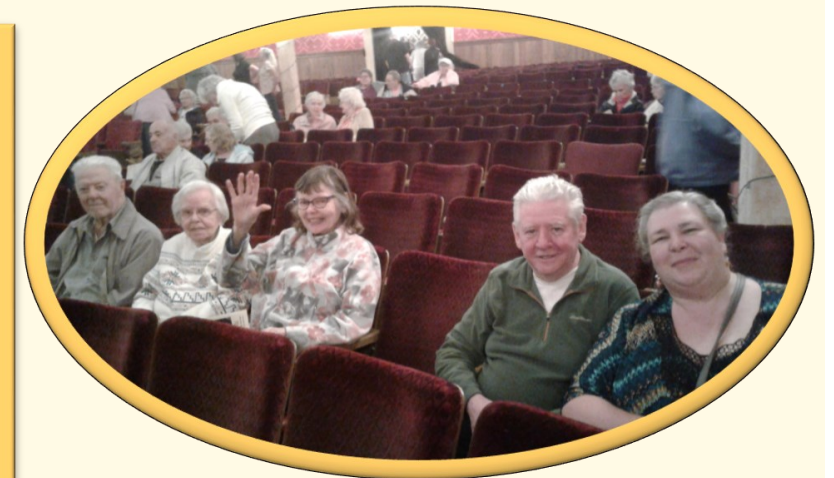
- Americans who have Alzheimer's is growing. Every 65 seconds, someone in the U.S. develops Alzheimer's.
- 5.8 million Americans have Alzheimer's in 2019; 5.5 mil of those are over age 65.
- 1 in 3 seniors pass with Alzheimer's or Dementia.
- Alzheimer's and Dementias cost the U.S. \$290 billion in 2019.
- 90% of what we know about Alzheimer's has been discovered in the past 20 years.
- There are more than 5 drugs that may treat Alzheimer's symptoms, but no cure for the disease yet.

Early diagnosis can:

- provide medical, emotional, and social benefits
- aid with participation in vital clinical trials
- enable individuals to be in control of their legal and financial wishes
- create significant cost savings in medical and long-term care

For more facts, visit Alz.org/Facts

Special Moments



Your Invited June 16th for our Father's Day BBQ 11:30 - 1:30

**HAPPY
FATHER'S
DAY**

Come Join Us on Sunday, June 16th
from 11:30 am–1:30pm for a

BBQ-Classic Cars-Outdoor Games

Bring the Family to celebrate Dad and Granddad with a
BBQ burger lunch , vintage cars, and lawn games

RSVP by June 12,2019 to (503)692-1748 or
email rdickens@farmingtonsquare.com

June 2019 Highlights

June is Great Outdoors Month, Iced Tea Month, and Fresh Fruit and Veggies Month

- 01 Nail Polish Day; Olive Day
- 02 Rotisserie Chicken Day
- 03 Egg Day
- 04 Cheese Day
- 05 Veggie Burger Day
- 06 Drive-in Movie Day; Yo-Yo Day
- 07 Doughnut Day
- 08 Best Friends Day
- 09 Children's Day
- 10 Herbs and Spices Day
- 11 German Chocolate Cake Day
- 12 Red Rose Day; Jerky Day
- 13 Weed the Garden Day
- 14 Flag Day; Strawberry Shortcake Day
- 15 Nature Photography Day; Smile Day
- 16 Father's Day; Turkey Lovers Day
- 17 Eat Your Vegetables Day
- 18 Go Fishing Day
- 19 Garfield Day; Watch Day

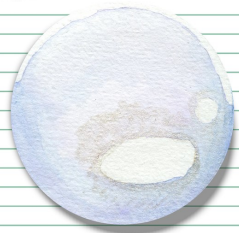
- 20 Eagle Day; Vanilla Milkshake Day
- 21 Seashell Day; Summer Begins; Selfie Day
- 22 Chocolate Éclair Day; Onion Ring Day
- 23 Hydration Day; Pink Day
- 24 Pralines Day
- 25 Catfish Day; Strawberry Parfait Day
- 26 Chocolate Pudding Day
- 27 Sunglasses Day; Handshake Day
- 28 Paul Bunyan Day
- 29 Camera Day; Waffle Iron Day
- 30 Meteor Watch Day; Social Media Day

We're online @

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

June Birthdays!

June



PEARL

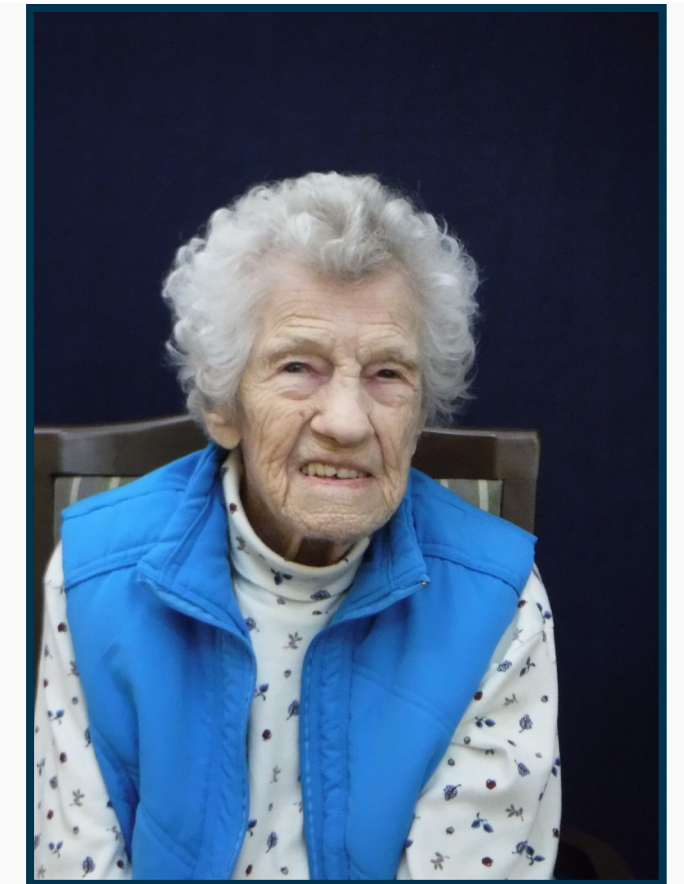
We hope you enjoy your special day!

- Josephine, June 1
- Shirley S, June 9
- Dolores, June 13
- Rosemary, June 28

Team Member Spotlight

Carmen

Carmen has been a member of the Farmington Square Tualatin team for 20 years. Growing up in Guadalajara, Mexico and moving to California as a teen to help her cousin. She has four girls and three boys and sixteen grandchildren. Carmen and her husband of thirty three years, enjoy raising birds in their spare time including Love Birds, Finch, and Macaws. When asked what she liked about her job of 20 years, she said "I am here because I love the Residents. It is all about them"



Resident Spotlight

Glenna

At age 109-and-a-half, Glenna is a sweet and gentle-hearted lady. The oldest of eight children, she was born in Idaho. After moving to Oregon, she went to high school in Portland at the Girls Polytechnical School. She and her husband were married over 50 years and had two children. Before children, she worked at the Janzen Knitting Mill then chose to stay at home while her children were young. She always has loved to camp, hike, and climb. Glenna enjoyed it so much she climbed Mt. Hood three times! She and her husband enjoyed traveling and taking many train trips. In her sixties, she took up painting and she loves to draw and color still.

June 2019

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|--|---|---|
| June 30 9:30 Morning Stretches 10:15 Snack and Chat 11:00 Spelling 11:30 Ball Toss 1:00 Bible Study 1:30 Bible Trivia 2:00 Spa Time 3:00 Snack 4:00 Movie Time | | | | | | 1 9:00 IN2L Music 9:30 Exercise 10:15 Snack 11:00 Brain Games 11:30 Noodle Tennis 1:00 Trivia 2:00 Balloon Toss 3:00 Snack 3:45 History Video |
| 2 9:30 Morning Stretches 10:15 Snack and Chat 11:00 Spelling 11:30 Ball Toss 1:00 Bible Study 1:30 Bible Trivia 2:00 Spa Time 3:00 Snack 4:00 Movie Time | 3 9:30 Exercise 10:15 Snack 11:00 Spelling Games 11:30 Hangman 1:00 IN2L Painting 1:30 IN2L Games 2:00 Afternoon Stroll 3:00 Snack 4:00 Travel Show | 4 9:30 Gentle Stretching 10:15 Snack Time 11:00 Jokes and Poems 11:30 Read Aloud 1:00 Hangman 2:00 Beanbag Toss 3:00 Snack 3:45 Singing with Suzy 4:15 Noodle Tennis | 5 9:30 Exercise 10:15 Snack 10:50 Piano with Alice 11:30 Ball Toss 1:00 Today in History 1:30 Bible Stories 2:00 IN2L Coloring 3:00 Snack 3:45 Travel Trivia | 6 9:30 Morning Stretches 10:15 Snack and Chat 11:00 Today In History 11:30 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Snack 4:00 Word Games 6:00 Movie Time | 7 10:15 Snack 10:45 Good New of the Day 11:00 Chair Yoga 11:30 Trivia 1:00 Bean Bag Toss 2:00 Read Aloud 3:00 IN2L Games/ Snack 4:00 Art and Coloring 6:00 Funny Videos | 8 9:00 IN2L Music 9:30 Exercise 10:15 Snack 11:00 Brain Games 11:30 Noodle Tennis 1:00 Trivia 2:00 Balloon Toss 3:00 Snack 3:45 History Video |
| 9 9:30 Morning Stretches 10:15 Snack and Chat 11:00 Spelling 11:30 Ball Toss 1:00 Bible Study 1:30 Bible Trivia 2:00 Spa Time 3:00 Snack 4:00 Movie Time | 10 9:30 Exercise 10:15 Snack 11:00 Spelling Games 11:30 Hangman 1:00 IN2L Painting 1:30 IN2L Games 2:00 Afternoon Stroll 3:00 Snack 4:00 Travel Show | 11 9:30 Gentle Stretching 10:15 Snack Time 11:00 Jokes and Poems 11:30 Read Aloud 1:00 Hangman 2:00 Beanbag Toss 3:00 Snack 3:45 Singing with Suzy 4:15 Noodle Tennis | 12 9:30 Exercise 10:15 Snack 10:50 Piano with Alice 11:30 Ball Toss 1:00 Today in History 1:30 Bible Stories 2:00 IN2L Coloring 3:00 Snack 3:45 Travel Trivia | 13 9:30 Morning Stretches 10:15 Snack and Chat 11:00 Today In History 11:30 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Snack 4:00 Word Games 6:00 Movie Time | 14 10:15 Snack 10:45 Good New of the Day 11:00 Chair Yoga 11:30 Trivia 1:00 Bean Bag Toss 2:00 Read Aloud 3:00 IN2L Games/ Snack 4:00 Art and Coloring 6:00 Funny Videos | 15 9:00 IN2L Music 9:30 Exercise 10:15 Snack 11:00 Brain Games 11:30 Noodle Tennis 1:00 Trivia 2:00 Balloon Toss 3:00 Snack 3:45 History Video |
| Father's Day 16 9:30 Morning Stretches 10:15 Snack and Chat 11:00 Spelling 11:30 Ball Toss 1:00 Bible Study 1:30 Bible Trivia 2:00 Spa Time 3:00 Snack 4:00 Movie Time | 17 9:30 Exercise 10:15 Snack 11:00 Spelling Games 11:30 Hangman 1:00 IN2L Painting 1:30 IN2L Games 2:00 Afternoon Stroll 3:00 Snack 4:00 Travel Show | 18 9:30 Gentle Stretching 10:15 Snack Time 11:00 Jokes and Poems 11:30 Read Aloud 1:00 Hangman 2:00 Beanbag Toss 3:00 Snack 3:45 Singing with Suzy 4:15 Noodle Tennis | 19 9:30 Exercise 10:15 Snack 10:50 Piano with Alice 11:30 Ball Toss 1:00 Today in History 1:30 Bible Stories 2:00 IN2L Coloring 3:00 Snack 3:45 Travel Trivia | 20 9:30 Morning Stretches 10:15 Snack and Chat 11:00 Today In History 11:30 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Snack 4:00 Word Games 6:00 Movie Time | 21 10:15 Snack 10:45 Good New of the Day 11:00 Chair Yoga 11:30 Trivia 1:00 Bean Bag Toss 2:00 Read Aloud 3:00 IN2L Games/ Snack 4:00 Art and Coloring 6:00 Funny Videos | 22 9:00 IN2L Music 9:30 Exercise 10:15 Snack 11:00 Brain Games 11:30 Noodle Tennis 1:00 Trivia 2:00 Balloon Toss 3:00 Snack 3:45 History Video |
| 23 9:30 Morning Stretches 10:15 Snack and Chat 11:00 Spelling 11:30 Ball Toss 1:00 Bible Study 1:30 Bible Trivia 2:00 Spa Time 3:00 Snack | 24 9:30 Exercise 10:15 Snack 11:00 Spelling Games 11:30 Hangman 1:00 IN2L Painting 1:30 Piano W/ Bill 2:00 Afternoon Stroll 3:00 Snack | 25 9:30 Gentle Stretching 10:15 Snack Time 11:00 Jokes and Poems 11:30 Read Aloud 1:00 Hangman 2:00 Beanbag Toss 3:00 Snack 3:45 Singing with Suzy | 26 9:30 Exercise 10:15 Snack 10:50 Piano with Alice 11:30 Ball Toss 1:00 Today in History 1:30 Bible Stories 2:00 IN2L Coloring 3:00 Snack | 27 9:30 Morning Stretches 10:15 Snack and Chat 11:00 Today In History 11:30 Trivia 1:00 Spa Time 2:00 Crafts 3:00 Snack 4:00 Word Games | 28 10:15 Snack 10:45 Good New of the Day 11:00 Chair Yoga 11:30 Trivia 1:00 Bean Bag Toss 2:00 Read Aloud 3:00 IN2L Games/ Snack 4:00 Art and Coloring | June 30 at the top 29 9:00 IN2L Music 9:30 Exercise 10:15 Snack 11:00 Brain Games 11:30 Noodle Tennis 1:00 Trivia 2:00 Balloon Toss 3:00 Snack |

June 2019

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|--|--|
| June 30 10:15 Snack 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review | | | | | | 1 10:15 Snack 11:00 IN2L Concert 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 6:00 Movie Time |
| 2 10:15 Snack 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review | 3 10:15 Snack 10:30 Chair Yoga 11:00 Trivia 1:00 Read Aloud 2:00 Card games 3:15 Ball Toss 4:00 IN2L Games | 4 9:30 Day in History 10:15 Snack 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games | 5 10:15 Snack 11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Bible Study 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show | 6 10:15 Snack 11:30 Art and Coloring 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 3:50 Music 6:00 Uno/ Cards | 7 9:30 BINGO & Lun. JPC 11:00 Card Games 1:00 Exercise 1:30 Music w/ Phil 3:00 Spa Time 4:00 This Day History 6:00 Evening Mother's Tea | 8 10:15 Snack 11:00 IN2L Concert 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 6:00 Movie Time |
| 9 10:15 Snack 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 10:15 Snack 10:30 Chair Yoga 11:00 Trivia 1:00 Read Aloud 2:00 Card games 3:15 Ball Toss 4:00 IN2L Games | 11 9:30 Day in History 10:15 Snack 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games | 12 10:15 Snack 11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Bible Study 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show | 13 10:15 Snack 11:30 Art and Coloring 1:00 Stretching 1:30 Pet Therapy 2:00 Bible Study 4:00 Walking club 6:00 Uno/ Cards | 14 9:30 BINGO & Lun. JPC 11:00 Card Games 1:00 Exercise 2:00 Bowling 3:00 Birthday Party 4:00 This Day History 6:00 Hangman | 15 10:15 Snack 11:00 IN2L Concert 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 6:00 Movie Time |
| 16 10:15 Snack 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review | 17 10:15 Snack 10:30 Chair Yoga 11:00 Trivia 1:00 Read Aloud 1:30 Music with Dave 3:15 Ball Toss 4:00 IN2L Games | 18 9:30 Day in History 10:15 Snack 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games | 19 10:15 Snack 11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Bible Study 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show | 20 10:15 Snack 11:30 Art and Coloring 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Walking club 6:00 Uno/ Cards | 21 9:30 BINGO & Lun. JPC 11:00 Card Games 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 This Day History 6:00 Hangman | 22 10:15 Snack 11:00 IN2L Concert 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 6:00 Movie Time |
| 23 10:15 Snack 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study 3:00 Word Search 4:00 In2L Trivia 6:00 News Review | 24 10:15 Snack 10:30 Chair Yoga 11:00 Trivia 1:00 Read Aloud 2:00 Piano w/ Bill 3:15 Ball Toss 4:00 IN2L Games | 25 9:30 Day in History 10:15 Snack 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games | 26 10:15 Snack 11:25 Piano w/ Alice 1:00 Chair Yoga 2:30 Bible Study 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show | 27 10:15 Snack 11:30 Art and Coloring 1:00 Stretching 1:30 States Trivia 2:00 Bible Study 4:00 Walking club 6:00 Uno/ Cards | 28 9:30 BINGO & Lun. JPC 11:00 Card Games 1:00 Exercise 2:00 Bowling 3:00 Spa Time 4:00 This Day History 6:00 Hangman | 29 June 30th at the top 10:15 Snack 11:00 IN2L Concert 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia 6:00 Movie Time |

June 2019

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|---|--|
| June 30 10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie | | | 1 10:00 Exercise | | 3 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 | 1 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 |
| 2 10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie | 3 10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV | 4 10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Word Search 2:00 Bunko 3:00 Bingo | 5 10:15 Spa Time 10:15 PIANO W/ Alice 11:00 Picnic in the Park 1:00 Arts Class 2:00 Stretches 3:30 Puzzles | 6 10:00 Chair Yoga 10:50 Therapy Dog 11:30 Bible Study 1:00 Card Games 2:00 Book Club 3:00 Dominos | 7 9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 Bible Study 3:00 Word Search 4:30 Comedy TV | 8 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 |
| 9 10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie | 10 10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV | 11 10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Word Search 2:00 Bunko 3:00 Bingo | 12 10:15 Spa Time 10:15 PIANO W/ Alice 11:00 Stretches 11:30 Scenic Drive 1:00 Arts Class 3:30 Puzzles | 13 10:00 Chair Yoga 11:30 Bible Study 1:00 Resident Council 2:00 Book Club 2:30 Pet Therapy 3:00 Card Games | 14 9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:15 Birthday Party 3:00 Word Search 4:30 Comedy TV | 15 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 |
| Father's Day 16 10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie | 17 10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV | 18 10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Word Search 2:00 Bunko 3:00 Bingo | 19 10:15 Spa Time 10:15 PIANO W/ Alice 11:00 Stretches 1:00 Arts Class 2:00 Board Games 3:30 Puzzles | 20 10:00 Chair Yoga 11:30 Bible Study/CC 1:00 Card Games 2:00 Book Club 3:00 Dominos 6:00 Musical Movie | 21 9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 Bible Study 3:00 Word Search 4:30 Comedy TV | 22 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 |
| 23 10:00 Exercise 10:30 Morning News 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie | 24 10:00 Gentle Stretches 10:30 Brain Teasers 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV | 25 10:00 Exercise 10:30 Today in History 11:00 Board Games 1:00 Word Search 2:00 Bunko 3:00 Bingo | 26 10:15 Spa Time 10:15 PIANO W/ Alice 11:00 Stretches 1:00 Arts Class 2:00 Picnic in the Park 3:30 Puzzles | 27 10:00 Chair Yoga 11:30 Bible Study/CC 1:00 Card Games 2:00 Book Club 3:00 Dominos 6:00 Musical Movie | 28 9:30 BINGO & Lun. JCP 10:00 Exercise 1:00 Scrabble 2:00 Bible Study 3:00 Word Search 4:30 Comedy TV | June 30 at the top 29 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 |