



14420 SW Farmington Rd.
Beaverton, OR 97005

STAMP
HERE



Administrative Team:

Adriene Lierheimer
Executive Director

Elaine Hanrahan
Community Relations Director

Melissa Vodden (A)
Wellness Director

Cassidy Roberts (B)
Wellness Director

Maria Cotom-Pineda (C/D)
Wellness Director

Molly Hasson
Business Office Director

Rebecca Gonzales
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



Peachy Keen! Reach for a Peach this National Peach Month!

2 A Look into Senior Citizen's Day
3 Caught In Action
4/5 Activities Calendar

6 Birthdays, Highlights, Social Media
7 Photos, Summer Sentiments
8 Mission, Team

August 2019

Celebrating National Seniors' Day!

For the past 31 years, August 21st has been National Senior Citizens' Day in the United States and we hope you'll join us in observing it!

It was back in 1988 that then President Ronald Reagan set in motion the day to annually highlight seniors' achievements, and bring awareness and assistance to their needs. He stated: "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older, places in which older people can participate to the fullest and can find the **encouragement, acceptance, assistance, and services** they need to continue to lead lives of independence and dignity. [...] For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute."

We are proud to celebrate and thank our seniors for their contributions to society. As part of observing such a day, read on for seniors reaching golden-year goals, hobby ideas, and a few helpful online resources.

Success Can Come at Any Age

Seniors most certainly prove one can reach for the stars at an older age. A few examples: Laura Ingalls Wilder wrote the "Little House" series between the ages of 65 and 76. Gladys Burrill completed the Honolulu Marathon at age 92. Peter Mark Roget of "Roget's Thesaurus of English Words and Phrases" did not start the book until age 69. Painter Grandma Moses was 78 when she gained fame for her works. Julia Child was 50



when she released her first cookbook. And Colonel Sanders didn't come into great success with KFC until age 62. These are encouraging examples for all of us goal-chasers. Stick to your goals no matter how small you think they are, and feel the pride that comes from taking the journey.

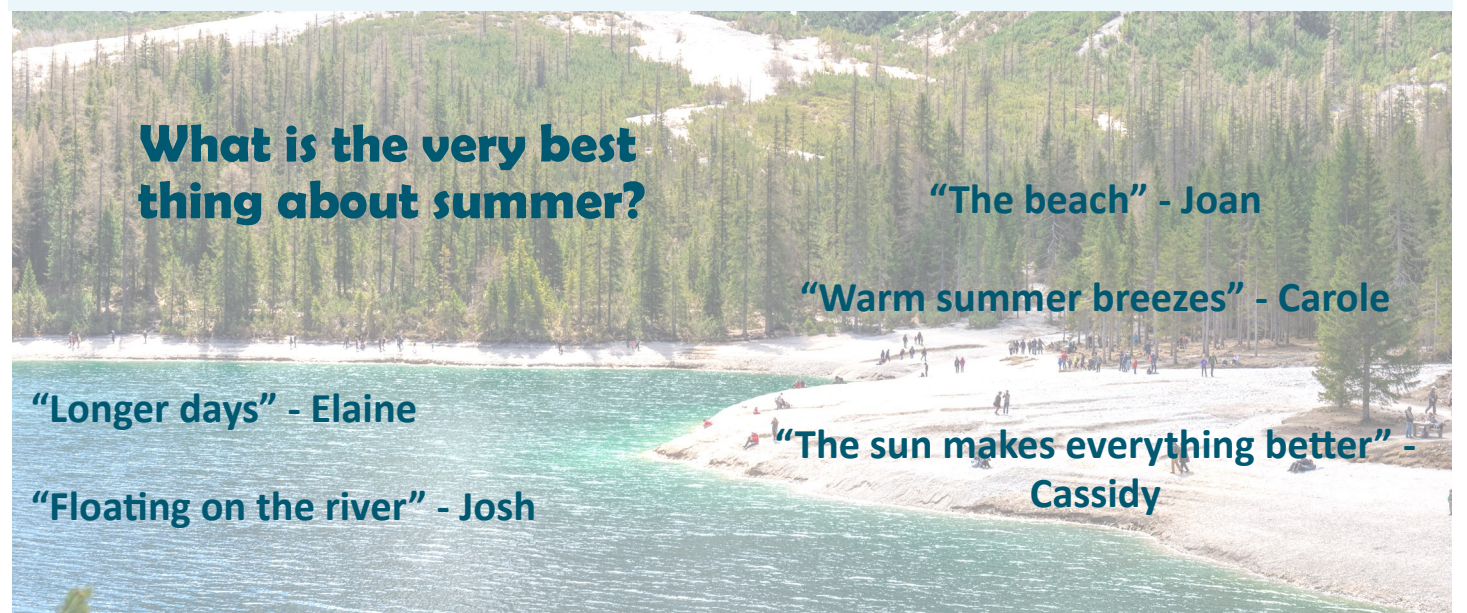
Hobbies to Consider Trying Out

- Cooking:** Share and make recipes in groups.
- Golf:** Whether for fun or competition!
- Painting:** Acrylics, watercolors, or oils
- Poetry:** Spoken or written, alone or for friends

3 Resources Seniors May Find Helpful:

- **U.S. Department of Treasury Tax Counseling for Seniors:** <https://www.benefits.gov/benefit/722>
- **Social Security Administration Social Security Retirement Benefits:** <https://www.ssa.gov/benefits/retirement>
- **Corp. of National & Community Service Retired and Senior Volunteer Program:** <https://www.nationalservice.gov/serve>

Special Moments



What is the very best thing about summer?

"The beach" - Joan

"Warm summer breezes" - Carole

"Longer days" - Elaine

"The sun makes everything better" - Cassidy

"Floating on the river" - Josh

August Highlights

August is Catfish Month, Eye Exam Month, Family Fun Month, Golf Month, Peaches Month, and Sandwich Month!

- Aug. 1: Raspberry Cream Pie Day
- Aug. 2: Ice Cream Sandwich Day
- Aug. 3: Disc Golf Day; Mustard Day
- Aug. 4: Friendship Day; Choc. Chip Cookie Day
- Aug. 5: Oyster Day
- Aug. 6: Root Beer Float Day; Wiggle Toes Day
- Aug. 7: Lighthouse Day; Purple Heart Day
- Aug. 8: Frozen Custard Day
- Aug. 9: Book Lover's Day; Rice Pudding Day
- Aug. 10: Bowling Day; S'mores Day
- Aug. 11: Son and Daughter Day
- Aug. 12: Julienne Fry Day; Middle Child Day
- Aug. 13: Left-Handers Day
- Aug. 14: Creamsicle Day
- Aug. 15: Relaxation Day; Lemon Meringue Day
- Aug. 16: Tell a Joke Day
- Aug. 17: Black Cat Day; Thrift Shop Day; Bee Day
- Aug. 18: Fajita Day; Ice Cream Pie Day
- Aug. 19: Aviation Day; Intl. Bow Day
- Aug. 20: Radio Day; Pecan Pie Day
- Aug. 21: Senior Citizens Day; Spumoni Day
- Aug. 22: Pecan Torte Day; Tooth Fairy Day
- Aug. 23: Sponge Cake Day



- Aug. 24: Peach Pie Day; Waffle Day
- Aug. 25: Banana Split Day; Park Service Founders Day
- Aug. 26: Dog Day; Cherry Popsicle Day
- Aug. 27: Pots de Crème Day; Just Because Day
- Aug. 28: Bow Tie Day; Cherry Turnovers Day
- Aug. 29: Chop Suey Day
- Aug. 30: College Colors Day; Marshmallows Day
- Aug. 31: Trail Mix Day

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- Blog.radiantseniorliving.com
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- [RadiantSrLiving on Twitter](#)
- [Pinterest.com/radiantsriving](https://www.pinterest.com/radiantsriving)
- [Radiant Senior Living on YouTube](#)



Happy Birthday to all those who celebrate their special day during the month of August!

- Cindy K. - 8-2
- DeMaris D. - 8-3
- Joanne I. - 8-19
- Carole N. - 8-19
- Pat U. - 8-20
- Lori L. - 8-25

Caught In Action



August 2019 Building A

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				10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Craft 2:30 <i>Reminisce and Snack</i> 3:00 Bingo 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games/ Craft</i> 1:30 Puzzles 2:30 Bingo/ Snack 3:30 <i>Sing Along</i> 6:00 Balloon Bounce	10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Manicures/ Snack 2:30 Bingo 3:30 Worship Time 6:00 Movie Night
4	5	6	7	8	9	10
9:00 Gardening 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	9:30 Water coloring 10:30 Music Therapy 11:30 <i>Wacky Word Games</i> 1:30 Bible Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Balloon Bat 6:00 <i>Evening Movie</i>	10:00 <i>Exercise</i> 10:30 Snack & News 11:00 Wacky Word Games 1:30 Mini Golf 2:00 <i>Sing Along With Jessica</i> 3:00 Bingo 6:00 Puzzles	9:00 Painting 9:45 Fred Meyer 10:30 Snack 1:30 Exercise 2:00 <i>Trivia</i> 3:00 Ice Cream Social / Bingo 6:00 Puzzles	9:00 Gardening 9:30 Library Outing 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Manicures 2:30 <i>Reminisce and Snack</i> 3:00 Bingo 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games/ Craft</i> 1:30 Puzzles 2:30 Bingo/ Snack 3:30 <i>Sing Along</i> 6:00 Balloon Bounce	10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Manicures/ Snack 2:30 Bingo 3:30 Worship Time 6:00 Movie Night
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				10:00 Watercolors & Snack 10:30 <i>Good News</i> 11:00 Exercise 1:30 Table Games 2:30 <i>Reminisce</i> and Snack 3:00 Bingo 6:00 Puzzles	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia</i> 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	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
4	5	6	7	8	9	10
9:00 Gardening 9:30 Snack 9:45 Nature Park Walk 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia</i> 2:45 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	10:00 Watercolors 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	9:00 Gardening 9:45 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 Reminisce 2:45 Ice Cream Social / Bingo 6:00 Evening Movie	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	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 <i>Sing Along</i> 2:00 <i>Reminisce</i> /Snack 3:00 Bingo 6:00 Puzzles	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
11	12	13	14	15	16	17
9:00 Gardening 9:30 Snack 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Sing Along/</i> Snack 2:45 Bingo/Snack 4:00 Poem of the day 6:00 Evening Movie	9:45 Craft 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	9:00 Gardening 9:45 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 Reminisce 3:00 August Birthdays Happy Hour Music By Mark Stevenz 6:00 Evening Movie	10:00 Watercolors & Snack 10:30 <i>Good News</i> 11:00 Exercise 1:30 Table Games 2:30 <i>Reminisce</i> and Snack 3:00 Bingo 6:00 Puzzles	10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia</i> 2:00 Craft/Snack 3:00 Bingo 6:00 Puzzles	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
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