



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

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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



September 2019

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Harvest Good Habits

September is **Self-Improvement Month!** What better time to focus on a plan of action for betterment?! Taking positive actions here and there is great, but practicing positive habits is key to a self-improved lifestyle year-round.

To move toward a self-improved lifestyle, we’ve looked into habits galore: how they’re made, how to keep them, and ones to try!

What is a Habit and How Does One Form?
A habit is a behavior that a person performs repeatedly. Our habits determine many actions we take and, therefore, our lives greatly reflect our habits.

When we are learning new things, it takes effort and energy. But when we do things we already know how to do, our conscious mind lets our subconscious mind take the wheel. This way, we can automatically do something without the effort or energy we needed when we were first learning that action.

- Habits to Embrace**
(as per approval by your medical professional. This is not medical advice.)
Getting a Good Night’s Sleep: Routinely.
Healthy Eating: Try Dash or Mediterranean!
Joining a Social Activity Group: Cooking Club, Walking Club, Card Game Group, etc.
Prioritizing Wellness: Whether vaccines, check-ups, or screenings, make it a point to plan out health appointments on a calendar and follow through with them.
Meditating: Commit to easing your stress.
Working Out: Find the exercise that works best for you, and do it regularly, and safely.



How Long Does It Take to Form a Habit?
Multiple sources say it takes 66 days to form a habit. This may sound like a long time, but there’s good news. Making a few mistakes on the habit-forming journey don't seem to impact the result. Also, It's good to think about forming a habit as a challenge that will bring the auto-reward if you stick with it.

Tips for Making Those 66 Days a Success
A tactic using the acronym SMART is widely-shared for helping with habit journeys.

- S:** Specific. Focus the goal and accountability.
- M:** Measurable. Quantify days, minutes, etc.
- A:** Attainable. Make sure it’s a possible goal.
- R:** Realistic. Consider time, money, schedule.
- T:** Timely. Set a time limit or timed aim for it.

How Does Someone Keep a Habit?
Habits become stronger when repeated and weaker when not. Such changeability means habits require devotion. Tips to help with that include seeking encouragement and support from a friend, reminding yourself with alarms and calendars, befriending role models with your habit, and removing temptations to fall back to former ways. Be gentle toward yourself if you mess up, and move onward.
Best of luck on your habit-harvesting journey!

Special Moments



The Best things
in life
aren't things.

The Best Advice I Ever Received Was:

“Never hold a grudge ”
- Ruth

“Stay out of trouble”
- Don

“Its always okay to ask for what you want”
- Adriene

“Be Considerate”
- Ken

“Learn to forgive”
- Rob

With self-improvement in mind, we asked residents and staff about the best advice they’ve gotten!

September 2019 Highlights

September is Self-Improvement Month, Honey Month, Americana Month & Courtesy Month.

- 01 No Rhyme or Reason Day
- 02 Labor Day; Blueberry Popsicle Day
- 03 U.S. Bowling League Day
- 04 Wildlife Day; Macadamia Nut Day
- 05 Cheese Pizza Day
- 06 Read a Book Day; Coffee Ice Cream Day
- 07 Salami Day; Tailgating Day; Beer Day
- 08 Grandparent’s Day; Hug Your Hound Day
- 09 Teddy Bear Day; Weiner Schnitzel Day
- 10 Ants on a Log Day; Swap Ideas Day
- 11 Hot Cross Bun Day; Patriot Day
- 12 Chocolate Milkshake Day
- 13 Peanut Day
- 14 Cream Filled Donut Day; Hoagie Day
- 15 Cheese Toast Day; Linguine Day
- 16 Cinnamon Raisin Bread Day
- 17 Apple Dumpling Day
- 18 Cheeseburger Day
- 19 Butterscotch Pudding Day

- 20 Pepperoni Pizza Day; String Cheese Day
- 21 Pecan Cookie Day
- 22 Centenarians Day; White Chocolate Day
- 23 Pot Pie Day; Snack Stick Day
- 24 Cherries Jubilee Day
- 25 Women’s Health and Fitness Day
- 26 Pancake Day; Dumpling Day
- 27 Corned Beef Hash Day; Chocolate Milk Day
- 28 Neighborly Day; Strawberry Cream Pie Day
- 29 Coffee Day
- 30 Hot Mulled Cider Day

We’re online @

Facebook.com/FarmingtonSquareBeaverton
Blog.radiantseniorliving.com
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
Pinterest.com/radiantsrliving
Radiant Senior Living on YouTube

September Birthdays!



We hope you enjoy your special day!

Marie L. - 9-12

Jim S. - 9-20

Jack W. - 9-20

Dorothy B. - 9-23

Caught In Action



September 2019 Building A

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1 9:30 Coffee/ News 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	2 9:30 Water coloring 10:15 Snack 10:30 Music Therapy 11:30 <i>Wacky Word Games</i> 1:30 <i>Sing Along/Snack</i> 2:30 Manicures 3:00 Bingo 6:00 <i>Evening Movie</i>	3 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:00 <i>Sing Along/Snack</i> 3:00 Bingo 6:00 Puzzles	4 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 <i>Exercise</i> 2:00 <i>Reminisce with Snack</i> 3:00 September Birthdays Music By Lee Nicholas 6:00 Puzzles	5 9:30 Library Outing 10:30 Snack 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:30 <i>Reminisce/ Snack</i> 3:00 Bingo 6:00 Balloon Bounce	6 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games/ Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	7 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games/ Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Movie Night
8 9:30 Coffee/ News 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 9:30 Scenic Drive 10:30 Snack 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along/Snack</i> 2:30 Manicures 3:00 Bingo 6:00 <i>Evening Movie</i>	10 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:00 <i>Sing Along/Snack</i> 3:00 Bingo 6:00 Puzzles	11 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 <i>Exercise</i> 2:00 <i>Reminisce with Snack</i> 3:00 Happy Hour/ Bingo 6:00 Puzzles	12 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee 1:15 Elsie Stuhr 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	13 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games/ Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	14 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games/ Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Movie Night
15 9:30 Coffee/ News 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	16 9:30 Water coloring 10:15 Snack 10:30 Music Therapy 11:30 <i>Wacky Word Games</i> 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Resident Council 6:00 <i>Evening Movie</i>	17 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 <i>Sing Along/Snack</i> 3:00 Bingo 6:00 Puzzles	18 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 <i>Exercise</i> 2:00 <i>Reminisce with Snack</i> 3:00 Ice Cream Social/ Bingo 6:00 Puzzles	19 9:30 Library Outing 10:30 Snack 11:00 Exercise 11:30 <i>Wacky Word Games</i> 1:30 Bean Bag Toss 2:30 <i>Reminisce/ Snack</i> 3:00 Bingo 6:00 Balloon Bounce	20 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games/ Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	21 10:00 Exercise 10:30 Snack & News 11:00 Luau Party 2:00 Bingo and Snack 3:30 Balloon Badminton 6:00 Movie Night
22 9:30 Coffee/ News 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	23 9:30 Scenic Drive 10:30 Snack 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along/Snack</i> 2:30 Manicures 3:00 Bingo 6:00 <i>Evening Movie</i>	24 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Bean Bag Toss 2:00 <i>Sing Along/Snack</i> 3:00 Bingo 3:45 Pet Therapy 6:00 Puzzles	25 9:00 Painting 9:30 Fred Meyer 10:30 Snack 1:30 <i>Exercise</i> 2:00 <i>Reminisce with Snack</i> 3:00 Happy Hour Music By Monte Waters 6:00 Puzzles	26 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee 1:15 Elsie Stuhr 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	27 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games/ Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Puzzles	28 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games/ Craft</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Mini Golf 6:00 Movie Night
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1 9:00 Gardening 9:30 Snack 9:45 Manicures 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	2 9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Sing Along/</i> Snack 2:30 Manicures 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	3 10:00 Watercolors 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	4 9:00 Gardening 9:45 Fred Meyer 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 <i>Reminisce/ Snack</i> 3:00 September Birthdays Music By Lee Nicholas 6:00 Puzzles	5 9:30 Watercolors 9:45 Library Outing 10:00 Snack 11:00 Exercise 1:30 Table Games 2:30 <i>Reminisce and Snack</i> 3:00 Bingo 6:00 Puzzles	6 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	7 10:00 <i>Watercolors & Snack</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Table Games 2:45 Bingo with Snack 4:00 Poem of The Day 6:00 Evening Movie
8 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 9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Sing Along/</i> Snack 2:30 Manicures 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	10 9:45 Craft 10:30 Snack 11:00 Exercise 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	11 9:00 Gardening 9:45 Fred Meyer 10:00 Snack 11:45 <i>Daily News Report</i> 1:30 <i>Seated Stretching</i> 2:00 <i>Reminisce/ Snack</i> 3:00 Happy Hour/ Bingo 6:00 Puzzles	12 9:30 Manicures 10:00 Watercolors & Snack 11:00 <i>Exercise</i> 1:00 <i>Movie Matinee</i> 1:15 Elsie Stuhr 1:45 Snack 4:00 Poem Of The Day 6:00 Puzzles	13 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	14 10:00 <i>Watercolors & Snack</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Table Games 2:45 Bingo with Snack 4:00 Poem of The Day 6:00 Evening Movie
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