



1655 NE 18th St.
Gresham, OR 97030

STAMP
HERE



Administrative Team:
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Malina Souliyalooovong
Executive Director
Perla Gonzales
Assistant Executive Director
Leslie Macknosky
Community Relations Director
Charlene Newman
Wellness Director
See Lee
Business Office Director
Jessica Saray
Wellness Nurse
Noelle Keller
Dining Services Director
Tomas Mendez
Maintenance Director
Yolanda Irving-Vance
Life Enrichment Director

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



Farmington Square News

Assisted and Memory Care 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.

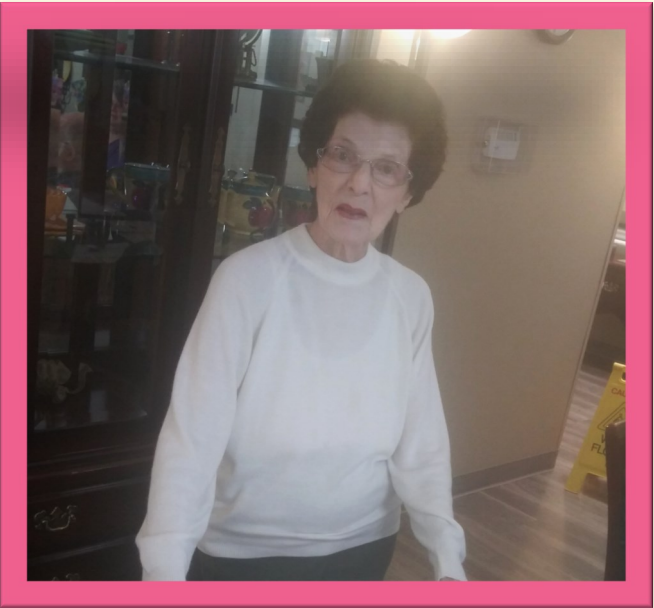
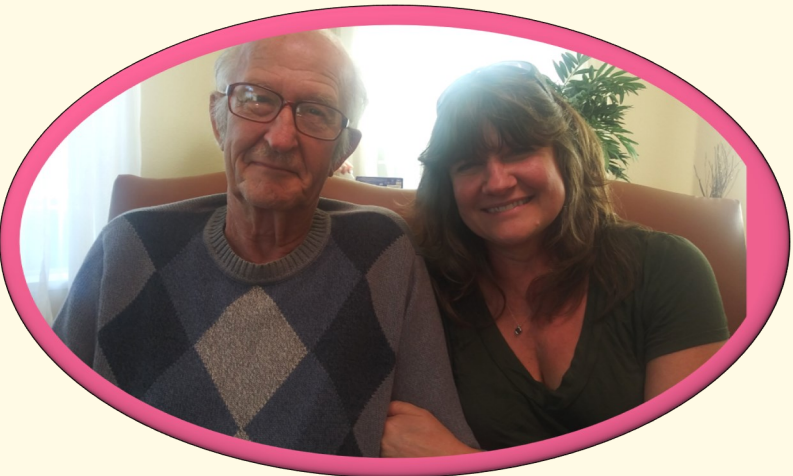


How Long Does It Take to Form a Habit?
Multiple sources say it takes 66 days to form a habit. This may sound like a long time, but there's good news. Making a few mistakes on the habit-forming journey don't seem to impact the result. Also, It's good to think about forming a habit as a challenge that 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 Advice I Ever Received Was:

- Smile; it's not that bad.**
- Doug
- Look good, feel good**
- Vicky
- Get lots of sleep**
- Donald

- Live your dreams**
- Norma
- Always be prepared**
- Barbara
- 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/FarmingtonSquareGresham
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!

- Betty: Sept. 08
- Jane: Sept. 12
- Vienne: Sept. 13
- Marian: Sept.13
- Betty W.: Sept.26
- Glenn: Sept.30

Team Member Spotlight Patricia

Our Team Member of the Month is Patricia S. She is a Decorated Veteran who Served in the United States Army as a Combat Medic! She Has created multiple programs for assessment and care of memory care patients, including her lauded ability at the art of redirection. She goes above and beyond keeping us Radiant!

We thank you Patricia for all you do for our Community!



Resident Spotlight Elaine

Our Resident of the Month is Elaine T.

Elaine raised a family here in Oregon with her husband George.

Elaine loves to sing and listen to music. She loves our live music performances. She has also always loved playing the lottery!

Elaine, you bring us so much joy here at Farmington Square Gresham!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 Stretching/Exercise 10:30 Music Hour 11:30 Resident Outreach 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 Word Search/ Bingo 4:00 Dice Games 6:00 Evening Movie	2 10:00 Stretching/Exercise 10:30 Card Games 11:30 Resident 1on1 1:00 Puzzles 2:00 Coffee/Convos 3:00 Manicures 4:00 Music Hour 6:00 Evening Movie	3 9:30 Stretching/Exercise 10:00 Church/Jerry (D) 11:30 Resident Outreach 1:00 Dice Games 2:00 Coffee/Convos 3:00 Word Search 4:00 Puzzles 6:00 Evening Movie	4 10:00 Stretching/Exercise 10:30 Puzzles 11:30 Music Hour 1:00 Manicures 2:00 Coffee/Convos 3:00 Crosswords 4:00 Card Games 6:00 Evening Movie	5 10:00 Stretching/Exercise 10:30 Card Games 11:30 Puzzles 1:00 Beading 2:00 Coffee/Convos 3:00 Manicures 4:00 Resident 1 on 1 6:00 Evening Movie	6 9:30 Stretching/Exercise 10:00 Monty/Waters/Piano (B) 11:30 Resident Outreach 1:00 Reading Group 2:00 Coffee/Happy Hour (B 3:00 Puzzles 4:00 Dice Games 6:00 Evening Movie	7 10:00 Stretching/Exercise 10:30 Card Games 11:30 Resident Outreach 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 Word Search/Bingo 4:00 Music Hour 6:00 Evening Movie
8 10:00 Stretching/Exercise 10:30 Card Games 11:30 Resident Outreach 1:00 Manicure 2:00 Coffee/Convos 3:00 Word Search/Bingo 4:00 Puzzles 6:00 Evening Movie	9 10:00 Stretching/Exercise 10:30 Card Games 11:30 Resident Outreach 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 Word Search 4:00 Music Hour 6:00 Evening Movie	10 9:30 Stretching/Exercise 10:00 Church/Jerry (D) 11:30 Resident Outreach 1:00 Beading 2:00 Oldie/W/Lee (D) 3:00 Word Search 4:00 Puzzles 6:00 Evening Movie	11 10:00 Stretching/Exercise 10:30 Music Hour 11:30 Resident 1 on 1 1:00 Dice Games 2:00 Coffee/Convos 3:00 Crosswords 4:00 Manicures 6:00 Evening Movie	12 10:00 Stretching/Exercise 10:30 Card Games 11:30 Puzzles 1:00 Manicure 2:30 Will/Spillette/Guitar (D) 3:00 Word Search 4:00 Resident 1 on 1 6:00 Evening Movie	13 10:00 Stretching/Exercise 10:30 Card Games 11:30 Resident Outreach 1:00 Arts/Crafts 2:00 Coffee/Happy Hour (B 3:00 Word Search 4:00 Music Hour 6:00 Evening Movie	14 10:00 Stretching/Exercise 10:30 Card Games 11:30 Resident Outreach 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 Word Search/Bingo 4:00 Puzzles 6:00 Evening Movie
15 10:00 Stretching/Exercise 10:30 Card Games 11:30 Resident Outreach 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 Word Search /Bingo 4:00 Dice Games 6:00 Evening Movie	16 10:00 Stretching/Exercise 10:30 Music Hour 11:30 Resident Outreach 1:00 Beading 2:00 Coffee/Convos 3:00 Word Search 4:00 Card Games 6:00 Evening Movie	17 9:30 Stretching/Exercise 10:00 Church/Jerry (D) 11:30 Resident Outreach 1:00 Manicures 2:00 Coffee/Convos 3:00 Word Search 4:00 Puzzles 6:00 Evening Movie	18 10:00 Stretching/Exercise 10:30 Card Games 11:30 Puzzles 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 Word Search 4:00 Resident 1 on 1 6:00 Evening Movie	19 10:00 Stretching/Exercise 10:30 Card Games 11:30 Resident 1 on 1 1:00 Dice Games 2:00 Bill/Beach/Piano (B) 3:00 Word Search 4:00 Puzzles 6:00 Evening Movie	20 10:00 Stretching/Exercise 10:30 Card Games 11:30 Music Hour 1:00 Beading 2:00 Coffee/Happy Hour (B 3:00 Word Search 4:00 Resident 1 on 1 6:00 Evening Movie	21 10:00 Stretching/Exercise 10:30 Card Games 11:30 Resident Outreach 1:00 Dice Games 2:00 Coffee/Convos 3:00 Crossword/Bingo 4:00 Manicures 6:00 Evening Movie
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29 10:00 Stretching/Exercise 10:30 Puzzles 11:30 Resident Outreach 1:00 Manicure 2:00 Coffee/Convos 3:00 Word Search/Bingo 4:00 Music Hour 6:00 Evening Movie	30 10:00 Stretching/Exercise 10:30 Music Hour 11:30 Puzzles 1:00 Dice Games 2:00 Coffee/Convos 3:00 Word Search 4:00 Resident Outreach 6:00 Evening Movie			Spirit Week - 23-27 Monday: White/Black Day Tuesday: Charity Day Wednesday: 80s/90s Day Thursday: Work Out Day Friday: Rainbow Day	Daily Snack - 3pm Daily Snack - 7pm	

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Barlow / Crown • 1655 NE 18th Street Gresham, OR 97030

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<div>8</div> <div>10:00 Balloon/Exercise 10:30 IN2L Sound Game 11:30 Aromatherapy 1:00 Reading Aloud 2:00 Coffee/Convos 3:00 BINGO 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>9</div> <div>10:00 Balloon/Exercise 10:30 IN2L Trivia <i>11:00 Josephine Elle/ Piano</i> 1:00 Arts/Crafts 2:00 Manicures 3:00 IN2L Hang Man 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>10</div> <div>10:00 Balloon/Exercise 10:30 IN2L Travel 11:30 Aromatherapy 1:00 Reading Aloud <i>2:00 Oldies/Lee</i> 3:00 IN2L Music Hour 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>11</div> <div>10:00 Balloon/Exercise 10:30 IN2L Price is Right 11:30 Aromatherapy <i>1:00 Heidi/Dessert</i> 2:00 Coffee/Convos 3:00 BINGO 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>12</div> <div>10:00 Balloon/Exercise 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Arts/Crafts <i>2:30 Will Spillette/Guitar</i> 3:00 IN2L Music Hour 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>13</div> <div>10:00 Balloon/Exercise 10:30 IN2L Sound Game 11:30 Aromatherapy 1:00 IN2L Sing Along 2:00 Happy Hour/Coffee 3:00 BINGO 4:00 Manicures 6:00 Evening Movie</div>	<div>14</div> <div>10:00 Balloon/Exercise 10:30 IN2L Music Hour 11:30 Aromatherapy 1:00 Manicures 2:00 Coffee/Convos 3:00 BINGO 4:00 Resident 1 on 1 6:00 Evening Movie</div>
<div>15</div> <div>10:00 Balloon/Exercise 10:30 IN2L Travel 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Walking Group 3:00 BINGO 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>16</div> <div>10:00 Balloon/Exercise 10:30 IN2L Music Hour 11:30 Aromatherapy 1:00 Manicures 2:00 Coffee/Convos 3:00 IN2L Price is Right 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>17</div> <div>10:00 Balloon/Exercise 10:30 IN2L Sound Game 11:30 Aromatherapy 1:00 Group Walk 2:00 Reading Aloud 3:00 IN2L Music Hour 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>18</div> <div>10:00 Balloon/Exercise 10:30 IN2L Sing Along 11:30 Aromatherapy <i>1:00 Bowling</i> 2:00 Coffee/Convos 3:00 BINGO 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>19</div> <div>10:00 Balloon/Exercise 10:30 IN2L Hang Man 11:30 Aromatherapy 1:00 Dice Games <i>2:00 Bill Beach/Piano</i> 3:00 IN2L Music Hour 4:00 Manicures 6:00 Evening Movie</div>	<div>20</div> <div>10:00 Balloon/Exercise 10:30 IN2L Price is Right 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Happy Hour/Coffee 3:00 BINGO 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>21</div> <div>10:00 Balloon/Exercise 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Dice Games 2:00 Coffee/Convos 3:00 BINGO 4:00 Resident 1 on 1 6:00 Evening Movie</div>
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<div>1</div> <div>10:00 Balloon/Exercise 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Sing Along 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>2</div> <div>10:00 Balloon/Exercise 10:30 IN2L Travel 11:30 Aromatherapy 1:00 Beading 2:00 Coffee/Convos 3:00 IN2L Sound Game 4:00 Walking Group 6:00 Evening Movie</div>	<div>3</div> <div>9:30 Balloon/Exercise <i>10:00 Church/Jerry</i> 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Trivia 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>4</div> <div>10:00 Balloon/Exercise 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Reading Aloud 2:00 Coffee/Convos 3:00 IN2L Music Hour 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>5</div> <div>10:00 Balloon/Exercise 10:30 IN2L Sing Along 11:30 Aromatherapy 1:00 Beading 2:00 Coffee/Convos 3:00 IN2L Trivia 4:00 Walking, Group 6:00 Evening Movie</div>	<div>6</div> <div>10:00 Balloon/Exercise <i>10:00 Monty Waters/Piano</i> 11:30 Aromatherapy 1:00 Waling Group 2:00 Coffee/Convos 3:00 IN2L Family Feud 4:00 Manicures 6:00 Evening Movie</div>	<div>7</div> <div>10:00 Balloon/Exercise 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Music Hour 4:00 Resident 1 on 1 6:00 Evening Movie</div>
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<div>15</div> <div>10:00 Balloon/Exercise 10:30 IN2L Travel 11:30 Aromatherapy 1:00 Reading Aloud 2:00 Coffee/Convos 3:00 IN2L Surprise 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>16</div> <div>10:00 Balloon/Exercise 10:30 IN2L Sing Along 11:30 Aromatherapy 1:00 Manicures 2:00 Coffee/Convos 3:00 IN2L Family Feud 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>17</div> <div>9:30 Balloon/Exercise <i>10:00 Church /Jerry</i> 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Sound Game 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>18</div> <div>10:00 Balloon/Exercise 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 IN2L Sing Along 2:00 Coffee/Convos 3:00 IN2L Music Hour 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>19</div> <div>10:00 Balloon/Exercise 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Arts/Crafts <i>2:00 Bill Beach /Piano (B</i> 3:00 IN2L Music Hour 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>20</div> <div>10:00 Balloon/Exercise 10:30 IN2L Sing Along 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Music Hour 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>21</div> <div>10:00 Balloon/Exercise 10:30 IN2L Sing Along 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Music Hour 4:00 Resident Outreach 6:00 Evening Movie</div>
<div>22</div> <div>10:00 Balloon/Exercise 10:30 IN2L Travel 11:30 Aromatherapy 1:00 Beading 2:00 Coffee/Convos 3:00 Manicures 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>23</div> <div>10:00 Balloon/Exercise 10:30 IN2L Price is Right 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Sing Along 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>24</div> <div>9:30 Balloon/Exercise <i>10:00 Church/Jerry</i> 11:30 Aromatherapy 1:00 IN2L Sing Along 2:00 Coffee/Convos 3:00 IN2L Music Hour 4:00 Resident 1 on1 6:00 Evening Movie</div>	<div>25</div> <div>10:00 Balloon/Exercise 10:30 IN2L Family Feud 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Sing Along 4:00 Resident Outreach 6:00 Evening Movie</div>	<div>26</div> <div>10:00 Balloon/Exercise <i>10:30 Hot Shots Kazoos</i> 11:30 Aromatherapy 1:00 Reading Aloud <i>2:00 Resident Council</i> 3:00 IN2L Trivia 4:00 Family Support 6:00 Evening Movie</div>	<div>27</div> <div>10:00 Balloon/Exercise 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Manicures 2:00 Coffee/Convos 3:00 IN2L Travel 4:00 Manicures 6:00 Evening Movie</div>	<div>28</div> <div>10:00 Balloon/Exercise 10:30 IN2L Price is Right 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Hangman 4:00 Resident Outreach 6:00 Evening Movie</div>
<div>29</div> <div>10:00 Balloon/Exercise 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Walking Group 2:00 Coffee/Convos 3:00 IN2L Music Hour 4:00 Resident 1 on 1 6:00 Evening Movie</div>	<div>30</div> <div>10:00 Balloon/Exercise 10:30 IN2L Family Feud 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee/Convos 3:00 IN2L Music Hour 4:00 Manicures 6:00 Evening Movie</div>		<div><i>Spirit Week 23-27</i> <i>Monday: White/Black Day</i> <i>Tuesday: Charity Day</i> <i>Wednesday: 80s/90s Day</i> <i>Thursday: Work Out Day</i> <i>Friday: Rainbow Day</i></div>			