FARMINGTON SQUARE
A RADIANT SENIOR LIVING COMMUNITY

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

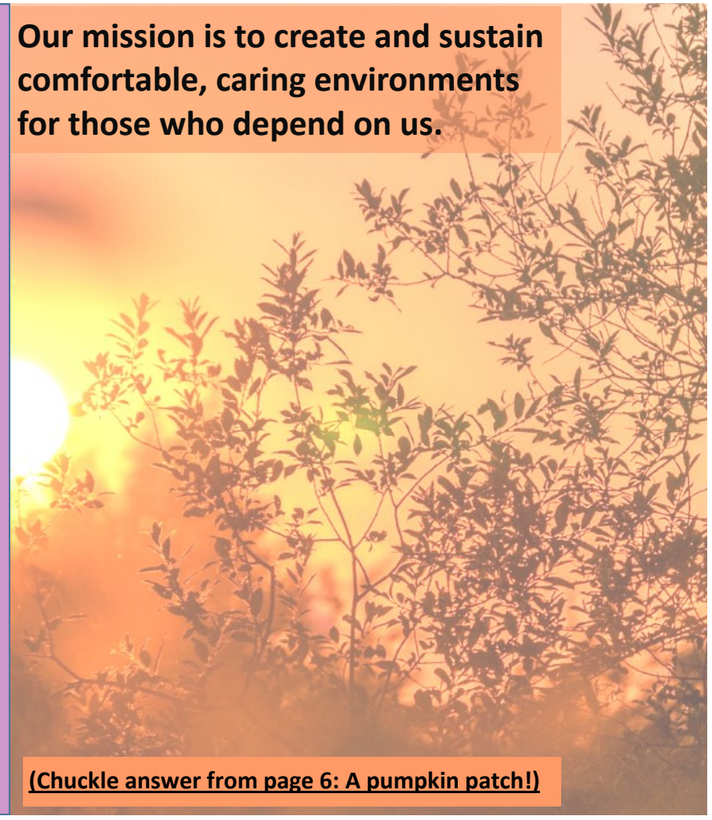
**Erika Silva**
Dietary Director

**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.**



(Chuckle answer from page 6: A pumpkin patch!)



# The Radiant Reader

## Farmington Square Transitions Newsletter

## October 2019

2 Breast Cancer Awareness
3 Caught In Action
4 Activities Calendar
6 Highlights, Social Media, Birthdays
7 Special Moments & All About Autumn!
8 Mission & Team

# Breast Cancer Awareness Increases Chances of Early Detection and Treatment

October is for Breast Cancer Awareness! We know when it takes place by the pink we see people wearing, but we may not know the significance Breast Cancer Awareness Month can have in our own lives.

In addition to promoting breast cancer knowledge importance, raising research funds, and supporting survivors and those in the fight, Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages.

This October, increase your awareness level with some breast cancer facts and early detection information. Your know-how could help a loved one, friend, or yourself.

*Note: This article should not be considered medical advice. Consult your medical provider before making changes to diet, medications, or lifestyle.*

## What is Breast Cancer?

When cells, in the breast or nearby tissue, divide and grow without normal control of regular cell division, breast cancer occurs. This process is often slow. When a lump can be felt, it may have already been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., about one percent of cases occur in men. In 2019, for U.S. women, there will have been about 268,600 new cases of invasive breast cancer. For men, there will have been an estimated 2,670 new breast cancer cases. Early detection increases breast cancer survival.

## Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. More information on screening is available at *www.cancer.gov.*

Women should be familiar with how their breasts normally look and report any changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss how to manage their risk with their doctor.

It is our hope that these facts encourage awareness and continued learning beyond this special month.



# Special Moments

# We're All About Autumn!

# October Highlights

*October is Dessert Month, Pizza Month, Seafood Month, Arts & Humanities Month, & Popcorn Month*

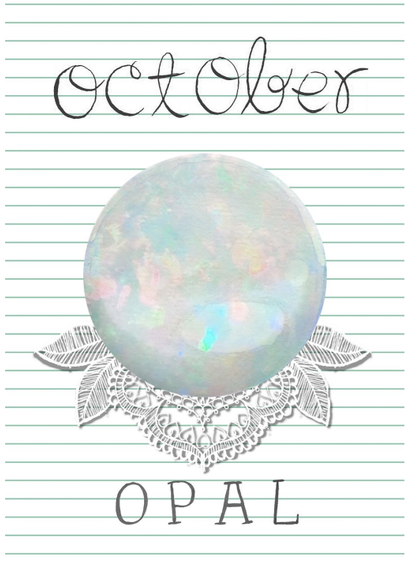
**1 Hair Day; Homemade Cookies Day**
**2 Fried Scallops Day**
**3 Techies Day**
**4 Golf Lover's Day; Taco Day**
**5 Do Something Nice Day**
**6 Mad Hatter Day; Noodle Day**
**7 Frappe Day; Inner Beauty Day**
**8 Fluffernutter Day; Pierogi Day**
**9 ER Nurses Day**
**10 Angel Food Day; Mental Health Day**
**11 Sausage Pizza Day**
**12 Chess Day; Gumbo Day**
**13 Train Your Brain Day**
**14 Columbus Day; Dessert Day**
**15 Cheese Curd Day; I Love Lucy Day**
**16 Cat Day; Take Parents to Lunch Day**
**17 Pasta Day**
**18 Chocolate Cupcake Day**
**19 Seafood Bisque Day; Sweetest Day**
**20 Brandied Fruit Day**
**21 Pumpkin Cheesecake Day; Reptile Day**
**22 Nut Day; Favorite Colors Day**
**23 Boston Cream Pie Day**
**24 Bologna Day**
**25 Breadstick Day**
**26 Make a Difference Day**
**27 American Beer Day; Mother in Law Day**
**28 Chocolate Day**
**29 Cat Day; Oatmeal Day; Intl. Stroke Day**
**30 Candy Corn Day**
**31 Halloween; Knock-Knock Jokes Day**

**Check us out online at:**

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

**Chuckle Time: What do you use to mend a Jack-O-Lantern? (Answer on back cover)**

# October Birthdays!




## We wish you a Very Happy Birthday!

**Cleda D. - 10-16**
**Phyllis M. - 10-19**
**Cindora W. - 10-24**
**Walter P. - 10-26**



# Caught In Action

# October 2019 Building A

**Farmington Square**
**14420 SW Farmington Rd.**
**Beaverton, OR. 97005**
**503-626-2273**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | **1**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games*<br>1:30 Bean Bag Toss<br>2:00 *Sing Along/Snack*<br>2:30 Manicures<br>3:00 Bingo<br>6:00 Puzzles | **2**<br>9:00 Painting<br>**9:30 Fred Meyer**<br>10:30 Snack<br>1:30 *Exercise*<br>2:00 *Reminisce with Snack*<br>**3:00 Ice Cream Social**<br>**Music By Dom Franko**<br>6:00 Puzzles | **3**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games*<br>1:00 Movie Matinee<br>**1:15 Elsie Stuhr**<br>1:45 Snack<br>4:00 Painting<br>6:00 Balloon Bounce | **4**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games/ Craft*<br>1:30 *Reminisce*<br>2:30 Bingo/ Snack<br>3:30 Mini Golf<br>6:00 Puzzles | **5**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games/ Craft*<br>1:30 *Reminisce*<br>2:30 Bingo/ Snack<br>3:30 Mini Golf<br>6:00 Movie Night |
| **6**<br>9:30 Coffee/ News<br>10:00 Puzzles<br>10:30 Snack<br>10:45 Bible Verse of the day<br>1:30 Bingo/Snack<br>2:30 Movie Matinee<br>6:00 Balloon Bounce | **7**<br>9:30 Water coloring<br>10:15 Snack<br>**10:30 *Music Therapy***<br>11:30 *Wacky Word Games*<br>1:30 *Sing Along/Snack*<br>3:00 Bingo<br>6:00 *Evening Movie* | **8**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games*<br>1:30 Bean Bag Toss<br>2:00 *Sing Along/Snack*<br>3:00 Bingo<br>6:00 Puzzles | **9**<br>9:00 Painting<br>**9:30 Fred Meyer**<br>10:30 Snack<br>1:30 *Exercise*<br>2:00 *Reminisce with Snack*<br>**3:00 Happy Hour/ Bingo**<br>6:00 Puzzles | **10**<br>**9:30 Library Outing**<br>10:30 Snack<br>11:00 Exercise<br>11:30 *Wacky Word Games*<br>1:30 Bean Bag Toss<br>2:30 *Reminisce/ Snack*<br>3:00 Bingo<br>6:00 Balloon Bounce | **11**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games/ Craft*<br>1:30 *Reminisce*<br>2:30 Bingo/ Snack<br>3:30 Mini Golf<br>6:00 Puzzles | **12**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games/ Craft*<br>1:30 *Reminisce*<br>2:30 Bingo/ Snack<br>3:30 Mini Golf<br>6:00 Movie Night |
| **13**<br>9:30 Coffee/ News<br>10:00 Puzzles<br>10:30 Snack<br>10:45 Bible Verse of the day<br>1:30 Bingo/Snack<br>2:30 Movie Matinee<br>6:00 Balloon Bounce | **14**<br>**9:30 Scenic Drive**<br>10:30 Snack<br>11:00 *Wacky Word Games*<br>11:30 Exercise<br>1:30 *Sing Along/Snack*<br>3:00 Bingo<br>6:00 *Evening Movie* | **15**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games*<br>1:30 Bean Bag Toss<br>2:00 *Sing Along/Snack*<br>2:30 Manicures<br>3:00 Bingo<br>6:00 Puzzles | **16**<br>9:00 Painting<br>**9:30 Fred Meyer**<br>10:30 Snack<br>1:30 Exercise<br>2:00 Reminisce<br>**3:00 Ice Cream Social/ Bingo**<br>6:00 Puzzles | **17**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games*<br>1:00 Movie Matinee<br>**1:15 Elsie Stuhr**<br>1:45 Snack<br>4:00 Painting<br>6:00 Balloon Bounce | **18**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games/ Craft*<br>1:30 *Reminisce*<br>2:30 Bingo/ Snack<br>3:30 Mini Golf<br>6:00 Puzzles | **19**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games/ Craft*<br>1:30 *Reminisce*<br>2:30 Bingo/ Snack<br>3:30 Mini Golf<br>6:00 Movie Night |
| **20**<br>9:30 Coffee/ News<br>10:00 Puzzles<br>10:30 Snack<br>10:45 Bible Verse of the day<br>1:30 Bingo/Snack<br>2:30 Movie Matinee<br>6:00 Balloon Bounce | **21**<br>9:30 Water coloring<br>10:15 Snack<br>**10:30 *Music Therapy***<br>11:30 *Wacky Word Games*<br>1:30 Bingo<br>2:30 *Sing Along/Snack*<br>**3:30 Resident Council**<br>6:00 *Evening Movie* | **22**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games*<br>1:30 Bean Bag Toss<br>2:00 *Sing Along/Snack*<br>3:00 Bingo<br>**3:45 Pet Therapy**<br>6:00 Puzzles | **23**<br>9:00 Painting<br>**9:30 Fred Meyer**<br>10:30 Snack<br>1:30 *Exercise*<br>2:00 *Reminisce with Snack*<br>**3:00 Happy Hour/ Bingo**<br>6:00 Puzzles | **24**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games*<br>1:30 Bean Bag Toss<br>2:30 *Reminisce/ Snack*<br>3:00 Bingo<br>6:00 Balloon Bounce | **25**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games/ Craft*<br>1:30 *Reminisce*<br>2:30 Bingo/ Snack<br>3:30 Mini Golf<br>6:00 Puzzles | **26**<br>10:00 Exercise<br>10:30 Snack & News<br>11:00 *Wacky Word Games/ Craft*<br>1:30 *Reminisce*<br>2:30 Bingo/ Snack<br>3:30 Mini Golf<br>6:00 Movie Night |
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| | | **1**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 *Sing Along*<br>11:30 Seated Stretching<br>1:30 *Bingo*<br>2:00 *Old Commercials/Snack*<br>3:00 Trivia<br>6:00 *Nature Relax* | **2**<br>10:00 Beauty Hour<br>10:30 Balloon Bat/Snack<br>11:00 *Sing Along*<br>11:30 Travel Tours<br>1:30 Puzzle/Card/Folding<br>2:00 Reminisce/Snack<br>**3:00 October Birthdays**<br>**Music By Mark Stevenz** | **3**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 Exercise<br>11:30 Name That Tune<br>1:30 *Bingo*<br>2:00 *Trivia/ Snack*<br>3:00 Balloon Bat<br>6:00 *Nature Relax* | **4**<br>10:00 Beauty Hour<br>10:30 *Sing Along/ Snack*<br>11:00 *Balloon Toss*<br>11:30 *Trivia*<br>1:30 Puzzle/Cards/Folding<br>2:00 *Reminisce/ Snack*<br>3:00 *Bingo*<br>6:00 *National Parks* | **5**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 *What Did It Cost*<br>11:30 Exercise<br>1:30 Puzzle/Cards/Folding<br>2:00 *Old Commercials/Snack*<br>3:00 *Bingo*<br>6:00 *Nature Relax* |
| **6**<br>10:00 Beauty Hour<br>10:30 Snack<br>11:00 *Conductor Exercise*<br>11:30 *Good News Network*<br>1:30 *Bible Study*<br>2:00 Balloon Bounce<br>3:00 *Bingo/ Snack*<br>6:00 *Travel Videos* | **7**<br>10:00 Beauty Hour<br>10:30 *Sing Along / Snack*<br>11:00 *Trivia*<br>11:30 Exercise<br>1:30 Table Games<br>2:00 *Reminisce/ Snack*<br>3:00 *Bingo*<br>6:00 *Movie* | **8**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 *Sing Along*<br>11:30 Seated Stretching<br>1:30 *Bingo*<br>2:00 *Old Commercials/Snack*<br>3:00 Trivia<br>6:00 *Nature Relax* | **9**<br>10:00 Beauty Hour<br>**10:30 Music Therapy/ Snack**<br>11:00 *Sing Along*<br>11:30 Travel Tours<br>1:30 *Bingo*<br>2:00 *Reminisce/ Snack*<br>3:30 *Bingo*<br>6:00 *National Parks* | **10**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 Exercise<br>11:30 Name That Tune<br>1:30 *Bingo*<br>2:00 *Trivia/ Snack*<br>3:00 Balloon Bat<br>6:00 *Nature Relax* | **11**<br>10:00 Beauty Hour<br>10:30 *Sing Along/ Snack*<br>11:00 *Balloon Toss*<br>11:30 *Trivia*<br>1:30 Puzzle/Cards/Folding<br>2:00 *Reminisce/ Snack*<br>3:00 *Bingo*<br>6:00 *National Parks* | **12**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 *What Did It Cost*<br>11:30 Exercise<br>1:30 Puzzle/Cards/Folding<br>2:00 *Old Commercials/Snack*<br>3:00 *Bingo*<br>6:00 *Nature Relax* |
| **13**<br>10:00 Beauty Hour<br>10:30 Snack<br>11:00 *Conductor Exercise*<br>11:30 *Good News Network*<br>1:30 *Bible Study*<br>2:00 Balloon Bounce<br>3:00 *Bingo/ Snack*<br>6:00 *Travel Videos* | **14**<br>10:00 Beauty Hour<br>10:30 *Sing Along / Snack*<br>11:00 *Trivia*<br>11:30 Exercise<br>1:30 Table Games<br>2:00 *Reminisce/ Snack*<br>3:00 *Bingo*<br>6:00 *Movie* | **15**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 *Sing Along*<br>11:30 Seated Stretching<br>1:30 *Bingo*<br>2:00 *Old Commercials/Snack*<br>3:00 Trivia<br>6:00 *Nature Relax* | **16**<br>10:00 Beauty Hour<br>10:30 Balloon Bat/Snack<br>11:00 *Sing Along*<br>11:30 Travel Tours<br>**1:30 Scenic Drive**<br>2:00 *Snack*<br>3:30 *Bingo*<br>6:00 *National Parks* | **17**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 Exercise<br>11:30 Name That Tune<br>1:30 *Bingo*<br>2:00 *Trivia/ Snack*<br>3:00 Balloon Bat<br>6:00 *Nature Relax* | **18**<br>10:00 Beauty Hour<br>10:30 *Sing Along/ Snack*<br>11:00 *Balloon Toss*<br>11:30 *Trivia*<br>1:30 Puzzle/Cards/Folding<br>2:00 *Reminisce/ Snack*<br>3:00 *Bingo*<br>6:00 *National Parks* | **19**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 *What Did It Cost*<br>11:30 Exercise<br>1:30 Puzzle/Cards/Folding<br>2:00 *Old Commercials/Snack*<br>3:00 *Bingo*<br>6:00 *Nature Relax* |
| **20**<br>10:00 Beauty Hour<br>10:30 Snack<br>11:00 *Conductor Exercise*<br>11:30 *Good News Network*<br>1:30 *Bible Study*<br>2:00 Balloon Bounce<br>3:00 *Bingo/ Snack*<br>6:00 *Travel Videos* | **21**<br>10:00 Beauty Hour<br>10:30 *Sing Along / Snack*<br>11:00 *Trivia*<br>11:30 Exercise<br>1:30 Table Games<br>2:00 *Reminisce/ Snack*<br>3:00 *Bingo*<br>6:00 *Movie* | **22**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 *Sing Along*<br>11:30 Seated Stretching<br>1:30 *Bingo*<br>2:00 *Old Commercials/Snack*<br>***2:30 Pet Therapy***<br>3:00 Trivia | **23**<br>10:00 Beauty Hour<br>10:30 Balloon Bat/Snack<br>11:00 *Trivia*<br>11:30 Travel Tours<br>1:30 *Bingo*<br>2:00 *Reminisce/ Snack*<br>**3:00 Music By Dom Franko**<br>6:00 *National Parks* | **24**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 Exercise<br>11:30 Name That Tune<br>1:30 *Bingo*<br>2:00 *Trivia/ Snack*<br>3:00 Balloon Bat<br>6:00 *Nature Relax* | **25**<br>10:00 Beauty Hour<br>10:30 *Sing Along/ Snack*<br>11:00 *Balloon Toss*<br>11:30 *Trivia*<br>1:30 Puzzle/Cards/Folding<br>2:00 *Reminisce/ Snack*<br>3:00 *Bingo*<br>6:00 *National Parks* | **26**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 *What Did It Cost*<br>11:30 Exercise<br>1:30 Puzzle/Cards/Folding<br>2:00 *Old Commercials/Snack*<br>3:00 *Bingo*<br>6:00 *Nature Relax* |
| **27**<br>10:00 Beauty Hour<br>10:30 Snack<br>11:00 *Conductor Exercise*<br>11:30 *Good News Network*<br>1:30 *Bible Study*<br>2:00 Balloon Bounce<br>3:00 *Bingo/ Snack*<br>6:00 *Travel Videos* | **28**<br>10:00 Beauty Hour<br>10:30 *Sing Along / Snack*<br>11:00 *Trivia*<br>11:30 Exercise<br>1:30 Table Games<br>2:00 *Reminisce/ Snack*<br>3:00 *Bingo*<br>6:00 *Movie* | **29**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 *Sing Along*<br>11:30 Seated Stretching<br>1:30 *Bingo*<br>2:00 *Old Commercials/Snack*<br>3:00 Trivia<br>6:00 *Nature Relax* | **30**<br>10:00 Beauty Hour<br>10:30 Balloon Bat/Snack<br>11:00 *Sing Along*<br>11:30 Travel Tours<br>**1:30 Scenic Drive**<br>2:00 *Snack*<br>3:30 *Bingo*<br>6:00 *National Parks* | **31**<br>10:00 Pretty Nails<br>10:30 *Memory Bio/Snack*<br>11:00 Exercise<br>11:30 Name That Tune<br>1:30 *Bingo*<br>2:00 *Trivia/ Snack*<br>3:00 Balloon Bat<br>6:00 *Nature Relax* | | |