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STAMP
HERE



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

The Farmington Square Times

Assisted and Memory Care Newsletter



January 2020

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3 Team & Resident Spotlight
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Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing—than through healthy living? Embrace new-you success in the '20s!

Note: Each individual should follow their medical professional's advice and speak with them before making diet or exercise changes.

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers,



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

Have A Rainbow A Day...

We know, the saying goes "an apple a day..." but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

Special Moments



A 1920's Recipe to Try in 2020: Lemon Ginger Icebox Cake

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

Ingredients: Two cups of heavy whipping cream * Eight ounces of soft cream cheese * Two teaspoons of grated lemon zest * Ten ounces of lemon curd * Two tablespoons of chopped and crystallized ginger * Two packages of thin ginger cookies that are 5 and 1/4 ounces each



Directions: In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.

January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety



It's 2020! Happy New Year's Everyone!

01 New Year's Day; Bloody Mary Day
 02 Cream Puff Day; Science Fiction Day
 03 Chocolate Covered Cherry Day
 04 Spaghetti Day; Trivia Day
 05 Bird Day; Whipped Cream Day
 06 Shortbread Day; Tech Day
 07 Tempura Day
 08 Argyle Day; Toffee Day
 09 Apricot Day; Law Enforcement Day
 10 Bittersweet Chocolate Day
 11 Vision Board Day; Milk Day
 12 Marzipan Day; Curry Chicken Day
 13 Peach Melba Day; Rubber Ducky Day
 14 Dress Up Your Pet Day
 15 Bagel Day; Strawberry Ice Cream Day



16 Fig Newton Day
 17 Hot Buttered Rum Day
 18 Winnie the Pooh Day; Thesaurus Day
 19 Popcorn Day
 20 Cheese Lover's Day; MLK Jr. Day
 21 Granola Bar Day; Hugging Day
 22 Blonde Brownie Day
 23 Handwriting Day; Pie Day
 24 Compliment Day; Peanut Butter Day
 25 Opposite Day; Irish Coffee Day
 26 Green Juice Day; Peanut Brittle Day
 27 Chocolate Cake Day; Bubble Wrap Day
 28 Blueberry Pancake Day; Kazoo Day
 29 Corn Chip Day; Puzzle Day
 30 Croissant Day
 31 Backward Day; Hot Chocolate Day;
 Inspire Your Heart with Art Day

January Birthdays & Our Community Online

Happy Birthday Wishes!

Resident Birthdays:

Becky, Jan. 13th
 Joan, Jan. 17th
 Roger, Jan. 22nd
 Jack, Jan. 27th

Staff Birthdays:

Claudia, Jan. 1st
 Mary, Jan. 16th
 Denielle, Jan. 20th
 Christine, Jan. 26th

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

Resident Spotlight: Libby

Our radiant resident of the month is Libby! She is from El Paso, Texas, where she worked as a secretary at a very young age. She also worked at the El Paso Gas Company where she met her husband Fred. She enjoys singing, flower arranging, exercise, bingo, listening to country western music, and watching shows, such as Frasier, Friends, and The Golden Girls. Libby is very passionate about art and has always been interested in people. She is very creative and social. She taught painting and loved exploring different art forms. She has always wanted to help others bring out the creativity in themselves. She is an accomplished calligrapher and belonged to the Valley Calligraphy Guild.

Libby is described as funny, caring, curious, artistic, and a stylish dresser.

Libby, you're very talented, have an amazing sense of humor and always have a beautiful smile on your face. We are so grateful that you are here!



Staff Spotlight: Brian

Our radiant team member of the month is Brian! He has been a part of our radiant team for eight years!

Brian is described as hardworking, caring, helpful, positive, and he has a great sense of humor. He likes video games and podcasts. He enjoys the outdoors and loves being by the river. He is also interested in woodworking projects and creating his own video games.

Brian, you always go above and beyond and come into each day with a smile on your face. You are an intricate part of the team and many things would not be possible without you.

We appreciate you!

JANUARY 2020

Farmington Square · 2730 Bailey Lane Eugene, OR 97401 · Phone 541-344-7902



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 	<p>Happy New Year!</p> <p>January Highlights</p> <ul style="list-style-type: none"> • Mondays @ 10am Jonathan on Piano • Jan. 1st Get Fit Don't Quit: Chair Yoga Exercise with Megan • Jan 7th Birthday Social • Jan. 2nd & 23rd Steven on Piano • Jan. 3rd & 17th Pet Visits • Jan. 9th & 30th Basil on Piano • Jan. 23rd National Pie Day Social • Jan. 28th Memory Tones • Jan. 31st Simple Harmonies 	 	<p>9:00 Beauty & Grooming Time (All) ¹</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Brain Games* (A,B)</p> <p>12:30 Word Puzzle Games* (A,B)</p> <p>12:30 Game: Scrabble (C)</p> <p>1:00 Creative Arts* (A,B)</p> <p>2:00 Snackivity: Snack & Animals* (A,B)</p> <p>3:30 Get Fit Don't Quit: Chair Yoga Exercise with Megan (C)</p> <p>6:00 B-I-N-G-O Night!* (B)</p>	<p>9:00 Beauty & Grooming Time (All) ²</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & On This Day* (A,B)</p> <p>1:00 Piano Player: Steven (B)</p> <p>2:00 Snackivity: Snack & Trivia* (A,B)</p> <p>2:30 B-I-N-G-O* (All)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Life Stories (B)</p>	<p>9:00 Beauty & Grooming (A,B) ³</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Snackivity: Snack & Pet Visit (All)</p> <p>11:00 Church Guys (B) * * * * *</p> <p>12:30 Game: Yahtzee (All)</p> <p>2:00 Scenic Drive: Leaburg Lake</p> <p>3:00 Pretty Nails & Manicures (C)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Movie Night & Popcorn (All)</p>	<p>9:00 Beauty & Grooming Time (A,B) ⁴</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Dominos (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>2:00 Snackivity: Sing-a-long* (A)</p> <p>3:00 Arts & Crafts (B)</p> <p>3:00 Saturday Stroll/ Resident Focus Visits (All)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Yahtzee (B)</p> 
<p>9:00 Beauty & Grooming Time (All) ⁵</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 B-I-N-G-O* (A,B)</p> <p>12:30 Game: Yahtzee (All)</p> <p>2:00 Snackivity: Snack & Art Time* (A,B)</p> <p>3:00 Sunday Stroll/ Resident Focus Visits (All)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Dominos (B)</p>	<p>9:00 Beauty & Grooming Time (All) ⁶</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Piano Player: Jonathan (C) </p> <p>12:30 Game: Dominos (All)</p> <p>1:30 Floral Arranging (B,C)</p> <p>2:30 Snackivity: Snack & Poetry* (A,B)</p> <p>3:00 Card Games* (A,B) B-I-N-G-O* (C)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Penny Ante (B)</p>	<p>9:00 Beauty & Grooming Time (All) ⁷</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Travel* (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>1:30 Game: Yahtzee (All)</p> <p>2:00 Birthday Social (B,C)</p> <p>3:00 Pretty Nails & Manicures (A)</p> <p>4:00 Exercise Fun* (A) </p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Match Them Up* (B)</p>	<p>9:00 Beauty & Grooming Time (All) ⁸</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Brain Games* (A,B)</p> <p>12:30 Word Puzzle Games* (A,B)</p> <p>12:30 Game: Scrabble (C)</p> <p>1:00 Creative Arts* (A,B)</p> <p>2:00 Snackivity: Snack & Animals* (A,B)</p> <p>3:30 Card Games* (A,B)</p> <p>4:00 Exercise Fun* (A)</p> <p>6:00 B-I-N-G-O Night!* (B) </p>	<p>9:00 Beauty & Grooming Time (All) ⁹</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & On This Day* (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>2:00 Snackivity: Snack & Music* (A,B)</p> <p>2:00 Piano Player: Basil (A) </p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Life Stories (B)</p>	<p>9:00 Beauty & Grooming Time (A,B) ¹⁰</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Laughter* (A,B)</p> <p>11:00 Church Guys (B)</p> <p>12:30 Game: Yahtzee (All)</p> <p>2:00 Farmington Square Staff Meeting</p> <p>3:00 Pretty Nails & Manicures (B) </p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Movie Night & Popcorn (All)</p>	<p>9:00 Beauty & Grooming Time (A,B) ¹¹</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Dominos (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>2:00 Snackivity: Sing-a-long* (B)</p> <p>3:00 Arts & Crafts (B)</p> <p>3:00 Saturday Stroll/ Resident Focus Visits (All)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Yahtzee (B)</p>
<p>9:00 Beauty & Grooming Time (All) ¹²</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 B-I-N-G-O* (A,B)</p> <p>12:30 Game: Yahtzee (All)</p> <p>2:00 Snackivity: Snack & Animals* (A,B)</p> <p>3:00 Sunday Stroll/ Resident Focus Visits (All)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Dominos (B) </p>	<p>9:00 Beauty & Grooming Time (All) ¹³</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Piano Player: Jonathan (A)</p> <p>12:30 Game: Dominos (All)</p> <p>1:30 Floral Arranging (B,C)</p> <p>2:30 Snackivity: Snack & Word Games* (A,B)</p> <p>3:00 Card Games* (A,B) B-I-N-G-O* (C)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Penny Ante (B)</p>	<p>9:00 Beauty & Grooming Time (All) ¹⁴</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Travel* (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>1:30 Game: Yahtzee (All)</p> <p>2:00 Coffee & Conversation* (All)</p> <p>3:00 Pretty Nails & Manicures (C)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Match Them Up* (B)</p>	<p>9:00 Beauty & Grooming Time (All) ¹⁵</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Brain Games* (A,B)</p> <p>12:30 Word Puzzle Games* (A,B)</p> <p>12:30 Game: Scrabble (C)</p> <p>1:00 Creative Arts* (A,B)</p> <p>2:00 Snackivity: Snack & Animals* (A,B)</p> <p>3:30 Card Games* (A,B)</p> <p>4:00 Exercise Fun* (A)</p> <p>6:00 B-I-N-G-O Night!* (B) </p>	<p>9:00 Beauty & Grooming Time (All) ¹⁶</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & On This Day* (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>2:00 Snackivity: Snack & Trivia* (A,B)</p> <p>3:00 Card Games* (A, B)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Life Stories (B)</p>	<p>9:00 Beauty & Grooming (A,B) ¹⁷</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Snackivity: Snack & Pet Visit (All)</p> <p>11:00 Church Guys (B)</p> <p>12:30 Game: Yahtzee (All)</p> <p>2:00 Scenic Drive: Dexter Lake</p> <p>3:00 Pretty Nails & Manicures (A)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Movie Night & Popcorn (All)</p>	<p>9:00 Beauty & Grooming Time (A,B) ¹⁸</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Dominos (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>2:00 Snackivity: Sing-a-long* (A)</p> <p>3:00 Arts & Crafts (B)</p> <p>3:00 Saturday Stroll/ Resident Focus Visits (All)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Yahtzee (B) </p>
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<p>9:00 Beauty & Grooming Time (All) ²⁶</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 B-I-N-G-O* (A,B)</p> <p>12:30 Game: Yahtzee (All)</p> <p>2:00 Snackivity: Snack & Animals* (A,B)</p> <p>3:00 Sunday Stroll/ Resident Focus Visits (All)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Dominos (B) </p>	<p>9:00 Beauty & Grooming Time (All) ²⁷</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Piano Player: Jonathan (C)</p> <p>12:30 Game: Dominos (All)</p> <p>1:30 Floral Arranging (B,C)</p> <p>2:30 Snackivity: Snack & Word Games* (A,B)</p> <p>3:00 Card Games* (A,B) B-I-N-G-O* (C)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Penny Ante (B)</p>	<p>9:00 Beauty & Grooming Time (All) ²⁸</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Travel* (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>1:30 Game: Yahtzee (All)</p> <p>2:00 Singer: Memory Tones (B)</p> <p>3:00 Pretty Nails & Manicures (A)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Match Them Up* (B) </p>	<p>9:00 Beauty & Grooming Time (All) ²⁹</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Brain Games* (A,B)</p> <p>12:30 Word Puzzle Games* (A,B)</p> <p>12:30 Game: Scrabble (C)</p> <p>1:00 Creative Arts* (A,B)</p> <p>2:00 Snackivity: Snack & Animals* (A,B)</p> <p>3:30 Card Games* (A,B)</p> <p>4:00 Exercise Fun* (A)</p> <p>6:00 B-I-N-G-O Night!* (B)</p>	<p>9:00 Beauty & Grooming Time (All) ³⁰</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & On This Day* (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>2:00 Snackivity: Snack & Music* (A,B)</p> <p>2:00 Piano Player: Basil (C)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Life Stories (B)</p>	<p>9:00 Beauty & Grooming (A,B) ³¹</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Snackivity: Snack & Laughter* (A,B)</p> <p>11:00 Church Guys (B)</p> <p>12:30 Game: Yahtzee (All)</p> <p>2:00 Scenic Drive: Dorena Lake</p> <p>3:00 Singer: Simple Harmonies (A)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Movie Night & Popcorn (All)</p>	<p>9:00 Beauty & Grooming Time (A,B) ³²</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:30 Snackivity: Snack & Dominos (A,B)</p> <p>12:30 B-I-N-G-O* (B,C) 1:00 (A)</p> <p>2:00 Snackivity: Sing-a-long* (B)</p> <p>3:00 Arts & Crafts (B)</p> <p>3:00 Saturday Stroll/ Resident Focus Visits (All)</p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Yahtzee (B)</p>  