FARMINGTON SQUARE
A RADIANT SENIOR LIVING COMMUNITY

17950 SW 115th Avenue
Tualatin, OR 97062

STAMP HERE

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Dinning Service Director

Anjee Thompson
Life Enrichment Director

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

The Farmington Times

Monthly Newsletter

January 2020

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3 Team & Resident Spotlight
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7 Special Moments, Recipe Corner
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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.

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!

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, 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!

Dottie: Jan. 14
Shirley: Jan. 17
Stan: Jan. 24
Arlie: Jan. 28

Come visit us online at:

Facebook.com/FarmingtonSquareTualatin

Blog.radiantseniorliving.com

Radiantsrliving on Instagram

Radiantvoices on Instagram

RadiantSrLiving on Twitter

Pinterest.com/radiantsrliving

Radiant Senior Living on YouTube

Resident Spotlight: Diane

Diane is a California Girl that was born in the L.A. area. She really enjoys sitting in the sun when it is out. She also loves to go to plays and out to lunch with her family.

She says that being with her family members keeps her young and happy. She always asks the staff how they are doing and checks in with the other residents. She likes to go on walks and if the sun is out, that's even better. After a good walk, she loves a strong cup of coffee.

We love having you here at Farmington Square, Diane!

Staff Spotlight: Maricruz

Most of our families may not recognize this lovely lady. Maricruz has worked here at FST for the last 10 years on NOC shift. Late at night when most everyone is sleeping, she is hard at work caring for those around her. She loves having the residents tell her stories of their lives, loves, and adventures. She also loves to watch her children play sports and spend time with them. She says her family is everything to her and she loves to be with them. She loves Oregon's rain and all the green that comes from it, as well as classical music. She one day hopes to see Andrea Bocelli or Andre Rieu in concert.
T
hank you for all you do, Maricruz!

JANUARY 2020

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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5 10:15 Snack 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study IN2L 3:00 Word Search 4:00 Trivia IN2L 6:00 News Review	6 10:15 Snack 10:30 Chair Yoga 11:00 Trivia IN2L 1:00 Read Aloud 2:00 Card games 3:15 Ball Toss 4:00 Games IN2L	7 10:00 Day in History IN2L 10:15 Snack 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games IN2L	8 10:15 Snack 10:45 Games 1:00 Chair Yoga 2:30 Bible Study IN2L 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show IN2L	9 10:15 Snack 11:30 Art and Coloring 1:00 Stretching 1:30 States Trivia IN2L 2:00 Bible Study IN2L 3:50 Music IN2L 6:00 Uno / Cards	10 10:00 Snack 11:00 Card Games 1:00 Exercise IN2L 2:00 Bowling 3:00 Birthday Party 4:00 This Day in History 6:00 Comedy TV	11 10:15 Snack 11:00 Concert IN2L 1:00 Chair Yoga 1:30 Spelling 2:30 Sing Along 3:00 Trivia IN2L 6:00 Movie Time
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26 10:15 Snack 1:00 Gentle Stretches 1:30 Good News 2:00 Bible Study IN2L 3:00 Word Search 4:00 Trivia IN2L	27 10:15 Snack 10:30 Chair Yoga 11:00 Trivia IN2L 1:00 Read Aloud 2:00 Card Games 3:15 Ball Toss 4:00 Games IN2L	28 10:00 Day in History IN2L 10:15 Snack 11:00 Exercise 12:45 Crafts 2:00 Bingo 3:15 Book Club 4:00 Word Games IN2L	29 10:15 Snack 11:00 Christmas Songs 1:00 Chair Yoga 2:30 Bible Study IN2L 3:00 Jokes and Poems 4:00 Word Search 6:00 Travel Show IN2L	30 10:15 Snack 11:30 Art and Coloring 1:00 Stretching 1:30 States Trivia IN2L 2:00 Bible Study IN2L 3:50 Music IN2L 6:00 Uno / Cards	31 10:00 Snack 11:00 Card Games 1:00 Exercise IN2L 2:00 Bowling 3:00 Birthday Party 4:00 This Day in History 6:00 Hangman IN2L	

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5 10:00 Exercise IN2L 10:30 Bob Ross IN2L 11:00 Word Search 1:00 Bible Study 2:00 Card Games 3:00 Sunday Movie	6 10:00 Gentle Stretches 10:30 Brain Teasers IN2L 11:00 Cribbage 1:00 Scrabble 2:30 One on One 4:30 Comedy TV	7 10:00 Exercise IN2L 10:30 Today in History 11:00 Board Games 1:00 Art Project 2:00 Bunko 3:00 Bingo	8 10:15 Piano with Alice 11:00 Stretches IN2L 11:30 Lunch Outing 1:00 Arts Class 2:00 Board Games 3:30 Trivia IN2L	9 10:00 Chair Yoga 10:50 Therapy Dog 11:30 Famous Artists 1:00 Card Games 2:00 Book Club 3:00 Dominos	10 9:30 BINGO & Lun. JCP 10:00 Exercise IN2L 1:00 Scrabble 2:00 Craft and Create 3:00 Word Search 4:30 Comedy TV	11 10:00 Morning News 10:30 Art and Music 11:00 Spa Time 1:00 Word Games 2:00 Board Games 3:00 Day in History IN2L
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