FARMINGTON SQUARE
A RADIANT SENIOR LIVING COMMUNITY

14420 SW Farmington Rd.
Beaverton, OR 97005

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Administrative Team:

Adriene Lierheimer
Executive Director

Elaine Hanrahan
Community Relations Director

Cassidy Roberts (A)
Wellness Director

McKenzie Smithson (B)
Wellness Director

Maria Cotom-Pineda (C/D)
Wellness Director

Molly Hasson
Business Office Director

Rebecca Gonzales
Registered Nurse

Erika Silva
Dietary Director

Jennifer Johnson
Maintenance Director

Robert Baty
Life Enrichment Director

Contact Us At:

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

The Radiant Reader

Farmington Square Transitions Newsletter

February 2020

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3 Caught In Action
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Early Detection Factors Into Improved Cancer Statistics

Perhaps unbelievable, but true, some of the best news of the last decade comes from recent statistics regarding cancer. Both the rate of new cancer diagnoses and the rate of mortality due to cancer have decreased over the last 10 years. This is exciting news, and early detection has played a vital role in decreasing these stats.

Early diagnosis can also have a more personal benefit of empowering us with knowledge about our health and giving us the opportunity to stall, stop, or receive needed support. February is National Cancer Prevention Month; read on to learn more about the importance of early detection, and some lifestyle choices that may lead to a cancer diagnosis.

Remember, to talk with your medical provider about the best test type and frequency of testing as it varies depending on risk factors and general health.

Early Detection for Men

Men are suggested to get screening for colon, prostate, and lung cancers. Testing for colon cancer generally is suggested starting at age 45, prostate at 50, and lung at 55.

Early Detection for Women

Testing for cancers such as breast, cervical, colon, and lung are recommended for women. Regular pap smears beginning at age 30 help doctors monitor for cervical cancers throughout aging. Starting at an

age range of 45 to 54 years, women are encouraged to receive annual mammograms to test for breast cancer. Colon cancer testing should start at age 50. Typically, testing for lung cancer is suggested starting at age 55.

Risk Factors & Lifestyle

While even living the healthiest life, someone can be diagnosed with cancer, but there are some lifestyle choices that can increase overall risk and evidence to suggest that a healthy lifestyle may not only decrease risk, but increase the likelihood of remission if diagnosed. Cancer risks can be reduced by avoiding tobacco, maintaining a healthy weight, engaging in regular physical activity, following a healthy diet with at least 2.5 cups of fruits and vegetables daily, limiting alcohol intake, and protecting skin.

Help do your part to continue the downward trend of cancer statistics and increase your chances of a cancer-free life by living a risk-reduced lifestyle and talking to your doctor about suggested cancer screenings at your next appointment.

Special Moments

February 2020 Highlights

February is Black History Month, Heart Month, Hot Breakfast Month, Library Lover's Month, Bake for Family Fun Month, and Embroidery Month

01 Baked Alaska Day; Read Aloud Day
02 Groundhog Day; Tater Tot Day
03 Foodservice Pride Week Kicks Off
04 Thank Mail Carriers Day; Soup Day
05 Nutella Day
06 Frozen Yogurt Day
07 Periodic Table Day; Send Cards Day
08 Boy Scout Day; Kite Flying Day
09 Pizza Day; Bagel and Lox Day
10 Clean Computer Day; Umbrella Day
11 Inventors' Day; Make a Friend Day
12 Plum Pudding Day
13 Cheddar Day; Radio Day
14 Valentine's Day; Book Giving Day
15 Gumdrop Day; Hippo Day
16 Almond Day
17 Random Acts of Kindness Day
18 Battery Day; Wine Day
19 Chocolate Mint Day
20 Love Your Pet Day; Cherry Pie Day
21 Caregivers Day; Sticky Bun Day
22 Cook a Sweet Potato Day
23 Banana Bread Day; Tile Day
24 Tortilla Chip Day
25 Fat Tuesday; Clam Chowder Day
26 Ash Wednesday; Pistachio Day
27 Chili Day; Strawberry Day; Toast Day
28 Floral Design Day; Tarter Sauce Day
29 Leap Day!

Happy Birthday Wishes!

Sara G. - 2-1

Joyce H. - 2-2

Margie C - 2-6

Larry A. - 2-17

Dolores M. - 2-20

Virginia C. - 2-29

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Blog.radiantseniorliving.com

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Radiant Senior Living on YouTube

Caught in Action

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SUN	MON	TUE	WED	THU	FRI	SAT
Activity schedule subject to changes, please check daily postings.						**1** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Bingo 2:00 Snack 3:00 Worship Time with Paul 6:00 Movie Night
2 SUPER BOWL DAY 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack **3:30 Super Bowl LIII (53) Party** 6:00 Balloon Bounce	**3** 9:30 Water coloring **10:30 *Music Therapy*** 11:30 *Wacky Word Games* 1:30 Bible Bingo 2:30 *Sing Along/Snack* 3:30 Balloon Badminton 6:00 *Evening Movie*	**4** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 *Sing Along/Snack* 2:15 Manicures 3:00 Bingo 6:00 Puzzles	**5** 9:00 Painting **9:30 Fred Meyer** 10:30 Snack 1:30 *Exercise* 2:00 *Reminisce with Snack* **3:00 Ice Cream Social** **Music By Blake Johnston** 6:00 Puzzles	**6** 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Movie Matinee **1:15 Elsie Stuhr** 4:00 Painting 6:00 Puzzles	**7** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Coloring/ Word Search 2:00 Snack 3:00 Bingo With Linda and Lisa 6:00 Puzzles	**8** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Bingo 2:00 Snack 3:00 Worship Time with Paul 6:00 Movie Night
9 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	**10** **9:30 Scenic Drive** 11:00 *Wacky Word Games* 11:30 Exercise 1:30 Bible Bingo 2:30 *Sing Along/Snack* 3:30 Balloon Badminton 6:00 *Evening Movie*	**11** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Bean Bag Toss 2:00 *Sing Along/Snack* 3:00 Bingo 6:00 Puzzles	**12** 9:00 Painting **9:30 Fred Meyer** 10:30 Snack 1:30 Exercise 2:00 Reminisce **2:45 Happy Hour/ Bingo** 6:00 Puzzles	**13** **9:30 Library Outing** 11:00 Exercise 11:30 Wacky Word Games 1:30 Manicures/ Snack 2:30 Reminisce and Snack 3:00 Bingo 6:00 Puzzles	**14 VALENTINE'S DAY** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Valentine's Day Craft 2:00 Snack 3:00 Bingo With Linda and Lisa 6:00 Puzzles	**15** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Bingo 2:00 Snack 3:00 Worship Time with Paul 6:00 Movie Night
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23 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	**24** **9:30 Scenic Drive** 11:00 *Wacky Word Games* 11:30 Exercise 1:30 Bible Bingo 2:30 *Sing Along/Snack* 3:30 Balloon Badminton 6:00 *Evening Movie*	**25 MARDI GRAS** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 *Sing Along/Snack* 2:15 Manicures 3:00 Bingo **3:45 Pet Therapy** 6:00 Puzzles	**26 ASH WEDNESDAY** 9:00 Painting **9:30 Fred Meyer** 10:30 Snack 1:30 Exercise 2:00 Reminisce **2:45 Happy Hour/ Bingo** 6:00 Puzzles	**27** **9:30 Library Outing** 11:00 Exercise 11:30 Wacky Word Games 1:30 Manicures/ Snack 2:30 Reminisce and Snack 3:00 Bingo 6:00 Puzzles	**28** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Coloring/ Word Search 2:00 Snack 3:00 Bingo With Linda and Lisa 6:00 Puzzles	**29** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Bingo 2:00 Snack 3:00 Worship Time with Paul 6:00 Movie Night

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SUN	MON	TUE	WED	THU	FRI	SAT
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2 SUPER BOWL DAY 9:30 Snack 9:45 Watercolors 10:00 *Sit And Be Fit* 11:00 Bible Study 1:30 Bingo/Snack **3:30 Super Bowl LIII (53) Party** 6:00 Puzzles	**3** **9:45 Scenic Drive** 10:30 Coffee & News 11:00 Exercise 1:30 *Sing Along/* Snack 2:45 Bingo 4:00 Poem of the day 6:00 Evening Movie	**4** 9:45 Watercolors 10:30 Snack 11:00 *Exercise and Sing Along* 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	**5** 9:15 *Daily News Report* **9:45 Fred Meyer** 10:00 Snack 1:30 *Seated Stretching* 2:00 *Reminisce/ Snack* **3:00 Ice Cream Social** **Music By Blake Johnston** 6:00 Puzzles	**6** 10:00 Watercolors & Snack 11:00 *Exercise and Sing Along* 1:00 *Movie Matinee* **1:15 Elsie Stuhr** 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	**7** 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Table Games 2:30 *Reminisce* /Snack 3:00 Bingo 6:00 Puzzles	**8** 10:00 *Watercolors & Snack* 10:30 *Coffee & News* 11:00 Exercise 1:30 Table Games 2:45 Bingo with Snack 4:00 Poem of The Day 6:00 Evening Movie
9 9:30 Snack 9:45 Watercolors 10:00 *Sit And Be Fit* 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	**10** 9:30 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 *Trivia/ Snack* 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	**11** 9:45 Craft 10:30 Snack 11:00 *Exercise and Sing Along* 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	**12** 9:15 *Daily News Report* **9:45 Fred Meyer** 10:00 Snack 1:30 *Seated Stretching* 2:00 *Reminisce/ Snack* **3:00 Happy Hour/ Bingo** 6:00 Puzzles	**13** 9:30 Watercolors **9:45 Library Outing** 10:00 Snack 11:00 Exercise 1:30 Craft 2:45 Snack 3:00 Bingo 6:00 Evening Movie	**14 VALENTINE'S DAY** 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Table Games 2:30 *Reminisce* /Snack 3:00 Bingo 6:00 Puzzles	**15** 10:00 *Watercolors & Snack* 10:30 *Coffee & News* 11:00 Exercise 1:30 Table Games 2:45 Bingo with Snack 4:00 Poem of The Day 6:00 Evening Movie
16 9:30 Snack 9:45 Watercolors 10:00 *Sit And Be Fit* 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Puzzles	**17 PRESIDENTS' DAY** **9:45 Scenic Drive** 10:30 Coffee & News 11:00 Exercise **1:30 Resident Council/ Snack** 2:45 Bingo 4:00 Poem of the day 6:00 Evening Movie	**18** 9:45 Watercolors 10:30 Snack 11:00 *Exercise and Sing Along* 1:30 Table Games 2:45 Snack 3:00 Bingo 6:00 Puzzles	**19** 9:00 Painting **9:30 Fred Meyer** 10:30 Snack 1:30 *Seated Stretching* 2:00 *Reminisce with Snack* **3:00 February Birthdays** **Music By Lee Nicholas** 6:00 Puzzles	**20** 10:00 Watercolors & Snack 11:00 *Exercise and Sing Along* 1:00 *Movie Matinee* **1:15 Elsie Stuhr** 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	**21** 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Table Games 2:30 *Reminisce* /Snack 3:00 Bingo 6:00 Puzzles	**22** 10:00 *Watercolors & Snack* 10:30 *Coffee & News* 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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2 SUPER BOWL DAY 10:00 Beauty Hour 10:30 Snack 11:00 *Conductor Exercise* 11:30 *Good News Network* 1:30 *Bible Study* 2:00 Balloon Bounce **3:30 Super Bowl LIII (53) Party** 6:00 Puzzles	**3** 10:00 Beauty Hour 10:30 *Sing Along / Snack* 11:00 *Trivia* 11:30 Exercise 1:30 Table Games 2:00 *Reminisce/ Snack* 3:00 *Bingo* 6:00 *Movie*	**4** 10:00 Pretty Nails 10:30 *Memory Bio/Snack* 11:00 *Sing Along* 11:30 Seated Stretching 1:30 *Bingo* 2:00 *Old Commercials/Snack* 3:00 *Travel* 6:00 *Nature Relax*	**5** 10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 *Sing Along* 11:30 Travel Tours **1:30 Scenic Drive** 2:00 *Snack* 3:30 Balloon Bat 6:00 *National Parks*	**6** 10:00 Pretty Nails 10:30 *Memory Bio/Snack* 11:00 Exercise 11:30 Name That Tune 1:30 *Bingo* 2:00 *Trivia/ Snack* 3:00 Sing Along 6:00 *Nature Relax*	**7** 10:00 Beauty Hour 10:30 *Sing Along/ Snack* 11:00 *Balloon Toss* 11:30 *Trivia* 1:30 Puzzle/Cards/Folding 2:00 *Reminisce/ Snack* 3:00 *Bingo* 6:00 *National Parks*	**8** 10:00 Pretty Nails 10:30 *Memory Bio/Snack* 11:00 *What Did It Cost* 11:30 Exercise 1:30 Puzzle/Cards/Folding 2:00 *Old Commercials/Snack* 3:00 *Bingo* 6:00 *Nature Relax*
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