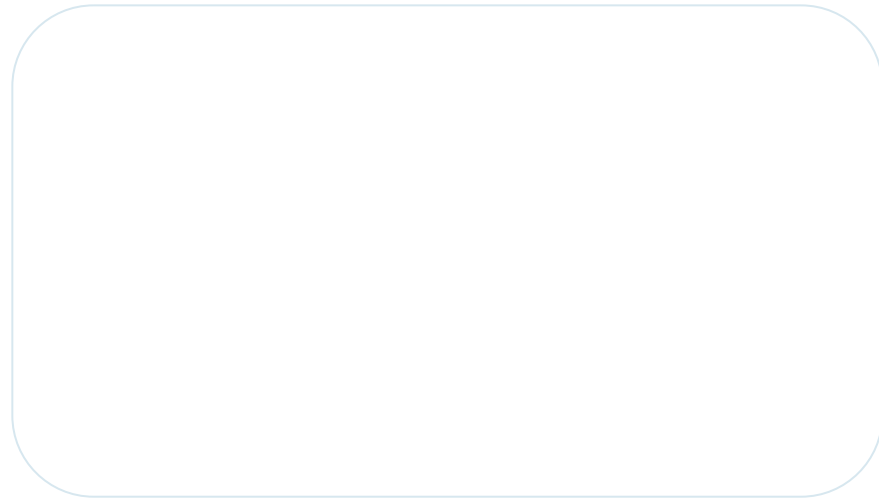




2730 Bailey Lane
Eugene, OR 97401

STAMP
HERE



Administrative Team: 541-344-7902

- Executive Director: Jill Maher
- Community Relations Director: Carey Gross
- Business Office Director: Celene Brummund
- Wellness Nurse: Theresa Curcio RN
- Wellness Nurse: Matt Hackett LPN
- Wellness Director: Barbara Schmidt
- Wellness Care Coord.: Mia Reeser
- Wellness Care Coord.: Jo Mallory
- Maintenance Director: Brian Thompson
- Dining Services Director: Crystal Lehnerr
- Life Enrichment Director: Kirsten Silva



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



February 2020

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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



This month, join us for our...

Super Bowl LIV Party
On February 2nd, 2020
At 3 PM

Located in Cottage C, TV Room

You are also welcome to attend...

Ladies Night: Paint and Sip
On February 18th, 2020
At 6:30 PM

Located in Cottage C, Activity Area

Our Thoughts On...

What we love about Valentine's Day!

"It's a chance to tell people you love them." - Becky

"It brings out the best in people." - Donovan

"The candy." - Katie

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

Happy Birthday Wishes!

Residents Birthdays:

Marie: Feb. 9th

Betty: Feb. 22nd

Staff Birthdays:

Alyssa: Feb. 5th

Miyah: Feb. 13th

Visit us Online:

Facebook.com/
FarmingtonSquareEugene

Blog.radiantseniorliving.com

Radiantsrliving on Instagram

Radiantvoices on Instagram

RadiantSrLiving on Twitter

Pinterest.com/radiantsrliving

Radiant Senior Living on
YouTube

Resident Spotlight: Mel and Doris!

Our Radiant residents of the month are Mel and Doris!

Mel is from Nampa, Idaho. He enjoys tennis, watercolor painting, talking sports, and music. Mel is an accomplished artist who has won two Lane County Fair Purchase Awards and three Watercolor Society of Oregon Best of Show Awards. In January, Mel had an exhibit at the EMU: Adell McMillian Gallery at the University of Oregon, where they showcased his art from the last 60 years.

Doris is from Minneapolis, Minnesota. She enjoys crocheting, classic movies, dancing, walking, singalongs, spending time with their cat Sophie, and music. Doris will often tell you about the times she played trumpet in her high school band. Mel and Doris met at the USO on New Year's Eve of 1945. He sketched a picture of her that night that they still have today. They got married in June of that same year.

We adore the both of you and thank you for choosing Farmington Square as your home!



Staff Spotlight: Crystal!

Our Radiant Team Member of the month is Crystal!

She has been a part our Radiant team for four years. She started at our sister facility, Sweetbriar Villa, then transferred to Farmington Square as a cook. She recently got promoted to Dining Services Director and has made many great improvements to the dietary department.

Crystal enjoys cooking, rock music, spending time with her daughter, disk golf, road trips, camping, Pepsi, and rugby. She is described as hardworking, dedicated, sympathetic, funny, passionate, and reliable.

Crystal, you are an amazing person on the inside and outside. We appreciate everything you do; thank you!

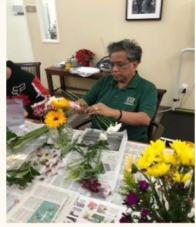




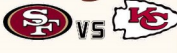












FEBRUARY 2020

Farmington Square Eugene

• 2730 Bailey Lane, Eugene, OR 97401

• 541-344-7902



SUN	MON	TUE	WED	THU	FRI	SAT
<p>February Highlights</p> <ul style="list-style-type: none"> • Mondays @ 10am Jonathan on Piano • Feb. 2nd - Super Bowl LIV Party • Feb. 6th & 27th - Steven on Piano • Feb. 7th & 21st - Pet Visits • Feb. 10th - Birthday Social • Feb. 13th & 20th - Basil on Piano • Feb. 14th - Valentines Day Social Performance by Katie Sontag • Feb. 18th - Ladies Night: Paint & Sip • Feb. 25th - Memory Tones 	 	 	 	 	 	<p>9:00 Beauty & Grooming Time (A,B)</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: Snack & 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>SUPER BOWL DAY 2</p> <p>9:00 Beauty & Grooming Time (All)</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* (All)</p> <p>3:00 Super Bowl LIV Party (C) </p> <p>4:00 Exercise Fun* (A)</p> <p>5:15 Exercise Fun* (B)</p> <p>6:00 Game: Dominos (B)</p>	<p>3</p> <p>9:00 Beauty & Grooming Time (All)</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Piano Player: Jonathan (A)</p> <p>12:30 Game: Dominos (A,B)</p> <p>12:30 B-I-N-G-O* (C)</p> <p>2:00 Floral Arranging (B,C)</p> <p>2:30 Snackivity: Snack & Word Games* (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: Penny Ante (B)</p>	<p>4</p> <p>9:00 Beauty & Grooming Time (All)</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>2:00 Coffee & Conversation* (All)</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 Game: Match Them Up* (B) </p>	<p>5</p> <p>9:00 Beauty & Grooming Time (All)</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: Yahtzee (C)</p> <p>1:00 Creative Arts* (All)</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>6</p> <p>9:00 Beauty & Grooming Time (All)</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>2:00 Exercise Fun* (C)</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>7</p> <p>9:00 Beauty & Grooming (A,B)</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: South Hills Loop</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>8</p> <p>9:00 Beauty & Grooming Time (A,B)</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: Snack & 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</p> <p>9:00 Beauty & Grooming Time (All)</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* (All)</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>10</p> <p>9:00 Beauty & Grooming Time (All)</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Piano Player: Jonathan (B)</p> <p>12:30 Game: Dominos (A,B)</p> <p>12:30 B-I-N-G-O* (C)</p> <p>2:00 Floral Arranging (B,C)</p> <p>3:00 Birthday Social (B,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>11</p> <p>9:00 Beauty & Grooming Time (All)</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>2:00 Farmington Square Staff Meeting</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>12</p> <p>9:00 Beauty & Grooming Time (All)</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: Yahtzee (C)</p> <p>1:00 Creative Arts* (All)</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>13</p> <p>9:00 Beauty & Grooming Time (All)</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>VALENTINE'S DAY 14</p> <p>9:00 Beauty & Grooming Time (A,B)</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 Valentines Day Social (C)  Performance by Katie Sontag</p> <p>3:30 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>15</p> <p>9:00 Beauty & Grooming Time (A,B)</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: Snack & 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>16</p> <p>9:00 Beauty & Grooming Time (All)</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* (All)</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>PRESIDENTS' DAY 17</p> <p>9:00 Beauty & Grooming Time (All)</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Piano Player: Jonathan (C)</p> <p>12:30 Game: Dominos (A,B)</p> <p>12:30 B-I-N-G-O* (C)</p> <p>2:00 Floral Arranging (B,C)</p> <p>2:30 Snackivity: Snack & Word Games* (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: Penny Ante (B)</p>	<p>18</p> <p>9:00 Beauty & Grooming Time (All)</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>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>6:30 Ladies Night: Paint and Sip (C) </p>	<p>19</p> <p>9:00 Beauty & Grooming Time (All)</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: Yahtzee (C)</p> <p>1:00 Creative Arts* (All)</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>20</p> <p>9:00 Beauty & Grooming Time (All)</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>21</p> <p>9:00 Beauty & Grooming (A,B)</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: Marcola</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>22</p> <p>9:00 Beauty & Grooming Time (A,B)</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: Snack & 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>23</p> <p>9:00 Beauty & Grooming Time (All)</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* (All)</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>24</p> <p>9:00 Beauty & Grooming Time (All)</p> <p>9:30 Exercise Fun* (A,B)</p> <p>10:00 Piano Player: Jonathan (A) </p> <p>12:30 Game: Dominos (A,B)</p> <p>12:30 B-I-N-G-O* (C)</p> <p>2:00 Floral Arranging (B,C)</p> <p>2:30 Snackivity: Snack & Word Games* (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: Penny Ante (B)</p>	<p>MARDI GRAS 25</p> <p>9:00 Beauty & Grooming Time (All)</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>2:00 Singer: Memory Tones (B)</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 Game: Match Them Up* (B)</p>	<p>26</p> <p>ASH WEDNESDAY</p> <p>9:00 Beauty & Grooming Time (All)</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: Yahtzee (C)</p> <p>1:00 Creative Arts* (All)</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>27</p> <p>9:00 Beauty & Grooming Time (All)</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>2:00 Exercise Fun* (C)</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>28</p> <p>9:00 Beauty & Grooming Time (A,B)</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 Scenic Drive: Dexter 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>29</p> <p>9:00 Beauty & Grooming Time (A,B)</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>