



14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp

Administrative Team:

Adriene Lierheimer
Executive Director

Ashley Krause
Community Relations Director

Imogen Fox (A)
Wellness Director

Lupita Andrade (B)
Wellness Director

Maria Cotom-Pineda (C/D)
Wellness Director

Melanie Tuttle
Business Office Director

Joan Alfano
Registered Nurse

Erika Silva
Dietary Director

Jennifer Johnson
Maintenance Director

Robert Baty
Life Enrichment Director

Contact Us At:

503-626-2273

info-beaverton@farmingtonsquare.com

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

The Radiant Reader

October 2020

Farmington Square Transitions Newsletter



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Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

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 knowledge could help a loved one, friend, or yourself.

Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.

What is Breast Cancer?

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

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were 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. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report 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 managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

Special Moments



Happy Birthday!



Sungbok A. - 10/10
Phyllis M. - 10/19
Carol O. - 10/25
Walter P. - 10/26

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!

October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.
Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- | | |
|---|---|
| 01 Homemade Cookies Day; Hair Day | 17 Pasta Day; Sweetest Day |
| 02 Custodial Worker Day; Car Naming Day | 18 No Beard Day; Choco Cupcake Day |
| 03 Techies Day | 19 Seafood Bisque Day; Kentucky Day |
| 04 Golf Love Day; Taco Day; Cinn. Bun Day | 20 Brandy Fruit Day; Youth Confidence Day |
| 05 Rhode Island Day; Get Funky Day | 21 Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Orange Wine Day | 22 Nut Day; Color Day; Make a Dog's Day |
| 07 Frappe Day; Pumpkin Seed Day | 23 Boston Crème Pie Day; Talk Show Day |
| 08 Fluffernutter Day; Pierogi Day | 24 Make a Difference Day; Bologna Day |
| 09 Moldy Cheese Day | 25 Mother In Law Day; Greasy Food Day |
| 10 Angelfood Cake Day; Chess Day | 26 Pumpkin Day; Mincemeat Day |
| 11 Sausage Pizza Day; Clergy Apprec. Day | 27 American Beer Day; Black Cat Day |
| 12 Gumbo Day; Native Americans Day | 28 Chocolate Day |
| 13 Yorkshire Pudding Day; Navy Birthday | 29 Oatmeal Day; |
| 14 Fossil Day; Dessert Day | National Cat Day |
| 15 Cheese Curd Day; I Love Lucy Day | 30 Candy Corn Day; |
| 16 Sports Day; Global Cat Day; Bosses Day | Breadstick Day |
| | 31 Halloween |



Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan	1 tsp vanilla
⅔ cup granulated sugar	1 tsp baking soda
½ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	½ tsp salt
⅔ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	½ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
¾ cup whole-wheat flour	¼ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



Carol N.



Marilyn L.

RESIDENT SPOTLIGHT:

A big Farmington welcome to two of our new residents!

Carol was born here in Portland metro area and spent most of her life here with a two decade stay in central Oregon before coming back to Portland. She is a mother, was a political campaign consultant, enjoys animals and a good cup of coffee with friends.

Marilyn was born in Utah and spent most of her life there as a stay home mother. She relocated to Portland area in the last few year to be closer to family. She enjoys sewing and cooking. A good conversation is always welcome.

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9:30 Snack 9:45 Gardening 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 NetFlix Night	9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 <i>Sing Along/</i> Snack 2:45 Bingo 4:00 Poem of the day 6:00 Evening Movie	9:30 Gardening 10:30 Snack 11:00 <i>Exercise and Sing Along</i> 1:30 Table Games 2:30 Manicures / Snack 3:00 Bingo 6:00 Puzzles	9:30 Gardening 9:45 Fred Meyer 10:30 Snack 11:00 Exercise 1:30 <i>Sing Along</i> 2:00 <i>Reminisce</i> 2:45 Happy Hour / Bingo 6:00 Puzzles	9:15 Watercolors & Snack 10:45 <i>Exercise and Sing Along</i> 1:00 <i>Movie Matinee</i> 1:15 Elsie Stuhr 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	10:00 Gardening & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Trivia 2:30 <i>Reminisce</i> /Snack 3:00 Bingo 6:00 Puzzles	10:00 <i>Watercolors & Snack</i> 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 <i>Sing Along</i> 2:45 Bingo with Snack 4:00 Poem of The Day 6:00 Evening Movie
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10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo/ Snack</i> 6:00 <i>Travel Videos</i>	10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 <i>Travel</i> 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 <i>Travel</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 <i>Bingo</i> 2:00 <i>Reminisce/ Snack</i> 3:00 Balloon Bat 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Balloon Toss</i> 11:30 <i>Trivia</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
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10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Bible Study</i> 2:00 Balloon Bounce 3:00 <i>Bingo/ Snack</i> 6:00 <i>Travel Videos</i>	10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 <i>Trivia</i> 11:30 Exercise 1:30 <i>Travel</i> 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>Movie</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 <i>Sing Along</i> 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 2:30 Pet Therapy 3:00 Trivia 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 Balloon Bat/Snack 11:00 <i>Sing Along</i> 11:30 Travel Tours 1:30 <i>Bingo</i> 2:00 <i>Reminisce/ Snack</i> 3:00 Balloon Bat 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/Snack</i> 11:00 Exercise 11:30 Name That Tune 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Sing Along 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 <i>Balloon Toss</i> 11:30 <i>Trivia</i> 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>