

A big Farmington THANK
YOU to all of our employees.
You make each day
radiant for all our residents!
A special thank you to
Grace, our employee of the
month!



Administrative Team:

Adriene Lierheimer Executive Director

Ashley Krause Community Relations Director

Cassidy Roberts (A)
Wellness Director

McKenzie Smithson (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

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www.farmingtonsquare-beaverton.com



The Radiant Reader

September 2020
Farmington Square Transitions Newsletter



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- 7 Caught in Action & Birthdays
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Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

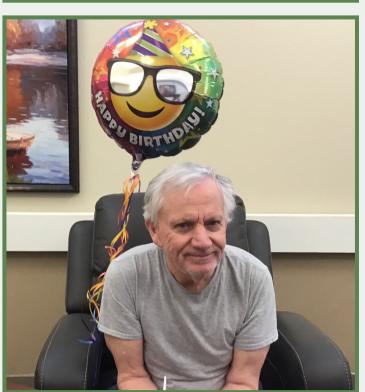


Exercises to Improve Balance:

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!





Caught in Action







Marie L. - 9/12

Michael K. - 9/20

Jack W. - 9/20

Dorothy B. - 9/23

Berthine L. - 9/29

September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

- 01 No Rhyme Nor Reason Day
- 02 Blueberry Popsicle Day
- 03 Bowling League Day
- 04 College Colors Day; Macadamia Nut Day
- 05 Cheese Pizza Day; Beard Day
- 06 Read a Book Day; Coffee Ice Cream Day
- 07 Labor Day; Acorn Squash Day
- 08 Ants on a Log Day; Ampersand Day
- 09 Teddy Bear Day; Weiner Schnitzel Day
- 10 Swap Ideas Day; Portrait Day
- 11 Patriot Day; Hot Cross Bun Day
- 12 Chocolate Shake Day; Video Game Day
- 13 Grandparents Day; Assisted Living Week
- 14 Boss Day; Hoagie Day; Crème Donut Day
- 15 Online Learning Day; Cheese Toast Day
- 16 Mayflower Day; Guac Day; Play-Doh Day

- 17 Housekeepers Day; Apple Dumpling Day
- 18 Airforce Birthday; Cheeseburger Day
- 19 Butterscotch Pudding Day; Pirate Talk Day
- 20 Fried Rice Day; Pepperoni Pizza Day
- 21 Chai Day; Pecan Cookie Day; NY Day
- 22 Centenarians Day; White Chocolate Day
- 23 Snack Stick Day; Pot Pie Day
- 24 Quesadilla Day; Cherries Jubilee Day
- 25 Comic Book Day; Story Day; Lobster Day
- 26 Pancake Day; Family Health & Fitness Day
- 27 Chocolate Milk Day; Scarf Day
- 28 Neighbor Day; Strawberry Cream Pie Day
- 29 Coffee Day; VFW Day
- 30 Gum Day; Hot Mulled Cider Day
- 31 Avocado Day; Mutt Day

Special Moments



Happy 70th Anniversary Earl and Eleanor!





Surprise, its your Birthday! Best wishes, Lori!



Happy Birthday Joanne! We won't tell anyone how old you are!





Regarding Covid-19:

The 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.

Our Autumn Favorites:

"Fresh pumpkin pies" - Phyllis

"The chill in the morning air" - Jeanne

"Last bit of color before winter" - Teresa

"All of the beautiful colors we get"

- Ruth, Carol, Kay, Don and Pat

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		2:15 Manicures	1:30 Exercise	2:30 Reminisce and Snack	2:00 Gardening/Snack	2:00 Snack
		3:00 Bingo	3:00 Ice Cream Social	3:00 Bingo	3:00 Bingo	3:00 Worship Time with Paul
		6:00 Puzzles	Music By Art Goodman	6:00 Puzzles	6:00 Puzzles	6:00 Movie Night
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			2:30 Manicures / Snack	2:00 Trivia	1:30 Craft	2:30 Reminisce /Snack	2:45 Bingo with Snack
			3:00 Bingo	3:00 Ice Cream Social	2:45 Snack	3:00 Bingo	4:00 Poem of The Day
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