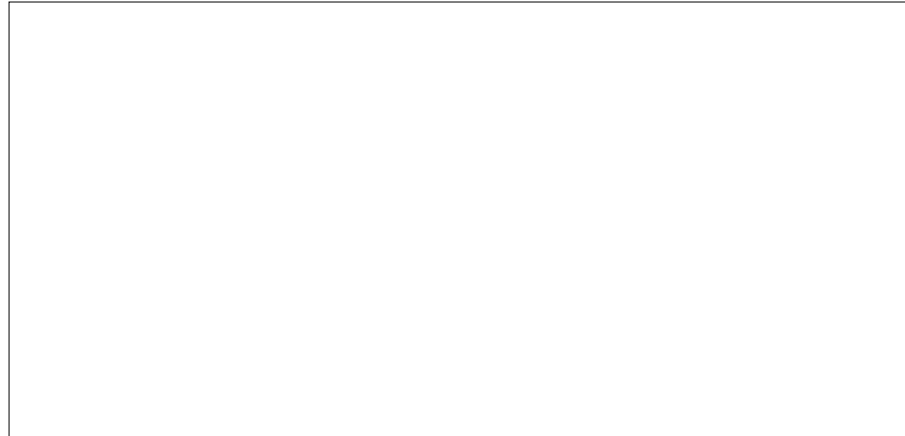




17950 SW 115th Ave
Tualatin, OR 97062

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Administrative Team:

Executive Director: Tawnya Theodore
Community Relations Dir.: Randy Dickens
Wellness Director: Jennifer Chongway
Wellness Director: Staci Jarvis
Wellness Director: Sally Campos
Registered Nurse: Franciene Thompson
Business Office Director: Jane Smith
Maintenance Director: Paul Burns
Dining Service Dir.: Samantha Olivar-Silva
Life Enrichment Dir.: Anjee Thompson

Connect:

503-692-1748

info-tualatin@farmingtonsquare.com
www.farmingtonsquare-tualatin.com

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

The Farmington Times

October 2020 Newsletter



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3 Team & Resident Spotlight
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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!



- Shirley: Oct. 1
Bob: Oct. 3
Ly: Oct. 5

Judy: Oct. 9
Cec: Oct. 28
- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpions (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
$\frac{2}{3}$ cup granulated sugar	1 tsp baking soda
$\frac{1}{2}$ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	$\frac{1}{2}$ tsp salt
$\frac{2}{3}$ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	$\frac{1}{2}$ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
$\frac{3}{4}$ cup whole-wheat flour	$\frac{1}{4}$ 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)



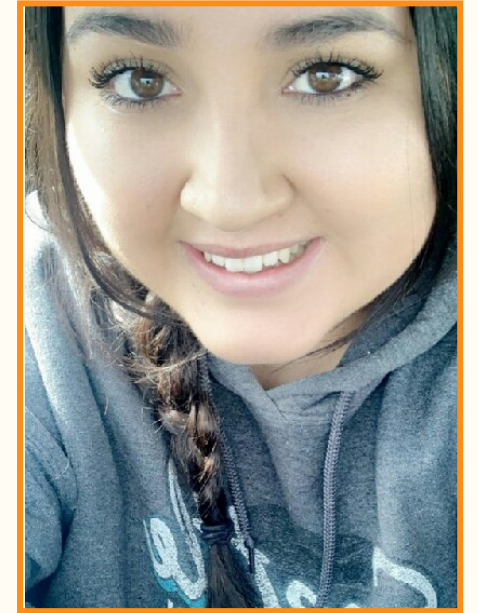
RESIDENT SPOTLIGHT:

Cheri

Cheri has lived at Farmington Square Tualatin for several years. She loves art and coloring, and painting has always been one of her favorite activities. She also love to visit with staff and other residents.

She loves to talk to her three children and her grand children. She thinks that they are the best people on earth and loves them very much!

We love her smile and kind heart!



STAFF SPOTLIGHT:

Melissa

Melissa has recently moved to Oregon from Coarsegold, California.

During her off time from work, she loves spending time with her family and her dog. She says she loves getting to know the residents and caring for them has been the best part of her time here.

We are glad to have her on our team.

Thank You, Melissa!

OCTOBER 2020

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Alpine •

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<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
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11 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	12 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Write a Story Part 1 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	13 Navy's Birthday 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	14 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Museum 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	15 I love Lucy Day 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	16 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	17 8:00 Breakfast 9:30 0 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L
18 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	19 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Write a Story Part 1 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	20 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	21 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Museum 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	22 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	23 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	24 8:00 Breakfast 9:30 0 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L
25 8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 12:00 Lunch 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 5:00 Dinner 6:00 Movie IN2L	26 8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 12:00 Lunch 1:00 Write a Story Part 1 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 5:00 Dinner 6:00 Music IN2L	27 8:00 Breakfast 9:30 Exercise IN2L 10:00 Good News 11:00 Trivia IN2L 12:00 Lunch 1:00 Art with Annie 2:00 Cribbage/ Games 3:00 Walking Group 4:00 One on One Visit 5:00 Dinner 6:00 Music IN2L	28 Chocolate Day 8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 12:00 Lunch 1:00 Virtual Tour Museum 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 5:00 Dinner 6:00 Funny TV Show	29 8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 12:00 Lunch 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 5:00 Dinner 6:00 History Video IN2L	30 8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 12:00 Lunch 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 5:00 Dinner 6:00 Funny TV Show	31 Halloween 8:00 Breakfast 9:30 0 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 12:00 Lunch 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Ball Room Dance Video 5:00 Dinner 6:00 Music IN2L