



14420 SW Farmington Rd.  
Beaverton, OR 97005

Stamp

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

#### Administrative Team:

**Adriene Lierheimer**

Executive Director

**Patricia Hatherly**

Community Relations Director

**Maria Cotom-Pineda (A)**

Wellness Director

**Maria Cotom-Pineda (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

#### Connect:

503-626-2273

[info-beaverton@farmingtonsquare.com](mailto:info-beaverton@farmingtonsquare.com)

[www.farmingtonsquare-beaverton.com](http://www.farmingtonsquare-beaverton.com)

# The Radiant Reader

January 2021

Farmington Square Newsletter



2 Boosting Cognition

3 Santa Caught In Action

4 - 5 Activities Calendar

6 Highlights, Notes, Shortbread

7 Special Moments & Birthdays

8 Mission & Team



# How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

**10 foods on the brain health “yes” list**  
**include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.**

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

# Special Moments



- Carmen P. - 1/6
- Joan G. - 1/12
- Larry B. - 1/21
- Beverly K. - 1/26

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!



# January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

01 New Year's Day; Bloody Mary Day	17 Hot Buttered Rum Day
02 Cream Puff Day; Science Fiction Day	18 Winnie the Pooh Day; Thesaurus Day
03 Chocolate Cherry Day	19 Popcorn Day; Tin Can Day
04 Spaghetti Day; Trivia Day; Braille Day	20 Martin Luther King Jr. Day; Cheese Day
05 Whipped Cream Day; Bird Day	21 Granola Bar Day; Squirrel Lovers Day
06 Bean Day; Tech Day; Shortbread Day	22 Blonde Brownie Day; Library Fix Up Day
07 Bobblehead Day; Tempura Day	23 Pie Day; Handwriting Day
08 Argyle Day; English Toffee Day	24 Compliment Day; Peanut Butter Day
09 Apricot Day; Balloon Day	25 Opposite Day; Irish Coffee Day
10 Bittersweet Chocolate Day	26 Green Juice Day; Peanut Brittle Day
11 Milk Day; Vision Board Day	27 Bubble Wrap Day; Chocolate Cake Day
12 Pharmacist Day; Marzipan Day	28 Kazoo Day; Blueberry Pancake Day
13 Rubber Duck Day; Sticker Day	29 Corn Chip Day; Puzzle Day
14 Dress Your Pet Day; Pastrami Day	30 Croissant Day
15 Hat Day; Bagel & Lox Day	31 Inspire with Art Day; Backwards Day;
16 Fig Newton Day; Intl. Spicy Food Day	Hot Chocolate Day

**Regarding Covid-19:** Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

January 6 is Shortbread Day and we have a recipe for it (modified from a Food Network version). **3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped**  
Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 mins. Roll dough 1/2 inch thick and cut with 3 by 1 inch rectangle cutter. Put cookies on ungreased baking sheet and sprinkle with extra sugar. Bake 20-25 mins until edges start to brown. Cool to room temp

## Santa Caught In Action





<div> <div>JANUARY 2021</div> <div>Building A</div> <div> <div>Farmington Square</div> <div>14420 SW Farmington Rd.</div> <div>Beaverton, OR. 97005</div> <div>503-626-2273</div> </div> </div>						
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	<u>Activity schedule</u>				<b>1 New Year's Day</b>	<b>2</b>
	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>	
	subject to cancellation per current mandated health guidelines. Please look for a red time to indicate what may be changing.					
	<i>Example: 9:30 Fred Meyer</i>					
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
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>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
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>
<b>17</b>	<b>18 Martin Luther King Jr. Day</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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> <b>2:30 Pet Therapy</b> 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>
<b>24 / 31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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>