



Administrative Team:

Eric Printz
Executive Director
Isabelle Hein (A)
Wellness Director
Tiffany Milles (B)
Wellness Director
Maria Cotom-Pineda (C/D)
Wellness Director
Angela Gilmore
Business Office Director
Joan Alfano
Registered Nurse
Erika Silva
Dietary Director
Matt Theodore
Maintenance Director
Robert Baty
Life Enrichment Director

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

The Radiant Reader

October 2021

Farmington Square Newsletter



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Physical Therapy for Improved Quality of Life

Follow your medical professional’s advice and speak with them before changing diet, exercise, or supplements.

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

5 Potential Physical Therapy Benefits

Improved Movement: Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

Pain Relief or Prevention: Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



Did you know? There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

Management of Issues with Diabetes: Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

Management of Issues As We Age: Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

Strengthening After a Stroke: Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!

Special Moments



Happy Birthday!

Patricia W. - 10/18

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 2021 Highlights

October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!

01 Intl. Seniors Day; Homemade Cookies Day	17 Pasta Day
02 Custodial Workers' Day; Fried Scallops Day	18 Chocolate Cupcake Day; No Beard Day
03 Techies' Day	19 Seafood Bisque Day; Kentucky Day
04 Golf Love Day; Taco Day; Cinnamon Bun Day	20 Confident Youth Day; Medical Asst. Day
05 Nice Act Day; International Teachers' Day	21 Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Pumpkin Seed Day	22 Color Day; Nut Day; Make a Dog's Day
07 Frappe Day; Chocolate Pretzel Day	23 Boston Cream Pie Day; Make Difference Day
08 Fluffernutter Day; Pierogi Day; Heroes Day	24 Bologna Day; Mother-In-Laws' Day
09 Leif Ericson Day; Chess Day; I Love Yarn Day	25 Greasy Food Day; Sourest Day
10 Decorate Cake Day; Clergy Appreciation Day	26 Pumpkin Day; Mincemeat Day
11 Native Americans' Day; Columbus Day	27 Navy Day; American Beer Day; Black Cat Day
12 World Arthritis Day; Farmers' Day	28 Chocolate Day; First Responders' Day
13 Navy Birthday; Train Brain Day; Fossil Day	29 Cat Day; Oatmeal Day; Nevada Day
14 Dessert Day	30 Candy Corn Day
15 I Love Lucy Day; Bosses Day	31 Halloween; Girl Scout Founder's Day
16 Global Cat Day; Sports Day; Sweetest Day	

"I wish that every day was Saturday and every month was October." - Charmaine J. Forde

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.

October 14 is Dessert Day!

Our residents and staff shared their favorites!

"Chocolate coffee tort" - Rob

"Fresh Fruit" - Joan

"Cheese Cake" - Angela

"Crème Brûlée" - Eric

"Cotton Candy Grapes" - Maria

"Carrot Cake" - Isabelle

"Marionberry Pie & Vanilla Ice Cream" - Tiffany

"Cheese Cake" - Erika



Staff Spotlight: Isabelle Hein

We welcome Isabelle Hein to the team, our new wellness director for Transitions "A"! She immigrated from Mexico to the United States at the age of 16. She comes from a family of six: three boys and two girls, and she is the second youngest.

Isabelle started working in the senior living field at the age of 22 and has been loving it ever since. She took a break for two years. Within those years, she tried working in a warehouse, post office, and a temporary agency. However, those types of jobs were not fulfilling for her personal growth. She came back to working at in-home care privately with two clients and remembered just how much joy this type of work brought to her life.

She decided that coming back and working for a community was the best option. A friend (Perla, a previous wellness director here at Farmington, who is at our Gresham campus now) mentioned Farmington Square Beaverton was hiring. Isabella interviewed with our Executive Director Eric and she saw that this community was a perfect fit for her skills. Welcome again Isabelle! We look forward to getting to know you better!

Welcome again Isabelle we look forward to getting to know you better!

OCTOBER 2021 Building A

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					1	2
					10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Coloring/ Word Search 2:00 Snack 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Balloon Bounce 6:00 Movie Night
3	4	5	6	7	8	9
9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Manicures 2:15 <i>Sing Along/Snack</i> 3:00 Bingo 6:00 Puzzles	10:00 Water coloring/ Gardening 10:30 Snack 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along/Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	9:45 Painting 9:45 Fred Meyer 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> 2:45 Ice Cream Social / Bingo 6:00 Puzzles	9:45 Library Outing 10:00 Gardening 10:30 Snack 11:00 Exercise 11:30 Wacky Word Games 1:30 Bean Bag Toss 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 Balloon Bounce	10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Coloring/ Word Search 2:00 Snack 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Balloon Bounce 6:00 Movie Night
10	11 Columbus Day / Indigenous People Day	12	13	14	15	16
9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Manicures 2:15 <i>Sing Along/Snack</i> 3:00 Bingo 6:00 Puzzles	9:45 Scenic Drive 10:30 Snack 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along/Snack</i> 3:00 Bingo 6:00 <i>Evening Movie</i>	9:45 Painting 9:45 Fred Meyer 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> 2:45 Ice Cream Social / Bingo 6:00 Puzzles	10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee 1:15 Elsie Stuhr 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Coloring/ Word Search 2:00 Snack 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Reminisce</i> 2:30 Bingo/ Snack 3:30 Balloon Bounce 6:00 Movie Night
17	18	19	20	21	22	23
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24 / 31 Halloween	25	26	27	28	29	30
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3 9:30 Snack 9:45 Watercolors 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	4 9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Trivia/ Snack 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	5 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Name That Tune 2:00 Gardening 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie	6 9:45 Painting 9:45 Fred Meyer 10:30 Snack 1:30 Seated Stretching 2:00 Trivia/ Snack 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	7 9:45 Library Outing 10:00 Gardening/ Snack 11:00 Word Games 1:30 Exercise 2:45 Snack 3:00 Bingo 6:00 Evening Movie	8 10:00 Table Games 10:30 Coffee & News 11:00 Craft 1:30 Exercise 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	9 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Name That Tune 2:00 Gardening 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie
10 9:30 Snack 9:45 Watercolors 10:00 Sit And Be Fit 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	11 Columbus Day / Indigenous People Day 9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 Trivia/ Snack 2:00 Craft 3:00 Bingo 6:00 Evening Movie	12 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Name That Tune 2:00 Gardening 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie	13 9:45 Painting 9:45 Fred Meyer 10:30 Snack 1:30 Seated Stretching 2:00 Trivia/ Snack 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	14 9:45 <i>Gardening & Snack</i> 10:45 Exercise and Sing Along 1:00 Movie Matinee 1:15 Elsie Stuhr 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	15 10:00 Table Games 10:30 Coffee & News 11:00 Craft 1:30 Exercise 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	16 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Name That Tune 2:00 Gardening 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie
17 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 Blue Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	18 9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Trivia/ Snack 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	19 10:00 Watercolors 10:30 Resident Council/ Snack 1:30 Exercise 2:00 Gardening 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie	20 9:45 Painting 9:45 Fred Meyer 10:30 Snack 1:30 Seated Stretching 2:00 Trivia/ Snack 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	21 9:45 Library Outing 10:00 Gardening/ Snack 11:00 Word Games 1:30 Exercise 2:45 Snack 3:00 Bingo 6:00 Evening Movie	22 10:00 Table Games 10:30 Coffee & News 11:00 Craft 1:30 Exercise 2:30 Reminisce/ Snack 3:00 Bingo 6:00 Puzzles	23 10:00 Watercolors & Snack 10:30 Coffee & News 11:00 Exercise 1:30 Name That Tune 2:00 Gardening 2:45 Bingo With Snack 4:00 Poem of the day 6:00 Evening Movie
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