



14420 SW Farmington Rd.  
Beaverton, OR 97005

Stamp

#### Administrative Team:

**Eric Printz**

Executive Director

**Kara Tobey**

Community Relations Director

**Isabelle Hein (A)**

Wellness Director

**Tiffany Milles (B)**

Wellness Director

**Maria Cotom-Pineda (C/D - Wellness)**

Assistant Executive Director

**Angela Gilmore**

Business Office Director

**Joan Alfano**

Registered Nurse

**Erika Silva**

Dietary Director

**Matt Theodore**

Maintenance Director

**Robert Baty**

Life Enrichment Director

**Grace Gonzalez**

Wellness Coordinator

**Connect:**

**503-626-2273**

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

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

[Facebook.com/](https://www.facebook.com/FarmingtonSquareBeaverton)

[FarmingtonSquareBeaverton](https://www.facebook.com/FarmingtonSquareBeaverton)

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

# The Radiant Reader

December 2021

Farmington Square Newsletter



2 Cold Weather Wellness Tips  
3 Team Spotlight  
4 - 5 Activities Calendar

6 Highlights, Notes  
7 Special Moments & Birthdays  
8 Mission & Team



## Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

### Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

### Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

### Ward off Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

### Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year! Let us know if you've found this information helpful in the comments section when we post our newsletter on the 1st!

## Special Moments



## Happy Birthday!



**Don H. - 12/2**  
**Teresa W. - 12/3**  
**Violet A. - 12/19**  
**Richard M. - 12/21**  
**Warren R. - 12/21**  
**JoAnne D. - 12/28**

Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19). Their birthstone is Turquoise, zircon, or tanzanite. Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.



# December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

01 Red Apple Day; Pie Day; Rosa Park Day	17 Syrup Day; Ugly Holiday Sweater Day
02 Mutt Day; Special Ed. Day; Fritter Day	18 Twin Day; Roast Suckling Pig Day
03 Persons w/ Disabilities Day; Faux Fir Day	19 Oatmeal Muffin Day; Hard Candy Day
04 Team Appreciation Day; Sock Day	20 Sangria Day
05 Sacher Torte Day; Intl. Volunteers' Day	21 Winter Begins; Crossword Puzzle Day
06 Gazpacho Day; Microwave Day	22 Date Nut Bread Day; Forefathers' Day
07 Remember Pearl Harbor Day; Illinois Day	23 Pfeffernusse Cookies Day
08 Be a Time Traveler Day; Brownie Day	24 Christmas Eve; Eggnog Day
09 Pastry Day; Christmas Card Day	25 Christmas Day; Pumpkin Pie Day
10 Chanukah Begins; Nobel Prize Day	26 Kwanzaa Begins; Candy Cane Day; Thank You Note Day
11 Noodle Ring Day; App Day; Indiana Day	27 Fruitcake Day
12 Gingerbread House Day; Ambrosia Day	28 Chocolate Day; Cards Day; Short Film Day
13 Cocoa Day; Violin Day; Horse Day	29 Pepper Pot Day
14 Alabama Day; Monkey Day	30 Bacon Day
15 Cupcake Day; Wear Pearls Day; Tea Day	31 New Year's Eve; Champagne Day
16 Chocolate Covered Anything Day	

## Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

## Thank you to Potpourri dance troupe!



## Staff Spotlight: Andrea

Andrea has been with us here at Farmington for 5 years now. Seems like it was just yesterday that she began her time with us as a caregiver and now she is a med aid. She has a passion to serve our residents with compassionate, consistent and un-wavering care.

*Thank you for all you do!*





# DECEMBER 2021 Building A

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<b>5</b>  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	<b>6</b>  10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 Balloon Badminton 3:00 Afternoon Movie 6:00 Puzzles	<b>7</b>  10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Reminisce 2:30 Sing Along/ Snack 3:00 Bingo 6:00 Puzzles	<b>8</b>  9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 <i>Sing Along /Trivia</i> <b>2:45 Ice Cream Social / Bingo</b> 6:00 Puzzles	<b>9</b>  10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:00 Movie Matinee <b>1:15 Elsie Stuhr</b> 1:45 Snack 4:00 Painting 6:00 Balloon Bounce	<b>10</b>  10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 <i>Sing Along</i> 3:00 Bingo 6:00 Puzzles	<b>11</b>  10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:30 Bingo 3:30 Balloon Badminton 6:00 Movie Night
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			10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Tea Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/ Snack</i> 11:00 <i>Sorting</i> 11:30 <i>Exercise</i> 1:30 Sing Along 2:00 Craft/ Snack 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Aroma Therapy 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Pretty Nails 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
5	6	7	8	9	10	11
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</i> 6:00 <i>Travel Videos</i>	10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 Aroma Therapy 11:30 Balloon Bounce 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>Sing Along/Snack</i> 11:00 Sorting/ Folding 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 Balloon Bat 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Tea Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/ Snack</i> 11:00 <i>Sorting</i> 11:30 <i>Exercise</i> 1:30 Sing Along 2:00 Craft/ Snack 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Aroma Therapy 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Pretty Nails 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
12	13	14	15	16	17	18
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</i>	10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 Aroma Therapy 11:30 Balloon Bounce 1:30 <b>Scenic Drive</b> 3:00 <i>Bingo/ Snack</i> 6:00 <i>Movie</i>	10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Sorting/ Folding 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 Balloon Bat	10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 <b>Holiday Party</b> 2:00 Tea Time / Snack 3:00 Balloon Bat	10:00 Pretty Nails 10:30 <i>Memory Bio/ Snack</i> 11:00 <i>Sorting</i> 11:30 <i>Exercise</i> 1:30 Sing Along 2:00 Craft/ Snack 3:00 <i>Bingo</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Aroma Therapy 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Pretty Nails 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
<b>Holiday Light Tour (Weather Depending Looking for Night Without Rain) Sunday-Thursday Bus will start loading at 5:45 PM</b>						
19	20	21 First Day of Winter	22	23	24	25 Christmas Day
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</i> 6:00 <i>Travel Videos</i>	10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 Aroma Therapy 11:30 Balloon Bounce 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>Sing Along/Snack</i> 11:00 Sorting/ Folding 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 Balloon Bat 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Tea Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/ Snack</i> 11:00 <i>Sorting</i> 11:30 <i>Exercise</i> 1:30 Sing Along 2:00 Craft/ Snack 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Aroma Therapy 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Pretty Nails 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Balloon Toss 11:30 Trivia 1:30 Puzzle/Cards/Folding 2:00 <i>Reminisce/ Snack</i> 3:00 <i>Bingo</i> 6:00 <i>National Parks</i>
26	27	28	29	30	31 New Year's Eve	
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</i> 6:00 <i>Travel Videos</i>	10:00 Beauty Hour 10:30 <i>Sing Along / Snack</i> 11:00 Aroma Therapy 11:30 Balloon Bounce 1:30 <b>Scenic Drive</b> 3:00 <i>Bingo/ Snack</i> 6:00 <i>Movie</i>	10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Sorting/ Folding 11:30 Seated Stretching 1:30 <i>Bingo</i> 2:00 <i>Old Commercials/Snack</i> 3:00 Balloon Bat 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Tea Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	10:00 Pretty Nails 10:30 <i>Memory Bio/ Snack</i> 11:00 <i>Sorting</i> 11:30 <i>Exercise</i> 1:30 Sing Along 2:00 Craft/ Snack 3:00 <i>Bingo</i> 6:00 <i>Nature Relax</i>	10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Aroma Therapy 1:30 <i>Bingo</i> 2:00 <i>Trivia/ Snack</i> 3:00 Pretty Nails 6:00 <i>Nature Relax</i>	