



14420 SW Farmington Rd.
Beaverton, OR 97005

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The Radiant Reader

February 2022

Farmington Square Newsletter



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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 - Well-ness)

Assistant Executive Director

Angela Gilmore

Business Office Director

Joan Alfano

Registered Nurse

Erika Silva

Dietary Director

Mike Fraser

Maintenance Director

Robert Baty

Life Enrichment Director

Grace Gonzalez

Wellness Coordinator

Connect:

503-626-2273

info-

beaverton@farmingtonsquare.com

**www.farmingtonsquare-
beaverton.com**

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

Healthy Habits to Consider for Heart-Smart Living

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start that with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)

Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper Number)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our facebook post for this month’s newsletter. We’d love to hear of your efforts!

Special Moments



Happy Birthday!

- Sara G. - 2/1
- Margie C. - 2/6
- Sandy W. - 2/7
- Myrtle H. - 2/11

Those born in February are either Aquarius “The Water Bearer” (Jan. 19- Feb. 19) or Pisces “The Fish” (Feb. 19- March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.

February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

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| 01 Dark Chocolate Day; Baked Alaska Day | 15 Gumdrops Day; World Hippo Day |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day | 16 Fat Tuesday; Almond Day; Anthropology Day |
| 03 Carrot Cake Day; Optimist Day | 17 Cabbage Day; Random Kind Acts Week |
| 04 Homemade Soup Day; Thank a Mail Carrier | 18 Wine Day; Pluto Day; Caregivers' Day |
| Day 05 World Nutella Day; Fun Outside Day | 19 Chocolate Mint Day; Arabian Horse Day |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day |
| 07 Alfredo Day; Periodic Table Day | 21 Presidents' Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day | 24 Tortilla Chip Day; Toast Day; Chili Day |
| 11 Inventor Day; Backyard Bird Count Day | 25 Chocolate Nut Day; Clam Chowder Day |
| 12 Plum Pudding Day; Global Movie Day | 26 Pistachio Day; Tell a Fairy Tale Day |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day |
| 14 Valentine's Day; Book Giving Day | 28 Floral Design Day; Chocolate Souffle Day |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first priority during the Coronavirus cases that have happened nationwide. 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.



Visit our facebook at:
[Facebook.com/
FarmingtonSquare
Beaverton](https://www.facebook.com/FarmingtonSquareBeaverton)

Inventors' Day is Feb. 11. These are some inventions we are grateful for!

- "Permanent Shelters" -Dale
- "Ice Cream" - Jerré
- "Written Language" - Rob
- "Indoor Plumbing" - Tiffany
- "Medical Advancements" - Andrea
- "Electricity" - Leticia
- "Internet" - Modesta
- "Cell Phones" - Angela
- "Books on Tape" Maria



STAFF SPOTLIGHT: Modesta

Modesta is one of our wonderful housekeepers. She does an amazing job at keeping our assisted living building looking great! She is a very delightful employee that is always helpful and happy and the residents agree! Here are a few things that they wanted to share. "She always says Love You and I say it right back, she is a very hard worker that always goes over and above with her job duties. The place looks great and anything extra that I may need help with she never refuses, she is the great finder of things that get misplaced, she is very sweet and enjoyable to talk with and never turns down a request that I have asked of her."

With sincere appreciation from all of us at
Farmington Square,
THANK YOU !

FEBRUARY 2022 Building A

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		1 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	2 Groundhog Day 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	3 9:45 Library Trip 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 Balloon Bounce	4 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	5 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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13 Super Bowl LVI (56) 9:30 Coffee/ News 10:00 Puzzles 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 3:00 Super Bowl Party 6:00 Balloon Bounce	14 Valentine's Day 9:45 Scenic Drive 11:00 <i>Wacky Word Games</i> 11:30 Exercise 1:30 Bingo 2:30 <i>Sing Along/Snack</i> 3:30 Afternoon Movie 6:00 <i>Evening Movie</i>	15 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	16 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	17 9:45 Library Trip 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 Balloon Bounce	18 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	19 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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6 9:30 Snack 9:45 Watercolors 10:00 <i>Sit And Be Fit</i> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video	7 9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia/ Snack</i> 2:00 Craft 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	8 10:00 Watercolors & Snack 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 <i>Name That Tune</i> 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie	9 9:45 Painting 9:45 Fred Meyer 10:30 Snack 1:30 <i>Seated Stretching</i> 2:00 <i>Trivia/ Snack</i> 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	10 10:00 Table Games 10:30 <i>Coffee & News</i> 11:00 Exercise 1:15 Elsie Stuhr 1:45 Snack 4:00 Poem Of The Day 6:00 Evening Movie	11 10:00 Table Games 10:30 Coffee & News 11:00 Exercise 1:30 Craft 2:30 <i>Reminisce/</i> Snack 3:00 <i>Bingo</i> 6:00 Puzzles	12 10:00 Watercolors & Snack 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Balloon Badminton 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie
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