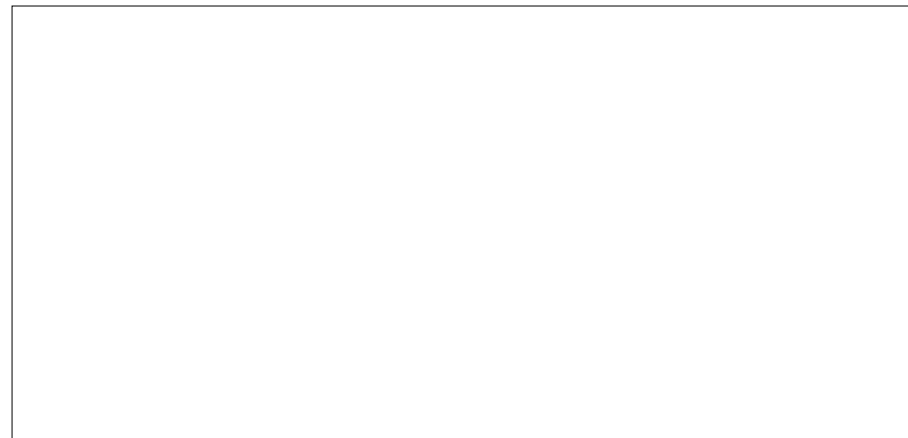




14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp



Leadership Team

Phone: 503.626-2273

Email: info-beaverton@farmingtonsquare.com

Website: farmingtonsquare-beaverton.com

Executive Director:

Eric Printz

Assistant Executive Director:

Maria Cotom-Pineda

Community Relations Director:

Kara Tobey

Wellness Director, Assisted Living:

Tiffany Miles

Wellness Director, Transitions:

Isabelle Hein

Business Office Director:

Angela Gilmore

Life Enrichment Director:

Rob Baty

Dining Services Director:

Erika Silva

Maintenance Director:

Michael Fraser



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

The Radiant Reader

April 2022

Farmington Square Newsletter



2 Spring Into Volunteering
3 Team & Event Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
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Spring Into Volunteering!

You've probably heard the famous Aesop quote: "No act of kindness, no matter how small is ever wasted." It's true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It's the perfect time of year for giving as the season brings re-growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank. FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.

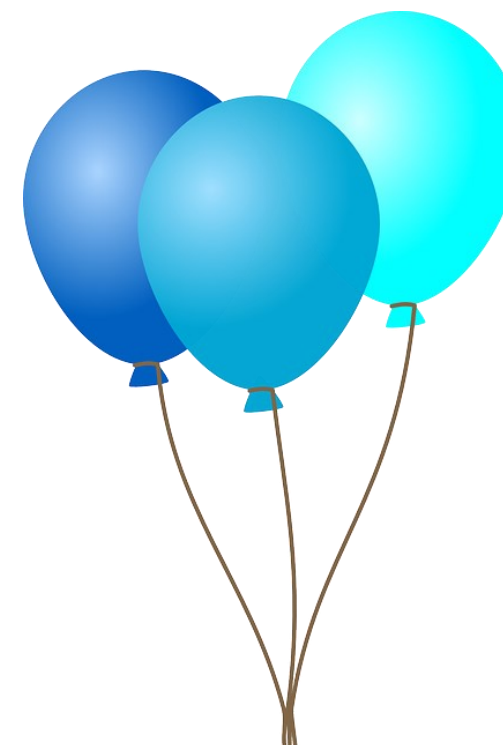


Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children's hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!

Special Moments



Happy Birthday!

Carl J. - 4/2
Dick L. - 4/4
Jerré B. - 4/10
Virginia L. 4/13
Judith F. - 4/30

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless, enthusiastic, and optimistic!

April 2022 Highlights

April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!

01 April Fool's Day; Sourdough Bread Day
02 PBJ Day; Ferret Day; Handmade Day
03 Film Score Day; Chocolate Mousse Day
04 Walk Around Things Day; Vitamin C Day
05 Caramel Day; Deep Dish Pizza Day
06 Bookmobile Day; Walking Day
07 World Health Day; Beer Day; Burrito Day
08 Zoo Lovers' Day; Reflect on Gratitude Day
09 Cherish Antiques Day; Name Yourself Day
10 Farm Animal Day; Cinnamon Crescent Day
11 Barbershop Quartet Day; Pet Day
12 Grilled Cheese Day; Colorado Day
13 Scrabble Day; Peach Cobbler Day
14 Gardening Day; Pecan Day; Dolphin Day
15 Good Friday; Glazed Ham Day
16 Bean Count Day; Eggs Benedict Day; PJ Day
17 Easter; Haiku Day; Ellis Island History Day
18 Intl. Monuments & Sights Day; Radio Day
19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day;
21 British Tea Day; Chocolate Cashews Day
22 Earth Day; Jelly Bean Day
23 Picnic Day; Cherry Cheesecake Day
24 Pigs in Blankets Day; Pet Parent Day
25 Hairstylist Day; Zucchini Bread Day;
26 Audubon Day; Pretzel Day
27 Prime Rib Day; Administrative Staff Day
28 Poem Day; Superhero Day
29 Arbor Day; Dance Day
30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know?
Earth Day, first
celebrated in 1970,
has a new theme
each year. In 2022,
it's "Invest in Our
Planet!"



Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



April 26th is Audubon Day celebrating the birth of John James Audubon in 1785. He was a French-American bird expert and painter famous for his illustrations and studies of American birds. These are some of the birds we admire:

"Blue Jay" - Marilyn
"Rufous Sided Towhee" - Perry
"Robin" - Jerré
"Humming Bird" - Cindy
"Flamingo" - Dee
"Bald Eagle" - Teresa



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



Staff Spotlight: Meagan

Meagan is one of our med techs that has been working here at farmington for just over 4 years. The residents and families along with staff members truly appreciate all that she does. She certainly reflects our values in creating and sustaining a comfortable caring environment. From all of us, thank you Meagan!



Upcoming event in May

Family and friends, please come and join us April 26th 1:30-2:30pm in preparation for our upcoming "Hats and Flowers" Tea event. We will be decorating hats and enjoying refreshments.

We will be having an event May 3rd from 2-4pm. We are looking forward to seeing you at "Hats & Flowers".

APRIL 2022 Building A

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<div> <div>3</div> <div> 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 </div> </div>						
<div> <div>4</div> <div> 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 </div> </div>						
<div> <div>5</div> <div> 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 </div> </div>						
<div> <div>6</div> <div> 10:00 Exercise 10:30 Snack 11:00 Spring Planter Boxes 1:30 Bean Bag Toss 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 Balloon Bounce </div> </div>						
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<div> <div>9</div> <div> 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 </div> </div>						
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<div> <div>16</div> <div> 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Manicures/ Snack 2:00 Bingo 3:00 Worship With Paul 6:00 Movie Night </div> </div>						
<div> <div>17</div> <div> 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 </div> </div>						
<div> <div>18</div> <div> 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 </div> </div>						
<div> <div>19</div> <div> 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 </div> </div>						
<div> <div>20</div> <div> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Sing Along /Trivia</i> 2:45 Ice Cream Social / Bingo 6:00 Puzzles </div> </div>						
<div> <div>21</div> <div> 10:00 Exercise 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 Balloon Bounce </div> </div>						
<div> <div>22</div> <div> 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 </div> </div>						
<div> <div>23</div> <div> 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 </div> </div>						
<div> <div>24</div> <div> 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 </div> </div>						
<div> <div>25</div> <div> 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 </div> </div>						
<div> <div>26</div> <div> 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 </div> </div>						
<div> <div>27</div> <div> 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Sing Along /Trivia</i> 2:45 Ice Cream Social / Bingo 6:00 Puzzles </div> </div>						
<div> <div>28</div> <div> 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 </div> </div>						
<div> <div>29</div> <div> 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 </div> </div>						
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APRIL 2022 Building B

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3 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	4 9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 <i>Trivia/ Snack</i> 2:00 Craft 2:45 Bingo 4:00 Poem of the day 6:00 Evening Movie	5 9:45 Tulip Farm Outing 9:45 <i>Morning Movie</i> 1:30 Exercise 2:30 <i>Name That Tune</i> 2:45 <i>Bingo</i> 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 <i>Seated Stretching</i> 2:00 <i>Trivia/ Snack</i> 2:45 Ice Cream Social/ Bingo 6:00 Puzzles	7 10:00 Watercolors 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 Spring Planter Boxes 2:45 Snack 3:00 <i>Bingo</i> 6:00 Evening Movie	8 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	9 10:00 Watercolors 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
10 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	11 9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Travel Video</i> 2:45 Bingo 4:00 Poem of the day 6:00 Evening Movie	12 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	13 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	14 10:00 Watercolors 10:30 <i>Coffee & News</i> 11:00 Exercise 1:00 Movie Matinee 2:00 Music By: Joel Parker's Synergy Combo 4:00 Painting 6:00 Balloon Bounce	15 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	16 10:00 Watercolors 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
17 Easter 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	18 9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Resident Council 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie	19 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	20 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	21 9:45 Library Outing 10:00 Snack 11:00 <i>Word Games</i> 1:30 Exercise 2:45 Snack 3:00 <i>Bingo</i> 6:00 Evening Movie	22 Earth Day 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	23 10:00 Watercolors 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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10 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>	11 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>	12 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>	13 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>	14 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>	15 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>	16 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>
17 Easter 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>	18 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>	19 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>	20 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>	21 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>	22 Earth Day 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>	23 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>
24 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>	25 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>	26 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>	27 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>	28 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>	29 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>	30 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>