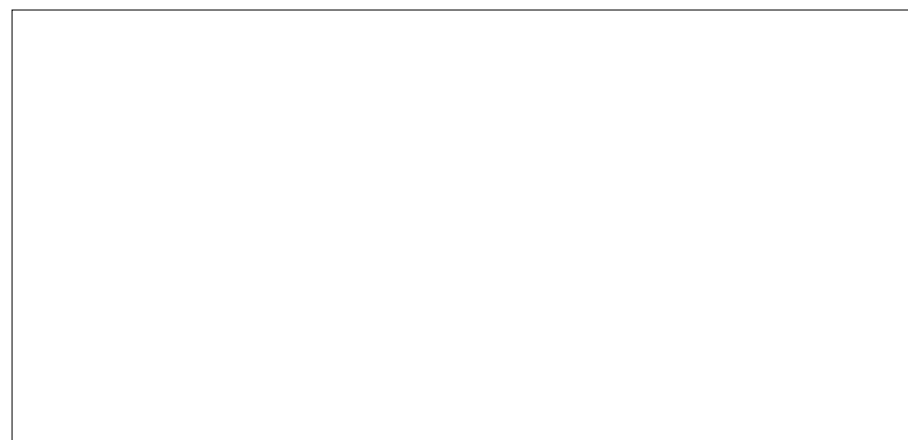




14420 SW Farmington Rd.
Beaverton, OR 97005

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

Registered Nurse:

Suzi Hegstrom

Wellness Director, Assisted Living:

Tiffany Miles

Wellness Director, Transitions:

Isabelle Hein

Wellness Coordinator

Grace Gonzalez

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

May 2022

Farmington Square Beaverton Newsletter



2 Creative Fitness & Hydration

3 Team Spotlight

4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words

7 Special Moments & Birthdays

8 Mission & Team

Creative Fitness & Hydration Ideas for Older Adults

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

Physical fitness and staying hydrated, while naturally easy and fun for some, can seem intimidating for others. Look forward to creative approaches to both this Senior Health and Fitness Month!

Fun Fitness

For most of us, there’s some type of physical fitness that appeals (workout machines, sports, dance, yoga, swimming), but sometimes creativity spurs extra motivation! Think outside the box with ideas like: in-air arm swim strokes, hula hooping laughter yoga, gardening, soft darts, bean bag toss, bowling, croquet, mini golf, striking poses and holding them, noodle ball volleying, and scavenger hunts.

Our community uses It’s Never 2 Late (IN2L) that has many fitness avenues, from Conductorcize and Sit & Be Fit to Tai Chi and Chair Chi (for varying fitness levels). Explore the features with our life enrichment team.

Themed Walks

Walks can be more fun when paired with an activity. Consider a bird walk, tree walk, or flower walk and mark observations with a field guide book. Get artsy by collecting flowers for pressing. Head out on a nature walk where each walker collects a leaf, twig, rock, wildflower, blade of grass, etc. Paint positive-message rocks and on a walk leave them places for others to find. Other ideas: museum walk or mall-window shop, or see which walker can write down the most street sign names or models of cars spotted.



Physical fitness is important for older adults. It makes activities of daily life easier to do, and it helps with bone density and muscle strength. An added bonus is a decreased likelihood for falls.

Hydration Elation

For older adults, hydrating is especially important as thirst tends to decrease with age. Water doesn’t have to be the only source for hydrating though. Some foods high in water content include celery, cucumbers, watermelon, cantaloupe, strawberries, bell peppers, grapes, and tomatoes. Soups, broths, and stews also can increase fluid intake, but watch for sodium content. When it comes to beverages, add some excitement to water with fruit or mint infused in it, or try milk, coconut water, or herbal caffeine-free teas like hibiscus or chamomile.

Share Your Best Fitness/Hydration Idea

We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

Special Moments



"May! Queen of blossoms and fulfilling flowers. With what pretty music shall we charm the hours?" - Lord Edward Thurlow



Happy Birthday!

- Carol C. - 5/3
- Joanne S. - 5/4
- Ruth V. - 5/7
- Betty H. - 5/9
- Tom T. - 5/9
- Joann Z. 5/10
- Joy G. - 5/19
- Marilyn L. - 5/31
- Lois S. - 5/31

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstone for May is emerald. The birth flower for May is lily of the valley. May is said to be the luckiest month in which to be born!



May 2022 Highlights

May includes awareness observances for mental health, asthma, blood pressure, osteoporosis, skin cancer, and strokes. It celebrates seniors, nurses, photography, strawberries, salsa, asparagus, and barbecues!

01 Chocolate Parfait Day; Lemonade Day
02 Truffle Day; World Tuna Day
03 Teachers Day; Two Different Shoes Day
04 Firefighters' Day; Bird Day; Star Wars Day
05 Astronauts' Day; Hoagie Day
06 Nurses' Day; Crepe Suzette Day
07 Kentucky Derby Day; Fitness Day; Trains Day
08 Mother's Day; Coconut Cream Pie Day
09 Lost Sock Memorial Day; Moscato Day
10 Shrimp Day; Washington Day
11 Receptionists' Day; 3rd Shift Staff Day
12 Intl. Nurse Day; Nutty Fudge Day
13 Apple Pie Day; Fruit Cocktail Day
14 Buttermilk Biscuit Day; Dog Mom Day
15 Chocolate Chip Day; World Baking Day
16 BBQ Day; Sea Monkey Day
17 Cherry Cobbler Day; Walnut Day; Idaho Day
18 Museum Day; Juice Slushies Day
19 Devil's Food Cake Day

20 Endangered Species Day; Pizza Party Day
21 Waiters' Day; Strawberries and Cream Day
22 Solitaire Day; Instrument Day
23 Lucky Penny Day; Turtle Appreciation Day
24 Brothers' Day; Scavenger Hunt Day
25 Tappers' Day; Senior Health & Fitness Day
26 Paper Plane Day; Blueberry Cheesecake Day
27 Grape Popsicle Day; Road Trip Day
28 Brisket Day; Enjoy a Hamburger Day
29 Paperclip Day; Coq Au Vin Day
30 Memorial Day; Creative Day; Mint Julep Day
31 Macaroon Day; Save Your Hearing Day



Happy Mother's Day to all the moms out there!

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.



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

In Our Words

In honor of Senior Health & Fitness Day, these are some of our favorite healthy food/fitness choices.

"In Season Fruits"-Maria & Isabelle

"Un-Salted Nuts" -Angela

"Fresh Blueberries & Walking" -Perry & Virginia

"Green Healthy drinks" -Erika

"Walking the dog **AKA** Furry Fitness Machine"

-Kara & Rob

"Dark Leafy Greens" -Diane



Staff Spotlight:

Meet Magdalena, our employee of the month!

She is an incredibly dedicated, passionate caregiver that with her calm approach is endearing to all of our residents. She is a mother of three, enjoys playing soccer, jogging and swimming. It is not uncommon for you to see her drinking water and eating healthy. However, there are times that she would enjoy getting a doughnut (for those that would like to do something kind for her). She is a wonderful asset to our team. Thank you for all you do Magdalena!

MAY 2022 Building A

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8 Mother's Day 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	9 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 <i>Travel Video</i> 6:00 Evening Movie	10 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Craft 2:30 Sing Along/ Snack 3:00 Bingo 6:00 <i>Evening Movie</i>	11 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 Balloon Bounce	12 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:15 Elsie Stuhr 1:45 Snack 4:00 Painting 6:00 <i>Travel Video</i>	13 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 Afternoon Walk 3:00 Bingo 6:00 Balloon Bat	14 9:45 Gardening 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
15 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	16 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 Balloon Bat 3:00 Afternoon Movie 6:00 <i>Travel Video</i>	17 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Craft 2:30 Sing Along/ Snack 3:00 Bingo 6:00 <i>Evening Movie</i>	18 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 Balloon Bounce	19 9:45 Library Trip 9:45 Gardening 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 <i>Reminisce /Snack</i> 3:00 Bingo 6:00 <i>Travel Video</i>	20 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 Afternoon Walk 3:00 Bingo 6:00 Balloon Bat	21 9:45 Gardening 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
22 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	23 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 <i>Travel Video</i> 6:00 Evening Movie	24 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Craft 2:30 Sing Along/ Snack 3:00 Bingo 6:00 <i>Evening Movie</i>	25 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 Balloon Bounce	26 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:15 Elsie Stuhr 1:45 Snack 4:00 Painting 6:00 <i>Travel Video</i>	27 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 <i>Trivia/Snack</i> 2:15 Afternoon Walk 3:00 Bingo 6:00 Balloon Bat	28 9:45 Gardening 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
29 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 <i>Bible Verse of the day</i> 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	30 Memorial Day 10:00 Exercise 10:30 Snack & News 11:00 <i>Wacky Word Games</i> 1:30 Bingo 2:30 Balloon Bat 3:00 Afternoon Movie 6:00 <i>Travel Video</i>	31 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Craft 2:30 Sing Along/ Snack 3:00 Bingo 6:00 <i>Evening Movie</i>	<p align="center">Activity schedule</p> <p align="center">Subject to cancellation per current mandated health guidelines.</p> <p align="center">Please look for a <u>red time</u> to indicate what may be changing</p> <p align="center">Example: 9:45 Fred Meyer</p>			

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SUN	MON	TUE	WED	THU	FRI	SAT
1 9:30 Snack 9:45 Gardening 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	2 9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 <i>Travel video</i> 3:30 Bingo 4:30 Poem of the day 6:00 Evening Movie	3 9:45 Gardening 10:00 Watercolors & Snack 10:30 <i>Coffee & News</i> 11:00 Exercise 2:00 Hats & Flowers 6:00 Puzzles	4 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	5 Cinco de Mayo 9:45 Library Outing 9:45 Gardening 10:00 Snack 11:00 <i>Word Games</i> 1:30 Exercise 2:45 Snack 3:00 <i>Bingo</i> 6:00 Evening Movie	6 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	7 9:45 Gardening 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
8 Mother's Day 9:30 Snack 9:45 Gardening 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	9 9:45 Watercolors 10:30 Coffee & News 11:00 Exercise 1:30 <i>Travel Video</i> 3:30 Bingo 4:30 Poem of the day 6:00 Evening Movie	10 9:45 Gardening 10:00 Watercolors & Snack 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 <i>IN2L Games</i> 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie	11 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	12 9:45 Gardening 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	13 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	14 9:45 Gardening 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
15 9:30 Snack 9:45 Gardening 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	16 9:45 Scenic Drive 10:30 Coffee & News 11:00 Exercise 1:30 Resident Council 3:30 Bingo 4:30 Poem of the day 6:00 Evening Movie	17 9:45 Gardening 10:00 Watercolors & Snack 10:30 <i>Coffee & News</i> 11:00 Exercise 1:30 <i>IN2L Games</i> 2:45 <i>Bingo</i> With Snack 4:00 Poem of the day 6:00 Evening Movie	18 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	19 9:45 Library Outing 9:45 Gardening 10:00 Snack 11:00 <i>Word Games</i> 1:30 Exercise 2:45 Snack 3:00 <i>Bingo</i> 6:00 Evening Movie	20 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	21 9:45 Gardening 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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15 9:45 Gardening 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Spiritual Hymns</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	16 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>	17 9:45 Gardening 10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Story Time 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>	18 10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Story Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	19 9:45 Gardening 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>	20 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>	21 9:45 Gardening 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>
22 9:45 Gardening 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Spiritual Hymns</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	23 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>	24 9:45 Gardening 10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Story Time 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>	25 10:00 Beauty Hour 10:30 Exercise/ Snack 11:00 <i>Sing Along</i> 11:30 Reminisce 1:30 Bingo 2:00 Story Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i>	26 9:45 Gardening 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>	27 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>	28 9:45 Gardening 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>
29 9:45 Gardening 10:00 Beauty Hour 10:30 Snack 11:00 <i>Conductor Exercise</i> 11:30 <i>Good News Network</i> 1:30 <i>Spiritual Hymns</i> 2:00 Balloon Bounce 3:00 <i>Bingo</i> 6:00 <i>Travel Videos</i>	30 Memorial Day 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>	31 9:45 Gardening 10:00 Pretty Nails 10:30 <i>Sing Along/Snack</i> 11:00 Story Time 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>		<p>Activity schedule</p> <p>Subject to cancellation per current mandated health guidelines.</p> <p>Please look for a <u>red time</u> to indicate what may be changing</p> <p>Example: 9:45 Fred Meyer</p>		