FARMINGTON SQUARE
14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp

Leadership Team
Phone: 503.626-2273
Email: info-Beaverton@farmingtonsquare.com
Website: farmingtonsquare-beaverton.com
Facebook: FarmingtonSquareBeaverton

Executive Director:
Maria Cotom-Pineda
Community Relations Director:
Kara Tobey
Wellness Nurse:
Suzi Hegstrom
Wellness Directors:
Tiffany Miles & Isabelle Hein
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

July 2022

Farmington Square Newsletter

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Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.

Steps Toward a More Social You

To increase your social wellness, consider actions you can work Into your daily life.

- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.
- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!

Special Moments

Happy Birthday!

Larry S. - 7/3
Cleo H. - 7/9
Mary F. - 7/14
Robin M. - 7/29

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birth-stone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.

July 2022 Highlights

July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!

01 Unique Ice Cream Day; Gingersnap Day; Joke Day
02 Made in the USA Day
03 Chocolate Wafer Day; Beans Day; Fried Clam Day
04 Independence Day; Caeser Salad Day
05 Apple Turnover Day; Hawaii Day
06 Fried Chicken Day; Hand Roll Day
07 Macaroni Day; Chocolate Day
08 Chocolate Almonds Day; Freezer Pop Day
09 Sugar Cookie Day; Collector Car Day; Kebab Day
10 Kitten Day; Pina Colada Day
11 US Pet Pics Day; 711 Day; Blueberry Muffin Day
12 Jell-O Day; Pecan Pie Day
13 Barbershop Music Day; French Fry Day
14 Mac & Cheese Day; Tape Measure Day
15 Gummi Worm Day; Tapioca Day; Horses Day
16 Corn Fritters Day
17 Peach Ice Cream Day; Ice Cream Day
18 Caviar Day; Sour Candy Day
19 Daiquiri Day
20 Fortune Cookie Day; Hot Dog Day; Chess Day
21 Junk Food Day
22 Hammock Day; Mango Day; Penuche Fudge Day;
23 Gorgeous Grandma Day; Vanilla Ice Cream Day
24 Parents' Day; A. Earhart Day; Drive Thru Day
25 Hire Veterans Day; Sundae Day; Wine/Cheese Day
26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day
27 Crème Brûlée Day; Love Is Kind Day
28 Intern Day; Milk Chocolate Day; Chili Dog Day
29 Chicken Wing Day; Lasagna Day; Lipstick Day
30 Friends Day; Father-in-Law Day; Cheesecake Day
31 Avocado Day; Mutt Day; Raspberry Cake Day

In Our Words...

July celebrates ice cream so we asked residents and team members their favorite ice cream flavors and combinations. Here's what they shared!

"Udderly chocolate" -Joanne

"Vanilla" -Yessica

"Rocky Road" -Maria

"Strawberry" -Julia

"Mint Chocolate Chip" -Cindy

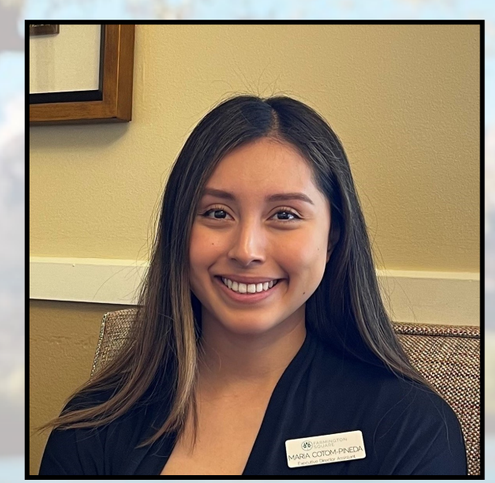
"Cherry Garcia" -Tiffany

"Jamoca Almond Fudge" -Suzi / Mike

"Coconut" -Isabelle

"Vanilla" -Jean

"Raspberry" -Margie / Bill / Nancy



Staff Spotlight: Maria

We would like to take this opportunity to welcome our new Executive Director, Maria Cotom-Pineda. She has been with Farmington Square Beaverton for five years and, most recently, as the Assistant Executive Director. We are excited to have Maria in this role where she will continue to fulfill our mission of providing a safe and caring environment for those that depend on us.

We hope you will stop by to say hello to Maria and welcome her in her new role as Executive Director at Farmington Square.

Staff Spotlight: Yessica

Our employee of the month has been a caregiver with Farmington since November of 2013. She is an incredibly compassionate and caring staff member that always has residents needs in her thoughts. It is obvious that she enjoys helping our residents, as she always has a smile and a warm hello to great them with. In her free time, she enjoys going to the beach near the Manzanita area. She may be seen with her chihuahua "Chikis" walking on the beach or enjoying a frappuccino. There are times Chikis may even get a "Puppuccino" as they are getting their day started. We here at Farmington want to tell you how much you are appreciated and thank you very much for your dedication to our residents!

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3 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	4 **Independence Day** 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 Bingo 2:30 Balloon Bat 3:00 Afternoon Movie **6:00 Firework Display**	5 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 *Evening Movie*	6 9:45 Painting **9:45 Fred Meyer** 10:30 Snack & News 11:00 *Wacky Word Games* 11:30 Exercise 1:30 *Sing Along /Trivia* **2:45 Ice Cream Social / Bingo** 6:00 Balloon Bounce	7 **9:45 Library Trip** 9:45 Gardening 10:30 Snack 11:30 Exercise 1:30 Bean Bag Toss 2:30 *Reminisce /Snack* 3:00 Bingo 6:00 *Travel Video*	8 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 *Trivia/Snack* 2:15 Craft 3:00 Bingo 6:00 Balloon Bat	9 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
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24 9:30 Coffee/ News 9:45 Gardening 10:30 Snack 10:45 Bible Verse of the day 1:30 Bingo/Snack 2:30 Movie Matinee 6:00 Balloon Bounce	25 **9:45 Scenic Drive** 11:00 *Wacky Word Games* 11:30 Exercise 1:30 Bingo 2:30 *Sing Along/Snack* 3:30 *Travel Video* 6:00 Evening Movie	26 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 *Evening Movie*	27 9:45 Painting **9:45 Fred Meyer** 10:30 Snack & News 11:00 *Wacky Word Games* 11:30 Exercise 1:30 *Sing Along /Trivia* **2:45 Ice Cream Social / Bingo** 6:00 Balloon Bounce	28 9:45 Gardening 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* **1:15 Elsie Stuhr** 1:45 Snack/ Afternoon Walk 4:00 Painting 6:00 *Travel Video*	29 10:00 Exercise 10:30 Snack & News 11:00 *Wacky Word Games* 1:30 *Trivia/Snack* 2:15 Craft 3:00 Bingo 6:00 Balloon Bat	30 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
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3 9:30 Snack 9:45 Gardening 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 **Independence Day** **9:45 Scenic Drive** 10:30 Coffee & News 11:00 Exercise 1:30 ***Travel video*** 3:30 Bingo 4:30 Poem of the day **6:00 Firework Display**	5 9:45 Gardening 10:00 Watercolors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 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** 9:45 Gardening 10:00 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 Exercise 1:30 Craft 2:30 ***Reminisce/*** Snack 3:00 ***Bingo*** 6:00 Puzzles	9 9:45 Gardening 10:00 Watercolors 10:30 ***Word Games*** 11:00 Exercise 1:30 Balloon Badminton 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie
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17 9:30 Snack/ Watercolors 9:30 Gardening 9:45 Bible Study **10:30 Nature Park Walk** 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** 3:30 Bingo 4:30 Poem of the day 6:00 Evening Movie	19 9:45 Gardening 10:00 Watercolors & Snack 10:30 ***Coffee & News*** 11:00 Exercise 1:30 ***IN2L Games*** 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** 9:45 Gardening 10:00 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 Exercise 1:30 Craft 2:30 ***Reminisce/*** Snack 3:00 ***Bingo*** 6:00 Puzzles	23 9:45 Gardening 10:00 Watercolors 10:30 ***Word Games*** 11:00 Exercise 1:30 Balloon Badminton 2:45 ***Bingo*** With Snack 4:00 Poem of the day 6:00 Evening Movie
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