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Beaverton, OR 97005

Stamp



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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

September 2022

Farmington Square Newsletter



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Pain Points: Tips for Managing Chronic Pain

Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer’s and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It’s important to know that you and your loved ones don’t have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents’ symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don’t be discouraged if it takes a while to find the answers you’re looking for – health is a journey after all.

Special Moments



In Our Words...

September 23rd marks the start of Autumn!
These are our Fall Favorites:

“Enjoy the change of season” -Julia

“Fall colors ” -Pat

“Halloween” -Maria

“Cooler evenings” -Lisa

“The trees showing us their colors” -Jerré



September 2022 Highlights

September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.

September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.

01 World Letter Writing Day

02 Coconut Day, College Colors Day, Food Bank Day

03 Bacon Day, U.S. Bowling League Day, Tailgating Day

04 Macadamia Nut Day, Wildlife Day

05 Labor Day, Beautician Week, Cheese Pizza Day

06 Coffee Ice Cream Day, Read a Book Day

07 Acorn Squash Day, Beer Day, Salami Day

08 Literacy Day, Ampersand Day

09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day

10 World First Aid Day, Swap Ideas Day

11 Assisted Living Week, Grandparents' Day,
Day of Service & Remembrance

12 Chocolate Milkshake Day, Video Games Day

13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day

14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day

15 Cheese Toast Day, Linguine Day, Online Learning Day

16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day

17 Thank Police Day, House Cleaners' Day, Dance Day

18 Bamboo Day, Air Force Bday, Cheeseburger Day

19 Butterscotch Pudding Day, Talk Like a Pirate Day

20 Fried Rice Day, Pepperoni Pizza Day, Punch Day

21 World Alzheimer's Day, Chai Day, Pecan Cookie Day

22 Centenarians' Day, Hobbit Day, White Chocolate Day

23 Autumn Begins, Pot Pie Day, Snack Stick Day

24 Family Health & Fitness Day, Hunting & Fishing Day

25 Dining Staff Day, Daughters' Day, Quesadilla Day

26 HR Staff Day, Family Day, Dumpling Day, Pancake Day

27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day

28 Strawberry Cream Pie Day, Ladies Health Day

29 VFW Day, Coffee Day

30 Chewing Gum Day, Hot Cider Day, Love People Day

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on Sept. 9 than any other day of the year!



Staff Spotlight: Monica

Monica is our employee of the month. She has a heart of gold that treats the residents and staff as a part of her extended family. She is involved with charity frequently, especially around the holidays. She has been a foster parent in the past, and is a mother of 5 children that values teaching her kids how to be great adults! One of her favorite moves is "Glitter" because she likes Mariah Carey. A favorite place for the family to go is Great Wolf Lodge.

Thank you for all that you do for us here at Farmington Square, Monica!

Residents:
Gen B.: 9/5
Catherine L.: 9/17
Chuck P.: 9/26

Staff:
Miryah C.: 9/2
Isabelle H.: 9/8
Maria C.: 9/8
Brianna L.: 9/28

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<div>Activity schedule</div> <div>Subject to cancellation per current mandated health guidelines.</div> <div>Please look for a red time to indicate what may be changing</div> <div>Example: 9:45 Fred Meyer</div>				1 <div>10:00 Pretty Nails</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Sing Along</div> <div>2:00 Craft/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	2 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Pretty Nails</div> <div>6:00 Nature Relax</div>	3 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Balloon Toss</div> <div>11:30 Trivia</div> <div>1:30 Puzzle/Cards/Folding</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 National Parks</div>
4 <div>10:00 Beauty Hour</div> <div>10:30 Snack</div> <div>11:00 Conductor Exercise</div> <div>11:30 Good News Network</div> <div>1:30 Spiritual Hymns</div> <div>2:00 Balloon Bounce</div> <div>3:00 Bingo</div> <div>6:00 Travel Videos</div>	5 <div>Labor Day</div> <div>10:00 Beauty Hour</div> <div>10:30 Sing Along / Snack</div> <div>11:00 Aroma Therapy</div> <div>11:30 Balloon Bounce</div> <div>1:30 Travel</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>	6 <div>10:00 Pretty Nails</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Story Time</div> <div>11:30 Seated Stretching</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 Nature Relax</div>	7 <div>10:00 Beauty Hour</div> <div>10:30 Exercise/ Snack</div> <div>11:00 Sing Along</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Story Time / Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	8 <div>10:00 Pretty Nails</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Sing Along</div> <div>2:00 Craft/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	9 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Pretty Nails</div> <div>6:00 Nature Relax</div>	10 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Balloon Toss</div> <div>11:30 Trivia</div> <div>1:30 Puzzle/Cards/Folding</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 National Parks</div>
11 <div>10:00 Beauty Hour</div> <div>10:30 Snack</div> <div>11:00 Conductor Exercise</div> <div>11:30 Good News Network</div> <div>1:30 Spiritual Hymns</div> <div>2:00 Balloon Bounce</div> <div>3:00 Bingo</div> <div>6:00 Travel Videos</div>	12 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along / Snack</div> <div>11:00 Aroma Therapy</div> <div>11:30 Balloon Bounce</div> <div>1:30 Travel</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>	13 <div>10:00 Pretty Nails</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Story Time</div> <div>11:30 Seated Stretching</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 Nature Relax</div>	14 <div>10:00 Beauty Hour</div> <div>10:30 Exercise/ Snack</div> <div>11:00 Sing Along</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Story Time / Snack</div> <div>3:00 Music By Blake Johnston</div> <div>6:00 National Parks</div>	15 <div>10:00 Pretty Nails</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Sing Along</div> <div>2:00 Craft/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	16 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Pretty Nails</div> <div>6:00 Nature Relax</div>	17 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Balloon Toss</div> <div>11:30 Trivia</div> <div>1:30 Puzzle/Cards/Folding</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 National Parks</div>
18 <div>10:00 Beauty Hour</div> <div>10:30 Snack</div> <div>11:00 Conductor Exercise</div> <div>11:30 Good News Network</div> <div>1:30 Spiritual Hymns</div> <div>2:00 Balloon Bounce</div> <div>3:00 Bingo</div> <div>6:00 Travel Videos</div>	19 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along / Snack</div> <div>11:00 Aroma Therapy</div> <div>11:30 Balloon Bounce</div> <div>1:30 Travel</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>	20 <div>10:00 Pretty Nails</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Story Time</div> <div>11:30 Seated Stretching</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 Nature Relax</div>	21 <div>10:00 Beauty Hour</div> <div>10:30 Exercise/ Snack</div> <div>11:00 Sing Along</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Story Time / Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	22 <div>10:00 Pretty Nails</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Sing Along</div> <div>2:00 Craft/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	23 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Pretty Nails</div> <div>6:00 Nature Relax</div>	24 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Balloon Toss</div> <div>11:30 Trivia</div> <div>1:30 Puzzle/Cards/Folding</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 National Parks</div>
25 <div>10:00 Beauty Hour</div> <div>10:30 Snack</div> <div>11:00 Conductor Exercise</div> <div>11:30 Good News Network</div> <div>1:30 Spiritual Hymns</div> <div>2:00 Balloon Bounce</div> <div>3:00 Bingo</div> <div>6:00 Travel Videos</div>	26 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along / Snack</div> <div>11:00 Aroma Therapy</div> <div>11:30 Balloon Bounce</div> <div>1:30 Travel</div> <div>2:00 Reminisce/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Movie</div>	27 <div>10:00 Pretty Nails</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Story Time</div> <div>11:30 Seated Stretching</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 Nature Relax</div>	28 <div>10:00 Beauty Hour</div> <div>10:30 Exercise/ Snack</div> <div>11:00 Sing Along</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Story Time / Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	29 <div>10:00 Pretty Nails</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Sing Along</div> <div>2:00 Craft/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	30 <div>10:00 Beauty Hour</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Aroma Therapy</div> <div>1:30 Bingo</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Pretty Nails</div> <div>6:00 Nature Relax</div>	