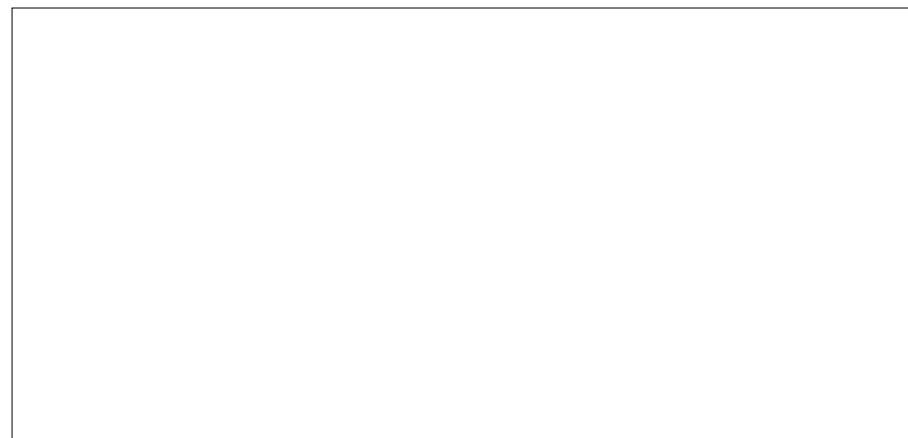




14420 SW Farmington Rd.  
Beaverton, OR 97005

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**Leadership Team:**

**Executive Director:**

Tawnya Theodore

**Community Relations Director:**

Randy Dickens

**Wellness Nurse:**

Suzi Hegstrom

**Wellness Directors:**

Isabelle Hein, Melissa Garza

**Wellness Coordinator:**

Cathy Ayala

**Life Enrichment Director:**

Rob Baty

**Dining Services Director:**

Erika Silva

**Maintenance Director:**

Mike Fraser

Phone: 503.626-2273

Email: [info-Beaverton@farmingtonsquare.com](mailto:info-Beaverton@farmingtonsquare.com)

Website: [farmingtonsquare-beaverton.com](http://farmingtonsquare-beaverton.com)

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

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

# The Radiant Reader

October 2022

Farmington Square Newsletter



2 It's Breast Cancer Awareness Month

3 Team Spotlight

4 - 5 Activities Calendar

6 Highlights & Our ED's Corner

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8 Mission & Team



# Breast Cancer Awareness Month is Here!

*Note: This 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.*

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

### What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

### Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



**Did you know?** 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at [cancer.org](https://cancer.org).

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health. Learn more about risk level at [cancer.org](https://cancer.org).

### Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.

# Special Moments



## Happy Birthday!

### Residents

- Carolyn W. - Oct. 11
- Nancy K. - Oct. 15
- Perry O. - Oct. 20

### Staff

- Julia L. - Oct. 9
- Jessenia - Oct. 24

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!





# October 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

- 01 Day for Seniors; Hair Day; Homemade Cookies Day; Pumpkin Spice Day

02 Custodial Day; Cards Day; Fried Scallops Day

03 Smoothie Day; Consign Day; Chili Week

04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day

05 Teachers' Day; Do Something Nice Day

06 Mad Hatter Day; Noodle Day

07 Choco Pretzel Day; Frappe Day; Smile Day

08 Podiatry Day; Pierogi Day; Chess Day

09 Clergy Day; Migratory Birds Day

10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day

11 Sausage Pizza Day

12 ER Nurse Day; Gumbo Day; Fossil Day

13 Train Your Brain Day; Yorkshire Pudding Day

14 Dessert Day

15 Cheese Curd Day; I Love Lucy Day

16 Pharmacy Week; Cat Day; Sports Day
- 17 Bosses Day; Pasta Day

18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day

19 Chamber of Commerce Day; Seafood Bisque Day

20 Chefs' Day; Chicken & Waffles Day

21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day

22 Color Day; Nut Day; Make A Difference Day

23 Mother-in-Laws' Day; Boston Cream Pie Day

24 Bologna Day; UN Day

25 Pasta Day; Opera Day; Greasy Food Day

26 Day of the Deployed; Pumpkin Day

27 Black Cat Day; Civics Day; Navy Day

28 First Responders' Day; Breadstick Day

29 Cat Day; Oatmeal Day; World Stroke Day

30 Orthopedic Nurse Day

31 Halloween; Girl Scout Day; Caramel Apple Day



**Staff Spotlight:**  
**Please welcome two of our new teammates.**

**Tawnya Theodore, Executive Director**

Tawnya has been in the senior living industry for approximately 12 years. Tawnya’s background is in clinical management although she prefers to wear many hats and jump in wherever needed. Her career spans a variety of positions giving her hands-on experience in many of the roles that she now manages. She began working within the Radiant Senior Living family of senior care communities in 2014 as a Caregiver and soon after was promoted to a Med-Tech position, and then Wellness Director, and Assistant Executive Director. Tawnya expanded her experience by accepting a traveling support position with the Radiant Senior Living home office, lending her expertise to multiple communities throughout the company. She accepted the position of Executive Director for Farmington Square Tualatin in 2020 and now Executive Director for Farmington Square Beaverton as of September 2022.

**Jane Smith, Business Office Director**

Jane has worked is senior living for almost five years and has an extensive background in Human Resources. She has two daughters and a 14-year-old grandson. She has a passion for cooking. Those that get to taste her food rave about how good it is. Jane spends her free time at the beach, shopping and spending quality time with her family. Fall is her favorite season and Thanksgiving is her most cherished holiday. She truly enjoys working in the senior care industry and is excited for this new chapter at Farmington Square Beaverton.



# OCTOBER 2022 Building A

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# OCTOBER 2022 Building B

Farmington Square  
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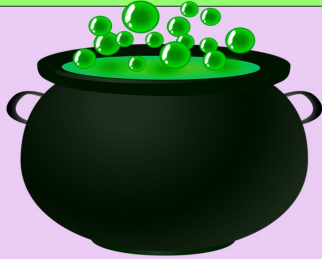
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<p><b>16</b></p> <p>9:30 Snack 9:45 Watercolors 10:00 <b>Sit And Be Fit</b> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video</p>	<p><b>17</b></p> <p><b>9:45 Scenic Drive</b> 10:30 Coffee &amp; News 11:30 Exercise <b>1:30 Resident Council</b> 3:00 Bingo 4:00 Poem of the day 6:00 Evening Movie</p>	<p><b>18</b></p> <p>10:00 Watercolors &amp; Snack 10:30 <b>Coffee &amp; News</b> 11:00 Exercise 1:30 <b>IN2L Games</b> 2:15 Manicures 2:45 <b>Bingo</b> With Snack 4:00 Poem of the day 6:00 Evening Movie</p>	<p><b>19</b></p> <p>9:45 Painting <b>9:45 Fred Meyer</b> 10:30 Snack 1:30 <b>Seated Stretching</b> 2:00 <b>Trivia/ Snack</b> <b>2:45 Ice Cream Social/ Bingo</b> 6:00 Puzzles</p>	<p><b>20</b></p> <p><b>9:45 Library Outing</b> 10:00 Snack 11:00 <b>Word Games</b> 1:30 Exercise 2:45 Snack 3:00 <b>Bingo</b> 6:00 Evening Movie</p>	<p><b>21</b></p> <p>10:00 Table Games 10:30 Coffee &amp; News 11:00 Craft 1:30 Exercise 2:30 <b>Reminisce/ Snack</b> 3:00 <b>Bingo</b> 6:00 Puzzles</p>	<p><b>22</b></p> <p>10:00 Watercolors 10:30 <b>Word Games</b> 11:00 Exercise 1:30 Balloon Badminton 2:45 <b>Bingo</b> With Snack 4:00 Poem of the day 6:00 Evening Movie</p>
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<p><b>30</b></p> <p>9:30 Snack 9:45 Watercolors 10:00 <b>Sit And Be Fit</b> 11:00 Bible Study 1:30 Movie and Snack 3:00 Bingo 6:00 Travel Video</p>	<p><b>31 Halloween</b></p> <p>9:45 Watercolors 10:30 Coffee &amp; News 11:30 Exercise 1:30 <b>Trivia/ Snack</b> 2:00 Craft 3:00 Bingo 6:00 Evening Movie</p>					



# OCTOBER 2022 Building CD

Farmington Square  
14420 SW Farmington Rd.

Beaverton, OR. 97005  
503-626-2273

SUN	MON	TUE	WED	THU	FRI	SAT
			<p><b>Activity schedule</b></p> <p>Subject to cancellation per current mandated health guidelines.</p> <p>Please look for a <b>red time</b> to indicate what may be changing</p> <p>Example: <b>9:45</b> Fred Meyer</p>			<p><b>1</b></p> <p>10:00 <i>Today in History</i> 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></p>
<p><b>2</b></p> <p>10:00 <i>Today in History</i> 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></p>	<p><b>3</b></p> <p>10:00 Daily Chronicle 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></p>	<p><b>4</b></p> <p>10:00 <i>Today in History</i> 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>	<p><b>5</b></p> <p>10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Reminisce 1:30 Bingo 2:00 Story Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i></p>	<p><b>6</b></p> <p>10:00 <i>Today in History</i> 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></p>	<p><b>7</b></p> <p>10:00 Daily Chronicle 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></p>	<p><b>8</b></p> <p>10:00 <i>Today in History</i> 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></p>
<p><b>9</b></p> <p>10:00 <i>Today in History</i> 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></p>	<p><b>10</b> Columbus Day/ Indigenous People Day</p> <p>10:00 Daily Chronicle 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></p>	<p><b>11</b></p> <p>10:00 <i>Today in History</i> 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>	<p><b>12</b></p> <p>10:00 <b>Pet Therapy</b> 10:45 <i>Sing Along/ Snack</i> 11:15 Exercise 11:45 Daily Chronicle 1:30 Bingo 2:00 Story Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i></p>	<p><b>13</b></p> <p>10:00 <i>Today in History</i> 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></p>	<p><b>14</b></p> <p>10:00 Daily Chronicle 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></p>	<p><b>15</b></p> <p>10:00 <i>Today in History</i> 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></p>
<p><b>16</b></p> <p>10:00 <i>Today in History</i> 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></p>	<p><b>17</b></p> <p>10:00 Daily Chronicle 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></p>	<p><b>18</b></p> <p>10:00 <i>Today in History</i> 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>	<p><b>19</b></p> <p>10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Reminisce 1:30 Bingo 2:00 Story Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i></p>	<p><b>20</b></p> <p>10:00 <i>Today in History</i> 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></p>	<p><b>21</b></p> <p>10:00 Daily Chronicle 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></p>	<p><b>22</b></p> <p>10:00 <i>Today in History</i> 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></p>
<p><b>23</b></p> <p>10:00 <i>Today in History</i> 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></p>	<p><b>24</b></p> <p>10:00 Daily Chronicle 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></p>	<p><b>25</b></p> <p>10:00 <i>Today in History</i> 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>	<p><b>26</b></p> <p>10:00 Beauty Hour 10:30 <i>Sing Along/ Snack</i> 11:00 Exercise 11:30 Reminisce 1:30 Bingo 2:00 Story Time / Snack 3:00 Balloon Bat 6:00 <i>National Parks</i></p>	<p><b>27</b></p> <p>10:00 <i>Today in History</i> 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></p>	<p><b>28</b></p> <p>10:00 Daily Chronicle 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></p>	<p><b>29</b></p> <p>10:00 <i>Today in History</i> 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></p>
<p><b>30</b></p> <p>10:00 <i>Today in History</i> 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></p>	<p><b>31</b> Halloween</p> <p>10:00 Daily Chronicle 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></p>					