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Stamp

Leadership Team

Executive Director:

Tawnya Theodore

Community Relations Director:

Amanda Al Fartosi

Wellness Director, Alpine:

Wellness Director, Beechwood:

Tayler Osmundsen

Wellness Director, Ponderosa:

Melissa Garza

Wellness Nurse:

Business Office Director:

Life Enrichment Director:

Anjee Thompson

Dining Services Director:

Darett Miyashiro

Maintenance Director:

Paul Burns

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

The Farmington Times

October 2022 Newsletter



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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.

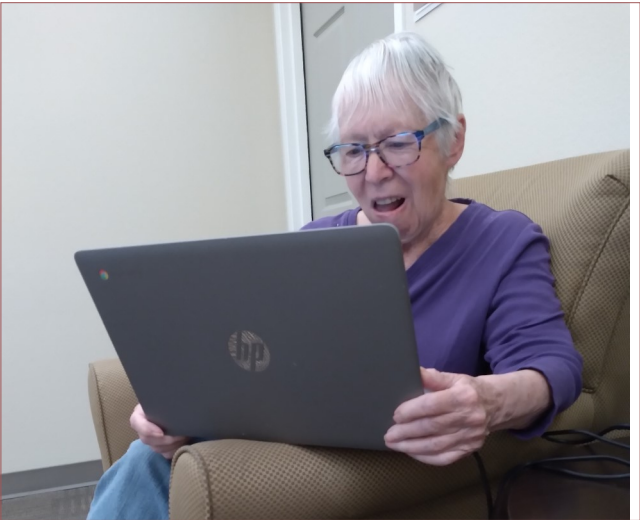
Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American 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.

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!

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!

Residents

- Shirley: Oct. 1
- Bob N: Oct. 3
- Judy: Oct. 9
- Lise: Oct. 11
- Sara: Oct. 15
- Cece: 28
- Sherry: Oct. 31

Staff

- Amanda: Oct. 5
- Ramiro: Oct. 16



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 | 17 Bosses Day; Pasta Day |
| 02 Custodial Day; Cards Day; Fried Scallops Day | 18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day |
| 03 Smoothie Day; Consign Day; Chili Week | 19 Chamber of Commerce Day; Seafood Bisque Day |
| 04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day | 20 Chefs' Day; Chicken & Waffles Day |
| 05 Teachers' Day; Do Something Nice Day | 21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Noodle Day | 22 Color Day; Nut Day; Make A Difference Day |
| 07 Choco Pretzel Day; Frappe Day; Smile Day | 23 Mother-in-Laws' Day; Boston Cream Pie Day |
| 08 Podiatry Day; Pierogi Day; Chess Day | 24 Bologna Day; UN Day |
| 09 Clergy Day; Migratory Birds Day | 25 Pasta Day; Opera Day; Greasy Food Day |
| 10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day | 26 Day of the Deployed; Pumpkin Day |
| 11 Sausage Pizza Day | 27 Black Cat Day; Civics Day; Navy Day |
| 12 ER Nurse Day; Gumbo Day; Fossil Day | 28 First Responders' Day; Breadstick Day |
| 13 Train Your Brain Day; Yorkshire Pudding Day | 29 Cat Day; Oatmeal Day; World Stroke Day |
| 14 Dessert Day | 30 Orthopedic Nurse Day |
| 15 Cheese Curd Day; I Love Lucy Day | 31 Halloween; Girl Scout Day; Caramel Apple Day |
| 16 Pharmacy Week; Cat Day; Sports Day | |

Our Executive Director's Corner

Dear residents, family members, and friends,

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 Administrator Designee. 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 Tualatin.



Staff Spotlight: First Ramiro

One of our amazing team members is Ramiro. Most of our residents and families seldom see him, as he is a valuable team member of our dietary team and is often in the kitchen.

Along with going to PSI college, he enjoys playing video games and watching cooking shows - especially the show kitchen nightmares. He also loves scary movies and his favorite comfort food is macaroni and cheese.

We are glad to have him on our team!

Resident Spotlight: Skip

Our Resident of the Month is also an accomplished chef. He started off his career in the military and during his childhood in the Hawaiian Islands.

He worked as a general manager and helped guide and train many chefs along the way. Our team members love to hear his stories of famous people and funny experiences that he has shared with us.

We have tried a couple of his cookie recipes and they were delicious!

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| <p>9</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L</p> | <p>10</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 6:00 Music IN2L</p> | <p>11</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art with Anjee 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 6:00 Music IN2L</p> | <p>12</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show</p> | <p>13</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 6:00 History <i>Video IN2L</i></p> | <p>14</p> <p>8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 6:00 Funny TV Show</p> | <p>15</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Coloring 6:00 Music IN2L</p> |
| <p>16</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L</p> | <p>17</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 6:00 Music IN2L</p> | <p>18</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art with Anjee 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 6:00 Music IN2L</p> | <p>19</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show</p> | <p>20</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 1:00 RESIDENT COUNCIL 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 6:00 History Video IN2L</p> | <p>21</p> <p>8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 6:00 Funny TV Show</p> | <p>22</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Coloring 6:00 Music IN2L</p> |
| <p>23</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L</p> | <p>24</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 6:00 Music IN2L</p> | <p>25</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Trivia IN2L 11:00 Spa Time 1:00 Art with Anjee 2:00 Cribbage/ Games 3:00 One on One Visit 4:00 Walking Group 6:00 Music IN2L</p> | <p>26</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 News and Chat 11:00 Art Project 1:00 Card Games 2:00 Scenic Drive 3:00 Spa Time 4:00 Puzzles Time 6:00 Funny TV Show</p> | <p>27</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Card Games 11:30 Bible Study 1:00 Art Class 2:00 Book Club 3:00 Trivia IN2L 4:00 Ball Toss 6:00 History Video IN2L</p> | <p>28</p> <p>8:00 Breakfast 9:30 Chair Stretching 10:00 Games IN2L 11:00 Card Games 1:00 Scrabble 2:00 Bible Study 3:00 Craft 4:00 Trivia IN2L 6:00 Funny TV Show</p> | <p>29</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:30 BINGO 11:00 Puzzle Time 1:00 Spa Time 2:00 One On One 3:00 Walking Group 4:00 Coloring 6:00 Music IN2L</p> |
| <p>30</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Bible Study IN2L 11:00 Board Games 1:00 Trivia IN2L 2:00 Word Search 3:00 Walk n Roll walking 4:00 Past Times IN2L 6:00 Movie IN2L</p> | <p>31</p> <p>8:00 Breakfast 9:30 Exercise IN2L 10:00 Snack and News 11:00 Read Aloud 1:00 One on One 2:00 News and Chat 3:00 Ball Toss 4:00 Funny Videos 6:00 Music IN2L</p> | | | | | <p>Happy Birthday</p> <p>Sara: Oct 15th</p> |