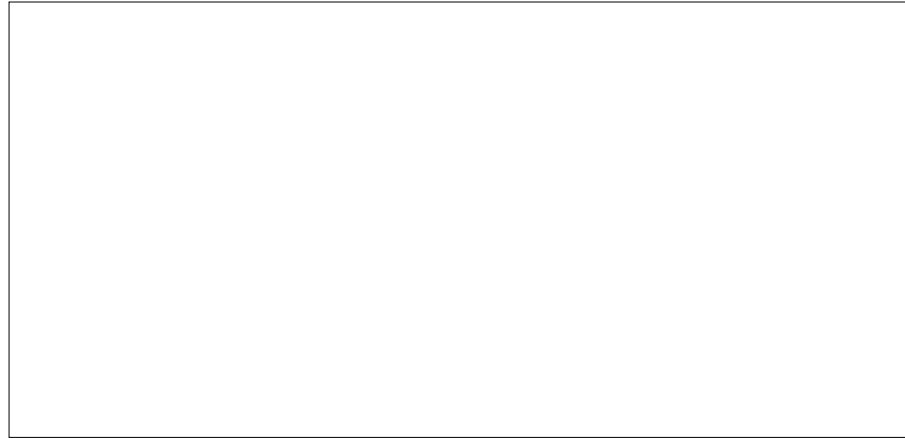




14420 SW Farmington Rd.
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Executive Director:
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Community Relations Director:
Randy Dickens
Business Office Director:
Jane Smith
Wellness Director:
Melissa Garza
Wellness Coordinators:
Cathy Ayala & Adriana Cruz-Bautista
Life Enrichment Director:
Rob Baty
Dining Services Director:
Erika Silva
Maintenance Director:
Mike Fraser



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

The Radiant Reader

June 2023

Farmington Square Newsletter



2 Alzheimer's & Dementia Awareness
3 Team Spotlight
4 - 5 Activities Calendar

6 Highlights
7 Special Moments & Birthdays
8 Mission & Team

Alzheimer's & Dementia Awareness & Updates

Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.

Summer solstice on June 21 is a notable date this Alzheimer's & Brain Awareness Month. The Alzheimer's Association observes it as the day with the most light, and the day we fight, encouraging fundraising toward an end to Alzheimer's. Our community hopes to bring awareness not only to this year's Longest Day, but also to this important month with facts and updates.

Facts About Alzheimer's

- More than 6 million Americans are living with Alzheimer's.
- 1 in 3 seniors pass with Alzheimer's or dementia.
- Alzheimer's and dementias cost the U.S. \$321 billion in 2022.
- The difference between Alzheimer's and dementia is dementia is an overall term for a particular group of symptoms (difficulties with memory, language, problem-solving, and other thinking skills) while Alzheimer's disease is one cause of dementia.

Updates and Research Studies

- Few Americans know about mild cognitive impairment, which can be an early stage of Alzheimer's. MCI causes cognitive changes that the affected person and those in their life can notice, but doesn't affect the ability to carry out everyday activities. Learn more at alz.org in a Special Report.
- Various studies indicate that keeping strong social connections and staying mentally active may lower the risk of cognitive decline and Alzheimer's.
- There seems to be a strong link between head trauma and future risk of cognitive



The Longest Day: Consider taking part in a fund-raising activity to support an end to Alzheimer's. The options for activities are great: from board games, gardening, and bowling to Yoga or having a cookout, and beyond! You can register for a creative fundraising activity at act.alz.org.

- decline. Help fall-proof your living space by reducing poor light, loose rugs, and clutter.
- Some conditions known to increase the risk of cardiovascular disease like high blood pressure, diabetes, and high cholesterol increase the risk of developing Alzheimer's.
- Regular physical exercise and heart-healthy eating may help to protect the brain. Two recommended diets include The Dash Diet and Mediterranean Diet.
- A current clinical trial by DIAN is testing if antibodies to beta-amyloid can reduce beta-amyloid plaque in the brains of people with certain genetic mutations and reduce, delay or prevent Alzheimer's symptoms. Another trial, A4 by the Alzheimer's Disease Cooperative Study, is testing if antibodies to beta-amyloid can lower Alzheimer's disease risk in people 65-85 at high risk for the disease.

We hope all of this information has been helpful toward broadening awareness of Alzheimer's during this important month.

Special Moments



Happy Birthday to our Residents & Staff :

- Mary T. - June 4
- Ron H. - June 5
- Kathleen C. - June 9
- Mary Lou M. - June 10
- Toddy O. - June 13
- Ramon I. - June 19
- Rose B. - June 26

- Lilliana H. - June 3
- Jane S. - June 16
- Angelina S. - June 15
- Moesta V. - June 15
- Randy D. - June 20
- Rolando F. - June 25

June 2023 Highlights

Observes: Men's Health, Headaches & Migraines, PTSD, Safety

Celebrates: Zoos & Aquariums, Fruit & Veggies, Camping, Dairy, Great Outdoors, Iced Tea, Roses, Papaya, Turkey, African American Music, LGBTQIA Pride

01 Nail Polish Day; Olives Day; Pen Pal Day

02 Donut Day; Rocky Road Day; Rotiss. Chicken Day

03 Egg Day; Chocolate Macaroons Day; Trails Day

04 Cancer Survivors' Day; Cheese Day; Corgi Day

05 Veggie Burger Day; World Environment Day

06 D-Day; Eyewear Day; Gardening Exercise Day

07 Chocolate Ice-Cream Day; Oklahoma Day

08 BFF Day; Positivity Day; World Oceans Day

09 Donald Duck Day; Strawberry Rhubarb Pie Day

10 Egg Roll Day; Iced Tea Day; Rose' Day

11 Children's Day; Corn on Cob Day; Outlet Shop Day

12 Men's Health Week; Jerky Day; PB Cookie Day

13 World Softball Day; Weed Your Garden Day

14 Flag Day; Strawberry Shortcake Day

15 Photography Day; Smile Power Day

16 Fudge Day; World Tapas Day

17 Apple Strudel Day; Eat Your Veggies Day

18 Father's Day; Go Fishing Day; Turkey Day

19 Juneteenth; Garfield the Cat Day; Watch Day

20 American Eagle Day; Ice Cream Soda Day

21 First Day of Summer; Peaches & Cream Day

22 Chocolate Éclair Day; Onion Rings Day

23 Detroit-Style Pizza Day; Hydration Day

24 Pralines Day; Summersgiving

25 Catfish Day; Strawberry Parfait Day; Beatles Day

26 Beautician Day; Choc Pudding Day; Coconut Day

27 Ice Cream Cake Day; Onion Day; Pineapple Day

28 Alaska Day; Parchment Day; Paul Bunyan Day

29 Almond Buttercrunch Day; Waffle Iron Day

30 Meteor Watch Day; Social Media Day



Staff Spotlight: Annie

Our May employee of the month shines on Annie, our Administrative Assistant! She has worked for Radiant Senior Living for almost 11 years. In her free time, she enjoys spending time with her twin nephews and hiking in our beautiful area. Annie is a staple of our team and offers her help and assistance to everyone. Thank you Annie, we appreciate you!



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Farmington Square
14420 SW Farmington Rd.

Beaverton, OR. 97005
503-626-2273

SUN	MON	TUE	WED	THU	FRI	SAT
<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>				<div>1</div> <div>9:45 Gardening</div> <div>10:00 Today in History</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	<div>2</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	<div>3</div> <div>9:45 Gardening</div> <div>10:00 Today in History</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>
<div>4</div> <div>9:45 Gardening</div> <div>10:00 Today in History</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>	<div>5</div> <div>10:00 Today in History</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Discussion Starters</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>	<div>6</div> <div>9:45 Gardening</div> <div>10:00 Daily Chronicle</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>	<div>7</div> <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>	<div>8</div> <div>9:45 Gardening</div> <div>10:00 Today in History</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:15 Music By Blake Johnston</div> <div>6:00 Nature Relax</div>	<div>9</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	<div>10</div> <div>9:45 Gardening</div> <div>10:00 Today in History</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>
<div>11</div> <div>9:45 Gardening</div> <div>10:00 Today in History</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>	<div>12</div> <div>10:00 Today in History</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Discussion Starters</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>	<div>13</div> <div>9:45 Gardening</div> <div>10:00 Daily Chronicle</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>	<div>14 Flag Day</div> <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>	<div>15</div> <div>9:45 Gardening</div> <div>10:00 Today in History</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	<div>16</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	<div>17</div> <div>9:45 Gardening</div> <div>10:00 Today in History</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>
<div>18 Father’s Day</div> <div>9:45 Gardening</div> <div>10:00 Today in History</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>	<div>19</div> <div>10:00 Today in History</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Discussion Starters</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>	<div>20</div> <div>9:45 Gardening</div> <div>10:00 Daily Chronicle / Snack</div> <div>10:30 Empower Me Class</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>	<div>21 Summer Solstice</div> <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>	<div>22</div> <div>9:45 Gardening</div> <div>10:00 Today in History</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	<div>23</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	<div>24</div> <div>9:45 Gardening</div> <div>10:00 Today in History</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>
<div>25</div> <div>9:45 Gardening</div> <div>10:00 Today in History</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>	<div>26</div> <div>10:00 Today in History</div> <div>10:30 Sing Along/Snack</div> <div>11:00 Discussion Starters</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>	<div>27</div> <div>9:45 Gardening</div> <div>10:00 Daily Chronicle</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>	<div>28</div> <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>	<div>29</div> <div>9:45 Gardening</div> <div>10:00 Today in History</div> <div>10:30 Memory Bio/ Snack</div> <div>11:00 Sorting</div> <div>11:30 Exercise</div> <div>1:30 Balloon Bat</div> <div>2:00 Trivia/ Snack</div> <div>3:00 Bingo</div> <div>6:00 Nature Relax</div>	<div>30</div> <div>10:00 Daily Chronicle</div> <div>10:30 Sing Along/ Snack</div> <div>11:00 Exercise</div> <div>11:30 Reminisce</div> <div>1:30 Bingo</div> <div>2:00 Old Commercials/Snack</div> <div>3:00 Balloon Bat</div> <div>6:00 National Parks</div>	