



14420 SW Farmington Rd.
Beaverton, OR 97005

Stamp



Leadership Team:

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Email: info-Beaverton@farmingtonsquare.com

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Executive Director:

Tawnya Theodore

Community Relations Director:

Randy Dickens

Wellness Nurse:

Ronalee Bjorkman

Business Office Director:

Jane Smith

Wellness Director:

Cory Stevenson(A), Melissa Garza (B),
Marchelle Roberts (CD)

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

November 2023

Farmington Square Newsletter



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Ways to Honor Our Veterans

Veterans Day takes place on November 11, honoring veterans of the United States' armed forces. On that day and beyond, here are some ways to honor the veterans in your life and community.

Visit a VA Hospital. Call ahead to find out their guidelines for visiting and/or volunteering and see how you can make a difference for the veterans there.

Visit a War Memorial. Take the time to observe and remind yourself and others about our veterans sacrifices.

Send thank you mail to veterans. There are various organizations that you can seek out for reaching veterans. A few links to do so include:

- amillionthanks.org/letter/
- supportourtroops.org/cards-letters
- www.operationgratitude.com/volunteer/anywhere/letters/

Strike up a conversation with a veteran. It is not only a great feeling to connect with another person, but it is special to a veteran when you take the time to hear what they want to share from their story.

Support charities that bring support to veterans. A few include:

- K9s For Veterans: k9sforwarriors.org
- Vehicles For Veterans: www.vehiclesforveterans.org
- Disabled American Veterans: dav.org
- Wounded Warriors Family Support: wwfs.org



Do you know all of the branches of U.S. Armed Forces? There are six: the Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force.

Display and use your American flag properly. Rules of thumb include not hanging the flag upside down or backwards and if you hang it vertically, have the stars on the viewer's left. Also, don't let the flag touch the ground. On Memorial Day, have the flag at half-mast from sunrise to noon then at full-mast the rest of the day.

Know the difference between Veterans Day and Memorial Day. Memorial Day is the last Monday in May, honoring those who have passed serving in the military. Veterans Day honors all who have served in the Armed Forces.

Buy a veteran a cup of coffee or help them with a task. If you see a veteran out in your community, try to brighten their day by offering your assistance to them.

We would love to hear additional ideas from you about the ways you support veterans on our Facebook post for this month's newsletter on the first of November.

Special Moments



Happy Birthday to our Residents & Staff:

Kay T. - Nov. 1
Paul M. - Nov. 3
Shane F. - Nov. 9
Sandy Z. - Nov. 20
Jean M. - Nov. 21
Shirley J. - Nov. 22
John R. - Nov. 23
Leticia L. - Nov. 5
Samantha R. - Nov. 5
Irma C. - Nov. 6
Vanessa G. - Nov. 6
Adriana C. - Nov. 21
Lorena H. - Nov. 25

November 2023 Highlights

Observes: National Alzheimer's Awareness, COPD, Diabetes, Epilepsy, Hospice & Palliative Care, Long-term Care, and Lung Cancer

Celebrates: Aviation History, Career Development, Family Caregivers, Family Stories, Fondue, Gratitude, Life Writing, Movember, Military Families, Native American Heritage, Novels, Peanut Butter, Pomegranates, Raisin Bread, Spinach, and Squash

01: Authors' Day; Calzone Day; Cinnamon Day
02: Deviled Egg Day; Ohio Day
03: Housewife's Day; Sandwich Day; Jersey Friday
04: Candy Day; Bison Day
05: Daylight Saving Time Ends; Donut Day
06: Nachos Day; Saxophone Day
07: Bittersweet Chocolate with Almonds Day
08: Cappuccino Day; STEM/STEAM Day
09: Louisiana Day; Scrapple Day
10: Veterans Day Observed; Vanilla Cupcake Day
11: Veterans Day; Sundae Day
12: Chicken Soup For The Soul Day; French Dip Day
13: World Kindness Day; Indian Pudding Day
14: Family PJ Day; Pickle Day; Spicy Guacamole Day
15: Bundt Day; Philanthropy Day; Raisin Bran Day
16: Fast Food Day; Great American Smokeout

17: Butter Day; Homemade Bread Day; Hike Day
18: Mickey Mouse's Birthday; Princess Day
19: Play Monopoly Day
20: Child's Day; Peanut Butter Fudge Day
21: Gingerbread Cookie Day; Stuffing Day
22: Cranberry Relish Day; Jukebox Day
23: Thanksgiving; Cashew Day; Espresso Day
24: Native American Heritage Day; Sardines Day
25: Parfait Day; Small Business Saturday
26: Cake Day
27: Bavarian Cream Pie Day; Craft Jerky Day
28: French Toast Day; Giving Day
29: Electronic Greetings Day
30: Mason Jar Day; Mousse Day, Floral Design Day



Staff Spotlight: Irma

Irma is our employee of the month! She is a great asset to the team and always willing to help where needed. She very much enjoys her job, the connections that she makes and working with our elders. She enjoys spending time with her family, camping, going for walks with her dog, and visiting the beach. She has been enjoying getting some ESL classes in with Ethel C. when time allows. We thank you for all you do here for the residents!

NOVEMBER 2023 Building A

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5 Daylight Savings Time 10:00 Morning News 10:30 Snack 10:45 Spiritual Hymns 11:15 Sing Along 1:30 Bingo/ Snack 2:45 Movie Matinee 6:00 Balloon Bounce	6 10:00 Wacky Word Games 10:30 Snack & News 11:15 Exercise 1:30 Bingo/ Snack 2:45 Balloon Bounce 3:30 Afternoon Trivia 6:00 Evening Movie	7 Election Day 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Manicures 1:30 Bingo/ Snack 3:00 Bean Bag Toss 3:30 Sing Along 6:00 Puzzles	8 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:30 Rick Steve’s Travel 2:45 Ice Cream Social/ Bingo 3:30 Balloon Bounce 6:00 Evening Movie	9 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Bingo/ Snack 2:15 Craft 3:30 Mini Golf 6:00 Puzzles	10 10:00 Exercise 10:30 Snack & News 11:00 Wacky Word Games 1:00 Bingo/ Snack 2:30 Manicures 3:30 Sing Along 6:00 Puzzles	11 Veterans Day 10:00 Exercise 10:30 Snack & News 11:00 Trivia 1:00 Bingo/ Snack 2:30 Movie Matinee 3:30 Sing Along 6:00 Balloon Bounce
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