

October 2017 Photos



Snapshots from this past month at



Administrative Staff:

- Betty Aberg**
Executive Director
- Eileen O'Connor**
Community Relations Director
- Mai Lor/Evergreen Walker**
Resident Care Coordinator
- Janet Martin**
Business Office Manager
- Carol Hill**
Registered Nurse
- Ann Montgomery**
Dietary Director
- Tomas Mendez**
Maintenance Director
- Ann'drea Vaughn**
Activities Director

Contact Us At:
503-665-1994



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

Gresham Farmington Square Newsletter

Farmington Square Assisted & Memory Care Newsletter — October 2017



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The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults’ emotional and physical health and how social they are in their daily lives. The Alzheimer’s Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others.

Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged. Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.

All Staff Monthly Winners!

Throughout the month, employees bided on prizes with their Radiant Bucks. Here are this month’s winners!

Congratulations team!!

Martha won a Scentsy candle, movie, and snacks!



Venisa W. won a box full of candies and snacks!



Angel M. won a \$50 dinner and a movie for two!



“Funny Masks”
Morrie P.

“Thelma (Scooby Doo)”
Lisa

We asked residents and staff to share their favorite costumes!

“Freddy Krueger”
Leon

October Highlights — You're Invited!

10/5/17 Will Spillette & Guitar @ 2pm
Diamond House

10/11/17 Lunch at Heidi's in Gresham
@ 12 noon

10/18/17 Outing to Portland Nursery for
Cider tasting and Gardening Day!

10/25/17 Dessert Outing to Shari's Pies
for an afternoon of pie and ice cream!

10/26/17 HARVEST PARTY!! Join us for
our Harvest party @ 3pm in Barlow
House! Come in your favorite costume!
Refreshments will be served.



The Best Halloween Costume I ever wore...

"Clown"
Bob B.

"Fairy"
Leotta I.



Be Fit & Be Happy

You probably have a vague sense that exercise is good for you—and you've probably heard that it's "healthy for the heart." But if you're like most people, that's not enough motivation to get you to break a sweat with any regularity. Americans get the recommended 150 minutes of strength and cardiovascular physical activity per week, more than half of all baby boomers reported doing no exercise whatsoever. And 80.2 million Americans over the age of six are entirely inactive. HOWEVER scientists are learning that exercise is actually medicine. Studies also suggest that exercise is as of now, the best way to prevent or delay onset of Alzheimer's disease, a major fear for many Americans. Many types of exercise from walking to cycling make people feel better & happier and relieve symptoms of depression. So



take a few minutes out your day & walk around the neighborhood, ride your bike to the nearest Farmers Market. The possibilities are endless to staying fit and of course being happy, also make sure to ask family members, neighbors, and friends to join you on a living a happy, healthy lifestyle!

Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!
LIKE our Facebook page today!

www.Facebook.com/FarmingtonSquareGresham

OCTOBER 2017 ASTOR BARLOW CROWN

Farmington Square Gresham
1655 NE 18th St Gresham, OR
97030
(503)—665-1994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Walking Group (C) 10:-00 Creative Writing (C) 11:00 Coffee & Snacks (C) 2:00 DARTS (B) 3:00 BINGO (B) 4:30 Sunday Night Football	2 9:30 Walking Group (C) 10:00 Reading Group (C) 10:30 Trivia & Treats © 11:00 Coffee & Snacks © 1:00 Garden Club (B) 1:30 Reminisce 50's (B) 2:30 Heads Up (B)	3 9:30 Fun w/ Noodles (D) 10:00 Church Services (D) 11:00 Coffee & Snacks (D) 1:00 Word Search! (B) 2:00 Memory Games (B) 3:00 Blackjack (B)	4 9:00 Current Events (C) 10:00 IN2L Surprise (E) 11:00 Poetry Reads (C) 1:30 Mystery Drive (All) 2:00 Manicures (B) 3:00 BINGO (B)	5 9:30 Walking Group © 10:00 Making a Painting (B) 10:30 Fun Facts (B) 11:00 Finish the Phrase (B) 1:00 Dice Game (B) 2:00 <i>Will Spillette/Guitar</i> (D) 3:00 HANGMAN (B) 4:00 Resident Outreach	6 9:00 Resident Shopping 10:00 All About Me (C) 11:00 Reminiscing (C) 1:00 Color Art (B) 2:00 Mini Golf (B) 3:00 Manicures (B) 4:00 Resident Outreach	7 9:00 Circuit Exercise © 10:00 Short Tales © 11:00 Coffee & Snacks 1:00 JENGA! (B) 2:00 Name That Tune 3:00 Card Game (B) 6:00 Saturday Night Movie
8 9:00 Walking Group (C) 10:00 Creative Writing © 11:00 Coffee & Snacks © 2:00 DARTS (B) 3:00 BINGO (B) 4:30 Sunday Night Football	9 9:30 Walking Group (C) 10:00 Reading Group © 10:30 <i>Josephine/Piano</i> 11:00 Coffee Social 1:00 Garden Club (B) 1:30 Reminisce 40's (B) 2:30 Heads Up (B)	10 9:30 Fun w/ Noodles (D) 10:00 Church Services (D) 11:00 Coffee & Snacks (D) 1:00 Garden Club (B) 2:00 <i>Oldies w/ Lee (D)</i> 3:00 Blackjack (B)	11 9:00 Walking Group (C) 10:00 Men's Group © 11:00 Poetry Reads (C) 12:00 <i>Lunch @ Heidi's</i> 1:00 Name that Tune 2:00 Manicures (B) 3:00 BINGO (B)	12 9:30 Chair Exercise © 10:-00 Make a Painting (B) 10:30 Fun Facts (B) 11:00 Finish the Phrase (B) 1:00 Trivia & Treats (B) 2:00 <i>Charles/Angels</i> (D) 3:00 HANGMAN (B)	13 9:00 Resident Shopping 10:00 All About Me (C) 11:00 Reminiscing © 1:00 Color Art (B) 2:00 Mini Golf © 3:00 Manicures (B) 4:00 Resident Outreach	14 9:00 Circuit Exercise (C) 10:00 Short Tales © 11:00 Coffee & Snacks 1:00 JENGA! (B) 2:00 Card Games (B) 3:00 Resident Outreach
15 9:00 Walking Group (C) 10:00 Creative Writing © 11:00 Coffee & Snacks © 2:00 DARTS (B) 3:00 BINGO (B) 4:30 Sunday Night Football	16 9:30 Stretching (C) 10:00 Reading Group © 10:30 Trivia (C) 11:00 Coffee & Snacks 1:00 Garden Club (B) 1:30 Reminisce 40's (B) 2:30 Heads Up (B) 4:00 Resident Outreach	17 9:00 Fun w/ Noodles (D) 10:00 Church Service (D) 11:00 Coffee & Snacks (D) 1:00 Word Search! (B) 2:00 Happy Hour (B) 3:00 Blackjack (B)	18 9:30 Chair Exercise © 10:00 Men's Group © 11:00 Poetry Reads 1:00 Name that Tune (B) 2:00 <i>Apple Tasting (Portland Nursery)</i> 3:00 BINGO (B)	19 9:30 Walking (C) 10:00 Make a Painting (B) 10:30 Fun Facts (B) 11:15 Name that Car/Plane 1:00 Brain Games (B) 2:30 <i>Bill Beach/Piano</i> (B) 3:00 HANGMAN © 4:00 Resident Outreach	20 9:00 Resident Shopping 10:00 All About Me © 11:00 Reminisce 60's © 1:00 Color Art (B) 2:00 Mini Golf (B) 3:00 Manicures (B) 4:00 Resident Outreach	21 9:00 Circuit Exercise (C) 10:00 Short Tales © 11:00 Coffee & Snacks 1:00 JENGA! (B) 2:00 Card Game (B) 3:00 Fun w/ Noodles 6:00 Saturday Night Movie
22 9:00 Walking Group (C) 10:00 Creative Writing © 11:00 Coffee & Snacks © 2:00 DARTS (B) 3:00 BINGO (B) 4:30 Sunday Night Football	23 9:30 Stretching (C) 10:00 Reading Group © 10:30 Trivia (C) 11:00 Coffee & Snacks 1:00 Garden Club (B) 1:30 Reminisce 40's (B) 2:30 Heads Up (B) 4:00 Resident Outreach	24 9:00 Fun w/ Noodles (D) 10:00 Church Service (D) 11:00 Coffee & Snacks (D) 1:00 Word Search! (B) 2:00 Memory Game (B) 3:00 Blackjack (B)	25 9:30 Chair Exercise © 9:30 Current Events © 10:00 Men's Group © 11:00 Poetry © 1:30 <i>Shari's Pies</i> 2:00 Manicures (B) 3:00 BINGO (B)	26 9:00 Walking (C) 10:00 Make a Painting (B) 10:30 <i>Hot Shots Kazoo</i> (D) 11:15 Fun Facts (B) 1:00 Harvest Hat Fun (B) 2:00 Resident Council (B) 3:00 <i>Harvest Fest Party!</i> (B)	27 9:00 Resident Shopping 10:00 All About Me (C) 11:00 Reminiscing (C) 1:00 Color Art (B) 2:00 Mini Golf (B) 3:00 Manicures (B) 4:00 Resident Outreach	28 9:00 Circuit Exercise (C) 10:00 Short Tales © 11:00 Coffee & Snacks 1:00 JENGA! (B) 2:00 Card Game (B) 3:00 Fun w/ Noodles 6:00 Saturday Night Movie
29 9:00 Walking Group (C) 10:00 Creative Writing © 11:00 Coffee & Snacks © 2:00 DARTS (B) 3:00 BINGO (B) 4:30 Sunday Night Football	30 9:30 Stretching (C) 10:00 Reading Group © 10:30 Trivia (C) 11:00 Coffee & Snacks 1:00 Garden Club (B) 1:30 Reminisce 40's (B) 2:30 Heads Up (B)	31 <i>HAPPY HALLOWEEN!</i> 9:30 Fun w/ Noodles (D) 10:00 Church Services (D) 11:00 Coffee & Snacks (D) 1:00 Mini Pumpkin Fun (B) 2:00 Memory Game (B)				

October Birthdays!

Eleanor Crowder

Oct. 4th

Joanne Vickery

Oct. 5th

Loretta Stufflebean

Oct. 30th



October 2017

DIAMOND/EMERALD

Farmington Square Gresham

1655 NE 18th St

Gresham, OR

(503)-665-1994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Stretching 10:30 Snacks 11:45 Aromatherapy 2:00 Music Trivia 3:00 Manicures	2 9:30 Limb Exercise 10:00 Short Tales 10:30 Snacks 11:45 Aromatherapy 2:30 Picture Bingo 3:30 Balloon Volleyball	3 9:30 Stretching 10:30 Church Service 11:45 Aromatherapy 1:30 Reminisce 50's 2:00 Make a Painting 4:00 Resident Outreach	4 9:30 Walking 10:30 IN2L Surprise 11:00 Aromatherapy 1:30 <i>Mystery Drive</i> 2:30 Snack 3:00 Name that Tune	5 9:30 Walking 10:30 Snacks 11:45 Aromatherapy 1:30 Balloon Volleyball 2:30 Guess Who! 3:00 Manicures	6 9:30 Limb Exercise 10:30 Snacks 11:45 Aromatherapy 1:30 HANGMAN! 2:30 Matching Game 3:00 Resident Outreach	7 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Music 2:30 Snacks 3:00 Sensory Game!
8 9:30 Stretching 10:30 Snacks 11:45 Aromatherapy 2:00 Music Trivia 3:00 Manicures	9 9:30 Limb Exercise 10:00 Short Tales 10:30 Snacks 11:45 Aromatherapy 2:30 Picture Bingo 3:30 Balloon Volleyball	10 9:30 Stretching 10:30 Church Service 11:45 Aromatherapy 1:30 Reminisce 50's 2:00 Make a Painting 4:00 Resident Outreach	11 9:30 Walking 10:00 <i>Mystery Drive</i> 11:00 Aromatherapy 1:30 Memory Game 2:30 Snack 3:00 Name that Tune	12 9:30 Walking 10:30 Snacks 11:45 Aromatherapy 1:30 Balloon Volleyball 2:30 Guess Who! 3:00 Manicures	13 9:30 Limb Exercise 10:30 Snacks 11:45 Aromatherapy 1:30 HANGMAN! 2:30 Matching Game 3:00 Resident Outreach	14 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Music 2:30 Snacks 3:00 Sensory Game!
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