

# December 2017 Photos



Snapshots from this past month at



## Administrative Staff:

**Betty Aberg**  
Executive Director  
**Eileen O'Connor**  
Community Relations Director  
**Mai Lor/Jennale Martin/**  
**Julius Olomua/Shayleen**  
**Weer**  
Resident Care Coordinator  
**Diane Hesser**  
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 — December 2017



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# Wintertime Wellness

Winter is often a time of great joy. For some, it can also bring on sadness or depression. Factors such as low vitamin D, Seasonal Affective Disorder, and other sources may be to blame. Thankfully, there are ways to address them and get on track toward feeling the merriment of the season.

## Low Vitamin D:

Winter blues at older ages could be brought on by a vitamin D deficiency, according to Agingcare.com. People naturally get vitamin D from sunlight, and decreased exposure could lessen the ability to get enough. A deficiency could also result from medications affecting vitamin D production and metabolization, and aging skin decreasing vitamin D3 production.

Vitamin D levels can be increased with safe sun exposure and consumption of supplements, salmon, tuna, cod liver oil, egg yolks, mushrooms, oatmeal, cereal, soy milk, and cow milk. As for how much should be consumed daily, the National Institute on Aging recommends at least 600 IU, but not more than 4,000 IU, for those 50-70. At least 800 IU, but not more than 4,000 IU, is recommended for those 70 and older.

## Seasonal Affective Disorder:

Another source for wintertime mood change could be Seasonal Affective Disorder (SAD), a form of depression that cycles seasonally. SAD is a temporary condition that can be due to a lack of sunlight or hormone disruption with season changes. Signs of SAD include loss of



interest in things once enjoyed, changes to appetite or sleep, sadness, anxiety, tiredness, increased sensitivity, and feelings of hopelessness, according to Interim Healthcare.

Treating SAD may include light therapy, talk therapy, aromatherapy, physical activity, and/or doctor-prescribed medications, to name a few options.

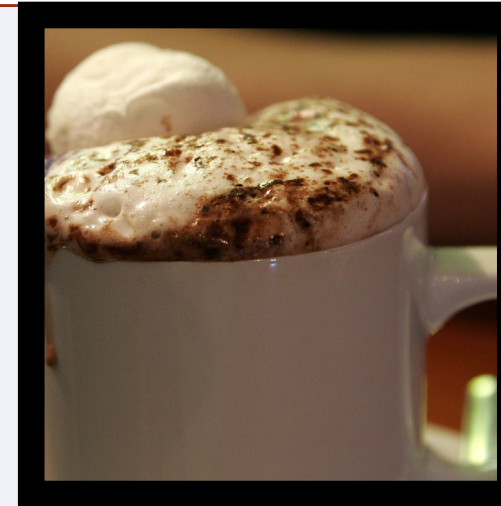
## Other sources of sadness or depression:

Winter sadness or depression could also result from poor dietary choices and/or lack of exercise—both which can be helped with lifestyle changes. Holiday stress, nostalgia, and social isolation may also bring down one's mood during winter.

Check out our suggested Mood Boosters to help with wintertime wellness. Remember that you are not alone!

**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.

# Wintertime Mood Boosters!



## Here are some tips to help brighten those long winter days:

- Bundle up and head outside for sunshine or sit by the window with a book and let the sun stream through if it's sunny
- Grab a friend for a game of cards or a talk
- Try to eat balanced meals all day
- Get exercise, even if it's a short walk
- Spend time with a furry companion.
- Enjoy some music or some dancing
- Have a cup of tea or cocoa to warm you and bring joy

- Take part in a cooking project
- Join in on karaoke with a group
- Play a board game with friends
- Brighten someone else's day by engaging with them and seeing how they are doing
- Build a model airplane
- Lead a Bible study group
- Knit, crochet, or cross stitch a gift
- Make a scrapbook or journal
- Have a puzzle competition with others
- Try to learn a new skill, like a language
- Watch a movie and have a snack
- Unclutter your space
- Go on an outing or shopping trip with a group when one is planned
- Make cards for family or friends
- Paint a picture of a scene outside
- List three good things from today
- Meditate or practice deep breathing
- Sign up for an activity for tomorrow
- Get a good night's sleep (you will be less sensitive to negative feelings)
- Practice smiling for an instant lift in mood

***We asked residents and staff to share their favorite wintertime traditions.***

**"Sweet Treats!"  
Jean K.**





## December Highlights — You're Invited!

12/6 Visit to the Gresham Fire station to tour the firehouse @ 1:30pm

12/13 Join for an afternoon of Bowling at Mt. Hood Lanes @ 1:30pm

12/16 PCC Carolers coming to spread Christmas cheer @ 2:30 in Emerald House

12/22 Dickens Carolers coming to sing Christmas carols and spread holiday cheer @ 2pm in Emerald House



12/19 Join us for our annual Christmas Social @ 2pm in Emerald House! Refreshments will be served

## What are your favorite winter traditions?

"Holiday Movies"

Lisa D.

"Drinking hot drinks"

Joanne V.

"Christmas Lights"

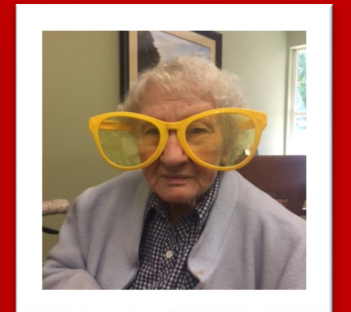
Melia

"Ice Skating"

Martha

2017 was a great year here at Gresham!

# MEMORIES!



## See ya in 2018!

## Find us on Facebook!

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

[www.Facebook.com/FarmingtonSquareGresham](http://www.Facebook.com/FarmingtonSquareGresham)







December 2017

ASTOR BARLOW CROWN EMERALD

FARMINGTON SQUARE GRESHAM

1655 NE 18TH ST

GRESHAM, OR 97030

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 Resident Shopping 10:00 All About Me (E) 11:00 Name that Tune (E) 1:00 Color Art (B) 2:00 Dunk Em' Game (E) 3:00 Manicures (All) 4:00 Resident Outreach	2 9:00 Circuit Exercise (C) 10:00 Short Tales (C) 11:00 Snacks (All) 1:00 JENGA (B) 2:00 Men's Group (B) 3:00 IN2L Surprise (E) 6:00 Evening Movie
3 9:00 Walking Group (All) 10:00 Fun Facts (C) 11:00 Snacks (C) 1:00 IN2L Trivia (E) 2:00 Women's Group (E) 3:00 BINGO (B) 4:00 Sunday Football	4 9:30 Stretching (C) 10:00 IN2L Surprise (E) 11:00 Snacks (All) 1:00 Reminisce 60's (E) 2:00 Tic Tac Toe (B) 3:00 Pictionary (B) 4:00 Resident Outreach	5 9:30 Fun w/ Noodles (D) 10:00 Church w/ Jerry (D) 11:00 Snacks (D) 1:00 IN2L Music (E) 2:00 IN2L Game (E) 3:00 IN2L Puzzles (E) 4:00 Resident Outreach	6 9:00 Current Events (E) 10:00 Dice Game (E) 11:00 Snacks (All) 1:30 <i>Fire Station Outing</i> 2:00 Manicures (B) 3:00 BINGO (B) 4:00 Resident Outreach	7 9:30 IN2L Exercise (E) 10:00 Painting (B) 11:00 Men's Group (B) 1:00 IN2L Hangman (E) 2:00 <i>Charles/Angels</i> (D) 3:30 IN2L Word Search (E) 4:00 Resident Outreach	8 9:30 Resident Shopping 10:00 All About Me (E) 11:00 Name that Tune (E) 1:00 Color Art (B) 2:00 Dunk Em' Game (E) 3:00 Manicures (All) 4:00 Resident Outreach	9 National Pastry Day! 9:00 Circuit Exercise (C) 10:00 Short Tales (C) 11:00 Snacks (All) 1:00 JENGA (B) 2:00 Men's Group (B) 3:00 IN2L Surprise (E) 6:00 Evening Movie
10 9:00 Walking Group (All) 10:00 Fun Facts (C) 11:00 Snacks (C) 1:00 IN2L Trivia (E) 2:00 Women's Group (E) 3:00 BINGO (B) 4:00 Sunday Football	11 9:30 Stretching (C) 10:30 <i>Josephine/Piano</i> (B) 11:00 Snacks (All) 1:00 Reminisce 60's (E) 2:00 <i>Oldies w/ Lee</i> (D) 3:00 Pictionary (B) 4:00 Resident Outreach	12 9:30 Fun w/ Noodles (D) 10:00 Church w/ Jerry (D) 11:00 Snacks (D) 1:00 IN2L Music (E) 2:00 Tic Tac Toe (E) 3:00 IN2L Puzzles (E) 4:00 Resident Outreach	13 National Cocoa Day! 9:00 Current Events (E) 10:00 Dice Game (E) 11:00 Cocoa/Snacks (All) 1:30 <i>Bowling Outing</i> 2:00 Manicures (B) 3:00 BINGO (B) 4:00 Resident Outreach	14 9:30 IN2L Exercise (E) 10:00 Painting (B) 11:00 Men's Group (B) 1:00 IN2L Hangman (E) 2:30 <i>Will Spillette/Guitar</i> (D) 3:30 IN2L Word Search (E) 4:00 Resident Outreach	15 9:30 Resident Shopping 10:00 All About Me (E) 11:00 Name that Tune (E) 1:00 Color Art (B) 2:00 Dunk Em' Game (E) 3:00 Manicures (All) 4:00 Resident Outreach	16 9:00 Circuit Exercise (C) 10:00 Short Tales (C) 11:00 Snacks (All) 1:00 JENGA (B) 2:30 <i>PCC Carolers</i> (E) 3:00 IN2L Surprise (E) 6:00 Evening Movie
17 9:00 Walking Group (All) 10:00 Fun Facts (C) 11:00 Snacks (C) 1:00 IN2L Trivia (E) 2:00 Women's Group (E) 3:00 BINGO (B) 4:00 Sunday Football	18 9:30 Stretching (C) 10:00 IN2L Surprise (E) 11:00 Snacks (All) 1:00 Reminisce 60's (E) 2:00 Tic Tac Toe (B) 3:00 Pictionary (B) 4:00 Resident Outreach	19 9:30 Fun w/ Noodles (D) 10:00 Church w/ Jerry (D) 11:00 Snacks (D) 1:00 IN2L Music (E) 2:00 <i>Christmas Social</i> (E) 3:00 IN2L Puzzles (E) 4:00 Resident Outreach	20 9:00 Current Events (E) 10:00 Dice Game (E) 11:00 Snacks (All) 12:00 <i>La Caretta Lunch</i> 2:00 Manicures (B) 3:00 BINGO (B) 4:00 Resident Outreach	21 National Crossword Day! 9:30 IN2L Exercise (E) 10:00 Painting (B) 11:00 Men's Group (B) 1:00 IN2L Hangman (E) 2:30 <i>Bill Beach/Piano</i> (B) 3:30 IN2L Crossword (E) 4:00 Resident Outreach	22 9:30 Resident Shopping 10:00 All About Me (E) 11:00 Name that Tune (E) 1:00 Color Art (B) 2:00 <i>Dickens Carolers</i> (E) 3:00 Manicures (All) 4:00 Resident Outreach	23 9:00 Circuit Exercise (C) 10:00 Short Tales (C) 11:00 Snacks (All) 1:00 JENGA (B) 2:00 Men's Group (B) 3:00 IN2L Surprise (E) 6:00 Evening Movie
24 9:00 Walking Group (All) 10:00 Fun Facts (C) 11:00 Snacks (C) 1:00 IN2L Trivia (E) 2:00 Women's Group (E) 3:00 BINGO (B) 4:00 Sunday Football	25 <i>Merry Christmas!!!</i> 9:30 Stretching (C) 10:00 <i>Make a Xmas Tree</i> (E) 11:00 Snacks (All) 1:00 <i>Gingerbread Treat</i> (E) 2:00 Tic Tac Toe (B) 3:00 Pictionary (B) 4:00 Resident Outreach	26 9:30 Fun w/ Noodles (D) 10:00 Church w/ Jerry (D) 11:00 Snacks (D) 1:00 IN2L Music (E) 2:00 Birthday Social (B) 3:00 IN2L Puzzles (E) 4:00 Resident Outreach	27 9:00 Current Events (E) 10:00 Dice Game (E) 11:00 Snacks (All) 1:30 <i>Holiday Drive</i> (All) 2:00 Manicures (B) 3:00 BINGO (B) 4:00 Resident Outreach	28 9:30 IN2L Exercise (E) 10:30 <i>Hot Shots Kazoo</i> (D) 11:00 Men's Group (B) 1:00 IN2L Hangman (E) 2:30 Jewelry Making (B) 3:30 IN2L Word Search (E) 4:00 Resident Outreach	29 9:30 Resident Shopping 10:00 All About Me (E) 11:00 Name that Tune (E) 1:00 Color Art (B) 2:00 Dunk Em' Game (E) 3:00 Manicures (All) 4:00 Resident Outreach	30 9:00 Circuit Exercise (C) 10:00 Short Tales (C) 11:00 Snacks (All) 1:00 JENGA (B) 2:00 Men's Group (B) 3:00 IN2L Surprise (E) 6:00 Evening Movie
31 <i>New Years Eve!</i> 9:00 Walking Group (All) 10:00 Fun Facts (C) 11:00 Snacks (C) 1:00 IN2L Trivia (E) 2:00 Women's Group (E) 3:00 BINGO (B)						

December Birthdays

Irene K.

Dec.5th

Charlene M.

Dec.8th

Joyce S.

Dec.14th

Florence C.

Dec.18th

Charles Y.

Dec.24th







# DECEMBER 2017

## DIAMOND

FARMINGTON SQUARE GRESHAM  
1655 NE 18TH ST  
GRESHAM, OR 97030  
503-665-1994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 Stretching 10:30 Snacks 11:45 Aromatherapy 1:30 INL2 Hangman 2:30 IN2L Memory Game 3:00 Resident Outreach	2 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Music 2:30 Snacks 3:00 Sensory Games 4:00 Resident Outreach
3 9:30 Stretching 10:30 Snacks 11:30 Aromatherapy 2:00 IN2L Map Game 3:00 Manicures 4:00 Resident Outreach	4 9:30 Limb Exercise 10:30 Snacks 11:00 Poetry Reads 11:45 Aromatherapy 2:00 Tic Tac Toe 3:00 Picture Bingo	5 9:30 Walking Group 10:00 Church Service 11:45 Aromatherapy 2:00 Reminisce 70's 3:00 IN2L Surprise 4:00 Resident Outreach	6 9:00 Walking Group 10:00 <b>Scenic Drive</b> 11:30 Aromatherapy 1:30 IN2L Trivia 2:30 Snack 3:00 Name that Tune	7 9:30 Limb Exercise 10:30 Snacks 11:45 Aromatherapy 1:30 Balloon Volleyball 2:00 <b>Charles/Angels</b> 3:30 Manicures	8 9:30 Stretching 10:30 Snacks 11:45 Aromatherapy 1:30 INL2 Hangman 2:30 IN2L Memory Game 3:00 Resident Outreach	9 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Music 2:30 Snacks 3:00 Sensory Games 4:00 Resident Outreach
10 9:30 Stretching 10:30 Snacks 11:30 Aromatherapy 2:00 IN2L Map Game 3:00 Manicures 4:00 Resident Outreach	11 9:30 Limb Exercise 10:30 Snacks 11:00 Poetry Reads 11:45 Aromatherapy 2:00 Tic Tac Toe 3:00 Picture Bingo	12 9:30 Walking Group 10:00 Church Service 11:45 Aromatherapy 2:00 Reminisce 70's 3:00 IN2L Surprise 4:00 Resident Outreach	13 9:00 Indoor Exercise 10:00 <b>Donut World</b> 11:30 Aromatherapy 1:30 IN2L Trivia 2:30 Snack 3:00 Name that Tune	14 9:30 Limb Exercise 10:30 Snacks 11:45 Aromatherapy 1:30 Balloon Volleyball 2:30 <b>Will Spillette/Guitar</b> 3:30 Manicures	15 9:30 Stretching 10:30 Snacks 11:45 Aromatherapy 1:30 INL2 Hangman 2:30 IN2L Memory Game 3:00 Resident Outreach	16 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Music 2:30 Snacks 3:00 Sensory Games 4:00 Resident Outreach
17 9:30 Stretching 10:30 Snacks 11:30 Aromatherapy 2:00 IN2L Map Game 3:00 Manicures 4:00 Resident Outreach	18 9:30 Limb Exercise 10:30 Snacks 11:00 Poetry Reads 11:45 Aromatherapy 2:00 Tic Tac Toe 3:00 Picture Bingo	19 9:30 Walking Group 10:00 Church Service 11:45 Aromatherapy 2:00 Reminisce 70's 3:00 IN2L Surprise 4:00 Resident Outreach	20 9:00 Indoor Exercise 10:00 <b>Scenic Drive</b> 11:30 Aromatherapy 2:30 Snack 3:00 Name that Tune 4:00 Resident Outreach	21 9:30 Limb Exercise 10:30 Snacks 11:45 Aromatherapy 1:30 Balloon Volleyball 2:30 <b>Bill Beach/Piano</b> 3:30 Manicures	22 9:30 Stretching 10:30 Snacks 11:45 Aromatherapy 1:30 INL2 Hangman 2:30 IN2L Memory Game 3:00 Resident Outreach	23 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Music 2:30 Snacks 3:00 Sensory Games 4:00 Resident Outreach
24 9:30 Stretching 10:30 Snacks 11:30 Aromatherapy 2:00 IN2L Map Game 3:00 Manicures 4:00 Resident Outreach	25 <b>Merry Christmas!!</b> 9:30 Limb Exercise 10:30 Snacks 11:00 Poetry Reads 11:45 Aromatherapy 2:00 Tic Tac Toe 3:00 <b>Gingerbread Treat</b>	26 9:30 Walking Group 10:00 Church Service 11:45 Aromatherapy 2:00 Reminisce 70's 3:00 IN2L Surprise 4:00 Resident Outreach	27 9:00 Walking Group 10:30 <b>Jazzy Bagels</b> 11:30 Aromatherapy 2:30 Snack 3:00 Name that Tune 4:00 Resident Outreach	28 9:30 Limb Exercise 10:30 <b>Hot Shots Kazoo</b> 11:45 Aromatherapy 1:30 Balloon Volleyball 2:30 Guess Who! 3:30 Manicures	29 9:30 Stretching 10:30 Snacks 11:45 Aromatherapy 1:30 INL2 Hangman 2:30 IN2L Memory Game 3:00 Resident Outreach	30 10:00 Spelling Game 11:45 Aromatherapy 1:30 IN2L Music 2:30 Snacks 3:00 Sensory Games 4:00 Resident Outreach
31 <b>New Years Eve!</b> 9:30 Stretching 10:30 Snacks 11:30 Aromatherapy 2:00 IN2L Map Game 3:00 Manicures						