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Contact Us At:
503-665-1994

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



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Gresham Farmington Square Newsletter

Farmington Square Assisted & Memory Care Newsletter



P2 Arthritis Facts and Care Tips	P6 Birthdays & Highlights
P3 Team Member & Resident of the Month	P7 Memories & Mother’s Day
P4 & P5 Activities Calendar	P8 Mission, Social Media, & Team

May 2018 Edition

Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.



Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

Memories in the Making!



"She was always so honest"
- Yolanda V.

"She was a very hardworker!"
- Betty W.

"Her smile"
- Phyllis M.

"She is very hands on"
Ann'drea V.

In honor of our moms, we asked around: What is something you have always loved about your mother?

May Highlights

May 5th- Cinco De Mayo Social in Emerald House @ 2pm. Come join us for festive fun!

May 9th- Join us for a dessert outing in Gresham @ 1:00pm

May 11th- Mother's Day Tea @ 2pm in Barlow House! Join us for tea and music from Josephine Elle!

May 16th- Join us for an outing to the Pearson Air Museum @ 1:00pm

May 23rd- Join for an outing to the Rhododendron Garden in Portland; Bus will leave at 12 noon!

May 28th- Join us for our annual Memorial Day social @ 2pm in Emerald!

May 30th- Lunch @ Heidi's in Gresham



May Birthdays!



We hope you enjoy your special day!

Willena K.; May 12th

Betty "Jean" K. ; May 7th

Richard R. ; May 9th

Happy Birthday!

Resident of the Month!



Elsie Parrish

Our resident of the month is Elsie Parrish! Elsie has been a resident here at Gresham for sometime now and enjoys living here. Her favorite things to do here at the community is Bingo, and completing Word Searches, she also loves to play Skip-Bo with her daughter when she comes to visit. Elsie said she loves Farmington Square because of the caregivers and of course the food! She enjoys all of our meals and desserts and the care staff in her cottage are very attentive and very welcoming. Elsie congratulations and we love having you here as one of our many caring residents here at Gresham!



Team Member of the Month!

Christina Lasko

Our team member of the month is Christina Lasko! Christina started off as a passionate caregiver and was quickly promoted to become an outstanding Med Tech. Christina says her favorite thing about working here at Farmington Square Gresham is of course our residents! She says "It's easy to come to work with a smile on my face knowing I'm making a difference in their lives— We're like a surrogate family to them" Christina, Thank you for all your hard work you do for our residents and our team!

May 2018 Astor Barlow Crown Emerald

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Fun w/ Noodles (D) 10:00 Church w/ Jerry (D) 11:00 Snacks (All) 1:00 Dice Game (E) 2:00 Resident Choice (E) 3:00 Tea/Coffee Hour (E) 4:00 Resident Outreach	2 9:00 Current Events (E) 10:00 IN2L Exercise (E) 11:00 Snacks (All) 1:00 <i>Scenic Drive</i> (All) 2:00 Manicures (All) 3:00 BINGO! (B) 4:00 Resident Outreach	3 9:30 Stretching (E) 10:00 Men's Group (E) 11:00 Snacks (All) 1:00 Give me Five Game (E) 2:00 IN2L Flower Trivia (E) 3:30 Bible Study (C) 4:00 Resident Outreach	4 9:30 Fun w/ Noodles (D) 10:00 IN2L Piggy Bankers (D) 11:00 Snacks (All) 1:00 Monte Waters/Piano (B) 2:00 <i>Cinco De Mayo Social</i> (E) 3:00 BINGO! (B) 4:00 Resident Outreach	5 Cinco de Mayo 10:00 IN2L Sit & Be Fit (D) 11:00 Snacks (All) 1:00 IN2L Music Hour (E) 2:00 Color Art (E) 3:00 BINGO! (A)
6 10:00 IN2L Exercise (D) 11:00 Snacks (All) 1:00 Fun Facts (B) 2:00 Arts & Crafts Surprise (B) 3:00 BINGO! (B)	7 9:30 IN2L Exercise (E) 10:00 IN2L Surprise (E) 1:00 Family Feud (E) 2:00 Card Games (A) 3:00 Rock Painting (D) 4:00 Resident Outreach	8 9:30 Fun w/ Noodles (D) 10:00 Church w/ Jerry (D) 11:00 Snacks (All) 1:00 Garden Club (D) 2:00 <i>Oldies w/ Lee</i> (D) 3:00 IN2L Food Trivia (D) 4:00 Resident Outreach	9 9:00 Current Events (E) 10:00 IN2L Stretching (E) 11:00 Snacks (All) 1:00 <i>Dessert Outing</i> (All) 2:00 Manicures (All) 3:00 BINGO! (B) 4:00 Resident Outreach	10 9:30 IN2L Sing a Long (E) 10:00 Painting (E) 11:00 Snacks (All) 1:00 Bean Bag Toss (E) 2:30 <i>Will Spillette/Guitar</i> (D) 3:30 Bible Study (C) 4:00 Resident Outreach	11 9:30 Fun w/ Noodles (D) 10:00 Card Game (D) 11:00 Snacks (All) 1:00 May Trivia (E) 2:00 <i>Mother's Day Tea</i> (B) 3:00 BINGO! (B) 4:00 Resident Outreach	12 10:00 IN2L Sit & Be Fit (D) 11:00 Snacks (All) 1:00 IN2L Music Hour (E) 2:00 Color Art (E) 3:00 BINGO! (A)
13 Mother's Day 10:00 IN2L Exercise (D) 11:00 Snacks (All) 1:00 Fun Facts (B) 2:00 Mother's Day Craft (D) 3:00 BINGO! (B)	14 9:30 Walking Group (All) 10:00 IN2L Surprise 11:00 Snacks (All) 1:00 Family Feud (E) 2:00 Card Games (A) 3:00 <i>Noodle Sunflower Art</i> (B) 4:00 Resident Outreach	15 9:30 Fun w/ Noodles (D) 10:00 Church w/ Jerry (D) 11:00 Snacks (All) 1:00 Garden Club (D) 2:00 Riddle Game (D) 3:00 What did it cost? (E) 4:00 Resident Outreach	16 9:00 Current Events (E) 10:00 IN2L Stretching (E) 11:00 Snacks (All) 1:00 <i>Pearson Air Museum</i> (All) 2:00 Manicures (All) 3:00 BINGO! (B) 4:00 Resident Outreach	17 9:30 Free Choice Activity (E) 10:00 IN2L State Trivia (E) 11:00 Snacks (All) 1:00 Give me Five (B) 2:00 <i>Bill Beach/Piano</i> (B) 3:30 Bible Study (C) 4:00 Resident Outreach	18 9:30 Fun w/ Noodles (D) 10:00 IN2L Piggy Bankers (D) 11:00 Snacks (All) 1:00 May Trivia (E) 2:00 Name that Actor (E) 3:00 BINGO! (B) 4:00 Resident Outreach	19 10:00 IN2L Sit & Be Fit (D) 11:00 <i>Jump Rope Club</i> (E) 1:00 IN2L Music Hour (E) 2:00 Color Art (E) 3:00 BINGO! (A)
20 10:00 IN2L Exercise (D) 11:00 Snacks (All) 1:00 Fun Facts (B) 2:00 Arts & Crafts Surprise (B) 3:00 BINGO! (B)	21 9:30 Walking Group (All) 10:00 IN2L Surprise (E) 11:00 Snacks (All) 1:00 Family Feud (E) 2:00 Card Games (A) 3:00 Puzzles (A) 4:00 Resident Outreach	22 9:30 Fun w/ Noodles (D) 10:00 Church w/ Jerry (D) 11:00 Snacks (All) 1:00 IN2L Cars Trivia (E) 2:00 <i>Ice Cream Social</i> (E) 3:00 What did it cost? (E) 4:00 Resident Outreach	23 9:00 Current Events (E) 10:00 IN2L Free Choice 11:00 Snacks (All) 12:00 <i>Rhododendron Garden</i> 2:00 Manicures (All) 3:00 BINGO! (A) 4:00 Resident Outreach	24 9:30 Free Choice Activity (E) 10:00 IN2L Bubble Game (E) 11:00 Snacks (All) 1:00 Give me Five (E) 2:00 Resident Council (A) 3:30 Bible Study (C) 4:00 Resident Outreach	25 9:30 Fun w/ Noodles (D) 10:00 IN2L Piggy Bankers (D) 11:00 Snacks (All) 1:00 IN2L Flower Trivia (E) 2:00 Name that Actor (E) 3:00 BINGO! (B) 4:00 Resident Outreach	26 10:00 IN2L Sit & Be Fit (D) 11:00 Snacks (All) 1:00 IN2L Music Hour (E) 2:00 Color Art (E) 3:00 BINGO! (A)
27 10:00 IN2L Exercise (D) 11:00 Snacks (All) 1:00 Fun Facts (B) 2:00 Arts & Crafts Surprise (B) 3:00 BINGO! (B)	28 Memorial Day 9:30 Walking Group (All) 10:00 Memorial Day Trivia (D) 11:00 Snacks (All) 1:00 Memorial Day Craft (E) 2:00 <i>Memorial Day Social</i> (E) 3:00 Puzzles (A) 4:00 Resident Outreach	29 9:30 Fun w/ Noodles (D) 10:00 Church w/ Jerry (D) 11:00 Snacks (All) 1:00 IN2L Cars Trivia (E) 2:00 Make Garden Hats (E) 3:00 Garden Club (D) 4:00 Resident Outreach	30 9:00 Current Events (E) 10:00 IN2L Exercise (E) 11:00 Snacks (All) 12:00 <i>Lunch @ Heidi's</i> (All) 2:00 Manicures (All) 3:00 BINGO! (B) 4:00 Resident Outreach	31 9:30 Free Choice Activity (E) 10:30 <i>Hot Shots Kazoo</i> (D) 11:00 Snacks (All) 1:00 Give me Five (E) 2:00 Birthday Social (E) 3:30 Bible Study (C) 4:00 Resident Outreach	Activities are subject to change. 	