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



Administrative Team:

Teddi Neilson **Executive Director** Leslie Macknosky **Community Relations Director** Mai Lor **Resident Care Coordinator Staffing Coordinator Katie Hadley** See Lee **Business Office Manager** Jessica Saray Erika Deyoung **Registered Nurse Ann Montgomery Dietary Director Tomas Mendez Maintenance Director Yolanda Vance Activities Director** Administrative Asst. Martha Sagen

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Farmington Square Gresham News

Assisted & Memory Care Newsletter



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November 2018 Edition

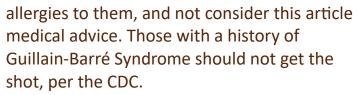
Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats. *Unfortunately,* it's also when the flu virus begins to makes its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu -related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose



Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

Differences Between a Flu and a Cold

Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.

A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit CDC.gov.

"When I say I want to photograph someone, what it really means is that I'd like to know them." - Annie Leibovitz





We asked around, "What's the best autumn dish?"

"Green bean casserole" - Samantha

"Sweet potato pie"

- Leah



The Best Autumn Dish

"Mashed potatoes" - Willena "Turkey and gravy" - Warren

"Pumpkin pie" - Sue

November Highlights

November 1: National Calzone Day November 2: National Deviled Egg Day November 2: National Jersey Friday November 3: National Sandwich Day November 4: Candy Day **November 5: National Doughnut Day November 6: Saxophone Day November 8: National Cappuccino Day November 10: Vanilla Cupcake Day November 11: Veterans Day November 13: National Sundae Day November 14: National Pickle Day November 15: National Bundt Cake Day November 16: Button Day November 17: Homemade Bread Day November 19: Play Monopoly Day November 20: Peanut Butter Fudge Day November 21: Gingerbread Cookie Day November 22: Thanksgiving Day November 25: National Parfait Day November 26: National Cake Day November 28: French Toast Day November 29: Square Dance Day**



Warren V., Nov 04 Marian H., Nov 20 No-Bake Peanut Butter Fudge Squares Recipe modified from All Recipes' one

Ingredients: 1/2 cup of butter 16 ounces of brown sugar 1/2 cup of milk 3/4 cup of peanut butter 1 teaspoon of vanilla 3 and 1/2 cups of confectioners sugar



Steps:

In saucepan, on medium heat, melt butter.

Add brown sugar and milk and stir. Bring to a boil for two minutes while stirring.

Move from heat.

Mix in vanilla and peanut butter. Pour on top of confectioners sugar in a big mixing bowl. Beat together until smooth. Pour into a pan that is 8x8. Chill until firm and then cut.

Resident of the Month! Ann W.

Our Resident of the Month is Ann W. She enjoys living here at FSG. She loves playing Cribbage, Bingo and socializing with other residents. Miss Ann also loves our live music entertainment!

Ann, you bring so much joy to us here at Gresham. You are truly one of a kind.







Team Member of the Month! Joyce T

Our Team Member of the Month is one of our amazing Housekeepers, Joyce. She has worked here at FSG for over 16 years!! She goes Above and Beyond, keeping us Radiant! Joyce knows all our residents and visits with them often.

We thank you, Joyce, for all your many years of service and everything you do for our community.

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Sun		Mon	Tue		Wed		Thu		Fri		Sat	
Daily : 3:00 Snacktivity Resident Outreach 7:00 pm Snacktivity							9:30 Sit and be Fit 10:00 IN2L Surprise 11:00 IN2L Music 11:30 Aromatherapy 1:00 Color Art 2:00 Crosswords 3:00 Manicures 4:00 IN2L Oldies Clips 6:00 Evening Movie	1	9:30 Chair Dancing 10:00 IN2L Trivia 11:00 IN2L Music 11:30 Aromatherapy 1:00 Card Games 2:00 Word Search 3:00 IN2L Sing Along 4:00 IN2L Oldies Clips 6:00 Evening News		9:30 Chair Dancing 10:00 IN2L Trivia 11:00 IN2L Music 11:30 Aromatherapy 1:00 Card Games 2:00 Word Search 3:00 Manicures 4:00 IN2L Oldies Clips 6:00 Evening News	3
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