

**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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**1655 NE 18th St.  
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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 make 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 allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

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

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](https://www.cdc.gov).

## 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)**

**“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz**



## The Best Autumn Dish





## 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

# Happy Birthday

to all with November birthdays

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 .



# November 2018

Farmington Square Gresham • 1655 NE 18th Street Gresham , OR 97030 • 503–665-1994 • Diamond / Emerald

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daily : 3:00 Snacktivity Resident Outreach 7:00 pm Snacktivity				1 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	2 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	3 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
4 9:30 Chair Dancing 10:00 IN2L Trivia 11:00 IN2L Music 11:30 Aromatherapy 1:00 Arts and Crafts 2:00 Hot Chocolate 3:00 IN2L Sing Along 4:00 IN2L Oldies Clips 6:00 Evening News	5 9:30 Chair Dancing 10:00 IN2L Trivia 11:00 IN2L Music 11:30 Aromatherapy 1:00 Arts and Crafts 2:00 Hot Chocolate 3:00 IN2L Sing Along 4:00 IN2L Oldies Clips 6:00 Evening News	6 9:30 Chair Dancing 10:00 Church /Jerry 11:00 IN2L Music 11:30 Aromatherapy 1:00 Dice Games 2:00 Arts and Crafts 3:00 IN2L Sing Along 4:00 IN2L Oldies Clips 6:00 Evening News	7 9:30 Chair Exercise 10:00 Scenic Drive 11:30 Aromatherapy 1:00 Arts and Crafts 2:00 Manicures 3:00 IN2L Music Hour 4:00 IN2L Oldie Trivia 6:00 Evening Movie	8 9:30 Sit and be Fit 10:00 IN2L Surprise 11:00 IN2L Music 11:30 Aromatherapy 1:00 Color Art 2:30 Will Spillette 3:00 Manicures 4:00 IN2L Oldies Clips 6:00 Evening Movie	9 9:30 Chair Dancing 10:00 IN2L Surprise 11:00 IN2L Music 11:30 Aromatherapy 1:00 Arts and Crafts 2:00 Hot Chocolate Hour 3:00 IN2L Sing Along 4:00 IN2L Oldies Clips 6:00 Evening News	10 9:30 Chair Dancing 10:00 IN2L Trivia 11:00 IN2L Music 11:30 Aromatherapy 1:00 Manicures 3:00 Hot Chocolate 4:00 IN2L Oldies Clips 6:00 Evening News
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