FARMINGTON SQUARE
A RADIANT SENIOR LIVING COMMUNITY

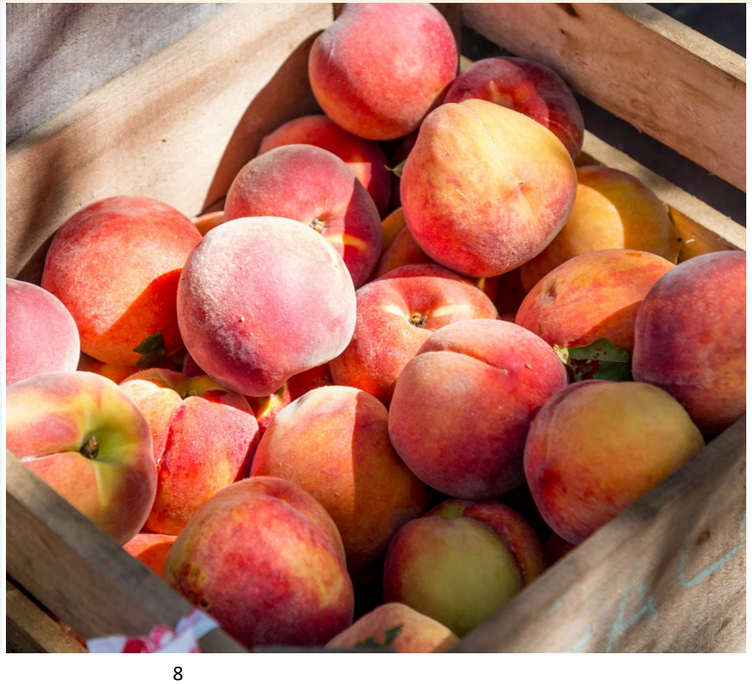
1655 NE 18th St.
Gresham, OR 97030

STAMP
HERE

Administrative Team:
503-665-1994

Malina Souliyaloovong
Executive Director
Perla Gonzales
Assistant Executive Director
Leslie Macknosky
Community Relations Director
Katie Hadley
Wellness Director
See Lee
Business Office Director
Jessica Saray
Wellness Nurse
Noelle Keller
Dining Services Director
Tomas Mendez
Maintenance Director
Yolanda Irving-Vance
Life Enrichment Director

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



Farmington Square News

Assisted & Memory Care Newsletter

Peachy Keen! Reach for a Peach this National Peach Month!

2 A Look into Senior Citizen's Day
3 Resident & Staff Spotlight
4/5 Activities Calendar
6 Birthdays, Highlights, Social Media
7 Photos, Summer Sentiments
8 Mission, Team

August 2019

Celebrating National Seniors' Day!

For the past 31 years, August 21st has been National Senior Citizens' Day in the United States and we hope you'll join us in observing it!

It was back in 1988 that then President Ronald Reagan set in motion the day to annually highlight seniors' achievements, and bring awareness and assistance to their needs. He stated: "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older, places in which older people can participate to the fullest and can find the **encouragement, acceptance, assistance, and services** they need to continue to lead lives of independence and dignity. […] For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute."

We are proud to celebrate and thank our seniors for their contributions to society. As part of observing such a day, read on for seniors reaching golden-year goals, hobby ideas, and a few helpful online resources.

Success Can Come at Any Age

Seniors most certainly prove one can reach for the stars at an older age. A few examples: Laura Ingalls Wilder wrote the "Little House" series between the ages of 65 and 76. Gladys Burrill completed the Honolulu Marathon at age 92. Peter Mark Roget of "Roget's Thesaurus of English Words and Phrases" did not start the book until age 69. Painter Grandma Moses was 78 when she gained fame for her works. Julia Child was 50 when she released her first cookbook. And Colonel Sanders didn't come into great success with KFC until age 62. These are encouraging examples for all of us goal-chasers. Stick to your goals no matter how small you think they are, and feel the pride that comes from taking the journey.

Hobbies to Consider Trying Out
Cooking: Share and make recipes in groups.
Golf: Whether for fun or competition!
Painting: Acrylics, watercolors, or oils
Poetry: Spoken or written, alone or for friends
Pottery: Start making hands-on masterpieces!

3 Resources Seniors May Find Helpful:

- **U.S. Department of Treasury Tax Counseling for Seniors**: https://www.benefits.gov/benefit/722
- **Social Security Administration Social Security Retirement Benefits**: https://www.ssa.gov/benefits/retirement
- **Corp. of National & Community Service Retired and Senior Volunteer Program:** https://www.nationalservice.gov/serve

Special Moments

August Highlights

August is Catfish Month, Eye Exam Month, Family Fun Month, Golf Month, Peaches Month, and Sandwich Month!

Aug. 1: Raspberry Cream Pie Day
Aug. 2: Ice Cream Sandwich Day
Aug. 3: Disc Golf Day; Mustard Day
Aug. 4: Friendship Day; Choc. Chip Cookie Day
Aug. 5: Oyster Day
Aug. 6: Root Beer Float Day; Wiggle Toes Day
Aug. 7: Lighthouse Day; Purple Heart Day
Aug. 8: Frozen Custard Day
Aug. 9: Book Lover's Day; Rice Pudding Day
Aug. 10: Bowling Day; S'mores Day
Aug. 11: Son and Daughter Day
Aug. 12: Julienne Fry Day; Middle Child Day
Aug. 13: Left-Handers Day
Aug. 14: Creamsicle Day
Aug. 15: Relaxation Day; Lemon Meringue Day
Aug. 16: Tell a Joke Day
Aug. 17: Black Cat Day; Thrift Shop Day; Bee Day
Aug. 18: Fajita Day; Ice Cream Pie Day
Aug. 19: Aviation Day; Intl. Bow Day
Aug. 20: Radio Day; Pecan Pie Day
Aug. 21: Senior Citizens Day; Spumoni Day
Aug. 22: Pecan Torte Day; Tooth Fairy Day
Aug. 23: Sponge Cake Day

Aug. 24: Peach Pie Day; Waffle Day
Aug. 25: Banana Split Day; Park Service Founders Day
Aug. 26: Dog Day; Cherry Popsicle Day
Aug. 27: Pots de Crème Day; Just Because Day
Aug. 28: Bow Tie Day; Cherry Turnovers Day
Aug. 29: Chop Suey Day
Aug. 30: College Colors Day; Marshmallows Day
Aug. 31: Trail Mix Day

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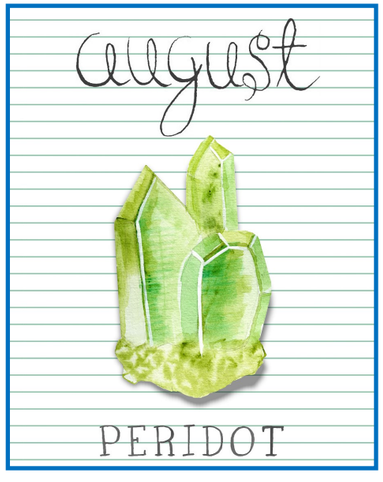
Pinterest.com/radiantsrliving
Radiant Senior Living on YouTube



Happy Birthday to all those who celebrate their special day during the month of August!

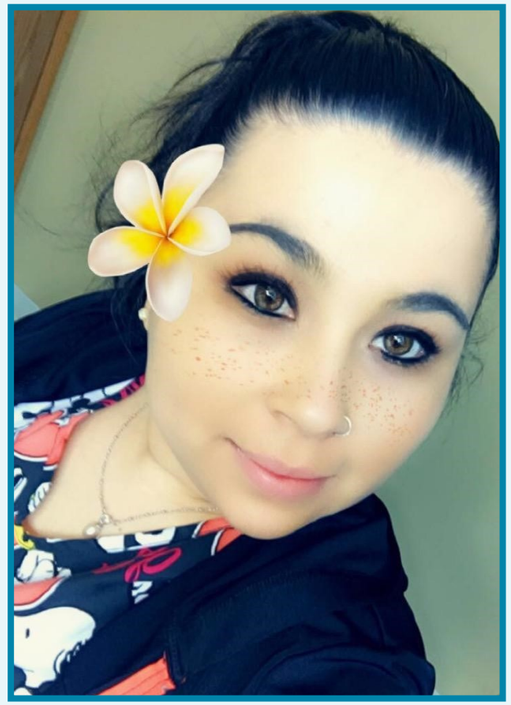
Carol D , August 24
Arletta A, August 11
Linda H , August 08
Norma D. August 7

Resident Spotlight!

First Name Here

Our Resident of the month is Eva B. Miss Eva Raised a family here in Oregon and worked many years at the Candy Basket Candy factory, and says She still has a "Sweet Tooth" !

Eva Loves Music and singing and always enjoys our live musical entertainment . Eva , you bring us so much joy here at Farmington Square Gresham !



Staff Spotlight!

Vanessa

Our Team Member of the Month is Vanessa P. She goes above and beyond keeping us Radiant !

Vanessa is one of our dedicated medical technicians . She enjoys shopping and loves coffee ! She also enjoys being a mom and taking care of her kids . We thank you Vanessa for all you do for our community !

August 2019

Barlow/Crown • 1655 NE18st. Gresham OR, 97030 • 503-665-1994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spirit Week *Monday Fun Sock Day* *Tuesday Sports Day* *Wednesday T Shirt Day* *Thursday Purple Day* *Friday Sneaker Day*				1 10:00 Stretching/Exercise 10:30 IN2L Word Search 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Sing Along 3:00 Dice Games 4:00 Manicures 6:00 Evening Movie	2 10:00 Stretching/Exercise 10:30 IN2L Crosswords 11:30 Aromatherapy 1:00 Arts/Crafts 2:00 Happy Hour 3:00 BINGO 6:00 Evening Movie	3 10:00 Stretching/Exercise 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Reading Aloud 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie
4 10:00 Stretching/Exercise 10:30 IN2L Surprise 11:30 Aromatherapy 1:00 Book Club 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie	5 10:00 Stretching/Exercise 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Courtyard Fun 2:00 IN2L Trivia 3:00 Dice Games 4:00 Coffee Convos 6:00 Evening Movie	6 9:30 Stretching/Exercise *10:00 Church/Jerry* 11:30 Aromatherapy 1:00 Reading Aloud 2:00 IN2L Travel 3:00 Dice Games 4:00 Resident 1on1 6:00 Evening Movie	7 10:00 Stretching/Exercise 10:30 IN2L Sound Game 11:30 Aromatherapy *1:00 Scenic Drive/Park* 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie	8 10:00 Stretching/Exercise 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Book Club 2:30 Will Spillette/(D) 3:00 Dice Games 4:00 Manicures 6:00 Evening Movie	9 10:00 Stretching/Exercise 10:30 IN2L Sing Along 11:30 Aromatherapy 1:00 Dice Games 2:00 Happy Hour 3:00 BINGO 6:00 Evening Movie	10 10:00 Stretching/Exercise 10:30 IN2L Word Search 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie
11 10:00 Stretching/Exercise 10:30 IN2L Hang Man 11:30 Aromatherapy 1:00 Manicures 2:00 IN2L Surprise 3:00 BINGO 6:00 Evening Movie	12 10:00 Stretching/Exercise 10:30 IN2L Surprise 11:00 Josephine/Piano (B) 1:00 Arts/Crafts 2:00 IN2L Word Games 3:00 Dice Games 4:00 Coffee Convos 6:00 Evening Movie	13 9:30 Stretching/Exercise *10:00 Church/Jerry* 11:30 Aromatherapy 1:00 Card Games 2:00 Oldies/Lee /Music (D) 3:00 Dice Games 4:00 Resident 1on1 6:00 Evening Movie	14 10:00 Stretching/Exercise 10:30 IN2L Crossword 11:30 Aromatherapy *1:00 Pie Verses Pie* 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie	15 10:00 Stretching/Exercise 10:30 IN2L Sing Along 11:30 Aromatherapy 1:00 Card Games 2:00 Bill Beach/Piano/(B) 3:00 Dice Games 4:00 Manicures 6:00 Evening Movie	16 10:00 Stretching/Exercise 10:30 IN2L Trivia 11:30 Aromatherapy 1:00 Card Games 2:00 Happy Hour 3:00 BINGO 6:00 Evening Movie	17 10:00 Stretching/Exercise 10:30 IN2L Games 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie
18 10:00 Stretching/Exercise 10:30 IN2L Word Search 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie	19 10:00 Stretching/Exercise 10:30 IN2L Games 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Trivia 3:00 Dice Games 4:00 Coffee Convos 6:00 Evening Movie	20 9:30 Stretching/Exercise *10:00 Church/Jerry* 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Sound Game 3:00 Dice Games 4:00 Resident Outreach 6:00 Evening Movie	21 10:00 Stretching/Exercise 10:30 IN2L Trivia 11:30 Aromatherapy *1:00 Shari's Dinner* 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie	22 10:00 Stretching/Exercise 10:30 Sing Along 11:30 Aromatherapy 1:00 Card Games 2:30 Monty/Piano/(B) 3:00 Dice Games 4:00 Manicures 6:00 Evening Movie	23 10:00 Stretching/Exercise 10:30 IN2L Sound Game 11:30 Aromatherapy 1:00 Card Games 2:00 Happy Hour 3:00 BINGO 6:00 Evening Movie	24 10:00 Stretching/Exercise 10:30 IN2L Crossword 11:30 Aromatherapy 1:00 Card Games 2:00 Reading Aloud 3:00 BINGO 6:00 Evening Movie
25 10:00 Stretching/Exercise 10:30 IN2L Games 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie	26 10:00 Stretching/Exercise 10:30 IN2L Games 11:30 Aromatherapy 1:00 Card Games 2:00 IN2L Sing Along 3:00 Dice Games 4:00 Manicures 6:00 Evening Movie	27 9:30 Stretching/Exercise *10:00 Church/Jerry* 11:30 Aromatherapy 1:00 Court Yard Fun 2:00 IN2L Sing Along 3:00 Dice Games 4:00 Resident Council 6:00 Evening Movie	28 10:00 Stretching/Exercise 10:30 IN2L Games 11:30 Aromatherapy *1:00 Picnic in the Park* 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie	29 10:00 Stretching/Exercise *10:30 Hot Shot Kazoos* 11:30 Aromatherapy 1:00 IN2L Music *2:30 Birthday Social* 3:00 Dice Games 4:00 Support Group 6:00 Evening Movie	30 10:00 Stretching/Exercise 10:30 IN2L Games 11:30 Aromatherapy 1:00 IN2L Sing Along 2:00 Happy Hour 3:00 BINGO 6:00 Evening Movie	31 10:00 Stretching/Exercise 10:30 IN2L Games 11:30 Aromatherapy 1:00 Book Club 2:00 IN2L Sing Along 3:00 BINGO 6:00 Evening Movie

August 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spirit Week 19-23 *Monday Sock Day* *Tuesday Sports Day* *Wednesday T Shirt Day* *Thursday Purple Day* *Friday Sneaker Day*				1 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Courtyard Fun 2:00 Coffee Convos 3:00 IN2LSuprise 4:00 Resident Outreach 6:00 Evening Movie	2 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Arts/ Crafts 2:00 Coffee Convos 3:00 IN2L Trivia 4:00 Resident 1 on 1 6:00 Evening Movie	3 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Beading 2:00 Coffee Convos 3:00 IN2L Sing Along 4:00 Resident Outreach 6:00 Evening Movie
4 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Reading Aloud 2:00 Coffee Convos 3:00 IN2LSingAlong 4:00 Resident 1 on 1 6:00 Evening Movie	5 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Dice Games 2:00 Coffee Convos 3:00 IN2LCrossword 4:00 Resident Outreach 6:00 Evening Movie	6 9:30 Exercise/Balloon 1000 Church/Jerry 11:00 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee Convos 3:00 IN2L Sound Game 4:00 Resident 1on1 6:00 Evening Movie	7 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee Convos 3:00 IN2L Sing A long 4:00 Resident Outreach 6:00 Evening Movie	8 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Dice Games 2:30 Will Spillette (D) 3:00 IN2LSuprise 4:00 Resident 1on1 6:00 Evening Movie	9 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Reading Aloud 2:00 Coffee Convos 3:00 IN2LTravel 4:00 Resident Outreach 6:00 Evening Movie	10 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee Convos 3:00 IN2L Hang Man 4:00 Resident 1on1 6:00 Evening Movie
11 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Reading Aloud 2:00 Coffee Convos 3:00 IN2L Sound Game 4:00 Resident Outreach 6:00 Evening Movie	12 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Beading 2:00 Coffee Convos 3:00 IN2LTrivia 4:00 Resident Outreach 6:00 Evening Movie	13 9:30 Exercise/Balloon 10:00 Church/Jerry 11:00 Aromatherapy 1:00 Arts/Crafts 2:00 Oldies/Lee (D) 3:00 IN2LSuprise 4:00 Resident Outreach 6:00 Evening Movie	14 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Manicures 2:00 Coffee Convos 3:00 IN2LHang Man 4:00 Resident Outreach 6:00 Evening Movie	15 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee Convos 3:00 IN2L Sing Along 4:00 Resident Outreach 6:00 Evening Movie	16 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Arts/Crafts 2:00 Coffee Convos 3:00 IN2L Crossword 4:00 Resident Outreach 6:00 Evening Movie	17 10:00 Exercise/Balloon 10:30 IN2L Games 11:00 Aromatherapy 1:00 Manicures 2:00 Coffee Convos 3:00 IN2LMusical Clips 4:00 Resident Outreach 6:00 Evening Movie
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Healthy Living

Join us for a daily dose of fitness to maintain a healthy lifestyle. Enjoy our Stretching and Exercise class at 10 AM all days except Tuesday where we meet at 9:30 AM.

Out & About

We love the opportunity to get out and enjoy the town. Join us every Wednesday at 1 PM for a fun outing!

Spirit Week

Get in on the fun of Spirit Week August 19th through 23rd!