FARMINGTON SQUARE
A RADIANT SENIOR LIVING COMMUNITY

1655 NE 18th St.
Gresham, OR 97030

STAMP HERE

Administrative Team: 503-665-1994

Executive Director: Malina Wheeler

Assistant Executive Dir.: Perla Gonzales

Marketing Director Eric Printz

Wellness Directors: Melissa Fisher & Kalina Bounphisay

Business Office Dir.: Monica Bounphisay

Wellness Nurse: Erika Pullen

Dining Services Director: Renee Carl

Maintenance Director: Tomas Mendez

Life Enrichment Dir.: Yolanda Irving-Vance

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

Farmington Square News

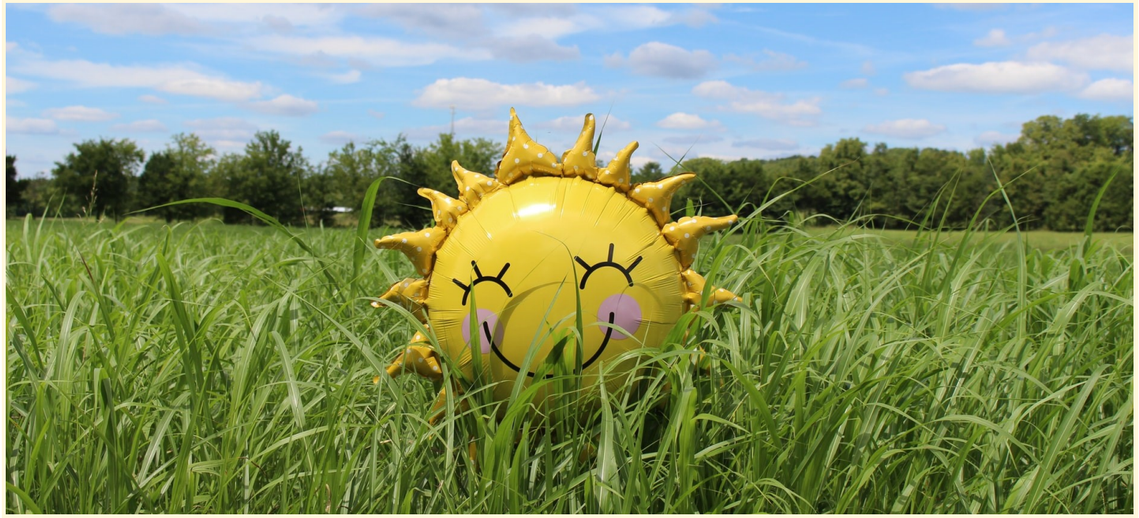
Monthly Newsletter

Aug. 6th is Root Beer Float Day!

August 2020

2 Here Comes the Sun!
3 Team & Resident Spotlight
4-5 Activities Calendar
6 Highlights, Notes, Seniors Day
7 Special Moments & Birthdays
8 Mission & Team

Here Comes the Sun! Summertime Sun Safety Tips



These summer days, we want to head right outside for some fun outdoors. But before doing so, check out these tips about how to protect yourself and loved ones while out having fun! Note: This is not medical advice, and all should consult with their doctors about their personal sun safety guidelines.

Before heading outside, consider where and when you're going out. In the cooling shade, like under trees or umbrellas, is the best place to be if outside between the hours of 10 am and 4 pm during summer. Reflective surfaces like snow, sand, water, or concrete are areas in which to be extra careful of the suns rays. UV rays are also quite strong at high altitudes.

Make sure to check the heat index. For those wondering, the heat index measures how hot it *feels* when relative humidity factors into actual air temperature. For example, if air is 96°F and relative humidity is 65%, it may feel like 121°F! Yikes! Heat index can be checked online at weather.gov or even on OSHA's Heat Safety App!

Dress for the weather. If you're headed outside during sunny summer days, wear protective clothing. Long-sleeved loose shirts, pants, wide-brimmed hats, and UV-blocking sunglasses are all a good idea. Make sure to apply a broad spectrum sunscreen at least 15 minutes before going outside - even if it's cloudy. An SPF of 15 or higher is recommended by the CDC, with reapplication every 2 hours, and after swimming, sweating, or drying off.

Have fun out there, enjoy the sun, and be sun safe while doing it!

Did You Know?
Some actively seek out sun exposure to increase Vitamin D, but the National Council on Skin Cancer Protection recommends obtaining Vitamin D through food and supplements rather than UV rays.

Special Moments

Patricia M.: Aug. 5
Norma D.: Aug. 7
Linda H.: Aug. 8
Arletta A.: Aug. 11
Patrick O.: Aug. 17
Bettie B.: Aug. 20
Robert C.: Aug. 23
Carol D.: Aug. 24
Roger M.: Aug. 26
Katherine T.: Aug. 28
Lily G.: Aug. 31

August 2020 Highlights

August is Sandwich Month, Wellness Month, Family Fun Month, and Golf Month!

01 Disc Golf Day; Mustard Day
02 Friendship Day; Ice Cream Sandwich Day
03 Watermelon Day
04 Chocolate Chip Cookie Day
05 Oyster Day
06 Root Beer Float Day; Wiggle Toes Day
07 Lighthouse Day; Water Balloon Day
08 Frozen Custard Day; Bowling Day
09 Rice Pudding Day; Book Lovers Day
10 S'mores Day; Lazy Day
11 Raspberry Bombe Day; Son Daughter Day
12 Julienne Fries Day; Vinyl Record Day
13 Prosecco Day; Left Handers Day
14 Creamsicle Day
15 Leathercraft Day; Lemon Meringue Day
16 Tell a Joke Day
17 Black Cat Appreciation Day; Thrift Day
18 Fajita Day; Ice Cream Pie Day
19 Aviation Day; Soft Ice Cream Day
20 Radio Day; Chocolate Pecan Pie Day
21 Seniors Day!; Spumoni Day
22 Tooth Fairy Day; Pecan Torte Day
23 Sponge Cake Day
24 Peach Pie Day; Waffle Day
25 Banana Split Day; Park Service Day
26 Dog Day; Cherry Popsicle Day
27 Pots de Crème Day; Just Because Day
28 Bow Tie Day; Red Wine Day
29 Chop Suey Day
30 Toasted Marshmallow Day; Beach Day
31 Trail Mix Day

A note regarding Coronavirus:

Safety and comfort of our residents and staff is our number one priority during the Coronavirus cases that have happened nationwide. We will continue to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All of our activities are subject to cancellation. To read a full list of measures taken, and our current visitor policy, please visit our website: www.farmingtonsquare-gresham.com

August 21st is National Seniors Day! It has been observed since 1988 when then President Regan made it a holiday in part to share appreciation for older adults' accomplishments and services. Get involved by connecting with and thanking senior loved ones!

Our resident spotlight shines on: Vickie

Vickie loves to socialize with other residents and also loves animals, especially horses!

Vickie also loves receiving mail that she gets every week from her family and the surprises that always comes in the letters—like little miniature toy horses and her favorite candies!

Vickie, we are so lucky to have you here at Farmington Square Gresham!

Our staff spotlight shines on: Theresa

Theresa is one of our dedicated Medical Technicians! She a is a mom of two boys and loves spending time with them and her new puppies! Theresa also loves doing Arts and Crafts .

She goes above and beyond keeping us Radiant here at Farmington Square Gresham!

We thank you, Theresa, for all you do here for our community !

AUGUST 2020

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SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st is at bottom right) 10:00 Exercise / Balloon 10:30 Sing Along 11:00 IN2L Travel 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Court Yard Walk 4:00 Music Therapy 6:00 Evening Movie	3 10:00 Exercise / Balloon 10:30 Sing Along 11:00 IN2L Surprise 1:00 Manicures 2:00 IN2L Travel 3:00 Resident Coffee Hour 4:00 Beauty Hour 6:00 Evening Movie	4 9:30 Exercise / Balloon 10:00 Church /IN2L 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 Coffee/Tea Time 3:00 Resident 1 on 1 4:00 Music Therapy 6:00 Evening Movie	5 10:00 Exercise / Balloon 10:30 Match Game 11:00 IN2L Surprise 11:30 Aromatherapy 1:00 Reading Aloud 2:00 IN2L Trivia 3:00 Manicures 4:00 Resident 1 on 1 6:00 Evening Movie	6 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Walking Group 2:00 IN2L Match Game 3:00 Resident Coffee Hour 4:00 Beauty Hour 6:00 Evening Movie	7 10:00 Exercise / Balloon 10:30 Sing Along 11:00 IN2L Surprise 11:30 Aromatherapy 1:00 Court Yard Walk 2:00 IN2L Travel 3:00 IN2L Price is Right 4:00 Manicures 6:00 Evening Movie	8 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Match Game 3:00 IN2L Music 4:00 Music Therapy 6:00 Evening Movie
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16 10:00 Exercise / Balloon 10:30 Sing Along 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Surprise 3:00 Coffee /Tea Time 4:00 Music Therapy 6:00 Evening Movie	17 10:00 Exercise / Balloon 10:30 IN2L Match Game 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Surprise 3:00 Manicures 4:00 Music Therapy 6:00 Evening Movie	18 9:30 Exercise / Balloon 10:00 Church/IN2L 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts & Crafts 2:30 Court Yard Walk 4:00 Resident Coffee Hour 5:00 Music Therapy IN2L 6:00 Evening Movie	19 10:00 Exercise / Balloon 10:30 IN2L Sing Along 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Travel 3:00 Beauty Hour 4:00 Music Therapy 6:00 Evening Movie	20 10:00 Exercise / Balloon 10:30 IN2L Price is Right 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 Beauty Hour 3:00 Resident Coffee Hour 4:00 Music Therapy 6:00 Evening Movie	21 10:00 Exercise / Balloon 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts / Crafts 2:00 IN2L Surprise 3:00 Manicures 4:00 Beauty Hour 6:00 Evening Movie	22 10:00 Exercise / Balloon 10:30 Sing Along 11:00 IN2L How Much ? 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Court Yard Walk 4:00 Music Therapy 6:00 Evening Movie
23 10:00 Exercise / Balloon 10:30 Sing Along 11:00 IN2L Family Feud 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Coffee /Tea Time 4:00 Music Therapy 6:00 Evening Movie	24 10:00 Exercise / Balloon 10:30 IN2L Match Game 11:00 IN2L Surprise 11:30 Aromatherapy 1:00 Arts & Crafts 2:30 Resident Council 3:00 Manicures 4:00 Resident 1 on 1 6:00 Evening Movie	25 9:30 Exercise / Balloon 10:00 Church /IN2L 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Court Yard Walk 2:00 IN2L Sound Game 3:00 Resident Coffee Hour 4:00 Beauty Hour 6:00 Evening Movie	26 10:00 Exercise / Balloon 10:30 IN2L Sound Game 11:00 IN2L Travel 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Manicures 4:00 Music Therapy 6:00 Evening Movie	27 10:00 Exercise / Balloon 10:30 Sing Along 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 IN2L Surprise 2:00 Court Yard Walk 3:00 Resident Coffee Hour 4:00 Music Therapy 5:00 Support Group 6:00 Evening Movie	28 10:00 Exercise / Balloon 10:30 IN2L Family Feud 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 Court Yard Walk 3:00 Manicures 4:00 Beauty Hour 6:00 Evening Movie	29 10:00 Exercise / Balloon 10:30 Sing Along 11:00 IN2L Surprise 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Court Yard Walk 4:00 Resident 1 on 1 6:00 Evening Movie
30 10:00 Exercise / Balloon 10:30 Sing Along 11:00 IN2L Trivia 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Price is Right 3:00 Coffee/Tea Time 4:00 Music Therapy 6:00 Evening Movie	31 9:30 Exercise / Balloon 10:00 IN2L Match Game 11:00 IN2L Surprise 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Resident Coffee Hour 4:00 Music Therapy 6:00 Evening Movie	All activities subject to change per mandated health guidelines.		Spirit Week: Aug 24-28 Monday: Fun T Shirt Day Tuesday : Star Wars Day Wednesday: Tye Dye Day Thursday : Hawaiian Day Friday :Summer Colors Day	Snack Daily 3pm Snack Daily 7pm	Aug. 1st 10:00 Exercise / Balloon 10:30 IN2L Surprise 11:00 IN2L Sing Along 11:30 Aromatherapy 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Court Yard Walk 4:00 Music Therapy 6:00 Evening Movie

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2 (1st is at bottom right) 10:00 Exercise / Balloon 10:30 Puzzles 11:00 Manicures 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Crochet 4:00 Word Search 6:00 Evening Movie	3 10:00 Exercise / Balloon 10:30 Puzzles 11:00 Word Search 1:00 Music Hour IN2L 2:00 IN2L Trivia 3:00 Court Yard Walk 4:00 Crochet 6:00 Evening Movie	4 9:30 Exercise / Balloon 10:00 Church /IN2L 11:00 IN2L Trivia 1:00 Arts & Crafts 2:00 Reading Aloud 3:00 Resident Coffee Hour 4:00 Music Therapy 6:00 Evening Movie	5 10:00 Exercise / Balloon 10:30 Court Yard Walk 11:00 IN2L Travel 1:00 Beading 1:30 Reading Aloud 3:00 Puzzles 4:00 Music Hour IN2L 6:00 Evening Movie	6 10:00 Exercise / Balloon 10:30 Puzzles 11:00 IN2L Surprise 1:00 Manicures 2:00 IN2L Trivia 3:00 Resident Coffee Hour 4:00 Music Hour IN2L 6:00 Evening Movie	7 10:00 Exercise / Balloon 10:30 Word Search 11:00 IN2L Reminisce 1:00 Music Hour IN2L 2:00 Beauty Hour 3:00 Crochet 4:00 Puzzles 6:00 Evening Movie	8 10:00 Exercise / Balloon 10:30 Music Hour IN2L 11:00 IN2L Trivia 1:00 Arts & Crafts 2:00 IN2L Sound 3:00 Puzzles 4:00 Manicures 6:00 Evening Movie
9 10:00 Exercise / Balloon 10:30 Puzzles 11:00 Manicures 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Crochet 4:00 Word Search 6:00 Evening Movie	10 10:00 Exercise / Balloon 10:30 Puzzles 11:00 Word Search 1:00 Music Hour IN2L 2:00 IN2L Trivia 3:00 Beauty Hour 4:00 Crochet 6:00 Evening Movie	11 9:30 Exercise / Balloon 10:00 Church /IN2L 11:00 IN2L Trivia 1:00 Arts & Crafts 2:00 Reading Aloud 3:00 Resident Coffee Hour 4:00 Music Therapy 6:00 Evening Movie	12 10:00 Exercise / Balloon 10:30 Puzzles 11:00 Crochet 1:00 Beauty Hour 1:30 Reading Aloud 3:00 Resident Coffee Hour 4:00 Music Hour IN2L 6:00 Evening Movie	13 10:00 Exercise / Balloon 10:30 Music Hour IN2L 11:00 IN2L Reminisce 1:00 Manicures 2:30 Beauty Hour 3:00 Crochet 4:00 Word Search 6:00 Evening Movie	14 10:00 Exercise / Balloon 10:30 Puzzles 11:00 Manicures 1:00 Arts & Crafts 2:00 Court Yard Walk 3:00 Crochet 4:00 Music Hour IN2L 6:00 Evening Movie	15 10:00 Exercise / Balloon 10:30 Puzzles 11:00 IN2L Surprise 1:00 Court Yard Walk 2:00 IN2L Trivia 3:00 Crochet 4:00 Music Hour IN2L 6:00 Evening Movie
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