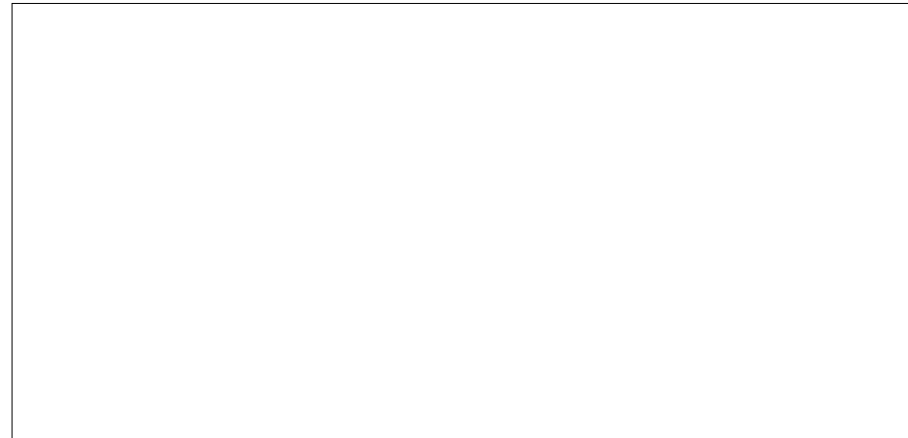




1655 NE 18th St.
Gresham, OR 97030

Stamp



Administrative Team:

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
Maintenance Director: Tomas Mendez
Life Enrichment Dir.: Yolanda Irving-Vance

Connect:

503-665-1994
info-gresham@farmingtonsquare.com
www.farmingtonsquare-gresham.com

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



Farmington Square News

September 2020 Newsletter



2 Balance Awareness Week
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, Quotes
7 Special Moments & Birthdays
8 Mission & Team

Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Walking with a friend is a great way to stay strong and lift your mood!



Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

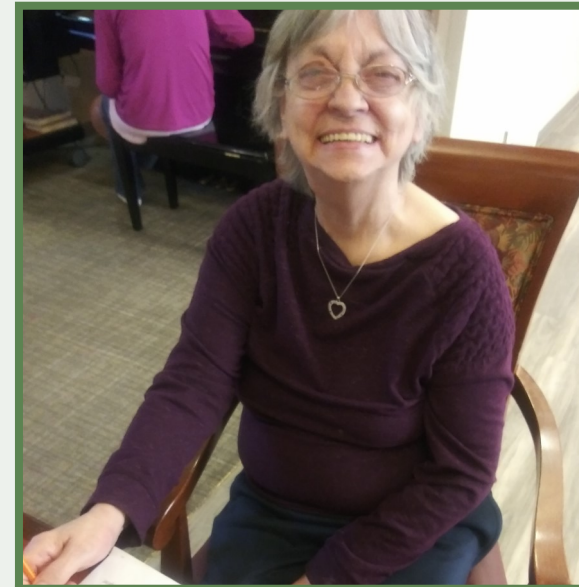
If your health professional approves, and with a spotter present, here are a few ideas to try!

Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



Betty S. Sept 8
Jane W. Sept 12
Vienne H. Sept 13
Willard A. Sept 17
Betty W. Sept 26

September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

01 No Rhyme Nor Reason Day	17 Housekeepers Day; Apple Dumpling Day
02 Blueberry Popsicle Day	18 Airforce Birthday; Cheeseburger Day
03 Bowling League Day	19 Butterscotch Pudding Day; Pirate Talk Day
04 College Colors Day; Macadamia Nut Day	20 Fried Rice Day; Pepperoni Pizza Day
05 Cheese Pizza Day; Beard Day	21 Chai Day; Pecan Cookie Day; NY Day
06 Read a Book Day; Coffee Ice Cream Day	22 Centenarians Day; White Chocolate Day
07 Labor Day; Acorn Squash Day	23 Snack Stick Day; Pot Pie Day
08 Ants on a Log Day; Ampersand Day	24 Quesadilla Day; Cherries Jubilee Day
09 Teddy Bear Day; Weiner Schnitzel Day	25 Comic Book Day; Story Day; Lobster Day
10 Swap Ideas Day; Portrait Day	26 Pancake Day; Family Health & Fitness Day
11 Patriot Day; Hot Cross Bun Day	27 Chocolate Milk Day; Scarf Day
12 Chocolate Shake Day; Video Game Day	28 Neighbor Day; Strawberry Cream Pie Day
13 Grandparents Day; Assisted Living Week	29 Coffee Day; VFW Day
14 Boss Day; Hoagie Day; Crème Donut Day	30 Gum Day; Hot Mulled Cider Day
15 Online Learning Day; Cheese Toast Day	31 Avocado Day; Mutt Day
16 Mayflower Day; Guac Day; Play-Doh Day	



Regarding Covid-19:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Our Autumn Favorites:

“Autumn leaves ” - Margie

“The Weather ” - Doug

“Autumn Flowers ” - Jane

“The trees” - John

“Autumn holidays” - Pat

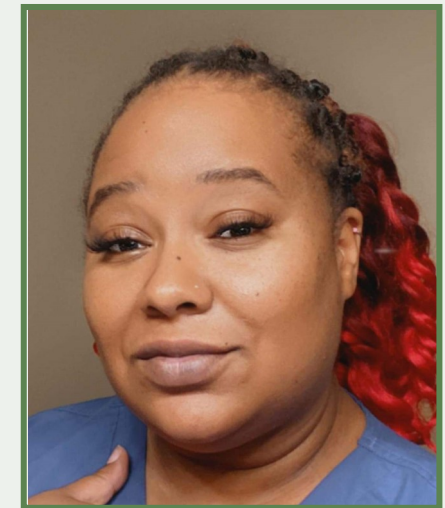


RESIDENT SPOTLIGHT:

Wanda

Wanda loves music, and is one of our avid karaoke singers! She loves to dance and has some really good moves on the dance floor. She loves to laugh and is very friendly. On top of all that, she is so caring towards others here!

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



STAFF SPOTLIGHT:

Angel

Angel is one of our dedicated Medical Technicians! She loves being a mom to her only daughter Benisa! Angel also takes care of her mom, and loves to travel, and change her hair color!

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

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

SUN	MON	TUE	WED	THU	FRI	SAT
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SEPTEMBER 2020

Farmington Square Gresham • Barlow / Crown • 1655 NE 18th Street Gresham OR, 97030

SUN	MON	TUE	WED	THU	FRI	SAT
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SEPTEMBER 2020

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

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