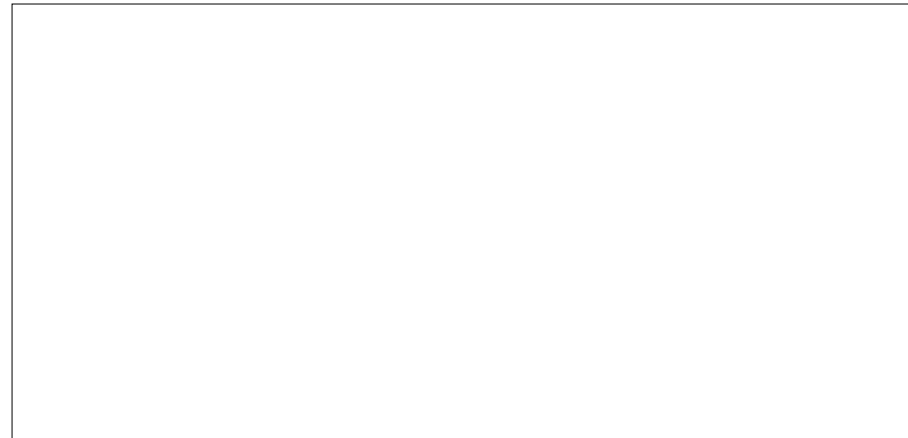




1655 NE 18th St.  
Gresham, OR 97030

Stamp



### Administrative Team:

Executive Director: Malina Wheeler  
Assistant Executive Dir.: Perla Gonzales  
Marketing Director Eric Printz  
Wellness Directors: Kalina Bounphisay  
Business Office Director: Monica Bounphisay  
Wellness Nurse: Erika Pullen Jessica Saray  
Dining Services Director: Joseph Lingle  
Maintenance Director: Tomas Mendez  
Life Enrichment Dir.: Yolanda Irving-Vance

### Connect:

503-665-1994

[info-gresham@farmingtonsquare.com](mailto:info-gresham@farmingtonsquare.com)  
[www.farmingtonsquare-gresham.com](http://www.farmingtonsquare-gresham.com)

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

# Farmington Square News

December 2020 Newsletter



2 Flu Prevention  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

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

# Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

## The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

## Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, 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.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

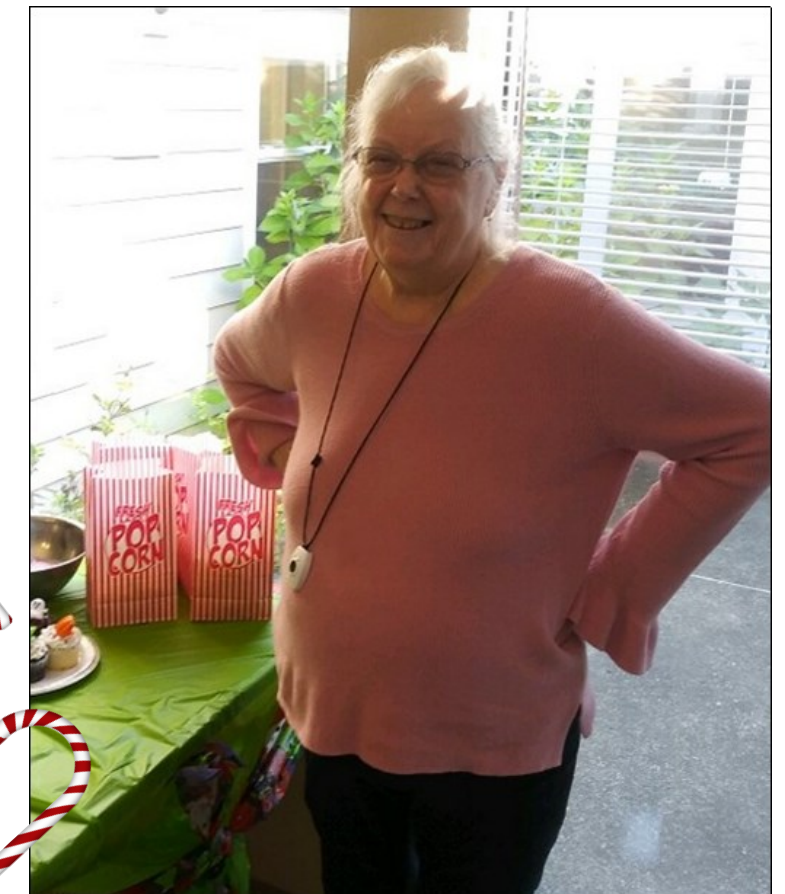
Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

## Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor



## Special Moments



## Happy Birthday!



Jerry S : Dec. 4  
Ramona M: Dec. 6  
David U : Dec. 7  
Eva B: Dec. 10  
Ron M : Dec. 12  
Pam P: Dec 16  
Marge J : Dec. 18  
Barbara S: Dec. 19

- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly.

# December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

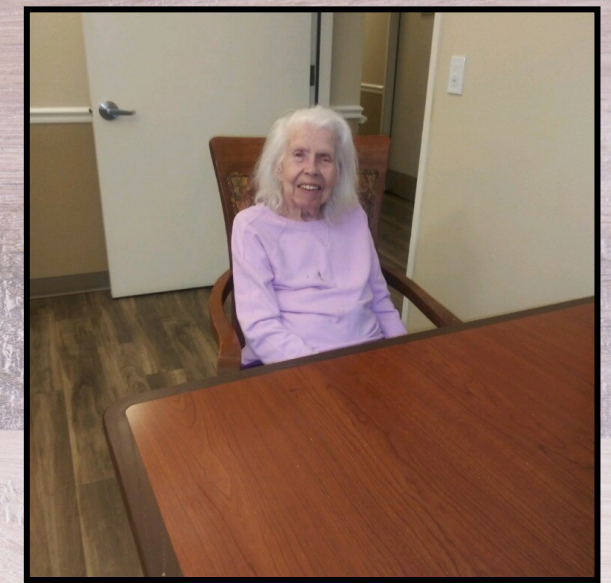
- |  |   |
|--|---|
| 01 Eat a Red Apple Day; Pie Day        | 17 Maple Syrup Day; Wright Brothers Day     |
| 02 Mutt Day; Fritters Day              | 18 Twin Day; Ugly Christmas Sweater Day     |
| 03 UN's Day of Persons w/ Disabilities | 19 Oatmeal Muffin Day; Hard Candy Day       |
| 04 Sock Day; Dice Day                  | 20 Sangria Day                              |
| 05 Earmuff Day; Volunteer Day          | 21 Winter Solstice; Crossword Puzzle Day    |
| 06 Gazpacho Day; Microwave Day         | 22 Date Nut Bread Day                       |
| 07 Cotton Candy Day                    | 23 Pfeffernusse Cookie Day; Forefathers Day |
| 08 Time Traveler Day; Brownie Day      | 24 Christmas Eve; Eggnog Day                |
| 09 Pastry Day                          | 25 Christmas Day; Pumpkin Pie Day           |
| 10 Chanukah Begins; Nobel Prize Day    | 26 Kwanzaa starts; Candy Cane Day           |
| 11 Noodle Ring Day; App Day            | 27 Fruitcake Day                            |
| 12 Gingerbread House Day               | 28 Card Playing Day; Short Film Day         |
| 13 Cocoa Day; Violin Day               | 29 Pepper Pot Day                           |
| 14 Bouillabaisse Fish Stew Day         | 30 Bacon Day                                |
| 15 Cupcake Day; Wear Pearls Day        | 31 New Year's Eve; Champagne Day            |
| 16 Chocolate Covered Day               |   |

**Regarding Covid-19:** Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

Janis and Marge Photo Ops!



**Staff Spotlight:**  
America



**Resident Spotlight:**  
Ruth (Merleen)

America is one of dedicated care givers who goes above and beyond keeping us Radiant!

She loves hanging out with her friends and traveling. She also loves getting her nails done with pretty colors and designs!

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

Ruth, known to her friends as "Merleen," raised her family here in Oregon after dancing many years on stage as a Prima Ballerina!

In the second wave of her impressive dancing career, she opened and operated a dance studio until her retirement!

Merleen, we re so lucky to have you here at Farmington Square!

SUN	MON	TUE	WED	THU	FRI	SAT
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6  10:00 Exercise 10:30 Word Search 11:00 IN2L Sound Games 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Coffee Hour 4:00 Music Therapy IN2L 6:00 Evening Movie	7  10:00 Exercise 10:30 Dice Games 11:00 Puzzles 1:00 Manicures 2:00 IN2L Trivia 3:00 Resident Coffee Hour 4:00 Music Therapy IN2L 6:00 Evening Movie	8  9:30 Exercise 10:00 IN2L Sing Along 11:00 IN2L Trivia 1:00 Arts & Crafts 2:00 Word Games 3:00 Resident Coffee Hour 4:00 Music Therapy IN2L 6:00 Evening Movie	9  10:00 Exercise 10:30 Card & Dice Games 11:00 IN2L Surprise 1:00 Manicures 2:30 Word Games 3:00 Resident 1 on 1 4:00 Music Therapy IN2L 6:00 Evening Movie	10 Hanukkah Begins  10:00 Exercise 10:30 Card Games 11:00 IN2L Reminisce 1:00 Arts & Crafts 2:30 IN2L Price is Right 3:00 Resident Coffee Hour 4:00 Music Therapy IN2L 6:00 Evening Movie	11  10:00 Exercise 10:30 Beading 11:00 IN2L Surprise 1:00 Word Search 2:00 Beading 3:00 Coffee Hour 4:00 Music Therapy 6:00 Evening Movie	12  10:00 Exercise 10:30 Book Club (Reading) 11:00 IN2L Travel 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Resident 1on1 4:00 Manicure 6:00 Evening Movie
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# DECEMBER 2020

Farmington Square

• Diamond / Emerald

• 1655 NE 18th St., Gresham, OR 97030

• 503-665-1994

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<b>27</b>  10:00 Exercise 10:30 IN2L Music Hour 11:00 IN2L Music 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie	<b>28</b>  10:00 Exercise 10:30 Sing Along 11:00 IN2L How Much 1:00 Beauty Hour 2:00 IN2L Travel 3:00 Resident Coffee Hour 4:00 Beauty Hour 6:00 Evening Movie	<b>29</b>  9:30 Exercise 10:00 IN2L Sing Along 11:00 Manicures 1:00 Arts & Crafts 2:00 IN2L Trivia 3:00 Resident 1on1 4:00 Music Therapy 6:00 Evening Movie	<b>30</b>  10:00 Exercise 10:30 IN2L Music Hour 11:00 IN2L Sound Game 1:30 Beauty Hour 2:30 Resident Outreach 3:00 Resident Coffee Hour 4:00 Resident 1 on 1 6:00 Evening Movie	<b>31</b> New Year's Eve  10:00 Exercise 10:30 New Years Trivia 11:00 IN2L Trivia 1:00 Arts & Crafts 2:00 Resident 1on1 3:00 Resident Coffee Hour 4:00 Resident Outreach 5:00 Manicures 6:00 Evening Movie	<b>Spirit Week Days</b>  <b>Monday : Holiday Accessories</b> <b>Tuesday : Grinch Day</b> <b>Wednesday :Holiday PJs</b> <b>Thursday :Holiday T-Shirt</b> <b>Friday : Ugly Sweater DAY</b>	<b>Snack Daily</b>  <b>Snack 3 pm</b> <b>Snack 7 pm</b>