



FARMINGTON
SQUARE

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:

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www.farmingtonsquare-gresham.com

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

Farmington Square News

February 2021 Newsletter



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Prioritize Your Heart Health With Daily Choices

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

Special Moments



Happy Birthday!



Patricia O : Feb. 18
Vicky V : Feb. 17
Barbara M: Feb. 12
Ruth S : Feb. 02

Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!

February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

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| 01 Baked Alaska Day; Serpent Day | 15 Presidents' Day; Gumdrops Day |
| 02 Groundhog Day; Ukulele Day | 16 Fat Tuesday; Almond Day |
| 03 Carrot Cake Day | 17 Ash Wed.; Cabbage Day; Kind Act Day |
| 04 Homemade Soup Day | 18 Wine Day; Battery Day; Pluto Day |
| 05 Nutella Day; Gum Day | 19 Caregivers' Day; Chocolate Mint Day |
| 06 Frozen Yogurt Day; Chopsticks Day | 20 Cherry Pie Day; Muffin Day; Pet Day |
| 07 Superbowl LV; Send Cards Day | 21 Grain-Free Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day |
| 11 Inventors' Day; Peppermint Patty Day | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day | 26 Pistachio Day; Toast Day; Chili Day |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day |
| 14 Valentine's Day; Chocolate Truffle Day | 28 Floral Day; Chocolate Souffle 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.

Make a New Friend Day is on February 11

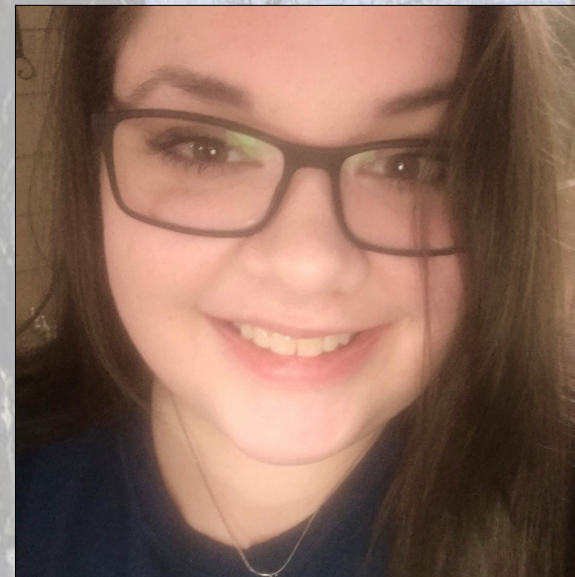
We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

"Playing Bingo" - Marge

"At work " - Chelsea

"Going to church " - Walter

"Going Out to dinner " - Linda



Staff Spotlight:

Katie H.

Katie is one of our dedicated Medical Tech Caregivers! She is very crafty and loves to go to Hobby Lobby! She also loves spending time with her dog Polly!

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

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



Resident Spotlight:

Emily S.

Emily is a mother of two daughters, is from Alabama, and calls herself a 'Good ole Country Girl'! Emily is new to our community but has made fast friends with many of our residents!

Emily loves word games, playing bingo, and having great conversations with friends and family!

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

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• Barlow/Crown

• 503-665-1994

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