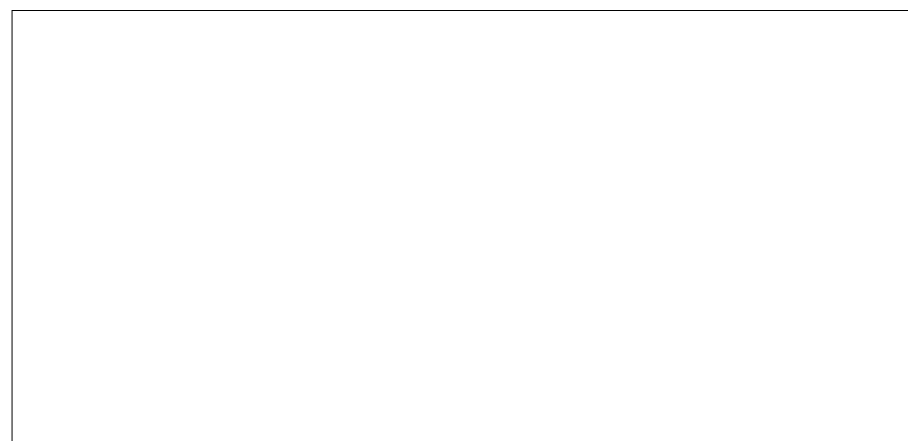




FARMINGTON  
SQUARE

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:

503-665-1994

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

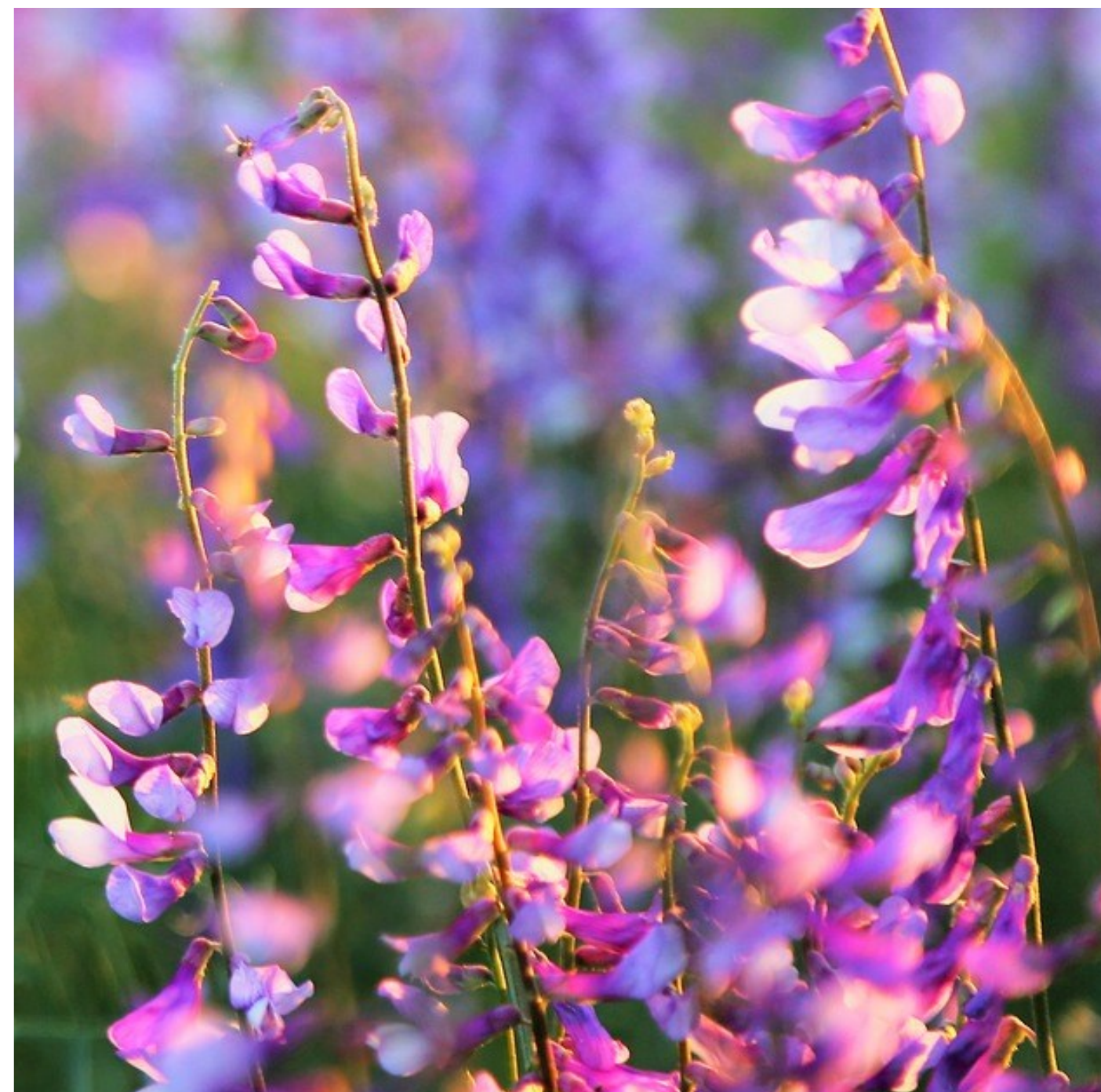
[www.farmingtonsquare-gresham.com](http://www.farmingtonsquare-gresham.com)

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



# Farmington Square News

March 2021 Newsletter



2 Eye Health and Wellness Tips  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words  
7 Special Moments & Birthdays  
8 Mission & Team



# The Better to See You With: Eye Health & Wellness Tips

*Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.

## Be Seen

One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

## Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best— way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing

- glasses and/or contacts
- Wearing UV protective sunglasses outdoors

## Vision Issues

People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

## Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.



# Special Moments



**Marilyn A. March 10**  
**Jo G. March 12**  
**Billy C. March 19**  
**Eleanor S. March 19**  
**Walter S. March 25**  
**Gary K. March 26**

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!



# March 2021 Highlights

**March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!**

- |  |   |
|--|---|
| 01 Peanut Butter Day; Pig & Horse Day      | 17 St. Patrick's Day                        |
| 02 Banana Cream Pie Day; Read Day          | 18 Lacy Cookie Day; Sloppy Joe Day          |
| 03 Mulled Wine Day; World Wildlife Day     | 19 Certified Nurses Day; March Equinox      |
| 04 Marching Music Day; Sons' Day           | 20 Ravioli Day; Corn Dog Day; Quilting Day  |
| 05 Staff Appreciation Day                  | 21 French Bread Day; World Puppetry Day     |
| 06 Dentists' Day; Oreo Day; Dress Day      | 22 Bavarian Crepes Day; Be Silly Day        |
| 07 Cereal Day; Flapjack Day                | 23 Puppy Day; Tamale Day; 3-D Day           |
| 08 Intl. Women's Day; Peanut Cluster Day   | 24 Cheesesteak Day; Chocolate Raisins Day   |
| 09 Barbie Day; Meatball Day                | 25 Medal of Honor Day; Swedish Waffle Day   |
| 10 Registered Dietician Nutritionists' Day | 26 Spinach Day; Wear Purple (Epilepsy) Day  |
| 11 Johnny Appleseed Day                    | 27 Spanish Paella Day; World Theatre Day    |
| 12 Girl Scouts Day; Plant a Flower Day     | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day      | 29 Vietnam War Vets Day;                    |
| 14 Daylight Savings Starts; Chips Day      | Piano Day                                   |
| 15 Pears Helene Day; Kansas Day            | 30 Doctors Day; Park Day;                   |
| 16 Artichoke Hearts Day; Panda Day         | Virtual Vacay Day                           |

**Saturday night, March 13, set your clocks forward one hour!**



**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.

## March 5th is Learn What Your Name Means Day!

**Staff and residents looked up meanings of their first names! These are a few!**

**"Eagle" - Annalise**

**"Shinning Glory" - Robert**

**"To Be Noble" - Patricia**

**"Ruler" Ronald**

**"Peace" - Malina**

**"Violet" - Yolanda**

**"Eternal Ruler" - Eric**



## Staff Spotlight:

**Nancy R.**

**Nancy is one of our dedicated Caregivers and has been keeping us Radiant for 14 Years!**

**Nancy loves doing crafts and designs, spending time with her family, and helping out her parents.**

**We thank you, Nancy, for all of the care you provide to our residents here at Farmington Square!**



## Resident Spotlight:

**Billy C.**

**Billy is a proud Italian American and Retired Vietnam War Veteran!**

**After the war, Billy who originates from New York City, raised his family in the midwest before moving to Oregon. Billy loves Italian food and watching Netflix. Billy also loves music.**

**Billy, we thank you for your service, and we are so lucky to have you here at Farmington Square Gresham!**



<div> <div>MARCH 2021</div> <div> <div>Farmington Square Gresham</div> <div>Astor</div> <div>1655 SE 18th St., Gresham, OR</div> <div>503-665-1994</div> </div> </div>						
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<div> <div>MARCH 2021</div> <div> <div>Farmington Square Gresham</div> <div>Barlow/Crown</div> <div>1655 SE 18th St., Gresham, OR</div> <div>503-665-1994</div> </div> </div>						
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	10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Arts/Crafts 2:00 Reading Aloud 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:00 IN2L Church 11:30 Karaoke 1:00 IN2L surprise 2:00 Card Games 3:00 Coffee Hour 4:00 Resident 1on1 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Sound Game 11:30 Sing Along 1:00 Arts/Crafts 2:00 Puzzles 3:00 Coffee Hour 4:00 Beauty Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L HOW Much ? 11:30 Karaoke 1:00 Dominoes 2:00 Reading Aloud 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Surprise 11:30 Sing Along 1:00 Arts/Crafts 2:00 IN2L Travel 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Trivia 11:30 Karaoke 1:00 Arts/Crafts 2:00 Puzzles 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie								
7 Cereal Day	8 Intl. Womens’ Day	9	10	11	12 Girl Scouts’ Day	13 K9 Veterans Day								
10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Arts/Crafts 2:00 Puzzles 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Sound Game 11:30 Sing Along 1:00 Beauty Hour 2:00 Reading Aloud 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Church 11:30 Karaoke 1:00 Arts/Crafts 2:00 IN2L Surprise 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Beauty Hour 2:00 IN2L Match Game 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Surprise 11:30 Karaoke 1:00 Arts/Crafts 2:00 Reading Aloud 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Travel 1:00 Music Hour 2:00 IN2L Reminisce 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Surprise 11:30 Karaoke 1:00 Arts/Crafts 2:00 Resident 1on1 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie								
14 Start Daylight Saving Time	15	16 Artichoke Hearts Day	17 St. Patrick’s Day!	18	19 Let’s Laugh Day	20 Spring is Here!								
10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Arts/Crafts 2:00 IN2L Music Hour 3:00 Coffee Hour 4:00 Resident 1on1 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Trivia 11:30 Karaoke 1:00 Resident 1on1 2:00 IN2L Reminisce 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:00 IN2L Church 11:30 Sing Along 1:00 Arts/Crafts 2:00 in2l Match Game 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Travel 11:30 Karaoke 1:00 Resident 1on1 2:00 St. Patrick’s Party 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Arts/Crafts 2:00 Resident 1on1 3:00 Coffee Hour 4:00 Manicure 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Family Feud 11:30 Karaoke 1:00 Resident 1on1 2:00 IN2L Travel 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Arts/Crafts 2:00 IN2L Reminisce 3:00 Coffee Hour 4:00 Resident 1on1 6:00 Evening Movie								
21 French Bread Day	22	23 Puppy Day	24	25	26 Spinach Day	27 Passover at Sundown								
10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Arts/Crafts 2:00 Resident 1on1 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Travel 11:30 Karaoke 1:00 Resident 1on1 2:00 IN2L Surprise 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie	10:00 Exercise 10:00 IN2L Church 11:30 Sing Along 1:00 Card Games 2:00 Resident 1on1 3:00 Coffee Hour 4:00 IN2L Travel 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Travel 11:30 Karaoke 1:00 Arts/Crafts 2:00 Beauty Hour 3:00 Coffee Hour 4:00 Resident 1on1 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Resident 1on1 2:00 Reading Aloud 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie	10:00 Exercise 10:30 IN2L How Much ? 11:30 Karaoke 1:00 Arts/Crafts 2:00 IN2L Reminisce 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Arts/Crafts 2:00 Puzzles 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie								
28 Palm Sunday	29	30 Doctors’ Day	31		Spirit Week 15-19									
10:00 Exercise 10:30 IN2L Trivia 11:30 Sing Along 1:00 Arts/Crafts 2:00 Resident 1on1 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Travel 11:30 Karaoke 1:00 Resident 1on1 2:00 IN2L Oldies 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie	10:00 Exercise 10:00 IN2L Church 11:30 Sing Along 1:00 Reading Aloud 2:00 IN2L Match Game 3:00 Coffee Hour 4:00 Music Hour 6:00 Evening Movie	10:00 Exercise 10:30 IN2L Surprise 11:30 Karaoke 1:00 Resident 1on1 2:00 Reading Aloud 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie		Monday Fun Accessories Tuesday Fun T Shirt Day Wednesday Green/Gold Thursday Spring Color Day Friday Tye Dye Day									