



FARMINGTON
SQUARE

1655 NE 18th St.
Gresham, OR 97030

Stamp

Administrative Team:

Executive Director: Malina Wheeler
Assistant Executive Director: Perla Gonzales
Marketing Director: Eric Printz
Business Office Director: Monica Bounphisay
Wellness Director: Kalina Bounphisay
/Claudia Bounphisay
Wellness Nurse: Erika Pullen Jessica Saray
Dining Services Director: Joseph Lingle
Maintenance Director: Tomas Mendez
Life Enrichment Director: 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

April 2021 Newsletter



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Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress.
- Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home or in the community influences the big picture.

- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!



Special Moments



Happy Birthday!



John B.: April 4th
Mary O.: April 22nd

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.

April 2021 Highlights

April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!

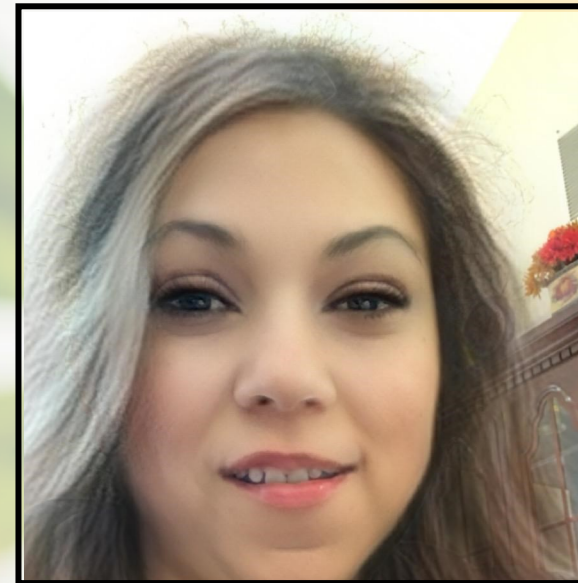
01 April Fools Day; Sourdough Day	17 Crawfish Day; Ellis Island History Day
02 Peanut Butter and Jelly Day; Ferret Day	18 Animal Cracker Day; Intl. Day for Monuments and Sights
03 Film Score Day; Handmade Day	19 Amaretto Day; Garlic Day
04 Easter; School Librarian Day	20 Twin Day; Pineapple Upside Down Day
05 Caramel Day; Deep Dish Pizza Day	21 Administrative Professionals' Day; British National Tea Day
06 Caramel Popcorn Day; Librarians Day	22 Earth Day; Jelly Bean Day
07 Coffeecake Day; Beer Day	23 Arbor Day; Picnic Day
08 Zoo Lovers Day; Empanada Day	24 Pigs in Blankets Day; Sense of Smell Day
09 Unicorn Day; Antique Love Day	25 Thank Plumbers Day; Zucchini Bread Day
10 Hug Dog Day; Farm Animals Day	26 Audubon Day; Pretzel Day
11 Quartet Day; Fondue Day; Pet Day	27 Babe Ruth Day; Prime Rib Day
12 Ramadan Begins; Grilled Cheese Day	28 Blueberry Pie Day; Superhero Day
13 Scrabble Day; Peach Cobbler Day	29 Shrimp Scampi Day; Intl. Dance Day
14 Dolphin Day; Gardening Day; Pecan Day	30 Hairstylist Appreciation Day; Oatmeal Cookie Day
15 World Art Day; Banana Day; Guess Day	
16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

April 8th is Zoo Lover's Day.

Staff and residents shared about their favorite animals!

- "Elephants don't forget!" - Dave
- "Lions are king of the jungle." - Lynn
- "Giraffes see everything." - Mary
- "Dolphins are so smart." - Linda
- "Monkeys are so cute." - Maria
- "Polar bears have such beautiful coats." - Ann
- "Birds fly so high." - Janis
- "Tigers are like big cats." - Don



Staff Spotlight:
Sonia

Sonia is one of our dedicated caregivers. She is very caring toward our residents!

Sonia is a new grandma and loves spending time with her new grandson Gustavo!

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



Resident Spotlight:
Linda

Linda is a Native Oregonian, born and raised here in Portland!

Linda is a retired medical assistant who loves fine art, music, and reading novels.

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

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