

Administrative Team:

Executive Director: Malina Wheeler
Assistant Executive Director: Perla Gonzales
Marketing Director: Eric Printz
Business Office Director: Monica Bounphisay
Wellness Director: Kalina Bounphisay
Wellness Director: Claudia Bounphisay
Wellness Director: Tammy Kerr
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

May 2021 Newsletter



2 Arthritis Facts & Care Tips
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Hands On Arthritis Facts and Care Tips

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

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one's ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



American Adults Diagnosed: 54 million+
Americans Likely to Have Arthritis: 91 million
Types of Arthritis That Exist: Over 100
Working Adults With Arthritis: 60%

Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you've found this helpful or received relief from these tips!

Special Moments



Happy Birthday!



Erma S : May 11
Willena K : May 12
Nancy D : May 23

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstones for May are emerald and pearl. The birth flower for May is lily of the valley. A UK study showed that May is the luckiest month in which to be born!

May 2021 Highlights

May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 Mother's Day; Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Lost Sock Memorial Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking 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.

May 6th is Beverage Day!

Our residents and staff shared their favorite drinks!

"Lemonade " - Marge

"Red Wine " - Annalise

"Root Beer " - Walter

"Coca Cola " - Pat

"Chocolate Milk Shake " - Roger

"Shirley Temple " - Lynn

"Squirt " - Monica

"Mimosa " - Perla



Staff Spotlight: Casey

Casey is our very efficient receptionist!

She loves spending time with her nieces and nephews and doing crafts like making stickers!

We thank you, Casey, for all you do here at Farmington Square Gresham !



Resident Spotlight: Mary Jane

Mary, who was born in Pennsylvania, but later moved to Oregon, met and married Patrick (who is also a resident here) 55 years ago!

Mary Jane is a retiree of the state of Oregon after 44 years of service while also raising her two children!

Mary Jane, we thank you for your hard work and we are so lucky to have you here at Farmington Square Gresham !

MAY 2021

Farmington Square Gresham

- **Astor**

1655 NE 18th Street Gresham OR, 97030

503-665-1994

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MAY 2021

Farmington Square Gresham Barlow/Crown 1655 NE 18th Street Gresham OR, 97030 503-665-1994

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9 10:00 Exercise 10:30 IN2L Travel 11:30 Resident 1on1 1:00 Arts/Crafts/Music 2:00 Mother's Day Treats 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	10 10:00 Exercise 10:30 IN2L Trivia 11:30 Resident 1on1 1:00 IN2L Surprise 2:00 Manicures 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	11 10:00 Exercise 10:30 Church 11:30 Resident 1on1 1:00 Beauty Hour 2:00 Oldie's/Lee (D) 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	12 10:00 Exercise 10:30 IN2L How Much? 11:30 Resident 1on1 1:00 Puzzles OR Games 2:00 Garden Club 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	13 10:00 Exercise 10:30 IN2L Music 11:30 Resident 1on1 1:00 Garden Club 2:00 Walking Group 3:00 Coffee Hour 4:00 BINGO! 6:00 Evening Movie	14 10:00 Exercise 10:30 IN2L Travel 11:30 Resident 1on1 1:00 Puzzles or Games 2:00 IN2L Surprise 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	15 10:00 Exercise 10:30 IN2L Trivia 11:30 Resident 1on1 1:00 Arts/Crafts/Music 2:00 Beauty Hour 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie
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MAY 2021

Farmington Square Gresham

• Diamond /Emerald

• 1655 NE 18th Street Gresham OR, 97030

(503) 665-1994

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