



1655 NE 18th St.
Gresham, OR 97030

Stamp

Administrative Team:
Executive Director: Malina Wheeler
Assistant Executive Director: Perla Gonzales
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: Matt Matthis
Maintenance Director: Tomas Mendez
Life Enrichment Director: Yolanda Irving-Vance

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

Farmington Square News

July 2021 Newsletter

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Fun in the Sun: Hot Weather Safety Tips

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

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

Stay hydrated. Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

Use sunscreen. Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

Cover up. When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

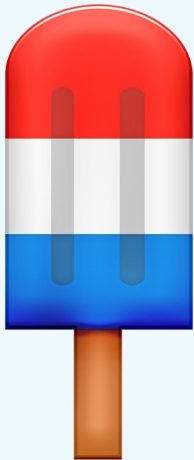
Try to avoid the sun during peak hours. Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

Pay attention to the heat index and UV index. The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at www.epa.gov/sunsafety/uv-index-1

Medications and sun don't always mix. Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

Have a great, safe summer! We hope these suggestions are helpful to you in your preparation for summer fun this year!

Special Moments



Phyllis July 10
Billy F: July 20
Jane S : July 25
Dorothy P : July 30
Mariore H : July 30

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.

July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

01 Stamp Day; Creative Ice Cream Day	17 Peach Ice Cream Day; Emoji Day
02 Anisette Day; World UFO Day	18 Sour Candy Day; Ice Cream Day
03 Chocolate Wafer Day; Eat Beans Day;	19 Daiquiri Day
04 Independence Day; Scarecrow Build Day	20 Fortune Cookie Day; Penn. Day; Chess Day
05 Apple Turnover Day; Graham Cracker Day	21 Be Someone Day; Junk Food Day
06 Fried Chicken Day; Sushi Hand Rolls Day	22 Penuche Fudge Day; Hot Dog Day
07 Macaroni Day; Strawberry Sundae Day	23 Vanilla Ice Cream Day; Lovely Grandma Day
08 Almond Chocolate Day; Blueberry Day	24 A. Earhart Day; DriveThru Day; Cowboy Day
09 Sugar Cookie Day	25 Culinarrians' Day; Parents' Day
10 Collector Car Day; Pina Colada Day	26 Bagelfest Day; Coffee Milkshake Day
11 Blueberry Muffin Day; Amer. Pet Pic Day	27 Creme Brulee Day; New Jersey Day
12 Pecan Pie Day; Jello Day	28 Milk Chocolate Day; Waterpark Day
13 Beans N' Franks Day; French Fries Day	29 Intern Day; Eat Chicken Wings Day
14 Mac and Cheese Day; Tape Measure Day	30 Cheesecake Day; Chili Dog Day
15 Give Something Away Day; Tapioca Day	31 Mutt Day; Avocado Day
16 Corn Fritter Day; Personal Chefs' 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.

July 1st is Creative Ice Cream Day

Our residents and staff shared creative, unique combinations they came up with!

- "Vanilla with Chocolate Sauce " - Jane**
- "Strawberry and cherry Jubilee " - Don**
- "Coconut and Chocolate " - Billy**
- "Neapolitan " - Betty**
- "Coffee and Mint " - Marge**
- "Butter rum and Rum Raisin " - Patrick**
- "Cookies and Cream " - Walter**



Staff Spotlight:
Samia

Samia is one of our dedicated housekeepers!

She loves spending time helping her husband who is a pastor at their church!

Samia has the kindest heart and always goes above and beyond here at our community!

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



Resident Spotlight:
Sherri

Sherri is a Portland Native who worked in the health care world at Kaiser for many years!

Sherri love arts and crafts and gardening! She is also very social with our other residents here and has made many friends!

Sherri, we thank you and we are so lucky to have you here at Farmington Square Gresham!

JULY 2021

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

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Diamond/Emerald

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