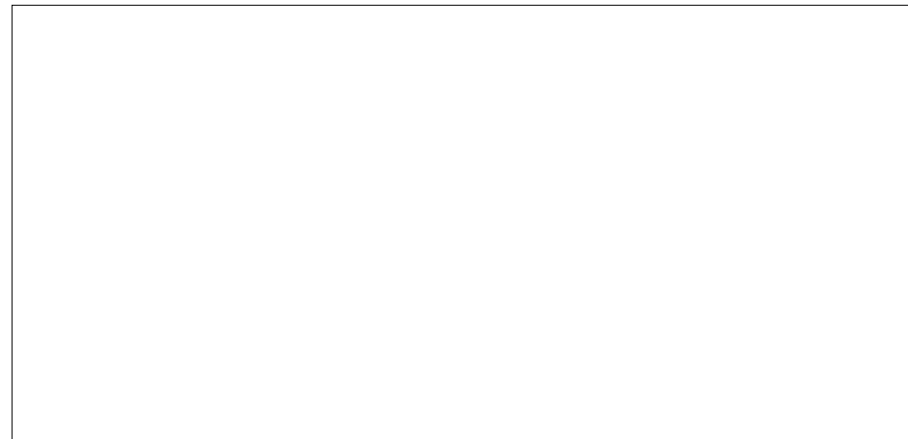




1655 NE 18th St.
Gresham, OR 97030

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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 Mathis
Maintenance Director: Elijah Taylor
Life Enrichment Director: Yolanda Irving-Vance

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[Facebook.com/FarmingtonSquareGresham](https://www.facebook.com/FarmingtonSquareGresham)

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

Farmington Square News

September 2021 Newsletter



2 Achieving Better Balance
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

Special Moments



Jane W : Sept. 12
Betty W: Sept.26
Carol B : Sept. 29

Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!

September 2021 Highlights

September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days

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.

Autumn Begins September 22!

Our residents and staff shared what they love most about Autumn!

"Fall colors " - Barbara

"Chill in the air " - Chelsea

"Pumpkin spice " - Pat

"Sweater weather " - Holly

"Apples pumpkins And leaves " - George

"Halloween " - Amy

"The beginning of the holiday season " - Mary



Staff Spotlight:
Aimee

Aimee is one of our amazing caregivers!

In her offtime, she loves cooking and spending time with her kids. She is a dedicated mother and takes pride in that role.

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



Resident Spotlight:
Phyllis

Phyllis is a true Oregonian who hails from Sandy!

Phyllis is our "Resident Care taker" ! She looks after all her friends and makes sure everyone is Happy!

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

SEPTEMBER 2021

Farmington Square Gresham

Astor

1655 NE 18th Street

Gresham OR, 97030

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SEPTEMBER 2021

Farmington Square Gresham

Barlow/Crown

1655 NE 18th Street Gresham OR, 97030

503-665-1994

SUN	MON	TUE	WED	THU	FRI	SAT
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SEPTEMBER 2021

Farmington Square Gresham

Diamond/Emerald

1655 NE 18th Street Gresham OR, 97030 503-665-1994

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