



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
Resident Care Coordinator : Tammy Kerr
Wellness Nurse: Erika Pullen Jessica Saray
Dining Services Director: Matt Mathis
Maintenance Director: Elijah Taylor
Life Enrichment Dir.: 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

November 2021 Newsletter



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Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.



Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one’s medical professional.

Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, bodyache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don’t often bring chills, fever, or headache. (CDC)

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they’re sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we’re set up to stand up to this year’s flu virus. We hope this information helps everyone navigate this year’s flu season!

Follow your medical professional’s advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.

Special Moments

November 11th is Veterans Day! It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



Happy Birthday!

Elsie P : Nov. 1
Ronald B : Nov. 29
Blanche B : Nov. 30

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum, said to bring happiness and laughter!

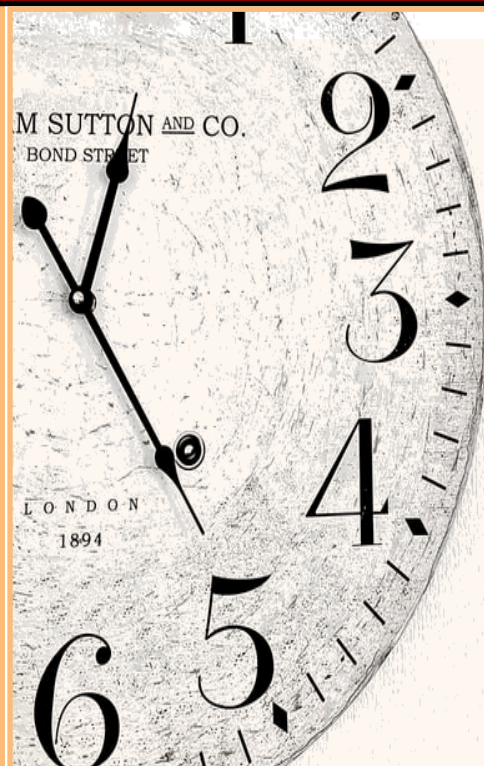
November 2021 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

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| 01 Calzone Day; Cinnamon Day | 16 Button Day; Fast Food Day |
| 02 Deviled Egg Day; Traffic Directors' Day | 17 Hike Day; Homemade Bread Day |
| 03 Sandwich Day; Stress Awareness Day | 18 Mickey's Birthday |
| 04 Candy Day; Men Make Dinner Day | 19 Monopoly Day; Intl. Men's Day |
| 05 Donut Day; Favorite Team Jersey Day | 20 Peanut Butter Fudge Day |
| 06 Nachos Day; Saxophone Day | 21 Gingerbread Cookie Day; Stuffing Day |
| 07 Bittersweet Almond Chocolate Day | 22 Cranberry Relish Day |
| 08 Cappuccino Day | 23 Espresso Day; Cranberry Day |
| 09 Louisiana Day; Scrapple Pork Day | 24 Sardines Day; Jukebox Day |
| 10 Vanilla Cupcake Day; Accounting Day | 25 Thanksgiving Day; Parfait Day |
| 11 Veterans' Day; Sundae Day | 26 Cake Day; Native American Heritage Day |
| 12 Pizza with Works Day; French Dip Day | 27 Bavarian Cream Pie Day; Small Biz Sat. |
| 13 World Kindness Day | 28 Hannukah Begins; French Toast Day |
| 14 Pickle Day; Spicy Guacamole Day | 29 Electronic Greetings Day |
| 15 Recycle Day; Raisin Bran Cereal Day | 30 Mason Jar Day; Mousse Day |

Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Daylight Savings Time Ends! On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



RESIDENT SPOTLIGHT: May

May is an Oregon native and was born on a farm! She grew up loving her chores like milking the cows, collecting eggs from the chickens, and feeding the pigs! May loves arts and crafts and watching old movies!

We are so lucky to have you here at Farmington Square Gresham, May!



STAFF SPOTLIGHT: Lynn

Lynn is one of our dedicated Activities Assistants! Lynn loves driving our bus and transporting our residents to various doctors appointments and shopping trips and outings

When Lynn's not working, she loves doing things within her church and spending time with her great grandson Alder!

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

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NOVEMBER 2021

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