



1655 NE 18th St.  
Gresham, OR 97030

Stamp



#### Administrative Team:

Executive Director: Malina Wheeler  
Assistant Executive Dir.: Perla Gonzales  
Business Office Dir.: Monica Bounphisay  
Wellness Director: Kalina Bounphisay  
Wellness Director: Tammy Kerr  
Wellness Nurse: Erika Pullen Jessica Saray  
Dining Services Director: Matt Mathis  
Maintenance Director: Elijah Taylor  
Life Enrichment Dir.: Yolanda Irving-Vance

#### Connect:

503-665-1994  
[info-gresham@farmingtonsquare.com](mailto:info-gresham@farmingtonsquare.com)  
[www.farmingtonsquare-gresham.com](http://www.farmingtonsquare-gresham.com)  
[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

January 2022 Newsletter



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3 Team & Resident Spotlight  
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## Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

### Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

### Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

### Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

### Prioritize Your Wellness

Reach out to your medical and dental health



**Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!**

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

### Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

### Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. 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



## Happy Birthday!

**Shari G.: Jan. 03**  
**Frances H.: Jan.09**  
**Betty H. : Jan. 13**  
**Martha B. : Jan15**  
**Larry D. : Jan 30**

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet, symbolizing love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!



# January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers. It's Hobby Month so it's a great time to indulge in and share about hobbies!

- |   |   |
|---|---|
| 01 Bloody Mary Day; Set Resolutions       | 17 MLK Jr. Day; Hot Buttered Rum Day    |
| 02 Cream Puff Day; Science Fiction Day    | 18 Pooh Bear Day; Thesaurus Day         |
| 03 Chocolate Covered Cherry Day           | 19 Popcorn Day; World Quark Day         |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Cheese Lovers' Day; Buttercrunch Day |
| 05 Whip Cream Day; Bird Day; Keto Day     | 21 Granola Bar Day; Squirrels Day       |
| 06 Bean Day; Tech Day; Shortbread Day     | 22 Blonde Brownie Day                   |
| 07 Bobblehead Day; Tempura Day            | 23 Pie Day; Handwriting Day             |
| 08 Argyle Day; English Toffee Day         | 24 Compliment Day; Peanut Butter Day    |
| 09 Law Enforcement Day; Apricot Day       | 25 Opposite Day; Intl. Irish Coffee Day |
| 10 Bittersweet Chocolate Day; Eagles Day  | 26 Green Juice Day; Peanut Brittle Day  |
| 11 Arkansas Day; Milk Day                 | 27 Chocolate Cake Day                   |
| 12 Pharmacists' Day; Chicken Curry Day    | 28 Kazoo Day; Blueberry Pancake Day     |
| 13 Stickers Day; Peach Melba Day          | 29 Corn Chip Day; Puzzle Day            |
| 14 Dress Pet Day; Pastrami Sandwich Day   | 30 Croissant Day                        |
| 15 Hat Day; Bagel Day                     | 31 Artsy Day; Backwards Day; Cocoa Day  |
| 16 Fig Newton Day; Eat Hot & Spicy 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.

**Cheesy Talk!** Jan. 20th is Cheese Lover's Day. For fun, some of us shared our favorite kinds of cheese!

- "Muenster Cheese" - Ann
- "Swiss Cheese" - Walter
- "Parmesan Cheese" - Raquel
- "Cheddar Cheese" - Don
- "Blue Cheese" - Pat
- "Smoked Gouda Cheese" - Barbara
- "Mozzarella Cheese" - Billy
- "Provolone Cheese" - Marlene



## RESIDENT SPOTLIGHT:

**Jerry**

Jerry is a Native of Texas who moved to New York City and became an actor on Broadway!

Jerry now enjoys reading and eating healthy! He loves grilled fish and chicken and fresh fruits and vegetables!

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



## STAFF SPOTLIGHT:

**Maria**

Maria is one of our Dedicated care givers! She goes above and beyond for our residents! She is known for giving very stylish hair cuts to many of our residents !

Maria loves spending time with her family and cooking wonderful meals for them!

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



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# JANUARY 2022

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• Diamond/Emerald

• 1655 NE 18th Street Gresham OR, 97030

• 503-665-1994

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