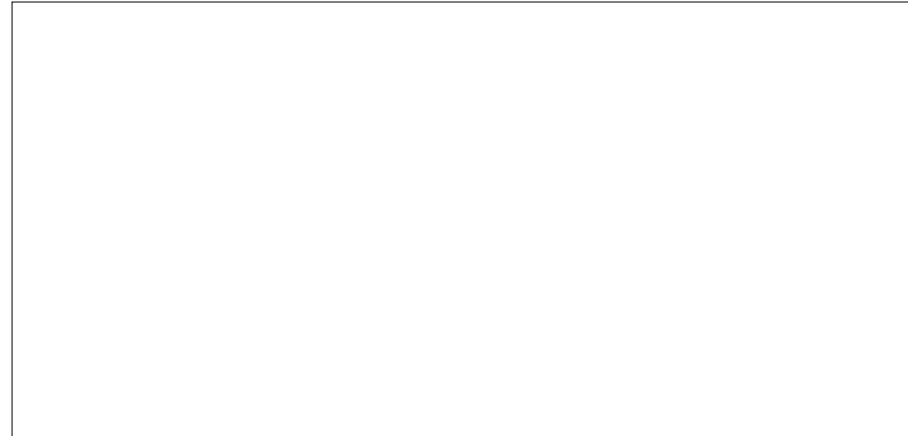




1655 NE 18th St.
Gresham, OR 97030

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Administrative Team:

Executive Director: Malina Wheeler
Assistant Executive Dir.: Perla Gonzales
Business Office Dir.: Monica Bounphisay
Wellness Director: Kalina Bounphisay
Wellness Director Hannah Barela
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

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

Farmington Square News

February 2022 Newsletter



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3 Team & Resident Spotlight
4 - 5 Activities Calendar

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Healthy Habits to Consider for Heart-Smart Living

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start that with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)
Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our facebook post for this month’s newsletter. We’d love to hear of your efforts!

Special Moments



Happy Birthday!

Vicki V : Feb. 17

Pat O : Feb. 18

Maudel P: Feb. 21

James T : Feb. 22

Those born in February are either Aquarius “The Water Bearer” (Jan. 19-Feb. 19) or Pisces “The Fish” (Feb. 19-March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.



February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

- | | |
|--|--|
| 01 Dark Chocolate Day; Baked Alaska Day | 15 Gumdrops Day; World Hippo Day |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day | 16 Fat Tuesday; Almond Day; Anthropology Day |
| 03 Carrot Cake Day; Optimist Day | 17 Cabbage Day; Random Kind Acts Week |
| 04 Homemade Soup Day; Thank a Mail Carrier | 18 Wine Day; Pluto Day; Caregivers' Day |
| Day 05 World Nutella Day; Fun Outside Day | 19 Chocolate Mint Day; Arabian Horse Day |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day |
| 07 Alfredo Day; Periodic Table Day | 21 Presidents' Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day | 24 Tortilla Chip Day; Toast Day; Chili Day |
| 11 Inventor Day; Backyard Bird Count Day | 25 Chocolate Nut Day; Clam Chowder Day |
| 12 Plum Pudding Day; Global Movie Day | 26 Pistachio Day; Tell a Fairy Tale Day |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day |
| 14 Valentine's Day; Book Giving Day | 28 Floral Design Day; Chocolate Souffle Day |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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.



Visit our facebook at:
[Facebook.com/
FarmingtonSquare
Gresham](https://www.facebook.com/FarmingtonSquareGresham)

Inventors' Day is Feb. 11. These are some inventions we are grateful for!

"Telephone" - Marge

"Television" - Holly

"Oven" - Vera

"Washing Machine" - Maria

"Internet" - Jim

"Electricity" - Jane

"Airplanes" - Walter

"Automobiles" - Bob



RESIDENT SPOTLIGHT: Patrick

Patrick was born Idaho, but was raised here in Oregon where he went to school and joined the army!

Patrick is a war hero of both Korea and Vietnam. He loves his wife Mary and their two grown children!

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



STAFF SPOTLIGHT: Josef

Josef is one of our dedicated cooks! Every time we see him, he is smiling and loving cooking great food for our residents!

In his off time, Josef loves working out and eating healthy!

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

FEBRUARY 2022

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

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 10:00 Exercise 11:00 IN2L Travel 11:30 Resident 1on1 1:00 Puzzles 2:00 IN2L Surprise 3:00 Coffee Hour 4:00 IN2L Karaoke 6:00 Evening Movie	2 10:00 Exercise 11:00 IN2L Trivia 11:30 Resident 1on1 1:00 IN2L Travel 2:00 IN2L Music or Games 3:00 Coffee Hour 4:00 BINGO 6:00 Evening Movie	3 10:00 Exercise 11:00 IN2L Reminisce 11:30 Resident 1on1 1:00 IN2L Surprise 2:00 PUZZLES 3:00 Coffee Hour 4:00 IN2L MUSIC 6:00 Evening Movie	4 10:00 Exercise 11:00 IN2L Travel 11:30 Resident 1on1 1:00 IN2L Match Game 2:00 IN2L Reminisce 3:00 Coffee Hour 4:00 IN2L Karaoke 6:00 Evening Movie	5 10:00 Exercise 11:00 IN2L Trivia 11:30 Resident 1on1 1:00 Arts/Crafts/Music 2:00 IN2L Music or Games 3:00 Coffee Hour 4:00 Manicures 6:00 Evening Movie
	6 10:00 Exercise 11:00 IN2L World Map 11:30 IN2L Reminisce 1:00 IN2L Travel 2:00 Resident 1on1 3:00 Coffee Hour 4:00 IN2L Sing Along 6:00 Evening Movie	7 10:00 Exercise 11:00 IN2L World Map 11:30 IN2L surprise 1:00 IN2L Travel 2:00 Resident 1on1 3:00 Coffee Hour 4:00 IN2L Sing Along 6:00 Evening Movie	8 10:00 Exercise 11:00 IN2L Travel 11:30 Resident 1on1 1:00 Puzzles 2:00 OLDIES/Lee (E) 3:00 Coffee Hour 4:00 IN2L Karaoke 6:00 Evening Movie	9 10:00 Exercise 11:00 IN2L Trivia 11:30 Resident 1on1 1:00 IN2L Surprise 2:00 IN2L Music or Games 3:00 Coffee Hour 4:00 BINGO 6:00 Evening Movie	10 10:00 Exercise 11:00 IN2L Reminisce 11:30 Resident 1on1 1:00 IN2L Reminisce 2:00 PUZZLES 3:00 Coffee Hour 4:00 IN2L MUSIC 6:00 Evening Movie	11 10:00 Exercise 11:00 IN2L Travel 11:30 Resident 1on1 1:00 IN2L Surprise 2:00 IN2L Reminisce 3:00 Coffee Hour 4:00 IN2L Karaoke 6:00 Evening Movie
	13 10:00 Exercise 11:00 IN2L World Map 11:30 Arts/Crafts 1:00 IN2L Travel 2:00 SUPERBOWL SUNDAY ! 3:00 Coffee Hour 4:00 IN2L Sing Along 6:00 Evening Movie	14 10:00 Exercise 11:00 IN2L World Map 11:30 Resident 1 on1 1:00 IN2L Travel 2:00 Valentines Day Treats 3:00 Coffee Hour 4:00 IN2L Sing Along 6:00 Evening Movie	15 10:00 Exercise 11:00 IN2L Travel 11:30 Resident 1on1 1:00 Puzzles 2:00 IN2L Surprise 3:00 Coffee Hour 4:00 IN2L Karaoke 6:00 Evening Movie	16 10:00 Exercise 11:00 IN2L Trivia 11:30 Resident 1on1 1:00 IN2L Reminisce 2:00 IN2L Music or Games 3:00 Coffee Hour 4:00 BINGO 6:00 Evening Movie	17 10:00 Exercise 11:00 IN2L Reminisce 11:30 Resident 1on1 1:00 IN2L Surprise 2:00 PUZZLES 3:00 Coffee Hour 4:00 IN2L MUSIC 6:00 Evening Movie	18 10:00 Exercise 11:00 IN2L Travel 11:30 Resident 1on1 1:00 IN2L Match Game 2:00 IN2L Reminisce 3:00 Coffee Hour 4:00 IN2L Karaoke 6:00 Evening Movie
	20 10:00 Exercise 11:00 IN2L World Map 11:30 Arts/Crafts 1:00 IN2L Travel 2:00 Resident 1on1 3:00 Coffee Hour 4:00 IN2L Sing Along 6:00 Evening Movie	21 10:00 Exercise 11:00 IN2L World Map 11:30 IN2L Reminisce 1:00 IN2L Travel 2:00 Resident 1on1 3:00 Coffee Hour 4:00 IN2L Sing Along 6:00 Evening Movie	22 10:00 Exercise 11:00 IN2L Travel 11:30 Resident 1on1 1:00 Puzzles 2:00 IN2L Surprise 3:00 Coffee Hour 4:00 IN2L Karaoke 6:00 Evening Movie	23 10:00 Exercise 11:00 IN2L Surprise 11:30 Resident 1on1 1:00 IN2L World Map 2:00 IN2L Music or Games 3:00 Coffee Hour 4:00 BINGO 6:00 Evening Movie	24 10:00 Exercise 11:00 IN2L Reminisce 11:30 Resident 1on1 1:00 IN2L Surprise 2:00 Monty Waters (B) 3:00 Coffee Hour 4:00 IN2L MUSIC 6:00 Evening Movie	25 10:00 Exercise 11:00 IN2L Travel 11:30 Resident 1on1 1:00 IN2L Match Game 2:00 IN2L Reminisce 3:00 Coffee Hour 4:00 IN2L Karaoke 6:00 Evening Movie
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	6 10:00 Exercise 11:00 IN2L Music Hour 11:30 Resident 1on1 1:00 Walking Group 2:00 Beauty Hour 3:00 Coffee Hour 4:00 BINGO 6:00 Evening Movie	7 10:00 Exercise 11:00 IN2L Trivia 11:30 Resident 1on1 1:00 Arts/Crafts/Music 2:00 Card Games 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	8 10:00 Exercise 10:30 Church /Jerry (D) 11:30 Resident 1on1 1:00 Reading Aloud 2:00 OLDIES/Lee (E) 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	9 10:00 Exercise 11:00 IN2L Trivia 11:30 Resident 1on1 1:00 Arts/Crafts/Music 2:00 Card Games 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	10 10:00 Exercise 11:00 IN2L Sing Along 11:30 Resident 1on1 1:00 IN2L Surprise 2:00 Dice Games 3:00 Coffee Hour 4:00 BINGO 6:00 Evening Movie	11 10:00 Exercise 11:00 IN2L Travel 11:30 Resident 1on1 1:00 Arts/Crafts/Music 2:00 Manicures 3:00 Coffee Hour 4:00 IN2L Sing Along 6:00 Evening Movie
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FEBRUARY 2022

Farmington Square Gresham

Diamond/Emerald

1655 NE 18th Street Gresham OR, 97030

503 665-1994

SUN	MON	TUE	WED	THU	FRI	SAT	
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	6 10:00 Exercise 11:00 IN2L Family Feud 11:30 Aromatherapy 1:00 IN2L Surprise 2:00 Beauty Hour 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	7 10:00 Exercise 11:00 IN2L Sound Games 11:30 Aromatherapy 1:00 IN2L Surprise 2:00 IN2L Travel 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	8 10:00 Exercise 10:30 Church /Jerry (D) 11:30 Aromatherapy 1:00 Reading Aloud 2:00 OLDIES/Lee (E) 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	9 10:00 Exercise 11:00 IN2L How Much ? 11:30 Aromatherapy 1:00 IN2L Surprise 2:00 Arts/Crafts/Music 3:00 Coffee Hour 4:00 IN2L Sing Along 6:00 Evening Movie	10 10:00 Exercise 11:00 IN2L Sound Games 11:30 Aromatherapy 1:00 IN2L Surprise 2:00 Manicures 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie	11 10:00 Exercise 11:00 IN2L Travel 11:30 Aromatherapy 1:00 Arts /Crafts/Music 2:00 Reading Aloud 3:00 Coffee Hour 4:00 IN2L Sing Along 6:00 Evening Movie	12 10:00 Exercise 11:00 IN2L Sound Games 11:30 Aromatherapy 1:00 IN2L Surprise 2:00 IN2L Match Game 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie
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