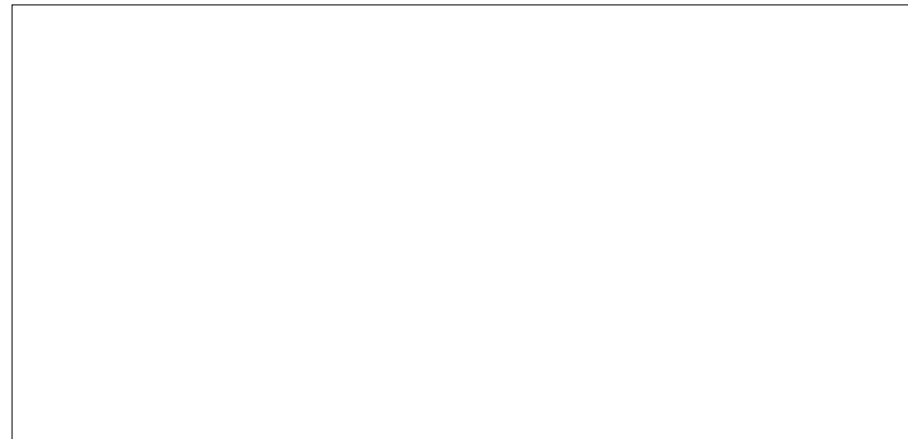




1655 NE 18th St.
Gresham, OR 97030

Phone: 503.665.1994
Email: info-Gresham@farmingtonsquare.com

Stamp



Leadership Team

Executive Director:
Malina Wheeler

Assistant Executive Director:
Perla Gonzales

Wellness Nurse:
Erika Pullen

Wellness Nurse:
Jessica Saray

Wellness Directors: Kalina Bounphisay,
Tammy Kerr, Sabrina Lincoln

Business Office Director:
Monica Bounphisay

Life Enrichment Director:
Yolanda Irving- Vance

Dining Services Director:
Matt Mathis

Maintenance Director:
Elijah Taylor

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



Farmington Square News

March 2022 Newsletter



2 Caffeine: Friend or Foe?
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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7 Special Moments & Birthdays
8 Mission & Team

Spilling the Beans on Caffeine: Is Your Cup of Joe a Friend ...or a Foe?

Most of us have a relationship with caffeine - whether we love it to love it, or wish we didn't want it. It's in coffee, soda, and tea that we drink (unless we opt for decaf, though even *that* has a little), and we turn to it in times of tiredness for a quick energy boost.

This National Caffeine Awareness Month, we've set out to unearth facts about caffeine that are worth poring over.

First off, if you're wondering what exactly caffeine is, ponder no further. Caffeine is a bitter stimulant substance whose chemical name is trimethylxanthine. It occurs naturally in the fruit, leaves, and beans of coffee, cacao, and guarana plants. Human-made caffeine also exists and is added to some medicines, foods, and drinks.

When consumed, caffeine is typically absorbed by the human body within 45 minutes. An average 8-ounce cup of coffee has 95 milligrams of caffeine, but can vary. According to the Mayo Clinic, up to 400 milligrams of caffeine per day is safe for most healthy adults. Though, there are different recommendations for pregnant and breastfeeding women, and the American Academy of Pediatrics discourages caffeine for children.

There are both pros and cons to caffeine intake for adults. On the upside, it can increase energy, speed up reaction times,



Did you know? Caffeine can be found in chocolate. It can also be hidden in some yogurt, ice cream, and protein bars! If seeking a non-caffeinated energy boost, consider having some blueberries!

and aid in concentration. Coffee, specifically, is said to have some health benefits, from slowing cognitive decline in older adults to protecting against certain cancers and Type Two Diabetes. As for drawbacks, it may bring on stomach acid release (heartburn), increase blood pressure, and act as a diuretic. It can also interact poorly with some medications. For some with caffeine sensitivity, even small amounts can cause restlessness, sleep issues, and anxiety.

An area where opinions vary is its level of addictiveness. The facts are: it does raise dopamine a little, and can bring withdrawal symptoms if one stops intake.

So...Stick with or skip? For those who enjoy caffeinated beverages or foods, as with anything, it's best to enjoy in moderation. Let us know your thoughts about caffeine in our newsletter post on our facebook.

Special Moments



Happy Birthday!

Jo G. March 12
Eleanor S. March 19
Billy C March 19
Walter S. March 25
Gary K. March 26

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!

March 2022 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- | | |
|--|---|
| 01 Peanut Butter Day; Music Therapy Day | 17 St. Patrick's Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Cold Cuts Day; World Wildlife Day | 19 Certified Nurses Day; Poultry Day |
| 04 Marching Music Day; Pound Cake Day | 20 Spring Begins; Ravioli Day; Corn Dog Day |
| 05 Employee Appreciation Day | 21 French Bread Day; Puppetry & Poetry Day |
| 06 Dentists' Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; West Virginia Day |
| 07 Cereal Day; Flapjack Day | 23 Chip Dip Day; Puppy Day; Tamale Day |
| 08 Intl. Women's Day; Oregon Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Swedish Waffle Day; Physicians' Week |
| 10 Blueberry Popover Day; Bagpipe Day | 26 Nougat Day; Spinach Day |
| 11 Oatmeal Nut Waffles Day; Plumbing Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam Vet Day; Nevada Day; Piano Day |
| 14 Child Craft Day; Spider Day; Chip Day | 30 Doctors' Day; Park Walk Day |
| 15 Pears Helene Day; Health Care HR Week | 31 Crayon Day; Tater Day |
| 16 Artichoke Hearts Day; Panda Day | |

Spring forward! Sunday, March 13, set your clocks forward one hour!



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, visit our website: farmingtonsquare-gresham.com.



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

March 12th celebrates Plant a Flower Day!

We're sharing our favorite flowers!

"Tulips" - Marge

"Irises" - Dorothy

"Roses" - Irma

"Sunflowers" - Jane

"Dandelions" - Marlene



Staff Spotlight: Maria

Maria is one of our dedicated Housekeepers! She is new to our team, but in the short time she has been here, she has made a huge impact!

Maria loves cooking for her family and spending quality time with her 15 grandchildren!

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



Resident Spotlight: Bob

Bob was born in Missouri and moved to Oregon when he was in high school. Bob worked in downtown Portland for many years at Lipman's Department store as an operational manager.

Bob loves being with his family and spending time on his land in Cherryville, Oregon!

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

MARCH 2022

Farmington Square Gresham Astor 1655 NE18th St., Gresham, OR 97030 503-665-1994

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1	2	3	4	5
		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	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 OR Dice Games 6:00 Evening Movie	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	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	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
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MARCH 2022

Farmington Square Gresham

Barlow/Crown

1655 NE18th St., Gresham, OR 97030

503-665-1994

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<div> <div>MARCH 2022</div> <div> Farmington Square Gresham Diamond/Emerald 1655 NE18th St., Gresham, OR 97030 503-665-1994 </div> </div>						
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