



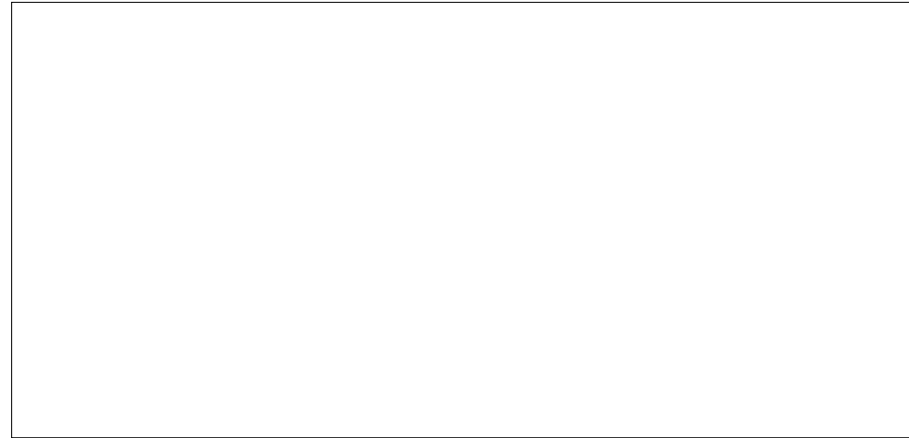
1655 NE 18th St.
Gresham, OR 97030

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Stamp



Farmington Square Leadership Team

Executive Director:

Malina Wheeler

Assistant Executive Director:

Perla Gonzales

Wellness Nurse:

Erika Pullen

Wellness Nurse:

Jessica Saray

Wellness Director:

Kalina Bounphisay

Wellness Director:

Tammy Kerr

Wellness Director:

Sabrina Lincoln

Community Relations Director:

Rochelle Walters

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

April 2022 Newsletter



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3 Team & Resident Spotlight
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Spring Into Volunteering!

You've probably heard the famous Aesop quote: "No act of kindness, no matter how small is ever wasted." It's true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It's the perfect time of year for giving as the season brings re-growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank. FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.



Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children's hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!

Special Moments

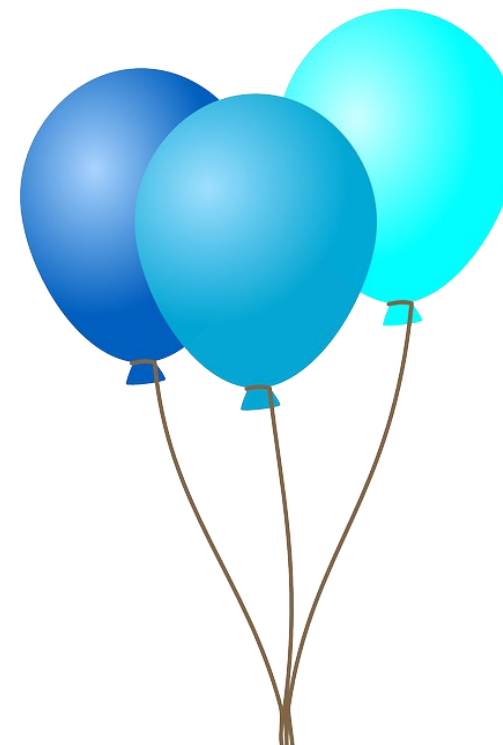


Happy Birthday!

John B.: April 15

Mary O.: April 22

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless, enthusiastic, and optimistic!



April 2022 Highlights

April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!

01 April Fool's Day; Sourdough Bread Day
02 PBJ Day; Ferret Day; Handmade Day
03 Film Score Day; Chocolate Mousse Day
04 Walk Around Things Day; Vitamin C Day
05 Caramel Day; Deep Dish Pizza Day
06 Bookmobile Day; Walking Day
07 World Health Day; Beer Day; Burrito Day
08 Zoo Lovers' Day; Reflect on Gratitude Day
09 Cherish Antiques Day; Name Yourself Day
10 Farm Animal Day; Cinnamon Crescent Day
11 Barbershop Quartet Day; Pet Day
12 Grilled Cheese Day; Colorado Day
13 Scrabble Day; Peach Cobbler Day
14 Gardening Day; Pecan Day; Dolphin Day
15 Good Friday; Glazed Ham Day
16 Bean Count Day; Eggs Benedict Day; PJ Day
17 Easter; Haiku Day; Ellis Island History Day
18 Intl. Monuments & Sights Day; Radio Day
19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day;
21 British Tea Day; Chocolate Cashews Day
22 Earth Day; Jelly Bean Day
23 Picnic Day; Cherry Cheesecake Day
24 Pigs in Blankets Day; Pet Parent Day
25 Hairstylist Day; Zucchini Bread Day;
26 Audubon Day; Pretzel Day
27 Prime Rib Day; Administrative Staff Day
28 Poem Day; Superhero Day
29 Arbor Day; Dance Day
30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know?
Earth Day, first
celebrated in 1970,
has a new theme
each year. In 2022,
it's "Invest in Our
Planet!"



Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



April 26th is Audubon Day celebrating the birth of John James Audubon in 1785. He was a French-American bird expert and painter famous for his illustrations and studies of American birds. These are some of the birds we admire:

"Blue Jay " -Joyce
"Robin " -Ann
"Eagle " -Walter
"Parrot" -Mary
"Peacock" -Jane
"Sparrow " -Gary



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



Staff Spotlight: Anaya

Anaya is one of our dedicated Caregivers! She's new to our team but has made such a huge impact since being here!

Anaya loves to journal, read poetry, go for walks and watch movies. She also loves spending time with her family! Anaya says one of her favorite quotes is "What lies behind you and what lies in front of you pales in comparison in what lies inside of you!" - Ralph Waldo Emerson

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



Resident Spotlight: Patricia

Patricia, affectionately known as "Pat," has many friends in our community and it's no wonder. She has a smile for everyone she meets!

Pat loves to eat pizza and chocolate. She always loves having a nice cup of hot chocolate! She also has fun playing Bingo and doing puzzles!

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

APRIL 2022

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Diamond /Emerald •

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