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Gresham, OR 97030

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Farmington Square News

May 2022 Newsletter



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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.

Creative Fitness & Hydration Ideas for Older Adults

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

Physical fitness and staying hydrated, while naturally easy and fun for some, can seem intimidating for others. Look forward to creative approaches to both this Senior Health and Fitness Month!

Fun Fitness

For most of us, there's some type of physical fitness that appeals (workout machines, sports, dance, yoga, swimming), but sometimes creativity spurs extra motivation! Think outside the box with ideas like: in-air arm swim strokes, hula hooping laughter yoga, gardening, soft darts, bean bag toss, bowling, croquet, mini golf, striking poses and holding them, noodle ball volleying, and scavenger hunts.

Our community uses It's Never 2 Late (IN2L) that has many fitness avenues, from Conductorcize and Sit & Be Fit to Tai Chi and Chair Chi (for varying fitness levels). Explore the features with our life enrichment team.

Themed Walks

Walks can be more fun when paired with an activity. Consider a bird walk, tree walk, or flower walk and mark observations with a field guide book. Get artsy by collecting flowers for pressing. Head out on a nature walk where each walker collects a leaf, twig, rock, wildflower, blade of grass, etc. Paint positive-message rocks and on a walk leave them places for others to find. Other ideas: museum walk or mall-window shop, or see which walker can write down the most street sign names or models of cars spotted.



Physical fitness is important for older adults. It makes activities of daily life easier to do, and it helps with bone density and muscle strength. An added bonus is a decreased likelihood for falls.

Hydration Elation

For older adults, hydrating is especially important as thirst tends to decrease with age. Water doesn't have to be the only source for hydrating though. Some foods high in water content include celery, cucumbers, watermelon, cantaloupe, strawberries, bell peppers, grapes, and tomatoes. Soups, broths, and stews also can increase fluid intake, but watch for sodium content. When it comes to beverages, add some excitement to water with fruit or mint infused in it, or try milk, coconut water, or herbal caffeine-free teas like hibiscus or chamomile.

Share Your Best Fitness/Hydration Idea

We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

Special Moments



"May! Queen of blossoms and fulfilling flowers. With what pretty music shall we charm the hours?" - Lord Edward Thurlow



Happy Birthday!

Dorothy C.: May 6

Erma S.: May 11

Larry L.: May 28



Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstone for May is emerald. The birth flower for May is lily of the valley. May is said to be the luckiest month in which to be born!

May 2022 Highlights

May includes awareness observances for mental health, asthma, blood pressure, osteoporosis, skin cancer, and strokes. It celebrates seniors, nurses, photography, strawberries, salsa, asparagus, and barbecues!

01 Chocolate Parfait Day; Lemonade Day
02 Truffle Day; World Tuna Day
03 Teachers Day; Two Different Shoes Day
04 Firefighters' Day; Bird Day; Star Wars Day
05 Astronauts' Day; Hoagie Day
06 Nurses' Day; Crepe Suzette Day
07 Kentucky Derby Day; Fitness Day; Trains Day
08 Mother's Day; Coconut Cream Pie Day
09 Lost Sock Memorial Day; Moscato Day
10 Shrimp Day; Washington Day
11 Receptionists' Day; 3rd Shift Staff Day
12 Intl. Nurse Day; Nutty Fudge Day
13 Apple Pie Day; Fruit Cocktail Day
14 Buttermilk Biscuit Day; Dog Mom Day
15 Chocolate Chip Day; World Baking Day
16 BBQ Day; Sea Monkey Day
17 Cherry Cobbler Day; Walnut Day; Idaho Day
18 Museum Day; Juice Slushies Day
19 Devil's Food Cake Day

20 Endangered Species Day; Pizza Party Day
21 Waiters' Day; Strawberries and Cream Day
22 Solitaire Day; Instrument Day
23 Lucky Penny Day; Turtle Appreciation Day
24 Brothers' Day; Scavenger Hunt Day
25 Tappers' Day; Senior Health & Fitness Day
26 Paper Plane Day; Blueberry Cheesecake Day
27 Grape Popsicle Day; Road Trip Day
28 Brisket Day; Enjoy a Hamburger Day
29 Paperclip Day; Coq Au Vin Day
30 Memorial Day; Creative Day; Mint Julep Day
31 Macaroon Day; Save Your Hearing Day



Happy Mother's Day to all the moms out there!

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.



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

In Our Words

In honor of Senior Health & Fitness Day, these are some of our favorite healthy food/fitness choices.

"Tomatoes" -Mary

"Carrots" -Dorothy

"Orange Juice" -Linda

"Blueberries" -Marge

"Bananas" -Walter

"Avocados" -Jane

"Apples" -Patrick

"Celery" -Marlene

"Dark Chocolate" -Bob

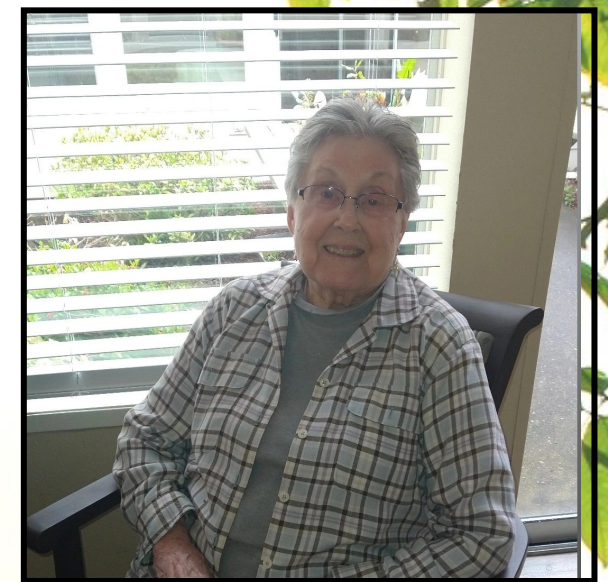


Staff Spotlight: Angel

Angel is one of our dedicated medical technicians! She has worked here for many years, always going above and beyond for our residents!

In her spare time, Angel loves spending time with her daughter Venisa, and her mother who is her daughter's namesake!

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



Resident Spotlight: Marge

Marge is a native Oregonian who loves her family and raised her 4 sons here! She is a retired Bank of America executive and is very social with other residents here !

Marge loves going to church and playing Bingo and painting!

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

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Farmington Square Gresham

• Diamond/Emerald

• 1655 NE 18th Street Gresham OR, 97030

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