



1655 NE 18th St.
Gresham, OR 97030

Stamp



Farmington Square Leadership Team
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Executive Director:
Malina Wheeler
Assistant Executive Director:
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Wellness Nurses:
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Wellness Directors:
Kaliina Bounphisay, Tammy Kerr
Jacquelyn Stahley
Community Relations Director:
Rochelle Walters
Business Office Director:
Monica Bounphisay
Life Enrichment Director:
Yolanda Irving Vance
Dining Services Director:
Matt Matthis
Maintenance Director:
Elijah Taylor

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

Farmington Square News

July 2022 Newsletter



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Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

Steps Toward a More Social You

To increase your social wellness, consider actions you can work into your daily life.

- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!

Special Moments



Happy Birthday!

Joe T: July 2
Richard H: July 8
Jane S: July 25
Sheryl S: July 27
Marjorie H: July 30

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



July 2022 Highlights

July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!

01 Unique Ice Cream Day; Gingersnap Day; Joke Day	20 Fortune Cookie Day; Hot Dog Day; Chess Day
02 Made in the USA Day	21 Junk Food Day
03 Chocolate Wafer Day; Beans Day; Fried Clam Day	22 Hammock Day; Mango Day; Penuche Fudge Day;
04 Independence Day; Caesar Salad Day	23 Gorgeous Grandma Day; Vanilla Ice Cream Day
05 Apple Turnover Day; Hawaii Day	24 Parents' Day; A. Earhart Day; Drive Thru Day
06 Fried Chicken Day; Hand Roll Day	25 Hire Veterans Day; Sundae Day; Wine/Cheese Day
07 Macaroni Day; Chocolate Day	26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day
08 Chocolate Almonds Day; Freezer Pop Day	27 Crème Brûlée Day; Love Is Kind Day
09 Sugar Cookie Day; Collector Car Day; Kebab Day	28 Intern Day; Milk Chocolate Day; Chili Dog Day
10 Kitten Day; Pina Colada Day	29 Chicken Wing Day; Lasagna Day; Lipstick Day
11 US Pet Pics Day; 711 Day; Blueberry Muffin Day	30 Friends Day; Father-in-Law Day; Cheesecake Day
12 Jell-O Day; Pecan Pie Day	31 Avocado Day; Mutt Day; Raspberry Cake Day
13 Barbershop Music Day; French Fry Day	
14 Mac & Cheese Day; Tape Measure Day	
15 Gummi Worm Day; Tapioca Day; Horses Day	
16 Corn Fritters Day	
17 Peach Ice Cream Day; Ice Cream Day	
18 Caviar Day; Sour Candy Day	
19 Daiquiri Day	

In Our Words...

July celebrates ice cream so we asked residents and team members their favorite ice cream flavors and combinations. Here's what they shared!



"Chocolate" -Nita

"Coffee" -Roger

"Rum Raisin" -Marge

"Walnut" -Sue

"Mint Chip " -Bob

"Butter Pecan" -Pat

"French Vanilla " -Marlene

"Sherbet" -Larry

"Strawberry " -Walter

"Cookie Dough" -Laura



Devonna

Devonna is one of our dedicated Medical Technicians. She has been a care giver for 15 years.

She loves spending time with her teenage daughters at the park playing basketball, walking on the waterfront, and taking weekend trips to the beach!

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



Resident Spotlight: Carolee

Carolee is new to our community, but has made such an impact on our staff and residents with her bubbly outgoing personality!

Carolee loves too exercise and keep fit because she was a track star growing up and through college. She also is a dedicated mother of six.

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

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JULY 2022

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<div>24</div> <div>10:00 Exercise</div> <div>11:00 IN2L Family Feud</div> <div>11:30 Aromatherapy</div> <div>1:00 IN2L Surprise</div> <div>2:00 Beauty Hour</div> <div>3:00 Coffee Hour</div> <div>4:00 IN2L Music Hour</div> <div>6:00 Evening Movie</div>	<div>25</div> <div>10:00 Exercise</div> <div>11:00 IN2L Travel</div> <div>11:30 Aromatherapy</div> <div>1:00 Arts /Crafts/Music</div> <div>2:00 Reading Aloud</div> <div>3:00 Coffee Hour</div> <div>4:00 IN2L Sing Along</div> <div>6:00 Evening Movie</div>	<div>26</div> <div>10:00 Church /Jerry (D)</div> <div>11:30 Aromatherapy</div> <div>1:00 Reading Aloud</div> <div>2:00 Court Yard Fun</div> <div>3:00 Coffee Hour</div> <div>4:00 IN2L Music Hour</div> <div>6:00 Evening Movie</div>	<div>27</div> <div>10:00 Exercise</div> <div>11:00 IN2L Nursery Rhymes</div> <div>11:30 Aromatherapy</div> <div>1:00 IN2L Surprise</div> <div>2:00 Arts/Crafts/Music</div> <div>3:00 Coffee Hour</div> <div>4:00 IN2L Sing Along</div> <div>6:00 Evening Movie</div>	<div>28</div> <div>10:00 Exercise</div> <div>11:00 Arts/Crafts</div> <div>11:30 Aromatherapy</div> <div>1:00 Beauty Hour</div> <div>2:00 Walking Group</div> <div>3:00 Coffee Hour</div> <div>4:00 IN2L Music Hour</div> <div>6:00 Evening Movie</div>	<div>29</div> <div>10:00 Exercise</div> <div>11:00 IN2L Travel</div> <div>11:30 Aromatherapy</div> <div>1:00 Arts /Crafts/Music</div> <div>2:00 Monty Waters (C)</div> <div>3:00 Coffee Hour</div> <div>4:00 IN2L Sing Along</div> <div>6:00 Evening Movie</div>	<div>30</div> <div>10:00 Exercise</div> <div>11:00 Arts /Crafts</div> <div>11:30 Aromatherapy</div> <div>1:00 IN2L Surprise</div> <div>2:00 Beauty Hour</div> <div>3:00 Coffee Hour</div> <div>4:00 IN2L Music Hour</div> <div>6:00 Evening Movie</div>
<div>31</div> <div>10:00 Exercise</div> <div>11:00 Arts /Crafts</div> <div>11:30 Aromatherapy</div> <div>1:00 IN2L Surprise</div> <div>2:00 Beauty Hour</div> <div>3:00 Coffee Hour</div> <div>4:00 IN2L Music Hour</div> <div>6:00 Evening Movie</div>						