



1655 NE 18th St.
Gresham, OR 97030

Stamp



Farmington Square Leadership Team

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Wellness Directors: Kalina Bounphisay,

Tammy Kerr, Jacqelyn Stahley

Business Office Director:

Monica Bounphisay

Life Enrichment Director:

Yolanda Irving Vance

Maintenance Director:

Elijah Taylor

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



Farmington Square News

September 2022 Newsletter



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Pain Points: Tips for Managing Chronic Pain

Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer’s and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It’s important to know that you and your loved ones don’t have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents’ symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don’t be discouraged if it takes a while to find the answers you’re looking for – health is a journey after all.

Special Moments



In Our Words...

September 23rd marks the start of Autumn!
These are our Fall Favorites:

“Leaves ” -Carol Lee

“cooler Weather ” -Marge

“Halloween ” -Karl

“Nice Walks ” -Laure

“Comfort Foods ” -Bob



September 2022 Highlights

September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.

September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.

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|---|--|
| 01 World Letter Writing Day | 20 Fried Rice Day, Pepperoni Pizza Day, Punch Day |
| 02 Coconut Day, College Colors Day, Food Bank Day | 21 World Alzheimer's Day, Chai Day, Pecan Cookie Day |
| 03 Bacon Day, U.S. Bowling League Day, Tailgating Day | 22 Centenarians' Day, Hobbit Day, White Chocolate Day |
| 04 Macadamia Nut Day, Wildlife Day | 23 Autumn Begins, Pot Pie Day, Snack Stick Day |
| 05 Labor Day, Beautician Week, Cheese Pizza Day | 24 Family Health & Fitness Day, Hunting & Fishing Day |
| 06 Coffee Ice Cream Day, Read a Book Day | 25 Dining Staff Day, Daughters' Day, Quesadilla Day |
| 07 Acorn Squash Day, Beer Day, Salami Day | 26 HR Staff Day, Family Day, Dumpling Day, Pancake Day |
| 08 Literacy Day, Ampersand Day | 27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day |
| 09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day | 28 Strawberry Cream Pie Day, Ladies Health Day |
| 10 World First Aid Day, Swap Ideas Day | 29 VFW Day, Coffee Day |
| 11 Assisted Living Week, Grandparents' Day,
Day of Service & Remembrance | 30 Chewing Gum Day, Hot Cider Day, Love People Day |
| 12 Chocolate Milkshake Day, Video Games Day | |
| 13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day | |
| 14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day | |
| 15 Cheese Toast Day, Linguine Day, Online Learning Day | |
| 16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day | |
| 17 Thank Police Day, House Cleaners' Day, Dance Day | |
| 18 Bamboo Day, Air Force Bday, Cheeseburger Day | |
| 19 Butterscotch Pudding Day, Talk Like a Pirate Day | |

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on Sept. 9 than any other day of the year!

Residents

Ram K: Sept. 1
Pat H: Sept. 7
Allan H: Sept. 12
Betty M: Sept 24
Betty W: Sept 26
Carol B: Sept 29



Staff Spotlight: Renieta

Renieta is one of our dedicated activities assistants! She has made a huge impact on our residents in the short time she has been with our community,

Renieta is a wife and loving mother to her four beautiful children.

Renieta, we thank you for all you do here at Farmington Square Gresham!



Resident Spotlight: Laura

Laura is new to our community, but has made a huge impression on us all! She loves to take scenic drives and read her bible,

Laura also loves singing and our live music performances!

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

SEPTEMBER 2022

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

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Barlow/Crown

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