



1655 NE 18th St.
Gresham, OR 97030

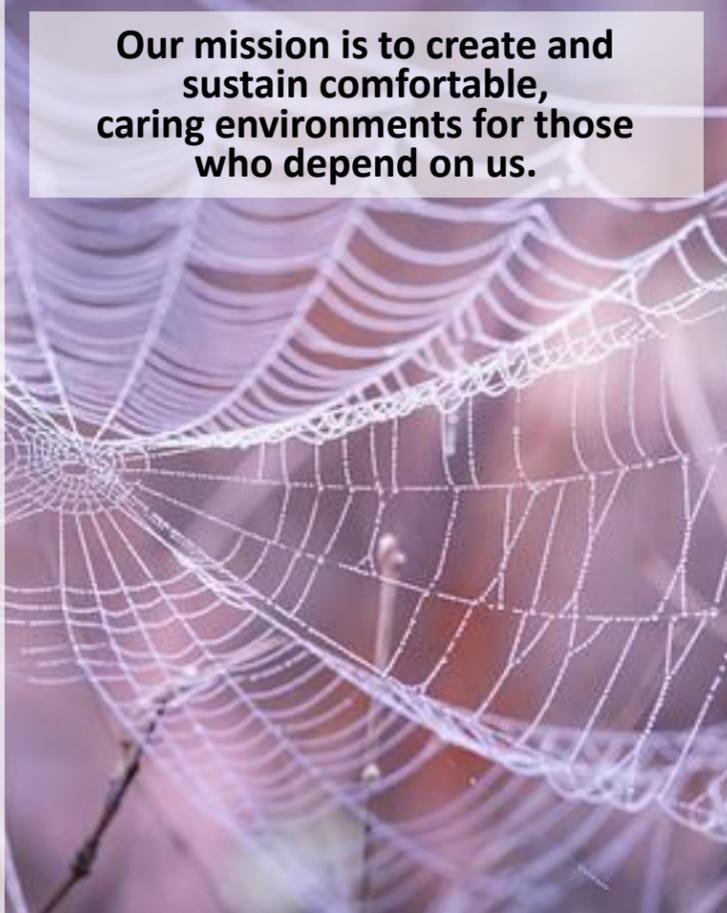
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Farmington Square Leadership Team
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Executive Director:
Malina Wheeler
Assistant Executive Director:
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Wellness Nurses:
Erika Pullen & Jessica Saray
Wellness Directors: Kalina Bounphisay,
Tammy Kerr, Jacqelyn Stahley
Business Office Director:
Monica Bounphisay
Dinning Service Director Devonna Ivery
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

October 2022 Newsletter



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Breast Cancer Awareness Month is Here!

Note: This 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.

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



Did you know? 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at cancer.org.

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health. Learn more about risk level at cancer.org.

Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.



Special Moments



Happy Birthday!

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!

Residents

- Pat M.: Oct. 5
- Marlene: Oct. 11
- John W.: Oct. 17
- Bob W.: Oct. 18
- Elaine T.: Oct. 22

Staff

- Mary Ann N.: Oct. 5
- Yolanda V.: Oct. 8
- Erica P.: Oct. 18
- Chelyne: Oct. 22
- Alan B.: Oct. 27



October 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

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|--|---|
| 01 Day for Seniors; Hair Day; Homemade Cookies Day; Pumpkin Spice Day | 17 Bosses Day; Pasta Day |
| 02 Custodial Day; Cards Day; Fried Scallops Day | 18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day |
| 03 Smoothie Day; Consign Day; Chili Week | 19 Chamber of Commerce Day; Seafood Bisque Day |
| 04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day | 20 Chefs' Day; Chicken & Waffles Day |
| 05 Teachers' Day; Do Something Nice Day | 21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Noodle Day | 22 Color Day; Nut Day; Make A Difference Day |
| 07 Choco Pretzel Day; Frappe Day; Smile Day | 23 Mother-in-Laws' Day; Boston Cream Pie Day |
| 08 Podiatry Day; Pierogi Day; Chess Day | 24 Bologna Day; UN Day |
| 09 Clergy Day; Migratory Birds Day | 25 Pasta Day; Opera Day; Greasy Food Day |
| 10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day | 26 Day of the Deployed; Pumpkin Day |
| 11 Sausage Pizza Day | 27 Black Cat Day; Civics Day; Navy Day |
| 12 ER Nurse Day; Gumbo Day; Fossil Day | 28 First Responders' Day; Breadstick Day |
| 13 Train Your Brain Day; Yorkshire Pudding Day | 29 Cat Day; Oatmeal Day; World Stroke Day |
| 14 Dessert Day | 30 Orthopedic Nurse Day |
| 15 Cheese Curd Day; I Love Lucy Day | 31 Halloween; Girl Scout Day; Caramel Apple Day |
| 16 Pharmacy Week; Cat Day; Sports Day | |

Our Executive Director's Corner

Dear residents, family members, and friends,

Wow, this year is going by far too fast. I hope you are all doing well and staying healthy. I wanted to take a moment to share a few things happening in our community!

This month on Halloween, we are having a trick-or-treat event in our community to raise awareness. We hope you can come!

We have also had some exciting changes to our leadership team. Please help me congratulate Angel Montgomery who was promoted as our wellness coordinator! As most of you might know, Angel has been a very dedicated med tech in our community for several years and we are very proud and fortunate for her promotion!!

I hope to send you all some more exciting updates soon but until then, live radiantly!!

- Malina



Staff Spotlight:
Jane

Jane is one of our dedicated care givers! She enjoys writing poetry and doing arts and crafts!

Jane is a mother of three and loves spending time with her family. They enjoy going to the park and having picnics together.

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



Resident Spotlight:
Phyllis

Phyllis is one of our longtime residents. She loves music and arts and crafts!

Phyllis also loves to help others and is always keeping a watchful eye on everyone.

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

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Astor

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Diamond/Emerald

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<p>9</p> <p>9:30 Music 10:00 IN2L Trivia 11:30 Resident 1 on 1 1:00 Arts/Crafts/Music 2:00 Card /Dice Games 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie</p>	<p>10</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games /BINGO 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>11</p> <p>9:30 Music 10:00 Church/Jerry (D) 11:30 Resident 1 on 1 1:00 IN2L Games 2:00 Oldies with Lee (D) 3:00 Coffee Hour 4:00 PUZZLES 6:00 Evening Movie</p>	<p>12</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Scenic Drive (C) 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>13</p> <p>9:30 IN2L Travel 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games/BINGO 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>14</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games /BINGO 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>15</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L How Much ? 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Arts/Crafts/Music 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>
<p>16</p> <p>9:30 Music 10:00 IN2L Trivia 11:30 Resident 1 on 1 1:00 Arts/Crafts/Music 2:00 Card /Dice Games 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie</p>	<p>17</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games /BINGO 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>18</p> <p>9:30 Music 10:00 Church/Jerry (D) 11:30 Resident 1 on 1 1:00 IN2L Games 2:00 Walking Group 3:00 Coffee Hour 4:00 PUZZLES 6:00 Evening Movie</p>	<p>19</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:30 Monty Waters (B) 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>20</p> <p>9:30 IN2L Travel 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games/BINGO 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>21</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games/BINGO 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>22</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L How Much ? 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Arts/Crafts/Music 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>
<p>23</p> <p>9:30 Music 10:00 IN2L Trivia 11:30 Resident 1 on 1 1:00 Arts/Crafts/Music 2:00 Card/Dice Games 3:00 Coffee Hour 4:00 IN2L Music Hour 6:00 Evening Movie</p>	<p>24</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games/BINGO 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>25</p> <p>9:30 Music 10:00 Church/Jerry (D) 11:30 Resident 1 on 1 1:00 IN2L Games 2:00 Walking Group 3:00 Coffee Hour 4:00 PUZZLES 6:00 Evening Movie</p>	<p>26</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 resident 1 on 1 1:00 IN2L Surprise 2:00 PUMPKIN PATCH !! 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>27</p> <p>9:30 IN2L Travel 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games/BINGO 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>28</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games /BINGO 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>	<p>29</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L How Much ? 11:30 resident 1 on 1 1:00 IN2L Surprise 2:00 Arts/Crafts/Music 3:00 Coffee Hour 4:00 Walking Group 6:00 Evening Movie</p>
<p>30</p> <p>9:30 Music 10:00 IN2L Trivia 11:30 Resident 1 on 1 1:00 Arts/Crafts/Music 2:00 Card/Dice Games 3:00 Halloween Party 4:00 IN2L Music Hour 6:00 Evening Movie</p>	<p>31</p> <p>9:30 Music 10:00 Exercise 11:00 IN2L Music 11:30 Resident 1 on 1 1:00 IN2L Surprise 2:00 Dice games/BINGO 3:00 Halloween Party 4:00 Walking Group 6:00 Evening Movie</p>					