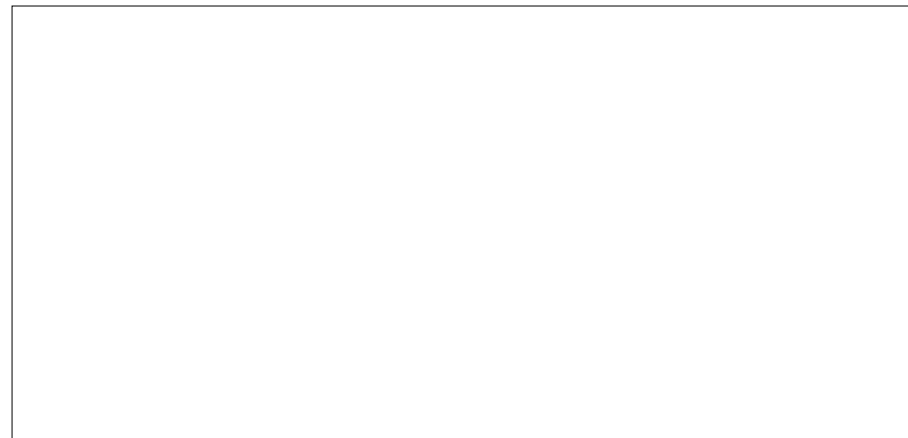




1655 NE 18th St.  
Gresham, OR 97030

Stamp



**Farmington Square Leadership Team**  
Phone: 503.665.1994  
Email: [info-Gresham@farmingtonsquare.com](mailto:info-Gresham@farmingtonsquare.com)  
Website: [farmingtonsquare-gresham.com](http://farmingtonsquare-gresham.com)  
Facebook: FarmingtonSquareGresham

**Executive Director:**  
Malina Wheeler  
**Assistant Executive Director:**  
Melissa Fisher  
**Wellness Nurses:**  
Erika Pullen & Jessica Saray  
**Wellness Directors:** Kalina Bounphisay,  
Tammy Taylor, Jacqelyn Stahley  
**Business Office Director:**  
Monica Bounphisay  
**Dinning Service Director** Devonna Ivery  
**Life Enrichment Director:**  
Renieta Hawkins  
**Maintenance Director:**  
Elijah Taylor



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

# Farmington Square News

February 2023 Newsletter



2 Heart Health February  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

6 Highlights & Our ED's Corner  
7 Special Moments & Birthdays  
8 Mission & Team



# February is for Heart Health

*Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.*

It's American Heart Month, a time when we can all focus on cardiovascular health. There are actions we can take to know more about heart health, and to help improve it for ourselves.

Knowing heart-health risk factors is an important part in learning about heart healthy living. Risk factors include high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol.

According to Harvard Health Publishing, preventative measures for a healthier heart include controlling high blood pressure, high cholesterol, and excess weight, not smoking and having long-term healthy habits for diet, exercise, and sleep. It is also helpful to reduce alcohol consumption.

In order to help you measure how heart healthy you are, it is important to know your cholesterol, blood pressure, and blood glucose levels. With your health provider, you can determine if there are goals you should set to help you improve your heart health.

Lifestyle recommendations that many can benefit from include getting regular physical activity and following a healthy diet.

Going for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on



Heart healthy diets include plenty of vegetables!

most days of the week. Aerobic activity should be done in sessions of at least 10 minutes. A creative way to increase your activity level is to add extra distance or movement when you are traveling to or from a destination.

As for eating, the American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.

Managing stress is also important when it comes to heart health, and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make on our Facebook post for this month's newsletter.

## Special Moments



## Happy Birthday to our Staff & Residents:

**James T. Feb. 27**  
**Patricia O. Feb. 18**  
**Vicki V. Feb. 17**  
**Anastacia Feb. 22**  
**Trianna Feb. 1**  
**Melissa F Feb. 13**



# February 2023 Highlights

**Observes:** Cancer Prevention, Self-Checks, American Heart Month, Black History, Heart Health

**Celebrates:** Canned Foods, American Pies, Baking, Bird Feeding, Cherries, Libraries, Hot Breakfast, Embroidery, Vegan Cuisine

01 Baked Alaska Day, Dark Chocolate Day	15 Gumdrop Day, Wisconsin Day, World Hippo Day
02 Groundhog Day, Tater Tot Day, Ukulele Day	16 Almond Day, Innovation Day
03 Bubble Gum Day, Carrot Cake Day	17 Cabbage Day, Caregivers' Day, Kind Acts Day
04 Homemade Soup Day, Fun Outside Day	18 Wine Day, Pluto Day
05 Nutella Day, Yorkshire Pudding Day	19 Arabian Horse Day, Chocolate Mint Day
06 Frozen Yogurt Day, Chopsticks Day	20 President's Day, Cherry Pie Day, Pet Love Day
07 Fettuccine Alfredo Day, Send a Card Day	21 Mardi Gras, Sticky Bun Day, Pancake Day
08 Boy Scouts' Day, Opera Day, Molasses Bar Day	22 Ash Wednesday, Sweet Potato Day, Yoga Day
09 Bagel & Lox Day, Donate Day, Pizza Day	23 Banana Bread Day, Chili Day, Toast Day
10 Cream Cheese Brownie Day	24 Tortilla Chip Day, Tartar Sauce Day
11 Movie Day, Inventor Day, Peppermint Patty Day	25 Chocolate Coated Nuts Day, Clam Chowder Day
12 Plum Pudding Day, Pork Rind Day	26 Pistachio Day, Tell a Fairy Tale Day
13 Cheddar Day, Tortellini Day, World Radio Day	27 Polar Bear Day, Retro Day, Strawberry Day
14 Valentine's Day, Cream-Filled Chocolate Day	28 Chocolate Souffle Day, Floral Design Day

*"February is the border between winter and spring."*  
— Terri Guillemets, Years

## Our Executive Director's Corner

Dear residents, family members, and friends,

I wanted to take a minute to share some fun upcoming events in our community!

This month, we will be celebrating our sweetheart ball on February 14 at 3pm in all the houses, we really hope you can make it. We plan to have music, dancing, food and a whole lot of fun!

We will be hosting our Bivalent Booster vaccine clinic in the month of February. If you are interested in having your loved one vaccinated or if you would like to receive the Bivalent booster, please let us know and we will provide you with the information.

We hope you have a Happy Valentine's Day!

Until next month,

Malina & the team at Farmington Square Gresham



**Staff Spotlight:**  
**Marry Ann**

**Marry Ann is one of our dedicated caregivers!**

**Marry Ann loves to travel and spend time with family in her spare time.**

**Marry Ann comes to work with a smile every morning. The Farmington community is extremely lucky to have you!!**

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



**Resident Spotlight:**  
**Linda**

**Linda is one of our long time residents! She enjoys playing Bingo with her girls!**

**Linda also loves to do arts and crafts such as painting and origami.**

**Linda is the most kind, caring, loving resident.**

**Linda we are truly lucky to have you here at Farmington Square Gresham!!**




# February 2023

Farmington Square Gresham •

Astor/Barlow •

1655 NE 18th St., Gresham, OR 97030 •

503-665-1994

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
All activities subject to change per mandated health guidelines.	<b>Spirit Week</b>  20th Pajama Day 21st Toasty Tuesday 22nd Wacky wardrobe 23rd Throwback Thursday 24th Football Friday		1 9:30 Coffee & Crochet 10:30 Sit And Fit 11:30 IN2L Surprise 1:00 Bingo 2:00 Scenic Drive B 3:00 Coffee/Tea Time 4:00 Healthy Hands 6:00 Evening Movie	2 9:30 Tea & Talk 10:30 Chair Yoga 11:30 Seated Boxing 1:00 IN2L Travel 2:00 Walking group 3:00 Coffee/Tea Hour 4:00 Manicures 6:00 Evening Movie	3 9:30 Coffee & Crochet 10:30 Exercise 11:30 Card Games 1:00 Fun With Food 2:00 Dancing To The Beat 3:00 Coffee/Tea Time 4:00 Bingo 6:00 Evening Movie	4 9:00 coffee & News @ 9 10:30 Exercise 11:30 Bubble Time 1:00 Bowling 2:00 Sing Along 3:00 Coffee/Tea 4:00 Setting The Table 6:00 Evening Movie
5 9:30 Tea & Talk 10:30 Bingo Exercise 11:30 Sunday Football 1:00 Memory Cards 2:00 Painting Colors 3:00 Coffee/Tea Time 4:00 The price Is Right 6:00 Evening Movie	6 9:30 Origami Prep & Sip 10:30 Origami Class 11:30 IN2L Travel 1:00 Aromatherapy 2:00 Beauty hour 3:00 Painting/Colors 4:00 Exercise Bingo 6:00 Evening Movie	7 9:30 Coffee & Crochet 10:30 church/Jerry 11:30 Exercise Bingo 1:00 Reading Aloud 2:00 Oldies With Lee 3:00 Coffee/Tea Hour 4:00 Crochet Class 6:00 Evening Movie	8 9:30 Tea & Talk 10:30 Sit And Fit 11:30 IN2L Surprise 1:00 Bingo 2:00 Scenic Drive D 3:00 Coffe/Tea Time 4:00 Origami Class!! 6:00 Evening Movie	9 9:30 Mourning Laps 10:30 Chair Yoga 11:30 Crochet Class 1:00 IN2L Travel 2:00 Walking group 3:00 Coffee/Tea Hour 4:00 Conversation Café 6:00 Evening Movie	10 9:30 Coffee & Crochet 10:30 Exercise 11:30 The Price is Right 1:00 Fun With Food 2:00 Dancing To The Beat 3:00 Coffee/Tea Time 4:00 Balloon Volleyball 6:00 Evening Movie	11 9:30 Music 10:30 Exercise 11:30 Read aloud 1:00 Bowling 2:00 Sing Along 3:00 Coffee/Tea 4:00 The Price is Right 6:00 Evening Movie
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Farmington Square Gresham

Diamon/Emerald •

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• 503-665-1994

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