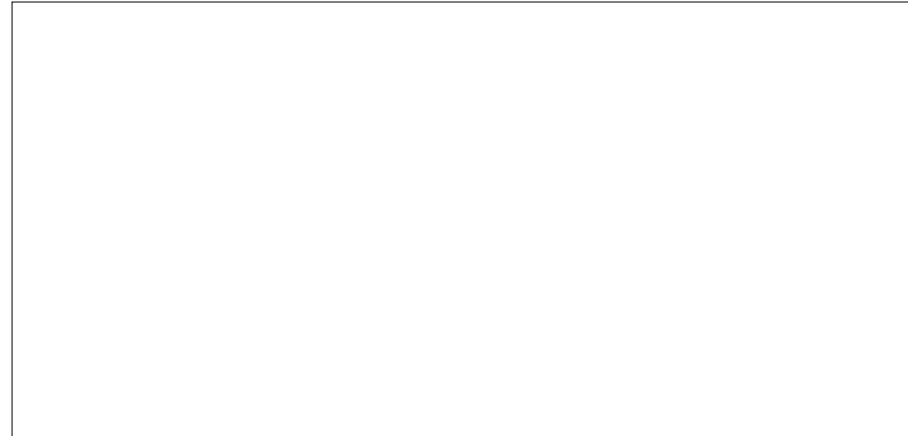




1655 NE 18th St.
Gresham, OR 97030

Stamp



Farmington Square Leadership Team
Phone: 503.665.1994
Email: info-Gresham@farmingtonsquare.com
Website: farmingtonsquare-gresham.com
Facebook: FarmingtonSquareGresham
Executive Director:
Malina Souliyalaovong
Assistant Executive Director:
Melissa Fisher
Wellness Nurses:
Erika Pullen & Jessica Saray
Wellness Directors: Kalina Kanui,
Tammy Taylor, Jacqelyn Stahley
Business Office Director:
Monica Bounphisay
Dinning Service Director:
Devonna Ivery
Life Enrichment Director:
Diana Mata
Maintenance Director:
Aaron Deleeuw



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

Farmington Square News

June 2023 Newsletter



2 Alzheimer's & Dementia Awareness
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Alzheimer's & Dementia Awareness & Updates

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

Summer solstice on June 21 is a notable date this Alzheimer's & Brain Awareness Month. The Alzheimer's Association observes it as the day with the most light, and the day we fight, encouraging fundraising toward an end to Alzheimer's. Our community hopes to bring awareness not only to this year's Longest Day, but also to this important month with facts and updates.

Facts About Alzheimer's

- More than 6 million Americans are living with Alzheimer's.
- 1 in 3 seniors pass with Alzheimer's or dementia.
- Alzheimer's and dementias cost the U.S. \$321 billion in 2022.
- The difference between Alzheimer's and dementia is dementia is an overall term for a particular group of symptoms (difficulties with memory, language, problem-solving, and other thinking skills) while Alzheimer's disease is one cause of dementia.

Updates and Research Studies

- Few Americans know about mild cognitive impairment, which can be an early stage of Alzheimer's. MCI causes cognitive changes that the affected person and those in their life can notice, but doesn't affect the ability to carry out everyday activities. Learn more at alz.org in a Special Report.
- Various studies indicate that keeping strong social connections and staying mentally active may lower the risk of cognitive decline and Alzheimer's.
- There seems to be a strong link between head trauma and future risk of cognitive



The Longest Day: Consider taking part in a fund-raising activity to support an end to Alzheimer's. The options for activities are great: from board games, gardening, and bowling to Yoga or having a cookout, and beyond! You can register for a creative fundraising activity at act.alz.org.

- decline. Help fall-proof your living space by reducing poor light, loose rugs, and clutter.
- Some conditions known to increase the risk of cardiovascular disease like high blood pressure, diabetes, and high cholesterol increase the risk of developing Alzheimer's.
- Regular physical exercise and heart-healthy eating may help to protect the brain. Two recommended diets include The Dash Diet and Mediterranean Diet.
- A current clinical trial by DIAN is testing if antibodies to beta-amyloid can reduce beta-amyloid plaque in the brains of people with certain genetic mutations and reduce, delay or prevent Alzheimer's symptoms. Another trial, A4 by the Alzheimer's Disease Cooperative Study, is testing if antibodies to beta-amyloid can lower Alzheimer's disease risk in people 65-85 at high risk for the disease.

We hope all of this information has been helpful toward broadening awareness of Alzheimer's during this important month.

Special Moments



- Happy Birthday to our Staff & Residents:**
- Janis: June 2
 - Anneliese: June 7
 - Harriet: June 8
 - Phyllis: June 9
 - Laura: June 17
 - Betty K: June 19
 - Donald D: June 23
 - Larry W: June 25
 - Kalina: June 1
 - Patty: June 1
 - Jacquelyn: June 8
 - Malina: June 8
 - Jessica S: June 9
 - Maria E: June 10
 - Annaka: June 20
 - Nancy: June 21
 - Khaleelah: June 28

June 2023 Highlights

Observes: Men's Health, Headaches & Migraines, PTSD, Safety

Celebrates: Zoos & Aquariums, Fruit & Veggies, Camping, Dairy, Great Outdoors, Iced Tea, Roses, Papaya, Turkey, African American Music, LGBTQIA Pride

- | | |
|---|---|
| 01 Nail Polish Day; Olives Day; Pen Pal Day | 16 Fudge Day; World Tapas Day |
| 02 Donut Day; Rocky Road Day; Rotiss. Chicken Day | 17 Apple Strudel Day; Eat Your Veggies Day |
| 03 Egg Day; Chocolate Macaroons Day; Trails Day | 18 Father's Day; Go Fishing Day; Turkey Day |
| 04 Cancer Survivors' Day; Cheese Day; Corgi Day | 19 Juneteenth; Garfield the Cat Day; Watch Day |
| 05 Veggie Burger Day; World Environment Day | 20 American Eagle Day; Ice Cream Soda Day |
| 06 D-Day; Eyewear Day; Gardening Exercise Day | 21 First Day of Summer; Peaches & Cream Day |
| 07 Chocolate Ice-Cream Day; Oklahoma Day | 22 Chocolate Éclair Day; Onion Rings Day |
| 08 BFF Day; Positivity Day; World Oceans Day | 23 Detroit-Style Pizza Day; Hydration Day |
| 09 Donald Duck Day; Strawberry Rhubarb Pie Day | 24 Pralines Day; Summersgiving |
| 10 Egg Roll Day; Iced Tea Day; Rose' Day | 25 Catfish Day; Strawberry Parfait Day; Beatles Day |
| 11 Children's Day; Corn on Cob Day; Outlet Shop Day | 26 Beautician Day; Choc Pudding Day; Coconut Day |
| 12 Men's Health Week; Jerky Day; PB Cookie Day | 27 Ice Cream Cake Day; Onion Day; Pineapple Day |
| 13 World Softball Day; Weed Your Garden Day | 28 Alaska Day; Parchment Day; Paul Bunyan Day |
| 14 Flag Day; Strawberry Shortcake Day | 29 Almond Buttercrunch Day; Waffle Iron Day |
| 15 Photography Day; Smile Power Day | 30 Meteor Watch Day; Social Media Day |

Our Executive Director's Corner

Dear residents, family members, and friends,

I can't believe we are going into June already! We are almost halfway through the year! Time sure does fly when you are having fun.

Thank you to everyone who was able to make it to our Mother's Day tea event. It was great to see so many familiar faces and some new faces as well!

This month, we will be hosting a Father's Day seafood boil and we hope that you can all make it! Lunch will be on 6/18 at noon followed by a Father's Day-themed social at 1pm. If you would like to join us for lunch, please RSVP with reception no later than 6/14.

We look forward to seeing you all again soon,
Malina Souliyalavong



**Staff Spotlight:
Anthony**

Meet Anthony! Anthony is one of our dedicated life enrichment assistants and our employee of the month!

Anthony enjoys being a life enrichment assistant and putting a smile on the residents' faces. Outside of activities at work, his favorite hobby is fishing. Anthony has been an angler all his life and enjoys outdoor activities whenever he can find the time.

**Thank you for all that you do
Anthony!**





**Resident Spotlight:
Wallace**

Meet Wallace! "Wally" is the newest member of our Farmington Square Gresham family!

Wally was born in Grand Coulee, Wa. Wally is an honored veteran who served in the Marines from 1970-1971. After his service, Wally went on to start his career where he worked on charter busses for 29 years. Wally has 5 children, 19 grandchildren and 4 great grandchildren. When he can find the time, Wally loves to camp at his favorite place in Ukiah, Oregon.

Welcome Wally! We look forward to getting to know you more!

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4 9:15 IN2L Exercise 10:00 Color Sorting 11:00 Arts and crafts 11:30 Healthy Hands 1:00 Big Pen Bowling 2:00 IN2L Trivia 3:00 Snack N Chat 4:00 Water the Flowers 4:30 Healthy Hands 6:00 Evening Movie	5 9:15 Healthy stretches 10:00 Morning walk 11:00 Men’s Group 11:30 Healthy Hands 1:00 Sing Along 2:00 IN2L Travel to Alaska 3:00 Snack N Chat 4:00 Music and relax 4:30 Healthy Hands 6:00 Evening Movie	6 9:15 Balloon Toss 10:00 Color the world 10:30 Church w/Pastor Jerry 11:30 Healthy Hands 1:00 Women’s Group 2:00 IN2L Price is Right 3:00 Snack N Social 4:00 Water the Flowers 4:30 Healthy Hands 6:00 Evening Movie	7 9:15 Sit N Be Fit 10:00 Arts and crafts 11:00 Dancing to the beat 11:30 Healthy Hands 1:00 Scenic Drive 2:00 IN2L Bubble Pop 3:00 Snack N Chat 4:00 Afternoon Game show 4:30 Healthy Hands 6:00 Evening Movie	8 9:15 Laughing Yoga 10:00 Pretty Nails 11:00 Artist time 11:30 Healthy Hands 1:00 BINGO 2:00 IN2L Game Surprise 3:00 Snack N read aloud 4:00 Water the Flowers 4:30 Healthy Hands 6:00 Evening Movie	9 9:15 Dance with me 10:00 Paint with me 11:00 Sun Tea 11:30 Healthy Hands 1:00 Walking Group 2:00 IN2L summer fun 3:00 Snack N music 4:00 Family Feud 4:30 Healthy Hands 6:00 Evening Movie	10 9:15 Chair Yoga 10:00 All about the River stories 11:00 fun in the sun 11:30 Healthy Hands 1:00 Book Club 2:00 IN2L all about Dogs 3:00 Snack N Game shows 4:00 Water the Flowers 4:30 Healthy Hands 6:00 Evening Movie
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