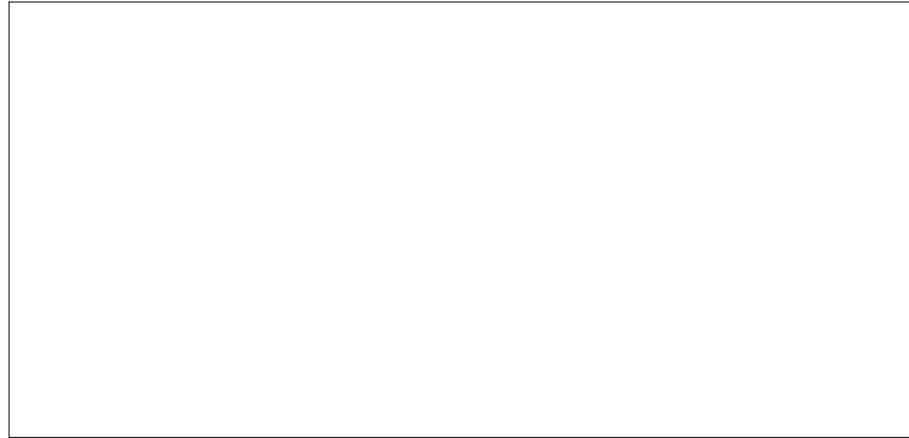




1655 NE 18th St.
Gresham, OR 97030

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Farmington Square Leadership Team
Phone: 503.665.1994
Email: info-Gresham@farmingtonsquare.com
Website: farmingtonsquare-gresham.com
Facebook: FarmingtonSquareGresham

Executive Director:
Malina Souliyalaovong
Wellness Nurses:
Erika Pullen & Jessica Saray
Wellness Directors: Kalina Bounphisay,
Tammy Taylor, Jacquelyn Stahley
Business Office Director:
Monica Bounphisay
Dining 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

August 2023 Newsletter



2 Ways to Increase Happiness
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

10 Ways to Increase Happiness: Some You Wouldn't Have Guessed!

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

"Come on get happy," so goes the Partridge Family theme song. But is it that easy? We hope to make it so with tips we've gathered toward happiness for older adults. Come on read along!

There are many different types of steps you can take to make a difference toward your happiness. Here are some actions to consider:

- **Keep connected.** Build and maintain social connections to boost mood, reduce stress, and improve self-esteem, per PsychCentral.
- Stop and smell the roses. Enjoy moments as they come by focusing on the present.
- **Brighten someone's day.** Lifting another person's mood with a kind comment can also benefit you by making you feel good.
- **Make your living space your own.** A recent study showed when living spaces reflect the personality and preferences of their inhabitants, older adults reported an increased sense of well-being.
- **Learn.** Investing time and energy into learning brings a sense of purpose and increased feelings of positivity.
- **Laugh.** If you can tune into a source that will make you laugh each day, do it. Laughing lowers the stress hormone cortisol and increases endorphins for a happy boost.

Physical health also plays a large role in how we feel. The way that we treat our bodies can go a long way, even as we face conditions that affect us. Prioritizing some key areas can boost happiness.



Try starting a daily gratitude journal. It can become your go-to happy spot!

- **Eat a healthy diet.** Make sure to consult your health professional to find out dietary advice specific to you. For most seniors, the plate should look like a rainbow with lean protein, fruits and vegetables, whole grains, and low-fat dairy, per the National Council on Aging. MyPlate.gov is a great source for plate specifics based on age.
- **Keep hydrated.** The NCOA recommends drinking small amounts of fluids consistently through the day.
- **Stay physically active.** Adults 65 and over ought to have a least 150 minutes of moderate intensity activity weekly, per the CDC.
- **Address hearing challenges and consider using a hearing aid to help with hearing loss.** The University of Michigan conducted a 2019 study that found seniors who got a hearing aid when diagnosed with hearing loss had reduced depression and anxiety, as well as a reduced risk for falling.

Do you have a special tip for boosting your happiness that we haven't shared? We'd love to hear it on our Facebook post for this month's newsletter.

Special Moments



Happy Birthday to our Residents & Staff:

- Joyce M: Aug. 5
- Linda H: Aug. 8
- Jani Z: Aug. 13
- Patrick O: Aug. 17
- Roger M: Aug. 26
- Cheryl W: Aug. 28
- Violeta: Aug. 7
- Lynn: Aug. 9
- Leah: Aug. 21
- Devonna: Aug. 29

August 2023 Highlights

Observes: Children’s Eye Health, Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Heading Back to School, Peace, and Sandwiches

01: Raspberry Cream Pie Day; Intl. Mahjong Day
02: Coloring Book Day; Ice Cream Sandwich Day
03: Georgia Day; Watermelon Day; IPA Day
04: Choc Chip Cookie Day; Beer Day
05: Oyster Day; Disc Golf Day; Mustard Day
06: Family Day; Root Beer Float Day; Sisters' Day
07: Lighthouse Day; Raspberries N’ Cream Day
08: Frozen Custard Day; Sleep Under Stars Night
09: Book Lovers Day; Rice Pudding Day
10: Connecticut Day; S’mores Day
11: Sons & Daughters’ Day; Raspberry Bombe Day
12: Julienne Fries Day; Vinyl Day; Bowling Day
13: Filet Mignon Day; Prosecco Day
14: Creamsicle Day; V-J Day; Spirit of ‘45 Day
15: Leathercraft Day; Lemon Meringue Pie Day

16: Airborne Day; Rum Day; Tell a Joke Day
17: Black Cat Day; Thrift Shop Day
18: Fajita Day; Ice Cream Pie Day; Pinot Noir Day
19: Aviation Day; Potato Day; Soft Ice Cream Day
20: Chocolate Pecan Pie Day; Radio Day
21: Seniors' Day; Spumoni Day
22: Be An Angel Day; Pecan Torte Day
23: Cuban Sandwich Day; Sponge Cake Day
24: Maryland Day; Peach Pie Day; Waffle Day
25: Banana Split Day; Park Service Founders Day
26: Cherry Popsicle Day; Dog Day
27: Just Because Day; Pots Dè Crème Day
28: Bow Tie Day; Cherry Turnover Day
29: Chop Suey Day; Lemon Juice Day
30: Beach Day; Toasted Marshmallow Day
31: Eat Outside Day; Trail Mix Day

Our Executive Director’s Corner

Dear residents, family members, and friends,

I hope you are doing well and staying cool this summer!

This month we will be holding an eye care educational series on August 16th from 5pm to 6pm. A light dinner and refreshments will be provided so please join us for dinner and learning about optical health.

Thank you,

Malina Souliyalavong



Staff Spotlight: Benjamin

Meet Ben! Ben is one of our amazing and dedicated Cooks, and he’s earned the well-deserved title of Employee of the Month!

In his free time, Ben likes to do research on plants, as he is very interested in Botany. He also enjoys listening and singing along to Classic Rock, Hip-Hop, and other music genres. What Ben loves most about working at Farmington Square is taking ingredients and transforming them into the best dishes for our residents. He works hard to learn and improve his cooking skills.

“I am grateful to be where I am.”
Thank you for all you do, Ben!



Resident Spotlight: Ramez

Meet Ramez, one of the newest members of our Farmington Square Gresham family!


Ramez was born and raised in Beirut, Lebanon. He grew up alongside a brother and a sister.

Photography and History peaked Ramez’s interest during childhood and on. Growing up he was also a Boy Scout. Throughout his career, Ramez worked for Pan American World Airways as Passenger Revenue Accountant and United Airlines as Central Administrator. Ramez has 3 daughters.

Welcome, Ramez! We are so excited to have you with us.


AUGUST 2023

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SUN	MON	TUE	WED	THU	FRI	SAT
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