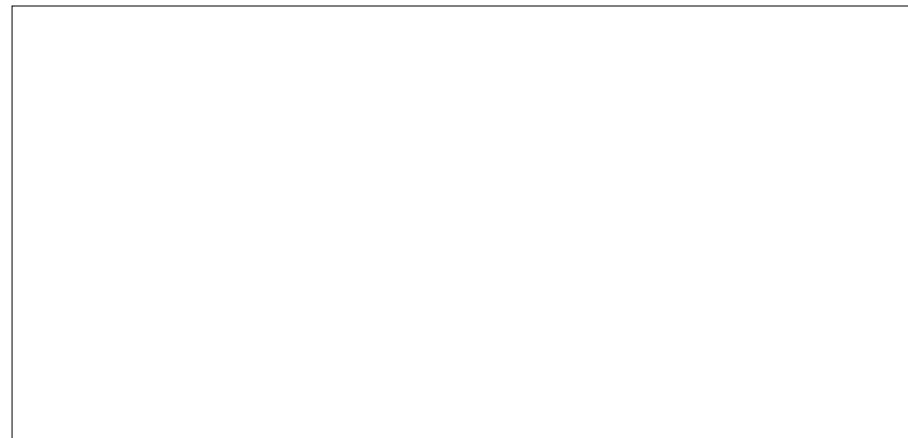




1655 NE 18th St.
Gresham, OR 97030

Stamp



Farmington Square Leadership Team
Phone: 503.665.1994
Email: info-Gresham@farmingtonsquare.com
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Executive Director:
Malina Souliyalaovong
Wellness Nurses:
Erika Pullen & Jessica Saray
Wellness Directors: Kalina Bounphisay,
Tammy Taylor, Jacquelyn 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

September 2023 Newsletter



2 Support an End to Alzheimer's
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Ways to Support an End to Alzheimer's Disease

This autumn, our community is looking forward to the Alzheimer’s Association’s Walk to End Alzheimer’s. The walk takes place in more than 600 communities across the United States each year, fundraising toward Alzheimer’s care, support, and research. For those looking to take action toward an end to Alzheimer’s, here are some ways you can support the cause, from the walk and beyond.

- Walk in the Walk to End Alzheimer’s! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org

Our local walk will be taking place:

Saturday, October 14
at The Oregon Zoo in Portland
Times: TBD

(Subject to change. Please check alz.org)

- Participate in the Ride to End Alzheimer’s. You can bike ride anywhere for this Summer Challenge and raise funds toward research.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer’s and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs with the Donate-A-Car Program. Proceeds support the Alzheimer’s Association and may provide tax benefits. Call 855.277.6227.

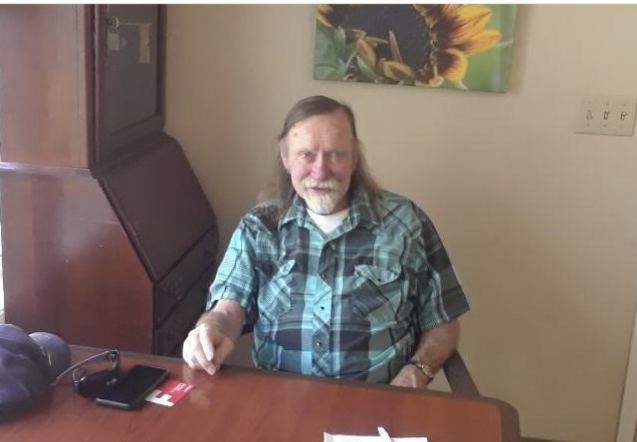


Alzheimer’s Fast Facts: Americans who have Alzheimer’s is growing. More than 6.7 million Americans have Alzheimer’s and 1 in 3 seniors pass with Alzheimer’s or Dementia. Early diagnosis can provide medical, emotional, and social benefits; aid with clinical trial participation; enable people to be in control of their legal and financial wishes; and create cost savings in medical and long-term care.

- Be a Volunteer Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer’s or dementia.
- Be a Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer’s Association.
- Be a Volunteer Community Educator, providing education and expanding program reach. Vist: volunteer.alz.org/Volunteeropportunities/becoming
- Share on social media: The more accurate information about Alzheimer’s that is shared, the more people will support the fight against Alzheimer’s. Don’t forget to hashtag your efforts with #endalz.

Let us know on the first of the month on our facebook what efforts you’re excited about taking part in toward an end to Alzheimer’s!

Special Moments



Happy Birthday to our Residents & Staff:		
Ram K: Sept. 1	Antonio G: Sept. 1	Ramez S: Sept. 27
Mary J: Sept. 5	Jane W: Sept. 12	
Allen H: Sept. 12	Linda H: Sept. 14	Breana: Sept. 13
Robert L: Sept. 18	Judy G: Sept. 19	Felicia: Sept. 15
Margot H: Sept. 22		Kayla: Sept. 29

September 2023 Highlights

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

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

- | | |
|--|---|
| 01: Chianti Day; College Colors Day; Food Bank Day | 16: Raisin Bread Day; Guac Day; Play-Doh Day |
| 02: V-J Day; World Beard Day; Tailgating Day | 17: Apple Dumpling Day; Monte Cristo Day |
| 03: Cinema Day; U.S. Bowling League Day | 18: Air Force Birthday; Cheeseburger Day |
| 04: Labor Day; Macadamia Nut Day; Wildlife Day | 19: Butterscotch Pudding Day; Talk Like Pirates Day |
| 05: Cheese Pizza Day | 20: Fried Rice Day; Pepperoni Pizza Day; Punch Day |
| 06: Coffee Ice Cream Day; Read A Book Day | 21: Chai Day; New York Day; Pecan Cookie Day |
| 07: Acorn Squash Day; Beer Lovers Day; Salami Day | 22: Centenarian’s Day; States and Capitals Day |
| 08: Star Trek Day; World Ampersand Day | 23: Fall Begins; Family Health & Fitness Day |
| 09: Teddy Bear Day; Wiener Schnitzel Day | 24: Cherries Jubilee Day; Punctuation Day |
| 10: Grandparent’s Day; Ideas Day; TV Dinner Day | 25: Daughter’s Day; Quesadilla Day; Family Day |
| 11: Hot Cross Bun Day; Patriot Day | 26: Dumpling Day; Pancake Day |
| 12: Chocolate Milkshake Day; Ants on a Log Day | 27: Women Health Fitness Day; Chocolate Milk Day |
| 13: Peanut Day; Uncle Sam Day | 28: Good Neighbor Day; Strawberry Cream Pie Day |
| 14: Cream Filled Donut Day; Eat a Hoagie Day | 29: Coffee Day; VFW Day |
| 15: Cheese Toast Day; Felt Hat Day; Linguine Day | 30: Chewing Gum Day; Hot Mulled Cider Day |

Our Executive Director’s Corner

Dear residents, family members, and friends,

We would like to invite you to our Educational Series held here in the community on September 13th, from 5pm to 6pm. In this months educational series, we will be learning about Alzheimer's awareness in observance to World Alzheimer's Awareness Day.

If you are interested in joining us, please contact us and let us know.

Thank you,

Farmington Square Gresham



Staff Spotlight:
Angelina

Meet Angelina! Angelina is one of our wonderful and loving Caregivers, and she’s earned the well-deserved title of Employee of the Month!

During her free time, Angelina loves to develop her talent and passion for gardening. She grows her own produce, and whenever she feels stressed, she relaxes in her garden. She also works at her community garden, teaching others how to fertilize, water, and grow plants and produce.

Angelina loves to be a Caregiver because she loves to help others. It makes her very happy to assist and learn from residents each day. “The residents are always teach me something new. If anybody needs help, I will help them,” she shared.



Resident Spotlight:
Sherry

Meet Sherry, a fabulous member of our Farmington Square Gresham family!

Sherry was born in Colfax, Washington, where she worked at the First Interstate Bank. In fact, she was one of the first people to train bank employees on how to use the ATM when banks first started having them! Sherry worked there for more than 50 years.

When not at the bank, Sherry shared her talent for dance as a dance teacher. In her spare time, Sherry enjoys doing crossword puzzles and loves to read.

SEPTEMBER 2023

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10 9:30 Literature Time 10:00 Sit & Be Fit 10:30 Resident's Choice 11:30 Healthy Hands 1:00 IN2L Trivia 2:00 Sing-A-Long 3:00 Snack & Read 4:00 Music & Relax 4:30 Healthy Hands 6:00 Evening Movie	11 9:30 IN2L Bubble Pop 10:00 Dancing to the Oldies 10:30 Artist Time 11:30 Healthy Hands 1:00 IN2L Game 2:00 Bingo! 3:00 Snack & Social 4:00 Color Sorting 4:30 Healthy Hands 6:00 Evening Movie	12 9:30 Balloon Toss 10:00 Color Sorting 10:30 Worship Service 11:30 Healthy Hands 1:00 IN2L Travel 2:00 Bingo! 3:00 Snack & Stories 4:00 Water the Garden 4:30 Healthy Hands 6:00 Evening Movie	13 9:30 Healthy Stretches 10:00 Scenic Drive 11:00 Walk With Me 11:30 Healthy Hands 1:00 IN2L Matching Game 2:00 Color With Me 3:00 Snack & Sing 4:00 Flower Care 4:30 Healthy Hands 6:00 Evening Movie	14 9:30 Fold & Fun 10:00 Balance & Strengthen 10:30 Resident's Choice 11:30 Healthy Hands 1:00 IN2L Spotlight 2:00 Card Game of Choice 3:00 Snack & Chat 4:00 Read Aloud 4:30 Healthy Hands 6:00 Evening Movie	15 9:30 Morning Walk 10:00 Balloon Toss 10:30 Artist Time 11:30 Healthy Hands 1:00 IN2L Travel 2:00 Ring Toss 3:00 Snack & Stories 4:00 Water the Garden 4:30 Healthy Hands 6:00 Evening Movie	16 9:30 Walk With Me 10:00 Healthy Stretches 10:30 Sing-A-Long 11:30 Healthy Hands 1:00 IN2L Matching Game 2:00 Color With Me 3:00 Snack & Sing 4:00 Flower Care 4:30 Healthy Hands 6:00 Evening Movie
17 9:30 Fold & Fun 10:00 Balance & Strengthen 10:30 Resident's Choice 11:30 Healthy Hands 1:00 IN2L Spotlight 2:00 Card Game of Choice 3:00 Snack & Chat 4:00 Read Aloud 4:30 Healthy Hands 6:00 Evening Movie	18 9:30 Walking Group 10:00 IN2L Exercise 10:30 Paint With Me 11:30 Healthy Hands 1:00 IN2L "All About" 2:00 Dice Game 3:00 Snack & Laugh 4:00 Sing-A-Long 4:30 Healthy Hands 6:00 Evening Movie	19 9:30 Moving to the Beat 10:00 Picture Me This 10:30 Worship Service 11:30 Healthy Hands 1:00 IN2L Word Games 2:00 Big Pin Bowling 3:00 Snack & Relax 4:00 Flower Hydration 4:30 Healthy Hands 6:00 Evening Movie	20 9:30 Sit & Be Fit 10:00 Scenic Drive 11:00 Literature Time 11:30 Healthy Hands 1:00 IN2L Trivia 2:00 Sing-A-Long 3:00 Snack & Read 4:00 Music & Relax 4:30 Healthy Hands 6:00 Evening Movie	21 9:30 Morning Walk 10:00 Balloon Toss 10:30 Morning Walk 11:30 Healthy Hands 1:00 IN2L Travel 2:00 Ring Toss 3:00 Snack & Stories 4:00 Water the Garden 4:30 Healthy Hands 6:00 Evening Movie	22 9:30 IN2L Bubble Pop 10:00 Dancing to the Oldies 10:30 Artist Time 11:30 Healthy Hands 1:00 IN2L Game 2:00 Bingo! 3:00 Snack & Social 4:00 Color Sorting 4:30 Healthy Hands 6:00 Evening Movie	23 9:30 Walking Group 10:00 IN2L Exercise 10:30 Paint With Me 11:30 Healthy Hands 1:00 IN2L "All About" 2:00 Dice Game 3:00 Snack & Laugh 4:00 Sing-A-Long 4:30 Healthy Hands 6:00 Evening Movie
24 9:30 Literature Time 10:00 Sit & Be Fit 10:30 Resident's Choice 11:30 Healthy Hands 1:00 IN2L Trivia 2:00 Sing-A-Long 3:00 Snack & Read 4:00 Music & Relax 4:30 Healthy Hands 6:00 Evening Movie	25 9:30 IN2L Bubble Pop 10:00 Dancing to the Oldies 10:30 Artist Time 11:30 Healthy Hands 1:00 IN2L Game 2:00 Bingo! 3:00 Snack & Social 4:00 Color Sorting 4:30 Healthy Hands 6:00 Evening Movie	26 9:30 Balloon Toss 10:00 Color Sorting 10:30 Worship Service 11:30 Healthy Hands 1:00 IN2L Travel 2:00 Bingo! 3:00 Snack & Stories 4:00 Water the Garden 4:30 Healthy Hands 6:00 Evening Movie	27 9:30 Healthy Stretches 10:00 Scenic Drive 11:00 Walk With Me 11:30 Healthy Hands 1:00 IN2L Matching Game 2:00 Color With Me 3:00 Snack & Sing 4:00 Flower Care 4:30 Healthy Hands 6:00 Evening Movie	28 9:30 Fold & Fun 10:00 Balance & Strengthen 10:30 Resident's Choice 11:30 Healthy Hands 1:00 IN2L Spotlight 2:00 Card Game of Choice 3:00 Snack & Chat 4:00 Read Aloud 4:30 Healthy Hands 6:00 Evening Movie	29 9:30 Morning Walk 10:00 Balloon Toss 10:30 Artist Time 11:30 Healthy Hands 1:00 IN2L Travel 2:00 Ring Toss 3:00 Snack & Stories 4:00 Water the Garden 4:30 Healthy Hands 6:00 Evening Movie	30 9:30 Walk With Me 10:00 Healthy Stretches 10:30 Sing-A-Long 11:30 Healthy Hands 1:00 IN2L Matching Game 2:00 Color With Me 3:00 Snack & Sing 4:00 Flower Care 4:30 Healthy Hands 6:00 Evening Movie