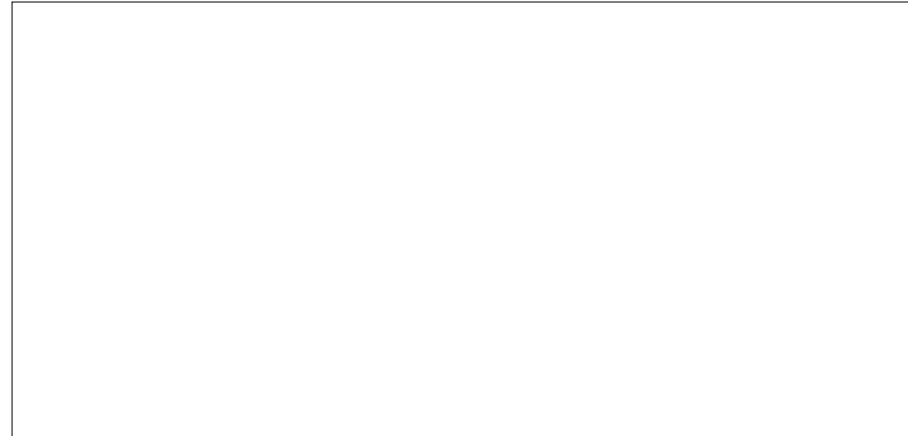




1655 NE 18th St.  
Gresham, OR 97030

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](https://www.facebook.com/FarmingtonSquareGresham)**

**Executive Director:**  
**Malina Souliyalaovong**  
**Assistant Executive Director:**  
**Wellness Nurses:**  
**Jessica Saray**  
**Wellness Directors: Kalina Bounphisay,**  
**Tammy Taylor, Jacqelyn Stahley**  
**Business Office Director:**  
**Monica Bounphisay**  
**Dinning Service Director:**  
**Devonna Ivery**  
**Life Enrichment Director:**  
**Melissa Vodden**  
**Maintenance Director:**  
**Aaron Deleeuw**



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

# Farmington Square News

**Nov. 2023 Newsletter**



**2 Honoring Our Veterans**  
**3 Team & Resident Spotlight**  
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**6 Highlights & Our ED's Corner**  
**7 Special Moments & Birthdays**  
**8 Mission & Team**



# Ways to Honor Our Veterans

Veterans Day takes place on November 11, honoring veterans of the United States' armed forces. On that day and beyond, here are some ways to honor the veterans in your life and community.

**Visit a VA Hospital.** Call ahead to find out their guidelines for visiting and/or volunteering and see how you can make a difference for the veterans there.

**Visit a War Memorial.** Take the time to observe and remind yourself and others about our veterans sacrifices.

**Send thank you mail to veterans.** There are various organizations that you can seek out for reaching veterans. A few links to do so include:

- [amillionthanks.org/letter/](https://amillionthanks.org/letter/)
- [supportourtroops.org/cards-letters](https://supportourtroops.org/cards-letters)
- [www.operationgratitude.com/volunteer/anywhere/letters/](https://www.operationgratitude.com/volunteer/anywhere/letters/)

**Strike up a conversation with a veteran.** It is not only a great feeling to connect with another person, but it is special to a veteran when you take the time to hear what they want to share from their story.

**Support charities that bring support to veterans.** A few include:

- K9s For Veterans: [k9sforwarriors.org](https://k9sforwarriors.org)
- Vehicles For Veterans: [www.vehiclesforveterans.org](https://www.vehiclesforveterans.org)
- Disabled American Veterans: [dav.org](https://dav.org)
- Wounded Warriors Family Support: [wwfs.org](https://wwfs.org)



Do you know all of the branches of U.S. Armed Forces? There are six: the Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force.

**Display and use your American flag properly.** Rules of thumb include not hanging the flag upside down or backwards and if you hang it vertically, have the stars on the viewer's left. Also, don't let the flag touch the ground. On Memorial Day, have the flag at half-mast from sunrise to noon then at full-mast the rest of the day.

**Know the difference between Veterans Day and Memorial Day.** Memorial Day is the last Monday in May, honoring those who have passed serving in the military. Veterans Day honors all who have served in the Armed Forces.

**Buy a veteran a cup of coffee or help them with a task.** If you see a veteran out in your community, try to brighten their day by offering your assistance to them.

We would love to hear additional ideas from you about the ways you support veterans on our Facebook post for this month's newsletter on the first of November.

# Special Moments



## Happy Birthday to our Staff & Residents:

Elsie: Nov. 1  
Royanna: Nov. 5  
Adeline Nov. 7  
Maria: Nov. 7  
Bailey: Nov. 7  
Vanessa: Nov. 9  
Heidi: Nov. 12  
Elizabeth: Nov. 17  
Eugene: Nov. 18  
Barbara: Nov. 21  
Melissa: Nov. 22  
Joshua: Nov. 24  
Donna: Nov. 30



# November 2023 Highlights

**Observes:** National Alzheimer’s Awareness, COPD, Diabetes, Epilepsy, Hospice & Palliative Care, Long-term Care, and Lung Cancer

**Celebrates:** Aviation History, Career Development, Family Caregivers, Family Stories, Fondue, Gratitude, Life Writing, Movember, Military Families, Native American Heritage, Novels, Peanut Butter, Pomegranates, Raisin Bread, Spinach, and Squash

- |  |  |
|--|--|
| 01: Authors’ Day; Calzone Day; Cinnamon Day        | 17: Butter Day; Homemade Bread Day; Hike Day     |
| 02: Deviled Egg Day; Ohio Day                      | 18: Mickey Mouse's Birthday; Princess Day        |
| 03: Housewife’s Day; Sandwich Day; Jersey Friday   | 19: Play Monopoly Day                            |
| 04: Candy Day; Bison Day                           | 20: Child’s Day; Peanut Butter Fudge Day         |
| 05: Daylight Saving Time Ends; Donut Day           | 21: Gingerbread Cookie Day; Stuffing Day         |
| 06: Nachos Day; Saxophone Day                      | 22: Cranberry Relish Day; Jukebox Day            |
| 07: Bittersweet Chocolate with Almonds Day         | 23: Thanksgiving; Cashew Day; Espresso Day       |
| 08: Cappuccino Day; STEM/STEAM Day                 | 24: Native American Heritage Day; Sardines Day   |
| 09: Louisiana Day; Scrapple Day                    | 25: Parfait Day; Small Business Saturday         |
| 10: Veterans Day Observed; Vanilla Cupcake Day     | 26: Cake Day                                     |
| 11: Veterans Day; Sundae Day                       | 27: Bavarian Cream Pie Day; Craft Jerky Day      |
| 12: Chicken Soup For The Soul Day; French Dip Day  | 28: French Toast Day; Giving Day                 |
| 13: World Kindness Day; Indian Pudding Day         | 29: Electronic Greetings Day                     |
| 14: Family PJ Day; Pickle Day; Spicy Guacamole Day | 30: Mason Jar Day; Mousse Day, Floral Design Day |
| 15: Bundt Day; Philanthropy Day; Raisin Bran Day   |  |
| 16: Fast Food Day; Great American Smokeout         |  |

## Our Executive Director’s Corner

Dear residents, family members, and friends,

The holiday season is upon us with all of the fall colors and so much to be thankful for. We will be doing many activities related to all the fun the month of November brings. We hope that you can join us when you visit the community!

Please join us for our upcoming educational hour on November 15th from 5pm to 6pm.

Sincerely,

Malina Souliyalaovong



**Staff Spotlight:**  
**Leah**

Leah is one of our amazing Med Techs here. When asked why she does what she does, she said “I like to care for seniors and be a good support for them. One day, I would like to open a group home for seniors and adults.” Leah is one of five children. She was born in California, but moved to Gresham when she was very young. She graduated from Sam Barlow High School. In her free time, she likes to work on her car with her brother and spend time with her dog Snowball. She would love to travel to Japan one day and she loves loves loves the color PINK!



**Resident Spotlight:**  
**Bob**

Bob is one of our very loved residents here. He turned 100 years old in October. We celebrated him that day and he was all smiles. Bob worked as a general manager of Lipman and wolfe for 20 years. He served for a few years in WWII and is a proud Veteran. Bob likes to be read to and has two children who he adores.

**Happy 100th Birthday Bob!!!!**



SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:30 Chair Yoga 10:00 Scenic Drive 11:00 Trivia 11:30 Healthy Hands 1:00 Big Pin Bowling 2:00 Matching Game 3:00 Snack and music 4:00 Walk with Me 4:30 Healthy Hands 6:00 Evening Movie	2 9:30 Jazzercise 10:00 Game of Choice 10:30 Men’s Group 11:30 Healthy Hands 1:00 Arts and Crafts 2:00 Bingo 3:00Snack and TV 4:00 Story Time 4:30 Healthy Hands 6:00 Evening Movie	3 9:30 Sit and Be Fit 10:00 Word Search 10:30 Women’s Group 11:30 Healthy Hands 1:00 Bingo 2:00 Resident Choice 3:00 Snack and Talk 4:00 Puzzle of Choice 4:30 Healthy Hands 6:00 Evening Movie	4 9:30 Exercise 10:00 Sing-A-Long 10:30 Craft Time 11:30 Healthy Hands 1:00 Trivia 2:00 Been Bag Toss 3:00 Snack and Laugh 4:00 Uno Game 4:30 Healthy Hands 6:00 Evening Movie
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# NOVEMBER 2023

Farmington Square Gresham


1655 NE 18th St., Gresham, OR 97030

503-665-1994

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NOVEMBER 2023							Farmington Square Gresham	1655 NE18th St., Gresham, OR 97030	503-665-1994	Diamond/Emerald
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			1 9:30 Chair Yoga 10:00 Scenic Drive 11:00 Chat n Relax 11:30 Healthy Hands 1:00 Thank you Card Making 2:00 Card Game 3:00 Snack and Social 4:00 Fall Objects 4:30 Healthy Hands 6:00 Evening Movies	2 9:30 Balloon toss 10:00 Fold N Fun 11:00 Fun Facts 11:30 Healthy Hands 1:00 Bingo 2:00 Women's Group 3:00 Snack and sip 4:00 Fall Colors 4:30 Healthy Hands 6:00 Evening Movies	3 9:30 Shake N Move 10:00 Talk N sip 10:30 Arts N crafts 11:30 Healthy Hands 1:00 Travel to The Beach 2:00 Men’s Group 3:00 Snack and relax 4:00 Game Show 4:30 Healthy Hands 6:00 Evening Movies	4 9:30 Laughing Yoga 10:00 Coloring Sorting 10:30 Pretty Nails 11:30 Healthy Hands 1:00 Ring Toss 2:00 Creative Coloring 3:00 Snack and reminisce 4:00 Sing Along 4:30 Healthy Hands 6:00 Evening Movies				
5 9:30 Sit and Stretch 10:00 Game show 10:30 Fun with Fall 11:30 Healthy Hands 1:00 Paint with me 2:00 Fold and Fun 3:00 Snack and sing 4:00 Trivia 4:30 Healthy Hands 6:00 Evening Movies	6 9:30 Balloon Toss 10:00 Color sorting 10:30 Morning walk 11:30 Healthy Hands 1:00 Fun with Art 2:00 Sing along 3:00 Snack and Chat 4:00 Music and relax 4:30 Healthy Hands 6:00 Evening Movies	7 9:30 Sit n Be Fit 10:00 Morning show 10:30 Worship Service 11:30 Healthy Hands 1:00 Cookie Making 2:00 Color fun 3:00 Snack and Chat 4:00 Name that object 4:30 Healthy Hands 6:00 Evening Movies	8 9:30 Chair Yoga 10:00 Scenic Drive 11:00 Chat n Relax 11:30 Healthy Hands 1:00 Thanksgiving Card Making 2:00 Card Game 3:00 Snack and Social 4:00 Fall Objects 4:30 Healthy Hands 6:00 Evening Movies	9 9:30 Balloon toss 10:00 Fold N Fun 11:00 Fun Facts 11:30 Healthy Hands 1:00 Bingo 2:00 Women's Group 3:00 Snack and sip 4:00 Fall Colors 4:30 Healthy Hands 6:00 Evening Movies	10 9:30 Shake N Move 10:00 Talk N sip 10:30 Arts N crafts 11:30 Healthy Hands 1:00 Travel to Texas 2:00 Men’s Group 3:00 Snack and relax 4:00 Game Show 4:30 Healthy Hands 6:00 Evening Movies	11 9:30 Laughing Yoga 10:00 Coloring Sorting 10:30 Pretty Nails 11:30 Healthy Hands 1:00 Ring Toss 2:00 Creative Coloring 3:00 Snack and reminisce 4:00 Sing Along 4:30 Healthy Hands 6:00 Evening Movies				
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