

Photos from January 2017

Snapshots from this past month at



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Community Relations Director

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

Gresham Farmington Square Newsletter

Farmington Square Assisted & Memory Care Newsletter — February 2017



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How to Boost Your Heart Health

February has long been associated with hearts. Americans have been exchanging heart-shaped Valentines in the leap month since the cards were first mass produced in the United States in 1847. More recently in the US however - since December 30, 1963 - February has also been designated American Heart Month.

Fifty four years ago, in his Proclamation 3566, former US President Lyndon B. Johnson cited a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs required to bring about its solution. Sadly, five decades later, heart disease is the number one cause of death in the US for men and women – more than all cancers combined – and it takes an average of 610,000 lives every year, according to the Centers for Disease Control and Prevention.

Heart disease remains a battle, but it is one that can be fought at all ages. The first step is knowing the risks that lead to poor heart health. According to the CDC, risks for heart disease include medical conditions and lifestyle choices such as:

- high blood pressure
- high cholesterol
- smoking
- diabetes
- obesity
- overweightness
- following a poor diet
- physical inactivity
- excessive alcohol use

For seniors, specific actions can be taken to reduce such risks. In addition to quitting smoking and decreasing excessive alcohol consumption, here are a few of them:

Note: Each individual should follow the advice of their medical professional(s) or doctors and speak with them before making changes to diet and/or exercise.



Get Active

According to the American Heart Association, older adults should have at least 30 minutes of moderate physical activity five times each week or 20 minutes of vigorous activity three times each week, with intensity levels varying per person. Muscle strengthening and endurance activities twice each week, as well as flexibility and balance exercises are important.

Eat Better

The US Department of Agriculture recommends the following diet for seniors in the US who get fewer than 30 minutes of moderate physical activity each day. Those who are more active than that may be able to consume more while meeting calorie needs.

Manage Cholesterol

There are two types of cholesterol in our bodies, good (HDL) and bad (LDL). The first step in improving cholesterol is to seek out a medical professional to find out your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it. Cholesterol is very much related to diet. According to the USDA, eating more unsaturated fats than saturated and trans fats can reduce the risk of heart disease and improve good (HDL) cholesterol.

The Magic in Music

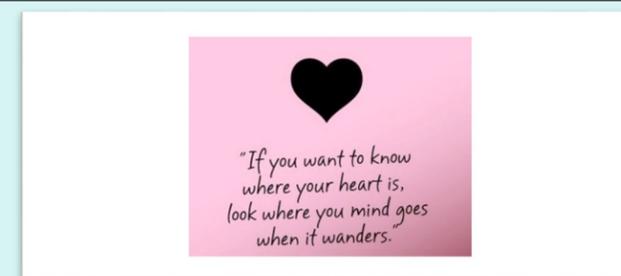
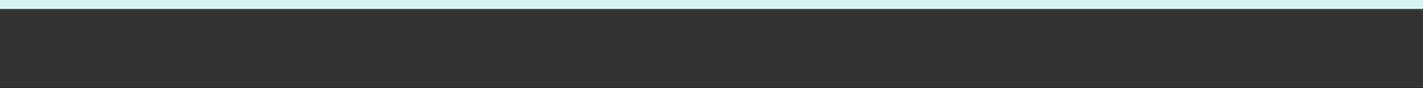
Our activity program is chock full of musical senior symphony or some musical festivals. activities and fun. We have at least 2-4 weekly scheduled activities, including entertainers who visit our community.

Memory care has an additional session where we make our own music using cymbals, triangles, tamborines and maorraccas. We also name and spell the instruments as we use them.

We have recently gotten a hold of a unique music game that has questions printed on a beach ball. In a group setting we toss the ball and whoever catches it reads the question that is printed on it and the others answer. This game is popular because the residents get to use their physical and mental abilities at the same time.

We also enjoy popping in a classical music CD or movie at random times and using music to accompany our exercise activities.

Our future plan includes some outings to the



February Highlights — You're Invited!

Every Friday: **Chocolate Lover's @2pm** in Barlow House. Chocolate Sampling and flavor guessing.

1/8: **Ceramic Café Outing at 1pm** at Ceramic café in Clackamas. Create Ceramic works of art.

1/5: **Superbowl Viewing and snacks @5:30pm** in each individual house.

1/9: **Classic Club Performance at 3:30 pm** in Diamond House. Enjoy the sounds of a fresh, new performer.

1/22: **Bella Cupcake Outing at 1:30pm** at Bella Cupcakes in Downtown Gresham. Perfect size cupcake and coffee for a great price. MMM!



Resident Valentine's Day Celebration at 2pm, February 14th in Diamond House with food and live entertainment.

Our Favorite Valentines



We asked residents and staff members to share the best valentine they ever received. Here are some of our favorite answers!

Heart Healthy Diet

Nutrition and diet play a huge role in preventing heart disease. Research suggests that even if you have a family history or genetic predisposition for heart disease, simply maintaining a good diet can reduce your chances for heart disease. Most research has shown that a diet high in raw fruits and vegetables, whole grains, and omega-3 fatty acids (often found in fish) helps prevent heart disease. The Mediterranean-style diet in particular is known to reduce the occurrence of heart disease. Along with increased servings of fruits and vegetables, whole grains, and fish twice a week, the Mediterranean-style diet focuses on the use of olive oil (healthy fat) and herbs, consuming nuts, and limiting red meat to one to two times a month.



To maintain a healthy diet, you'll also need to avoid or limit some foods that worsen heart disease. This includes foods with high amounts of sugar and salt, alcoholic beverages, and foods with partially hydrogenated vegetable oil. Don't forget that watching calories is important, too. Know how many calories per day you should be getting and focus on eating a variety of foods that are high in nutrients and low in calories.

Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!

LIKE our Facebook page today!

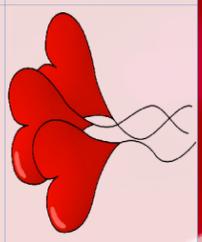
Search for Farmington Square Gresham

Diamond February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>5</p> <p>9:30 Stretching Aromatherapy 11:30 Coffee and Snacks 1:30 Nature viewing 3:00 Manicures 5:30 SUPER BOWL SUNDAY</p>	<p>6</p> <p>9:30 Limb Exercises 10:00 Short Tales 10:30 Bubble Wonders 11:30 Aromatherapy 1:30 Object Search 2:30 PICTURE BINGO 3:30 Balloon Volleyball</p> 	<p>7</p> <p>9:30 Stretching 10:00 Beach Sensory Game 11:00 Aromatherapy 1:00 Fun w/ Noodles 2:00 Make Music 2:30 Baby Therapy 3:30 Resident Outreach</p>	<p>8</p> <p>9:30 Chair Exercise 10:00 Poetry Reading 11:45 Aromatherapy 1:45 Reminiscing 2:30 Memory Game 3:00 Sing Along 4:00 Beading</p>	<p>9</p> <p>9:30 Stretching 10:00 Reading 10:40 Matching Game 11:15 Bean Bag Toss 1:30 Color Match 2:00 Classical Club 3:00 HANGMAN (D)</p>	<p>10</p> <p>9:40 Limb Exercise 10:30 Coffee and Snacks 11:30 Aromatherapy 1:30 Classical Music 3:30 Sensory Games 4:00 Manicures 6:00 News</p>	<p>11</p> <p>10:30 Spelling 11:30 Aromatherapy 1:30 Dominoes 2:30 Picture Sharing 3:30 Balloon Volleyball 4:00 Sensory Games 6:00 Saturday Night Movie</p>
<p>12</p> <p>9:30 Stretching 11:30 Aromatherapy 1:30 Coffee and Snacks 2:30 Nature viewing 3:00 Manicures 4:00 Sunday Sports</p>	<p>13</p> <p>9:30 Limb Exercises 10:00 Short Tales 10:30 Bubble Wonders 11:30 Aromatherapy 1:30 Object Search 2:30 PICTURE BINGO 3:30 Balloon Volleyball 6:00 Movie: Musical</p>	<p>14</p> <p>Valentine's Day 9:30 Stretching 10:00 Beach Sensory Game 10:30 DICE 11:00 Aromatherapy 1:00 Fun w/ Noodles 2:00 VALENTINE'S PARTY 3:30 Resident Outreach</p>	<p>15</p> <p>9:30 Chair Exercise 10:00 Poetry Reading 11:45 Aromatherapy 1:45 Reminiscing 2:30 Memory Game 3:00 Sing Along 4:00 Beading</p>	<p>16</p> <p>9:30 Stretching 10:00 Reading 10:40 Matching Game 11:15 Bean Bag Toss 1:30 Color Match 2:00 Sing Along 3:00 HANGMAN (D)</p>	<p>17</p> <p>9:40 Limb Exercise 10:30 Coffee and Snacks 11:30 Aromatherapy 1:30 Classical Music 3:30 Sensory Games 4:00 Manicures 6:00 News</p>	<p>18</p> <p>10:30 Spelling 11:30 Aromatherapy 1:30 Dominoes 2:30 Picture Sharing 3:30 Balloon Volleyball 4:00 Sensory Games 6:00 Saturday Night Movie</p>
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>5</p> <p>9:00 Indoor Walking Group 10:00 Scrapbooking (A) 11:00 Coffee and Snacks (A) 1:00 Cultural Exploration (B) 2:00 Color Art (B) 3:00 BINGO(B) 5:30 SUPERBOWL SUNDAY</p> 	<p>6</p> <p>9:30 Indoor Walking Group 10:00 Reading Group (A) 10:30 Balloon Sports (A) 11:00 TREASURE HUNT (C) 1:00 Arts and Crafts (B) 2:00 Movie w/Popcorn (B) 4:00 Resident Outreach 7:00 Jeopardy</p>	<p>7</p> <p>9:30 Fun w/ Noodles 10:30 Church Service (D) 11:00 Coffee and Snacks (A) 1:00 Men's Group (C) 1:30 Name that Tune (A) 2:00 Memory Games (A) 3:00 CROSSWORDS</p>	<p>8</p> <p>9:00 Chair Exercise 9:30 Current Events (A) 10:00 Poetry Reading (A) 11:15 Balloon Sports (A) 1:00 LUNCH OUTING 1:00 Spa Services (B) 2:00 Manicures (B) 3:00 BINGO(B)</p>	<p>9</p> <p>9:30 Indoor Walking Group 10:00 Fun facts(A) 10:30 Stretching (A) 11:00 Reminiscing (A) 11:15 Crosswords (B) 1:00 Trivia (B) 3:00 Classic Club (D) 3:00 HANGMAN</p>	<p>10</p> <p>9:30 Resident Shopping 10:00 Armchair Travels (B) 10:30 Geography Game (B) 11:00 CHARADES (B) 1:00 Circuit Exercise (ABC) 2:00 Chocolate Lovers (B) 3:00 Manicures (B) 4:00 Indoor Bowling (B)</p>	<p>11</p> <p>9:00 Circuit Exercise (ABC) 10:00 Reminiscing (A) 11:00 Current Events (A) 1:00 Blackjack (B) 2:00 Indoor Bowling (B) 3:00 YAHTZEE (B) 6:00 Saturday Night Movie</p>
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February 2017

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