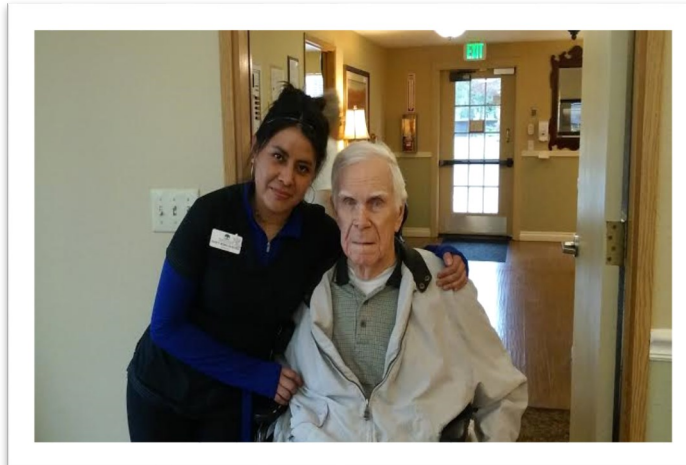


Photos from July 2017



Snapshots from this past month at



Administrative Staff:

- BETTY ABERG**
Executive Director
- KRISTEN RUCKMAN**
Community Relations Director
- MAI LOR/CHERRIE KELLER**
Resident Care Coordinator
- JANET MARTIN**
Business Office Manager
- MELISSA SY**
Registered Nurse
- ANN MONTGOMERY**
Dietary Director
- TOMAS MENDEZ**
Maintenance Director
- SARAH PINGO**
Activities Director

Contact Us At:
503-665-1994
 1655 NE 18th St.
 Gresham, OR 97030



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 — July 2017



INSIDE THIS ISSUE

P2 Here Comes the Sun
 P3 Safe Summer Activities
 P3 Connect on Facebook
 P4 Activities Calendar

P6 July Highlights
 P6 Favorite Dishes
 P7 Fourth of July Safety
 P8 Mission & Team

Here Comes The Sun!

With summer upon us...here are some tips for a safe season.

Out comes the sun and all kinds of summer fun! To truly enjoy these summer months, we must also be aware of the possible dangers that come with hotter weather. Summer sun can cause sunburns, heat stroke and exhaustion. In preparation for a safe, fun summer, here are some helpful guidelines:

Stay hydrated. Even without summer sun, older adults are especially susceptible to dehydration, according to AgingCare.com. The body's ability to conserve water reduces with age, as does a sense of thirst. It is important for older adults to drink lots of fluids and eat foods with high water content. Celery is a great example of one. Most people need about two quarts of water per day.

Use sunscreen. Protecting the skin is always a good idea. A sunscreen with an SPF of at least 15 is recommended by the Mayo Clinic. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands and neck are spots to remember!

Cover up. When headed out into the heat or sun, it is best to wear loose-fitting, lightweight and light-colored clothing. Wide-brimmed hats and sunglasses are also important for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure, too.



Avoid being outside during the hottest hours of the day. The sun is at its highest spot in the sky at noon, and that is when the sun's rays can cause sunburns in the shortest amount of time. That being said, the temperature peaks each day around 3 pm.

Pay attention to the heat index. The Heat Index measures how hot it *feels* in any given place when relative humidity is factored in with actual air temperature. Both of those readings can be found on local weather websites.

Medications and sun don't always mix. Certain medications can cause increased sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before heading out into the sun.

Did You Know? It can take weeks for a person's body to acclimate to hot weather. It is smart to limit sun exposure, especially until one's body is conditioned to it.

Fourth of July Safety

Obey all local laws regarding the use of fireworks.

Know your fireworks; read the cautionary labels and performance descriptions before igniting.

A responsible adult SHOULD supervise all firework activities. Never give fireworks to children.

Alcohol and fireworks do not mix. Save your alcohol for after the show.

Wear safety glasses when shooting fireworks.

Light one firework at a time and then quickly move away.

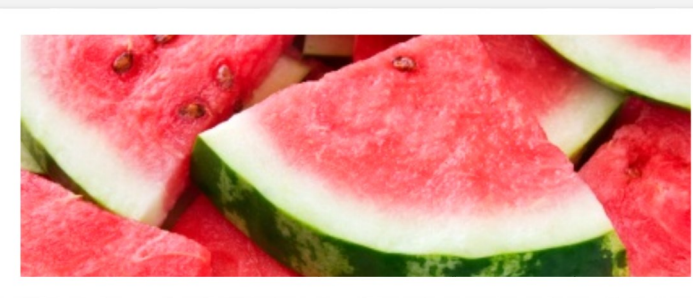
Use fireworks OUTDOORS in a clear area; away from buildings and vehicles.

Never relight a "dud" firework.

Wait 20 minutes and then soak it in a bucket of water.

Always have a bucket of water and charged water hose nearby.

Never carry fireworks in your POCKET or shoot them into METAL or GLASS containers.

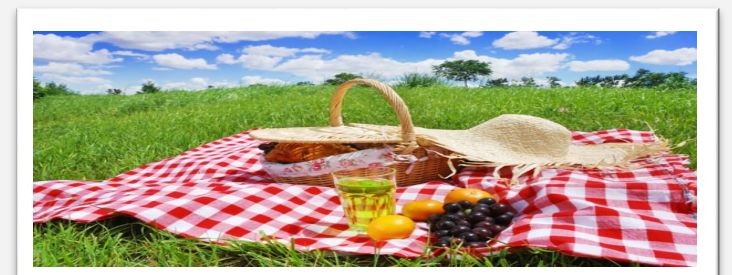


"Watermelon"

- CAROL

"Picnics"

- BOB



July Highlights — You're Invited!

6/6/17: Charlie and his Angels at 2pm Diamond House.

6/12/17: Lunch Outing at La Carreta at Noon.

6/19/17: Picnic at Sunset park at Noon.

6/20/17: Bill Beach on Piano at 2:30pm Barlow House.

6/26/17: Pottery Fun Outing at 1pm.



Fourth of July Festival
Join us for lunch at 12pm at Diamond House to celebrate Independence Day

Our Favorite Summer Dishes



"Barbeque"
- MARY

We asked residents about their favorite dishes to have in the summer.



Safe Summer Activities

- **Picnic at a Local Park or Playground** - get back to nature by packing a lunch and eating outdoors. Your grandchildren might enjoy this outing as well. You can also just sit on a bench and enjoy the neighborhood children having fun.
- **Attend Museum Activities or Historical Society Events** - many museums / societies offer summer activities for free.
- **Walk Around the Farmers Market** . Check the community events section in your local newspaper or news broadcasting.
- **Plan a Garden Party or Tea Party** - invite your friends, set up tables and chairs, stroll through the garden and enjoy the beauty you may have right in your own back yard. You can keep this a simple event or go to great lengths with decorations and entertainment. The possibilities are endless. My mother's family members recently got together for tea celebrating what would have been my grandmothers 100th birthday. The various generations all enjoyed hearing what it was like growing up 70 to 80 years ago and some of the stunts my grandmother use to pull. This event is not just for women either. Many organizations sponsor these events and you can attend. Check with your local garden clubs.



- **Go for a Nature Walk** - gather the little ones around you and take them for a nature walk pointing out all the wonders of Mother Nature.
- **Set up Some Simple Yard Games** - and invite friends- some old time favorites are the beanbag toss, horseshoes, croquet, shuffleboard, and bocce.

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!

www.Facebook.com/FarmingtonSquareGresham

July 2017 Astor/Barlow/Crown

Gresham Farmington
 Square
 1655 NE 18th Street
 Gresham, OR 97030
 (503) 665-1994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Outdoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie
2 9:00 Outdoor Walking Group 10:00 Creative Writing(C) 11:00 Coffee and Snacks (C) 1:00 DARTS (B) 2:00 Color Art (B) 3:00 BINGO(B) 4:30 Sunday Sports	3 9:30 Outdoor Walking Group(C) 10:00 Reading Group (C) 10:30 Balloon Sports (C) 11:00 TREASURE HUNT (C) 1:00 Brain Games (C) 2:00 Outdoor Beach Ball (C) 4:00 Resident Outreach (A) 7:00 Jeopardy	4 9:30 Fun w/ Noodles (D) 10:30 Church Service (D) 11:00 Coffee and Snacks D) 12:00 July 4th Festival (D) 2:00 Name that Tune (D) 2:30 Memory Games (D) 3:00 Blackjack (D)	5 9:00 Chair Exercise (C) 9:30 Current Events (C) 10:00 Poetry Reading (C) 11:15 Trivia (C) 1:45 MYSTERY DRIVE 1:00 Spa Services (B) 2:00 Manicures (B) 3:00 BINGO(B)	6 9:30 Outdoor Walking Group(B) 10:00 Make a Painting (B) 10:30 Fun Facts (B) 11:00 Reminiscing (B) 11:15 Card Games (B) 1:00 Patio Parachute Game (D) 2:00 Charlie /The Angels (D) 3:00 HANGMAN(D)	7 9:30 Resident Shopping 10:00 Armchair Travels (C) 10:30 Geography Game (C) 11:00 HEADSUP(C) 1:00 Circuit Exercise (D) 2:00 Outdoor Mini Golf (D) 3:00 Manicures (D)	8 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Outdoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie
9 9:00 Outdoor Walking Group 10:00 Creative Writing (C) 11:00 Coffee and Snacks (C) 1:00 DARTS (B) 2:00 Color Art (B) 3:00 BINGO(B) 4:30 Sunday Sports	10 9:30 Outdoor Walking Group(C) 10:00 Reading Group (B) 10:30 Josephine on Piano (B) 11:00 TREASURE HUNT (C) 1:00 Brain Games (C) 2:00 Outdoor Beach Ball (C) 4:00 Resident Outreach (A) 7:00 Jeopardy	11 9:30 Fun w/ Noodles (D) 10:30 Church Service (D) 11:00 Coffee and Snacks D) 1:00 Garden Club (D) 1:30 Name that Tune (D) 2:00 Oldies with Lee (D) 3:30 Blackjack (D)	12 9:00 Chair Exercise (C) 9:30 Current Events (C) 10:00 Poetry Reading (C) 11:15 Trivia (C) 12:00 LA CARRETA 1:00 Spa Services (B) 2:00 Manicures (B) 3:00 BINGO(B)	13 9:30 Outdoor Walking Group(B) 10:00 Make a Painting (B) 10:30 Fun Facts (B) 11:00 Reminiscing (B) 11:15 Card Games (B) 1:00 Patio Parachute Game (D) 2:30 William Spillette/Guitar (D) 3:00 HANGMAN(D)	14 9:30 Resident Shopping 10:00 Armchair Travels (C) 10:30 Geography Game (C) 11:00 HEADSUP(C) 1:00 Circuit Exercise (D) 2:00 Outdoor Mini Golf (D) 3:00 Manicures (D)	15 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Outdoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie
16 9:00 Outdoor Walking Group 10:00 Creative Writing (C) 11:00 Coffee and Snacks (C) 1:00 DARTS (B) 2:00 Color Art (B) 3:00 BINGO(B) 4:30 Sunday Sports	17 9:30 Outdoor Walking Group(C) 10:00 Reading Group (C) 10:30 Balloon Sports (C) 11:00 TREASURE HUNT (C) 1:00 Brain Games (C) 2:00 Outdoor Beach Ball (C) 4:00 Resident Outreach (A) 7:00 Jeopardy	18 9:30 Fun w/ Noodles (D) 10:30 Church Service (D) 11:00 Coffee and Snacks D) 1:00 Garden Club (B) 1:30 Name that Tune (B) 2:00 Memory Games (B) 3:00 Happy Hour (B) 3:30 Blackjack (B)	19 9:00 Chair Exercise (C) 9:30 Current Events (C) 10:00 Poetry Reading (C) 11:15 Trivia (C) 12:00 PICNICLUNCH/PARK 1:00 Spa Services (B) 2:00 Manicures (B) 3:00 BINGO(B)	20 9:30 Outdoor Walking Group(B) 10:00 Make a Painting (B) 10:30 Fun Facts (B) 11:00 Reminiscing (B) 11:15 Card Games (B) 1:00 Patio Parachute Game (D) 2:30 Bill Beach on Piano (B) 3:00 HANGMAN(D)	21 9:30 Resident Shopping 10:00 Armchair Travels (C) 10:30 Geography Game (C) 11:00 HEADSUP(C) 1:00 Circuit Exercise (D) 2:00 Outdoor Mini Golf (D) 3:00 Manicures (D)	22 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Outdoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie
23 9:00 Outdoor Walking Group 10:00 Creative Writing (C) 11:00 Coffee and Snacks (C) 1:00 DARTS (B) 2:00 Color Art (B) 3:00 BINGO(B) 4:30 Sunday Sports	24 9:30 Outdoor Walking Group(C) 10:00 Reading Group (C) 10:30 Balloon Sports (C) 11:00 TREASURE HUNT (C) 1:00 Brain Games (C) 2:00 Outdoor Beach Ball (C) 4:00 Resident Outreach (A) 7:00 Jeopardy	25 9:30 Fun w/ Noodles (D) 10:30 Church Service (D) 11:00 Coffee and Snacks D) 1:00 Garden Club (D) 1:30 Name that Tune (D) 2:00 Memory Games (D) 3:00 Birthday Social (D) 3:30 Blackjack (D)	26 9:00 Chair Exercise (C) 9:30 Current Events (C) 10:00 Poetry Reading (C) 11:15 Trivia (C) 1:00 POTTERY FUN OUTING 1:00 Spa Services (B) 2:00 Manicures (B) 3:00 BINGO(B)	27 9:30 Outdoor Walking Group(B) 10:00 Make a Painting (B) 10:30 Fun Facts (B) 11:00 Reminiscing (B) 11:15 Card Games (B) 1:00 Patio Parachute Game (D) 2:00 Resident Council (B) 3:00 HANGMAN(B)	28 9:30 Resident Shopping 10:00 Armchair Travels (C) 10:30 Geography Game (C) 11:00 HEADSUP(C) 1:00 Circuit Exercise (D) 2:00 Outdoor Mini Golf (D) 3:00 Manicures (D)	29 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Outdoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie
30 9:00 Outdoor Walking Group 10:00 Creative Writing (C) 11:00 Coffee and Snacks (C) 1:00 DARTS (B) 2:00 Color Art (B) 3:00 BINGO(B) 4:30 Sunday Sports	31 9:30 Outdoor Walking Group(C) 10:00 Reading Group (C) 10:30 Balloon Sports (C) 11:00 TREASURE HUNT (C) 1:00 Brain Games (C) 2:00 Outdoor Beach Ball (C) 4:00 Resident Outreach (A)					

July 2017 Diamond/Emerald

Gresham Farmington Square
 1655 NE 18th Street
 Gresham, Oregon 97030
 (503) 665-1994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:30 Spelling 11:30 Aromatherapy 1:30 Alphabet Game 2:30 Picture Sharing 3:30 Balloon Volleyball 4:00 Sensory Games
2 9:30 Stretching 11:30 Aromatherapy 1:30 Trivia 2:30 Nature viewing 3:00 Manicures 4:00 Sunday Sports	3 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	4 9:30 Stretching 10:30 Church Service 11:45 Aromatherapy 12:00 Fourth of July Celebration 2:00 Make Music 2:30 Indoor Bowling 3:30 Resident Outreach	5 9:30 Chair Exercise 10:00 Poetry Reading 11:45 Aromatherapy 1:45 MYSTERY DRIVE OUTING 2:30 Memory Game 3:00 Sing Along 4:00 Beading	6 9:30 Stretching 10:00 Reading 10:40 Matching Game 11:15 Ball Toss 1:30 Patio Parachute Game 2:00 Charles and the Angels 3:00 HANGMAN (D)	7 9:40 Limb Exercise 10:30 Coffee and Snacks 11:30 Aromatherapy 2:00 Outdoor Mini Golf 3:30 Roll the Dice 4:00 Manicures 6:00 News	8 10:30 Spelling 11:30 Aromatherapy 1:30 Alphabet Game 2:30 Picture Sharing 3:30 Balloon Volleyball 4:00 Sensory Games 6:00 Saturday Night Movie
9 9:30 Stretching 11:30 Aromatherapy 1:30 Trivia 2:30 Nature viewing 3:00 Manicures 4:00 Sunday Sports	10 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	11 9:30 Stretching 10:30 Church Services 11:45 Aromatherapy 1:00 Fun w/ Noodles 2:00 Oldies with Lee 3:30 Resident Outreach	12 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	13 9:30 Stretching 10:00 Reading 10:40 Matching Game 11:15 Ball Toss 1:30 Patio Parachute Game 2:30 Will Spillette on Guitar 3:00 HANGMAN (D)	14 9:40 Limb Exercise 10:30 Coffee and Snacks 11:30 Aromatherapy 2:00 Outdoor Mini Golf 3:30 Roll the Dice 4:00 Manicures 6:00 News	15 10:30 Spelling 11:30 Aromatherapy 1:30 Alphabet Game 2:30 Picture Sharing 3:30 Balloon Volleyball 4:00 Sensory Games 6:00 Saturday Night Movie
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23 9:30 Stretching 11:30 Aromatherapy 1:30 Trivia 2:30 Nature viewing 3:00 Manicures 4:00 Sunday Sports	24 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	25 9:30 Stretching 10:30 Church Services 11:45 Aromatherapy 1:00 Fun w/ Noodles 2:00 Birthday Social 3:30 Resident Outreach	26 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	27 9:30 Stretching 10:00 Reading 10:40 Matching Game 11:15 Ball Toss 1:30 Color Match 2:00 Classical Music 3:00 HANGMAN (D)	28 9:40 Limb Exercise 10:30 Coffee and Snacks 11:30 Aromatherapy 2:00 Outdoor Mini Golf 3:30 Roll the Dice 4:00 Manicures 6:00 News	29 10:30 Spelling 11:30 Aromatherapy 1:30 Alphabet Game 2:30 Picture Sharing 3:30 Balloon Volleyball 4:00 Sensory Games 6:00 Saturday Night Movie
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