

Photos from March 2017



Snapshots from this past month at



Gresham Farmington Square Newsletter

Farmington Square Assisted & Memory Care Newsletter — March 2017



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

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Steps Toward Great Nutrition

March is National Nutrition Month, a campaign created by the Academy of Nutrition and Dietetics, and the theme for this year's campaign is "Put Your Best Fork Forward."

For seniors, this means making healthy eating choices and also recognizing unique, age-specific nutrition needs. We always provide registered dietician approved menus, but to put best forks even further forward, here are some tips worth following.

(Note: The following content is for informational purposes and should not be mistaken for medical advice. Please consult a physician, medical professional or specialist for all health matters.)

Have Healthy Habits!

Healthy habits to adopt could include consuming a variety of foods, avoiding empty calories found in chips, desserts, soda and alcohol; and picking foods that are low in cholesterol and fat (especially saturated and trans fats). Other best practices include quitting smoking and tobacco, and getting at least 30 minutes of physical activity daily.

Go For The Rainbow!

When a plate of food features a rainbow of brightly colored fruits and vegetables, it tends to have a variety of important nutrients, according to the National Council on Aging.

Skip the Salt!

Most people take in more sodium than they need, so avoiding the salt shaker is a big step



toward lowering sodium intake. Certain spices can serve as great salt substitutes! It also helps to be aware of foods in which sodium may be high, such as packaged or prepared meat, poultry and seafood; pizza; pre-packaged rice and/or pasta; salad dressings and seasonings; sandwiches; sauces and gravies; taco mixes; and soups.

Avoid Added Sugars!

Sugars that are added to foods and drinks when they are prepared or processed should be avoided if possible. Ways to limit added sugars include: drinking water, unsweetened beverages, low-fat or fat-free milk, and/or 100 percent fruit juice; choosing fruit as dessert; eating small portions of sweets; and choosing packaged foods without added sugars, such as frozen fruit, unsweetened applesauce or plain yogurt.

Help Out Your Digestive System!

Consuming the right amounts of fluids and fiber help to prevent constipation. Water, whole grain foods with fiber, legumes, bran cereal, and fruits and vegetables all may help with constipation.

TRYING NEW THINGS



We are excited to get a new technological program "It's Never 2 Late." It features access to many games. Each resident will have a personalized page that has their interests, favorite games and family pictures. As well as residents and their family skyping or recording messages to share.

This program really brings the community to the residents not able to experience outings or who have family far away.

Our activities Department has two new members Anndrea Vaughn and Jennifer Marlow. They have been adding their own new creative ideas to our activities. The residents were hesitant to play with these big cards but ended up enjoying it.

This program will really enhance what we already have in our calendar and help stimulate and calm the residents not attending activities regularly or at night when activities are not always available.

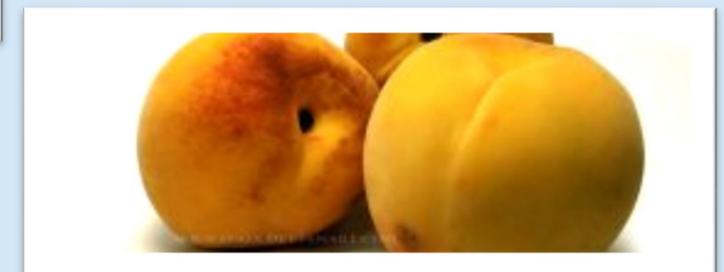


"Granola bars"

- Jerry

"Peaches"

- Joanne



March Highlights — You're Invited!

3/1/17: Lunch Outing at Dragon Palace in Gresham Oregon at 11:30 am for Chinese cuisine.

3/2/17: Charlie and his Angels at 2 p.m. in Diamond for musical entertainment and dancing.

3/9/17: Sing Along at 2p.m. in Barlow. Singing some old favorites to jog our memories.

3/16/17: Bill Beach at 2:30 pm in Barlow house. Listen to the soothing sounds of the piano.



St Patrick's Day Lunch
3/17/17 at Noon
Corned beef and the fixings.
Green Punch and Irish Music

Our Favorite Healthy Snacks



"I love pears"
- Sarah

We asked residents and staff members to share their favorite healthy snacks. Here are some of our their answers!

Some healthy ideas for Baby Boomers

They grew up eating meatloaf, potatoes and macaroni and cheese, but then along came Julia Child and a host of other chefs and cookbooks, and Baby Boomer food trends went in a direction their parents could never have imagined. A cornucopia of healthy and delicious food is available and consumed by Baby Boomers, further improving their overall health and well-being. Because baby boomers were the first to be targeted by health advertisers on TV, it's not surprising that they take their well-being seriously.

Breakfast is very important to this generation. For healthful breakfast dishes, look to oatmeal with fresh fruit mix-ins and lighter style egg dishes with fresh vegetables served as inclusions or sides. Or consider the breakfast bowl, maybe built on a base of potatoes with a poached egg, sautéed spinach and roasted red pepper.

For lunches or light dinners enjoy a simple Caprese salad made with tomatoes, fresh mozzarella, and olive oil. The antioxidant lycopene in vine ripened tomatoes helps prevent heart disease and cancer. Tomatoes also help to maintain healthy bones, lower blood pressure and lower cholesterol. Plus, it prevents cataracts and macular degeneration. Or make a sandwich using a whole-wheat baguette topped with fresh mozzarella cheese, arugula, a slice of ripe tomato and a drizzle of extra-virgin olive oil. Eat one regularly and it just might cut your risk of heart attack, stroke and other "cardiac events" by 30%

For dinner a soup made from fresh vegetables or beans is a healthy meal and a good source of fiber. Baked fish or skinless chicken breasts can be added with vegetables and whole grain rice as well.

Smaller portions should be eaten early evening to allow time for digestion.



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 to find our page!

ASTOR MARCH 2017 BARLOW/CROWN



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>5 9:00 Indoor Walking Group 10:00 Scrapbooking (C) 11:00 Coffee and Snacks (C) 1:00 DARTS (B) 2:00 Color Art (B) 3:00 BINGO(B) 4:30 Sunday Sports</p>	<p>MAY YOUR DAY be touched by a bit of IRISH LUCK brightened by a song IN YOUR HEART, (and warmed by the smiles) OF THE PEOPLE YOU LOVE The Positive Pear</p> <p>6 9:30 Indoor Walking Group (C) 10:00 Reading Group (C) 10:30 Balloon Sports (C) 11:00 TREASURE HUNT (C) 1:00 Arts and Crafts (B) 2:00 Movie w/Popcorn (B) 4:00 Resident Outreach (A) 7:00 Jeopardy</p>	 <p>7 9:30 Fun w/ Noodles (D) 10:30 Church Service (D) 11:00 Coffee and Snacks (D) 1:00 Men's Group (B) 1:30 Name that Tune (B) 2:00 Memory Games (B) 3:00 CROSSWORDS (B)</p>	<p>1 9:00 Chair Exercise (A) 9:30 Current Events (A) 10:00 Poetry Reading (A) 11:15 Balloon Sports (A) 11:30 LUNCH OUTING 1:00 Spa Services (B) 2:00 Manicures (B) 3:00 BINGO(B)</p> <p>8 9:00 Chair Exercise (A) 9:30 Current Events (A) 10:00 Poetry Reading (A) 11:15 Balloon Sports (A) 1:30 SCENIC DRIVE 1:00 Spa Services (B) 2:00 Manicures (B) 3:00 BINGO(B)</p>	<p>2 9:30 Indoor Walking Group (C) 10:00 Stretching (C) 10:30 Fun Facts (C) 11:00 Reminiscing (C) 11:15 Card Games (C) 1:00 Trivia (D) 2:00 Charlie /The Angels (D) 3:00 HANGMAN(D)</p> <p>9 9:30 Indoor Walking Group (B) 10:00 Stretching (B) 10:30 Fun Facts (B) 11:00 Reminiscing (B) 11:15 Card Games (B) 1:00 Trivia (C) 2:30 Sing Along (C) 3:00 HANGMAN(C)</p>	<p>3 9:30 Resident Shopping 10:00 Armchair Travels (C) 10:30 Geography Game (C) 11:00 CHARADES (C) 1:00 Circuit Exercise (B) 2:00 Chocolate Lovers (B) 3:00 Manicures (B) 4:00 Indoor Bowling (B)</p> <p>10 9:30 Resident Shopping 10:00 Armchair Travels (C) 10:30 Geography Game (C) 11:00 DICE (C) 1:00 Circuit Exercise (B) 2:00 Food Fun (B) 3:00 Manicures (B) 4:00 Indoor Bowling (B)</p>	<p>4 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Indoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie</p> <p>11 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Indoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie</p>
<p>12 9:00 Indoor Walking Group 10:00 Scrapbooking (C) 11:00 Coffee and Snacks (C) 1:00 DARTS (B) 2:00 Color Art (B) 3:00 BINGO(B) 4:30 Sunday Sports</p>	<p>13 9:00 Stretching (B) 9:30 Indoor Walking Group (B) 10:00 Reading Group (B) 10:30 Josephine On Piano (B) 1:00 Arts and Crafts (B) 2:00 Movie w/Popcorn (B) 4:00 Resident Outreach (A) 7:00 Jeopardy</p>	<p>14 9:30 Fun w/ Noodles (D) 10:30 Church Service (D) 11:00 Coffee and Snacks (D) 1:00 Men's Group (C) 1:30 Name that Tune (D) 2:00 Oldies w/ Lee (D) 3:30 CROSSWORDS (C)</p>	<p>15 9:00 Chair Exercise (A) 9:30 Current Events (A) 10:00 Poetry Reading (A) 11:15 Balloon Sports (A) 2:00 DESSERT OUTING 1:00 Spa Services (B) 2:00 Manicures (B) 3:00 BINGO(B)</p>	<p>16 9:30 Indoor Walking Group (C) 10:00 Fun Facts (C) 10:30 Stretching (C) 11:00 Reminiscing (C) 11:15 Card Games (C) 1:00 Trivia (B) 2:30 Bill Beach (B) 3:00 HANGMAN(B)</p>	<p>17 9:30 Resident Shopping 10:00 Armchair Travels (C) 10:30 Geography Game (C) 11:00 DICE (C) 1:00 ST PATRICK'S DAY LUNCH 2:00 Chocolate Lovers (B) 3:00 Manicures (B) 4:00 Indoor Bowling (B)</p>	<p>18 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Indoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie</p>
<p>19 9:00 Indoor Walking Group 10:00 Scrapbooking (C) 11:00 Coffee and Snacks (C) 1:00 DARTS (B) 2:00 Color Art (B) 3:00 BINGO(B) 4:30 Sunday Sports</p>	<p>20 9:30 Indoor Walking Group (C) 10:00 Reading Group (C) 10:30 Balloon Sports (C) 11:00 TREASURE HUNT (C) 1:00 Arts and Crafts (B) 2:00 Movie w/Popcorn (B) 4:00 Resident Outreach (A) 7:00 Jeopardy</p>	<p>21 9:30 Fun w/ Noodles (D) 10:30 Church Service (D) 11:00 Coffee and Snacks (D) 1:00 Men's Group (B) 1:30 Name that Tune (B) 2:00 Memory Games (B) 3:00 CROSSWORDS (B)</p>	<p>22 9:00 Chair Exercise (A) 9:30 Current Events (A) 10:00 Poetry Reading (A) 11:15 Balloon Sports (A) 1:00 MUSEUM OUTING 1:00 Spa Services (B) 2:00 Manicures (B) 3:00 BINGO(B)</p>	<p>23 9:30 Indoor Walking Group (B) 10:00 Stretching (B) 10:30 Fun Facts (B) 11:00 Reminiscing (B) 11:15 Card Games (B) 1:00 Trivia (C) 2:30 Sing Along (C) 3:00 HANGMAN(C)</p>	<p>24 9:30 Resident Shopping 10:00 Armchair Travels (C) 10:30 Geography Game (C) 11:00 DICE (C) 1:00 Circuit Exercise (B) 2:00 Food Fun (B) 3:00 Manicures (B) 4:00 Indoor Bowling (B)</p>	<p>25 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Indoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie</p>
<p>26 9:00 Indoor Walking Group 10:00 Scrapbooking (C) 11:00 Coffee and Snacks (C) 1:00 DARTS (B) 2:00 Color Art (B) 3:00 BINGO(B) 4:30 Sunday Sports</p>	<p>27 9:30 Indoor Walking Group (C) 10:00 Reading Group (C) 10:30 Balloon Sports (C) 11:00 TREASURE HUNT (C) 1:00 Arts and Crafts (B) 2:00 Movie w/Popcorn (B) 4:00 Resident Outreach (A) 7:00 Jeopardy</p>	<p>28 9:30 Fun w/ Noodles (D) 10:30 Church Service (D) 11:00 Coffee and Snacks (D) 1:00 Men's Group (C) 1:30 Name that Tune (C) 2:00 BIRTHDAY SOCIAL (D) 3:00 CROSSWORDS (C)</p>	<p>29 9:00 Chair Exercise (A) 9:30 Current Events (A) 10:00 Poetry Reading (A) 11:15 Balloon Sports (A) 11:30 LUNCH OUTING 2:00 Manicures (B) 3:00 BINGO(B)</p>	<p>30 9:30 Outdoor Walking Group (D) 10:00 Fun Facts (D) 10:30 Hot shots Kazoo Band (D) 1:00 Trivia (B) 1:30 Reminiscing (B) 2:00 Resident Council (B) 3:00 HANGMAN (B)</p>	<p>31 9:30 Resident Shopping 10:00 Armchair Travels (C) 10:30 Geography Game (C) 11:00 CHARADES (C) 1:00 Circuit Exercise (B) 2:00 Chocolate Lovers (B) 3:00 Manicures (B) 4:00 Indoor Bowling (B)</p>	<p>31 9:00 Circuit Exercise (B) 10:00 Reminiscing (B) 11:00 Current Events (B) 1:00 Blackjack (C) 2:00 Indoor Bowling (C) 3:00 YAHTZEE (C) 6:00 Saturday Night Movie</p>



MARCH 2017



Diamond

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
5 9:30 Stretching 11:30 Aromatherapy 1:30 Coffee and Snacks 2:30 Nature viewing 3:00 Manicures 4:00 Sunday Sports	6 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	7 9:30 Stretching 10:30 Church Services 11:45 Aromatherapy 1:00 Fun w/ Noodles 2:00 Make Music 2:30 Indoor Bowling 3:30 Resident Outreach	1 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	2 9:30 Stretching 10:00 Reading 10:40 Matching Game 11:15 Bean Bag Toss 1:30 Color Match 2:00 Charles and the Angels 3:00 HANGMAN (D)	3 9:40 Limb Exercise 10:30 Coffee and Snacks 11:30 Aromatherapy 2:00 Classical Music 3:30 Sensory Games 4:00 Manicures 6:00 News	4 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
12 9:30 Stretching 11:30 Aromatherapy 1:30 Coffee and Snacks 2:30 Nature viewing 3:00 Manicures 4:00 Sunday Sports	13 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	14 9:30 Stretching 10:30 Church Services 11:45 Aromatherapy 1:00 Fun w/ Noodles 2:00 Make Music 2:30 Indoor Bowling 3:30 Resident Outreach	15 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	16 9:30 Stretching 10:00 Reading 10:40 Matching Game 11:15 Bean Bag Toss 1:30 Color Match 2:00 Resident Outreach 3:00 HANGMAN (D)	17 9:40 Limb Exercise 10:30 Coffee and Snacks 11:30 Aromatherapy 12:00 St. Patrick's Day Lunch 3:30 Sensory Games 4:00 Manicures  6:00 News	18 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
19 9:30 Stretching 11:30 Aromatherapy 1:30 Coffee and Snacks 2:30 Nature viewing 3:00 Manicures 4:00 Sunday Sports	20 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	21 9:30 Stretching 10:30 Church Services 11:45 Aromatherapy 1:00 Fun w/ Noodles 2:00 Make Music 2:30 Indoor Bowling 3:30 Resident Outreach	22 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	23 9:30 Stretching 10:00 Reading 10:40 Matching Game 11:15 Bean Bag Toss 1:30 Color Match 2:00 Resident Outreach 3:00 HANGMAN (D)	24 9:40 Limb Exercise 10:30 Coffee and Snacks 11:30 Aromatherapy 2:00 Classical Music 3:30 Sensory Games 4:00 Manicures 6:00 News	25 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
26 9:30 Stretching 11:30 Aromatherapy 1:30 Coffee and Snacks 2:30 Nature viewing 3:00 Manicures 4:00 Sunday Sports	27 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	28 9:30 Stretching 10:30 Church Services 11:45 Aromatherapy 1:00 Fun w/ Noodles 2:00 Make Music 2:30 Indoor Bowling 3:30 Resident Outreach	29 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	30 9:30 Stretching 10:00 Reading 10:40 Matching Game 11:15 Bean Bag Toss 1:30 Color Match 2:00 Counting and Shapes 3:00 HANGMAN (D)	31 9:40 Limb Exercise 10:30 Coffee and Snacks 11:30 Aromatherapy 2:00 Classical Music 3:30 Sensory Games 4:00 Manicures 6:00 News	32 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