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PLACE STAMP  
HERE



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



# Sweetbriar Villa Bulletin

Sweetbriar Villa Assisted & Memory Care Newsletter — September 2017



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# Walk to End Alzheimer's 2017

*This month, we had a chance to chat with Kara Griffey, the Walk Director at the Alzheimer's Association Oregon Chapter about the Walk to End Alzheimer's.*

**RSL: Since the Walk started in 1989, it has grown in participation and with funding. What goals are in place for success going forward? KG:** "Our goal is always to make sure that the Walk to End Alzheimer's is reflective of the community, and an opportunity to share the mission, and passion of those touched by the disease. As we move forward, we hope that more people will become story tellers and use the Walk as a platform to spread the awareness this disease deserves, and, by doing so, inspire others to give to the cause. We will continue to rely on the amazing volunteers in the community that put on their local Walk, and to grow the volunteers leading this effort so we can continue to reach more and more people, and a diverse group of people."

**RSL: How would you describe the Walk's interest and participation? KG:** "The Walk to End Alzheimer's is one of the fastest growing events of its kind in the nation, seeing positive growth nationally, and locally. As more Americans are faced with the challenges of this disease, more people are interested in getting involved and making a difference in the trajectory of this disease, and that is fantastic! We look forward to seeing many new faces this year at all our Walks across the state and are working hard to recruit new teams with diverse backgrounds."

*To read even more from this interview, visit [blog.radiantseniorliving.com](http://blog.radiantseniorliving.com)!*

**RSL: What are some of the Alzheimer's Association's nationwide efforts that we can support beyond the Walk? KG:** The Alzheimer's Association is the leader in terms of care, support, research, and advocacy efforts, working globally and locally to advance all areas forward. There are many ways for people to get involved with us, whether by becoming an advocate and helping advance public policy, or volunteering to facilitate one of our local support groups and enrolling in TrialMatch®. TrialMatch is a free clinical trial matching service that helps us ensure that research is moving forward for treatment, prevention, and a cure. Be sure to visit [alz.org/oregon](http://alz.org/oregon) for more information!

**RSL: Any parting message you would like to pass on? KG:** "Get involved in any of the ways mentioned above! Whether you are 1 or 100, there is a way to participate to help end this disease. Let's show the world our purple passion and that together we can do better today than we did yesterday. We are on our way to meeting the first survivor of this disease and that is something to be excited about, be hopeful about, and mobilize together around."

### Support the Walk!

**Date:** Sunday, October 8  
**Time:** 12 pm to 3 pm  
**Location:** Alton Baker Park  
100 Day Island Road  
Eugene, OR 97401

## September Horoscopes

**Aries (March 21st-April 19th)** When your loved ones ask you what you're up to don't be offended. Enjoy it! It's good to keep them guessing. They care and they'll be only too happy to listen.

**Taurus (April 20th-May 20th)** It's just your nature to wonder. But doing too much of this can turn into obsession. Could it be time to stop worrying about a comment made by a friend or loved one.

**Gemini (May 21st-June 20th)** Even the most seasoned of friends will be hard-pressed to keep a straight face around you. This month there's no telling what you might say or do.

**Cancer (June 21st-July 22nd)** You don't want to do anything the way you used to do it. Don't be surprised if your loved ones are a bit stunned. They are sure to get a kick out of it though.

**Leo (July 23rd-August 22nd)** An out-of-the-blue opportunity could whisk you off of your current path and onto a whole new path. This change will likely result in some fun new realizations.

**Virgo (August 23rd-September 22nd)** This month could find you struggling to keep your energy up. It may take until the second week of the month to feel your perky self again. Once your second wind hits you're good to go for

awhile.

**Libra (September 23rd-October 22nd)** You're ready to spread your social butterfly wings and soar this month. Make sure to remember your trusted friends, this will keep you from flying to high.

**Scorpio (October 23rd-November 21st)** You're move, Scorpio. While others are MIA this month, you're hunched over the metaphorical chess board, ready to capture your king.

**Sagittarius (November 22nd-December 21st)** A joint project will attract buzz this month. You will have an amazing click with someone who is destined to be a great friend.

**Capricorn (December 22nd-January 19th)** This month you will experience a renewed sense of self-worth. This experience may create shifts to your closest relationships.

**Aquarius (January 20th-February 18th)** Your relationships and personal goals are about to be shifted. Your priorities and lifestyle will be effected this month.

**Pisces (February 19th-March 20th)** Gather those loose ends and bring some order back to life Pisces! You're ready to dial down the intensity and simplify your life. Good things happen to those who simplify the clutter.

**I love James Patterson books!**

By  
**-Bonnie Settera**

**Books about WWII**

By  
**-James Lenfesty**

**International Literacy Day takes place on September 8. In honor of it, we have discussed our favorite books. A few of them are shared here!**

**"The Bible"**  
By  
**-Helen Stewart**

## September Highlights — You're Invited!

**September 1st:** Big Foot Lane will be performing at 2:00 in the dining room.

**September 2nd:** DUCK FOOTBALL is back. Join us for kick off in the dining room at 5:15. Oregon vs. Southern Utah! GO DUCKS!!!

**September 8th:** Classic Country will be performing at 2:00 in the dining room.

**September 12th:** Ernie "the hearing aide man" will be here for a talk at 2:00 in the dining room.

**September 20th:** Food and Resident Councils will be taking place at 4:00.

**September 22nd:** September Birthday Party will be held at 2:00 in the dining room.

**September 29th:** Simple Harmonies will be performing at 2:00.



**DUCK FOOTBALL IS  
BACK!!!  
Saturday, September  
2nd  
Kick off at 5:15**

## Our Favorite Books

**Real Life Biographies**

By

-Helen Beck

**"Wuthering Heights"**

By

-Jennifer Ahmeti



## Resident of the Month



Meet Janet. Janet was born Norma Jeanette Lewis on February 2nd, 1927, in a small town in Washington. She lived in Washington for the first three years of her life and then her family moved down to Coquille, Oregon. She attended High School in Coquille where she played volleyball, basketball and softball. Janet met her husband Andy Lawrence in Gold Beach, Oregon. They married on January 30th, 1959. They have been married 58 years. Andy worked for Weyerhaeuser and

Janet for the phone company. Together Janet and Andy have two daughters, Zandra and Suzanne. Janet has two grandchildren who's lives they were very involved in, going to sporting events and the like. They are proudly the great grandparents to five.

Janet and her husband have traveled to most of the northern United States, Alaska and both Mexico and Canada. Janet loves Elvis Presley and Dean Martin and enjoys coming to our musical performers on Fridays. She has always loved to dance and she is a great bowler with an average score of 160. Janet also loves animals. She has always had dogs and cats. She also had fun riding horses. She and her husband have a vegetable garden that Janet loved working in. They also have a couple apple trees and this writer can attest to how tasty those apples are! Her husband says that Janet was a wonderful baker, always making cookies and pies. He also tells me that she was an excellent cook and was pretty good at sewing as well. It's been great getting to know a bit more about her!

## 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/SweetbriarVillaSeniorLiving](http://www.Facebook.com/SweetbriarVillaSeniorLiving)

# September 2017

SWEETBRIAR VILLA  
6135 E. STREET  
SPRINGFIELD, OR 97478  
(541)225-0200

## September Birthdays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Funny Animals 10:30 MC Kinetic Sand 11:00 Getting Fit 2:00 Big Foot Lane 3:30 BINGO	2 Happy Birthday Alice!  Duck Football Begins Kick Off at 5:15
3 10:00 Bible Story DVD 10:30 MC Bible Stories 11:00 Balloon Bash 2:00 Walk to the Park 3:30 BINGO	4 LABOR DAY 10:00 Funny Babies 10:30 MC Instruments 11:00 Getting Fit 1:30 Movie & Popcorn 3:30 BINGO	5 10:00 How much did it cost? 10:30 MC Bible Stories 11:00 Getting Fit 2:00 Bible Study 3:30 BINGO	6 10:00 Sing-Along 10:30 MC Coloring 11:00 Getting Fit 2:00 Walk to the Park 3:30 BINGO	7 Happy Birthday Helen S! 10:00 Where in the World? 10:30 MC Alphabet Game 11:00 Getting Fit 2:00 Arts and Crafts 3:30 BINGO	8 10:00 Funny Animals 10:30 MC Kinetic Sand 11:00 Getting Fit 2:00 Classic Country 3:30 BINGO	9 10:00 Family Feud 10:30 MC Crafts 11:00 Balloon Bash 1:30 Afternoon Movie 3:30 BINGO
10 10:00 Bible Story DVD 10:30 MC Bible Stories 11:00 Balloon Bash 2:00 Walk to the Park 3:30 BINGO	11 10:00 Funny Babies 10:30 MC Instruments 11:00 Getting Fit 1:30 Movie & Popcorn 3:30 BINGO	12 10:00 How much did it cost? 10:30 MC Bible Stories 11:00 Getting Fit 2:00 Ernie Hearing Aide Guy 3:30 BINGO	13 10:00 Sing-a-Long 10:30 MC Coloring 11:00 Getting Fit 2:00 Walk to the Park 3:30 BINGO	14 10:00 Where in the World? 10:30 MC Alphabet Game 11:00 Getting Fit 2:00 Arts and Crafts 3:30 BINGO	15 10:00 Funny Animals 10:30 MC Kinetic Sand 11:00 Getting Fit 2:00 Apple Cider Social 3:30 BINGO	16 10:00 Family Feud 10:30 MC Crafts 11:00 Balloon Bash 1:30 Afternoon Movie 3:30 BINGO
17 10:00 Bible Story DVD 10:30 MC Bible Stories 11:00 Balloon Bash 2:00 Walk to the Park 3:30 BINGO	18 10:00 Funny Babies 10:30 MC Instruments 11:00 Getting Fit 1:30 Movie & Popcorn 3:30 BINGO	19 10:00 How much did it cost? 10:30 MC Bible Stories 11:00 Getting Fit 2:00 Bible Study 3:30 BINGO	20 10:00 Sing-a-Long 10:30 MC Coloring 11:00 Getting Fit 2:00 Tea Time 4:00 Food Council 4:30 Resident Council	21 10:00 Where in the World? 10:30 MC Alphabet Game 11:00 Getting Fit 2:00 Arts and Crafts 3:30 BINGO	22 10:00 Funny Animals 10:30 MC Kinetic Sand 11:00 Getting Fit 2:00 Birthday Party 3:30 BINGO	23 Happy Birthday James! 10:00 Family Feud 10:30 MC Crafts 11:00 Balloon Bash 1:30 Afternoon Movie 3:30 BINGO
24 10:00 Bible Story DVD 10:30 MC Bible Stories 11:00 Balloon Bash 2:00 Walk to the Park 3:30 BINGO	25 10:00 Funny Babies 10:30 MC Instruments 11:00 Getting Fit 1:30 Movie & Popcorn 3:30 BINGO	26 Happy Birthday Norrine! 10:00 How much did it cost? 10:30 MC Bible Stories 11:00 Getting Fit 2:00 Bible Study 3:30 BINGO	27 10:00 Sing-a-Long 10:30 MC Coloring 11:00 Getting Fit 2:00 Walk to the Park 3:30 BINGO	28 10:00 Where in the World? 10:30 MC Alphabet Game 11:00 Getting Fit 2:00 Arts and Crafts 3:30 BINGO	29 10:00 Funny Animals 10:30 MC Kinetic Sand 11:00 Getting Fit 2:00 Simple Harmonies 3:30 BINGO	30 10:00 Family Feud 10:30 MC Crafts 11:00 Balloon Bash 1:30 Afternoon Movie 3:30 BINGO

September 2nd

Alice Seits

September 7th

Helen Stewart

September 23rd

James Lenfesty

September 26th

Norraine Keesee

This month we will be celebrating our

September birthdays on Friday

September 22nd at 2:00.

We will holding the party in our main dining room.