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STAMP
HERE



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Sweetbriar Villa Bulletin

Sweetbriar Villa Assisted & Memory Care Newsletter



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February 2018 Edition

Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.



The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Low-dose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

Screening Suggestions for Women:

- For women, age 50-54, annual mammograms

are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

- At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Low-dose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

New Faces in the Hall



Happy Compliment Day! The best compliment ever was when...

"Friends are their to help us when we really need help"

- Rose

"My friends tell me I have a great Personality."

- Dorothy F.

"I was told by the Executive Director (at my previous workplace where I was the Director of Food) that I was one of the best directors he ever had!"

- Eva

February Highlights — You're Invited!

2/2: Live Music– Big Foot Lane @2pm

2/9” Rebel Backroads rocking music with drums and all @2pm

2/14: Tunnel of Love Party.
Karaoke, Dance Party, Snacks, Cupid, dessert, and more. Come Party with us.

2/20: Come sing the love songs of life with Kathy Kali at 2pm

2/23: Birthday Party for all our February Babies. Come Celebrate.



In honor of Compliment Day on February 24, we turned to our residents and team members to find out the best compliment they have ever received.

“My daughter Betty told me I was the best mom.”
- Theresa T.

“We wouldn’t be able to do it without you.” - my last boss
- Richard, Maintenance

“Being asked to be in a training video”
- Alisha

Friends for Health

Seniors who are able to enjoy the companionship of others on a regular basis and who continue to forge meaningful relationships into their golden years, are able to enjoy a number of benefits which can include but are not limited to:

- **Decreased Incidence of Depression** – The loss of a spouse or loved ones, or friends who move or no longer live near, can leave a senior feeling isolated and even hopeless. Statistics indicate that seniors who do not maintain social ties are more likely to become depressed, often the result of feeling alone with no one to confide in. Seniors who remain social as they age are better able to combat negative feelings such as depression and enjoy a higher sense of belonging and self-worth.
- **Improved Physical Health** – Those who have close relationships with peers and family members may also have better physical health. While this may be due to a variety of reasons, it is believed that social seniors are more motivated and may actually take better care of themselves



than seniors who withdraw from social situations. Seniors who enjoy the companionship of others are also said to be more physically active. This alone can have a profound impact on a senior’s overall health and wellness.

- **Enhanced Mood & Memory** – Some studies show that companionship plays a role in boosting mood and preserving memory. Companionship provides a senior with the opportunity to share memories with someone. Telling stories, going through old pictures and just talking about “the good old days” gives the senior a chance to reflect on their journey and makes them feel good about their accomplishments. This can help to enhance mood, and requires the senior to recall stories from their past which can help to ward off memory loss, dementia and Alzheimer’s.

Companionship is an important aspect of life for individuals of all ages, however its role becomes more significant in the lives of older adults. Feel Free to send me any volunteers you may know. I always can use extra help.

Join us on Social Media!

- Facebook :**
facebook.com/SweetbriarVillaSeniorLiving
- Blog :**
blog.radiantseniorliving.com
- Instagram :**
radiantsrliving & radiantvoices
- Twitter :**
RadiantSrLiving
- Pinterest :**
pinterest.com/radiantsrliving

February 2018

Sweetbriar Villa
6135 E. Street
Springfield OR
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 MC Card Game 11:00 GET FIT 1:30 NAIL CARE 3:30 IN2L BINGO 6:30 Piano Time	2 Marian B. Birthday 9:30 MC Coloring 11:00 Balloon Bash 2:00 BIG FOOT LANE 3:30 IN2L BINGO 6:30 Piano Time	3 9:30 MC Nail Care 11:00 GET FIT 1:30 ARTS & CRAFTS- VALENTINES BOXES 3:30 IN2L BINGO 6:30 Piano Time
4 Tammy D. Birthday SUPERBOWL SUNDAY 9:30 Worship with John 11:00 IN2L GET FIT 3:30 IN2L BINGO 6:30 Piano Time	5 Mirjum Birthday 11:00 IN2L GET FIT 3:30 IN2L BINGO 6:30 Piano Time	6 9:30 MC Kinetic Sand 11:00 WALK TO PARK 1:30 PAINTING CLASS 3:30 IN2L BINGO 6:30 Piano Time	7 Corallynn Birthday 9:30 MC Play-Doh 11:00 GET FIT 1:30 Scenic Drive 3:30 IN2L BINGO 6:30 Piano Time	8 9:30 MC Table Ball 11:00 BOUCING BALL 1:30 NAIL CARE 3:30 IN2L BINGO 6:30 Piano Time	9 9:30 MC Scenic Drive 11:00 GET FIT 2:00 REBEL BACKROADS 3:30 IN2L BINGO 6:30 Piano Time	10 9:30 MC Nail Care 11:00 GET FIT 1:30 Valentine's Day Card Making Class 3:30 IN2L BINGO 6:30 Piano Time
11 Art N. Birthday 9:30 Worship with John 11:00 IN2L GET FIT 3:30 IN2L BINGO 6:30 Piano Time	12 Rosemary Birthday 11:00 IN2L GET FIT 3:30 IN2L BINGO 6:30 Piano Time	13 Rose S. Birthday 9:30 MC Story Time 11:00 Balloon Bash 1:30 Board Games 3:30 IN2L BINGO	14 Valentine's Day! 10:00 Send Balloon to Loved Ones 11:00 Love Parade 2:00 TUNNEL OF LOVE PARTY 6:30 Piano Time	15 9:30 MC Coloring 11:00 GET FIT 1:30 NAIL CARE 3:30 IN2L BINGO 6:30 Piano Time	16 9:30 MC Finger Paint 11:00 Walk To Park 1:30 SHOPPING TRIP 3:30 IN2L BINGO 6:30 Piano Time	17 9:30 MC Nail Care 11:00 Get Fit 1:30 Bowling 3:30 IN2L BINGO 6:30 Piano Time
18 11:00 IN2L GET FIT 3:30 IN2L BINGO 6:30 Worship with John and Piano Time	19 Presidents' Day! 11:00 IN2L GET FIT 3:30 IN2L BINGO 6:30 Piano Time	20 9:30 MC Card Game 11:00 Bouncing Ball 2:00 KATHY KALI MUSIC 3:30 IN2L BINGO 6:30 Piano Time	21 9:30 MC Kinetic Sand 11:00 GET FIT 1:30 Scenic Drive 3:30 IN2L BINGO 6:30 Piano Time	22 9:30 MC Table Ball 11:00 GET FIT 1:30 NAIL CARE 3:30 IN2L BINGO 6:30 Piano Time	23 9:30 MC Scenic Drive 11:00 GET FIT 1:30 BIRTHDAY BASH 3:30 IN2L BINGO 6:30 Piano Time	24 9:30 MC Nail Care 11:00 GET FIT 1:30 IN2L Family Feud 3:30 IN2L BINGO 6:30 Piano Time
25 9:30 Worship with John 11:00 IN2L GET FIT 3:30 IN2L BINGO 6:30 Piano Time	26 11:00 IN2L Get Fit 2:00 Employee Staff Meeting 3:30 IN2L BINGO 6:30 Piano Time	27 9:30 MC Play-Doh 11:00 GET FIT 1:30 Arts & Crafts 3:30 IN2L BINGO 6:30 Piano Time	28 9:30 MC Coloring 11:00 GET FIT 1:30 Card Games 3:30 IN2L BINGO 6:30 Piano Time			