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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



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P4 & P5 Activities Calendar

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May 2018 Edition

Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.



Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

• Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

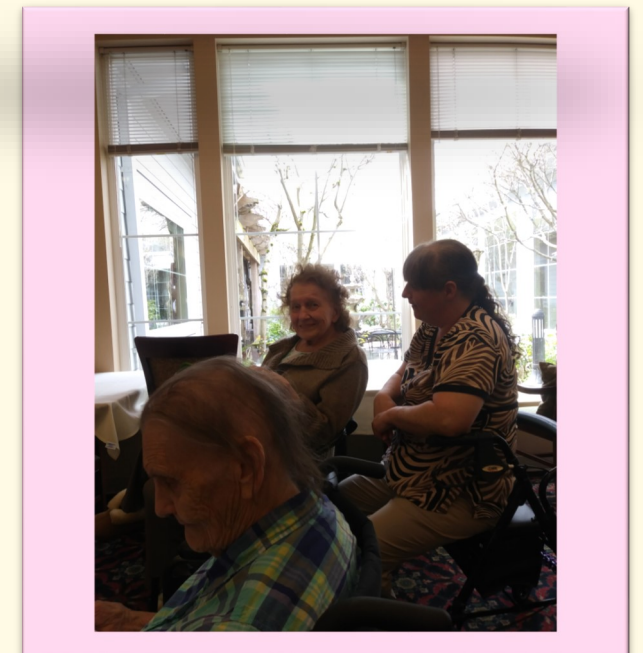
Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

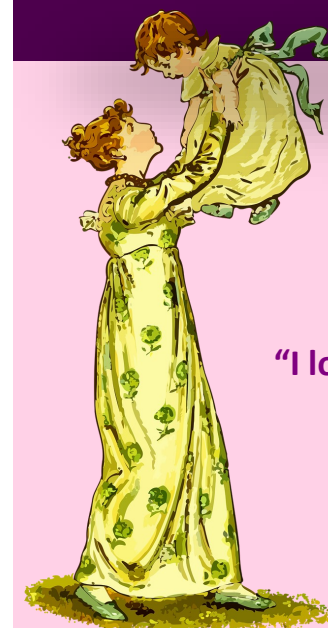
Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

Memories in the Making!



May 13 is Mother's Day



"She was always there to help me."

- Rose

"I loved everything about her."

- Theresa

"She was always so special, in anything she did."

- Nancy

In honor of our moms, we asked around: What is something you have always loved about your mother?

May Highlights

May 4th at 4:00 pm, we're going to be have our Happy Hour social. Friends and family are welcome.

MAY 5: Cinco de Mayo

MAY 13: Mother's Day

On Mother's Day, we'll be having a Mother's Day Social. Come down and cookies and tea time with us.

May 28: Memorial Day

For Memorial Day, we'll be having a mini BBQ. Come and enjoy some hot dogs and mac salad with us.



Follow us on Social Media:

Facebook.com/SweetbriarVillaSeniorLiving
Blog.radiantseniorliving.com
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
Pinterest.com/radiantsrliving
Radiant Senior Living on YouTube

May Birthdays!



We hope you enjoy your special day!

Cecil Duyck, May 5th

Eva Alexander, May 28th

Kaytlin Gill, May 3rd

Miranda Riley, May 28th

Judy Wilson, May 3rd

No time to siesta, It's time to fiesta!



**Residents, family, and friends,
join us for Happy Hour on
Friday, May 4 from 4 to 6 pm!**

**We will listen to live music
while enjoying chips, salsa,
and margaritas!
RSVP to this free event
at 541-225-0200.**

Please complete the Resident/Family

Survey at:

www.surveymonkey.com/r/SBVthankyou







It's that time of the year again!
We're doing our annual survey
and would love your input.

Family and residents alike, we
would love to hear from you
about how we're doing. Our
goal is to give the best care pos-
sible and make you feel and
know that you're part of the
family. Provided above is the
link for the survey. We look
forward to hearing from you!

May 2018

Sweetbriar Villa
 6135 E. Street
 Springfield, OR
 541-225-0200

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 MC Puzzles 11:00 Exercise 1:30 Arts and Crafts 2:00 MC Parachute Ball 3:30 BINGO 6:30 Piano with Rose	2 10:00 MC Arts and Crafts 11:00 Exercise 1:30 Scenic Drive 3:30 BINGO 6:30 Piano with Rose	3 Kaytlin/Judy's  10:00 MC Coloring 11:00 Exercise 1:30 IN2L Trivia 2:00 Bowling 3:30 BINGO 6:30 Piano with Rose	4 10:00 Beauty Hour 11:00 Exercise 1:30 MC Finger Painting 4:00 Happy Hour 6:30 Piano with Rose	5 Cinco de Mayo Cecil's Birthday  10:00 MC Movie 11:00 MC Games 3:30 BINGO with Rose 3:30 BINGO with Rose
6 9:30 Worship with John 10:00 MC Coloring 10:30 MC Balloon Bat 11:00 MC Story Time 3:30 BINGO with Rose 6:30 Piano with Rose	7 10:00 MC Devotional 11:00 Exercise 1:30 For the Birds 2:00 MC Coloring 3:30 BINGO 6:30 Piano with Rose	8 10:00 MC Art Hour 11:30 Exercise 2:00 MC Snacks 3:30 BINGO 6:30 Piano with Rose	9 10:00 MC Essential Oils 11:30 Exercise 1:30 Scenic Drive 3:30 BINGO 6:30 Piano with Rose	10 10:00 MC Beauty Hour 11:30 Exercise 2:00 Bowling 3:30 BINGO 6:30 Piano with Rose	11 10:00 MC Finger Paints 11:30 Exercise 2:00 Rebel Backroads 3:30 BINGO 6:30 Piano with Rose	12 10:00 MC Movie 11:00 MC Games 3:30 BINGO 6:30 Piano with Rose
13 Mother's Day 9:30 Worship with John 10:00 MC Coloring 10:30 MC Balloon Bat 11:00 MC Story Time 3:30 BINGO with Rose 6:30 Piano with Rose	14 10:00 MC Devotional 11:00 Exercise 1:30 MC Movie Time 3:30 BINGO 6:30 Piano with Rose	15 10:00 MC Art Hour 11:30 Exercise 2:00 MC Snacks 3:30 BINGO 6:30 Piano with Rose	16 10:00 MC Flowers 11:30 Exercise 1:30 Scenic Drive 2:30 MC Reminiscing 3:30 BINGO 6:30 Piano with Rose	17 10:00 MC Balloon Bat 11:30 Exercise 2:00 Bowling 3:30 BINGO 6:30 Piano with Rose	18 10:00 MC Coloring 11:30 Exercise 2:00 Classic Country 3:30 BINGO 6:30 Piano with Rose	19 10:00 MC Movie 11:00 MC Games 3:30 BINGO 6:30 Piano with Rose
20 9:30 Worship with John 10:00 MC Coloring 10:30 MC Balloon Bat 11:00 MC Story Time 3:30 BINGO with Rose 6:30 Piano with Rose	21 10:00 MC Devotional 11:00 Exercise 1:30 MC Arts and Crafts 3:30 BINGO 6:30 Piano with Rose	22 10:00 MC Art Hour 11:30 Exercise 1:30 Arts and Crafts 2:00 Resident Council 3:30 BINGO 6:30 Piano with Rose	23 10:00 MC Beauty Hour 11:30 Exercise 1:30 Scenic Drive 3:30 BINGO 6:30 Piano with Rose	24 10:00 MC Trivia 11:30 Exercise 2:00 Bowling 3:30 BINGO 6:30 Piano with Rose	25 Eva A's Birthday  10:00 MC Finger Painting 11:30 Exercise 1:30 MC Balloon Bash 2:00 Memorial Day BBQ 3:30 BINGO 6:30 Piano with Rose	26 10:00 MC Movie 11:00 MC Games 3:30 BINGO 6:30 Piano with Rose
27 9:30 Worship with John 10:00 MC Coloring 10:30 MC Balloon Bat 11:00 MC Story Time 3:30 BINGO with Rose 6:30 Piano with Rose	28 Memorial Day Miranda's Birthday  11:00 Exercise 1:00 MC Teaching Hour 2:00 Gardening 3:30 BINGO 6:30 Piano with Rose	29 10:00 MC Art Hour 11:30 Exercise 1:30 Arts and Crafts 3:30 BINGO 6:30 Piano with Rose	30 10:00 MC 11:30 Exercise 1:30 Scenic Drive 3:30 BINGO 6:30 Piano with Rose	31 10:00 MC Memory Game 11:30 Exercise 2:00 Birthday Social 3:30 BINGO 6:30 Piano with Rose		