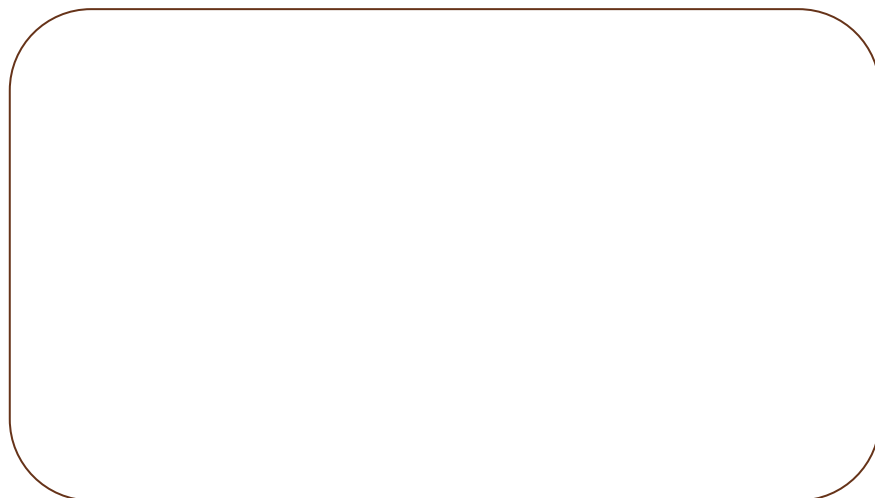




6135 E Street  
Springfield, OR 97478

STAMP  
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#### Administrative Team:

**Ivy Lizsow**  
Executive Director  
**Teri Kroon**  
Community Relations Director  
**Jennifer Kiscoan**  
Resident Care Coordinator  
**Kalene Craddock**  
Business Office Manager  
**Judy Wilson**  
Registered Nurse  
**Teena Campbell**  
Dietary Director  
**Richard Wycoop**  
Maintenance Director  
**Lesa Collins Eller**  
Activities Director

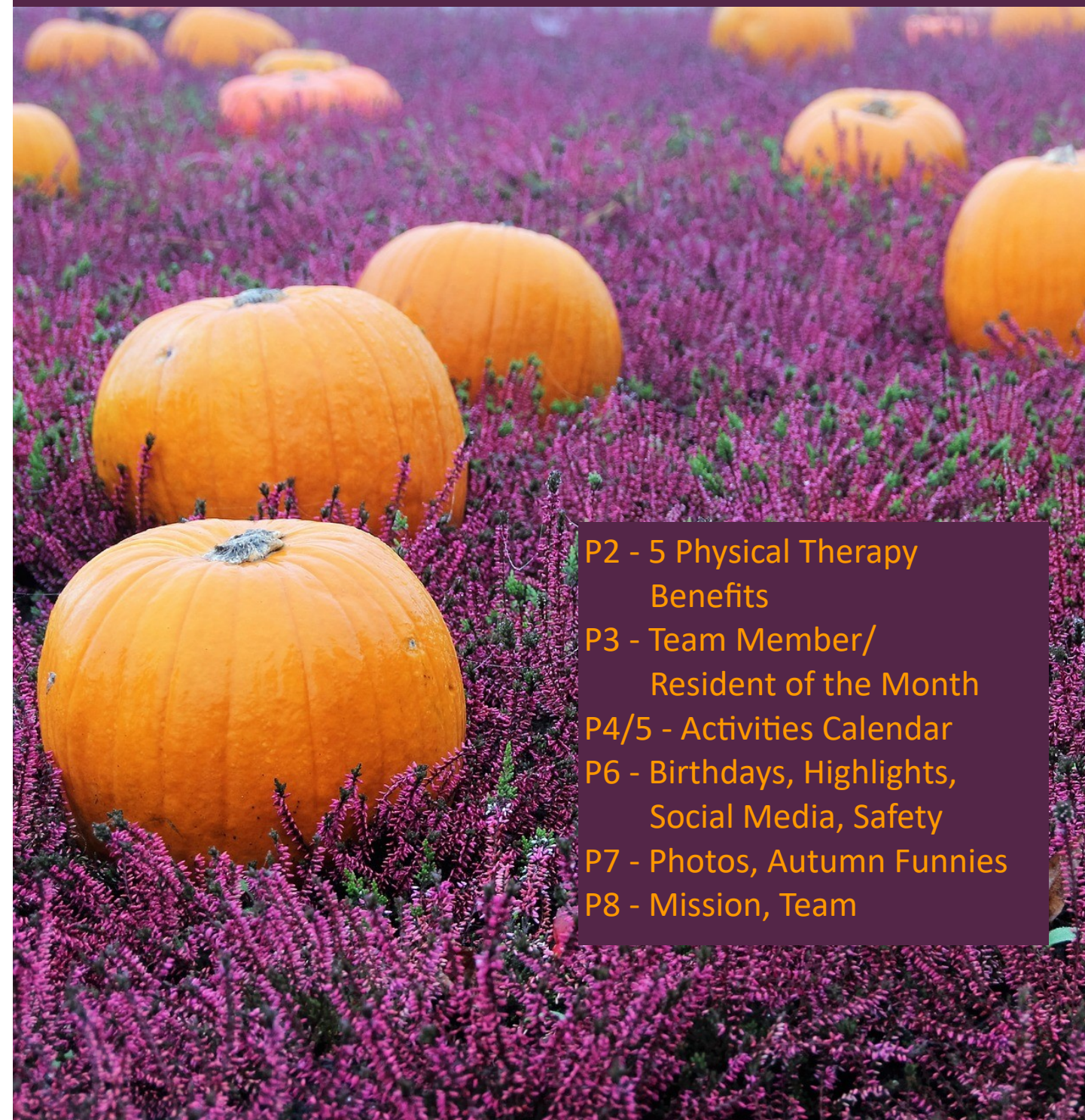
Contact us at:  
**541-225-0200**

**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**



P2 - 5 Physical Therapy  
Benefits  
P3 - Team Member/  
Resident of the Month  
P4/5 - Activities Calendar  
P6 - Birthdays, Highlights,  
Social Media, Safety  
P7 - Photos, Autumn Funnies  
P8 - Mission, Team

**October 2018 Edition**

# 5 Benefits of Physical Therapy



Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That’s hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

***Note:** Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.*

**Five Potential Benefits of Physical Therapy:**

- 1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
- 2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
- 3. **Management of Issues Associated with Diabetes:** Physical therapists can help

- 4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
- 5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Great photography is about depth of feeling, not depth of field.” -Peter Adams



**Autumn Funnies** (answers on page 6)

- |   |   |  |
|---|---|--|
| 1. What type of vehicle is best for a hayride?        | the fall?   | 6. How do you fix a broken pumpkin?                                |
| 2. What do trees say when they get their leaves back? | 4. How do you know when the moon has had enough to eat? | 7. What is the ratio of a pumpkin’s circumference to its diameter? |
| 3. What type of vest should you wear in               | 5. How do football players stay cool during games?      |  |

## October Highlights

October 1: Intl. Day for Older Persons  
 October 1: National Hair Day  
 October 2: Lee Natl. Denim Day  
 October 3: National Kale Day  
 October 4: National Taco Day  
 October 4: National Golf Day  
 October 6: World Card Making Day  
 October 10: National Angel Food Cake Day  
 October 11: National Sausage Pizza Day  
 October 13: National Chess Day  
 October 14: Pastoral Appreciation Day  
 October 18: National Chocolate Cupcake Day  
 October 21: National Pumpkin Cheesecake Day  
 October 21: National Reptile Awareness Day  
 October 23: National Boston Cream Pie Day  
 October 26: National Breadstick Day  
 October 26: National Pumpkin Day  
 October 27: National Make a Difference Day  
 October 28: National Chocolate Day  
 October 29: National Cat Day  
 October 30: National Candy Corn Day  
 October 31: Halloween



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[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)  
 Radiant Senior Living on YouTube

## October Birthdays!

**We hope you enjoy  
your special day!**

**Carp C., October 1st**

**John S., October 12th**

**Juanita M., October 28th**

### 3 Autumn Safety Tips to Remember

- 1) Make sure lit candles are not unattended at any time.
- 2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
- 3) Avoid AM glare with sunglasses.

**Answers to the Autumn Funnies on 7**

1. An autumn-mobile. 2. What a re-leaf! 3. A har-vest! 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pie.

## Resident of the Month!

**Gladys M.**

Gladys is the proud mother of two boys, Mark and Bob. She and her husband raised their family in Florence, Oregon, along with other boys who were always welcome to join the family. Gladys used to work as a certified public accountant. She moved to this area about 20 years ago. She has always enjoyed the outdoors and being an active member of her community.



## Team Member of the Month!

**Kelly W.**

Kelly has been employed at Sweetbriar Villa for almost five years. With a smile on her face, she has continued to show outstanding dedication to all residents. She is very reliable and is always willing to lend a hand. Kelly is a joyful team member and leads by example with laughter and a caring attitude that gives dignity to all.

# October 2018

Sweetbriar Villa

| 6135 E Street Springfield, OR 97478

| 541-225-0200

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00-Daily Reading 10:00-Exercise 11:00-Devotional w/ Rob 2:00-Resident Council 3:30-Bingo 6:30-Piano with Rose Carp's Birthday	2 9:00-Daily Reading 10:00-Exercise 11:00-Crafts 1:45-Matinee 3:30-Bingo 6:30-Piano with Rose	3 9:00-Daily Reading 10:00-Exercise 11:00-Worship w/ Larry 1:30-Scenic Drive 3:30-Bino 6:30-Piano with Rose	4 9:00-Daily Reading 11:00-Exercise 2:00-Manicures 3:30-Bingo 6:30-Piano with Rose	5 9:00-Daily Reading 9:30-Exercise 10:30-Shopping Outing 2:00-Bigfoot Lane 3:30-Bingo 6:30-Piano with Rose	6 1:00-Exercise 2:00-Quilt Show 3:30-Bingo 6:30-Piano with Rose
7 1:00-Exercise 2:00-Crafts 3:30-Bingo 6:30-Piano with Rose	8 9:00-Daily Reading 10:00-Exercise 11:00-Devotional w/ Rob 2:00-Visual Arts 3:30-Bingo 6:30-Piano with Rose	9 9:00-Daily Reading 10:00-Exercise 11:00-Crafts 1:45-Matinee 3:30-Bingo 6:30-Piano with Rose	10 9:00-Daily Reading 10:00-Exercise 11:00-Worship w/ Larry 1:30-Scenic Drive 3:30-Bino 6:30-Piano with Rose	11 9:00-Daily Reading 10:00-Exercise 11:00-Travel Time 2:00-Manicures 3:30-Bingo 6:30-Piano with Rose	12 9:00-Daily Reading 9:30-Exercise 10:30-Shopping Outing 2:00-Rebel Backroads 3:30-Bingo 6:30-Piano with Rose  John's Birthday	13 1:00-Exercise 2:00-Quilt Show 3:30-Bingo 6:30-Piano with Rose
14 10:00-Alzheimers Walk 2:00-Crafts 3:30-Bingo 6:30-Piano with Rose	15 9:00-Daily Reading 10:00-Exercise 11:00-Devotional w/ Rob 2:00-Visual Arts 3:30-Bingo 6:30-Piano with Rose	16 9:00-Daily Reading 10:00-Exercise 11:00-Crafts 1:45-Matinee 3:30-Bingo 6:30-Piano with Rose	17 9:00-Daily Reading 10:00-Exercise 11:00-Worship w/ Larry 1:30-Scenic Drive 3:00-Music with Kathy 6:30-Piano with Rose	18 9:00-Daily Reading 10:00-Exercise 11:00-Adult Coloring 2:00-Manicures 3:30-Bingo 6:30-Piano with Rose	19 9:00-Daily Reading 9:30-Exercise 10:30-Shopping Outing 2:00-Uncommon Bonds 3:30-Bingo 6:30-Piano with Rose	20 1:00-Exercise 2:00-Quilt Show 3:30-Bingo 6:30-Piano with Rose
21 1:00-Exercise 2:00-Crafts 3:30-Bingo 6:30-Piano with Rose	22 9:00-Daily Reading 10:00-Exercise 11:00-Devotional w/ Rob 2:00-Pastoral Care Dessert 3:30-Bingo 6:30-Piano with Rose	23 9:00-Daily Reading 10:00-Exercise 11:00-Crafts 1:45-Matinee 3:30-Bingo 6:30-Piano with Rose	24 9:00-Daily Reading 10:00-Exercise 11:00-Worship w/ Larry 1:30-Scenic Drive 3:30-Bino 6:30-Piano with Rose	25 9:00-Daily Reading 10:00-Exercise 11:00-Travel Time 2:00-All Staff Meeting 3:30-Bingo 6:30-Piano with Rose	26 9:00-Daily Reading 9:30-Exercise 10:30-Shopping Outing 2:00-Country Classics 3:30-Bingo 6:30-Piano with Rose	27 1:00-Exercise 2:00-Quilt Show 3:30-Bingo 6:30-Piano with Rose
28 1:00-Exercise 2:00-Crafts 3:30-Bingo 6:30-Piano with Rose  Juanita's Birthday	29 9:00-Daily Reading 10:00-Exercise 11:00-Devotional w/ Rob 2:00-Visual Arts 3:30-Bingo 6:30-Piano with Rose	30 9:00-Daily Reading 10:00-Exercise 11:00-Crafts 1:45-Matinee 3:30-Bingo 6:30-Piano with Rose	31 9:00-Daily Reading 10:00-Exercise 11:00-Bible Study 2:00-Halloween Party 3:30-Bingo 6:30-Piano with Rose			