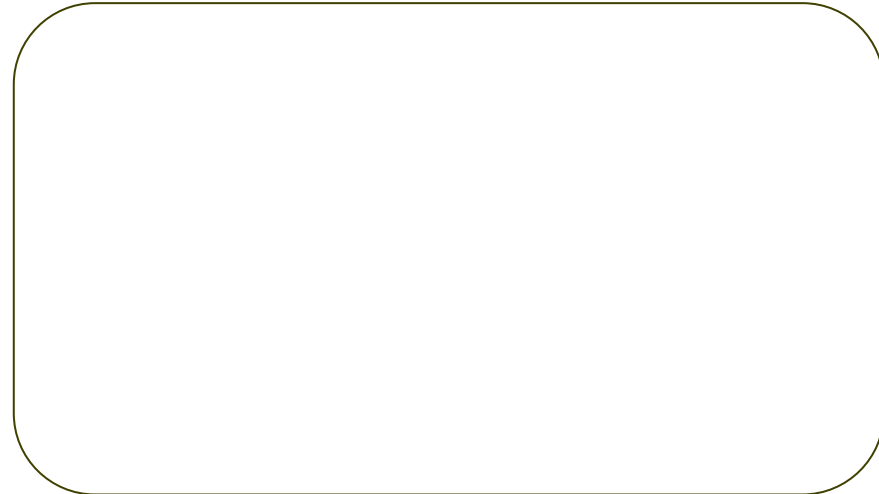




6135 E Street  
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# Sweetbriar Villa Bulletin

## Assisted & Memory Care Newsletter



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# November 2018 Edition

# Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats.

Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](http://CDC.gov).

## Differences Between a Flu and a Cold

**Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.**

**A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)**

“When I say I want to photograph someone, what it really means is that I'd like to know them.” - Annie Leibovitz



## The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

“Soup”  
- Lorena

“Pumpkin Pie”  
- Nancy

“Pumpkin Rolls”  
- Juanita

“Applesauce”  
- Marjorie

“Pumpkin cheesecake”  
- Alyssa

## November Highlights

November 1: National Calzone Day  
November 2: National Deviled Egg Day  
November 2: National Jersey Friday  
November 3: National Sandwich Day  
November 4: Candy Day  
November 5: National Doughnut Day  
November 6: Saxophone Day  
November 8: National Cappuccino Day  
November 10: Vanilla Cupcake Day  
November 11: Veterans Day  
November 13: National Sundae Day  
November 14: National Pickle Day  
November 15: National Bundt Cake Day  
November 16: Button Day  
November 17: Homemade Bread Day  
November 19: Play Monopoly Day  
November 20: Peanut Butter Fudge Day  
November 21: Gingerbread Cookie Day  
November 22: Thanksgiving Day  
November 25: National Parfait Day  
November 26: National Cake Day  
November 28: French Toast Day  
November 29: Square Dance Day

# Happy Birthday

to all with November birthdays!

Brooke, 3rd

Makie, 5th

Suzanne, 6th

Bette Lou, 8th

Lesa, 29th

## No-Bake Peanut Butter Fudge Squares Recipe modified from All Recipes' one

### Ingredients:

**1/2 cup of  
butter**

**16 ounces  
of brown  
sugar**

**1/2 cup of  
milk**

**3/4 cup of peanut butter**

**1 teaspoon of vanilla**

**3 and 1/2 cups of confec-  
tioners sugar**

### Steps:

In saucepan, on medium heat, melt  
butter.

Add brown sugar and milk and stir.

Bring to a boil for two minutes while  
stirring.

Move from heat.

Mix in vanilla and peanut butter.

Pour on top of confectioners sugar in a  
big mixing bowl.

Beat together until smooth.

Pour into a pan that is 8x8.



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Radiant Senior Living on YouTube

## Resident of the Month!

**Nadine B.**

Nadine was born on a farm in Iowa and lived there until she was in the 8th grade. She experienced culture shock upon moving to Portland, Oregon, because in Iowa she had been the only girl in a one-room schoolhouse. Later in life, she lived in Pittsburg, California, in the Bay Area. Nadine has two children and two step children. She worked in offices doing everything from accounts payable to payroll. Nadine once traveled to St. Thomas with her daughter. She really enjoyed that vacation.



## Team Member of the Month!

**Makie C.**

Makie was chosen as team member of the month because she is a hard worker with outstanding leadership skills. She continues to demonstrate this with the ease in which she builds rapport with residents and coworkers alike. She is passionate about all that she does. When Makie is not at work, she cares for her five younger siblings along with her sister, Rose. Makie is an impressive young woman who has always been an overachiever. We are blessed to have Makie on our team.

# November 2018

Sweetbriar Villa

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<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>Birthdays</b> 3rd-Brooke 5th-Makie 6th-Suzanne 8th-Bette Lou 29th-Lesa				9:00 Daily Reading 10:00 Exercise 11:00 Bible Study 2:00 IN2L 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 9:30 Exercise 10:30 Shopping Outing 2:00 Bigfoot Lane 3:30 Bingo 6:30 Piano with Rose	1:00 Exercise 2:00 Beauty Hour 3:30 Bingo 6:30 Piano with Rose
1:00 Exercise 2:00 Crafts 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Devotional w/Rob 2:00 Resident Council 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Newsletter 11:30 IN2L 1:45 Matinee 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Manicures 1:30 Scenic Drive 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Bible Study 2:00 IN2L 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 9:30 Exercise 10:30 Shopping Outing 2:00 Richie Stiles Trio 3:30 Bingo 6:30 Piano with Rose	1:00 Exercise 2:00 Beauty Hour 3:30 Bingo 6:30 Piano with Rose
1:00 Exercise 2:00 Crafts 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Devotional w/Rob 2:00 IN2L 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Newsletter 11:30 IN2L 1:45 Matinee 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Manicures 1:30 Scenic Drive 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Bible Study 2:00 Birthday Party 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 9:30 Exercise 10:30 Shopping Outing 2:00 Uncommon Bond 3:30 Bingo 6:30 Piano with Rose	1:00 Exercise 2:00 Beauty Hour 3:30 Bingo 6:30 Piano with Rose
1:00 Exercise 2:00 Crafts 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Devotional w/Rob 2:00 IN2L 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Newsletter 11:30 IN2L 1:45 Matinee 3:30 Bingo 6:30 Piano with Rose	9:00 Daily Reading 10:00 Exercise 11:00 Manicures 1:30 Scenic Drive 3:30 Bingo 6:30 Piano with Rose	12:30 Thanksgiving Dinner	9:00 Daily Reading 9:30 Exercise 10:30 Shopping Outing 2:00 Rebel Backroads 3:30 Bingo 6:30 Piano with Rose	1:00 Exercise 2:00 Beauty Hour 3:30 Bingo 6:30 Piano with Rose
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