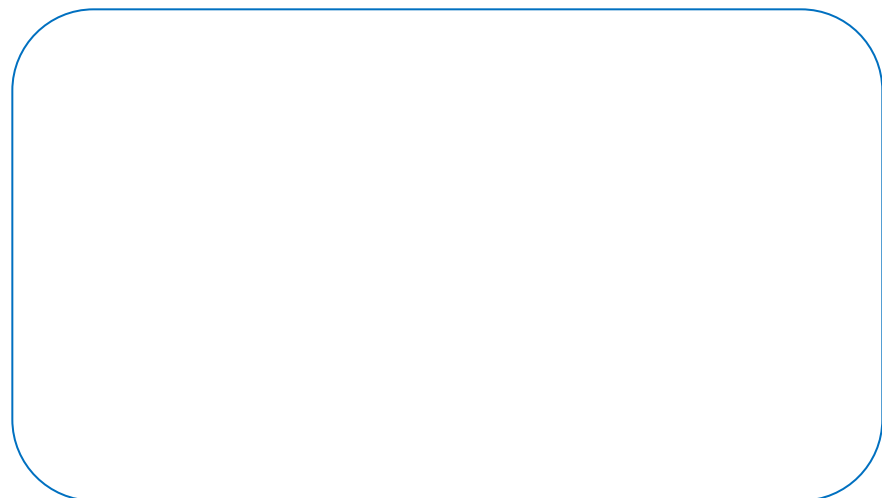




6135 E Street
Springfield, OR 97478

PLACE
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HERE



Administrative Team:

Ivy Lizsow
Executive Director
Brittany Greco
Community Relations Director
Jennifer Kiscoan
Wellness Director
Kalene Craddock
Business Office Director
Pat Steele
Wellness Nurse
Teena Campbell
Dining Services Director
Richard Wyncoop
Maintenance Director
Lesa Collins Eller
Life Enrichment Director

Contact us at:
541-225-0200



Sweetbriar Villa Bulletin

Assisted & Memory Care Newsletter



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Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

Take a Daily Walk

Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

Special Moments



What type of creative outlet or artist most inspires you?

"Native Art"

Suzanne

"Needlepoint"

- Helen S.

"I love love color "

- Eileen

"My wife's painting"-Talmadge

"Crafts we do"

- Kay



January Highlights

- 1 New Year's Day
- 2 National Science Fiction Day
- 3 National Chocolate-Covered Cherry Day
- 4 Spaghetti Day / Trivia Day
- 5 Whipped Cream Day
- 6 Shortbread Day / Technology Day
- 8 English Toffee Day / Skincare Day
- 9 Law Enforcement Appreciation Day
- 11 National Milk Day
- 14 National Dress Up Your Pet Day
- 15 Strawberry Ice Cream Day
- 16 Fig Newton Day
- 17 National Hot Buttered Rum Day
- 19 National Popcorn Day
- 20 Cheese Lover's Day
- 21 Martin Luther King Jr. Day
- 21 New England Clam Chowder Day
- 24 Peanut Butter Day / Compliment Day
- 23 Pie Day
- 25 Irish Coffee Day / Opposite Day
- 26 National Peanut Brittle Day

- 27 National Chocolate Cake Day
- 28 Blueberry Pancake Day / Kazoo Day
- 29 National Corn Chip Day
- 30 Croissant Day
- 31 Inspire your Heart with the Arts Day

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



Chuckle of the Month:

"Plant carrots in January and you'll never have to eat carrots." - Gardening Saying

January Birthdays!



We wish you a very Happy Birthday!

- 14th-Taisha M.
- 16th-Arliss R.
- 18th-Dorothy F.
- 29th-Nadine B.
- 31st- Natantha C.

Resident of the Month! Marjorie Neet

Marjorie comes from a family with six children. She was married to Verlin, with whom she had three children with. She raised her family in the Santa Clara area in a home that they had built. Marjorie worked at both Meir and Frank and at the phone company. After her and her husband retired, they travelled extensively through Europe, South America and Australia. Marjorie has five grand children and seven great grandchildren. Her granddaughter Sarah visits her often with her two daughters. Marjorie has had a good life with a lot of hard work and planning.



Team Member of the Month! Alyssa Escobar

Alyssa was chosen as the team member of the month because she is always on point with all care delivered to our residents. Alyssa treats each person with patience, kindness and respect. She is an excellent leader and is able to be available and caring to both fellow co-workers and residents while she is on her shift. Alyssa always goes above and beyond when she is given any task and is a great asset .

January 2019

Sweet briar Villa • 6135 E Street Springfield, Or • 541-225-0200

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|--|--|--|
| Birthdays 14th-Taisha M. 16th-Arliss R. 18th-Dorothy F. 29th-Nadine B. 31st- Natantha C. | | 1 New Year's Day | 2 9:00 Daily Reading/MC 10:00 Exercise 11:00 Manicures 11:30 Puzzle Time 1:30 Scenic Drive 3:30 Bingo | 3 9:00 Daily Reading/MC 10:00 Exercise 11:00 Bible Study 11:30 IN2L 2:00 Crafts 3:30 Bingo | 4 9:00 Daily Reading/MC 9:30 Exercise 10:30 Shopping Outing 11:00 Card Games 2:00 Bigfoot Lane 3:30 Bingo | 5 10:00 Exercise 11:00 Visual Arts 11:30 IN2L 1:45 Pictionary 3:30 Bingo |
| 6 10:00 Exercise 11:00 IN2L 1:00 Beauty hour 2:00 Crafts 3:30 Bingo | 7 9:00 Daily Reading/MC 10:00 Exercise 11:00 Devotional w/Rob 11:30 Board Game 2:00 Resident Council 3:30 Bingo | 8 9:00 Daily Reading/MC 10:00 Exercise 11:00 Newsletter 11:30 IN2L 1:45 Matinee 3:30 Bingo | 9 9:00 Daily Reading/MC 10:00 Exercise 11:00 Manicures 11:30 Puzzle Time 1:30 Scenic Drive 3:30 Bingo | 10 9:00 Daily Reading/MC 10:00 Exercise 11:00 Bible Study 11:30 IN2L 2:00 Crafts 3:30 Bingo | 11 9:00 Daily Reading/MC 9:30 Exercise 10:30 Shopping Outing 11:00 Card Games 2:00 Rebel Backroads 3:30 Bingo | 12 10:00 Exercise 11:00 Visual Arts 11:30 IN2L 1:45 Pictionary 3:30 Bingo |
| 13 10:00 Exercise 11:00 IN2L 1:00 Beauty hour 2:00 Crafts 3:30 Bingo | 14 9:00 Daily Reading/MC 10:00 Exercise 11:00 Devotional w/Rob 11:30 Board Game 2:00 IN2L 3:30 Bingo | 15 9:00 Daily Reading/MC 10:00 Exercise 11:00 Newsletter 11:30 IN2L 1:45 Matinee 3:30 Bingo | 16 9:00 Daily Reading/MC 10:00 Exercise 11:00 Manicures 11:30 Puzzle Time 1:30 Scenic Drive 3:30 Bingo | 17 9:00 Daily Reading/MC 10:00 Exercise 11:00 Bible Study 11:30 IN2L 2:00 January Birthdays 3:30 Bingo | 18 9:00 Daily Reading/MC 9:30 Exercise 10:30 Shopping Outing 11:00 Card Games 2:00 Uncommon Bond 3:30 Bingo | 19 10:00 Exercise 11:00 Visual Arts 11:30 IN2L 1:45 Pictionary 3:30 Bingo |
| 20 10:00 Exercise 11:00 IN2L 1:00 Beauty hour 2:00 Crafts 3:30 Bingo | 21 9:00 Daily Reading/MC 10:00 Exercise 11:00 Devotional w/Rob 11:30 Board Game 2:00 IN2L 3:30 Bingo | 22 9:00 Daily Reading/MC 10:00 Exercise 11:00 Newsletter 11:30 IN2L 1:45 Matinee 3:30 Bingo | 23 9:00 Daily Reading/MC 10:00 Exercise 11:00 Manicures 11:30 Puzzle Time 1:30 Scenic Drive 3:30 Bingo | 24 9:00 Daily Reading/MC 10:00 Exercise 11:00 Bible Study 11:30 IN2L 2:00 Crafts 3:30 Bingo | 25 9:00 Daily Reading/MC 9:30 Exercise 10:30 Shopping Outing 11:00 Card Games 2:00 Richie Stiles Trio 3:30 Bingo | 26 10:00 Exercise 11:00 Visual Arts 11:30 IN2L 1:45 Pictionary 3:30 Bingo |
| 27 10:00 Exercise 11:00 IN2L 1:00 Beauty hour 2:00 Crafts 3:30 Bingo | 28 9:00 Daily Reading/MC 10:00 Exercise 11:00 Devotional w/Rob 11:30 Board Game 2:00 IN2L 3:30 Bingo | 29 9:00 Daily Reading/MC 10:00 Exercise 11:00 Newsletter 11:30 IN2L 1:45 Matinee 3:30 Bingo | 30 9:00 Daily Reading/MC 10:00 Exercise 11:00 Manicures 11:30 Puzzle Time 1:30 Scenic Drive 3:30 Bingo | 31 9:00 Daily Reading/MC 10:00 Exercise 11:00 Bible Study 11:30 IN2L 2:00 Crafts 3:30 Bingo | Piano with Rose: Every evening at 6:30 | |