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PLACE
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

Assisted & Memory Care Newsletter



February 2019

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Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.



each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and

fruits as they have substances that may help cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

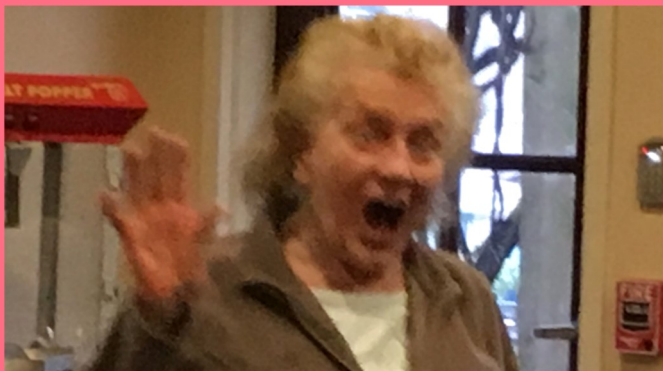
Give yourself a Valentine this February with a commitment to improving your overall heart health!

Note: Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity

Special Moments



The Sweetest Acts of Kindness We've Seen

"Volunteers who do work" - Anna

"My daughter's table arrangements for SBV" -Dorothy

February 17 celebrates Random Acts of Kindness!

"When people don't mind doing things early for you" -Arliss

"Getting help getting dressed and ready for the day" -Juanita

February Highlights

- 2 Ground Hog Day
- 3 Feed the Birds Day
- 4 Thank a Mailman Day
- 6 Chopsticks Day
- 7 Send a Card to a Friend Day
- 8 Kite Flying Day
- 9 National Pizza Day
- 11 Make a Friend Day
- 11 Inventors Day
- 12 Search for Pennies Day
- 14 Valentine’s Day
- 15 Susan B. Anthony Day
- 17 Random Acts of Kindness Day
- 18 President’s Day
- 19 Chocolate Mint Day
- 20 Cherry Pie Day
- 20 Love Your Pets Day
- 21 Card Reading Day
- 22 George Washington’s Birthday
- 23 Tennis Day
- 24 Tortilla Chip Day

- 26 Pistachio Day
- 27 Polar Bear Day
- 28 Floral Design Day
- 28 Tooth Fairy Day

- We’re online @
- ◆ Facebook.com/SweetbriarVillaSeniorLiving
 - ◆ Blog.radiantseniorliving.com
 - ◆ Radiantsrliving & Radiantvoices on Instagram
 - ◆ RadiantSrLiving on Twitter
 - ◆ Pinterest.com/radiantsrliving
 - ◆ Radiant Senior Living on YouTube

Oh Special Wintry Days:
"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again."
- Bill Morgan, Jr.

February Birthdays!



**We wish you
a very Happy Birthday!**

Kay, Feb. 3rd

Rose, Feb. 13th

Ardys, Feb. 15th

Jo, Feb. 19th

Carol, Feb. 24th

Resident of the Month! Helen T.

Helen has had a very interesting life beginning in southern California. She and her husband Ross were married in 1939 and had one daughter named Sherri Lynn. They resided in California until traveling to Oregon in their motor home to visit a friend. They immediately fell in love with the area. They bought a home in Oakridge which they renovated themselves. Helen has kept herself busy doing crafts, including beading a jewelry set which she gave as a gift to First Lady, Michelle Obama.



Team Member of the Month!



Tammie Johnson

Tammie has been a caregiver at Sweetbriar Villa for eight and a half years. She has always been very dedicated to her job, being reliable and punctual for the whole standing of her career here at SBV. Tammie is very dependable and always an asset to our team because we know we can rely on her. Thank you, Tammie, for your years of continued service.

February 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Birthdays</u> Kay F.-3rd Rose S.-13th Ardys H. 15th Jo 2-19th Carol B.-24th					¹ 9:00 Daily Reading/MC 9:45 Exercise 10:30 Shopping Outing 11:30 Card Games 2:00 Bigfoot Lane 3:30 Bingo	² 8:30 Men's Breakfast 9:00 Daily Reading/MC 10:00 Exercise 11:00 Egyptian Art 2:00 Creativity Zone 3:30 Bingo
³ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Mindful Basics 11:30 IN2L 2:00 High Tea 3:30 Bingo	⁴ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Devotional w/ Rob 11:30 Puzzles 2:00 Resident Council 3:30 Bingo	⁵ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Newsletter 11:30 IN2L Travel 1:45 Matinee 3:30 Bingo	⁶ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Manicures 11:30 Card Games 1:30 Scenic Drive 3:30 Bingo	⁷ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Bible Study 11:30 IN2L 2:00 Crafts 3:30 Bingo	⁸ 9:00 Daily Reading/MC 9:45 Exercise 10:30 Shopping Outing 11:30 Card Games 2:00 Uncommon Bond 3:30 Bingo	⁹ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Brain Games 11:30 IN2L 2:00 Fun with Food 3:30 Bingo
¹⁰ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Realm of Music 11:30 IN2L 2:00 Karaoke 3:30 Bingo	¹¹ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Devotional w/ Rob 11:30 Puzzles 2:00 IN2L Travel 3:30 Bingo	¹² 9:00 Daily Reading/MC 10:00 Exercise 11:00 Newsletter 11:30 IN2L Travel 1:45 Matinee 3:30 Bingo	¹³ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Manicures 11:30 Card Games 1:30 Scenic Drive 3:30 Bingo	¹⁴ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Bible Study 11:30 IN2L 3:30 Valentine Ball 4:00 Elvis	¹⁵ 9:00 Daily Reading/MC 9:45 Exercise 10:30 Shopping Outing 11:30 Card Games 2:00 Uncommon Bond 3:30 Bingo	¹⁶ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Egyptian Art 11:30 IN2L 2:00 Creativity Zone 3:30 Bingo
¹⁷ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Meditation Basics 11:30 IN2L 2:00 Interactive Gaming 3:30 Bingo	¹⁸ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Devotional w/ Rob 11:30 Puzzles 2:00 Resident Council 3:30 Bingo	¹⁹ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Newsletter 11:30 IN2L Travel 1:45 Matinee 3:30 Bingo	²⁰ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Music w/ Kathy 12:30 Card Games 1:30 Scenic Drive 3:30 Bingo	²¹ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Bible Study 12:30 Thurston Middle 2:00 Crafts 3:30 Bingo	²² 9:00 Daily Reading/MC 9:45 Exercise 10:30 Shopping Outing 11:30 Card Games 2:00 Richie Stiles Trio 3:30 Bingo	²³ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Travel Time 11:30 IN2L 2:00 Ice cream Social 3:30 Bingo
²⁴ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Travel Time 11:30 IN2L 1:00 Adult Coloring/MC 1:45 Movie and Popcorn 3:30 Bingo	²⁵ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Devotional w/ Rob 11:30 Puzzles 1:00 Adult Coloring/MC 2:00 Resident Council 3:30 Bingo	²⁶ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Feb Birthday Party 11:30 IN2L Travel 1:00 Adult Coloring/MC 1:45 Matinee 3:30 Bingo	²⁷ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Manicures 11:30 Card Games 1:00 Adult Coloring/MC 1:30 Scenic Drive 3:30 Bingo	²⁸ 9:00 Daily Reading/MC 10:00 Exercise 11:00 Bible Study 11:30 IN2L 1:00 Adult Coloring/MC 2:00 Dance with Panni 3:30 Bingo	<u>Memory Care Daily</u> 9:30 Activity Boxes 1:00– Adult Coloring	Piano with Rose Every Evening At 6:30 In the lobby