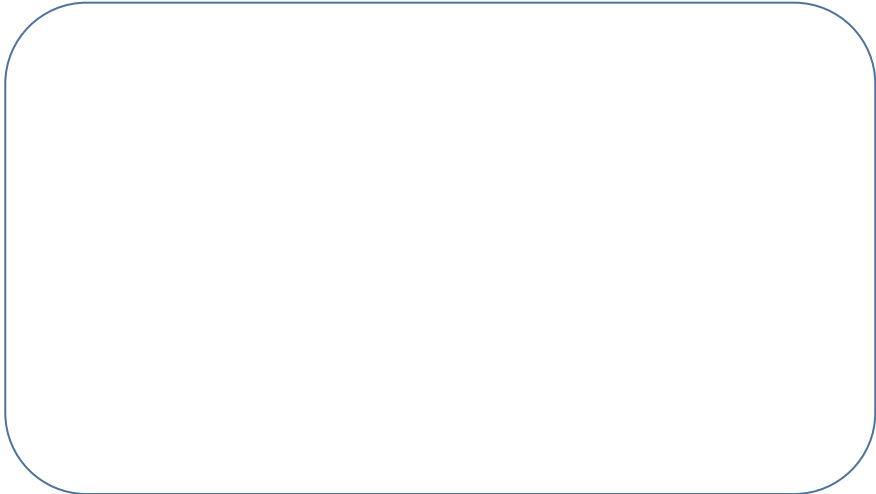




6135 E Street
Springfield, OR 97478

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Administrative Team:

Ivy Lizzow
Executive Director
Lori Lock
Community Relations Director
Jennifer Kiscoan
Wellness Director
Kalene Craddock
Business Office Director
Carol Barton
Wellness Nurse
Teena Campbell
Dining Services Director
Richard Wyncoop
Maintenance Director
Natantha Curtiss
Life Enrichment Director

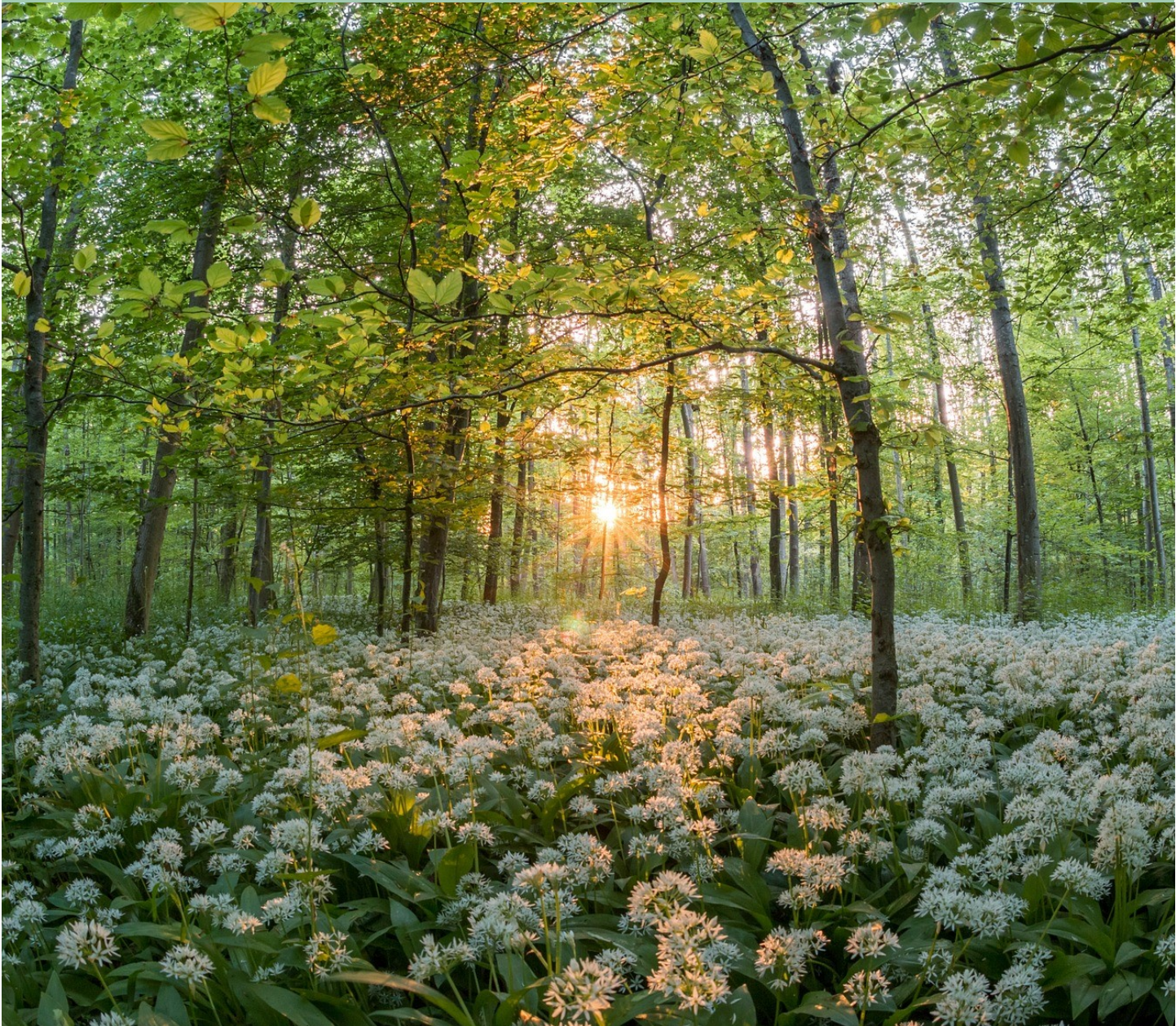
Contact us at:
541-225-0200



**Our mission is to create
and sustain comfortable,
caring environments for
those who depend on us.**

Sweetbriar Villa Bulletin

Assisted & Memory Care Newsletter



March 2019

2 Senior Eye Wellness
3 Resident & Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Spring Joys
8 Mission & Team

Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but



does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



Our Favorite Things About Spring!

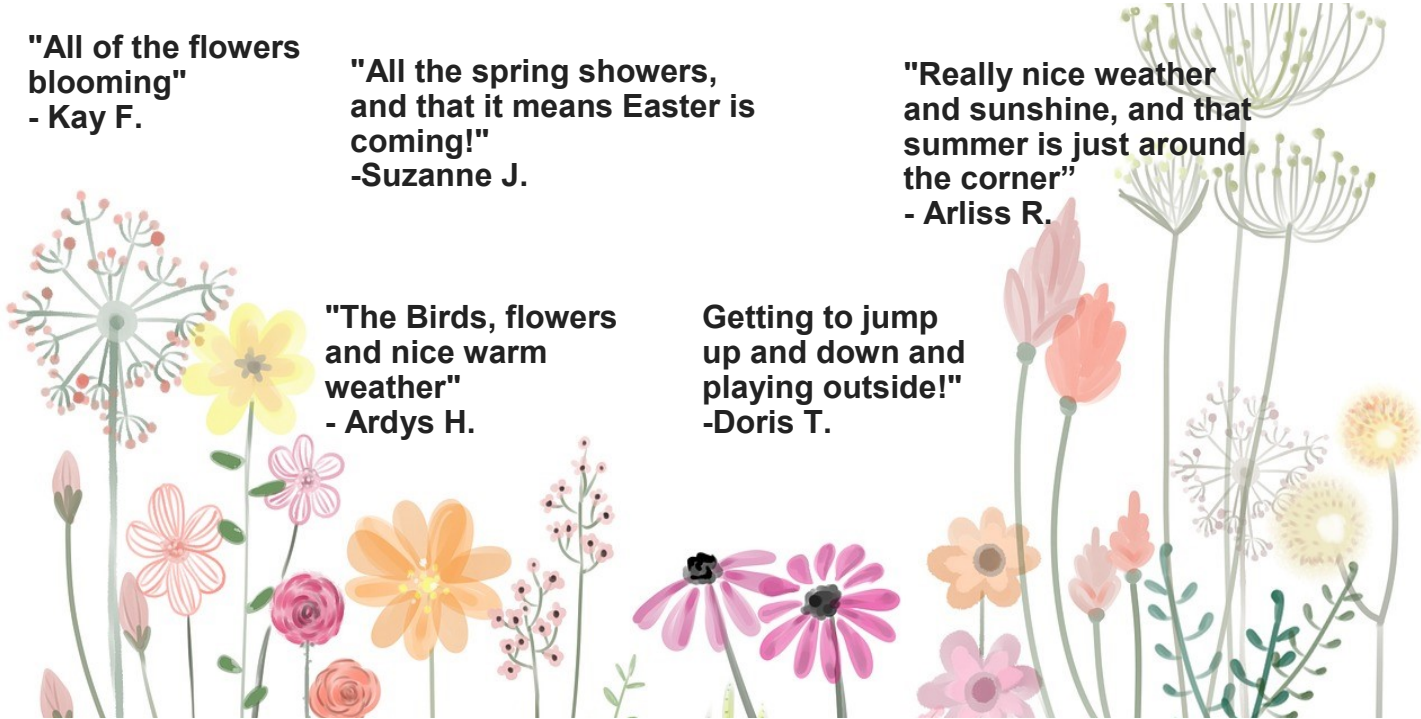
"All of the flowers blooming"
- Kay F.

"All the spring showers, and that it means Easter is coming!"
-Suzanne J.

"Really nice weather and sunshine, and that summer is just around the corner"
- Arliss R.

"The Birds, flowers and nice warm weather"
- Ardys H.

Getting to jump up and down and playing outside!"
-Doris T.



March Highlights

- 1 Staff Appreciation Day, Peanut Butter Day
- 2 Banana Cream Pie Day
- 3 I Want You to be Happy Day
- 4 Pound Cake Day, Marching Music Day
- 5 Fat Tuesday, Pancake Day
- 6 Ash Wednesday, Oreo Day
- 7 Cereal Day
- 8 Intl. Women’s Day, Unplug Day
- 9 Meatball Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Plant a Flower Day
- 13 Good Samaritan Day, Jewel Day
- 14 Kid’s Craft Day, Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day, Panda Day
- 17 St. Patrick’s Day
- 18 Sloppy Joe Day, Lacy Cookies Day
- 19 Let’s Laugh Day, Poultry Day
- 20 Spring Begins, Ravioli Day
- 21 French Bread Day, Courtesy Day



- 22 Puppy Day, Bavarian Crepes Day
- 23 Chip Dip Day, Melba Toast Day
- 24 Chocolate Covered Raisins Day
- 26 Spinach Day
- 28 Something on a Stick Day
- 29 Vietnam War Veteran’s Day
- 30 Take a Walk in the Park Day
- 31 Crayon Day, Taters 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

Happy St. Patrick’s Day everyone! Take note:
“Never iron a four-leaf clover because
you don’t want to press your luck!”

March Birthdays!



We wish you a Very Happy Birthday!

- Anna C. -March 1
- Mike M., -March 21
- Marge N. –March 24
- Patricia L. –March 28



Resident Spotlight! Carp C.

Floyd “Carp” Carpenter started off his life's journey in Bloomfield, Nebraska in 1932.

He was in the Marines 3.5 years, and fought for our country during the Korean War. He ventured West to Oregon in 1959, and he fell in love with the state so much that he decided to settle in Oregon for life.

Carp has two kids, his daughter Sherry and his son Scott. He has been married to his wife Cheryl going on 33 years. He spent 32 years working at a wholesale grocery company.

In his free time Carp loved golfing, and is a huge fan of college football and basketball. He is also big into reading true crime mysteries, pinochle, and other card games too!



Staff Spotlight! Josue

Josue joined our team in August of last year, and immediately became a Radiant Star here.

Between his positive and compassionate demeanor, dependability, and go-getter personality, it is no wonder he was chosen for our team member of the Month.

What really makes him shine, is not only is he amazing in his role as a caregiver, for there is no “I” in his team, but he is always so helpful and kind to all the members of our team. Thank you for your hard work! We really appreciate you and all you do for the Sweetbriar family!!!

March 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Birthdays</u> Anna C. - 1st Mike M. - 21st Marjorie N. - 24th Patricia L. - 28th	<u>Friday Fun-Days</u> 3/1 - Animal Day 3/8 - Decades Day 3/15 - All Green Day 3/29 - Hat Day	<u>Spirit Week 3/18-3/22</u> 3/18 - Jersey Day 3/19 -Rainbow Day 3/19 -Backwards Clothes Day	<u>Daily Activities</u> <u>MC:</u> 9:00 Daily Reading 9:30 Activity Boxes 1:00 Adult Coloring	<u>Daily Activities</u> <u>AL:</u> 6:30 Piano with Rose 24/7 Gaming / Activity Corner & IN2L Play	¹ 10:15 Exercise 11:15 IN2L Games 2:00 Bigfoot Lane 3:30 BINGO	² 10:15 Exercise 11:15 Laughter Time 2:00 Creativity Zone 3:30 BINGO
³ 10:15 Exercise 11:15 IN2L Spiritual Practices 1:30 Sunday Drive 3:30 BINGO	⁴ 10:15 Exercise 11:00 Devotional W/Rob 11:30 IN2L Sing Along 1:00 Manicures (MC) 2:00 Resident Council 3:30 BINGO	⁵ 10:00 Exercise 11:00 IN2L Travel 11:30 Writers Circle 2:00 TEAS-Day 3:30 BINGO	⁶ 9:45 Exercise 10:45 Shopping Outing 1:30 Matinee 3:30 Bingo	⁷ 10:00 Exercise 11:00 Manicures (AL) 11:30 Newsletter 2:00 Creativity Zone 3:30 BINGO	⁸ 10:15 Exercise 11:15 IN2L Games 2:00 Uncommon Bond 3:30 BINGO	⁹ 10:15 Exercise 11:15 Laughter Time 2:00 Creativity Zone 3:30 BINGO
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²⁴ 10:15 Exercise 11:15 IN2L Spiritual Practices 1:30 Sunday Drive 3:30 BINGO	⁴ 10:15 Exercise 11:00 Devotional W/Rob 11:30 IN2L Sing Along 1:00 Manicures (MC) 2:00 Resident Council 3:30 BINGO	²⁶ 10:00 Exercise 11:00 IN2L Travel 11:30 Writers Circle 2:00 TEAS-Day 3:30 BINGO	²⁷ 9:45 Exercise 10:45 Shopping Outing 11:00 Music with Kathy 1:30 Matinee 3:30 Bingo	²⁸ 10:00 Exercise 11:00 IN2L Art History 11:30 Newsletter 2:00 Creativity Zone 3:30 BINGO	²⁹ 10:15 Exercise 11:15 IN2L Games 1:15 March Birthdays 2:00 Covenant Players 3:30 BINGO	³⁰ 10:15 Exercise 11:15 Laughter Time 2:00 Creativity Zone 3:30 BINGO