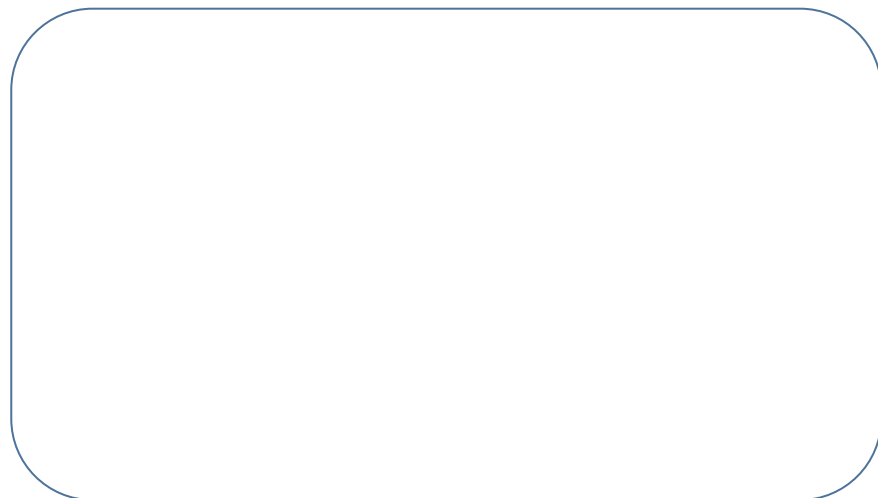




6135 E Street  
Springfield, OR 97478

PLACE  
STAMP  
HERE



**Administrative Team:**

**Ivy Lizsow**  
Executive Director  
**Lori Lock**  
Community Relations Director  
**Jennifer Kiscoan**  
Wellness Director  
**Kalene Craddock**  
Business Office Director  
**Carol Barton, RN**  
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.

**PLEASE JOIN US at SWEETBRIAR  
VILLA FOR AN EASTER EGG HUNT  
ON SATURDAY,  
APRIL 13TH AT 1:30!**

# Sweetbriar Villa Bulletin

Assisted & Memory Care Newsletter



**April 2019**

2 Gardening Benefits  
3 Resident/Team Spotlight  
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays  
7 Special Moments & Animal Haikus  
8 Mission & Team



# Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

## Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



**beyond the garden for learning.** Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

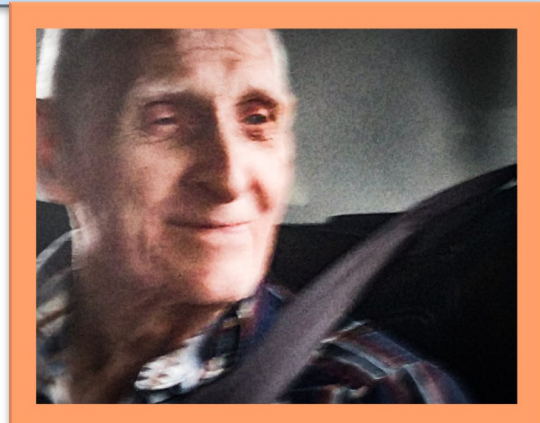
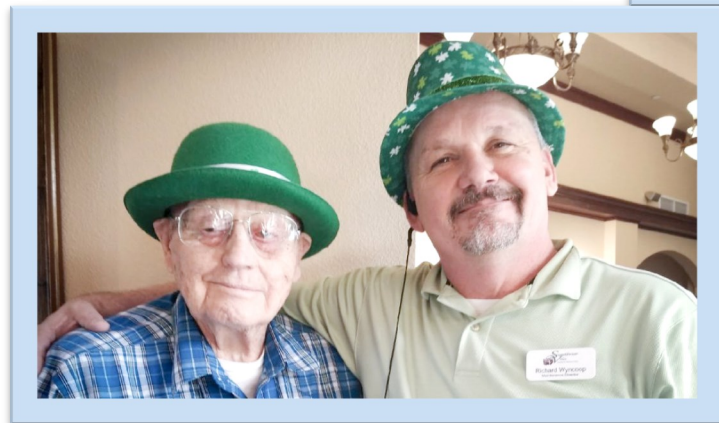
## Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

# Special Moments



# Haikus About Our Favorite Animals

"Grazing Cattle roam  
Joyously I watch them play  
The calves will soon grow big"  
- Anna

"Gardening to song,  
Humming birds serenade me,  
Dancing with flowers "  
-Rose

*April celebrates animals and haikus so we paired the two!  
The haiku is a Japanese verse.  
Line one has 5 syllables, line 2 has 7 syllables, and line three has 5 syllables.*

"Spring welcomes bears  
Hibernation time to end  
leaving winter caves"  
-Eileen

"I love them as babes  
Little pigs, colts, lambs and calves  
Exploring their land"  
-Jaunita

"Horses galloping  
Their manes flowing in the breeze  
Resting now they graze"  
- Helen





# April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

- 1 April Fool's Day
- 2 Peanut Butter & Jelly Day
- 3 Walking Day
- 4 Walk Around Things Day
- 5 Deep Dish Pizza Day
- 6 Caramel Popcorn Day
- 7 Handmade Day
- 8 Zoo Lover's Day
- 9 Antiques Day
- 10 Encourage Young Writers' Day
- 11 Barber Shop Quartet Day
- 12 Grilled Cheese Day
- 13 Scrabble Day
- 14 Dolphin Day
- 15 Take a Guess Day
- 16 Eggs Benedict Day
- 17 Haiku Poetry Day
- 18 High Five Day
- 19 Good Friday

- 20 Lookalike Day
- 21 Easter;
- 22 Earth Day
- 23 Picnic Day
- 24 Pigs in Blanket Day
- 25 Zucchini Bread Day
- 26 Arbor Day
- 27 Babe Ruth Day
- 28 Read Poetry Day
- 29 Shrimp Scampi Day
- 30 Oatmeal Cookie 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

Why are people exhausted on April 1st?  
Because they just finished a 31-day March!

## April Birthdays!



We wish you a  
Very Happy Birthday!

- DORIS 4/8
- EILEEN 4/12
- RICHARD 4/12
- CYLNROSE 4/16
- BRITTANY 4/16
- DANIELA 4/16
- JOSUE 4/22
- JERRI 4/29

## Resident Spotlight: Dorothy

Dorothy began her journey in Rushville, Nebraska on January 12, 1931. Neat fact, is that Rushville was named after her ancestors whom were of the first to have settled there. Her parents were both farm hands, and she grew up in the kitchen learning the art of cooking, canning, and hospitality from her mother.

Always having a passion to learn, she attended college for general studies. She loves reading anything she can get her hands on, and still reads the paper daily.

She has always had a creative eye and a love of crafting. She must have passed this gene onto her talented daughter Renee, whom she is very close with. You'll often see her wearing her favorite color red, with a smile on her face that lights up any room.



## Staff Spotlight!

### Natantha

Natantha joined the Sweetbriar Family in June 2018 as a cook and was promoted to Life Enrichment Director in February 2019. Her boundless energy, contagious smile, and creative style let all know that Sweetbriar had found a gem. She radiates all the qualities we value here at Sweetbriar Villa. She is kind, compassionate, hard working, reliable, and is truly genuine in her nature and demeanor.

We cannot thank you enough for all you have done to keep Sweetbriar Residents active, engaged and on the go! Keep up the awesome work, and we are so happy to have you as part of the Sweetbriar family.



# April 2019

Sweetbriar Villa • E. Street , 6135 Springfield OR• 541-726-1173

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL W/ ROB 12:45 MANICURES 2:00 RESIDENT COUNCIL 3:30 BINGO	2 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 TEAS-DAY TEA TIME 3:30 BINGO	3 10:15 EXERCISE 11:00 CREATIVITY ZONE 1:00 1:1 DEVELOPMENT 2:00 SHOPPING OUTING 3:30 BINGO	4 10:15 EXERCISE 11:00 WRITERS CIRCLE 1:00 MARCH BIRTHDAYS ICE CREAM SOCIAL 1:30 MATINEE 3:30 BINGO	5 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L GAMING HOUR 2:00 BIGFOOT LANE 3:30 BINGO	6 10:15 EXERCISE 10:45 IN2L ART/ MUSIC/ OR ENTERTAINMENT 12:30 GUYS LUNCH 2:00 CREATIVITY ZONE 3:30 BINGO
7 10:15 EXERCISE 10:45 RELAXATION 11:15 IN2L SPIRITUAL PRACTICES 1:30 SUNDAY DRIVE 3:30 BINGO	8 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL W/ ROB 1:00 MANICURES 3:30 BINGO	9 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 TEAS-DAY TEA TIME 3:30 BINGO	10 10:15 EXERCISE 11:00 CREATIVITY ZONE 1:00 1:1 DEVELOPMENT 2:00 SHOPPING OUTING 3:30 BINGO	11 10:15 EXERCISE 11:00 WRITERS CIRCLE 11:30 NEWSLETTER 1:30 MATINEE 3:30 BINGO	12 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L GAMING HOUR 2:00 COUNTRY CLASSICS 3:30 BINGO	13 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L ART/ MUSIC/ OR ENTERTAINMENT 1:30 EASTER EGG HUNT 3:30 BINGO
14 10:15 EXERCISE 10:45 RELAXATION 11:15 IN2L SPIRITUAL PRACTICES 1:30 SUNDAY DRIVE 3:30 BINGO	15 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL W/ ROB 1:00 MANICURES 3:30 BINGO	16 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 TEAS-DAYS PERSIAN TEA WITH PANNI 3:30 BINGO	17 10:15 EXERCISE 11:00 CREATIVITY 1:00 1:1 DEVELOPMENT 2:00 SHOPPING OUTING 3:30 BINGO	18 10:15 EXERCISE 11:00 WRITERS CIRCLE 12:30 THURSTON MIDDLE 1:30 MATINEE 3:30 BINGO	19 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L GAMING HOUR 2:00 UNCOMMON BOND 3:30 BINGO	20 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L ART/ MUSIC/ OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO
21 9:45 EXERCISE 10:15 RELAXATION 10:45 IN2L EASTER SERMON 1:30 EASTER CELEBRATION 3:30 BINGO	22 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL W/ ROB 1:00 MANICURES 3:30 BINGO	23 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 TEAS-DAY TEA TIME 3:30 BINGO	24 10:15 EXERCISE 11:00 CREATIVITY ZONE 1:00 1:1 DEVELOPMENT 2:00 SHOPPING OUTING 3:30 BINGO	25 10:15 EXERCISE 11:00 WRITERS CIRCLE 11:30 NEWSLETTER 1:30 MATINEE 3:30 BINGO	26 APRIL FRIDAY FUNDAY: "PAJAMA - RAMA" 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L GAMING HOUR 2:00 RICHIE STILES TRIO 3:30 BINGO	27 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L ART/ MUSIC/ OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO
28 10:15 EXERCISE 10:45 RELAXATION 11:15 IN2L SPIRITUAL PRACTICES 1:30 SUNDAY DRIVE 3:30 BINGO	29 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL W/ ROB 1:00 MANICURES 3:30 BINGO	30 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 TEAS-DAY TEA TIME 3:30 BINGO	<u>MC DAILY ACTIVITIES:</u> 9:00A.M. DAILY READING 9:30 A.M. ACTIVITY BOXES 1:00 P.M. ADULT COLORING	<u>AL DAILY ACTIVITIES:</u> 6:30 P.M. PIANO WITH ROSE 24/7 GAMING / ACTIVITY CORNER & IN2L PLAY	<u>RESIDENT BIRTHDAYS</u> 4/8 - DORIS T. 4/12 - EILEEN D. 4/29 - JERRI T.	<u>STAFF BIRTHDAYS</u> 4/12 - RICHARD W. 4/16 - CYLYNNROSE B. 4/16 - BRITTANY P. 4/16 - DANIELA T. 4/22 - JOSUE D.P.