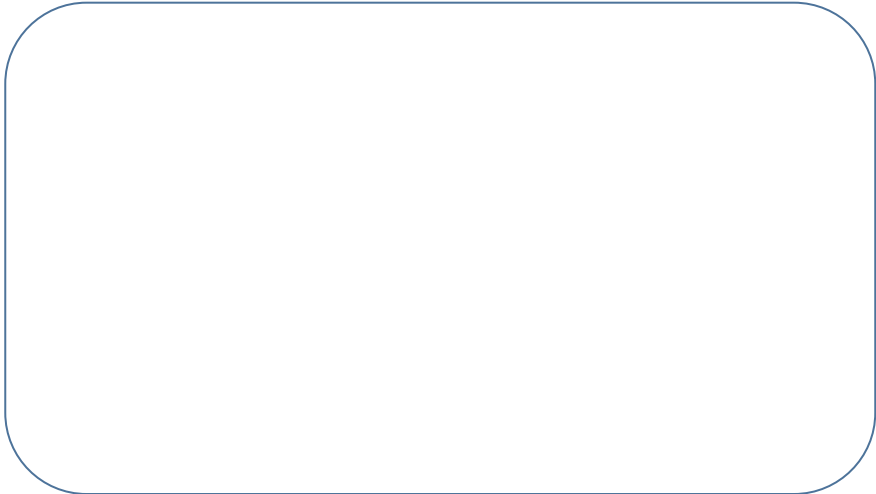




6135 E Street
Springfield, OR 97478

PLACE
STAMP
HERE



Administrative Team

Ivy Lizzow
Executive Director

Lori Lock
Community Relations Director

Jennifer Kiscoan
Wellness Director

Shelly Hunt
Business Office Director

Pat Steele
Wellness Nurse

Teena Campbell
Dining Services Director

Richard Wyncoop
Maintenance Director

Natantha Curtiss
Life Enrichment Director

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Sweetbriar Villa Bulletin

Assisted & Memory Care Newsletter



May 2019

2 Skin Protection Practices
3 Resident & Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Fitness Favorites
8 Mission & Team

Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments



Our Favorite Fitness Activities

"I'd say Cycling and Golf"
- Carp

"Water Aerobics for sure! "
- Nadine

"Swimming! Swimming! Swimming!!"
- Jane

"I love our Yoga-cise"
- Helen

Senior Health & Fitness Day is on May 28. Our residents and team members sound off on ways they enjoy being active.

"I was really talented at High Rigging Climbing"
- James



May Highlights

May is Get Caught Reading Month
and Military Appreciation Month

- 01 Chocolate Parfait Day
- 02 Truffle Day
- 03 Garden Meditation Day
- 04 Bird Day
- 05 Hoagie Day
- 06 Nurses Day
- 07 Teacher Appreciation Day
- 08 Receptionists Day
- 09 Butterscotch Brownie Day
- 10 Shrimp Day
- 11 Mini Golf Day
- 12 Mother's Day
- 13 Fruit Cocktail Day
- 14 Dance Like a Chicken Day
- 15 Chocolate Chip Day
- 16 Love a Tree Day
- 17 Endangered Species Day
- 18 Armed Forces Day
- 19 Devil's Food Cake Day

- 20 Pick Strawberries Day
- 21 Waitstaff Day
- 22 Vanilla Pudding Day
- 23 Lucky Penny Day
- 24 Scavenger Hunt Day
- 25 Tap Dance Day
- 26 Blueberry Cheesecake Day
- 27 Memorial Day
- 28 Hamburger Day
- 29 Senior Health & Fitness Day
- 30 Water a Flower Day
- 31 Heat Awareness 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 Mother's Day to all the moms out there!

May Birthdays



We wish you a Happy Birthday!

- Helen 5/02
- Cecil 5/05
- Cyanea 5/12
- Christian 5/31

Resident Spotlight! Nancy C.

Nancy and her sweet fur baby Bugsy are well known and are very loved by all at Sweetbriar Villa.

Nancy began her long journey through life in June 15, 1937 here in Eugene, OR. She grew up with one older and one younger brother. She has always been a big fan of being active, and indulged her love of softball and volleyball from high school to just few years ago.

She was married to her love of her life for over 60 happiness-filled years. They raised two sons together, Don and Jerry, and she has four grandchildren.

She loves to dive into a bowl of ice cream when she has a sweet tooth, loves the color blue and often we will see her in her favorite blue sweater. She is also a big fan of western movies, and listening to Country Music.



Staff Spotlight! Stacey

Stacey joined the Sweetbriar Villa Family in January 2019, and she has been an amazing addition to our team.

You will always see her with a lovely smile on her face, cheer in her heart, and a willingness to lend a helping hand.

She not only spreads joy with the amazing caregiver she is, but with her sugar glider fur-babies Marshal and Lucky as well. Both of whom the residents have grown to adore.

Keep up the amazing work!! We truly appreciate all you do here for our residents and your fellow team members.



May 2019

Sweetbriar Villa • 6135 E Street Springfield OR • 541-225-0200

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>MAY BIRTHDAYS:</u> 5/2 - HELEN 5/5 - CECIL 5/12 - CYANEA 5/31 - CHRISTIAN	<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	¹ 9:45 EXERCISE 10:45 SHOPPING OUTING 12:00 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	² 10:15 EXERCISE 11:00 WRITERS CIRCLE 1:00 MAY BIRTHDAYS SPECIAL TREAT 2:15 CREATIVITY ZONE 3:30 BINGO	³ 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:15 IN2L GAMES 12:15 GENTLEMENS LUNCH 2:00 BIGFOOT LANE	⁴ 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L ART/ MUSIC OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO
Cinco de Mayo ⁵ 10:00 EXERCISE 10:45 IN2L CINCO DE MAYO LEARNING 11:15 IN2L SPIRITUAL 1:30 MATINEE 3:30 BINGO	⁶ 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:30 BINGO	⁷ 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 RESIDENT COUNCIL 3:30 BINGO	⁸ 9:45 EXERCISE 10:45 SHOPPING OUTING 12:00 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	⁹ 10:15 EXERCISE 11:00 WRITERS CIRCLE 11:30 NEWSLETTER 2:00 CREATIVITY ZONE 3:30 BINGO	¹⁰ 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:15 IN2L GAMES 2:00 COUNTRY CLASSICS 3:30 BINGO	¹¹ 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L ART/ MUSIC OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO
Mother's Day ¹² 10:15 EXERCISE 10:45 RELAXATION 11:15 IN2L SPIRITUAL PRACTICES 1:30 MATINEE 3:30 BINGO	¹³ 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:30 BINGO	¹⁴ 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 CELEBRATION OF MOMS TEA PARTY 3:30 BINGO	¹⁵ 9:45 EXERCISE 10:45 SHOPPING OUTING 12:00 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	¹⁶ 10:15 EXERCISE 11:00 WRITERS CIRCLE 12:30 THURSTON MIDDLE 2:00 CREATIVITY ZONE 3:30 BINGO	¹⁷ 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:15 IN2L GAMES 2:00 UNCOMMON BOND 3:30 BINGO	¹⁸ 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L ART/ MUSIC OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO
¹⁹ 10:15 EXERCISE 10:45 RELAXATION 11:15 IN2L SPIRITUAL PRACTICES 1:30 MATINEE 3:30 BINGO	²⁰ 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:30 BINGO	²¹ 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 RESIDENT CHOICE ACTIVITY HOUR 3:30 BINGO	²² 10:00 EXERCISE 10:30 IN2L RESIDENT CHOICE 11:30 PICNIC OUTING 2:30 1:1 DEVELOPMENT 3:30 BINGO	²³ 10:15 EXERCISE 11:00 WRITERS CIRCLE 11:30 NEWSLETTER 2:00 CREATIVITY ZONE 3:30 BINGO	²⁴ 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:15 IN2L GAMES 2:00 SELF GUIDED CRAFT 3:30 BINGO	²⁵ 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:00 IN2L ART/ MUSIC OR ENTERTAINMENT 2:00 FIDDLE & BIG SUE 3:30 BINGO
²⁶ 10:15 EXERCISE 10:45 RELAXATION 11:15 IN2L SPIRITUAL PRACTICES 1:30 MATINEE 3:30 BINGO	Memorial Day ²⁷ 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:30 BINGO	²⁸ 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 TEAS-DAY TEA TIME 3:30 BINGO	²⁹ 9:45 EXERCISE 10:45 SHOPPING OUTING 12:00 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	³⁰ 10:15 EXERCISE 11:00 WRITERS CIRCLE 11:30 NEWSLETTER 2:00 FUN TIME WITH ART WITH PANNI 3:30 BINGO	MAY FRIDAY FUNDAY: ³¹ <u>"FLOWER POWER"</u> 9:15 1:1 DEVELOPMENT 10:15 EXERCISE 11:15 IN2L MEDITATION 2:00 SBV BAND 3:30 BINGO	