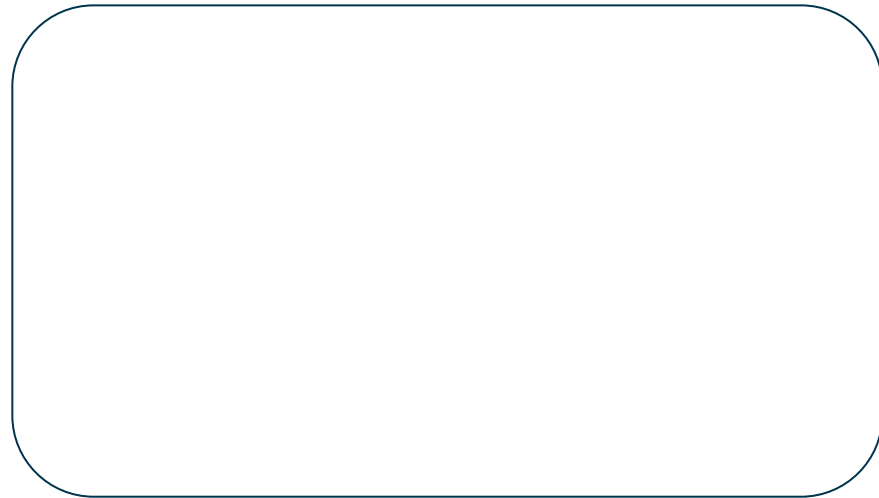




6135 E Street
Springfield, OR 97478

STAMP
HERE



Administrative Team: 541-225-0200

Ivy Lizzow
Executive Director

Lori Lock
Community Relations Director

Jennifer Kiscoan
Wellness Director

Jennifer Miller
Business Office Director

Carol Barton
Wellness Nurse

Teena Campbell
Dining Services Director

Richard Wyncoop
Maintenance Director

Cheri Demarast
Life Enrichment Director



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

Sweetbriar Villa Bulletin

Assisted & Memory Care Newsletter



June 2019

2 Alzheimer's Research Updates & Facts
3 Team Member & Resident Spotlight
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6 Birthdays, Social Media, & Highlights
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8 Mission & Team

Alzheimer's Research Updates and Facts

This Alzheimer's and Brain Awareness Month, learn about current advancements relating to Alzheimer's.

Advance: Brain Scans Improve Diagnosis

The Alzheimer's Association shares that as of April 2019, a national study found a form of brain imaging that detects Alzheimer's-related plaques greatly influenced the clinical management of patients with mild cognitive impairment and dementia.

Advance: Early Onset Detection with Tests

In 2019, several types of blood tests have been in the news for their potential to diagnose Alzheimer's before symptoms show. The latest may be able to predict the disease 10 years before symptoms show by looking at the IRS-1 protein. Another is said to predict the disease within 3 years. There is much that is moving forward on this front.

Advance: Brain Disorder LATE That Mimics Alzheimer's Has Been Defined

Diagnostic criteria and guidelines are now recommended for a brain disorder that mimics symptoms of Alzheimer's. It's called LATE and when those with only LATE are not grouped with those with Alzheimer's (and not LATE), there may be research improvements. (Science Daily)

Have you registered for your local 2019 Walk to End Alzheimer's? Eugene's walk is on Oct. 13th. Register at: alz.org/walk



Alzheimer's Facts

- Americans who have Alzheimer's is growing. Every 65 seconds, someone in the U.S. develops Alzheimer's.
- 5.8 million Americans have Alzheimer's in 2019; 5.5 mil of those are over age 65.
- 1 in 3 seniors pass with Alzheimer's or Dementia.
- Alzheimer's and Dementias cost the U.S. \$290 billion in 2019.
- 90% of what we know about Alzheimer's has been discovered in the past 20 years.
- There are more than 5 drugs that may treat Alzheimer's symptoms, but no cure for the disease yet.

Early diagnosis can:

- provide medical, emotional, and social benefits
- aid with participation in vital clinical trials
- enable individuals to be in control of their legal and financial wishes
- create significant cost savings in medical and long-term care

For more facts, visit Alz.org/Facts

Special Moments



June 16th is Father's Day

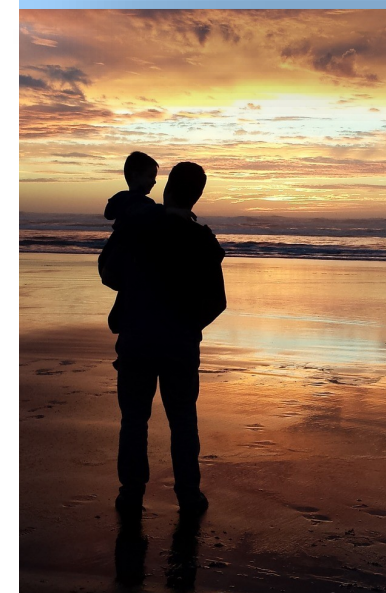
In honor of our dads, we asked: What is something you have always loved about your father?

"My dad was a handy man, and he even built our family house"
- Kay

"He was kind, and always respected other people's dignity."
- Jim

"He was a very smart man, and he always pushed me to be my best"
- John

"That he was a very conscientious, nice to others, and had great situational awareness"
- Gloria



June 2019 Highlights

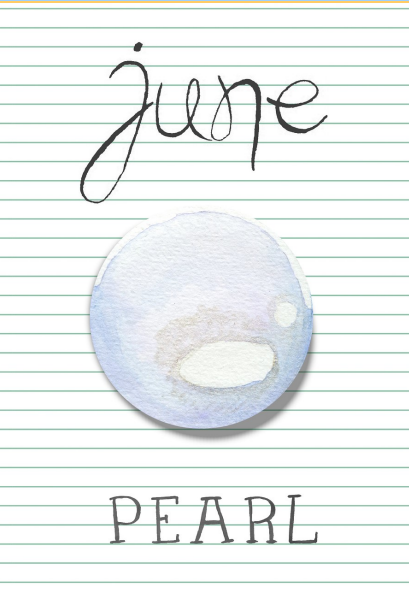
June is Great Outdoors Month, Iced Tea Month, and Fresh Fruit and Veggies Month

- 01 Nail Polish Day; Olive Day
- 02 Rotisserie Chicken Day
- 03 Egg Day
- 04 Cheese Day
- 05 Veggie Burger Day
- 06 Drive-in Movie Day; Yo-Yo Day
- 07 Doughnut Day
- 08 Best Friends Day
- 09 Children’s Day
- 10 Herbs and Spices Day
- 11 German Chocolate Cake Day
- 12 Red Rose Day; Jerky Day
- 13 Weed the Garden Day
- 14 Flag Day; Strawberry Shortcake Day
- 15 Nature Photography Day; Smile Day
- 16 Father’s Day; Turkey Lovers Day
- 17 Eat Your Vegetables Day
- 18 Go Fishing Day
- 19 Garfield Day; Watch Day

- 20 Eagle Day; Vanilla Milkshake Day
- 21 Seashell Day; Summer Begins; Selfie Day
- 22 Chocolate Éclair Day; Onion Ring Day
- 23 Hydration Day; Pink Day
- 24 Pralines Day
- 25 Catfish Day; Strawberry Parfait Day
- 26 Chocolate Pudding Day
- 27 Sunglasses Day; Handshake Day
- 28 Paul Bunyan Day
- 29 Camera Day; Waffle Iron Day
- 30 Meteor Watch Day; Social Media Day

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

June Birthdays!



We hope you enjoy your special day!

- Phoebe - June 6th
- Nancy - June 16th
- Jennifer - June 16th
- Jason - June 27th

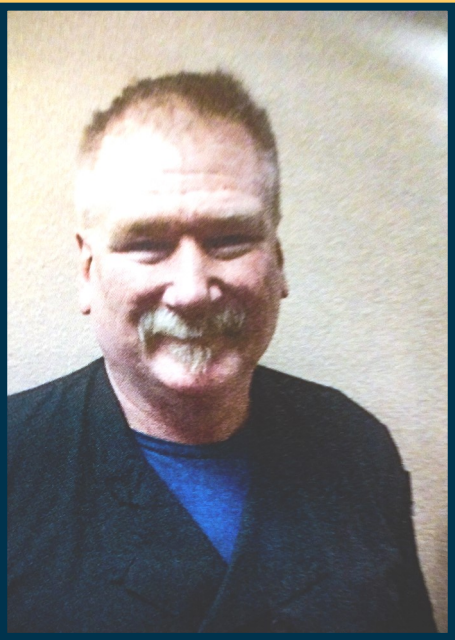
Team Member Spotlight Randy

It is people like Randy that make Sweetbriar the wonderful place. He goes over and beyond to put yummy meals on their plates and puts such care into the upkeep of our dining space.

You will hear his boisterous laugh before you see his big smile. He is a team player and always willing to lend a hand where he can.

He is compassionate towards our residents, and fellow team members. Randy likes to play music with the residents, and will even come in on his time off to visit and spend quality time with them.

Thank you for all you do here at Sweetbriar, for all your hard work has not gone unnoticed.



Resident Spotlight Jerri

Meet the lovely Clella, but she prefers her nickname that was given by her husband, Jerri. She was born in Lebanon Missouri, though spent most of childhood in Telequa, Oklahoma.

She always loved taking pictures of her family and friends. Her first camera was a brownie camera, that still works today. She was a riveter during the War while her husband was fighting, She had great love in her life, and is an incredible mother and grandmother.

She has always loved to stay busy with one of her many talents. She is a great at croqueting, painting, quilting, sewing, and embroidery. She loved her garden, and spent many times amongst her flower field. She would never cut them, because she said they take the life out if then and she didn't want to do that .

She has loved animals her whole life, and her cat named "Cat" has become very loved resident cat .

Jerri has a great sense of humor, a wonderful laugh and smile that will melt your heart. SBV wouldn't be the same without her.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 30 10:15 EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:00 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO		MAY BIRTHDAYS: 6/ 6 - PHOEBE 6/ 16 - NANCY 6/ 16 - JENNIFER 6/ 27 - JASON	DAILY ACTIVITIES (MC): 9:00A.M. DAILY READING 9:30 A.M. ACTIVITY BOXES 1:00 P.M. ADULT COLORING	(DAILY ACTIVITIES AL) : 6:30 P.M. - PIANO WITH ROSE 24/7- GAMING / ACTIVITY CORNER & IN2L PLAY		1 10:15 EXERCISE 11:00 IN2L ART/ MUSIC OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO
2 10:15 EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:00 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	3 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES (MC) 2:00 MANICURES (AL) 3:30 BINGO	4 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 FOOD COMMITTEE 2:30 RESIDENT COUNCIL 3:30 BINGO	5 10:15 EXERCISE 11:00 IN2L GAMES 11:45 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	6 10:15 EXERCISE 11:00 WRITERS CIRCLE 12:30 JUNE B-DAY TREAT 2:00 CREATIVITY ZONE 3:30 BINGO	7 9:45 EXERCISE 10:45 SHOPPING OUTING 12:15 GENTLEMENS LUNCH 2:00 RICHIE STILES TRIO 3:30 BINGO	8 10:15 EXERCISE 11:00 IN2L ART/ MUSIC OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO
9 10:15 EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:00 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	10 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:00 JUDY GARLAND FILM FESTIVAL	11 10:15 EXERCISE 11:00 SPECIAL TRAVEL: WORLD EXPLORATION WITH PANNI 2:00 TEAS-DAY TEA TIME 3:30 BINGO	12 10:15 EXERCISE 11:00 IN2L GAMES 11:45 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	13 10:15 EXERCISE 11:00 WRITERS CIRCLE 12:30 THURSTON MIDDLE 2:00 CREATIVITY ZONE 3:30 BINGO	14 9:45 EXERCISE 10:45 SHOPPING OUTING 12:00 1:1 DEVELOPMENT 2:00 COUNTRY CLASSICS 3:30 BINGO	15 10:15 EXERCISE 11:00 IN2L ART/ MUSIC OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO
Father's Day 16 10:15 EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:00 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	17 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES (MC) 2:00 MANICURES (AL) 3:30 BINGO	18 10:15 EXERCISE 10:45 IN2L TRAVEL 12:30 CELEBRATION OF FATHERS BBQ 3:30 BINGO	19 10:15 EXERCISE 11:00 IN2L GAMES 11:45 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	20 10:15 EXERCISE 11:00 WRITERS CIRCLE 11:30 NEWSLETTER 2:00 CREATIVITY ZONE 3:30 BINGO	21 9:45 EXERCISE 10:45 SHOPPING OUTING 12:00 1:1 DEVELOPMENT 2:00 UNCOMMON BOND 3 :30 BINGO	22 10:15 EXERCISE 11:00 IN2L ART/ MUSIC OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO
23 10:15 EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:00 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	24 10:15 EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES (MC) 2:00 MANICURES (AL) 3:30 BINGO	25 10:15 EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 SELF-GUIDED CRAFT 3:30 BINGO	26 10:15 EXERCISE 11:00 IN2L GAMES 11:45 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	27 10:15 EXERCISE 11:00 WRITERS CIRCLE 11:30 NEWSLETTER 2:00 CREATIVITY ZONE 3:30 BINGO	28 9:45 EXERCISE 10:45 SHOPPING OUTING 12:00 1:1 DEVELOPMENT 2:00 FIDDLING BIG SUE 3:30 BINGO	29 10:15 EXERCISE 11:00 IN2L ART/ MUSIC OR ENTERTAINMENT 2:00 CREATIVITY ZONE 3:30 BINGO **See top row for June 30th