



6135 E Street
Springfield, OR 97478

STAMP
HERE



Administrative Team:
541-225-0200

Ivy Lizzow
Executive Director

Jennifer Miller
Community Relations Director

Jennifer Kiscoan
Wellness Director

Lorry Wells
Business Office Director

Carol Barton
Wellness Nurse

Teena Campbell
Dining Services Director

Richard Wyncoop
Maintenance Director

Cheri Demarest
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



September 2019

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Harvest Good Habits

September is **Self-Improvement Month!** What better time to focus on a plan of action for betterment?! Taking positive actions here and there is great, but practicing positive habits is key to a self-improved lifestyle year-round.

To move toward a self-improved lifestyle, we've looked into habits galore: how they're made, how to keep them, and ones to try!

What is a Habit and How Does One Form?

A habit is a behavior that a person performs repeatedly. Our habits determine many actions we take and, therefore, our lives greatly reflect our habits.

When we are learning new things, it takes effort and energy. But when we do things we already know how to do, our conscious mind lets our subconscious mind take the wheel. This way, we can automatically do something without the effort or energy we needed when we were first learning that action.

Habits to Embrace

(as per approval by your medical professional. This is not medical advice.)

- Getting a Good Night's Sleep:** Routinely.
- Healthy Eating:** Try Dash or Mediterranean!
- Joining a Social Activity Group:** Cooking Club, Walking Club, Card Game Group, etc.
- Prioritizing Wellness:** Whether vaccines, check-ups, or screenings, make it a point to plan out health appointments on a calendar and follow through with them.
- Meditating:** Commit to easing your stress.
- Working Out:** Find the exercise that works best for you, and do it regularly, and safely.



How Long Does It Take to Form a Habit?

Multiple sources say it takes 66 days to form a habit. This may sound like a long time, but there's good news. Making a few mistakes on the habit-forming journey don't seem to impact the result. Also, it's good to think about forming a habit as a challenge that will bring the auto-reward if you stick with it.

Tips for Making Those 66 Days a Success

A tactic using the acronym SMART is widely-shared for helping with habit journeys.

- S:** Specific. Focus the goal and accountability.
- M:** Measurable. Quantify days, minutes, etc.
- A:** Attainable. Make sure it's a possible goal.
- R:** Realistic. Consider time, money, schedule.
- T:** Timely. Set a time limit or timed aim for it.

How Does Someone Keep a Habit?

Habits become stronger when repeated and weaker when not. Such changeability means habits require devotion. Tips to help with that include seeking encouragement and support from a friend, reminding yourself with alarms and calendars, befriending role models with your habit, and removing temptations to fall back to former ways. Be gentle toward yourself if you mess up, and move onward.

Best of luck on your habit-harvesting journey!

Special Moments



The Best things in life aren't things.

The Best Advice I Ever Received Was:

"Tell no lies and live a long life"
- Anna

"Be Good"
- Helen S

"Be nice to everyone"
- Nancy

"Don't ever stop learning"
- Lorry

"Try to be patient"
- Kay

With self-improvement in mind, we asked residents and staff about the best advice they've gotten!

September 2019 Highlights

September is Self-Improvement Month, Honey Month, Americana Month & Courtesy Month.

- 01 No Rhyme or Reason Day
- 02 Labor Day; Blueberry Popsicle Day
- 03 U.S. Bowling League Day
- 04 Wildlife Day; Macadamia Nut Day
- 05 Cheese Pizza Day
- 06 Read a Book Day; Coffee Ice Cream Day
- 07 Salami Day; Tailgating Day; Beer Day
- 08 Grandparent's Day; Hug Your Hound Day
- 09 Teddy Bear Day; Weiner Schnitzel Day
- 10 Ants on a Log Day; Swap Ideas Day
- 11 Hot Cross Bun Day; Patriot Day
- 12 Chocolate Milkshake Day
- 13 Peanut Day
- 14 Cream Filled Donut Day; Hoagie Day
- 15 Cheese Toast Day; Linguine Day
- 16 Cinnamon Raisin Bread Day
- 17 Apple Dumpling Day
- 18 Cheeseburger Day
- 19 Butterscotch Pudding Day

- 20 Pepperoni Pizza Day; String Cheese Day
- 21 Pecan Cookie Day
- 22 Centenarians Day; White Chocolate Day
- 23 Pot Pie Day; Snack Stick Day
- 24 Cherries Jubilee Day
- 25 Women's Health and Fitness Day
- 26 Pancake Day; Dumpling Day
- 27 Corned Beef Hash Day; Chocolate Milk Day
- 28 Neighborly Day; Strawberry Cream Pie Day
- 29 Coffee Day
- 30 Hot Mulled Cider 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

September Birthdays!



We hope you enjoy your special day!

- Lucille, Sept. 2nd**
- Jim Y, Sept. 4th**
- Ann J, Sept. 6th**
- Helen S, Sept. 7th**
- James L, Sept. 23rd**
- Norraine, Sept. 26th**

Team Member Spotlight Molly

Meet our amazing caregiver and med tech, Molly!

Molly started as a caregiver, and was recently promoted to med tech here at Sweetbriar Villa. She is a very dependable team member; someone we can always count on.

Molly comes into work with a smile on her face, and is always willing to help residents and staff members alike. She is a hard worker, goes above and beyond for our residents, is efficient, and is amazing at getting her responsibilities accomplished.

We are grateful every day for Molly, and want to say thank you for all that you do for us! We are happy you are part of our Sweetbriar family!

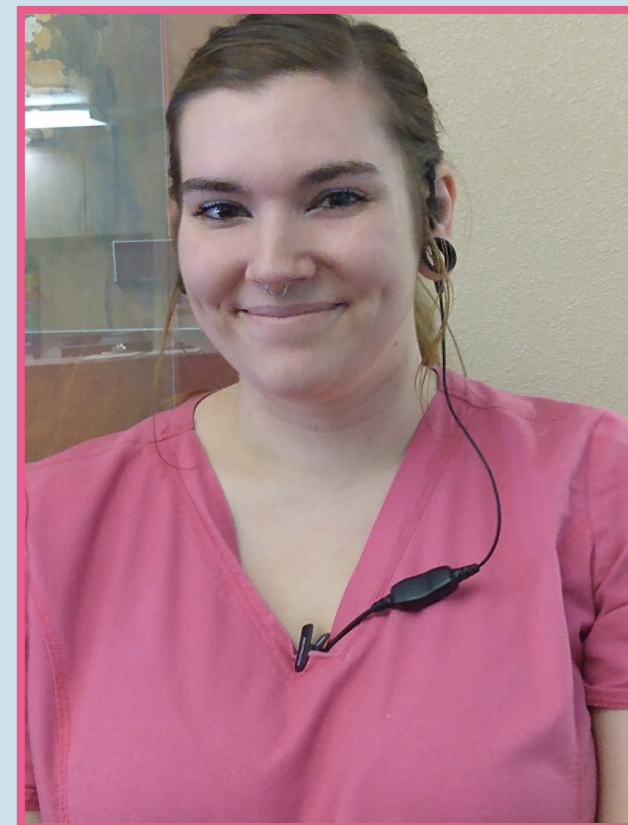


Resident Spotlight Gloria

Meet our resident of the month, Gloria! She is a caring mother, grandmother, and friend. Before moving into Sweet Briar Villa, she spent her free time gardening, sewing, shopping and spending time with her family and friends.

Gloria is as darling as can be, and so helpful to staff and other residents. She is kind, gentle, and an all around a wonderful woman!

Gloria is also one of our most social and active residents; Whether we are going on an outing, having a tea party, or playing balloon volley, she is always ready to join in on the fun! We are all so happy she is part of our Sweetbriar Villa family!



September

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:15 IN2L EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:00 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	2 10:15 IN2L EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:30 BINGO	3 10:15 IN2L EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 FOOD COMMITTEE 2:30 RESIDENT COUNCIL 3:30 BINGO	4 10:15 IN2L EXERCISE 11:00 GAMES 11:45 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	5 10:15 IN2L EXERCISE 11:00 WRITERS CIRCLE 11:30 1:1 DEVELOPMENT 1:00 SEPTEMBER BIRTHDAY SPECIAL 2:00 CREATIVITY ZONE 3:30 BINGO	6 9:45 IN2L EXERCISE 10:45 SHOPPING OUTING 12:30 GENTLEMENS LUNCH 2:00 RICHIE STILES 3:30 BINGO	7 10:15 IN2L EXERCISE 11:00 IN2L FUN 11:30 1:1 DEVELOPMENT 1:30 PATIO SOCIAL 3:30 BINGO
8 10:15 IN2L EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:30 GRANDPARENTS DAY SOCIAL 3:30 BINGO	9 "GREEN AND YELLOW DAY" 10:15 IN2L EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:30 BINGO	10 "CRAZY HAIR DAY" 10:15 IN2L EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 TEAS DAY PARTY 3:30 BINGO	11 "CRAZY SOCK DAY" 10:15 IN2L EXERCISE 11:00 GAMES 11:45 1:1 DEVELOPMENT 1:30 SCENIC DRIVE 3:30 BINGO	12 "PAJAMA DAY" 10:15 IN2L EXERCISE 11:00 WRITERS CIRCLE 11:30 1:1 DEVELOPMENT 2:00 CREATIVITY ZONE 3:30 BINGO	13 "RADIANT PRIDE DAY" 9:00 GARAGE SALE 9:45 IN2L EXERCISE 11:45 1:1 DEVELOPEMENT 2:00 COUNTRY CLASSIC 3:30 BINGO	14 10:15 IN2L EXERCISE 11:00 IN2L FUN 11:30 1:1 DEVELOPMENT 1:30 MANICURES 3:30 BINGO
15 10:15 IN2L EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:00 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	16 10:15 IN2L EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:30 BINGO	17 10:15 IN2L EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 TIE DYE TUESDAY CRAFT 3:30 BINGO	18 10:15 IN2L EXERCISE 11:00 GAMES 11:45 1:1 DEVELOPMENT 2:00 FAMILY REUNION DESERT SOCIAL 3:30 BINGO	19 10:15 IN2L EXERCISE 11:00 WRITERS CIRCLE 11:30 1:1 DEVELOPMENT 2:00 CREATIVITY ZONE 3:30 BINGO	20 9:45 IN2L EXERCISE 10:45 SHOPPING OUTING 11:45 1:1 DEVELOPEMENT 2:00 UNCOMMON BOND 3:30 BINGO	21 10:15 IN2L EXERCISE 11:00 IN2L FUN 11:30 1:1 DEVELOPMENT 1:30 PATIO SOCIAL 3:30 BINGO
22 10:15 IN2L EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:00 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	23 10:15 IN2L EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:30 BINGO	24 10:15 IN2L EXERCISE 11:00 ART WITH PANI 11:45 1:1 DEVELOPMENT 2:00 TEAS DAY PARTY 3:30 BINGO	25 9:45 IN2L EXERCISE 10:45 SCENIC DRIVE 11:45 1:1 DEVELOPMENT 2:00 SELF GUIDED ACTIVITY 3:30 BINGO	26 10:15 IN2L EXERCISE 11:00 WRITERS CIRCLE 11:30 1:1 DEVELOPMENT 2:00 CREATIVITY ZONE 3:30 BINGO	FRIDAY FUNDAY 27 "TIE DYE DAY" 9:45 IN2L EXERCISE 10:45 SHOPPING OUTING 11:45 1:1 DEVELOPEMENT 2:00 BIGFOOT LANE 3:30 BINGO	28 10:15 IN2L EXERCISE 11:00 IN2L FUN 11:30 1:1 DEVELOPMENT 1:30 MANICURES 3:30 BINGO
29 10:15 IN2L EXERCISE 10:45 RELAXATION PRACTICES 11:15 IN2L SPIRITUAL TIME 12:00 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	30 10:15 IN2L EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:00 MANICURES 3:30 BINGO		<u>DAILY ACTIVITIES (AL) :</u> 6:30 P.M. - IN2L MOVIE 24/7- GAMING / ACTIVITY CORNER & IN2L PLAY	<u>DAILY ACTIVITIES (MC):</u> 9:00A.M. DAILY READING 9:30 A.M. ACTIVITY BOXES 11:00 A.M. MANICURES 1:00 P.M. ADULT COLORING	RESIDENT BIRTHDAYS LUCILLE— 2ND JIM Y—4TH ANN J—6TH HELEN S—7TH JAMES L—23RD NORRINE—26TH	STAFF BIRTHDAYS RANDY— 6TH KELLY—30TH