



6135 E Street
Springfield, OR 97478

PLACE
STAMP
HERE



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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.**



(Chuckle answer from page 6: A pumpkin patch!)

Sweetbriar Villa Bulletin

Assisted & Memory Care Newsletter



October 2019

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Breast Cancer Awareness Increases Chances of Early Detection and Treatment

October is for Breast Cancer Awareness! We know when it takes place by the pink we see people wearing, but we may not know the significance Breast Cancer Awareness Month can have in our own lives.

In addition to promoting breast cancer knowledge importance, raising research funds, and supporting survivors and those in the fight, Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages.

This October, increase your awareness level with some breast cancer facts and early detection information. Your know-how could help a loved one, friend, or yourself.

Note: This article should not be considered medical advice. Consult your medical provider before making changes to diet, medications, or lifestyle.

What is Breast Cancer?

When cells, in the breast or nearby tissue, divide and grow without normal control of regular cell division, breast cancer occurs. This process is often slow. When a lump can be felt, it may have already been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., about one percent of cases occur in men. In 2019, for U.S. women, there will have been about 268,600 new cases of invasive breast cancer. For men, there will have been an estimated 2,670 new breast cancer cases. Early detection increases breast cancer survival.



Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. More information on screening is available at www.cancer.gov.

Women should be familiar with how their breasts normally look and report any changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss how to manage their risk with their doctor.

It is our hope that these facts encourage awareness and continued learning beyond this special month.

Special Moments



We're All About Autumn!

Autumn officially started on September 23. With it now in full swing, we asked around for the best things about Autumn!

"The fall colors" - Anna

"The possibility of snow coming"

- Nancy

"Pumpkin pie" - Gloria

"That winter is coming" - Bob

"Pumpkin pie latte" - Lorry

October Highlights

October is Dessert Month, Pizza Month, Seafood Month, Arts & Humanities Month, & Popcorn Month

- 1 Hair Day; Homemade Cookies Day
- 2 Fried Scallops Day
- 3 Techies Day
- 4 Golf Lover’s Day; Taco Day
- 5 Do Something Nice Day
- 6 Mad Hatter Day; Noodle Day
- 7 Frappe Day; Inner Beauty Day
- 8 Fluffernutter Day; Pierogi Day
- 9 ER Nurses Day
- 10 Angel Food Day; Mental Health Day
- 11 Sausage Pizza Day
- 12 Chess Day; Gumbo Day
- 13 Train Your Brain Day
- 14 Columbus Day; Dessert Day
- 15 Cheese Curd Day; I Love Lucy Day
- 16 Cat Day; Take Parents to Lunch Day
- 17 Pasta Day
- 18 Chocolate Cupcake Day
- 19 Seafood Bisque Day; Sweetest Day

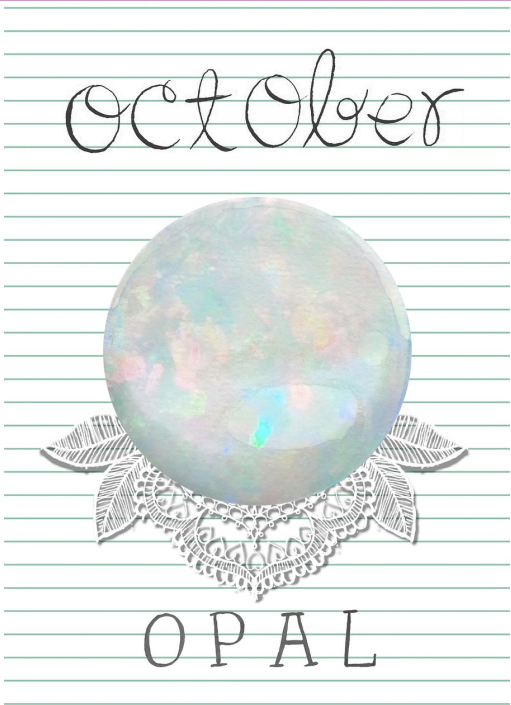
- 20 Brandied Fruit Day
- 21 Pumpkin Cheesecake Day; Reptile Day
- 22 Nut Day; Favorite Colors Day
- 23 Boston Cream Pie Day
- 24 Bologna Day
- 25 Breadstick Day
- 26 Make a Difference Day
- 27 American Beer Day; Mother in Law Day
- 28 Chocolate Day
- 29 Cat Day; Oatmeal Day; Intl. Stroke Day
- 30 Candy Corn Day
- 31 Halloween; Knock-Knock Jokes Day

Check us out online at:

- ♦ Facebook.com/SweetbriarVillaSeniorLiving
- ♦ Blog.radiantseniorliving.com
- ♦ Radiantsrliving & Radiantvoices on Instagram
- ♦ RadiantSrLiving on Twitter
- ♦ Pinterest.com/radiantsrliving
- ♦ Radiant Senior Living on YouTube

Chuckle Time: What do you use to mend a Jack-O-Lantern? (Answer on back cover)

October Birthdays!



We wish you a Very Happy Birthday!

- Dorothy B — October 18th
- Ivy — October 20th
- Barbara — October 28th
- Juanita— October 28th

Resident Spotlight! MAURICE

Our resident spotlight this month is on none other than the sweet Maurice!
Maurice is a very kind soul, and always has a sweet smile to offer the staff at Sweetbriar Villa that will warm your heart any day of the week.

Maurice was a Christmas tree farmer in Oregon for many years, and still shows a lot of interest in keeping his hands busy with wood crafts. He is also an avid drummer, always making music for us on his table or the small bongo drum he owns. He always enjoys bus trips when we do scenic drives, and playing with the beach volley ball in the mornings.

When you greet Maurice, he is always sure to ask “How do ya do?” with an infectious smile. It makes all employees’ day a little brighter and we are happy to have him in our family!



Staff Spotlight! DANIELA

We are excited to announce this months staff spotlight is on Daniela, our amazing housekeeper.

Daniela is an amazing mother and will brag about all of her kids if you ask her about herself. She is creative, funny, happy, and always kind.

Daniela embodies what all employees of the month should! She always has a warm smile on her face, she always goes out of her way for every resident and is more than willing to lend a hand to all employees at Sweetbriar!

We are all very lucky to have her on our team, and want to say thank you for all that she does!

October 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>DAILY ACTIVITIES (AL) :</div> <div>6:30 P.M. - IN2L MOVIE</div> <div>24/7- GAMING / ACTIVITY CORNER & IN2L PLAY</div>	<div>DAILY ACTIVITIES (MC):</div> <div>9:00A.M. DAILY READING</div> <div>9:30 A.M. ACTIVITY BOXES</div> <div>11:00 A.M. MANICURES</div> <div>1:00 P.M. ADULT</div>	<div>1</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L TRAVEL</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:45 MANICURES</div> <div>3:30 BINGO</div>	<div>2</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 GAMES</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:00 SCENIC DRIVE</div> <div>3:30 BINGO</div>	<div>3</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 SNACKTIVITY</div> <div>11:30 1:1 DEVELOPMENT</div> <div>2:00 ART WITH PANI</div> <div>3:30 BINGO</div>	<div>4</div> <div>9:45 IN2L EXERCISE</div> <div>10:45 SHOPPING OUTING</div> <div>12:30 OCTOBER BIRTHDAY PARTY</div> <div>2:00 RICHIE STILES</div> <div>3:30 BINGO</div>	<div>5</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L FUN</div> <div>11:30 1:1 DEVELOPMENT</div> <div>2:00 OKTOBERFEST SOCIAL</div> <div>3:30 BINGO</div>
<div>6</div> <div>10:15 IN2L EXERCISE</div> <div>10:30 RELAXATION PRACTICES</div> <div>11:15 COFFEE SOCIAL</div> <div>12:00 1:1 DEVELOPMENT</div> <div>1:30 COLORING HOUR</div> <div>3:30 BINGO</div>	<div>7</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L SING ALONG</div> <div>11:30 DEVOTIONAL WITH ROB</div> <div>2:00 RESIDENT COUNCIL</div> <div>2:30 FOOD COMMITEE</div> <div>3:30 BINGO</div>	<div>8</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L TRAVEL</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:45 MANICURES</div> <div>3:30 BINGO</div>	<div>9</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 GAMES</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:00 SCENIC DRIVE</div> <div>3:30 BINGO</div>	<div>10</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 SNACKTIVITY</div> <div>11:30 1:1 DEVELOPMENT</div> <div>1:30 MATINEE</div> <div>3:30 BINGO</div>	<div>11</div> <div>9:45 IN2L EXERCISE</div> <div>10:45 SHOPPING OUTING</div> <div>11:45 1:1 DEVELOPEMENT</div> <div>2:00 COUNTRY CLASSICS</div> <div>3:30 BINGO</div>	<div>12</div> <div>8:00 MENS MCDONALD BREAKFAST</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L FUN</div> <div>11:30 1:1 DEVELOPMENT</div> <div>2:00 CREATIVITY ZONE</div> <div>3:30 BINGO</div>
<div>13</div> <div>10:15 IN2L EXERCISE</div> <div>10:30 RELAXATION PRACTICES</div> <div>11:15 COFFEE SOCIAL</div> <div>12:00 1:1 DEVELOPMENT</div> <div>1:30 COLORING HOUR</div> <div>3:30 BINGO</div>	<div>14</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L SING ALONG</div> <div>11:30 DEVOTIONAL WITH ROB</div> <div>2:00 MANICURES</div> <div>3:30 BINGO</div>	<div>15</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L TRAVEL</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:00 TEASDAY PARTY</div> <div>3:30 BINGO</div>	<div>16</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 GAMES</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:00 SCENIC DRIVE</div> <div>3:30 BINGO</div>	<div>17</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 SNACKTIVITY</div> <div>11:30 1:1 DEVELOPMENT</div> <div>1:30 MATINEE</div> <div>3:30 BINGO</div>	<div>18</div> <div>9:45 IN2L EXERCISE</div> <div>10:45 SHOPPING OUTING</div> <div>11:45 1:1 DEVELOPEMENT</div> <div>2:00 UNCOMMON BOND</div> <div>3:30 BINGO</div>	<div>19</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L FUN</div> <div>11:30 1:1 DEVELOPMENT</div> <div>2:00 CREATIVITY ZONE</div> <div>3:30 BINGO</div>
<div>20</div> <div>10:15 IN2L EXERCISE</div> <div>10:30 RELAXATION PRACTICES</div> <div>11:15 COFFEE SOCIAL</div> <div>12:00 1:1 DEVELOPMENT</div> <div>1:30 COLORING HOUR</div> <div>3:30 BINGO</div>	<div>21</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L SING ALONG</div> <div>11:30 DEVOTIONAL WITH ROB</div> <div>2:00 BIGFOOT LANE</div> <div>3:30 BINGO</div>	<div>22</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L TRAVEL</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:00 MANICURES</div> <div>3:30 BINGO</div>	<div>23</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 GAMES</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:00 SCENIC DRIVE</div> <div>3:30 BINGO</div>	<div>24</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 SNACKTIVITY</div> <div>11:30 1:1 DEVELOPMENT</div> <div>1:30 MATINEE</div> <div>3:30 BINGO</div>	<div>25</div> <div>9:45 IN2L EXERCISE</div> <div>10:45 SHOPPING OUTING</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:00 SELF GUIDED ACTIVITY</div> <div>3:30 BINGO</div>	<div>26</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L FUN</div> <div>11:30 1:1 DEVELOPMENT</div> <div>2:00 CREATIVITY ZONE</div> <div>3:30 BINGO</div>
<div>27</div> <div>10:15 IN2L EXERCISE</div> <div>10:30 RELAXATION PRACTICES</div> <div>11:15 COFFEE SOCIAL</div> <div>12:00 1:1 DEVELOPMENT</div> <div>1:30 COLORING HOUR</div> <div>3:30 BINGO</div>	<div>28</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L SING ALONG</div> <div>11:30 DEVOTIONAL WITH ROB</div> <div>2:00 MANICURES</div> <div>3:30 BINGO</div>	<div>29</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 IN2L TRAVEL</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:00 TEASDAY PARTY</div> <div>3:30 BINGO</div>	<div>30</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 GAMES</div> <div>11:45 1:1 DEVELOPMENT</div> <div>2:00 SCENIC DRIVE</div> <div>3:30 BINGO</div>	<div>“THURSDAY FUNDAY” 31</div> <div>HALLOWEEN COSTUMES</div> <div>10:15 IN2L EXERCISE</div> <div>11:00 SNACKTIVITY</div> <div>1:30 MATINEE</div> <div>3:30 BINGO</div>	<div>OCTOBER BIRTHDAYS</div> <div>DOROTHY B.—18TH</div> <div>IVY—20TH</div> <div>BARBARA—28TH</div> <div>JUANITA—28TH</div>	