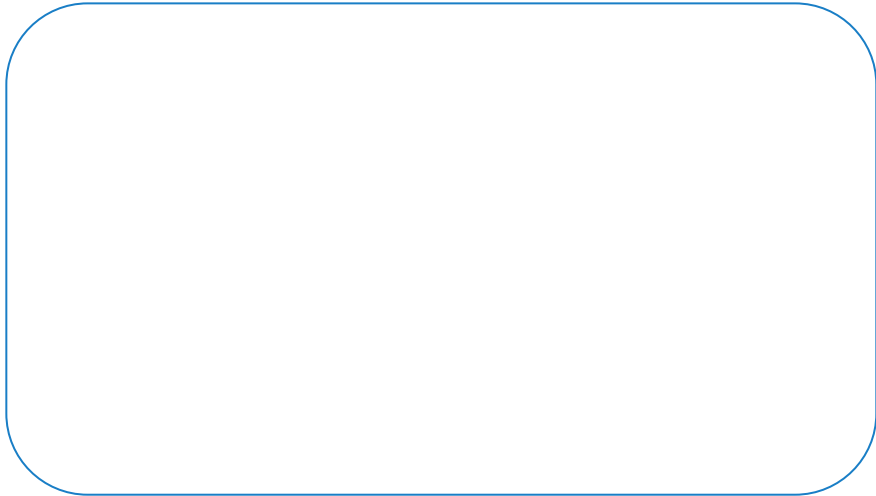




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Teena Campbell
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**Our mission is to create and sustain
comfortable, caring environments
for those who depend on us.**

Sweetbriar Villa Bulletin

Monthly Newsletter



January 2020

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3 Team & Resident Spotlight
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7 Special Moments, Recipe Corner
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Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing—than through healthy living? Embrace new-you success in the '20s!

Note: Each individual should follow their medical professional's advice and speak with them before making diet or exercise changes.

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers,



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

Have A Rainbow A Day...

We know, the saying goes "an apple a day..." but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

Special Moments



A 1920's Recipe to Try in 2020: Lemon Ginger Icebox Cake

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

Ingredients: Two cups of heavy whipping cream * Eight ounces of soft cream cheese * Two teaspoons of grated lemon zest * Ten ounces of lemon curd * Two tablespoons of chopped and crystallized ginger * Two packages of thin ginger cookies that are 5 and 1/4 ounces each



Directions: In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.

January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety



It's 2020! Happy New Year's Everyone!

- 01 New Year's Day; Bloody Mary Day
- 02 Cream Puff Day; Science Fiction Day
- 03 Chocolate Covered Cherry Day
- 04 Spaghetti Day; Trivia Day
- 05 Bird Day; Whipped Cream Day
- 06 Shortbread Day; Tech Day
- 07 Tempura Day
- 08 Argyle Day; Toffee Day
- 09 Apricot Day; Law Enforcement Day
- 10 Bittersweet Chocolate Day
- 11 Vision Board Day; Milk Day
- 12 Marzipan Day; Curry Chicken Day
- 13 Peach Melba Day; Rubber Ducky Day
- 14 Dress Up Your Pet Day
- 15 Bagel Day; Strawberry Ice Cream Day



- 16 Fig Newton Day
- 17 Hot Buttered Rum Day
- 18 Winnie the Pooh Day; Thesaurus Day
- 19 Popcorn Day
- 20 Cheese Lover's Day; MLK Jr. Day
- 21 Granola Bar Day; Hugging Day
- 22 Blonde Brownie Day
- 23 Handwriting Day; Pie Day
- 24 Compliment Day; Peanut Butter Day
- 25 Opposite Day; Irish Coffee Day
- 26 Green Juice Day; Peanut Brittle Day
- 27 Chocolate Cake Day; Bubble Wrap Day
- 28 Blueberry Pancake Day; Kazoo Day
- 29 Corn Chip Day; Puzzle Day
- 30 Croissant Day
- 31 Backward Day; Hot Chocolate Day; Inspire Your Heart with Art Day

January Birthdays & Our Community Online

Happy Birthday Wishes!

Dorothy — 18th
Cheri — 22nd

Come visit us online at:
[Facebook.com/SweetbriarVillaSeniorLiving](#)
[Blog.radiantseniorliving.com](#)
[Radiantsrliving](#) on Instagram
[Radiantvoices](#) on Instagram
[RadiantSrLiving](#) on Twitter
[Pinterest.com/radiantsrliving](#)
[Radiant Senior Living](#) on YouTube

Resident Spotlight: Shirley

Our resident of the month for January is Shirley. She has lived at Sweetbriar Villa for almost 4 months, and it has been such a joy having her as part of our family.

Shirley is a mother, a grandmother, and a great grandmother. She loves children, and lights up when kids come to visit the community. She always has a smile on her face, and the best sense of humor. She is incredibly social, participates in almost all of our activities, and loves to meet new people. Shirley's favorite activities are live music events and parties.

We are very thrilled to know you, Shirley. We love having you as part of our Sweetbriar Villa family!



Staff Spotlight: Kevin

Our staff spotlight for January is on Kevin. Kevin is a med tech and caregiver, and has worked for the community for a total of three years.

Kevin has a big heart, and it shows in all of his interactions with our residents. He is always happy to help, no matter who asks. He often has a smile on his face, even in stressful situations. His dedication and care for our Sweetbriar Family is always evident.

Thank you for everything you do, Kevin. We really appreciate you and are glad you work here!

JANUARY 2020

Sweetbriar Villa • 6135 E St., Springfield, OR • 541-225-0200

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY BIRTHDAYS DOROTHY: Jan. 18th CHERI: Jan. 22nd	DAILY ACTIVITIES (MC): 9:00 AM: DAILY READING 9:30 AM: ACTIVITY BOXES 11:00 AM: MANICURES 1:00 PM: ADULT COLORING	DAILY ACTIVITIES (AL) : 6:30 P.M.: IN2L MOVIE 24/7: GAMING / ACTIVITY CORNER & IN2L PLAY	¹ 10:15 IN2L EXERCISE 11:00 GAMES 11:45 1:1 DEVELOPMENT 2:00 SCENIC DRIVE 3:30 BINGO	² 10:15 IN2L EXERCISE 11:00 SNACKTIVITY 11:30 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	³ 9:45 IN2L EXERCISE 10:45 SHOPPING OUTING 2:00 RESIDENT COUNCIL 2:30 FOOD COUNCIL 3:30 BINGO	⁴ 10:15 IN2L EXERCISE 11:00 IN2L FUN 11:30 1:1 DEVELOPMENT 2:00 CREATIVITY ZONE 3:30 BINGO
⁵ 10:15 IN2L EXERCISE 10:30 RELAXATION PRACTICES 11:15 BIBLE STUDY 12:00 1:1 DEVELOPMENT 1:30 IN2L TIME 3:30 BINGO	⁶ 10:15 IN2L EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:30 MANICURES 3:30 BINGO	⁷ 10:15 IN2L EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 MANICURES 3:30 BINGO	⁸ 10:15 IN2L EXERCISE 11:00 GAMES 11:45 1:1 DEVELOPMENT 2:00 SCENIC DRIVE 3:30 BINGO	⁹ 10:15 IN2L EXERCISE 11:00 SNACKTIVITY 11:30 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	¹⁰ 9:45 IN2L EXERCISE 10:45 SHOPPING OUTING 11:45 1:1 DEVELOPEMENT 2:00 COUNTRY CLASSICS 3:30 BINGO	¹¹ 10:15 IN2L EXERCISE 11:00 IN2L FUN 11:30 1:1 DEVELOPMENT 2:00 CREATIVITY ZONE 3:30 BINGO
¹² 10:15 IN2L EXERCISE 10:30 RELAXATION PRACTICES 11:15 BIBLE STUDY 12:00 1:1 DEVELOPMENT 1:30 IN2L TIME 3:30 BINGO	¹³ 10:15 IN2L EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:30 MANICURES 3:30 BINGO	¹⁴ 10:15 IN2L EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:30 TEAS DAY 3:30 BINGO	¹⁵ 10:15 IN2L EXERCISE 11:00 GAMES 11:45 1:1 DEVELOPMENT 2:00 SCENIC DRIVE 3:30 BINGO	¹⁶ 10:15 IN2L EXERCISE 11:00 SNACKTIVITY 11:30 1:1 DEVELOPMENT 2:00 PANI DANCE CLASS 3:30 BINGO	¹⁷ 9:45 IN2L EXERCISE 10:45 SHOPPING OUTING 11:45 1:1 DEVELOPEMENT 2:00 UNCOMMON BOND 3:30 BINGO	¹⁸ 10:15 IN2L EXERCISE 11:00 IN2L FUN 1:00 JANUARY BIRTHDAY DESSERT SOCIAL 2:00 CREATIVITY ZONE 3:30 BINGO
¹⁹ 10:15 IN2L EXERCISE 10:30 RELAXATION PRACTICES 11:15 BIBLE STUDY 12:00 1:1 DEVELOPMENT 1:30 IN2L TIME 3:30 BINGO	²⁰ 10:15 IN2L EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 2:00 MEMORIAL SERVICE 3:30 BINGO	²¹ 10:15 IN2L EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:00 MANICURES 3:30 BINGO	²² 10:15 IN2L EXERCISE 11:00 GAMES 11:45 1:1 DEVELOPMENT 2:00 SCENIC DRIVE 3:30 BINGO	²³ 10:15 IN2L EXERCISE 11:00 SNACKTIVITY 11:30 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	²⁴ 9:45 IN2L EXERCISE 10:45 SHOPPING OUTING 11:45 1:1 DEVELOPEMENT 2:00 BIGFOOT LANE 3:30 BINGO	²⁵ 10:15 IN2L EXERCISE 11:00 IN2L FUN 11:30 1:1 DEVELOPMENT 2:00 CREATIVITY ZONE 3:30 BINGO
²⁶ 10:15 IN2L EXERCISE 10:30 RELAXATION PRACTICES 11:15 BIBLE STUDY 12:00 1:1 DEVELOPMENT 1:30 IN2L TIME 3:30 BINGO	²⁷ 10:15 IN2L EXERCISE 11:00 IN2L SING ALONG 11:30 DEVOTIONAL WITH ROB 1:30 MANICURES 3:30 BINGO	²⁸ 10:15 IN2L EXERCISE 11:00 IN2L TRAVEL 11:45 1:1 DEVELOPMENT 2:30 TEAS DAY 3:30 BINGO	²⁹ 10:15 IN2L EXERCISE 11:00 GAMES 11:45 1:1 DEVELOPMENT 2:00 SCENIC DRIVE 3:30 BINGO	³⁰ 10:15 IN2L EXERCISE 11:00 SNACKTIVITY 11:30 1:1 DEVELOPMENT 1:30 MATINEE 3:30 BINGO	³¹ FRIDAY FUNDAY “BACKWARDS DAY” 9:45 IN2L EXERCISE 10:45 SHOPPING OUTING 11:45 1:1 DEVELOPEMENT 2:00 RESIDENT CHOICE 3:30 BINGO	