



6135 E Street
Springfield, OR 97478

STAMP
HERE



- Administrative Team: 541-225-0200
- Executive Director: Ivy Lizsow
- Community Relations Director: Rena Hamer
- Wellness Director: Crystal Gagne
- Business Office Director: Ally Willard
- Dining Services Director: Lorry Wells
- Maintenance Director: Andrew Huddleston
- Life Enrichment Director: Cheri Demarest



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

Sweetbriar Villa Bulletin

Monthly Newsletter



April 2020

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How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:

Option One: 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**

Option Two: 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,



Magic Three! Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

What is aerobic activity? Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

What is muscle-strengthening activity? Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit health.gov and click on Physical Activity!

Special Moments



DORIS — APRIL 8

EILEEN — APRIL 12

JOSUE — APRIL 22

JERI — APRIL 29

MARLENE — APRIL 30

April 2020 Highlights

April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.

- 01 Walking Day; Sourdough Day
- 02 Burrito Day; PB&J Day
- 03 Film Score Day
- 04 Walk Around Things Day
- 05 Deep Dish Pizza Day
- 06 Caramel Popcorn Day
- 07 Coffee Cake Day
- 08 Empanada Day; Zoo Love Day
- 09 Antiques Day; Passover Starts
- 10 Young Writers Day; Good Friday
- 11 Cheese Fondue Day; Pet Day
- 12 Easter Day; Grilled Cheese Day
- 13 Peach Cobbler Day; Scrabble Day
- 14 Gardening Day; Look at the Sky Day
- 15 Glazed Spiral Ham Day
- 16 High Five Day; Eggs Benedict Day
- 17 Cheeseball Day; Haiku Poetry Day
- 18 Animal Cracker Day; Record Shop Day
- 19 Garlic Day



- 20 Lime Bean Day; Cheddar Fries Day
- 21 Kindergarten Day; Choco. Cashews Day
- 22 Earth Day; Jelly Bean Day
- 23 Picnic Day; Talk Like Shakespeare Day
- 24 Pigs in Blankets Day; Arbor Day
- 25 Telephone Day; Sense of Smell Day
- 26 Pretzel Day; Audubon Day
- 27 Devil Dog Day; Tell a Story Day
- 28 Poetry Reading Day; Superhero Day
- 29 Denim Day; Zipper Day
- 30 Shelter Pet Day; Raisin Day

A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:
<https://www.sweetbriarvilla.com>

April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!

Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!



Our resident spotlight shines on: Cherie

Cherie has been living at Sweetbriar Villa since the fall, and she has quickly become a huge part of our SBV family!

Cherie is a wife, mother, and grandmother. She loves to dance, skip, and be social. Cherie greets staff members and residents with a big smile every morning. She loves helping staff members out, especially when it comes to helping Ally at the front desk. She really enjoys greeting all of our visitors, and being the front desk assistant. She worked as a receptionist during her career, so she likes how familiar it is to be in the front office.

We absolutely love having Cherie as part of our family, we are very lucky to have such a sweet person here!



Our staff spotlight shines on: Ally

Ally is our amazing Business Office Director.

She started at Sweetbriar Villa as a caregiver in October and became a director a few months ago. She has been such an amazing part of our team; we couldn't be happier!

Ally is close with every resident, resident families, and staff. She jumps in wherever she can lend a helping hand, and is never afraid to get her hands dirty. She has a very bright smile, a positive outlook, and a can-do attitude!

We are all so grateful that Ally has become part of our Sweetbriar Villa family!

April 2020

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

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|--|--|---|--|
| *ALL ACTIVITIES SUBJECT TO CHANGE OR CANCELLATION PER CURRENT MANDATED HEALTH GUIDELINES | <u>DAILY ACTIVITIES (AL) :</u> 11:00 FAMILY CONNECTION 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 | 1 8:00 MORNING VISITS 10:00 IN2L CHOICE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 ACTIVITY CART 3:30 BINGO | 2 8:00 MORNING VISITS 10:00 MATINEE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 1:30 MATINEE 3:30 BINGO | 3 8:00 MORNING VISITS 10:00 RESIDENT COUNCIL 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 ACTIVITY CART 3:30 BINGO | 4 8:00 MORNING VISITS 10:00 IN2L CHOICE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 CREATIVITY ZONE 3:30 BINGO |
| 5 9:00 MORNING VISITS & BIBLE STUDY 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 MANICURES 3:30 BINGO | 6 9:00 MORNING VISITS 10:00 IN2L CHOICE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 FAMILY CONNECTION 2:30 MANICURES 3:30 BINGO | 7 8:00 MORNING VISITS 10:00 IN2L CHOICE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 MANICURES 3:30 BINGO | 8 8:00 MORNING VISITS 10:00 IN2L CHOICE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 ACTIVITY CART 3:30 BINGO | 9 8:00 MORNING VISITS 10:00 MATINEE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 MATINEE 3:30 BINGO | 10 8:00 MORNING VISITS 10:00 IN2L CHOICE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 ACTIVITY CART 3:30 BINGO | 11 8:00 MORNING VISITS 10:00 IN2L CHOICE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 CREATIVITY ZONE 3:30 BINGO |
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