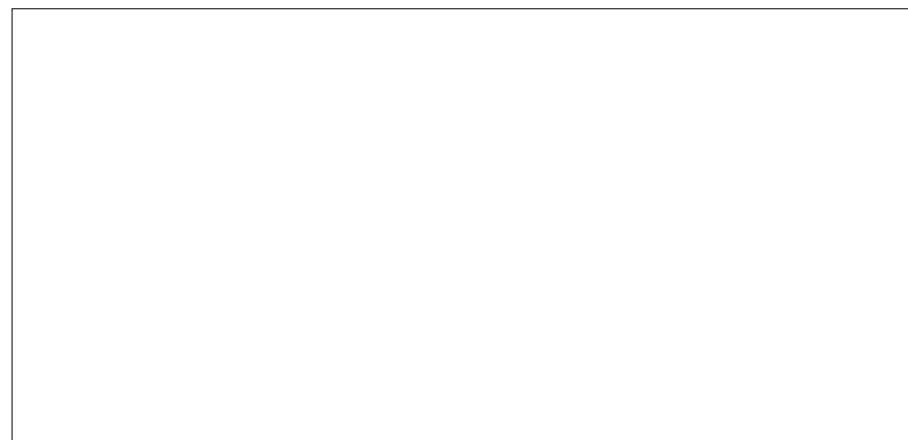




6135 E Street  
Springfield, OR 97478

Stamp



### Administrative Team:

**Executive Director:** Ivy Lizsow  
**Wellness Nurse:** Jennifer Phillips  
**Wellness Director:** Laurie Carpenter  
**Business Office Director:** Ally Willard  
**Interim Dining Services Dir.:** Mike Madrigal  
**Life Enrichment Director:** Cheri Demarest

### Connect:

**541-225-0200**  
**info@sweetbriarvilla.com**  
**www.sweetbriarvilla.com**

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



# Sweetbriar Villa Bulletin

**September 2020 Newsletter**



2 Balance Awareness Week  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

6 Highlights, Notes, Quotes  
7 Special Moments & Birthdays  
8 Mission & Team



## Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

**Walking with a friend is a great way to stay strong and lift your mood!**



### Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

## Special Moments



Randy: Sept. 6th

Helen: Sept. 7th

Laurie: Sept. 14th

Ann J: Sept. 16th

David D: Sept. 22nd

James L: Sept. 23rd

Kelly: Sept. 30th



# September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

01 No Rhyme Nor Reason Day	17 Housekeepers Day; Apple Dumpling Day
02 Blueberry Popsicle Day	18 Airforce Birthday; Cheeseburger Day
03 Bowling League Day	19 Butterscotch Pudding Day; Pirate Talk Day
04 College Colors Day; Macadamia Nut Day	20 Fried Rice Day; Pepperoni Pizza Day
05 Cheese Pizza Day; Beard Day	21 Chai Day; Pecan Cookie Day; NY Day
06 Read a Book Day; Coffee Ice Cream Day	22 Centenarians Day; White Chocolate Day
07 Labor Day; Acorn Squash Day	23 Snack Stick Day; Pot Pie Day
08 Ants on a Log Day; Ampersand Day	24 Quesadilla Day; Cherries Jubilee Day
09 Teddy Bear Day; Weiner Schnitzel Day	25 Comic Book Day; Story Day; Lobster Day
10 Swap Ideas Day; Portrait Day	26 Pancake Day; Family Health & Fitness Day
11 Patriot Day; Hot Cross Bun Day	27 Chocolate Milk Day; Scarf Day
12 Chocolate Shake Day; Video Game Day	28 Neighbor Day; Strawberry Cream Pie Day
13 Grandparents Day; Assisted Living Week	29 Coffee Day; VFW Day
14 Boss Day; Hoagie Day; Crème Donut Day	30 Gum Day; Hot Mulled Cider Day
15 Online Learning Day; Cheese Toast Day	31 Avocado Day; Mutt Day
16 Mayflower Day; Guac Day; Play-Doh Day	

## Regarding Covid-19:

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.

## Our Autumn Favorites:

"Pumpkin pie" - Gloria

"The cool weather" - Ardys

"The food" - Nancy

"The fall colors" - Kelly

"The changing season" - Tillie



## RESIDENT SPOTLIGHT:

**Helen**

Helen is in our Resident Spotlight for September!

Helen was born in Washington, but has spent a majority of her life in Oregon. She was happily married to her husband for 38 years. She is a mother of 5, grandmother of 12, and great grandmother of 14. After retirement, she and her husband enjoyed going on camping trips and cruises.

Helen is very family oriented and enjoys spending time with her loved ones. Helen also has quite the eye for flower arranging, and enjoys treating herself to the occasional glass of wine.

We are so happy Helen has become part of our Sweetbriar family!



## STAFF SPOTLIGHT:

**Shy**

Shy is in our September Staff Spotlight!

Shy joined the Sweetbriar team about six months ago, and we couldn't imagine the community without her! She started as a caregiver and is now one of our amazing med techs.

She is reliable, outgoing, kind, patient, and a fast learner. She is loved by the residents, and by our staff. She always has a smile on her face, and is willing to jump in to help when it is needed.

We are so happy to have her as part of our Sweetbriar family! Thank you for all you do!



# SEPTEMBER 2020

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

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>		<p>1</p> <p>10:00 IN2L TRAVEL 11:00 BALLOON GAME 11:30 1:1 DEVELOPMENT 2:00 FOOD COMMITTEE 2:30 RESIDENT COUNCIL 3:30 BINGO</p>	<p>2</p> <p>10:00 MATINEE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 GARDEN TIME 3:30 BINGO</p>	<p>3</p> <p>10:15 IN2L FUN 11:00 EXCERCISE 11:30 1:1 DEVELOPMENT 2:15 QUAREN-TEA TIME 3:30 BINGO</p>	<p>4</p> <p>10:00 IN2L CHOICE 11:00 FITNESS 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:30 BINGO 3:30 FRIDAY FUNDAY CART</p>	<p>5</p> <p>10:00 IN2L CHOICE 11:00 YOGA AND RELAXATION 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:15 CREATIVITY ZONE 3:30 BINGO</p>
<p>6</p> <p>9:00 HAIR WITH TRACY 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO</p>	<p>7</p> <p>10:00 MANICURES 11:15 FITNESS TIME 11:30 1:1 DEVELOPMENT 2:00 MATINEE 3:30 BINGO</p>	<p>8</p> <p>10:15 IN2L TRAVEL 11:00 BALLOON GAME 11:30 1:1 DEVELOPMENT 2:30 GAMES 3:30 BINGO</p>	<p>9</p> <p>10:00 MATINEE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 PATIO SOCIAL 3:30 BINGO</p>	<p>10</p> <p>10:15 IN2L FUN 11:00 EXCERCISE 11:30 1:1 DEVELOPMENT 2:15 ICE CREAM SOCIAL 3:30 BINGO</p>	<p>11</p> <p>10:00 IN2L CHOICE 11:00 FITNESS 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:30 BINGO 3:30 FRIDAY FUNDAY CART</p>	<p>12</p> <p>10:00 IN2L CHOICE 11:00 YOGA AND RELAXATION 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:15 CREATIVITY ZONE 3:30 BINGO</p>
<p>13</p> <p>9:00 HAIR WITH TRACY 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO</p>	<p>14</p> <p>10:00 MANICURES 11:15 FITNESS TIME 11:30 1:1 DEVELOPMENT 2:00 MATINEE 3:30 BINGO</p>	<p>15</p> <p>10:15 IN2L TRAVEL 11:00 BALLOON GAME 11:30 1:1 DEVELOPMENT 2:30 GAMES 3:30 BINGO</p>	<p>16</p> <p>10:00 MATINEE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 SCENIC WALK 3:30 BINGO</p>	<p>17</p> <p>10:15 IN2L FUN 11:00 EXCERCISE 11:30 1:1 DEVELOPMENT 2:15 BIRTHDAY SOCIAL 3:30 BINGO</p>	<p>18</p> <p>10:00 IN2L CHOICE 11:00 FITNESS 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:30 BINGO 3:30 FRIDAY FUNDAY CART</p>	<p>19</p> <p>10:00 IN2L CHOICE 11:00 YOGA AND RELAXATION 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:15 CREATIVITY ZONE 3:30 BINGO</p>
<p>20</p> <p>9:00 HAIR WITH TRACY 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO</p>	<p>21</p> <p>10:00 MANICURES 11:15 FITNESS TIME 11:30 1:1 DEVELOPMENT 2:00 MATINEE 3:30 BINGO</p>	<p>22</p> <p>10:15 IN2L TRAVEL 11:00 BALLOON GAME 11:30 FALL TAILGATE COOKOUT 2:30 GAMES 3:30 BINGO</p>	<p>23</p> <p>10:00 MATINEE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 GARDEN TIME 3:30 BINGO</p>	<p>24</p> <p>10:15 IN2L FUN 11:00 EXCERCISE 11:30 1:1 DEVELOPMENT 2:15 QUAREN-TEA TIME 3:30 BINGO</p>	<p>25 FRIDAY FUNDAY "LOBSTER DAY - WEAR RED"</p> <p>10:00 IN2L CHOICE 11:00 FITNESS 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:30 BINGO 3:30 FRIDAY FUNDAY CART</p>	<p>26</p> <p>10:00 IN2L CHOICE 11:00 YOGA AND RELAXATION 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:15 CREATIVITY ZONE 3:30 BINGO</p>
<p>27</p> <p>9:00 HAIR WITH TRACY 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO</p>	<p>28</p> <p>10:00 MANICURES 11:15 FITNESS TIME 11:30 1:1 DEVELOPMENT 2:00 MATINEE 3:30 BINGO</p>	<p>29</p> <p>10:00 IN2L TRAVEL 11:00 BALLOON GAME 11:30 1:1 DEVELOPMENT 2:30 GAMES 3:30 BINGO</p>	<p>30</p> <p>10:00 MATINEE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 PATIO SOCIAL 3:30 BINGO</p>	<p><u>DAILY ACTIVITIES (AL) :</u></p> <p>11:00 FAMILY CONNECTION</p> <p>24/7- GAMING / ACTIVITY CORNER &amp; IN2L PLAY</p>	<p><u>DAILY ACTIVITIES (MC):</u></p> <p>9:00A.M. DAILY READING 9:30 A.M. ACTIVITY BOXES 11:00 A.M. MANICURES 1:00 P.M. ADULT COLORING</p>	<p><u>SEPTEMBER BIRTHDAYS</u></p> <p>RANDY—6TH HELEN—7TH LAURIE—14TH ANN J—16TH DAVID D—22ND JAMES L—23RD KELLY—30TH</p>