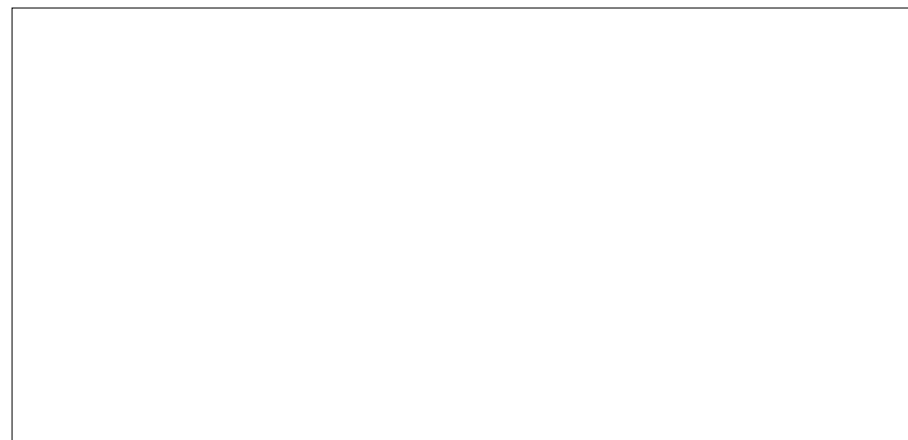




6135 E Street  
Springfield, OR 97478

Stamp



### Administrative Team:

Executive Director: Ivy Lizsow  
Wellness Nurse: Jennifer Phillips  
Business Office Director: Ally Willard  
Interim Dining Services Dir.: Mike Madrigal  
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

# Sweetbriar Villa Bulletin

October 2020 Newsletter



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3 Team & Resident Spotlight  
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6 Highlights, Notes, Recipe  
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## Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

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 knowledge could help a loved one, friend, or yourself.

*Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.*

### What is Breast Cancer?

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

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were 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. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report 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 managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

## Special Moments



## Happy Birthday!



Kevin: Oct. 10  
Ivy: Oct. 20  
Barbara: Oct. 28

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!



# October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.

Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- |   |   |
|---|---|
| 01 Homemade Cookies Day; Hair Day         | 17 Pasta Day; Sweetest Day                |
| 02 Custodial Worker Day; Car Naming Day   | 18 No Beard Day; Choco Cupcake Day        |
| 03 Techies Day                            | 19 Seafood Bisque Day; Kentucky Day       |
| 04 Golf Love Day; Taco Day; Cinn. Bun Day | 20 Brandy Fruit Day; Youth Confidence Day |
| 05 Rhode Island Day; Get Funky Day        | 21 Pumpkin Cheesecake Day; Reptile Day    |
| 06 Mad Hatter Day; Orange Wine Day        | 22 Nut Day; Color Day; Make a Dog's Day   |
| 07 Frappe Day; Pumpkin Seed Day           | 23 Boston Crème Pie Day; Talk Show Day    |
| 08 Fluffernutter Day; Pierogi Day         | 24 Make a Difference Day; Bologna Day     |
| 09 Moldy Cheese Day                       | 25 Mother In Law Day; Greasy Food Day     |
| 10 Angelfood Cake Day; Chess Day          | 26 Pumpkin Day; Mincemeat Day             |
| 11 Sausage Pizza Day; Clergy Apprec. Day  | 27 American Beer Day; Black Cat Day       |
| 12 Gumbo Day; Native Americans Day        | 28 Chocolate Day                          |
| 13 Yorkshire Pudding Day; Navy Birthday   | 29 Oatmeal Day;                           |
| 14 Fossil Day; Dessert Day                | National Cat Day                          |
| 15 Cheese Curd Day; I Love Lucy Day       | 30 Candy Corn Day;                        |
| 16 Sports Day; Global Cat Day; Bosses Day | Breadstick Day                            |
|   | 31 Halloween                              |



## Regarding Covid-19:

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.

## Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan	1 tsp vanilla
⅔ cup granulated sugar	1 tsp baking soda
½ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	½ tsp salt
⅔ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	½ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
¾ cup whole-wheat flour	¼ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



## RESIDENT SPOTLIGHT:

James

James is in our resident spotlight this month.

James was born in Washington in 1921, and just celebrated his 99th birthday!

James was on a Marine Aircraft Carrier during WWII. He and his wife, Marilyn, had three daughters and moved to the Eugene, OR, area in 1959. James was a logger, and built roads; he even helped build part of Pacific Highway 101.

James has an amazing sense of humor, and is a movie buff. He enjoys westerns, and any movie with "a beautiful women" in it, which is usually an Audrey Hepburn film.

We are so happy to have him in our Sweetbriar Villa family, and can't wait to celebrate another birthday with him.



## STAFF SPOTLIGHT:

Adara

Our employee of the month for September is our caregiver, Adara.

Adara has been a caregiver at Sweetbriar for only a few months, but she plays a very important role. She goes above and beyond for residents every day, and never fails to put a smile on their face.

Adara is dependable, helpful, funny, and a very hard worker. Adara is always making sure all Sweetbriar residents feel happy in their home. She has a heart of gold and it shows with everything she does.

We are very lucky to have her as part of our Sweetbriar Villa family, and can't say thank you enough for everything she does!



# OCTOBER 2020

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

SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines	<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	<u>DAILY ACTIVITIES (AL) :</u> 11:00 FAMILY CONNECTION  24/7- GAMING / ACTIVITY CORNER & IN2L PLAY	<u>OCTOBER BIRTHDAYS</u>  KEVIN —10TH  IVY — 20TH  BARBARA — 28TH	1  10:15 IN2L FUN 11:00 EXCERCISE 11:30 1:1 DEVELOPMENT 2:15 IN2L GAMES 3:30 BINGO	2  10:00 IN2L CHOICE 11:00 FITNESS 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:30 BINGO 3:30 FRIDAY TREAT CART	3  10:00 IN2L CHOICE 11:00 YOGA AND RELAXATION 11:30 1:1 DEVELOPMENT 2:15 CREATIVITY ZONE 3:30 BINGO	
	4 CINNAMON BUN DAY  9:30 HAIR WITH TRACY 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	5  10:00 MANICURES 11:15 FITNESS TIME 11:30 1:1 DEVELOPMENT 2:00 MATINEE 3:30 BINGO	6  10:15 IN2L TRAVEL 11:00 BALLOON GAME 11:30 1:1 DEVELOPMENT 2:00 FOOD COMMITTEE 2:30 RESIDENT COUNCIL 3:30 BINGO	7  10:00 MATINEE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 GARDEN TIME 3:30 BINGO	8  10:15 IN2L FUN 11:00 EXCERCISE 11:30 1:1 DEVELOPMENT 2:15 IN2L GAMES 3:30 BINGO	9  10:00 IN2L CHOICE 11:00 FITNESS 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:30 BINGO 3:30 FRIDAY TREAT CART	10  10:00 IN2L CHOICE 11:00 YOGA AND RELAXATION 11:30 1:1 DEVELOPMENT 2:15 CREATIVITY ZONE 3:30 BINGO
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	25  9:30 HAIR WITH TRACY 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	26  10:00 MANICURES 11:15 FITNESS TIME 11:30 1:1 DEVELOPMENT 2:00 ALL STAFF MEETING 3:30 BINGO	27  10:15 IN2L TRAVEL 11:00 BALLOON GAME 11:30 1:1 DEVELOPMENT 2:30 BIRTHDAY SOCIAL 3:30 BINGO	28  10:00 MATINEE 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:00 GARDEN TIME 3:30 BINGO	29  10:15 IN2L FUN 11:00 EXCERCISE 11:30 1:1 DEVELOPMENT 2:15 IN2L GAMES 3:30 BINGO	30 FRIDAY FUNDAY HALLOWEEN COSTUME  10:00 IN2L CHOICE 11:00 FITNESS 11:30 1:1 DEVELOPMENT 1:00 1:1 DEVELOPMENT MC 2:30 BINGO 3:30 FRIDAY TREAT CART	31  10:00 IN2L CHOICE 11:00 YOGA AND RELAXATION 11:30 1:1 DEVELOPMENT 2:15 CREATIVITY ZONE 3:30 BINGO