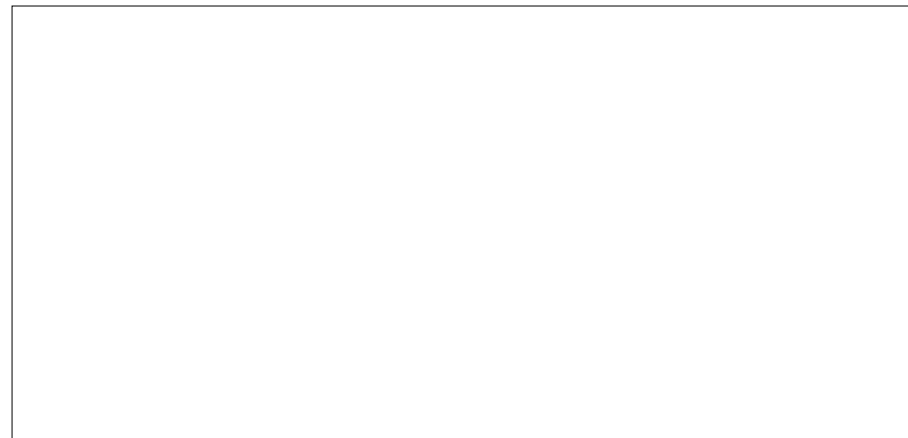




6135 E Street
Springfield, OR 97478

Stamp



Administrative Team:

Executive Director: Brandy Harris
Wellness Nurse: Michael Sherwood
Wellness Director: Samantha Dascher
Business Office Director: Kevin Conradsen
Dining Services Director: Mike Madrigal
Maintenance Director: Sean Miller
Life Enrichment Director: Cheri Demarest

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

Sweetbriar Villa Bulletin

December 2020 Newsletter



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Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor

Special Moments



Happy Birthday!



Ann S: Dec. 12

Destiny: Dec. 21

Pam: Dec. 23

- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

- | | |
|--|---|
| 01 Eat a Red Apple Day; Pie Day | 17 Maple Syrup Day; Wright Brothers Day |
| 02 Mutt Day; Fritters Day | 18 Twin Day; Ugly Christmas Sweater Day |
| 03 UN's Day of Persons w/ Disabilities | 19 Oatmeal Muffin Day; Hard Candy Day |
| 04 Sock Day; Dice Day | 20 Sangria Day |
| 05 Earmuff Day; Volunteer Day | 21 Winter Solstice; Crossword Puzzle Day |
| 06 Gazpacho Day; Microwave Day | 22 Date Nut Bread Day |
| 07 Cotton Candy Day | 23 Pfeffernusse Cookie Day; Forefathers Day |
| 08 Time Traveler Day; Brownie Day | 24 Christmas Eve; Eggnog Day |
| 09 Pastry Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Chanukah Begins; Nobel Prize Day | 26 Kwanzaa starts; Candy Cane Day |
| 11 Noodle Ring Day; App Day | 27 Fruitcake Day |
| 12 Gingerbread House Day | 28 Card Playing Day; Short Film Day |
| 13 Cocoa Day; Violin Day | 29 Pepper Pot Day |
| 14 Bouillabaisse Fish Stew Day | 30 Bacon Day |
| 15 Cupcake Day; Wear Pearls Day | 31 New Year's Eve; Champagne Day |
| 16 Chocolate Covered Day | |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



Our Favorite Wintertime Foods & Drinks!

Hot Cocoa - Doris

Beef Stew—Helen

Pumpkin Pie - Ann

Hot Tea - Gloria

Chili - Anna



Why We Love IN2L

"I like watching the bird videos."

-Don

"I love playing games on the IN2L machine." - Nancy

"I enjoy being able to do my exercises." - Luana

"I love the travel videos." - Ann

"I like playing bingo every day." - Mary

"I love that we can keep in contact with family members via Skype. It has made all the difference since our visitations have changed, and I know that's a big deal to our residents." - Cheri



Resident Spotlight: Alice

Alice was born in California, and moved to Oregon with her family when she was in eighth grade. It was after the move that Alice found her love of music, and met her husband. Together, they found a shared passion for music and took opera lessons together in McKenzie Bridge.

After Alice's husband served 4 years overseas with the Navy, they were married. They had four children. Alice was a home maker and her husband worked for the forest service and eventually became a lumber piler in various mills. After retirement they were able to spend 11 years traveling up and down the I-5 in their RV.

Alice is such a ray of sunshine and makes all staff and residents feel loved. Alice shares her love of music with us daily by playing the piano in the dining room before each meal.

We are so blessed to have her as part of our Sweetbriar family!

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	DECEMBER BIRTHDAYS	1 Pie Day	2	3	4	5
	ANN S — DEC. 12 DESTINY — DEC 21 PAM — DEC 23	10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:00 FOOD COMMITTEE WITH MIKE 2:30 RESIDENT COUNCIL 3:30 BINGO	10:30 BALLOON GAME 11:00 IN2L FUN 1:00 1:1 DEVELOPMENT MC 2:15 COLOR THERAPY 3:30 BINGO	10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 IN2L CHOICE 3:30 BINGO	10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 IN2L FUN 2:30 BINGO 3:30 CREATIVITY ZONE	10:30 DAILY DEVOTIONAL 11:00 FITNESS 11:30 BALLOON GAME 2:00 MATINEE
6	7	8	9	10 Hanukkah Begins	11	12 Gingerbread Day
10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	10:00 MANICURES 11:15 FITNESS TIME 2:00 MATINEE 3:30 BINGO	10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:30 BIRTHDAY SOCIAL 3:30 BINGO	10:30 BALLOON GAME 11:00 IN2L FUN 1:30 1:1 DEVELOPMENT MC 2:00 FIRE SIDE CHAT WITH BRANDY 3:30 BINGO	10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 IN2L FREE PLAY 3:30 BINGO	10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 IN2L FUN 2:30 BINGO 3:30 SCRAPBOOK CLUB	10:30 DAILY DEVOTIONAL 11:00 GINGERBREAD COOKIE DECORATING 2:00 MATINEE
13	14	15	16	17	18 Ugly Christmas Sweater Day	19
10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	10:00 MANICURES 11:15 FITNESS TIME 2:00 MATINEE 3:30 BINGO	10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:30 HOT COCOA SOCIAL 3:30 BINGO	10:30 BALLOON GAME 11:00 IN2L FUN 1:30 1:1 DEVELOPMENT MC 2:15 COLOR THERAPY 3:30 BINGO	10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 SUGAR COOKIE DECORATING 3:30 BINGO	10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 IN2L FUN 2:30 BINGO 3:00 CHRISTMAS FUN	10:30 DAILY DEVOTIONAL 11:00 FITNESS 11:30 BALLOON GAME 2:00 MATINEE
20	21 Winter Solstice	22	23	24 Christmas Eve Eggnog Day	25 Christmas Day	26
10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	10:00 MANICURES 11:15 FITNESS TIME 2:00 WINTER SOLSTICE CELEBRATION 3:30 BINGO	10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:30 TEAS DAY 3:30 BINGO	10:30 BALLOON GAME 11:00 IN2L FUN 1:30 1:1 DEVELOPMENT MC 2:15 WATER COLOR 3:30 BINGO	10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 MAKE EGGNOG 3:30 BINGO	12:30 CHRISTMAS DINNER ALL DAY: IN2L FUN AND ACTIVITY CORNER	10:30 DAILY DEVOTIONAL 11:00 FITNESS 11:30 BALLOON GAME 2:00 MATINEE
27	28	29	30	31 New Year’s Eve	DAILY ACTIVITIES (MC):	DAILY ACTIVITIES (AL) :
10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	10:00 MANICURES 11:15 FITNESS TIME 2:00 MATINEE 3:30 BINGO	10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:30 HOT COCOA SOCIAL 3:30 BINGO	10:30 BALLOON GAME 11:00 IN2L FUN 1:30 1:1 DEVELOPMENT MC 2:15 WATER COLOR 3:30 BINGO	10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 NEW YEARS EVE CELEBRATION 3:30 BINGO	9:00A.M. DAILY READING 9:30 A.M. ACTIVITY BOXES 11:00 A.M. MANICURES 3:00 P.M. ADULT COLORING	11:00 FAMILY CONNECTION 24/7- GAMING / ACTIVITY CORNER & IN2L PLAY