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Stamp

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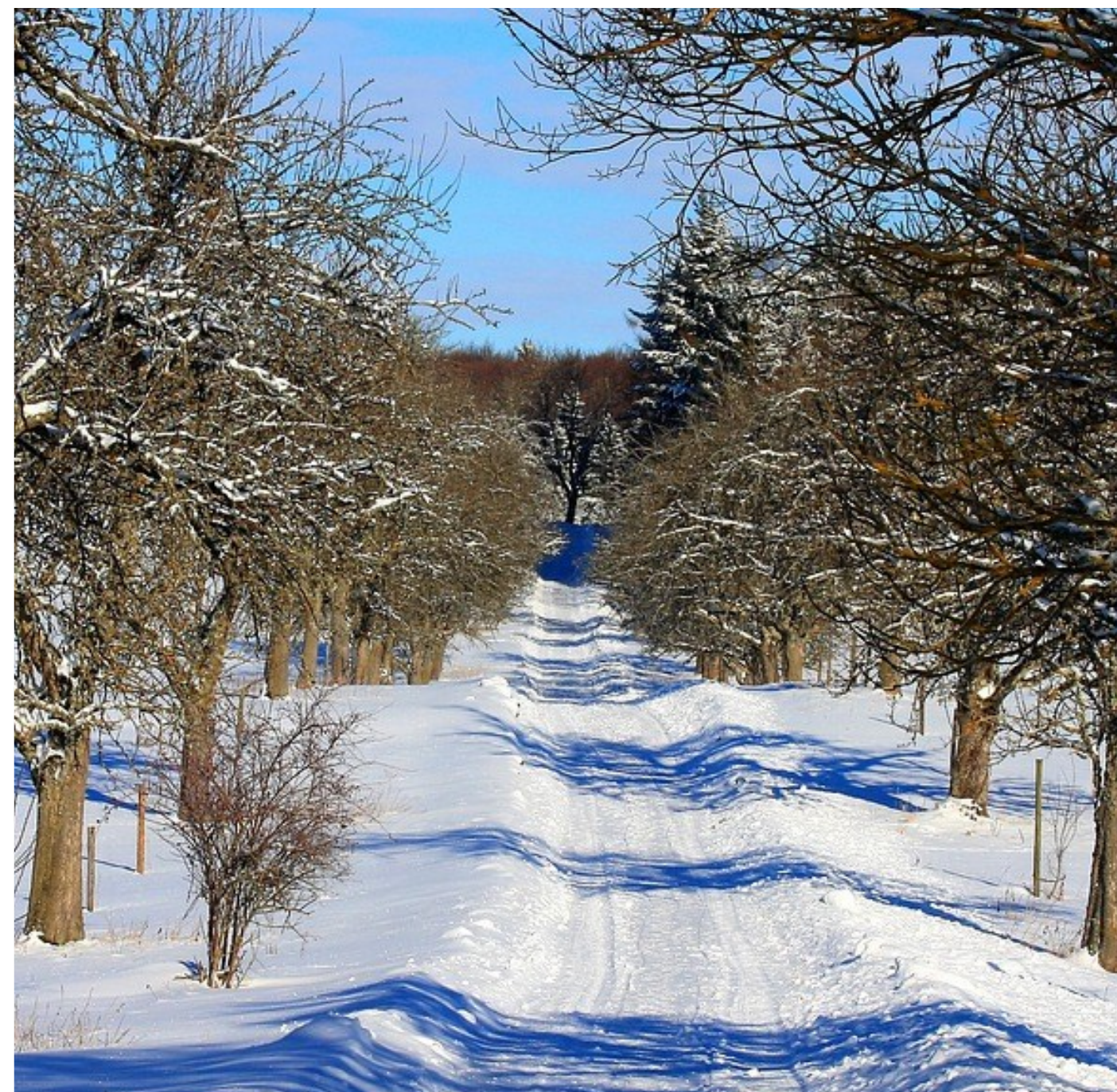
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Sweetbriar Villa Bulletin

January 2021 Newsletter



2 Boosting Cognition
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

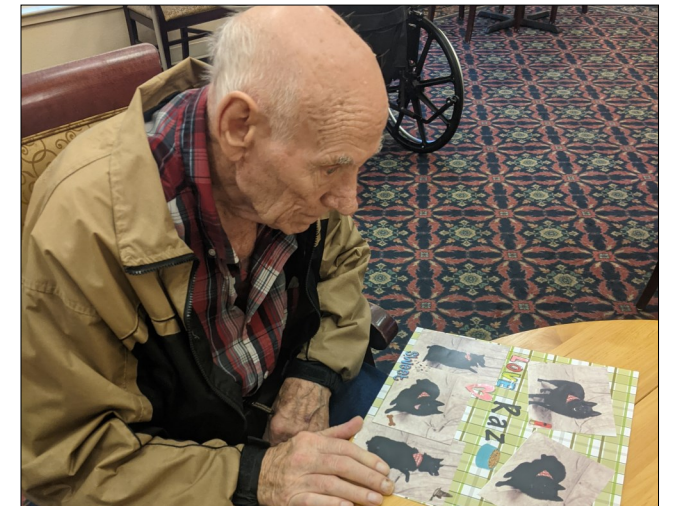
Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

Special Moments



Happy Birthday!



Alice— Jan. 10

Dorothy— Jan. 18

Dawn— Jan. 27

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

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|---|---|
| 01 New Year's Day; Bloody Mary Day | 17 Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Winnie the Pooh Day; Thesaurus Day |
| 03 Chocolate Cherry Day | 19 Popcorn Day; Tin Can Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day |
| 05 Whipped Cream Day; Bird Day | 21 Granola Bar Day; Squirrel Lovers Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day; Library Fix Up Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Apricot Day; Balloon Day | 25 Opposite Day; Irish Coffee Day |
| 10 Bittersweet Chocolate Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Milk Day; Vision Board Day | 27 Bubble Wrap Day; Chocolate Cake Day |
| 12 Pharmacist Day; Marzipan Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Rubber Duck Day; Sticker Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Your Pet Day; Pastrami Day | 30 Croissant Day |
| 15 Hat Day; Bagel & Lox Day | 31 Inspire with Art Day; Backwards Day; |
| 16 Fig Newton Day; Intl. Spicy Food Day | Hot Chocolate 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.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
 Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



Staff Spotlight: David

Our staff spotlight shines on our amazing server, David!

David started working at Sweetbriar in April, and has been an amazing addition to our team.

David is from Springfield Oregon. He is a father, a veteran, a student, and a star employee.

David is described as outgoing, funny, dependable, a hard worker, and always happy to help. He is wonderful with residents, and is often requested by name. He is good about making sure everyone is happy during dining services and beyond.

We are so glad he has joined our team and become a part of our SBV family!



Resident Spotlight: Ann S.

Our resident spotlight shines on Ann this month. She came to Sweetbriar only recently, but she has already made a lasting impression.

Ann was born and raised in California. She was a missionary in the Philippines for over 20 years. Ann is fluent in the language, and was a teacher in the rural villages. After she retired and moved back to the United States, she met her husband at church.

Ann is passionate about music. She plays piano, accordion, and has a beautiful singing voice. She is also a ventriloquist and is talented in many crafts. Ann is funny and kind, and always has a warm smile for everyone.

We are happy to know her and lucky to have her as part of our Sweetbriar Villa family!

JANUARY 2021

Sweetbriar Villa



6135 E St., Springfield, OR 97478



541-225-0200

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
Sun., Jan. 31 from bottom of calendar 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	All activities subject to change per mandated health guidelines.	DAILY ACTIVITIES (AL) : 11:00 FAMILY CONNECTION 24/7- GAMING / ACTIVITY CORNER & IN2L PLAY	DAILY ACTIVITIES (MC): 9:00 - DAILY READING 9:30 - ACTIVITY BOXES 11:00 - MANICURES 1:00 - ADULT COLORING	JANUARY BIRTHDAYS Alice—Jan. 10 Dorothy—Jan. 18 Dawn—Jan. 27	1 New Year's Day 10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 IN2L FUN 2:30 BINGO 3:30 CREATIVITY ZONE	2 SCIENCE FICTION DAY 10:30 DAILY DEVOTIONAL 11:00 FITNESS 11:30 BALLOON GAME 2:00 MATINEE
3 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	4 TRIVIA DAY 10:00 MANICURES 11:00 IN2L TRIVIA 2:00 MATINEE 3:30 BINGO	5 10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:00 FOOD COMMITTEE WITH MIKE 2:30 RESIDENT COUNCIL 3:30 BINGO	6 10:30 BALLOON GAME 11:00 IN2L FUN 1:30 1:1 DEVELOPMENT MC 2:15 GAMES 3:30 BINGO	7 10:00 1:1 DEVELOPMENT 11:00 FITNESS FUN 2:15 IN2L BRAIN TEASERS 3:30 BINGO	8 10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 IN2L FUN 2:30 BINGO 3:30 CREATIVITY ZONE	9 10:30 DAILY DEVOTIONAL 11:00 FITNESS FUN 11:30 BALLOON GAME 2:00 MATINEE
10 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	11 VISION BOARD DAY 10:00 MANICURES 11:00 VISION BOARDS 2:00 MATINEE 3:30 BINGO	12 10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:30 BIRTHDAY SOCIAL 3:30 BINGO	13 10:30 BALLOON GAME 11:00 IN2L FUN 1:30 1:1 DEVELOPMENT MC 2:00 FIRE SIDE CHAT WITH BRANDY 3:30 BINGO	14 10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 IN2L BRAIN TEASERS 3:30 BINGO	15 HAT DAY 10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 IN2L FUN 2:30 BINGO 3:30 SCRAPBOOK CLUB	16 10:30 DAILY DEVOTIONAL 11:00 FITNESS 11:30 BALLOON GAME 2:00 MATINEE
17 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	18 Martin Luther King Jr. Day 10:00 MANICURES 11:00 FITNESS FUN 2:00 MATINEE 3:30 BINGO	19 POPCORN DAY 10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:30 HOT COCOA SOCIAL 3:30 BINGO	20 10:30 BALLOON GAME 11:00 IN2L FUN 1:30 1:1 DEVELOPMENT MC 2:15 WATER COLOR 3:30 BINGO	21 10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 IN2L BRAIN TEASERS 3:30 BINGO	22 10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 IN2L FUN 2:30 BINGO 3:30 CREATIVITY ZONE	23 10:30 DAILY DEVOTIONAL 11:00 FITNESS 11:30 BALLOON GAME 2:00 MATINEE
24 COMPLIMENT DAY 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	25 10:00 MANICURES 11:00 FITNESS FUN 2:00 MATINEE 3:30 BINGO	26 10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:30 TEAS DAY 3:30 BINGO	27 10:30 BALLOON GAME 11:00 IN2L FUN 1:30 1:1 DEVELOPMENT MC 2:15 GAMES 3:30 BINGO	28 10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 IN2L BRAIN TEASERS 3:30 BINGO	29 10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 IN2L FUN 2:30 BINGO 3:30 CREATIVITY ZONE	30 10:30 DAILY DEVOTIONAL 11:00 FITNESS 11:30 BALLOON GAME 2:00 MATINEE