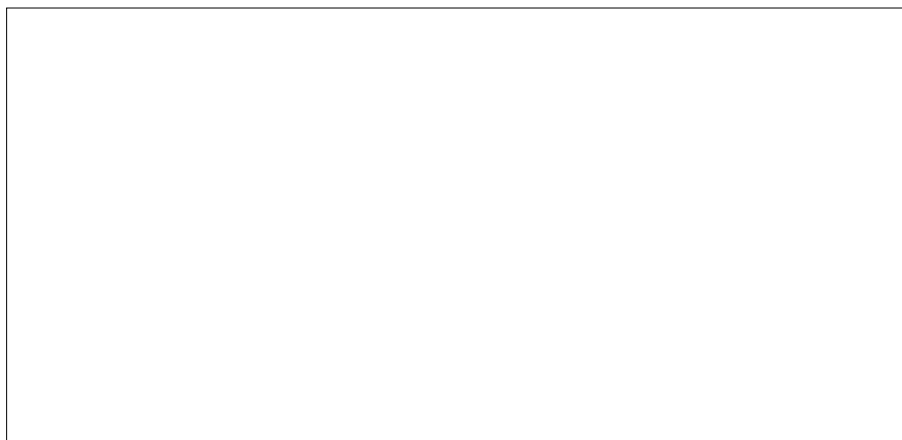




6135 E Street
Springfield, OR 97478

Stamp Here



Administrative Team:

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

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

Connect:

541-225-0200

info@sweetbriarvilla.com

www.sweetbriarvilla.com

Sweetbriar Villa Bulletin

February 2021 Newsletter



2 Prioritize Your Heart Health
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
7 Special Moments & Birthdays
8 Mission & Team

Prioritize Your Heart Health With Daily Choices

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

Special Moments



Happy Birthday!



- | | |
|-------------------|--------------------|
| Eva : Feb. 2nd | Madison : Feb. 9th |
| Kay : Feb. 3rd | Shy : Feb. 10th |
| Ardys : Feb. 15th | Tracy : Feb. 24th |
| Luana : Feb. 17th | Brandy : Feb. 27th |
| Jo : Feb. 19th | |

Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!

February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

- | | |
|---|--|
| 01 Baked Alaska Day; Serpent Day | 15 Presidents' Day; Gumdrops Day |
| 02 Groundhog Day; Ukulele Day | 16 Fat Tuesday; Almond Day |
| 03 Carrot Cake Day | 17 Ash Wed.; Cabbage Day; Kind Act Day |
| 04 Homemade Soup Day | 18 Wine Day; Battery Day; Pluto Day |
| 05 Nutella Day; Gum Day | 19 Caregivers' Day; Chocolate Mint Day |
| 06 Frozen Yogurt Day; Chopsticks Day | 20 Cherry Pie Day; Muffin Day; Pet Day |
| 07 Superbowl LV; Send Cards Day | 21 Grain-Free Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day |
| 11 Inventors' Day; Peppermint Patty Day | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day | 26 Pistachio Day; Toast Day; Chili Day |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day |
| 14 Valentine's Day; Chocolate Truffle Day | 28 Floral Day; Chocolate Souffle 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.

Make a New Friend Day is on February 11

We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

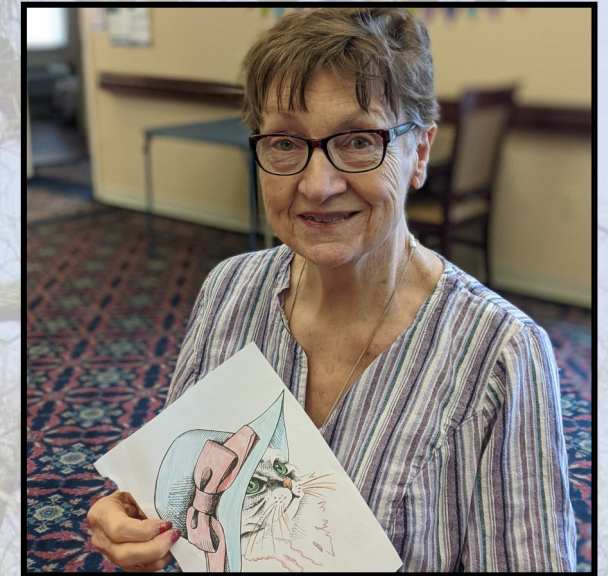
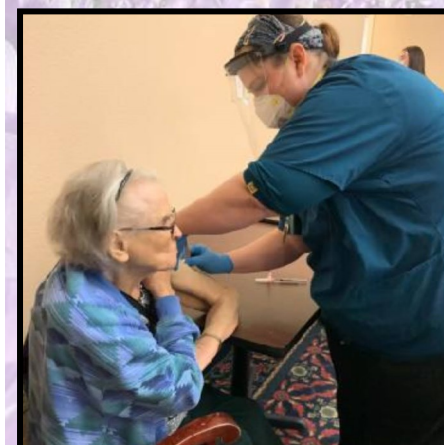
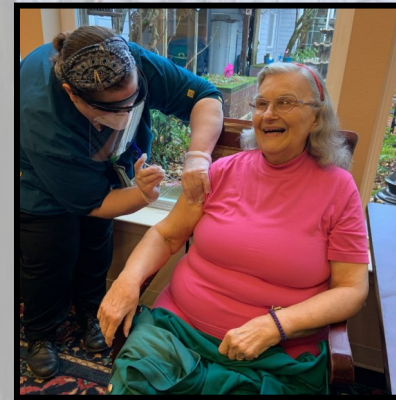
"I told them a joke" - Dorothy

"Playing Bingo" - Kay

"I just walk up and make them feel good" - Mary

"Going to church" - Helen S.

We Got Vaccinated!



Resident Spotlight: Mary

Mary moved to Sweetbriar at the end of 2020 from Blue River, Oregon.

She grew up in California, and is an only child. She graduated from Cerritos college as an LPN. Mary has two daughters and seven grandchildren. She was married to her husband, Jim, for 25 years.

Mary was a Brownie Troop leader, PTA president, choir leader, and Sunday school teacher when her daughters were young.

Mary is a talented musician; she enjoys playing piano, and has a beautiful singing voice. Her favorite activity at Sweetbriar is BINGO!

Mary is always happy, enjoys helping others, and is always open to meeting new friends and trying new things. She is such a bright light, and we are so very lucky to have her as part of our SBV family!

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 10:00 MANICURES 11:00 IN2L TRIVIA 2:00 MATINEE 3:30 BINGO	2 GROUNDHOG DAY 10:00 1:1 DEVELOPMENT 11:00 IN2L GROUNDHOG DAY 2:00 FOOD COMMITTEE WITH MIKE 2:30 RESIDENT COUNCIL 3:30 BINGO	3 10:00 COFFEE, DONUTS, AND CURRENT EVENTS 1:30 1:1 DEVELOPMENT MC 2:15 DINING ROOM GAMES 3:30 BINGO	4 10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 IN2L BRAIN TEASERS 3:30 BINGO	5 10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 THIS WEEK IN HISTORY 2:30 BINGO 3:30 CARDS FOR RANDOM ACTS OF KINDNESS	6 10:30 DAILY DEVOTIONAL 11:00 FITNESS FUN 11:15 IN2L CHOICE 2:00 MATINEE
	7 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 BINGO 3:30 SUPER BOWL CELEBRATION	8 10:00 MANICURES 11:00 IN2L TRIVIA 2:00 MATINEE 3:30 BINGO	9 10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:30 BIRTHDAY SOCIAL 3:30 BINGO	10 10:30 VALENTINE'S DAY PHOTO SHOOT 11:30 FITNESS CHOICE 2:15 FIRESIDE CHAT WITH BRANDY 3:30 BINGO	11 10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOIC 2:15 IN2L FAMILY FEUD 3:30 BINGO	12 10:30 CHINESE NEW YEAR HISTORY 11:00 CREATIVITY ZONE 2:00 CHINESE NEW YEAR CELEBRATION 3:30 BINGO
14 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L VALENTINES DAY 3:30 BINGO	15 PRESIDENTS DAY 10:00 MANICURES 11:00 PRESIDENTS DAY TRIVIA 2:00 MATINEE 3:30 BINGO	16 FAT TUESDAY 10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL TO NEW ORLEANS 2:30 MARDI GRAS HISTORY AND FOOD 3:30 BINGO	17 10:30 COFFEE, DONUTS, AND CURRENT EVENTS 11:00 IN2L FUN 1:30 1:1 DEVELOPMENT MC 2:15 JEWELRY MAKING 3:30 BINGO	18 10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 IN2L BRAIN TEASERS 3:30 BINGO	19 10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 THIS WEEK IN HISTORY 2:30 BINGO 3:30 CREATIVITY ZONE	20 10:30 DAILY DEVOTIONAL 11:00 FITNESS FUN 11:15 IN2L CHOICE 2:00 MATINEE
21 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO	22 10:00 MANICURES 11:00 IN2L TRIVIA 2:00 MATINEE 3:30 BINGO	23 BANANA BREAD DAY 10:00 1:1 DEVELOPMENT 11:00 IN2L TRAVEL 2:30 TEASDAY 3:30 BINGO	24 10:30 COFFEE, DONUTS, AND CURRENT EVENTS 11:00 IN2L FUN 2:15 KARAOKE 3:00 BINGO 4:00 HAPPY HOUR	25 10:00 1:1 DEVELOPMENT 11:00 FITNESS CHOICE 2:15 IN2L WORD GAMES 3:30 BINGO	26 FRIDAY FUNDAY PRETTY IN PINK 10:00 1:1 DEVELOPMENT 10:45 BALLOON GAME 11:15 THIS WEEK IN HISTORY 2:30 BINGO 3:30 SCRAPBOOK CLUB	27 10:30 DAILY DEVOTIONAL 11:00 FITNESS FUN 11:15 IN2L CHOICE 2:00 MATINEE
28 10:30 SUNDAY SERVICE 11:30 1:1 DEVELOPMENT 2:00 IN2L TIME 3:30 BINGO		<u>DAILY ACTIVITIES (MC):</u> . MANICURES . PUZZLES . COLORING . TV TIME . ACTIVITY BOXES	<u>DAILY ACTIVITIES (AL) :</u> . ADULT COLORING . IN2L FREE PLAY . PUZZLES . READING . MATINEE . FAMILY CONNECTION	<u>RESIDENT BIRTHDAYS</u> EVA—FEB. 2ND KAY—FEB. 3RD ARDYS—FEB. 15TH LUANA—FEB. 17TH JO—FEB. 19TH	<u>STAFF BIRTHDAYS</u> MADISON—FEB. 9TH SHY—FEB. 10TH TRACY—FEB. 24TH BRANDY—FEB. 27TH	