



**SWEETBRIAR  
VILLA**

6135 E Street  
Springfield, OR 97478

Stamp

#### **Administrative Team:**

**Executive Director:** Brandy Harris  
**Wellness Director:** Kevin Conradsen  
**Business Office Director:** Destiny Beatty  
**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

**April 2021 Newsletter**



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# Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

## Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

## Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home

- or in the community influences the big picture.
- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

# Special Moments



## Happy Birthday!



Jurline: April 8th

Jordan M.: April 7th

Bob: April 14th

Daniela: April 16th

Tillie: April 19th

Patricia: April 21st

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.



# April 2021 Highlights

**April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!**

01 April Fools Day; Sourdough Day	17 Crawfish Day; Ellis Island History Day
02 Peanut Butter and Jelly Day; Ferret Day	18 Animal Cracker Day; Intl. Day for Monuments and Sights
03 Film Score Day; Handmade Day	19 Amaretto Day; Garlic Day
04 Easter; School Librarian Day	20 Twin Day; Pineapple Upside Down Day
05 Caramel Day; Deep Dish Pizza Day	21 Administrative Professionals' Day; British National Tea Day
06 Caramel Popcorn Day; Librarians Day	22 Earth Day; Jelly Bean Day
07 Coffeecake Day; Beer Day	23 Arbor Day; Picnic Day
08 Zoo Lovers Day; Empanada Day	24 Pigs in Blankets Day; Sense of Smell Day
09 Unicorn Day; Antique Love Day	25 Thank Plumbers Day; Zucchini Bread Day
10 Hug Dog Day; Farm Animals Day	26 Audubon Day; Pretzel Day
11 Quartet Day; Fondue Day; Pet Day	27 Babe Ruth Day; Prime Rib Day
12 Ramadan Begins; Grilled Cheese Day	28 Blueberry Pie Day; Superhero Day
13 Scrabble Day; Peach Cobbler Day	29 Shrimp Scampi Day; Intl. Dance Day
14 Dolphin Day; Gardening Day; Pecan Day	30 Hairstylist Appreciation Day; Oatmeal Cookie Day
15 World Art Day; Banana Day; Guess Day	
16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

**April 8th is Zoo Lover's Day.**

**Staff and residents shared their favorite animals!**

- "Sloth" - Destiny
- "Giraffe" - James
- "Goat" - Nancy
- "Elephant" - Jerry
- "African Ant Eater" - Randy
- "Cat" - Evie
- "Horse" - Ardys
- "Racoon" - Jordan



## Staff Spotlight: Kelly

Kelly has been a caregiver with Sweetbriar Villa for eight years, and is a big part of our community. She is incredibly knowledgeable, has a big heart, and loves making employees and residents laugh. Her coworkers describe her as compassionate, driven, bold, friendly, and a hard worker.

Kelly is from Eureka, California. She enjoys bowling, shopping, and watching sports in her time off. We are very lucky to have Kelly in our Sweetbriar Villa family!

**We would like to say thank you for all you do, Kelly!**



## Resident Spotlight: Don

Don was born and raised in Marcola, Oregon. He is a father, and a grandfather. He worked for the city of Springfield for the public works department. Don has always enjoyed hunting and fishing in his free time, and taking vacations at the coast. He also has raised and showed schipperke dogs. His dog Pepper is his pride and joy.

Don loves to go on walks in our neighborhood and spot local birds. He has a great appreciation for music, and loves karaoke. Don is kind, helpful, and funny.

**We are very happy and lucky to have Don as part of our Sweetbriar family!**



# APRIL 2021

Sweetbriar Villa

6135 E St., Springfield, OR 97478

541-225-0200

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>	 <p><b>Happy Earth Day!</b></p>	<p><b>DAILY ACTIVITIES (AL) :</b></p> <ul style="list-style-type: none"> <li>ADULT COLORING</li> <li>IN2L FREE PLAY</li> <li>PUZZLES</li> <li>READING</li> <li>MATINEE</li> <li>FAMILY CONNECTION</li> </ul>	<p><b>DAILY ACTIVITIES (MC):</b></p> <ul style="list-style-type: none"> <li>MANICURES</li> <li>PUZZLES</li> <li>COLORING</li> <li>TV TIME</li> <li>ACTIVITY BOXES</li> </ul>	<p>1 April Fool's Day</p> <p>11:00 FITNESS CHOICE</p> <p>2:15 IN2L APRIL FOOLS</p> <p>3:30 BINGO</p>	<p>2 Good Friday</p> <p>10:45 BALLOON GAME</p> <p>11:15 IN2L TRAVEL</p> <p>2:30 BINGO</p> <p>3:30 EASTER EGG HUNT</p>	<p>3</p> <p>10:30 DAILY DEVOTIONAL</p> <p>11:00 IN2L FITNESS</p> <p>11:15 CREATIVITY ZONE MC</p> <p>2:00 MATINEE</p>
<p>4 Easter</p> <p>10:30 SUNDAY SERVICE</p> <p>12:30 EASTER LUNCH</p> <p>2:00 IN2L FREE PLAY</p> <p>3:30 RESIDENT BINGO</p>	<p>5</p> <p>10:00 MANICURES</p> <p>11:00 IN2L TRIVIA</p> <p>2:15 BINGO</p> <p>3:15 MATINEE</p>	<p>6</p> <p>10:15 KARAOKE</p> <p>11:00 IN2L CHOICE</p> <p>2:00 FOOD COMMITTEE WITH MIKE</p> <p>2:30 RESIDENT COUNCIL</p> <p>3:30 BINGO</p>	<p>7</p> <p>10:15 KARAOKE</p> <p>11:00 FITNESS CHOICE</p> <p>2:15 JEWELRY MAKING</p> <p>3:30 BINGO</p>	<p>8</p> <p>11:00 FITNESS CHOICE</p> <p>2:15 IN2L SPORTS</p> <p>3:30 BINGO</p>	<p>9</p> <p>10:45 BALLOON GAME</p> <p>11:15 IN2L TRAVEL</p> <p>3:30 BINGO</p>	<p>10</p> <p>10:30 DAILY DEVOTIONAL</p> <p>11:00 SCIENCE SATURDAY</p> <p>11:30 IN2L FITNESS</p> <p>2:00 MATINEE</p>
<p>11</p> <p>10:30 SUNDAY SERVICE</p> <p>2:00 IN2L FREE PLAY</p> <p>3:30 RESIDENT BINGO</p>	<p>12</p> <p>10:00 MANICURES</p> <p>11:00 IN2L TRIVIA</p> <p>2:15 BINGO</p> <p>3:15 MATINEE</p>	<p>13</p> <p>10:15 KARAOKE</p> <p>11:15 FIRESIDE CHAT WITH BRANDY</p> <p>2:30 TEASDAY</p> <p>3:30 BINGO</p>	<p>14</p> <p>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</p> <p>11:00 FITNESS CHOICE</p> <p>2:15 SCRAPBOOKING</p> <p>3:30 BINGO</p>	<p>15</p> <p>11:00 FITNESS CHOICE</p> <p>2:15 IN2L HISTORY</p> <p>3:30 BINGO</p>	<p>16</p> <p>10:45 BALLOON GAME</p> <p>11:15 IN2L TRAVEL</p> <p>2:30 BINGO</p> <p>4:00 HAPPY HOUR</p>	<p>17</p> <p>10:30 DAILY DEVOTIONAL</p> <p>11:00 IN2L CHOICE</p> <p>11:30 IN2L FITNESS</p> <p>2:00 MATINEE</p>
<p>18</p> <p>10:30 SUNDAY SERVICE</p> <p>2:00 IN2L FREE PLAY</p> <p>3:30 RESIDENT BINGO</p>	<p>19</p> <p>10:00 MANICURES</p> <p>11:00 IN2L TRIVIA</p> <p>2:15 BINGO</p> <p>3:15 MATINEE</p>	<p>20</p> <p>10:15 KARAOKE</p> <p>11:30 FITNESS CHOICE</p> <p>2:30 BIRTHDAY SOCIAL</p> <p>3:30 BINGO</p>	<p>21</p> <p>10:15 KARAOKE</p> <p>11:00 FITNESS CHOICE</p> <p>2:15 DIY BODYCARE CRAFT</p> <p>3:30 BINGO</p>	<p>22 Earth Day</p> <p>11:00 FITNESS CHOICE</p> <p>2:15 IN3L FAMILY FUED</p> <p>3:30 BINGO</p>	<p>23</p> <p>10:45 BALLOON GAME</p> <p>11:15 IN2L TRAVEL</p> <p>2:30 BINGO</p> <p>3:30 CRAFT CHOICE AL</p>	<p>24</p> <p>10:30 DAILY DEVOTIONAL</p> <p>11:00 IN2L CHOICE</p> <p>11:30 IN2L FITNESS</p> <p>2:00 MATINEE</p>
<p>25</p> <p>10:30 SUNDAY SERVICE</p> <p>2:00 IN2L FREE PLAY</p> <p>3:30 RESIDENT BINGO</p>	<p>26</p> <p>10:00 MANICURES</p> <p>11:00 IN2L TRIVIA</p> <p>2:15 BINGO</p> <p>3:15 MATINEE</p>	<p>27</p> <p>10:15 KARAOKE</p> <p>11:30 FITNESS CHOICE</p> <p>2:30 TEASDAY</p> <p>3:30 BINGO</p>	<p>28</p> <p>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</p> <p>11:00 FITNESS CHOICE</p> <p>2:15 SCENIC WALKS</p> <p>3:30 BINGO</p>	<p>29</p> <p>11:00 FITNESS CHOICE</p> <p>2:15 IN2L WORD GAMES</p> <p>3:30 BINGO</p>	<p>30 FRIDAY FUNDAY "WEAR YELLOW"</p> <p>10:45 BALLOON GAME</p> <p>11:15 IN2L TRAVEL</p> <p>2:30 BINGO</p> <p>3:30 CREATIVITY ZONE MC</p>	<p><b>APRIL BIRTHDAYS</b></p> <p>JURLINE—8TH</p> <p>BOB—14TH</p> <p>TILLIE—19TH</p> <p>PATRICIA—21ST</p>