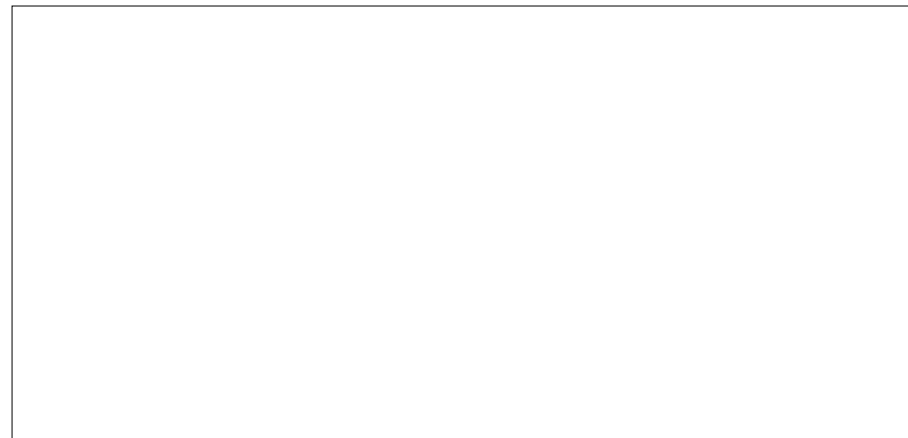




6135 E Street  
Springfield, OR 97478

Stamp



#### Administrative Team:

Executive Director: Brandy Harris  
Wellness Director: Kevin Conradsen  
Community Relations Dir.: Anne Gaca  
Business Office Director: Destiny Beatty  
Dining Services Director: Mike Madrigal  
Maintenance Director: Richard Wyncoop  
Life Enrichment Director: Cheri Demarest

#### Connect:

541-225-0200  
[info@sweetbriarvilla.com](mailto:info@sweetbriarvilla.com)  
[www.sweetbriarvilla.com](http://www.sweetbriarvilla.com)  
[facebook.com/sweetbriarviallaseniorliving](https://facebook.com/sweetbriarviallaseniorliving)

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



# Sweetbriar Villa Bulletin

June 2021 Newsletter



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3 Team & Resident Spotlight  
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6 Highlights, Notes, In Our Words  
7 Special Moments & Birthdays  
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# Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

## Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Oct. 10**. Set up a Tribute or Memorial Page with fundraising support options at [act.alz.org](https://act.alz.org)
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: [trialmatch.alz.org](https://trialmatch.alz.org)
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at [alz.org/get-involved-now/advocate](https://alz.org/get-involved-now/advocate)
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit [alz.careasy.org/home](https://alz.careasy.org/home)
- Be a Volunteer:
  - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
  - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: [volunteer.alz.org/Volunteeropportunities/becoming](https://volunteer.alz.org/Volunteeropportunities/becoming)

## Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

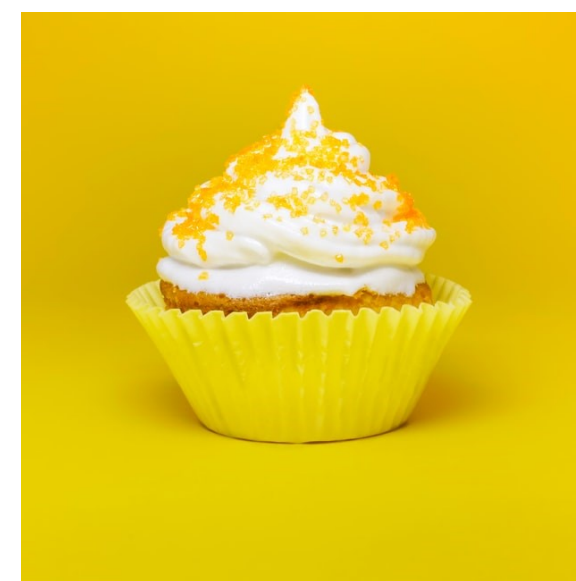
## Special Moments



**Nancy: June 16th**

**Jerry: June 29th**

Those born in June are Gemini (May 21–June 20) and Cancer (June 21–July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!



Happy Birthday!



# June 2021 Highlights

**June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!**

01 Olive Day; Nail Polish Day; Pen Pal Day	16 Fudge Day
02 Rocky Road Day; Rotisserie Chicken Day	17 Mascot Day; Apple Strudel Day
03 Egg Day; Chocolate Macaroons Day	18 Go Fishing Day; Picnic Day; Tapas Day
04 Cheese Day; Donut Day; Fish & Chips Day	19 Juneteenth; Garfield Day; Wear Blue Day
05 Veggie Burger Day; Environment Day	20 Father's Day; Seashell Day; It's Summer!
06 D-Day; Glasses Day; Sweden Day	21 Peach N' Cream Day; Selfie Day; Yoga Day
07 Oklahoma Day; Chocolate Ice Cream Day	22 Chocolate Éclair Day; Onion Rings Day
08 Best Friends Day; Positive Thinking Day	23 Hydrate Day; Pecan Sandy Day; Pink Day
09 Donald Duck Day; Strawb. Rhubarb Pie Day	24 Praline Day; Red, White, Blue Pops Day
10 Egg Roll Day; Iced Tea Day	25 Catfish Day; Strawberry Parfait Day
11 Corn Cob Day; German Choc. Cake Day	26 Coconut Day; Beautician's Day
12 PB Cookie Day; Red Rose Day; Falafel Day	27 Ice Cream Cake Day; Sunglasses Day
13 Weed the Garden Day; Sew Machine Day	28 Alaska Day
14 Flag Day; Strawberry Shortcake Day	29 Camera Day; Waffle Iron Day
15 Photography Day; Smile Power Day	30 Parchment Day; Meteor Watch 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.

**June 20 marks the Start of Summer!**

**Our residents and staff shared their favorite things about summer!**

**"Hiking, fishing, and camping" - Pat**

**"Being outside" - Evie**

**"The sun" - Jurline**

**"Playing outside" - Nancy**

**"Gardening" - Gloria**

**"Swimming" - James**

**"Being outdoors" - Brandy**

**"Going to the lake" - Kevin**

## New Staff Spotlight:



**Anne "Annie" is our new Community Relations Director. She moved from Bend to be closer to her daughter and soon arrival of a grandchild. We are excited to have her on our team!**



**Richard has returned to Sweetbriar to be our new Maintenance Director. Staff and residents are excited he has come back to Sweetbriar Villa!**



## Resident Spotlight: Jerry

**Our resident spotlight this month shines on Jerry. She was born and raised in Salt Lake City, where she graduated from high school and attended college. She moved to Hood River in 1974 with her husband. Jerry moved to Eugene in '77 to attend the U of O. She went on to get her masters degree, and became a counselor.**


**Jerry always has a warm smile and a calming energy that draws you in. She is quick-witted, loves having a good time, and enjoys life to the fullest. She said her greatest pride in life is her four children.**

**We are so happy to have Jerry as part of our SBV family!**



# JUNE 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>
<b>All activities subject to change per mandated health guidelines.</b>	<b>JUNE BIRTHDAYS</b>	1	2	3	4	5
	<b>Nancy — 16th</b>	10:30 KARAOKE 11:00 FITNESS CHOICE 11:30 SCENIC WALK 2:00 FOOD COMMITTEE 2:30 RESIDENT COUNCIL 3:30 BINGO	10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 SCENIC DRIVE 2:15 BINGO 3:30 IN2L CHOICE	10:30 BALLOON GAME 11:15 DINING ROOM GAMES 11:45 DOOR TO DOOR VISITIS 2:15 BINGO 3:30 MC ACTIVITY BOX	10:15 BALLOON GAME 10:45 IN2L TRAVEL 11:15 GAMES 2:15 BINGO 3:30 FRIDAY FUNDAY CART	10:30 DAILY DEVOTIONAL 10:15 IN2L HYMNS 10:30 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE
	<b>Jerry — 29th</b>					
6	7	8	9	10	11	12
10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY	10:00 MANICURES 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE	10:30 KARAOKE 11:00 FIRE SIDE CHAT WITH BRANDY 11:30 SCENIC WALK 2:30 TEASDAY 3:30 BINGO	10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 IN2L WORD GAMES 11:15 IN2L FITNESS 2:15 BINGO 3:30 SCENIC DRIVE	10:30 BALLOON GAME 11:15 DINING ROOM GAMES 11:45 DOOR TO DOOR VISITIS 2:15 BINGO 3:30 MC ACTIVITY BOX	10:15 BALLOON GAME 10:45 IN2L TRAVEL 11:15 CREATIVITY ZONE 2:15 BINGO 3:30 FRIDAY FUNDAY CART	10:30 DAILY DEVOTIONAL 10:15 IN2L HYMNS 10:30 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE
13	14	15	16	17	18	19
10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY	10:00 MANICURES 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE	10:30 KARAOKE 11:00 FITNESS CHOICE 11:30 SCENIC WALK 2:30 BIRTHDAY SOCIAL 3:30 BINGO	10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 SCENIC DRIVE 2:15 BINGO 3:30 CREATIVITY ZONE	10:30 BALLOON GAME 11:15 DINING ROOM GAMES 11:45 DOOR TO DOOR VISITIS 2:15 BINGO 3:30 MC ACTIVITY BOX	10:15 BALLOON GAME 10:45 IN2L TRAVEL 11:15 GAMES 12:30 FATHERS DAY BBQ 2:15 BINGO 3:30 FRIDAY FUNDAY CART	10:30 DAILY DEVOTIONAL 10:15 IN2L HYMNS 10:30 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE
20	21	22	23	24	25	26
10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY	10:00 MANICURES 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE	10:30 KARAOKE 11:00 FITNESS CHOICE 11:30 SCENIC WALK 2:30 ICED TEA SOCIAL 3:30 BINGO	10:30 COFFEE, DONUTS, AND CURRENT EVENTS 11:00 BALLOON GAME 11:30 IN2L WORD GAMES 2:00 SCENIC DRIVE 3:30 BINGO	10:30 BALLOON GAME 11:15 DINING ROOM GAMES 11:45 DOOR TO DOOR VISITIS 2:15 BINGO 3:30 MC ACTIVITY BOX	<b>FRIDAY FUNDAY</b> RED, WHITE, AND BLUE 10:15 BALLOON GAME 10:45 IN2L TRAVEL 11:15 PUZZLES 2:15 BINGO 3:30 FRIDAY FUNDAY CART	10:30 DAILY DEVOTIONAL 10:15 IN2L HYMNS 10:30 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE
27	28	29	30	<b>DAILY ACTIVITIES (AL) :</b>	<b>DAILY ACTIVITIES (MC):</b>	
10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY	10:00 MANICURES 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE	10:30 KARAOKE 11:00 FITNESS CHOICE 11:30 SCENIC WALK 2:30 ICE CREAM SOCIAL 3:30 BINGO	10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 SCENIC DRIVE 2:15 BINGO 3:30 CREATIVITY ZONE	<b>ADULT COLORING</b> <b>IN2L FREE PLAY</b> <b>PUZZLES</b> <b>READING</b> <b>IN2L FITNESS</b> <b>FAMILY CONNECTION</b>	<b>MANICURES</b> <b>PUZZLES</b> <b>COLORING</b> <b>BALLOON GAME</b> <b>ACTIVITY BOXES</b>	