



6135 E Street  
Springfield, OR 97478

Stamp



**Administrative Team:**

**Executive Director:** Brandy Harris  
**Wellness Director:** Kevin Conradsen  
**Business Office Director:** Destiny Beatty  
**Community Relations Dir.:** Annie Gaca  
**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/](https://facebook.com/sweetbriarviallaseniorliving)

[sweetbriarviallaseniorliving](https://facebook.com/sweetbriarviallaseniorliving)

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

# Sweetbriar Villa Bulletin

July 2021 Newsletter



**2 Hot Weather Safety Tips**  
**3 Team & Resident Spotlight**  
**4 - 5 Activities Calendar**

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



# Fun in the Sun: Hot Weather Safety Tips

*2018 Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

**Stay hydrated.** Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

**Use sunscreen.** Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

**Cover up.** When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

## Try to avoid the sun during peak hours.

Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

## Pay attention to the heat index and UV index.

The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at [www.epa.gov/sunsafety/uv-index-1](http://www.epa.gov/sunsafety/uv-index-1)

## Medications and sun don't always mix.

Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

**Have a great, safe summer!** We hope these suggestions are helpful to you in your preparation for summer fun this year!

## Special Moments



**Cherie : July 20**

**Shirley : July 30**

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



# July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

- |  |  |
|--|--|
| 01 Stamp Day; Creative Ice Cream Day       | 17 Peach Ice Cream Day; Emoji Day            |
| 02 Anisette Day; World UFO Day             | 18 Sour Candy Day; Ice Cream Day             |
| 03 Chocolate Wafer Day; Eat Beans Day;     | 19 Daiquiri Day                              |
| 04 Independence Day; Scarecrow Build Day   | 20 Fortune Cookie Day; Penn. Day; Chess Day  |
| 05 Apple Turnover Day; Graham Cracker Day  | 21 Be Someone Day; Junk Food Day             |
| 06 Fried Chicken Day; Sushi Hand Rolls Day | 22 Penuche Fudge Day; Hot Dog Day            |
| 07 Macaroni Day; Strawberry Sundae Day     | 23 Vanilla Ice Cream Day; Lovely Grandma Day |
| 08 Almond Chocolate Day; Blueberry Day     | 24 A. Earhart Day; DriveThru Day; Cowboy Day |
| 09 Sugar Cookie Day                        | 25 Culinaricians' Day; Parents' Day          |
| 10 Collector Car Day; Pina Colada Day      | 26 Bagelfest Day; Coffee Milkshake Day       |
| 11 Blueberry Muffin Day; Amer. Pet Pic Day | 27 Creme Brulee Day; New Jersey Day          |
| 12 Pecan Pie Day; Jello Day                | 28 Milk Chocolate Day; Waterpark Day         |
| 13 Beans N' Franks Day; French Fries Day   | 29 Intern Day; Eat Chicken Wings Day         |
| 14 Mac and Cheese Day; Tape Measure Day    | 30 Cheesecake Day; Chili Dog Day             |
| 15 Give Something Away Day; Tapioca Day    | 31 Mutt Day; Avocado Day                     |
| 16 Corn Fritter Day; Personal Chefs' 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.

## July 1st is Creative Ice Cream Day

Our residents and staff shared creative, unique combinations they came up with!

"Chocolate Peanut Butter" - Barbara

"Pistachio & Black Walnut" - Alice

"Birthday Cake" - Tillie

"Peach" - Jurline

"Chocolate Covered Cherries" - Dorothy

"Coffee" - Jerry

"Salted Caramel" - Cara



## Resident Spotlight: Nancy

Our resident spotlight for July shines on Nancy.

Nancy has been part of our Sweetbriar Villa family since 2018. Nancy was born and raised in Eugene. She was married for over 60 years, and has two sons. Nancy is also a loving grandmother.

Nancy loves being active and has been very athletic. Nancy is a big fan of the Oregon Ducks, and even worked in the dorms on campus. Nancy is always looking ways to help staff and residents. She is creative, kind, and has a big heart. We are very happy to have her as part of our SBV family!





SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	<div>JULY BIRTHDAYS</div> <div>Cherie—20th</div> <div>Shirley — 30th</div>	<div>DAILY ACTIVITIES (AL) :</div> <div>ADULT COLORING</div> <div>IN2L FREE PLAY</div> <div>PUZZLES</div> <div>READING</div> <div>IN2L FITNESS</div> <div>FAMILY CONNECTION</div>	<div>DAILY ACTIVITIES (MC):</div> <div>MANICURES</div> <div>PUZZLES</div> <div>COLORING</div> <div>BALLOON GAME</div> <div>ACTIVITY BOXES</div>	<div>1</div> <div>10:30 BALLOON GAME</div> <div>11:15 DINING ROOM GAMES</div> <div>11:45 DOOR TO DOOR VISITIS</div> <div>2:15 BINGO</div> <div>3:30 MC ACTIVITY BOX</div>	<div>2</div> <div>10:15 BALLOON GAME</div> <div>10:45 KARAOKE</div> <div>11:15 GAMES</div> <div>12:30 4TH OF JULY BBQ</div> <div>2:15 BINGO</div> <div>3:30 FRIDAY FUNDAY CART</div>	<div>3</div> <div>10:30 DAILY DEVOTIONAL</div> <div>10:45 IN2L HYMNS</div> <div>11:00 IN2L CHOICE</div> <div>11:30 IN2L FITNESS</div> <div>2:00 MATINEE</div>
<div>4</div> <div>10:30 SUNDAY SERVICE</div> <div>11:00 IN2L FITNESS</div> <div>12:30 IN2L MOVIE</div> <div>3:30 IN2L FREE PLAY</div>	<div>5</div> <div>10:00 MANICURES</div> <div>11:00 MC ACTIVITY BOX</div> <div>11:45 IN2L TRIVIA</div> <div>1:30 ONE ON ONE</div> <div>2:15 BINGO</div> <div>3:30 MATINEE</div>	<div>6</div> <div>10:30 IN2L FITNESS</div> <div>11:00 IN2L TRAVEL</div> <div>11:45 SCENIC WALK</div> <div>2:00 FOOD COMMITTEE</div> <div>2:30 RESIDENT COUNCIL</div> <div>3:30 BINGO</div>	<div>7</div> <div>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</div> <div>10:45 SCENIC DRIVE</div> <div>2:15 BINGO</div> <div>3:30 CREATIVITY ZONE</div>	<div>8</div> <div>10:30 BALLOON GAME</div> <div>11:15 DINING ROOM GAMES</div> <div>11:45 DOOR TO DOOR VISITIS</div> <div>2:15 BINGO</div> <div>3:30 MC ACTIVITY BOX</div>	<div>9</div> <div>10:15 BALLOON GAME</div> <div>10:45 KARAOKE</div> <div>11:15 GAMES</div> <div>3:30 BINGO</div>	<div>10</div> <div>10:30 DAILY DEVOTIONAL</div> <div>10:45 IN2L HYMNS</div> <div>11:00 IN2L CHOICE</div> <div>11:30 IN2L FITNESS</div> <div>2:00 MATINEE</div>
<div>11</div> <div>10:30 SUNDAY SERVICE</div> <div>11:00 IN2L FITNESS</div> <div>12:30 IN2L MOVIE</div> <div>3:30 IN2L FREE PLAY</div>	<div>12</div> <div>10:00 MANICURES</div> <div>11:00 MC ACTIVITY BOX</div> <div>11:45 IN2L TRIVIA</div> <div>1:30 ONE ON ONE</div> <div>2:15 BINGO</div> <div>3:30 MATINEE</div>	<div>13</div> <div>10:30 IN2L FITNESS</div> <div>11:00 FIRESIDE CHAT WITH BRANDY</div> <div>11:30 SCENIC WALK</div> <div>2:30 BIRTHDAY SOCIAL</div> <div>3:30 BINGO</div>	<div>14</div> <div>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</div> <div>10:45 SCENIC DRIVE</div> <div>2:15 BINGO</div> <div>3:30 CREATIVITY ZONE</div>	<div>15</div> <div>10:30 BALLOON GAME</div> <div>11:15 DINING ROOM GAMES</div> <div>11:45 DOOR TO DOOR VISITIS</div> <div>2:15 BINGO</div> <div>3:30 MC ACTIVITY BOX</div>	<div>16</div> <div>10:15 BALLOON GAME</div> <div>10:45 KARAOKE</div> <div>11:15 GAMES</div> <div>2:15 BINGO</div> <div>3:30 FRIDAY FUNDAY CART</div>	<div>17</div> <div>10:30 DAILY DEVOTIONAL</div> <div>10:45 IN2L HYMNS</div> <div>11:00 IN2L CHOICE</div> <div>11:30 IN2L FITNESS</div> <div>2:00 MATINEE</div>
<div>18</div> <div>10:30 SUNDAY SERVICE</div> <div>11:00 IN2L FITNESS</div> <div>12:30 IN2L MOVIE</div> <div>3:30 IN2L FREE PLAY</div>	<div>19</div> <div>10:00 MANICURES</div> <div>11:00 MC ACTIVITY BOX</div> <div>11:45 IN2L TRIVIA</div> <div>1:30 ONE ON ONE</div> <div>2:15 BINGO</div> <div>3:30 MATINEE</div>	<div>20</div> <div>10:30 IN2L FITNESS</div> <div>11:00 TRAVEL TUESDAY</div> <div>11:30 SCENIC WALK</div> <div>2:30 ICE CREAM SOCIAL</div> <div>3:30 BINGO</div>	<div>21</div> <div>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</div> <div>10:45 SCENIC DRIVE</div> <div>2:15 BINGO</div> <div>3:30 CREATIVITY ZONE</div>	<div>22</div> <div>10:30 BALLOON GAME</div> <div>11:15 DINING ROOM GAMES</div> <div>11:45 DOOR TO DOOR VISITIS</div> <div>2:15 BINGO</div> <div>3:30 MC ACTIVITY BOX</div>	<div>23</div> <div>10:15 BALLOON GAME</div> <div>10:45 KARAOKE</div> <div>11:15 GAMES</div> <div>2:15 BINGO</div> <div>3:30 FRIDAY FUNDAY CART</div>	<div>24</div> <div>10:30 DAILY DEVOTIONAL</div> <div>10:45 IN2L HYMNS</div> <div>11:00 IN2L CHOICE</div> <div>11:30 IN2L FITNESS</div> <div>2:00 MATINEE</div>
<div>25</div> <div>10:30 SUNDAY SERVICE</div> <div>11:00 IN2L FITNESS</div> <div>12:30 IN2L MOVIE</div> <div>3:30 IN2L FREE PLAY</div>	<div>26</div> <div>10:00 MANICURES</div> <div>11:00 MC ACTIVITY BOX</div> <div>11:45 IN2L TRIVIA</div> <div>1:30 ONE ON ONE</div> <div>2:15 BINGO</div> <div>3:30 MATINEE</div>	<div>27</div> <div>10:30 IN2L FITNESS</div> <div>11:00 TRAVEL TUESDAY</div> <div>11:30 SCENIC WALK</div> <div>2:30 ICED TEA SOCIAL</div> <div>3:30 BINGO</div>	<div>28</div> <div>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</div> <div>10:45 SCENIC DRIVE</div> <div>2:15 BINGO</div> <div>3:30 CREATIVITY ZONE</div>	<div>29</div> <div>10:30 BALLOON GAME</div> <div>11:15 DINING ROOM GAMES</div> <div>11:45 DOOR TO DOOR VISITIS</div> <div>2:15 BINGO</div> <div>3:30 MC ACTIVITY BOX</div>	<div>30 FRIDAY FUNDAY LUAU DAY</div> <div>10:15 BALLOON GAME</div> <div>10:45 KARAOKE</div> <div>11:15 GAMES</div> <div>12:30 HAWIIAN BBQ</div> <div>2:15 BINGO</div>	<div>31</div> <div>10:30 DAILY DEVOTIONAL</div> <div>10:45 IN2L HYMNS</div> <div>11:00 IN2L CHOICE</div> <div>11:30 IN2L FITNESS</div> <div>2:00 MATINEE</div>