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Stamp



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

Sweetbriar Villa Bulletin

August 2021 Newsletter



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Explore Paths to Improved Eye Wellness

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

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Older Adults:

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

Special Moments



Jurline: August 17

Amaya: August 11

Daniel: August 29

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.

August 2021 Highlights

August is Eye Exam Month, Wellness Month, and Sun Safety Month. It celebrates peaches, paninis, golf, catfish, sandwiches, and goat cheese!

01 Mahjong Day; Sister Day; Colorado Day	19 Aviation Day; Potato Day; Hair Bow Day
02 Coloring Day; Ice Cream Sandwich Day	20 Radio Day; Lemonade Day
03 Watermelon Day; National Night Out Day	21 Senior Day; Spumoni Day; Geocache Day
04 Chocolate Chip Cookie Day	22 Pecan Torte Day; Be an Angel Day
05 Oyster Day; Work Like a Dog Day; IPA Day	23 Sponge Cake Day; Cuban Sandwich Day
06 Root Beer Float Day; Water Balloon Day	24 Maryland Day; Waffle Day; Peach Pie Day
07 Mustard Day; Disc Golf Day	25 Banana Split Day
08 Froyo Custard Day; Zucchini Day; Cat Day	26 Cherry Popsicle Day; Dog Day
09 Book Lovers' Day; Rice Pudding Day	27 Pots de Crème Custard Day; Just Cuz Day
10 S'mores Day; Connecticut Day	28 Bow Tie Day; Cherry Turnover Day
11 Son & Daughter Day; Kinetic Sand Day	29 Chop Suey Day; Lemon Juice Day
12 Vinyl Record Day; World Elephant Day	30 Toasted Marshmallow Day; Beach Day
13 Intl. Left Handers' Day; Prosecco Day	31 Trail Mix Day; Intl. Bacon Day
14 Creamsicle Day; Bowling Day	
15 Lemon Meringue Pie Day; Honey Bee Day	
16 Tell a Joke Day; Airborne Day	
17 Black Cat Day; Thrift Shop Day	
18 Fajita Day; Ice Cream Pie 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.

August 9th is Book Lovers Day!

Our residents and staff shared their favorites!

"The Song of Susannah" - Mike
"Gone With The Wind" - Wanda
"Life As We Know It" - Helen
"Dr. Zhivago" - Luana
"Box Car Kids" - Kay
"Quote" - Jordan
"Pelican Brief" - Richard



Staff Spotlight: Tammie

Our August spotlight shines on Tammie. She has been part of the Sweetbriar Villa family for 11 years!

Tammie is one of our amazing caregivers. She is full of knowledge, always lends a helping hand, and likes making the residents laugh. She loves caregiving because she finds joy in helping the residents.

Tammie loves spending her time with her grandkids, riding in her Mustang convertible with her husband, and taking her cat Oliver on walks; even to the beach!

We would like to thank Tammie for her dedication over the years, Sweetbriar wouldn't be the same without her!



Resident Spotlight: 'Skipper'

Our resident spotlight for August shines on Skipper.

Skipper became part of the Sweetbriar Villa family only a few months ago, but has become a big part of it!

Skipper was born and raised in Oakridge, loves the Oregon Ducks, gardening, and animals. Skipper was in the Navy, and also worked as a guard at the mill.

Skipper has quickly become friends with residents and staff alike, and loves making jokes. He is always trying to put a smile on someone's face, and brighten their day.

We are so happy and excited he has chose to call Sweetbriar his home!

SUN	MON	TUE	WED	THU	FRI	SAT
<div>1</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>2</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>3</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>4</div> <div>10:15 KARAOKE</div> <div>10:45 SCENIC DRIVE</div> <div>1:15 ONE ON ONE</div> <div>2:15 BINGO</div> <div>3:30 CREATIVITY ZONE</div>	<div>5</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>6</div> <div>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</div> <div>10:45 IN2L CHOICE</div> <div>11:15 BALLOON GAME</div> <div>2:15 BINGO</div> <div>3:30 FRIDAY FUNDAY CART</div>	<div>7</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>8</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>9</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>10</div> <div>10:30 IN2L FITNESS</div> <div>11:00 FIRESIDE CHAT WITH BRANDY</div> <div>11:45 SCENIC WALK</div> <div>3:30 BINGO</div>	<div>11</div> <div>10:15 KARAOKE</div> <div>10:45 SCENIC DRIVE</div> <div>1:15 ONE ON ONE</div> <div>2:15 BINGO</div> <div>3:30 CREATIVITY ZONE</div>	<div>12</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>13</div> <div>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</div> <div>10:45 IN2L CHOICE</div> <div>11:15 BALLOON GAME</div> <div>2:15 BINGO</div> <div>4:00 HAPPY HOUR</div>	<div>14</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>15</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>16</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>17</div> <div>10:30 IN2L FITNESS</div> <div>11:00 IN2L TRAVEL</div> <div>11:45 SCENIC WALK</div> <div>2:30 ICE CREAM SOCIAL</div> <div>3:30 BINGO</div>	<div>18</div> <div>10:15 KARAOKE</div> <div>10:45 SCENIC DRIVE</div> <div>1:15 ONE ON ONE</div> <div>2:15 BINGO</div> <div>3:30 CREATIVITY ZONE</div>	<div>19</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>20</div> <div>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</div> <div>10:45 IN2L CHOICE</div> <div>11:15 BALLOON GAME</div> <div>2:15 BINGO</div> <div>3:30 FRIDAY FUNDAY CART</div>	<div>21</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>22</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>23</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>24</div> <div>10:30 IN2L FITNESS</div> <div>11:00 IN2L TRAVEL</div> <div>11:45 SCENIC WALK</div> <div>2:30 BIRTHDAY SOCIAL</div> <div>3:30 BINGO</div>	<div>25</div> <div>10:15 KARAOKE</div> <div>10:45 SCENIC DRIVE</div> <div>1:15 ONE ON ONE</div> <div>2:15 BINGO</div> <div>3:30 CREATIVITY ZONE</div>	<div>26</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>27</div> <div>FRIDAY FUNDAY FLOWER POWER</div> <div>10:15 COFFEE, DONUTS, AND CURRENT EVENTS</div> <div>10:45 IN2L CHOICE</div> <div>11:15 BALLOON GAME</div> <div>2:15 BINGO</div> <div>3:30 FRIDAY FUNDAY CART</div>	<div>28</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>29</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>30</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>31</div> <div>10:30 IN2L FITNESS</div> <div>11:00 IN2L TRAVEL</div> <div>11:45 SCENIC WALK</div> <div>2:30 ICED TEA SOCIAL</div> <div>3:30 BINGO</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>AUGUST BIRTHDAYS</div> <div>JURLINE—17TH</div> <div>AMAYA—11TH</div> <div>DANIEL — 29TH</div>	<div>All activities subject to change per mandated health guidelines.</div>