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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

September 2021 Newsletter



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Achieving Better Balance & A More Active Lifestyle

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

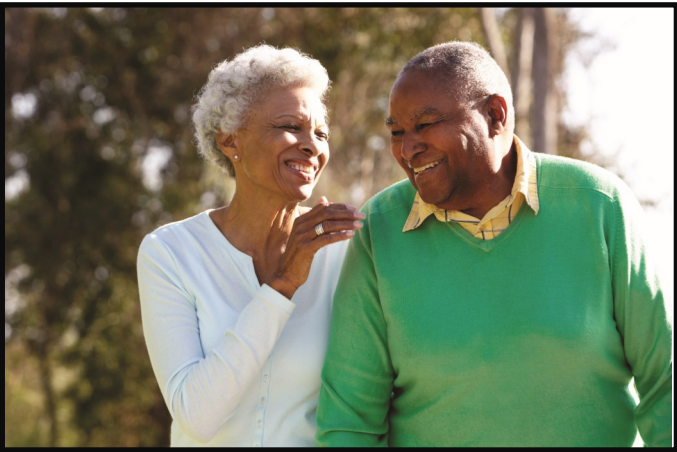
Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

Special Moments



Helen : Sept. 7
David : Sept. 22
James : Sept. 23

Randy : Sept. 6
Ripen : Sept. 17
Art: : Sept. 20
Autumn: : Sept. 29
Kelly : Sept. 30

Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!

September 2021 Highlights

September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!

- | | |
|--|---|
| 01 Building & Code Staff Day; Write Letters Day | 16 Cinnamon Raisin Bread Day; Guacamole Day |
| 02 Blueberry Popsicle Day | 17 Apple Dumpling Day; Country Music Day |
| 03 Bowling League Day; College Colors Day | 18 Cheeseburger Day; Dance Day |
| 04 Macadamia Nut Day; Tailgating Day | 19 Butterscotch Pudding Day |
| 05 Cheese Pizza Day; Intl. Day of Charity | 20 Pepperoni Pizza Day; String Cheese Day |
| 06 Labor Day; Rosh Hashanah; Book Day | 21 Chai Day; NY Day; World Alzheimer's Day |
| 07 Acorn Squash Day; Salami Day | 22 Centenarians' Day; White Chocolate Day |
| 08 Intl. Literacy Day; Ampersand Day | 23 Pot Pie Day; Snack Stick Day |
| 09 Teddy Bear Day; Wiener Schnitzel Day | 24 Cherries Jubilee Day; Punctuation Day |
| 10 Swap Ideas Day; TV Dinner Day | 25 Family Health & Fitness Day; Quesadilla Day; |
| 11 Hot Cross Bun Day; Patriot Day | 26 HR Prof's Day; Pancake Day; Dumpling Day |
| 12 Assisted Living Week Kickoff; Grandparent Day | 27 Family Day; Corned Beef Hash Day; Scarf Day |
| 13 Peanut Day | 28 Good Neighbor Day; North Carolina Day |
| 14 Cream Filled Donut Day; Hoagie Day | 29 Coffee Day; Women's Health Day |
| 15 Yom Kippur; Learn Online Day; Linguine Day | 30 Hot Mulled Cider Day; Love Others Day |

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days

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.

Autumn Begins September 22!

Our residents and staff shared what they love most about Autumn!

"The weather" - Jurline

"The fall colors" - Nancy

"Halloween" - Nellie

"The leaves" - Kay

"Its not hot, and it's not cold" - Wanda

"Basketball" - Art

"Football" - Richard



Staff Spotlight: Autumn

Our Staff Spotlight shines on Autumn.

Autumn is our amazing house keeper and has been part of our SBV family for the past few months. She is very friendly, helpful, and both residents and staff alike agree that she is the best! Autumn enjoys spending time with her sisters and nephew, drawing, painting, writing, and baking. She says she loves working at Sweetbriar because of the residents and staff. We are very lucky to have Autumn as part of our team, and we appreciate everything she does!



Resident Spotlight: Hazel

Our September Resident Spotlight shines on Hazel. Hazel has only been at Sweetbriar for a few months, but she is such a joy to have around!

Hazel was born and raised in Wyoming, and was an RN before becoming a stay at home mother. She is very proud of her children and loves to brag about them! Hazel loves to play Bingo, color, and sing hymns with us.

We are very happy to have her in our SBV family!

SEPTEMBER 2021

Community Name • Building Name • Address • Phone

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
All activities subject to change per mandated health guidelines.	<u>DAILY ACTIVITIES (MC):</u>	<u>DAILY ACTIVITIES (AL) :</u>	1	2	3	4
	• MANICURES	• ADULT COLORING	10:15 KARAOKE	10:30 BALLOON GAME	10:15 COFFEE, DONUTS, AND CURRENT EVENTS	10:30 DAILY DEVOTIONAL
	• PUZZLES	• IN2L FREE PLAY	10:45 SCENIC DRIVE	11:15 DINING ROOM GAMES	10:45 JEOPARDY	10:45 IN2L HYMNS
	• COLORING	• PUZZLES	1:15 ONE ON ONE	11:45 DOOR TO DOOR VISITIS	11:15 MANICURES	11:00 IN2L CHOICE
	• BALLOON GAME	• READING	2:15 BINGO	2:15 BINGO	2:15 BINGO	11:30 IN2L FITNESS
	• ACTIVITY BOXES	• IN2L FITNESS	3:30 CREATIVITY ZONE	3:30 MC ACTIVITY BOX	3:30 FRIDAY FUNDAY CART	2:00 MATINEE
	• FAMILY CONNECTION					
5	6	7	8	9	10	11
10:30 SUNDAY SERVICE	11:00 MC ACTIVITY BOX	10:30 IN2L FITNESS	10:15 KARAOKE	10:30 BALLOON GAME	10:15 COFFEE, DONUTS, AND CURRENT EVENTS	10:30 DAILY DEVOTIONAL
11:00 IN2L FITNESS	11:45 IN2L TRIVIA	11:00 IN2L TRAVEL	10:45 SCENIC DRIVE	11:15 DINING ROOM GAMES	10:45 JEOPARDY	10:45 IN2L HYMNS
12:30 IN2L MOVIE	1:30 ONE ON ONE	11:45 SCENIC WALK	1:15 ONE ON ONE	11:45 DOOR TO DOOR VISITIS	11:15 MANICURES	11:00 IN2L CHOICE
3:30 IN2L FREE PLAY	2:15 BINGO	2:00 FOOD COMMITTEE	2:15 BINGO	2:15 BINGO	2:15 BINGO	11:30 IN2L FITNESS
	3:30 MATINEE	2:30 RESIDENT COUNCIL	3:30 CREATIVITY ZONE	3:30 MC ACTIVITY BOX	3:30 FRIDAY FUNDAY CART	2:00 MATINEE
		3:30 BINGO				
12	13	14	15	16	17	18
10:30 SUNDAY SERVICE	11:00 MC ACTIVITY BOX	10:30 IN2L FITNESS	10:15 KARAOKE	10:30 BALLOON GAME	10:15 COFFEE, DONUTS, AND CURRENT EVENTS	10:30 DAILY DEVOTIONAL
11:00 IN2L FITNESS	11:45 IN2L TRIVIA	11:00 IN2L TRAVEL	10:45 SCENIC DRIVE	11:15 DINING ROOM GAMES	10:45 JEOPARDY	10:45 IN2L HYMNS
12:30 IN2L MOVIE	1:30 ONE ON ONE	11:45 SCENIC WALK	1:15 ONE ON ONE	11:45 DOOR TO DOOR VISITIS	11:15 MANICURES	11:00 IN2L CHOICE
3:30 IN2L FREE PLAY	2:15 BINGO	2:30 TEA PARTY	2:15 BINGO	2:15 BINGO	2:15 BINGO	11:30 IN2L FITNESS
	3:30 MATINEE	3:30 BINGO	3:30 CREATIVITY ZONE	3:30 MC ACTIVITY BOX	3:30 FRIDAY FUNDAY CART	2:00 MATINEE
19	20	21	22	23	24	25
10:30 SUNDAY SERVICE	11:00 MC ACTIVITY BOX	10:30 IN2L FITNESS	10:15 KARAOKE	10:30 BALLOON GAME	10:15 COFFEE, DONUTS, AND CURRENT EVENTS	10:30 DAILY DEVOTIONAL
11:00 IN2L FITNESS	11:45 IN2L TRIVIA	11:00 IN2L TRAVEL	10:45 SCENIC DRIVE	11:15 DINING ROOM GAMES	10:45 JEOPARDY	10:45 IN2L HYMNS
12:30 IN2L MOVIE	1:30 ONE ON ONE	11:45 SCENIC WALK	1:15 ONE ON ONE	11:45 DOOR TO DOOR VISITIS	11:15 MANICURES	11:00 IN2L CHOICE
3:30 IN2L FREE PLAY	2:15 BINGO	2:30 BIRTHDAY PARTY	2:15 BINGO	2:15 BINGO	2:15 BINGO	11:30 IN2L FITNESS
	3:30 MATINEE	3:30 BINGO	3:30 CREATIVITY ZONE	3:30 MC ACTIVITY BOX	3:30 FRIDAY FUNDAY CART	2:00 MATINEE
26	27	28	29	30	<u>RESIDENT BIRTHDAYS</u>	<u>STAFF BIRTHDAYS</u>
10:30 SUNDAY SERVICE	11:00 MC ACTIVITY BOX	10:30 IN2L FITNESS	10:15 KARAOKE	10:30 BALLOON GAME	HELEN—7TH	RANDY—6TH
11:00 IN2L FITNESS	11:45 IN2L TRIVIA	11:00 IN2L TRAVEL	10:45 SCENIC DRIVE	11:15 DINING ROOM GAMES	DAVID—22ND	RIPEN—17TH
12:30 IN2L MOVIE	1:30 ONE ON ONE	11:45 SCENIC WALK	1:15 ONE ON ONE	11:45 DOOR TO DOOR VISITIS	JAMES—23RD	ART—20TH
3:30 IN2L FREE PLAY	2:15 BINGO	2:30 TEA PARTY	2:15 BINGO	2:15 BINGO		AUTUMN—29TH
	3:30 MATINEE	3:30 BINGO	3:30 CREATIVITY ZONE	3:30 MC ACTIVITY BOX		KELLY—30TH