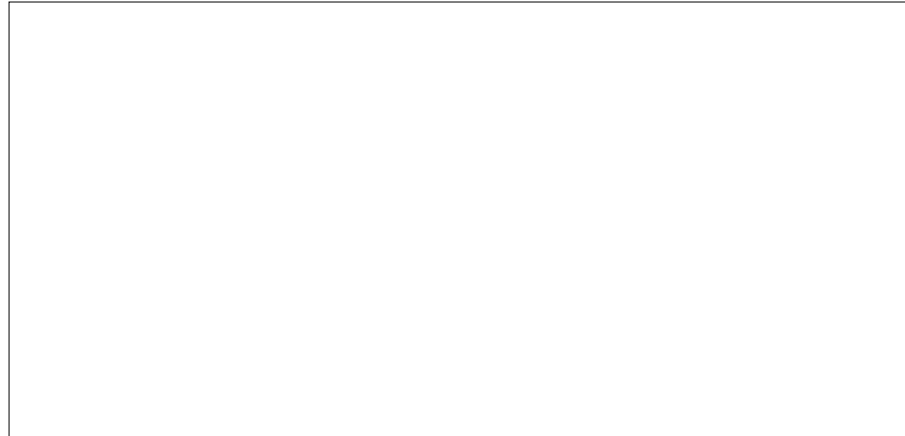




6135 E Street
Springfield, OR 97478

Stamp



Administrative Team:

Executive Director: Geoneva Bigham

Wellness Director: Daniela Trott

Business Office Director: Destiny Beatty

Community Relations Director: Annie Gaca

Dining Services Director: Mike Madrigal

Maintenance Director: Richard Wyncoop

Connect:

541-225-0200

info@sweetbriarvilla.com

www.sweetbriarvilla.com

facebook.com/sweetbriarvillaseniorliving

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

Sweetbriar Villa Bulletin

October 2021 Newsletter



2 Physical Therapy Benefits
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, Walk
7 Special Moments & Birthdays
8 Mission & Team

Physical Therapy for Improved Quality of Life

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

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

5 Potential Physical Therapy Benefits

Improved Movement: Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

Pain Relief or Prevention: Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



Did you know? There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

Management of Issues with Diabetes:

Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

Management of Issues As We Age: Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

Strengthening After a Stroke: Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven't tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!

Special Moments



Happy Birthday!

Teresa Blevins, Server 10/1
Kevin Conradsen, Wellness Coordinator 10/10
John Shaver, Caregiver 10/11

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!



October 2021 Highlights

October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!

| | |
|---|---|
| 01 Intl. Seniors Day; Homemade Cookies Day | 17 Pasta Day |
| 02 Custodial Workers' Day; Fried Scallops Day | 18 Chocolate Cupcake Day; No Beard Day |
| 03 Techies' Day | 19 Seafood Bisque Day; Kentucky Day |
| 04 Golf Love Day; Taco Day; Cinnamon Bun Day | 20 Confident Youth Day; Medical Asst. Day |
| 05 Nice Act Day; International Teachers' Day | 21 Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Pumpkin Seed Day | 22 Color Day; Nut Day; Make a Dog's Day |
| 07 Frappe Day; Chocolate Pretzel Day | 23 Boston Cream Pie Day; Make Difference Day |
| 08 Fluffernutter Day; Pierogi Day; Heroes Day | 24 Bologna Day; Mother-In-Laws' Day |
| 09 Leif Ericson Day; Chess Day; I Love Yarn Day | 25 Greasy Food Day; Sourest Day |
| 10 Decorate Cake Day; Clergy Appreciation Day | 26 Pumpkin Day; Mincemeat Day |
| 11 Native Americans' Day; Columbus Day | 27 Navy Day; American Beer Day; Black Cat Day |
| 12 World Arthritis Day; Farmers' Day | 28 Chocolate Day; First Responders' Day |
| 13 Navy Birthday; Train Brain Day; Fossil Day | 29 Cat Day; Oatmeal Day; Nevada Day |
| 14 Dessert Day | 30 Candy Corn Day |
| 15 I Love Lucy Day; Bosses Day | 31 Halloween; Girl Scout Founder's Day |
| 16 Global Cat Day; Sports Day; Sweetest Day | |

"I wish that every day was Saturday and every month was October." - Charmaine J. Forde

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.

The Walk to End Alzheimer's is this Month!

Have you registered for the Walk to End Alzheimer's? Join our team and walk with us at the walk, walk where you are, or support the cause without walking.

- **Register at [alz dot org](https://alz.org)!**
- **Join our team at: <https://bit.ly/SBVTeam>**
- **The Eugene Walk is taking place October 10th at Alton Baker Park: 100 Day Island Rd., Eugene, OR 97401**
- **Schedule: Registration at 12 p.m. | Ceremony at 1 p.m. | Walk at 1:30 p.m.**



Staff Spotlight:
Mike

Mike has worked here at Sweetbriar Villa for four years. He started off as a server and became the dietary services director in April of 2020.

Mike grew up in Englewood, California, and has lived in Oregon for 25 years now. He has two children and one grandson. He also enjoys spending time with his two cats. Mike's ultimate dream is to see his children succeed in life.

Thank you for all you do, Mike!



Resident Spotlight:
Christina

Christina was born in Glasgow, Scotland. She lived in California and then moved to Oregon when she retired.

Christina enjoys needlepoint, knitting, and baking. She is outgoing and has a great sense of humor.

We are so happy to have you here at Sweetbriar Villa, Christina!

| OCTOBER 2021 | | | | | | |
|--|---|---|---|---|--|---|
| SWEETBRIAR VILLA • 6135 E ST., SPRINGFIELD, OR 97478 • 541-225-0200 | | | | | | |
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 31 FROM BOTTOM HAPPY HALLOWEEN! 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY | ALL ACTIVITIES SUBJECT TO CHANGE PER MANDATED HEALTH GUIDELINES. | <u>DAILY ACTIVITIES (MC):</u> . MANICURES . PUZZLES . COLORING . BALLOON GAME . ACTIVITY BOXES | <u>DAILY ACTIVITIES (AL) :</u> . ADULT COLORING . IN2L FREE PLAY . PUZZLES . READING . IN2L FITNESS . FAMILY CONNECTION | <u>STAFF BIRTHDAYS</u> OCT. 1: TERESA BLEVINS OCT. 10: KEVIN CONRADSEN OCT. 11: JOHN SHAVER | 1 10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 JEOPARDY 11:15 MANICURES 2:15 BINGO 3:30 FRIDAY FUNDAY CART | 2 10:30 DAILY DEVOTIONAL 10:45 IN2L HYMNS 11:00 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE |
| 3 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY | 4 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE | 5 10:30 IN2L FITNESS 11:00 IN2L TRAVEL 11:45 SCENIC WALK 2:00 FOOD COMMITTEE 2:30 RESIDENT COUNCIL 3:30 BINGO | 6 10:15 KARAOKE 10:45 SCENIC DRIVE 1:15 ONE ON ONE 2:15 BINGO 3:30 CREATIVITY ZONE | 7 10:30 BALLOON GAME 11:15 DINING ROOM GAMES 11:45 DOOR TO DOOR VISITIS 2:15 BINGO 3:30 MC ACTIVITY BOX | 8 10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 JEOPARDY 11:15 MANICURES 2:15 BINGO 3:30 FRIDAY FUNDAY CART | 9 10:30 DAILY DEVOTIONAL 10:45 IN2L HYMNS 11:00 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE |
| 10 ALZHEIMER’S WALK DAY! 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY (WALK IS AT ALTON BAKER PARK: REGISTER 12PM, CEREMONY 1PM, WALK 1:30PM) | 11 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE | 12 10:30 IN2L FITNESS 11:00 IN2L TRAVEL 11:45 SCENIC WALK 2:30 TEA PARTY 3:30 BINGO | 13 10:15 KARAOKE 10:45 SCENIC DRIVE 1:15 ONE ON ONE 2:15 BINGO 3:30 CREATIVITY ZONE | 14 10:30 BALLOON GAME 11:15 DINING ROOM GAMES 11:45 DOOR TO DOOR VISITIS 2:15 BINGO 3:30 MC ACTIVITY BOX | 15 10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 JEOPARDY 11:15 MANICURES 2:15 BINGO 3:30 FRIDAY FUNDAY CART | 16 10:30 DAILY DEVOTIONAL 10:45 IN2L HYMNS 11:00 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE |
| 17 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY | 18 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE | 19 10:30 IN2L FITNESS 11:00 IN2L TRAVEL 11:45 SCENIC WALK 2:30 BIRTHDAY PARTY 3:30 BINGO | 20 10:15 KARAOKE 10:45 SCENIC DRIVE 1:15 ONE ON ONE 2:15 BINGO 3:30 CREATIVITY ZONE | 21 10:30 BALLOON GAME 11:15 DINING ROOM GAMES 11:45 DOOR TO DOOR VISITIS 2:15 BINGO 3:30 MC ACTIVITY BOX | 22 10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 JEOPARDY 11:15 MANICURES 2:15 BINGO 3:30 FRIDAY FUNDAY CART | 23 10:30 DAILY DEVOTIONAL 10:45 IN2L HYMNS 11:00 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE |
| 24 10:30 SUNDAY SERVICE 11:00 IN2L FITNESS 12:30 IN2L MOVIE 3:30 IN2L FREE PLAY | 25 11:00 MC ACTIVITY BOX 11:45 IN2L TRIVIA 1:30 ONE ON ONE 2:15 BINGO 3:30 MATINEE | 26 10:30 IN2L FITNESS 11:00 IN2L TRAVEL 11:45 SCENIC WALK 2:30 TEA PARTY 3:30 BINGO | 27 10:15 KARAOKE 10:45 SCENIC DRIVE 1:15 ONE ON ONE 2:15 BINGO 3:30 CREATIVITY ZONE | 28 10:30 BALLOON GAME 11:15 DINING ROOM GAMES 11:45 DOOR TO DOOR VISITIS 2:15 BINGO 3:30 MC ACTIVITY BOX | 29 10:15 COFFEE, DONUTS, AND CURRENT EVENTS 10:45 JEOPARDY 11:15 MANICURES 2:15 BINGO 3:30 HALLOWEEN FUN CART | 30 10:30 DAILY DEVOTIONAL 10:45 IN2L HYMNS 11:00 IN2L CHOICE 11:30 IN2L FITNESS 2:00 MATINEE THE 31ST AT TOP LEFT |