



6135 E Street  
Springfield, OR 97478

Stamp



**Administrative Team:**

**Executive Director:** Geoneva Bigham  
**Business Office Director:** Destiny Beatty  
**Community Relations Director:** Annie Gaca  
**Dining Services Director:** Mike Madrigal  
**Maintenance Director:** Richard Wyncoop  
**Life Enrichment Director:** Jessica McCutchen

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



# Sweetbriar Villa Bulletin

**November 2021 Newsletter**



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# Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.

Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one’s medical professional.

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they’re sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and



## Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, body ache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don’t often bring chills, fever, or headache. (CDC)

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we’re set up to stand up to this year’s flu virus. We hope this information helps everyone navigate this year’s flu season!

*Follow your medical professional’s advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.*

# Special Moments

**November 11th is Veterans Day!**  
It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



# Happy Birthday!

<u>Residents</u>	<u>Employee</u>
<b>Adeline: Nov. 3</b>	<b>Amber: Nov. 2</b>
<b>Suzanne: Nov. 6</b>	<b>Kya: Nov. 20</b>
<b>Mary: Nov. 7</b>	<b>Jordan Nov. 29</b>
<b>Don: Nov. 11</b>	
<b>Gloria: Nov. 15</b>	

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum, said to bring happiness and laughter!



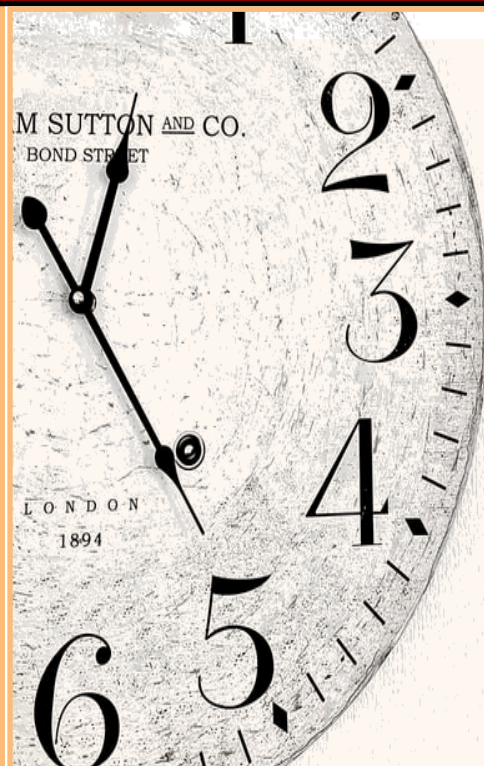
# November 2021 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

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|--|---|
| 01 Calzone Day; Cinnamon Day               | 16 Button Day; Fast Food Day              |
| 02 Deviled Egg Day; Traffic Directors' Day | 17 Hike Day; Homemade Bread Day           |
| 03 Sandwich Day; Stress Awareness Day      | 18 Mickey's Birthday                      |
| 04 Candy Day; Men Make Dinner Day          | 19 Monopoly Day; Intl. Men's Day          |
| 05 Donut Day; Favorite Team Jersey Day     | 20 Peanut Butter Fudge Day                |
| 06 Nachos Day; Saxophone Day               | 21 Gingerbread Cookie Day; Stuffing Day   |
| 07 Bittersweet Almond Chocolate Day        | 22 Cranberry Relish Day                   |
| 08 Cappuccino Day                          | 23 Espresso Day; Cranberry Day            |
| 09 Louisiana Day; Scrapple Pork Day        | 24 Sardines Day; Jukebox Day              |
| 10 Vanilla Cupcake Day; Accounting Day     | 25 Thanksgiving Day; Parfait Day          |
| 11 Veterans' Day; Sundae Day               | 26 Cake Day; Native American Heritage Day |
| 12 Pizza with Works Day; French Dip Day    | 27 Bavarian Cream Pie Day; Small Biz Sat. |
| 13 World Kindness Day                      | 28 Hannukah Begins; French Toast Day      |
| 14 Pickle Day; Spicy Guacamole Day         | 29 Electronic Greetings Day               |
| 15 Recycle Day; Raisin Bran Cereal Day     | 30 Mason Jar Day; Mousse Day              |

## Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



**Daylight Savings Time Ends!** On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



## RESIDENT SPOTLIGHT: Anna

Anna grew up on a farm in Montana. She enjoyed getting to play with the cows, pigs, and chickens, and helped to spoil her little sister. Every day, Anna would walk to her little country school until she graduated in the 8th grade.

Something you wouldn't know about Anna is that she is 103 years old! She stays quite active and adores doing puzzles and brain games. She has three children, and plenty of grandchildren and great-grandchildren. Her favorite color is red because of a dress her mother made from fabric her uncle bought her.

Anna says she is happy to be here surrounded by lovely people and her friends.

We are so happy to have Anna here in our Sweetbriar Villa family!



## STAFF SPOTLIGHT: Destiny

Destiny joined Sweetbriar Villa as a caregiver. It wasn't long before she wanted to be more involved and stepped up to be a med tech. Destiny's care and compassion for the residents is remarkable to see and is a light in the community. Destiny learned she wanted to make a different impact on the community and was promoted to become our wonderful Business Office Director.

Destiny is incredibly hard working and will do everything she can for the betterment of the community. She aspires to become an Executive Director one day.

Thank you for your dedication, kind spirit, sense of humor, and compassion Destiny. We are so lucky to have you at Sweetbriar Villa.



# NOVEMBER 2021

Sweetbriar Villa

• 6135 E St., Springfield, OR 97478

• 541-225-0200

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 Authors' Day 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Sing Along 2:15 Bingo 3:30 Craft: Dias de la Muerte 4:00 Manicures	2 Deviled Egg Day 10:00 Snacktivity 10:30 Balloon Ball 11:00 Travelogue 11:30 Yahtzee 1:30 Music with Jessica 2:15 Bingo 3:30 Tea Party	3 Stress Awareness Day 10:00 Stretch & Flex 10:30 Scenic Drive 1:30 Karaoke 2:00 Snacktivity: Stressballs 2:30 Bingo 3:30 Movie Matinee	4 Candy Day 10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 1:30 Jeopardy 2:00 Chocolate Tasting 2:30 Bingo 3:30 Spa Day with Tracy	5 Donut Day 10:00 Words with Friends 10:30 Current Events 11:00 Scenic Walk 11:30 Bingo 1:30 Art Therapy 3:30 Friday Funday: Birthday Cupcakes	6 Nachos Day 10:30 Music & Movement 11:00 Color Your World 1:30 Acts of Kindness 2:15 Bingo 3:30 Board Games
7 End Daylight Savings 10:30 Sunday Services 11:30 IN2L Exercise 1:30 Dice Games 2:30 Bingo 3:30 IN2L Movie	8 Cappuccino Day 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Cappuccinos & Cards 1:30 Sing Along 2:15 Bingo 3:30 Craft: Turkeys 4:00 Manicures	9 Louisiana Day 10:00 Snacktivity 10:30 Balloon Ball 11:00 Travelogue: Louisiana 11:30 Yahtzee 1:30 Bingo 2:00 Resident Council 2:30 Food Committee 3:00 Tea Party	10 Vanilla Cupcake Day 10:00 Stretch & Flex 10:30 Scenic Drive 1:30 Karaoke 2:00 Snacktivity: Cupcakes 2:30 Bingo 3:30 Movie Matinee	11 Veterans Day 10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 1:30 Jeopardy 2:00 Sundae Social 2:30 Bingo 3:30 Honoring our Veterans	12 Pizza Day 10:00 Words with Friends 10:30 Current Events 11:00 Scenic Walk 11:30 Watercolor Painting 1:30 Choir 2:15 Bingo 3:30 Friday Funday	13 World Kindness Day 10:30 Music & Movement 11:00 Color Your World 1:30 Acts of Kindness 2:15 Bingo 3:30 Board Games
14 Pickle Day 10:30 Sunday Services 11:30 IN2L Exercise 1:30 Dice Games 2:30 Bingo 3:30 IN2L Movie	15 Recycle Day 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Sing Along 2:15 Bingo 3:30 Recycled Crafts 4:00 Manicures	16 Fast Food Day 10:00 Snacktivity 10:30 Balloon Ball 11:00 Travelogue 11:30 Yahtzee 1:30 Music with Jessica 2:15 Bingo 3:30 Tea Party	17 Baklava Day 10:00 Stretch & Flex 11:00 herapy Animal: Llama 1:30 Karaoke 2:00 Snacktivity: Baklava 2:30 Bingo 3:30 Scenic Drive	18 Mickey Mouse's Bday 10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 1:30 Jeopardy 2:15 Bingo 3:30 Minute to Win it	19 Intl. Men's Day 10:00 Words with Friends 10:30 Current Events 11:00 Scenic Walk 11:30 Watercolor Painting 12:00 Men's Luncheon 1:30 Choir 2:15 Bingo 3:30 Friday Funday: SBV Cookoff	20 Peanut Butter Fudge Day 10:30 Music & Movement 11:00 Color Your World 1:30 Acts of Kindness 2:15 Bingo 3:30 Board Games
21 Ginger Bread Cookie Day 10:30 Sunday Services 11:30 IN2L Exercise 1:30 Dice Games 2:30 Bingo 3:30 IN2L Movie	22 Cranberry Day 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Sing Along 2:15 Bingo 3:30 Snacktivity: Cranberry 4:00 Manicures	23 Espresso Day 10:00 Snacktivity 10:30 Balance Fit 11:00 Travelogue 11:30 "Espresso" Yourself 1:30 Music with Jessica 2:15 Bingo 3:30 Tea Party	24 Jukebox Day 10:00 Stretch & Flex 10:30 Scenic Drive 11:00 Scenic Drive 1:30 Jukebox Karaoke 2:00 Snacktivity 2:30 Bingo 3:30 Movie Matinee	25 Happy Thanksgiving! 10:00 Sensory Sensations 10:30 Thanksgiving Parade 11:30 Puzzles & Games 1:30 Word Games 2:15 Bingo 3:30 IN2L Movie 5:30 Thanksgiving Dinner	26 Native American Heritage 10:00 Words with Friends 10:30 Current Events 11:00 Scenic Walk 11:30 Trivia: Native America 1:30 Choir 2:15 Bingo 3:30 Friday Funday	27 Bavarian Cream Pie Day 10:30 Music & Movement 11:00 Color Your World 1:30 Acts of Kindness 2:15 Bingo 3:30 Board Games
28 Hannukah Begins 10:30 Sunday Services 11:30 IN2L Exercise 1:30 Dice Games 2:30 Bingo 3:30 IN2L Movie	29 Electronic Greetings 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Sing Along 2:15 Bingo 3:30 Recycled Crafts 4:00 Manicures	30 Day of Giving 10:00 Snacktivity 10:30 Balloon Ball 11:00 Travelogue 11:30 Yahtzee 1:30 Music with Jessica 2:15 Bingo 3:30 Tea Party	<u>DAILY ACTIVITIES :</u> . Manicures . Puzzles . Balloon Games . Family Connection . IN2L Free play . Coloring . Reading	<u>RESIDENT BIRTHDAYS</u> . 11/3: Adeline . 11/6: Suzanne . 11/7: Mary . 11/11: Don . 11/15: Gloria	<u>STAFF BIRTHDAYS</u> . 11/2: Amber Behnke . 11/20: Kya Lee . 11/29: Jordan Germen	