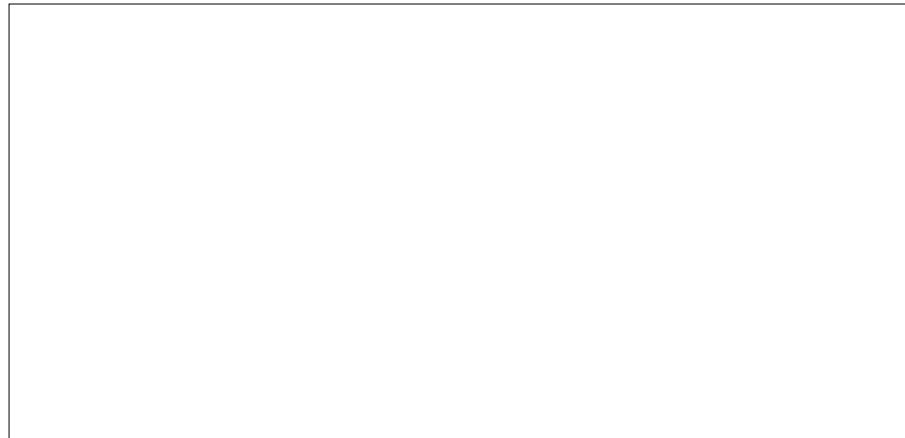




6135 E Street
Springfield, OR 97478

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

Wellness Director: Destiny Naba

Connect:

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

Sweetbriar Villa Bulletin

December 2021 Newsletter



2 Cold Weather Wellness Tips
3 Team & Resident Spotlight
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6 Highlights, Notes, In Our Words
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Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year! Let us know if you've found this information helpful in the comments section when we post our newsletter on the 1st!

SPECIAL MOMENTS



December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

Our residents and staff shared what they love most about the season!

"I like putting up my Christmas lights!" - Richard, Maintenance Director

"All the Christmas music!" - Alice

"Families getting together." - Adeline

"Everything!" - Patricia

"All the beautiful lights and that it's Jesus' birthday." - Mary

"Decorating for my grandkids." - Tammy, Caregiver

"Christmas presents! - Nancy

"Family get togethers at my house since I had the biggest house! " - Marge

Happy Birthday!

Destiny, Business Office Manager: Dec. 21

Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19). Their birthstone is Turquoise, zircon, or tanzanite. Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.



Staff Spotlight:
Amber: Server

Amber was born in Kansas, but moved to the lovely state of Oregon to provide a better life for her family. She grew up on a farm and is a huge animal lover. When not serving at our community, she enjoys spending time with her family, drawing, and learning more about paleontology. Her goal is to create a comic strip to make learning about dinosaurs more fun and accessible. Did you know that velociraptors were actually the size of a chicken and also had feathers? Her favorite dinosaur is the quetzalcoatlus due to its unproportionally large head. Amber hopes to be the person that cleans fossils and bring them to life one day.

Her favorite holiday is Thanksgiving because she loves feeding people. Amber always goes above and beyond to serve the residents and the staff.

Thank you for everything that you do! We appreciate it!



Resident Spotlight:
Vilma

Vilma has been living at Sweetbriar for a little over two years. She was born in El Salvador, but has lived all around the world. She settled in the United States over 20 years ago.

Vilma loves everything that is the color green, all holidays, all food—especially beans, and all music. In her free time, Vilma likes to read and play sports. Her favorite activity is dancing as she has done it since she was a little girl! Here at Sweetbriar, you'll catch Vilma hanging out with her friends, playing bingo, and playing balloon ball. She does everything she can to make those around her laugh!

Thank you for being such a fun spirit in our community Vilma!

DECEMBER 2021

Sweetbiar Villa

• 6135 E Street, Springfield, OR 97478

• 541-225-0200

SUN	MON	TUE	WED	THU	FRI	SAT
		<p>All activities subject to change per mandated health guidelines.</p>	<p>1 Eat a Red Apple Day</p> <p>10:30 Scenic Drive 10:30 IN2L Choice 1:30 Karaoke 2:30 Bingo 3:30 Snacktivity:Red Apples 4:00 Tree Lighting</p>	<p>2 National Mutt Day</p> <p>10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 1:30 Puppy Playtime 2:30 Bingo 3:30 Movie: Christmas Carol</p>	<p>3 Bartender Day</p> <p>10:00 Words with Friends 10:30 Current Events 11:00 Bingo 1:30 Holiday Sing-a-long 2:30 Cookie Decorating</p>	<p>4 Cookie Day</p> <p>10:00 IN2L Exercise 11:00 IN2L Word Games 1:30 Adult Coloring 2:30 Bingo 3:30 Cookie Social</p>
<p>5 Walt Disney Day</p> <p>10:30 Sunday Services 11:30 IN2L Exercise 1:30 Puzzles 2:30 Bingo 3:30 Movie: Home Alone</p>	<p>6 St. Nicholas Day</p> <p>10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Karaoke 2:30 Bingo 3:30 Craft: St. Nicholas 4:00 Manicures</p>	<p>7 Pearl Harbor Remembrance</p> <p>10:30 Balloon Ball 11:00 History:Pearl Harbor 11:30 Dice Games 1:30 Word Games 2:00 Food Committee 2:30 Resident Council 3:00 Bingo</p>	<p>8 Brownie Day</p> <p>10:30 Scenic Drive 10:30 IN2L Choice 1:30 Music with Jessica 2:30 Bingo 3:30 Snacktivity: Brownies 4:00 Door Decorating</p>	<p>9 Christmas Card Day</p> <p>10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 1:30 Craft: Holiday Cards 2:30 Bingo 3:30 Jeopardy</p>	<p>10 Human Rights Day</p> <p>10:00 Words with Friends 10:30 Current Events 11:00 Gingerbread Houses 1:30 IN2L Movie 3:00 Bingo</p>	<p>11 App Day</p> <p>10:00 IN2L Exercise 11:00 IN2L Word Games 1:30 Adult Coloring 2:30 Bingo 3:30 Board Games</p>
<p>12 Poinsettia Day</p> <p>10:30 Sunday Services 11:30 IN2L Exercise 1:30 Craft: Poinsettias 2:30 Bingo 3:30 Movie: Elf</p>	<p>13 Cocoa Day</p> <p>10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Karaoke 2:30 Bingo 3:30 Hot Cocoa Bar 4:00 Manicures</p>	<p>14 Monkey Day</p> <p>10:30 Balloon Ball 11:00 Travelogue 11:30 Dice Games 1:30 Monkeying Around 2:00 Bingo 3:00 Pictures with Santa</p>	<p>15 Cat Herders Day</p> <p>10:30 Scenic Drive 10:30 IN2L Choice 1:30 Music with Jessica 2:30 Bingo 3:30 Birthday Cupcakes 4:00 Crazy Cats!</p> 	<p>16 Chocolate Covered Anything Day</p> <p>10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 1:30 Craft : Ornaments 2:30 Bingo 3:30 Chocolate Tasting</p>	<p>17 Ugly Sweater Day</p> <p>10:00 Words with Friends 10:30 Current Events 11:00 Scenic Walk 1:30 SBV Concert 2:30 Bingo 3:30 Friday Funday</p>	<p>18 Twin Day</p> <p>10:00 IN2L Exercise 11:00 IN2L Word Games 1:30 Adult Coloring 2:30 Bingo 3:30 Board Games</p>
<p>19 Hard Candy Day</p> <p>10:30 Sunday Services 11:30 IN2L Exercise 1:30 Puzzles 2:30 Bingo 3:30 Movie: How the Grinch Stole Christmas</p>	<p>20 Sangria Day</p> <p>10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Karaoke 2:30 Bingo 3:30 Mocktail Social 4:00 Manicures</p>	<p>21 Winter Solstice</p> <p>10:30 Balloon Ball 11:00 Travelogue 11:30 Dice Games 1:30 Word Games 2:30 Bingo 3:30 Tea Party</p> <p>Happy Birthday Destiny!</p>	<p>22 Date Nut Bread Day</p> <p>10:30 Scenic Drive 10:30 IN2L Choice 1:30 Music with Jessica 2:30 Bingo 3:30 Snacktivity: Baking Date Nut Bread</p>	<p>23 Roots Day</p> <p>10:00 Sensory Sensations 10:30 Sharing your Roots 11:00 Puzzles & Games 1:30 Craft : Wreaths 2:30 Bingo 3:30 Movie Matinee: It's a Wonderful Life</p>	<p>24 Christmas Eve</p> <p>10:00 Words with Friends 10:30 Current Events 11:00 Scenic Walk 1:30 Holiday Sing-a-Long 2:30 Bingo 3:30 Christmas Party!</p>	<p>25 Merry Christmas!</p> <p>10:00 IN2L Exercise 11:00 IN2L Word Games 1:30 Adult Coloring 2:30 Bingo 3:30 IN2L Choice</p> 
<p>26 Thank You Note Day</p> <p>10:30 Sunday Services 11:30 IN2L Exercise 1:30 Puzzles 2:30 Bingo 3:30 IN2L Movie: Sleepless in Seattle</p>	<p>27 Fruitcake Day</p> <p>10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Karaoke 2:30 Bingo 3:30 Snacktivity:Fruitcake 4:00 Manicures</p>	<p>28 Card Playing Day</p> <p>10:30 Balloon Ball 11:00 Travelogue 11:30 Dice Games 1:30 Card Games 2:30 Bingo 3:30 Tea Party</p>	<p>29 Hero Day</p> <p>10:30 Scenic Drive 10:30 IN2L Choice 1:30 Music with Jessica 2:30 Bingo 3:30 Reminiscing: Who is Your Hero? 4:00 Craft: Superheroes</p>	<p>30 Bacon Day</p> <p>10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 1:30 Craft : Party Poppers 2:30 Bingo 3:30 Snacktivity: Bacon</p>	<p>31 New Years Eve</p> <p>10:00 Words with Friends 10:30 Current Events 11:00 Scenic Walk 1:30 New Years Resolutions 2:30 Bingo 3:30 New Years Eve Party</p>	<p>Daily Activities</p> <ul style="list-style-type: none"> . Manicures . Puzzles . Balloon Games . Family Connection . IN2L Free Play . Coloring . Reading