



6135 E Street
Springfield, OR 97478

Stamp



Administrative Team:

Executive Director: Geoneva Bigham

Wellness Director: Destiny Naba

Wellness Coordinator: Sabrina Fox

Business Office Director: Destiny Beatty

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Dining Services Director: Mike Madrigal

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

January 2022 Newsletter



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Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. 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



January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers. It's Hobby Month so it's a great time to indulge in and share about hobbies!

Happy Birthday!

Residents

Alice: 1/10

Dorothy 1/18

Christine 1/21

Hazel 1/25

Staff

Abby: 1/14

Shane: 1/18

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet, symbolizing love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

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.

Happy New Years! We asked residents and staff to share some resolutions for this next year!

"To take more time for myself" - Sabrina, Wellness Coordinator

"To weed the garden!" - Marty

"Learn how to play the piano" - Richard, Maintenance Director

"To see my mom more often!" - Larry

"Learn how to garden" - Jessica, LED

"Drink more water" - Carlianne

"To play the piano again" - Mary

"Learn how to slow down." - Geoneva, ED



RESIDENT SPOTLIGHT:

Marge

Marge joined the Sweetbriar family in 2018. She grew up in Oregon, but spent many years travelling the world on her boat with her husband. They visited just about everywhere, but China and Japan.

Marge loves to tell stories of her travels, compete with her friends during bingo, enjoy a nice cup of coffee, and go on scenic drives.

Marge lights up the place with her sense of humor and her ability to help others. She approaches tasks with a smile and loves to joke around with the staff.

We are so happy to have you with us Marge!



STAFF SPOTLIGHT:

Destiny N. - Wellness Director

Destiny joined us at Sweetbriar Villa in November as our Wellness Director. She has worked in this industry for 16 years and absolutely loves it. She started off doing in home care before transitioning into assisted living communities.

Destiny has two children—one 14 year old and one 4 year old. She has two dogs, a duck, and a cat. She enjoys spending time with her family, camping, paddleboarding, and going on roller coasters. Her dream is to go swimming with dolphins.

Destiny's New Years resolutions is to go on a real vacation with her children and to buy a house.

Thank you so much for your passion for our residents Destiny!

JANUARY 2022

Sweetbriar Villa •

6135 E Street, Springfield, OR 97478 •

Phone (541) 225-0200

SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 10:30 Sunday Services 11:30 IN2L Exercise 1:30 Puzzles 2:30 Bingo 3:30 Movie	3Chocolate Covered Cherry Day 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Karaoke 2:30 Bingo 3:30 Snacktivity: Chocolate Cherries 4:00 Manicures	4Spaghetti Day 10:30 Balloon Ball 11:00 Travelogue 11:30 Color Your World 1:30 Word Games 2:30 Bingo 3:30 Tea Party	5Whipped Cream Day 10:30 Scenic Drive 10:30 IN2L Choice 1:30 Music with Jessica 2:30 Bingo 3:30 Snacktivity	6Shortbread Day 10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Spa Day with Tracy 1:30 Craft: Thank you Cards 2:30 Bingo 3:30 Snacktivity: Shortbread & Music Appreciation	7Old Rock Day 10:30 Current Events 11:00 Watercolor 1:30 Indoor Rec Games 2:30 Bingo 3:30 Friday Funday: Mock-tails	8Argyle Day 10:30 IN2L Exercise 11:00 IN2L Word Games 1:30 Adult Coloring 2:30 Bingo 3:30 Board Games
9 Law Enforcement Appreciation Day 10:30 Sunday Services 11:30 IN2L Exercise 1:30 Puzzles 2:30 Bingo 3:30 Movie	10Bittersweet Chocolate 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Karaoke 2:30 Bingo 3:30 Craft 4:00 Manicures Happy Birthday Alice!	11Milk Day 10:30 Balloon Ball 11:00 Travelogue 11:30 Color Your World 1:30 Word Games 2:30 Bingo 3:30 Snacktivity: Milk & Cookies	12Marzipan Day 10:30 Scenic Drive 10:30 IN2L Choice 1:30 Music with Jessica 2:30 Bingo 3:30 Snacktivity: Baking Marzipan	13Rubber Duck Day 10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 12:30 Black & White Party 1:30 Word Games 2:30 Bingo 3:30 Snacktivity: Duck Pond & Treats	14Logic Puzzles Day 10:30 Current Events 11:00 Watercolor 1:30 Logic Puzzles 2:30 Bingo 3:30 Friday Funday Happy Birthday Abby!	15Hat Day 10:30 IN2L Exercise 11:00 IN2L Word Games 1:30 Adult Coloring 2:30 Bingo 3:30 Board Games Wear your silly hats! 
16Fig Newton Day 10:30 Sunday Services 11:30 IN2L Exercise 1:30 Puzzles 2:30 Bingo 3:30 Movie	17MLK Day 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Karaoke 2:30 Bingo 3:30 History: I Have a Dream 4:00 Manicures	18Winnie the Pooh Day 10:30 Balloon Ball 11:00 Travelogue 11:30 Color Your World 1:30 Word Games 2:30 Bingo 3:30 Tea Party Happy Birthday Dorothy &Shane	19Popcorn Day 10:30 Scenic Drive 10:30 IN2L Choice 1:30 Music with Jessica 2:30 Bingo 3:30 Snacktivity: Movie & Popcorn	20Cheese Lovers Day 10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 1:30 Craft with Geoneva 2:30 Bingo 3:30 Snacktivity: Cheese tasting 	21Sweatpants Day 10:30 Current Events 11:00 Word Games 1:30 Craft with Geoneva 2:30 Bingo 3:30 Friday Funday Happy Birthday Christina!	22Blonde Brownie Day 10:30 IN2L Exercise 11:00 IN2L Word Games 1:30 Adult Coloring 2:30 Bingo 3:30 Board Games
23Pie Day 10:30 Sunday Services 11:30 IN2L Exercise 1:30 Puzzles 2:30 Bingo 3:30 Movie	24Peanut Butter Day 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Karaoke 2:30 Bingo 3:30 Craft and snack 4:00 Manicures	25Opposite Day 10:30 Balloon Ball 11:00 Travelogue 11:30 Color Your World 1:30 Word Games 2:30 Bingo 3:30 Music History Happy Birthday Hazel!	26Australia Day 10:30 Scenic Drive 10:30 IN2L Choice 1:30 Music with Jessica 2:30 Bingo 3:30 Snacktivity: Australia	27Chocolate Cake Day 10:00 Sensory Sensations 10:30 Chair Zumba 11:00 Puzzles & Games 1:30 Craft 2:30 Bingo 3:30 Snacktivity: Birthday Cupcakes	28Kazoo Day 10:30 Current Events 11:00 Watercolor 1:30 Indoor Rec Games 2:30 Bingo 3:30 Friday Funday	29Puzzle Day 10:30 IN2L Exercise 11:00 IN2L Word Games 1:30 Adult Coloring 2:30 Bingo 3:30 Puzzles
30Croissant Day 10:30 Sunday Services 11:30 IN2L Exercise 1:30 Puzzles 2:30 Bingo 3:30 Movie	31Artistic Day 10:00 Chopstick Dexterity 10:30 Chair Yoga 11:00 Coffee & Cards 1:30 Karaoke 2:30 Bingo 3:30 Arts & Crafts 4:00 Manicures	Daily Activities . Manicures . Puzzles . Balloon Games . Family Connection . IN2L Free Play . Coloring . Reading	All activities subject to change per mandated health guidelines.			1New Years Day 10:30 IN2L Exercise 11:00 IN2L Word Games 1:30 Adult Coloring 2:30 Bingo 3:30 Board Games