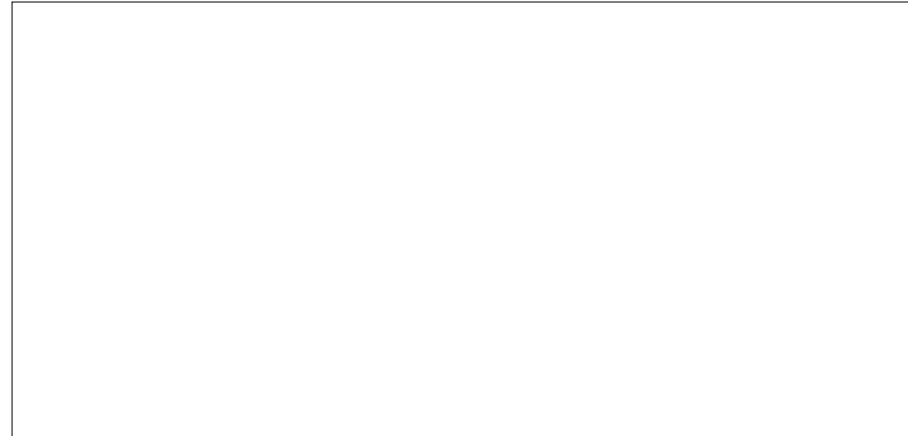




6135 E Street  
Springfield, OR 97478

Stamp



#### **Administrative Team:**

**Executive Director:** Geoneva Bigham

**Wellness Nurse:** Katie Rees

**Wellness Director:** Destiny Naba

**Wellness Coordinator:** Sabrina Fox

**Business Office Director:** Destiny Beatty

**Community Relations Director:** Annie Gaca

**Dining Services Director:** Mike Madrigal

**Maintenance Director:** Richard Wyncoop

**Life Enrichment Director:** Jessica McCutchen

#### **Connect:**

**541-225-0200**

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**[www.sweetbriarvilla.com](http://www.sweetbriarvilla.com)**

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

# Sweetbriar Villa Bulletin

**February 2022 Newsletter**



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# Healthy Habits to Consider for Heart-Smart Living

*Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.*

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start than with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



## Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)

Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper Number)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our facebook post for this month’s newsletter. We’d love to hear of your efforts!

# Special Moments





# February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February “y mis bach” meaning “little month.” At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.



## Happy Birthday!

### Residents:

Eva: 2/2

Kay: 2/3

Ardys: 2/15

Luana: 2/17

Jo: 2/19

Skipper: 2/22

### Staff:

Alyssa: 2/22

Tracy: 2/24

Those born in February are either Aquarius “The Water Bearer” (Jan. 19-Feb. 19) or Pisces “The Fish” (Feb. 19-March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.

## Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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.



Visit our facebook at:  
[www.facebook.com/SweetbriarVillaSeniorLiving](https://www.facebook.com/SweetbriarVillaSeniorLiving)

**Inventors’ Day is Feb. 11. These are some inventions we are grateful for!**

“My coffee maker” -Katie, Wellness Nurse

“Windchimes” - Amber, Server

“Hearing Aids ” - Jackie

“Radios” - Annie, CRD

“Friends” - Mary

“The piano” - Jessica, LED

“Velcro” - Larry

“Books” - Sabrina, Wellness Coordinator

“Wheelchairs” - Luana



## RESIDENT SPOTLIGHT: Jackie

Jackie moved into Sweetbriar just before Christmas. You’ll find Jackie hanging out with other residents, telling stories, and cuddling with her lovable orange cat Dewey.

Jackie grew up in Iowa and moved around a few states before she landed in Oregon. She is an avid listener of all genres of music and is a big fan of live musical theater. Some of her favorites include Me and My Girl and South Pacific. Jackie used to work as an activities assistant in an assisted living and memory care community just like Sweetbriar and is always eager to lend a hand to help residents feel involved and welcome to the community.



## STAFF SPOTLIGHT: Katie—Wellness Nurse

Katie joined Sweetbriar Villa as our Wellness Nurse in the middle of January. She was born in Kansas and has been living in Oregon for the last four years. Her career as a nurse has taken her all over the United States and has worked in hospitals, skilled nursing, assisted living, and psych units. Katie is also a certified CPR instructor. Katie has two dogs and seven daughters. In the fourth grade, Katie knew she wanted to be a nurse since this career ran in her family. In fact, two of her daughters became nurses and three others also work in healthcare.

On her free time, she enjoys going to the dunes in her jeep, attending classic car shows, and participating in all things Chicago Cubs.



FEBRUARY 2022

Sweetbriar Villa • 6135 E Street, Springfield, OR 97478 • (541) 225-0200

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	<div>Daily Activities<ul style="list-style-type: none"><li>Manicures</li><li>Coloring</li><li>Puzzles</li><li>Reading</li><li>Activity Kits</li><li>Sensory Games</li><li>IN2L Free play</li></ul></div>	<div>1 Chinese New Year</div> <div>10:30 Travelogue</div> <div>11:00 Color Your World</div> <div>1:30 Balloon Ball</div> <div>2:30 Bingo</div> <div>3:30 Chinese New Year!</div>	<div>2 Groundhog Day</div> <div>10:30 Scenic Drive</div> <div>10:30 IN2L Choice</div> <div>1:30 Music with Jessica</div> <div>2:30 Bingo</div> <div>3:30 Movie Matinee: Groundhogs Day</div> <div>HAPPY BIRTHDAY EVA!</div>	<div>3 Carrot Cake Day</div> <div>10:30 Chair Soccer</div> <div>11:00 Spa Day with Tracy</div> <div>1:30 Craft: Hearts</div> <div>2:30 Bingo</div> <div>3:30 Snacktivity: Carrot Cake</div> <div>HAPPY BIRTHDAY KAY!</div>	<div>4 Wear Red Day</div> <div>10:30 Current Events</div> <div>10:45 Bio of the Week</div> <div>11:00 Watercolor</div> <div>1:30 Music with Jessica</div> <div>2:30 Bingo</div> <div>3:30 Friday Funday</div>	<div>5 Ice Cream for Breakfast</div> <div>10:30 IN2L Exercise</div> <div>11:00 IN2L Word Games</div> <div>1:30 Adult Coloring</div> <div>2:30 Bingo</div> <div>3:30 Board Games</div>
<div>6 Frozen Yogurt Day</div> <div>10:30 Sunday Services</div> <div>11:30 IN2L Exercise</div> <div>1:30 Puzzles</div> <div>2:30 Bingo</div> <div>3:30 Movie</div>	<div>7 Send a Card to a Friend</div> <div>10:30 Chair Yoga</div> <div>11:00 Coffee &amp; Card Games</div> <div>1:30 Karaoke</div> <div>2:30 Bingo</div> <div>3:30 Craft: Cards</div> <div>4:00 Manicures</div>	<div>8 Boy Scout Day</div> <div>10:30 Travelogue</div> <div>11:00 Color Your World</div> <div>1:30 Balloon Ball</div> <div>2:00 Food Committee</div> <div>2:30 Resident Council</div> <div>3:00 Bingo</div>	<div>9 National Pizza Day</div> <div>10:30 Scenic Drive</div> <div>10:30 IN2L Choice</div> <div>12:30 Pizza Party</div> <div>1:30 Music with Jessica</div> <div>2:30 Bingo</div> <div>3:30 Birthday Cupcakes</div> <div></div>	<div>10 Cream Cheese Brownie</div> <div>10:30 Chair Hockey</div> <div>11:00 Trivia</div> <div>1:30 Craft: Valentines</div> <div>2:30 Bingo</div> <div>3:30 Snacktivity: Cream Cheese Brownies</div>	<div>11 Inventors Day</div> <div>10:30 Current Events</div> <div>10:45 Bio of the Week</div> <div>11:00 Watercolor</div> <div>1:30 Wacky Inventions</div> <div>2:30 Bingo</div> <div>3:30 Friday Funday</div>	<div>12 Global Movie Day</div> <div>10:30 IN2L Exercise</div> <div>11:00 IN2L Word Games</div> <div>1:30 Adult Coloring</div> <div>2:30 Bingo</div> <div>3:30 Board Games</div>
<div>13 Cheddar Cheese Day</div> <div>10:30 Sunday Services</div> <div>11:30 IN2L Exercise</div> <div>1:30 Puzzles</div> <div>2:30 Bingo</div> <div>3:30 Movie</div>	<div>14 Valentine's Day</div> <div>10:30 Chair Yoga</div> <div>11:00 Coffee &amp; Card Games</div> <div>1:30 Oregon's Birthday</div> <div>2:30 Bingo</div> <div>3:30 Valentine's Party</div> <div>4:30 Manicures</div> <div></div>	<div>15 Lantern Festival</div> <div>10:30 Travelogue</div> <div>11:00 Color Your World</div> <div>1:30 Balloon Ball</div> <div>2:30 Bingo</div> <div>3:30 Craft: Paper Lanterns</div> <div>HAPPY BIRTHDAY ARDYS!</div>	<div>16 National Pancake Day</div> <div>8:30 Pancakes!</div> <div>10:30 Scenic Drive</div> <div>10:30 IN2L Choice</div> <div>1:30 Music</div> <div>2:30 Bingo</div> <div>3:30 Movie Matinee: Hidden Figures</div>	<div>17 Random Acts of Kindness</div> <div>10:30 Chair Basketball</div> <div>11:00 Trivia</div> <div>1:30 Acts of Kindness</div> <div>2:30 Bingo</div> <div>3:30 Activity with Geoneva</div> <div>HAPPY BIRTHDAY LUANA!</div>	<div>18 National Caregivers Day</div> <div>10:30 Current Events</div> <div>10:45 Bio of the Week</div> <div>11:00 Watercolor</div> <div>1:30 Music</div> <div>2:30 Bingo</div> <div>3:30 Friday Funday</div>	<div>19 Chocolate Mint Day</div> <div>10:30 IN2L Exercise</div> <div>11:00 IN2L Word Games</div> <div>1:30 Adult Coloring</div> <div>2:30 Bingo</div> <div>3:30 Board Games</div> <div>HAPPY BIRTHDAY JO!</div>
<div>20 Muffin Day</div> <div>10:30 Sunday Services</div> <div>11:30 IN2L Exercise</div> <div>1:30 Puzzles</div> <div>2:30 Bingo</div> <div>3:30 Movie</div>	<div>21 President's Day</div> <div>10:30 Chair Yoga</div> <div>11:00 Coffee &amp; Card Games</div> <div>1:30 US Presidential Trivia</div> <div>2:30 Bingo</div> <div>3:30 Craft</div> <div>4:00 Manicures</div>	<div>22 Margarita Day</div> <div>10:30 Travelogue</div> <div>11:00 Color Your World</div> <div>1:30 Balloon Ball</div> <div>2:30 Bingo</div> <div>3:30 Margarita Social</div> <div>HAPPY BIRTHDAY SKIPPER &amp; ALYSSA!</div>	<div>23 Banana Bread Day</div> <div>10:30 Scenic Drive</div> <div>10:30 IN2L Choice</div> <div>1:30 Music</div> <div>2:30 Bingo</div> <div>3:30 Movie Matinee: Soul</div>	<div>24 Chili and Tortilla Day</div> <div>10:30 Chair Zumba</div> <div>11:00 Trivia</div> <div>1:30 Craft</div> <div>2:30 Bingo</div> <div>3:30 Snacktivity</div> <div>HAPPY BIRTHDAY TRACY!</div>	<div>25 Chocolate Covered Nuts</div> <div>10:30 Current Events</div> <div>10:45 Bio of the Week</div> <div>11:00 Watercolor</div> <div>1:30 Music</div> <div>2:30 Bingo</div> <div>3:30 Friday Funday</div>	<div>26 Tell a Fairy Tale Day</div> <div>10:30 IN2L Exercise</div> <div>11:00 IN2L Word Games</div> <div>1:30 Adult Coloring</div> <div>2:30 Bingo</div> <div>3:30 Board Games</div>
<div>27 Strawberry Day</div> <div>10:30 Sunday Services</div> <div>11:30 IN2L Exercise</div> <div>1:30 Puzzles</div> <div>2:30 Bingo</div> <div>3:30 Movie</div>	<div>28 Floral Design Day</div> <div>10:30 Chair Yoga</div> <div>11:00 Coffee &amp; Card Games</div> <div>1:30 Musical Cattle</div> <div>2:30 Bingo</div> <div>3:30 Craft: Floral Arranging</div> <div>4:00 Manicures</div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>				