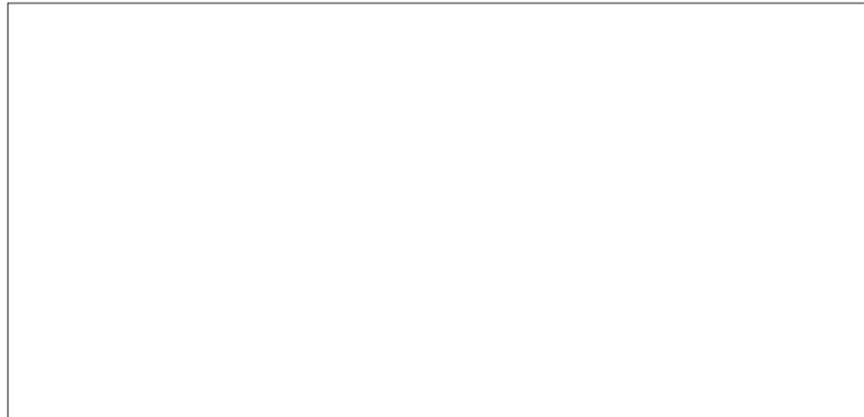




6135 E Street
Springfield, OR 97478

Stamp



Leadership Team

Phone: 541.225.0200

Email: info@sweetbriarvilla.com

Website: sweetbriarvilla.com

Executive Director:

Geoneva Bigham

Community Relations Director:

Annie Gaca

Wellness Director:

Destiny Naba

Wellness Coordinator:

Sabrina Fox

Wellness Nurse:

Katie Rees, RN

Business Office Director:

Destiny Beatty

Life Enrichment Director:

Natasha Herbert

Dining Services Director:

Louie Miller

Maintenance Director:

Richard Wyncoop

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

Sweetbriar Villa Bulletin

April 2022 Newsletter



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Spring Into Volunteering!

You've probably heard the famous Aesop quote: "No act of kindness, no matter how small is ever wasted." It's true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It's the perfect time of year for giving as the season brings re-growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank. FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.

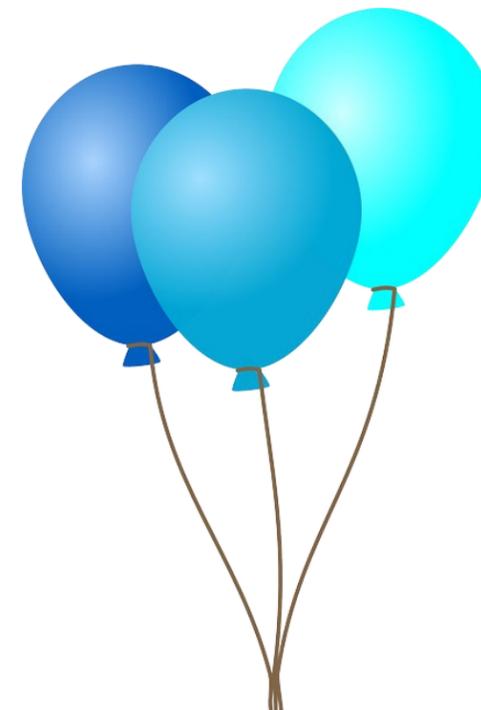


Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children's hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!

Special Moments



Happy Birthday!

Doris : April 8
Patricia: April 21

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless, enthusiastic, and optimistic!

April 2022 Highlights

April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!

01 April Fool's Day; Sourdough Bread Day
 02 PBJ Day; Ferret Day; Handmade Day
 03 Film Score Day; Chocolate Mousse Day
 04 Walk Around Things Day; Vitamin C Day
 05 Caramel Day; Deep Dish Pizza Day
 06 Bookmobile Day; Walking Day
 07 World Health Day; Beer Day; Burrito Day
 08 Zoo Lovers' Day; Reflect on Gratitude Day
 09 Cherish Antiques Day; Name Yourself Day
 10 Farm Animal Day; Cinnamon Crescent Day
 11 Barbershop Quartet Day; Pet Day
 12 Grilled Cheese Day; Colorado Day
 13 Scrabble Day; Peach Cobbler Day
 14 Gardening Day; Pecan Day; Dolphin Day
 15 Good Friday; Glazed Ham Day
 16 Bean Count Day; Eggs Benedict Day; PJ Day
 17 Easter; Haiku Day; Ellis Island History Day
 18 Intl. Monuments & Sights Day; Radio Day
 19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day;
 21 British Tea Day; Chocolate Cashews Day
 22 Earth Day; Jelly Bean Day
 23 Picnic Day; Cherry Cheesecake Day
 24 Pigs in Blankets Day; Pet Parent Day
 25 Hairstylist Day; Zucchini Bread Day;
 26 Audubon Day; Pretzel Day
 27 Prime Rib Day; Administrative Staff Day
 28 Poem Day; Superhero Day
 29 Arbor Day; Dance Day
 30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know?
 Earth Day, first celebrated in 1970, has a new theme each year. In 2022, it's "Invest in Our Planet!"



Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



April 26th is Audubon Day celebrating the birth of John James Audubon in 1785. He was a French-American bird expert and painter famous for his illustrations and studies of American birds. These are some of the birds we admire:

- "Blue Jay" - Kay
- "Dove" - Tracey
- "I love ALL the birds" - Marge
- "Penguins" - Natasha
- "Eagle" - Luana
- "Hawk" - Vilma



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



Staff Spotlight: Louie

Louie comes to us from many years of culinary expertise. He was lead chef at the Waterford, as well as other roles such as sous chef, executive chef, and dining services director. Louie also spent some time at Market of Choice and he was operations manager as well as being in charge of all ordering, purchasing, and inventory. In Louie's free time, he drives his car with the top down and plays golf. You can find Louie at the golf course and traveling all over when he is not at Sweetbriar Villa! Fun side note: He jokes about how his wife has not had to cook a meal in over 20 years.

We are so happy you joined our team, Louie!



Resident Spotlight: Henny

Henny joined us this month and we are very happy to welcome her!

Henny is originally from Denmark, but she loves Eugene. She likes to reminisce about when she used to do sports.

You can find Henny reading in her room or playing Bingo. She loves to play and win! She also likes to eat lunch with the rest of the group.

We are so pleased to have you here at Sweetbriar Villa, Henny!

APRIL 2022

Sweetbriar 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>Mind, Body & Soul is a Daily activity that engages either the mind, body, or soul. Examples can be: breathing exercise, yoga, gentle stretch, balloon ball, chair soccer, meditation or guided meditation.</p>			<p>1 April Fools Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L Choice 11:30 Jeopardy 1:00 Puzzles 2:00 Therapy Dogs 3:30 Bingo 4:30 Celebrate Kay</p>	<p>2 PB&J Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L choice 1:30 Coloring 2:00 Cards & Coffee 3:30 Bingo</p>	
	<p>3 Chocolate Mousse Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L Choice 1:30 Jeopardy 2:00 Cup Flip 3:30 Bingo</p>	<p>4 Vitamin C Day</p> <p>10:30 Mind, Body, & Soul 11:00 Mani Monday IN2L Choice 1:30 Cards and Coffee 2:30 Dye Eggs with shaving cream 3:30 Bingo</p>	<p>5 Caramel Day</p> <p>10:30 Mind, Body & Soul 11:00 No Drama Llama 1:30 Paint with Peeps 2:30 Snacktivity/Peeps 3:00 Story of Peeps 3:30 Bingo</p>	<p>6 Walking Day</p> <p>10:30 Scenic Drive 11:00 IN2L choice If no drive 1:30 Easter Egg Stuffing 2:30 Bunny Bocce 3:30 Bingo</p>	<p>7 Beer Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L choice 11:30 Karaoke 1:30 Salt Dough Eggs 3:00 Puzzles 3:30 Bingo and Beer</p>	<p>8 Zoo Day</p> <p>Happy Birthday Doris!</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L choice 11:30 Cards and Coffee 2:00 Tim Fox: Bird Talk 3:00 Egg Stacking 3:30 Bingo</p>	<p>9 Antique Day</p> <p>10:30 Mind, Body, Soul 11:00 IN2L Choice 11:30 Jeopardy 1:30 Cards and Coffee 2:00 Reminisce about Antiques 3:00 Puzzles 3:30 Bingo</p>
	<p>10 Farm Animal Day</p> <p>10:30 Mind, Body, & Soul 11:00 Coloring 1:30 Jeopardy 2:00 Cards 2:30 Craft 3:30 Bingo</p>	<p>11 Pet Day</p> <p>10:30 Mind, Body, Soul 11:00 Manicures IN2L Choice 1:30 Bingo 2:30 All Staff meeting 3:30 Celebrate Staff Birthdays</p>	<p>12 Grilled Cheese Day</p> <p>Happy Birthday Richard!</p> <p>10:30 Mind, Body & Soul 11:00 Easter Celebrations all over the world 1:30 Bingo 2:00 Food Committee 2:30 Resident council 3:30 April Resident Birthday Celebration</p>	<p>13 Scrabble Day</p> <p>10:30 Scenic Drive 11:00 IN2L choice if no drive 1:30 Play Scrabble 2:30 Finish Eggs for hunt 3:30 Bingo</p>	<p>14 Gardening Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L choice 1:30 Sock Bunnies 2:30 Bingo 3:30 Easter Egg Hunt</p>	<p>15 Good Friday</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L Choice 11:30 Karaoke 1:30 Bunny Bocce 2:30 Egg Shakers 3:30 Bingo</p>	<p>16 PJ Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L choice 1:30 Board Games 2:00 Cup Flip 3:30 Bingo</p>
	<p>17 Easter / Haiku Day</p> <p>Happy Birthday Anne</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L Choice 11:30 Coloring 2:00 Bunny Garlands 3:00 Basket activity 3:30 Bingo</p>	<p>18 Radio Day</p> <p>10:30 Mind, Body, & Soul 11:00 Manicures IN2L choice 1:30 Paper mache eggs 2:30 Cards and coffee 3:30 Bingo</p>	<p>19 Amaretto Day</p> <p>10:30 Mind, Body, Soul 11:00 IN2L choice 1:30 Nest Craft 3:00 Seed Matching 3:30 Bingo</p>	<p>20 Chinese Language Day</p> <p>10:30 Scenic Drive 11:00 IN2L If not on drive 1:30 Cards and Coffee 2:00 Chick painting 3:00 Puzzles 3:30 Bingo</p>	<p>21 Kindergarten Day</p> <p>Happy Birthday Patricia!</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L Choice 11:30 Karaoke 1:30 Bird feeders 2:30 Plastic Egg stacking 3:30 Bingo</p>	<p>22 Earth Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L choice 11:30 Jeopardy 1:30 Egg Rescue 2:30 Card Making 3:30 Bingo</p>	<p>23 Jelly Bean Day</p> <p>10:30 Mind, Body, & Soul 11:00 Jelly bean activity 11:30 Coloring 1:30 Bunny Bocce 2:00 Matching game 3:00 Watercolor 3:30 Bingo</p>
	<p>24 Pigs in a Blanket Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L choice 11:30 Coffee and cards 1:30 Craft 2:30 Egg shakers 3:30 Bingo</p>	<p>25 Plant Day</p> <p>10:30 Mind, Body, & Soul 11:00 Manicures 1:30 Lavender Calm Bag 2:30 Puzzles 3:30 Bingo</p>	<p>26 Arbor Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L Choice 11:30 Jeopardy 1:30 Leaf Impressions 2:30 Cup Flip 3:00 Bunny Bocce 3:30 Bingo</p>	<p>27 Pretzel Day</p> <p>10:30 Scenic Drive 11:00 IN2L If not on drive 1:30 Marshmallow activity 2:30 Bunny Bocce 3:30 Bingo</p>	<p>28 Blueberry Pie Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L Choice 11:30 Coloring 1:30 Geoneva Activity 3:30 Bingo</p>	<p>29 Raisin Day</p> <p>10:30 Mind, Body, & Soul 11:00 IN2L activity 11:30 Cards and Coffee 1:30 KoKedama—Moss balls 3:00 Matching game 3:30 Bingo</p>	<p>30 Cookie Day</p> <p>Happy Birthday George!</p> <p>10:30 Mind, Body, & Soul 11:00 Karaoke 11:30 Bunny Bocce 1:30 Coloring 2:00 Roll and Garden 3:30 Bingo</p>