



6135 E Street
Springfield, OR 97478

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Sweetbriar Villa Bulletin

May 2022 Newsletter



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Leadership Team
Phone: 541.225.0200
Email: info@sweetbriarvilla.com
Website: sweetbriarvilla.com

Executive Director:
Geoneva Bigham
Community Relations Director:

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:
William Miller
Maintenance Director:
Richard Wyncoop

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



Creative Fitness & Hydration Ideas for Older Adults

Follow your medical professional’s advice and speak with them before changing diet, exercise, or supplements.

Physical fitness and staying hydrated, while naturally easy and fun for some, can seem intimidating for others. Look forward to creative approaches to both this Senior Health and Fitness Month!

Fun Fitness

For most of us, there’s some type of physical fitness that appeals (workout machines, sports, dance, yoga, swimming), but sometimes creativity spurs extra motivation! Think outside the box with ideas like: in-air arm swim strokes, hula hooping laughter yoga, gardening, soft darts, bean bag toss, bowling, croquet, mini golf, striking poses and holding them, noodle ball volleying, and scavenger hunts.

Our community uses It’s Never 2 Late (IN2L) that has many fitness avenues, from Conductorcize and Sit & Be Fit to Tai Chi and Chair Chi (for varying fitness levels). Explore the features with our life enrichment team.

Themed Walks

Walks can be more fun when paired with an activity. Consider a bird walk, tree walk, or flower walk and mark observations with a field guide book. Get artsy by collecting flowers for pressing. Head out on a nature walk where each walker collects a leaf, twig, rock, wildflower, blade of grass, etc. Paint positive-message rocks and on a walk leave them places for others to find. Other ideas: museum walk or mall-window shop, or see which walker can write down the most street sign names or models of cars spotted.



Physical fitness is important for older adults. It makes activities of daily life easier to do, and it helps with bone density and muscle strength. An added bonus is a decreased likelihood for falls.

Hydration Elation

For older adults, hydrating is especially important as thirst tends to decrease with age. Water doesn’t have to be the only source for hydrating though. Some foods high in water content include celery, cucumbers, watermelon, cantaloupe, strawberries, bell peppers, grapes, and tomatoes. Soups, broths, and stews also can increase fluid intake, but watch for sodium content. When it comes to beverages, add some excitement to water with fruit or mint infused in it, or try milk, coconut water, or herbal caffeine-free teas like hibiscus or chamomile.

Share Your Best Fitness/Hydration Idea

We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

Special Moments



"May! Queen of blossoms and fulfilling flowers. With what pretty music shall we charm the hours?" - Lord Edward Thurlow



Happy Birthday!

- | | |
|------------------|------------------|
| Wanda: May 2 | Mykenzie: May 27 |
| Ireland : May 3 | Katie: May 30 |
| Chase: May 7 | Anna : May 30 |
| Geoneva : May 15 | |

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstone for May is emerald. The birth flower for May is lily of the valley. May is said to be the luckiest month in which to be born!



May 2022 Highlights

May includes awareness observances for mental health, asthma, blood pressure, osteoporosis, skin cancer, and strokes. It celebrates seniors, nurses, photography, strawberries, salsa, asparagus, and barbecues!

01 Chocolate Parfait Day; Lemonade Day
02 Truffle Day; World Tuna Day
03 Teachers Day; Two Different Shoes Day
04 Firefighters' Day; Bird Day; Star Wars Day
05 Astronauts' Day; Hoagie Day
06 Nurses' Day; Crepe Suzette Day
07 Kentucky Derby Day; Fitness Day; Trains Day
08 Mother's Day; Coconut Cream Pie Day
09 Lost Sock Memorial Day; Moscato Day
10 Shrimp Day; Washington Day
11 Receptionists' Day; 3rd Shift Staff Day
12 Intl. Nurse Day; Nutty Fudge Day
13 Apple Pie Day; Fruit Cocktail Day
14 Buttermilk Biscuit Day; Dog Mom Day
15 Chocolate Chip Day; World Baking Day
16 BBQ Day; Sea Monkey Day
17 Cherry Cobbler Day; Walnut Day; Idaho Day
18 Museum Day; Juice Slushies Day
19 Devil's Food Cake Day

20 Endangered Species Day; Pizza Party Day
21 Waiters' Day; Strawberries and Cream Day
22 Solitaire Day; Instrument Day
23 Lucky Penny Day; Turtle Appreciation Day
24 Brothers' Day; Scavenger Hunt Day
25 Tappers' Day; Senior Health & Fitness Day
26 Paper Plane Day; Blueberry Cheesecake Day
27 Grape Popsicle Day; Road Trip Day
28 Brisket Day; Enjoy a Hamburger Day
29 Paperclip Day; Coq Au Vin Day
30 Memorial Day; Creative Day; Mint Julep Day
31 Macaroon Day; Save Your Hearing Day



Happy Mother's Day to all the moms out there!

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.



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

In Our Words

In honor of Senior Health & Fitness Day, these are some of our favorite healthy food/fitness choices.

"I take 3 walks a day" - Luana
"Balloon Ball" - Marj
"Drinking enough water" - Jackie
"Getting up on time" Natasha
"Spending time in the sun" - Patricia
"Eating my veggies" -Dorothy
"Stretching with IN2L" - Vilma



Staff Spotlight: Shane

Shane is our Employee of the Month for May! Shane joined us in 2021 and he is such an asset to our care staff. Shane says that he wanted a career that was "worth while" and liked the idea of being a caregiver, so he gave it a try and has zero regrets. He spends his time at home playing video games, playing with his cats, and spending time with his fiancé. Shane is originally from CA, but moved to Oregon when he was about 10 with his mom and brother. His favorite part of being a caregiver is seeing a resident's face after a corny dad joke.



Resident Spotlight: Patricia

Patricia has been with Sweetbriar for about 18 months and she is such a wonderful part of our family. Patricia spends her time coloring elaborate pictures and in the garden when the weather allows it. If looking for Patricia, chances are she is with her core group of ladies chatting in the halls and living room. Patricia has great personality and does not like to miss any type of fun what so ever. Shes not much of a bingo fan, but she loves playing cards with the ladies and having a good cup of coffee. A visit from her daughter puts a smile on Patricia's face all day!

SUN	MON	TUE	WED	THU	FRI	SAT
<div>1</div> <div>Lemonade Day</div> <div>10:30 Mind, Body, Soul 11:00 IN2L Choice 11:30 Current Events 1:30 Games 2:30 Bingo</div>	<div>2</div> <div>Truffle Day</div> <div>10:30 Manicures 11:00 Pastor Paul 1:30 Finish mani & IN2L 2:30 Table games 3:30 Bingo</div> <div>Wanda's Birthday</div>	<div>3</div> <div>Teachers' Day</div> <div>10:30 Balloon Ball 11:30 1 on 1: IN2L 1:30 Coloring 2:30 Tuesday Tea 3:30 Bingo</div> <div>Ireland's B-day</div>	<div>4</div> <div>Star Wars Day Dress up Day!</div> <div>10:30 Scenic Drive IN2L if not on drive 1:30 Making Cards 2:30 Matching Game 3:30 Bingo</div>	<div>5</div> <div>Astronauts' Day</div> <div>10:30 Gentle Stretch 11:30 1 on 1: IN2L 1:30 Noodle Shooters 2:30 Cinco De Mayo Party 3:30 Mexican Bingo Lo Teria</div>	<div>6</div> <div>Nurses' Day</div> <div>10:30 Mind, Body, Soul 11:00 Fetch Therapy Dogs 1:30 Puzzles 2:30 Magazine Scavenger 3:30 Bingo: Prize Day</div>	<div>7</div> <div>Kentucky Derby Day</div> <div>10:30 Balloon Ball 11:00 IN2L Choice 11:30 Coloring 2:30 Bingo</div> <div>Chase's B-Day</div>
<div>8</div> <div>Mother's Day</div> <div>10:00 Mother's Day Brunch 11:30 Mother Mingle and Make Lavender Saches 1:30 Games 2:30 Bingo</div>	<div>9</div> <div>Lost Sock Day</div> <div>10:30 Manicure Monday 11:00 Pastor Paul 1:30 Finish Mani IN2L 2:30 Matching Sock game 3:30 Bingo</div>	<div>10</div> <div>Shrimp Day</div> <div>10:30 Balloon Ball 11:00 1 on 1: IN2L 11:30 Trivia 1:30 Fishing Game 2:00 All Staff Meeting 3:30 Bingo</div>	<div>11</div> <div>Receptionists' Day</div> <div>10:30 Library IN2L if not on trip 1:30 Cards and coffee 2:30 Coloring 3:30 Bingo</div>	<div>12</div> <div>Intl. Nurses' Day</div> <div>10:30 Gentle Stretch 11:00 1 on 1: IN2L 11:30 Jeopardy 1:30 Games 2:00 Food Council 2:30 Resident Council Celebrate Resident Birthdays 3:30 Bingo</div>	<div>13</div> <div>Apple Pie Day</div> <div>10:30 Mind, Body, Soul 11:30 1 on 1: IN2L 1:30 Wash your ride 2:30 New Card Game 3:30 Bingo: Prize day</div>	<div>14</div> <div>Dog Mom Day</div> <div>10:30 Balloon Ball 11:00 Jeopardy 1:30 Coloring 2:30 Bingo</div>
<div>15</div> <div>Chocolate Chip Day</div> <div>10:30 Gentle Stretching 11:00 Zoom Church 1:30 Games 2:30 Bingo</div> <div>Geoneva's Bday</div>	<div>16</div> <div>BBQ Day</div> <div>10:30 Manicure Monday 11:00 Pastor Paul 1:30 Finish Mani IN2L 2:00 Activity 3:30 Bingo</div>	<div>17</div> <div>Cherry Cobbler Day</div> <div>10:30 Balloon Ball 11:00 1 on 1: IN2L 11:30 Fishing Game 1:30 Cards and Coffee 2:30 Tuesday Tea 3:30 Bingo</div>	<div>18</div> <div>Juice Slushie Day</div> <div>10:30 Scenic Drive IN2L if not on Drive 1:30 Movie on Big screen 3:30 Bingo</div>	<div>19</div> <div>Devil's Food Cake Day</div> <div>10:30 Gentle Stretch 11:00 1 on 1: IN2L 11:30 Jeopardy 1:30 Fishing Game 2:30 Happy Hour 3:30 Bingo</div>	<div>20</div> <div>Pizza Party Day</div> <div>10:30 Mind, Body, Soul 11:00 1 on 1: IN2L 11:30 Coloring 1:30 Games 2:30 Watercolor 3:30 Bingo: Prize Day</div>	<div>21</div> <div>Strawberries & Cream Day</div> <div>10:30 Mind, Body, Soul 11:00 IN2L Choice 1:30 Coloring 2:30 Bingo</div>
<div>22</div> <div>Solitaire Day</div> <div>10:30 Gentle Stretch 11:00 Zoom Church 1:30 Coloring 2:30 Bingo</div>	<div>23</div> <div>Lucky Penny Day</div> <div>10:30 Manicure IN2L 11:00 Pastor Paul 1:30 Finish Mani 2:30 Games 3:30 Bingo</div>	<div>24</div> <div>Scavenger Hunt Day</div> <div>10:30 Balloon Ball 11:00 1 on 1: IN2L 11:30 Jeopardy 1:30 Magazine Scavenger Hunt 2:30 Games 3:30 Bingo</div>	<div>25</div> <div>Tappers' Day</div> <div>10:30 Scenic Drive IN2L if not on Drive 1:30 Movie On Big Screen 3:30 Bingo</div>	<div>26</div> <div>Blueberry Cheesecake Day</div> <div>10:30 Gentle Stretch 11:00 1 on 1: IN2L 11:30 Jeopardy 1:30 Cards and coffee 2:30 Geoneva's Activity 3:30 Bingo</div>	<div>27</div> <div>Grape Popsicle Day</div> <div>10:30 Mind, Body, Soul 11:00 1 on 1: IN2L 11:30 Karaoke 1:30 Magazine Scavenger 2:30 Coloring 3:30 Bingo</div> <div>Mykenzie's Bday</div>	<div>28</div> <div>Hamburger Day</div> <div>10:30 Mind, Body, Soul 11:00 IN2L Choice 11:30 Trivia 1:30 Coloring 2:30 Bingo</div>
<div>29</div> <div>Paperclip Day</div> <div>10:30 Mind, Body, Soul 11:00 Zoom Church 1:30 Craft 2:30 Bingo</div>	<div>30</div> <div>Memorial Day</div> <div>10:30 Manicures 11:00 Pastor Paul 1:30 IN2L/Finish Mani 2:30 Puzzles 3:30 Bingo</div> <div>Anna's Birthday</div> <div>Katie's B-day</div>	<div>31</div> <div>Macaroon Day</div> <div>10:30 Balloon Ball 11:00 IN2L choice 11:30 Jeopardy 1:30 Coloring 2:30 Tuesday Tea 3:30 Bingo</div>				<div>All activities subject to change per mandated health guidelines.</div>