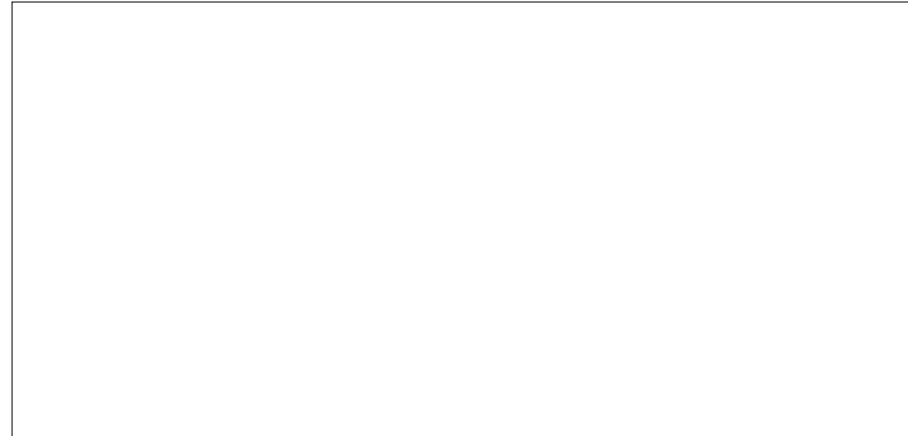




6135 E Street
Springfield, OR 97478

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Sweetbriar Villa Bulletin

June 2022 Newsletter



June is National Camping Month!

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7 Special Moments & Birthdays
8 Mission & Team

Leadership Team

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Geoneva Bigham

Community Relations Director:

Stephen Welch

Wellness Director:

Destiny Naba

Wellness Coordinator:

Sabrina Fox

Wellness Nurse:

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.



Share in the Hope for an End to Alzheimer's Disease

This **Alzheimer's & Brain Awareness Month**, take action in the fight to end Alzheimer's! The Alzheimer's Association has many types of opportunities for getting involved. Check out the information and links here to start supporting!

Join the Fight Against Alzheimer's

- Participate in the Longest Day on June 21—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org
- Participate in the Ride to End Alzheimer's on August 28, 2022. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit alz.careasy.org/home
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6.5 million Americans have Alzheimer's in 2022.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: volunteer.alz.org/Volunteeropportunities/becoming

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook pages this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause. Don't forget to hashtag your efforts on social media with #endalz.

Special Moments



Can you believe it's June already?

Summer months are upon us, let's remind ourselves and each other the importance of staying hydrated. Whether you're visiting your loved one inside or outside of our community, please be prepared to be screened and checked in at the Front Desk. We are adhering to CDC guidelines, wearing a mask is required. If you have any questions and would like to sit and speak with me, please call the community, and ask for Geoneva.

June Birthday Facts! Those born in June are Gemini (May 21-June 20) and Cancer (June 21-July 22). The birthstones for June are pearl and alexandrite. The birth flowers for June are roses and honeysuckles. People born in June are said to be sociable and enthusiastic.

June 2022 Highlights

June includes awareness observances for cataracts, headaches and migraines, liver health, men's health, and PTSD. It celebrates camping, dairy, the outdoors, roses, papayas, and fresh fruits and vegetables!

01 Olive Day; Kind Words Day; Intl. Parent Day
02 Rocky Road Day; Rotisserie Chicken Day
03 Egg Day; Donut Day; World Bike Day
04 Cheese Day; Fish/Chips Day; Trail Day
05 Veggie Burger Day; Cancer Survivors' Day
06 Applesauce Cake Day; Garden Exercise Day
07 Chocolate Ice Cream Day; World Food Safety Day
08 Best Friends Day; World Oceans Day
09 Donald Duck Day; Strawberry Rhubarb Pie Day
10 Egg Roll Day; Iced Tea Day; Spice Day
11 Corn on Cob Day; German Chocolate Cake Day
12 PB Cookie Day; Red Rose Day; Jerky Day
13 Weeding Garden Day; Men's Health Week
14 Army Bday; Flag Day; Strawberry Shortcake Day
15 Nature Photography Day; Smile Power Day
16 Fudge Day; Intl. Tapas Day; Nurse Assistant Day
17 Waste Collectors' Day; Mascot Day; Apple Strudel Day; Wear Blue Day (for Men's Health)
18 Go Fishing Day; Intl. Picnic Day
19 Father's Day; Juneteenth; Turkey Lovers' Day

20 Vanilla Shake Day; Ice Cream Soda Day; Hike Day
21 Summer!; Peaches N' Cream Day; Selfie Day
22 Éclair Day; Onion Ring Day; World Rainforest Day
23 Hydrate Day; Pecan Sandies Day; Color Pink Day
24 Pralines Day; World UFO Day; Cream Tea Day
25 Strawberry Parfait Day; Summersgiving
26 Coconut Day; Beautician Day; Choc. Pudding Day
27 Ice-Cream Cake Day; Sunglasses Day; Onion Day
28 Alaska Day; Paul Bunyan Day
29 Camera Day; Waffle Iron Day; Buttercrunch Day
30 Meteor Day; Show off Your Personal Style Day



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

June 30th is Show Off Your Personal Style Day. Our staff and residents shared their style favorites.



"Vintage" -Natasha

"I like 70's" -Skipper

"Summer Style" - Don

"All styles" -Vilma

"My style is my own" -Jackie

"My very own style is my style" -Mary



Staff Spotlight: Karrie

Karrie has worked at Sweetbriar Villa for 3 years and says that it is a privilege to be a caregiver. She loves the moments filled with laughter.

One of her favorite quotes is "We all take different paths in life, but no matter where we go we take a little of each other everywhere." - Tim McGraw

Karrie spends her time fishing, gardening, and re-finishing furniture when she isn't at Sweetbriar. Karrie also loves spending time with her cat Itsy.

Thank you for all you do, Karrie!



Resident Spotlight: Dorothy

Dorothy has lived here for about 18 months and she is such a lovely addition to our family.

Dorothy grew up on a farm and came to Oregon with her family when she was a girl. She loves to water ski and talks about going out on the boat a lot and how much fun it is.

Dorothy spends much of her time coloring beautiful pictures and playing bingo. She loves getting to know other residents and is always kind and helpful to our team.

We're so glad you're here at Sweetbriar, Dorothy!

JUNE 2022

Sweet Briar Villa

• 6135 E st. Springfield OR 97478

• (458) 215-3803

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.			1 Kind words day 10:30 Scenic Drive 1:30 Sing Along 2:30 Storys 3:30 Bingo	2 Rocky Road Day 10:30 Balloon Ball 11:00 IN2L Choice 1130 One on One 1:30 Bean Bag Toss 2:00 Survey day 3:30 Bingo	3 Donut Day 10:30 Gentle stretching 11:00 IN2L choice 11:30 Karaoke 1:30 Doughnut Game 2:30 Coloring 3:30 Bingo	4 Cheese Day 10:30 IN2L choice 11:00 Coloring 1:30 Sing Along 2:30 Cards/Games 3:30 Bingo
5 Cancer Survivors day 10:30 Mind Body, Spirit 11:00 IN2L 1:30 Craft 2:30 Coloring 3:30 Bingo	6 Garden Day 10:30 Manicure Monday OR IN2L 11:00 Pastor Paul 1:30 Finish Manicure 2:30 Cards—Game 3:30 Bingo	7 Chocolate Ice cream 10:30 Balloon Swat 11:00 IN2L—Choice 11:30 1 on 1 1:30 Penny Races 2:30 Tea Tuesday 3:30 Bingo	8 Best Friends Day 10:30 Scenic Drive – IN2L if not on Drive 1:30 1 on 1 2:30 Card Games 3:30 Bingo	9 Donald Duck Day 10:30 Gentle Stretching 11:00 IN2L 11:30 Jeopardy 1:30 Sing Along 2:30 Matching game 3:30 Bingo	10 Iced Tea Day 10:30 Balloon Ball 11:00 Make Iced Tea 11:30 1 on 1 1:30 Coloring 2:00 All Staff Meeting 3:30 Bingo Iced Tea <i>Tam's Birthday</i>	11 German Chocolate cake Day 10:30 IN2L 11:00 Coloring 1:30 Dancer-Size 2:00 Games 3:30 Bingo <i>Henny's Birthday</i>
12 PB cookie Day 10:30 Mind, Body, Soul 11:00 IN2L 11:30 1 on 1 1:30 Craft 2:30 Coloring 3:30 Bingo	13 Weeding Garden Day 10:30 Manicures OR IN2L 11:00 Pastor Paul 1:30 Finish Manicures 2:30 Cards—Game 3:30 Bingo	14 Strawberry Shortcake 10:30 Deep breathing 11:00 IN2L 11:30 1 on 1 1:30 Matching Game 2:00 Food Council 2:30 Resident Council 3:30 Bingo	15 Smile Power Day 10:30 Library Day IN2L if not at Library 1:30 Watercolor painting 2:30 Game 3:30 Bingo	16 Fudge Day 10:30 Gentle Stretch 11:00 IN2L 11:30 Sing Along 1:30 Bingo 2:30 Cards 3:00 Kayla Painting <i>Nancy's Birthday</i>	17 Wear Blue Day (for Men's Health) *Wear Blue* 10:30 Balloon Swat 11:30 One on One IN2L 1:30 Coloring 2:30 Happy Hour 3:30 Bingo	18 Picnic Day 10:30 IN2L 11:00 Coloring 1:30 Sing along 2:30 Games 3:30 Bingo
19 Fathers Day *Fathers Day Lunch in Formal dining room* 10:30 Mind, Body, Soul 11:00 IN2L 11:30 1 on 1 1:30 Craft 2:30 Coloring 3:30 Bingo	20 Vanilla Shake Day 10:30 Manicures OR IN2L 11:00 Pastor Paul 1:30 Finish Manicures 2:30 Cards –Game 3:30 Bingo	21 First day of Summer 10:30 Gentle Stretch 11:00 IN2L 11:30 1 on 1 1:30 Make Paper flowers 2:30 Tea Tuesday 3:30 Bingo <i>Virginia's Birthday</i>	22 World Rainforest Day 10:30 Scenic Drive IN2L if not drive 1:30 Zoom Zoo 2:00 Mod Podge Boxes 3:30 Bingo	23 Wear Pink Day *Wear Pink* 10:30 Gentle stretch 11:00 IN2L 11:30 Cup Flip 12:00 Activity 1:30 Geoneva's activity 3:30 Bingo	24 World UFO day 10:30 Bean bag Toss 11:00 One on One IN2L 1:30 Craft 2:30 Game 3:30 Bingo	25 Strawberry Parfait Day 10:30 IN2L 11:00 Coloring 1:30 Sing a long 2:30 Game 3:30 Bingo
26 Chocolate Pudding Day 10:30 Mind, Body, Soul 11:00 IN2L 11:30 1 on 1 1:30 Craft 2:30 Coloring 3:30 Bingo	27 Sunglasses Day *Wear your Funky Sunglasses* 10:30 Manicures OR IN2L 11:00 Pastor Paul 1:30 Finish Manicures 2:30 Cards—Game 3:30 Bingo	28 Paul Bunyon Day 10:30 Meditation 11:00 IN2L 11:30 1 on 1 1:30 Pin the beard 2:30 Axe Toss 3:30 Bingo	29 Camera Day 10:30 Scenic Drive IN2L if not on drive 1:30 Glamour shots 2:30 Craft 3:30 Bingo	30 Personal Style Day 10:30 Dancer-Size 11:00 IN2L 11:30 1 on 1 1:30 Personal Style Fashion Show 2:30 Coloring 3:30 Bingo		