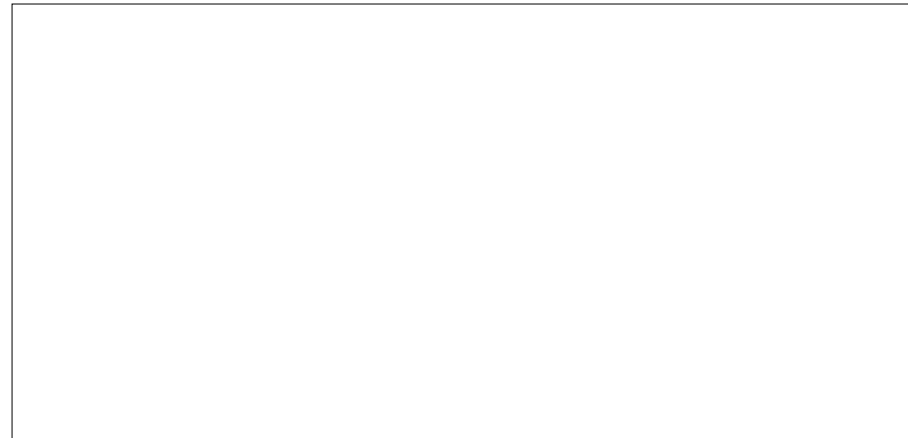




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**Our mission is to create and  
sustain comfortable,  
caring environments for those  
who depend on us.**

# Sweetbriar Villa Bulletin

July 2022 Newsletter



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# Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

## Steps Toward a More Social You

To increase your social wellness, consider actions you can work into your daily life.

- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



**The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.**

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!



# Special Moments



## Happy Birthday!

**Cheri: July 21**  
**Natasha: July 25**

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



# July 2022 Highlights

**July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!**

01 Unique Ice Cream Day; Gingersnap Day; Joke Day	20 Fortune Cookie Day; Hot Dog Day; Chess Day
02 Made in the USA Day	21 Junk Food Day
03 Chocolate Wafer Day; Beans Day; Fried Clam Day	22 Hammock Day; Mango Day; Penuche Fudge Day;
04 Independence Day; Caesar Salad Day	23 Gorgeous Grandma Day; Vanilla Ice Cream Day
05 Apple Turnover Day; Hawaii Day	24 Parents' Day; A. Earhart Day; Drive Thru Day
06 Fried Chicken Day; Hand Roll Day	25 Hire Veterans Day; Sundae Day; Wine/Cheese Day
07 Macaroni Day; Chocolate Day	26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day
08 Chocolate Almonds Day; Freezer Pop Day	27 Crème Brûlée Day; Love Is Kind Day
09 Sugar Cookie Day; Collector Car Day; Kebab Day	28 Intern Day; Milk Chocolate Day; Chili Dog Day
10 Kitten Day; Pina Colada Day	29 Chicken Wing Day; Lasagna Day; Lipstick Day
11 US Pet Pics Day; 711 Day; Blueberry Muffin Day	30 Friends Day; Father-in-Law Day; Cheesecake Day
12 Jell-O Day; Pecan Pie Day	31 Avocado Day; Mutt Day; Raspberry Cake Day
13 Barbershop Music Day; French Fry Day	
14 Mac & Cheese Day; Tape Measure Day	
15 Gummi Worm Day; Tapioca Day; Horses Day	
16 Corn Fritters Day	
17 Peach Ice Cream Day; Ice Cream Day	
18 Caviar Day; Sour Candy Day	
19 Daiquiri Day	

## In Our Words...

July celebrates ice cream so we asked residents and team members their favorite ice cream flavors and combinations. Here's what they shared!



"Chocolate" -Luana

"Chocolate Peanut Butter" -Natasha

"Vanilla" -Marj

"Strawberry" -Don

"Sorbet" -Amaya

"Anything frozen" -Vilma

"Mint Chocolate chip AND  
Cookie Dough" -Destiny

"Sherbet" -Autumn

"Chocolate" - Wanda

"Rocky Road" -Brandy



## Staff Spotlight: Tam

**Tam started at Sweetbriar Villa this year and we really enjoy her kindness and attention to detail.**

**Tam is often braiding residents hair and spending time in memory care doing small crafts and table games.**

**People enjoy working with Tam because she is always smiling and has a great attitude.**

**Thank you Tam for being such an intricate part of Sweetbriar Villa.**



## Resident Spotlight: Jackie

**Jackie can light up the room with her smile and has the best sense of humor. If you ever want to go for a walk and laugh she's your girl. Jackie moved in with us in December of last year and she's such a wonderful addition to our Villa.**

**Jackie loves musical theatre and is often times found singing in her room with her kitty cat, Dewy. Sometimes she is dancing with her favorite dance partner Mary. Jackie likes to have tea parties, make a small craft, and join use for the monthly library trip. She is best friends with almost all the residents because she listens to what others say and has a kind demeanor towards them.**



JULY 2022

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

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.					1 Joke Day  10:30 Gentle stretching 11:00 IN2L  12:00p-3:30p Pre- 4th Celebration  3:30 Bingo	2 Made in the USA day  10:30 Cup Flip 11:00 IN2L 1130 One on one 1:30 Games 2:30 Craft 3:30 Bingo
3 Beans day  10:30 Gentle yoga 11:00 Jeopardy 11:30 One on one 1:30 Music 2:00 Coloring 3:30 Bingo	4 Independence day  10:30 Manicure Monday 11:00 Pastor Paul 1:30 Music 2:00 Craft 3:30 Bingo	5 Hawaii Day  10:30 Balloon Swat 11:00 IN2L 11:30 One on one 1:30 Fishing Game 2:30 Tea Tuesday! 3:30 Bingo	6 Fried Chicken Day  10:30 Farm Drive IN2L if not on Farm Drive 1:00 One on one 1:30 Movie matinee 3:30 Bingo	7 Macaroni Day  10:30 Cup Flip 11:00I N2L choice 11:30 One on one 1:30 Noodle Craft 2:30 Matching Game 3:30 Bingo	8 Freezer Pop Day  10:30 Gentle stretch 11:00 IN2L—choice 11:30 One on one 1:30 Snack-tivity—Freezer pops 2:30 Games 3:30 Bingo	9 Car collector day  10:30 Gentle Stretching 11:00 Jeopardy 11:30 One on one 1:30 Games 2:30 Coloring 3:30 Bingo
10 Kitten Day  10:30 Chair Yoga 11:00 Music 11:30 One on one 1:30 Music 2:30 Project 3:30 Bingo	11 Blueberry Muffin  10:30 Manicures 11:00 Pastor Paul 1:30 Music 2:00 All Staff meeting 3:30 Bingo	12 Jell-o day  10:30 Cup Flip 11:00 IN2L 1130 One on one 1:30 Coloring 2:00 Food Council 2:30 Resident council 3:30 Bingo	13 French Fry Day  10:00 Library drive IN2L if not at library 1:30 One on one 2:30 Games 3:30 Bingo	14 Mac and Cheese Day  10:30 Exercise 11:00 Jeopardy 1130 One on one 1:30 Water Balloon Toss 3:30 Bingo	15 Gummi Worm Day  10:30 Yoga stretch 11:00 IN2L 11:30 One on one 1:30 Snack-tivity—Worms in Dirt 2:30 Games 3:30 Bingo	16 Corn Fritter Day  10:30 Finger exercises 11:00 IN2L 11:30 One on one 1:30 Movie 3:30 Bingo
17 Ice Cream Day  10:30 Bean bag toss day 11:00 Music 11:30 One on one 1:30 Coloring 2:00 Games 3:30 Bingo	18 Sour Candy Day  10:30 Manicures 11:00 Pastor Paul 1:30 Barbershop 2:00 Coloring 3:30 Bingo	19 Daiquiri Day  10:30 Yard Yahtzee 11:00 Jeopardy 11:30 One on one 1:30 Matching Games 2:30 Tea Tuesday/Daiquiri's 3:30 Bingo	20 Chess Day  10:30 Scenic Drive IN2L If not on Drive 1:30 Play Chess 2:30 Coloring 3:30 Bingo	21 Junk food Day  10:30 Balloon Swat 11:00 IN2L choice 11:30 One on one 1:30 Chalk Paint 2:30 Craft 3:30 Bingo  Cherie's B-day	22 Mango Day  10:30 Stretching 11:00 IN2L choice 11:30 One on one 1:30 Snack-tivity—Mango treat 2:30 Project 3:30 Bingo	23 Glamour day  10:30 Finger exercises 11:00 IN2L choice 11:30 One on one 1:30 Decorate Glamour Shots 2:30 Games 3:30 Bingo
24 Emelia Earhart Day  10:30 Gentle stretching 11:00 Music 11:30 One on one 1:30 Walks 2:30 Games 3:30 Bingo	25 Sundae Day  10:30 Manicures 11:00 Pastor Paul 11:30 Craft 1:30 Movie Matinee 3:30 Bingo  Natasha's Bday	26 Bagel Day  10:30 Cup flip 11:00 IN2L Choice 11:30 One on one 1:30 Water Party Day 3:30 Bingo	27 Love is Kind  10:30 Scenic Drive IN2L if not on drive 1:30 Coloring 2:30 Games 3:30 Bingo	28 Chili Dog  10:30 Balloon Swat 11:00 Jeopardy 11:30 One on one 1:30 Memory Game 2:30 Finger Painting 3:30 Bingo	29 Lip stick day  10:30 Ball in basket Toss 11:00 IN2L—Choice 11:30 One on one 1:30 DIY Lip balm 2:30 Coloring 3:30 Bingo	30 Friends Day  10:30 Exercise 11:00 Sing along 11:30 One on one 1:30 Project 2:30 Games 3:30 Bingo
31 Avocado Day  10:30 Yard Yahtzee 11:00 Music 11:30 One on one 1:30 Project 2:30 Games 3:30 Bingo						