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Stamp



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



Sweetbriar Villa Bulletin

August 2022 Newsletter



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Looking Forward Toward Improved Eye Wellness

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

Do either of these scenarios sound familiar? You’re excitedly diving into a new book and you need to squint to see the words more clearly—or you’re taking a walk and you look to the street signs, but they’re not as clear as you expect them to be. Both frustrating instances example changes having occurred in the eyes. Fortunately, this Eye Exam Month, we've gathered insight that may be helpful toward improving eye wellness.

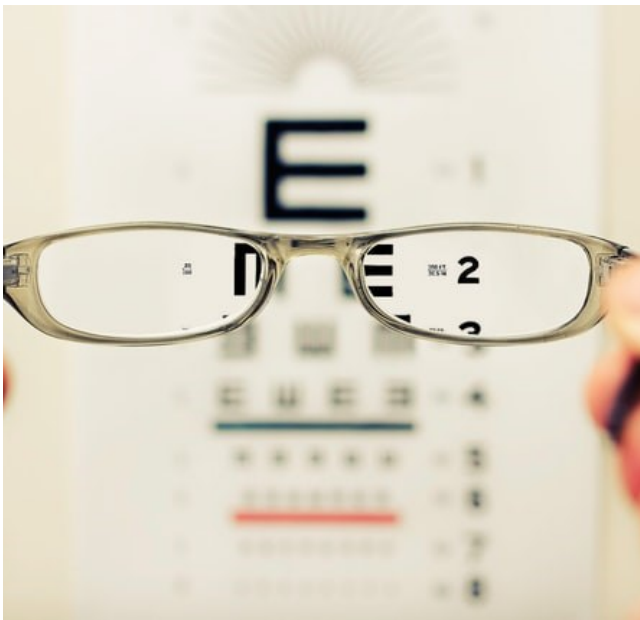
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

Proactive measures through lifestyle are also important. Some recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing screen eyestrain by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms is also helpful toward eye wellness. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

When it comes to older adults, there are specific eye issues to watch for. A few include:

- Dry eye, in which not enough tears or quality tears are made, leading to poor vision
- Age-related macular degeneration, an issue that causes central (not side) vision loss. The



macula of the eye allows for fine detail and color, so when affected, reading, watching tv, and recognizing faces could be challenging.

- Cataracts, cloudy areas in the eye lens (usually in both eyes, to different degrees) can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma, a group of issues which damage the optic nerve, can in time take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also many prescription devices, like spectacle-mounted magnifiers for close tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

Special Moments



In Our Words...

August 8th is Happiness Happens Day. We asked our residents and staff, “What brings you great happiness?” Here’s what they shared!

“Cereal” - Dick

“Singing” -Vilma

“My Cat, Dewy” - Jackie

“Playing Piano” - Hazel

“My Granddaughter” -Marj

“Dogs” -Don

“Bingo and Coloring” - Dorothy

“Spending time outside” - Virginia

“Going on walks” - Patricia



August 2022 Highlights

Observes: Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Peace, and Sandwiches

01 Mahjong Day; Raspberry Cream Pie Day	17 Black Cat Day; Massachusetts Day; Thrift Day
02 Coloring Book Day; National Night Out Day	18 Fajita Day; Ice Cream Pie Day; Pinot Noir Day
03 Georgia Day; Nuts Day; Watermelon Day	19 Bow Day; Aviation Day; Potato Day
04 Coast Guard Day; Chocolate Chip Cookie Day	20 Chocolate Pecan Pie Day; Radio Day
05 Oyster Day; Beer Day; Water Balloon Day	21 Seniors Day; Spumoni Day
06 Root beer Float Day; Disc Golf Day	22 Pecan Torte Day
07 Raspb. & Cream Day; Family Day; Friend Day	23 Cuban Sandwich Day; Sponge Cake Day
08 Frozen Custard Day; Happiness Happens Day	24 Maryland Day; Peach Pie Day; Waffle Day
09 Book Lovers Day; Rice Pudding Day	25 Banana Split Day; Park Service Founders Day
10 Connecticut Day; S'mores Day	26 Dog Day; Cherry Popsicle Day
11 Raspberry Bombe Day; Son & Daughter Day	27 Just Because Day; Pots De Creme Day
12 Julienne Fries Day; Vinyl Record Day	28 Bow Tie Day; Cherry Turnovers Day
13 Left Handers Day; Bowling Day	29 Chop Suey Day; Lemon Juice Day
14 Creamsicle Day; Spirit of '45 Day	30 Beach Day; Toasted Marshmallow Day
15 Leathercraft Day; Lemon Meringue Pie Day	31 Eat Outside Day; Trail Mix Day
16 Airborne Day; Tell a Joke Day	

Happy Birthday!

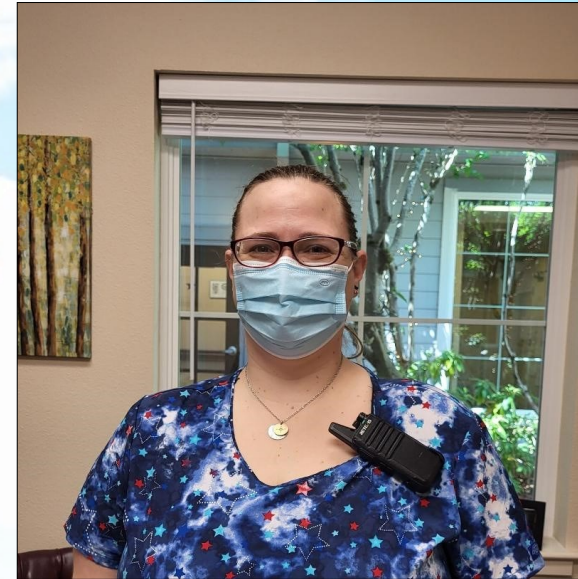
Residents:

Dick: Aug. 19
Jurline: Aug. 17

Staff:

Amaya: Aug. 11
Sarah: Aug. 19

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.



Staff Spotlight: Sabrina

This month's staff spotlight is on Sabrina! Sabrina has been with Sweetbriar for almost a year and really brightens up the day when she is on shift.

Sabrina loves the residents and is such a kind hearted person with a great sense of humor.

Sabrina loves to dress up for costume days and she always goes out of her way to make things run smoothly.

During her off time, she spends her time with her two nephews who sometimes we get to see during events. Sweetbriar is so lucky to her such a wonderful person on our team.



Resident Spotlight: Dick

This month's resident spotlight is on Dick. He joined us about 3 months ago and he likes to play bingo and sit on the patio.

Dick loves animals, going on scenic drives, and socializing during meals.

Most of the time Dick is found sitting in the living room in a recliner people watching. His favorite day is "Dog Day," when the therapy dogs come in.

Dick's son is so kind and we really enjoy when he comes to visit, especially for a BBQ. We are so happy to have Dick here with us at Sweetbriar!

AUGUST 2022

Sweetbriar Villa

• 6135 E Street Springfield, OR 97477

• (458) 215-3803

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p>1 Mahjong Day</p> <p>10:30 Majong game 11:00 Pastor Paul 1:30 Barber Shop OR Manicures 2:30 Music 3:30 Bingo</p>	<p>2 Coloring Day</p> <p>10:30 Cup Flip 11:00 IN2L—Choice 11:30 One on Ones 1:30 Coloring 2:30 Tea Tuesday 3:30 Bingo</p>	<p>3</p> <p>10:30 Scenic Drive IN2L for those not on Drive 1:30 Yard Yahtzee 2:30 Making Stress balls and Coloring 3:30 Bingo</p>	<p>4</p> <p>10:30 Finger exercises 11:00 IN2L 11:30 Karaoke 1:30 Dice Games 2:30 Painting rocks 3:30 Bingo</p>	<p>5 Water Balloon Day</p> <p>10:30 Balloon Swat 11:00 Therapy Dogs 1:30 Popsicles 2:30 Water balloon Games In the rose garden 3:30 Bingo</p>	<p>6 Root Beer Float Day</p> <p>10:30 Gentle stretch 11:00 IN2L 11:30 one on ones 1:30 Snack-tivity Root Beer Floats 2:30 Reading 3:30 Bingo</p>
<p>7 Friend Day</p> <p>10:30 Balloon swat 11:00 IN2L 11:30 One on Ones 1:30 Friend ship bracelets & Beading</p>	<p>8</p> <p>10:30 Gentle stretching 11:00 Pastor Paul 1:30 Barbershop OR Manicures 2:30 Karaoke 3:30 Bingo</p>	<p>9 Book Lovers Day</p> <p>10:30 Cup flip 11:00 IN2L 11:30 One on Ones 1:30 Coloring/listening to book on tape 2:00 Resident Council 3:30 Bingo</p>	<p>10 S'Mores Day</p> <p>10:30 Sceanic Drive IN2L for those not on Drive 1:30 Coloring 2:00 All Staff Meeting 3:30 Movie and S'Mores Cones</p>	<p>11 Happy Day</p> <p>10:30 Beach ball swat 11:00 IN2L 11:30 One on Ones 1:30 Happy Collage 2:30 Coloring 3:30 Bingo</p> <p>Happy Birthday Amaya!</p>	<p>12 Vinyl Record Day</p> <p>1030 Balloon swat 11:00 IN2L choice 11:30 One on ones 1:30 Record Mandalas 2:30 Cards 3:30 Bingo</p>	<p>13 Bowling Day</p> <p>10:30 Stretching 11:00 IN2L 11:30 Toilet Paper Bowling 1:30 One on Ones 2:30 Beading 3:30 Bingo</p>
<p>14 Sundae Sunday</p> <p>10:30 Kick the balloon 11:00 Craft 11:30 One on Ones 1:30 Sundae Social In the Rose Garden</p>	<p>15</p> <p>10:30 Gentle exercise 11:00 Pastor Paul 1:30 Barbershop OR Manicures 2:30 Karaoke 3:30 Bingo</p>	<p>16</p> <p>10:30 Cup Flip 11:00 IN2L—choice 11:30 One on Ones 1:30 Listening to book 2:30 Coloring 3:30 Bingo</p>	<p>17</p> <p>10:30 Library Day IN2L if not at Library 1:30 One on Ones 2:30 Movie Matinee & Popcorn 3:30 Bingo</p> <p>Happy Birthday Jurline!</p>	<p>18</p> <p>10:30 Poker chip slide 11:00 IN2L 11:30 One on Ones 1:30 Painting rocks 2:30 Bean Bag toss 3:30 Bingo</p>	<p>19 Ice cream Pie Day</p> <p>10:30 Gentle exercise 11:00 Jeopardy 1:30 Snack-tivity Ice Cream Pie 2:30 Games 3:30 Bingo</p> <p>Happy Birthday Sarah! Happy Birthday Dick!</p>	<p>20 Radio Day</p> <p>10:30 Finger Exercise 11:00 IN2L 11:30 Radio drama! 1:30 One on ones 2:30 Craft 3:30 Bingo</p>
<p>21</p> <p>10:30 Beach Ball 11:00 Craft 11:30 One on Ones 1:30 IN2L</p>	<p>22</p> <p>10:30 Gentle exercise 11:00 Pastor Paul 1:30 Barbershop OR Manicures 2:30 Karaoke 3:30 Bingo</p>	<p>23 Sponge Day</p> <p>10:30 Balloon Swat 11:00 IN2L 11:30 One on Ones 1:30 Craft 2:30 Wet Sponge bullseye game outside 3:30 Bingo</p>	<p>24</p> <p>10:30 Scenic Drive IN2L if not on drive 1:30 One on Ones 2:00 Movie Matinee 3:30 Bingo</p>	<p>25 Banana Split Day</p> <p>10:30 Gentle Yoga 11:00 IN2L—Choice 11:30 One on Ones 1:00 Craft 2:30 Banana Splits with Geoneva in Rose Garden 3:30 Bingo</p>	<p>26 Cherry Popsicle</p> <p>10:30 Gentle stretch 11:00 Trivia 11:30 Story Telling 1:30 Snack-tivity Cherry Popsicles 2:00 Paper Air-Plane competition 3:30 Bingo</p>	<p>27</p> <p>10:30 Stretching 11:00 Karaoke 11:30 IN2L 1:30 Painting 2:30 Games 3:30 Bingo</p>
<p>28</p> <p>10:30 Cup Flip 11:00 Craft 11:30 One on Ones 1:30 Games</p>	<p>29</p> <p>10:30 Gentle Stretch 11:00 Pastor Paul 1:30 Barbershop OR Manicures 2:30 Karaoke 3:30 Bingo</p>	<p>30 Beach Day</p> <p>10:30 Beach ball Game 11:00 Trivia 11:30 One on Ones 1:30 Shell Magnet Craft 2:30 Coloring 3:30 Bingo</p>	<p>31 Eat Outside Day</p> <p>10:30 Scenic Drive/Picnic lunch outside at splash IN2L if not going 1:30 Games 2:00 Movie Matinee 3:30 Bingo</p>			