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

Sweetbriar Villa Bulletin

October 2022 Newsletter



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Breast Cancer Awareness Month is Here!

Note: This is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



Did you know? 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at cancer.org.

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health. Learn more about risk level at cancer.org.

Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.



Special Moments

Happy Birthday!

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!

Residents
Dorothy C.: Oct. 26

Staff
Destiny N.: Oct. 9
John S.: Oct. 11



October 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

01 Day for Seniors; Hair Day; Homemade Cookies Day; Pumpkin Spice Day	17 Bosses Day; Pasta Day
02 Custodial Day; Cards Day; Fried Scallops Day	18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day
03 Smoothie Day; Consign Day; Chili Week	19 Chamber of Commerce Day; Seafood Bisque Day
04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day	20 Chefs' Day; Chicken & Waffles Day
05 Teachers' Day; Do Something Nice Day	21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Noodle Day	22 Color Day; Nut Day; Make A Difference Day
07 Choco Pretzel Day; Frappe Day; Smile Day	23 Mother-in-Laws' Day; Boston Cream Pie Day
08 Podiatry Day; Pierogi Day; Chess Day	24 Bologna Day; UN Day
09 Clergy Day; Migratory Birds Day	25 Pasta Day; Opera Day; Greasy Food Day
10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day	26 Day of the Deployed; Pumpkin Day
11 Sausage Pizza Day	27 Black Cat Day; Civics Day; Navy Day
12 ER Nurse Day; Gumbo Day; Fossil Day	28 First Responders' Day; Breadstick Day
13 Train Your Brain Day; Yorkshire Pudding Day	29 Cat Day; Oatmeal Day; World Stroke Day
14 Dessert Day	30 Orthopedic Nurse Day
15 Cheese Curd Day; I Love Lucy Day	31 Halloween; Girl Scout Day; Caramel Apple Day
16 Pharmacy Week; Cat Day; Sports Day	

Our Executive Director's Corner

Dear residents, family members, and friends,

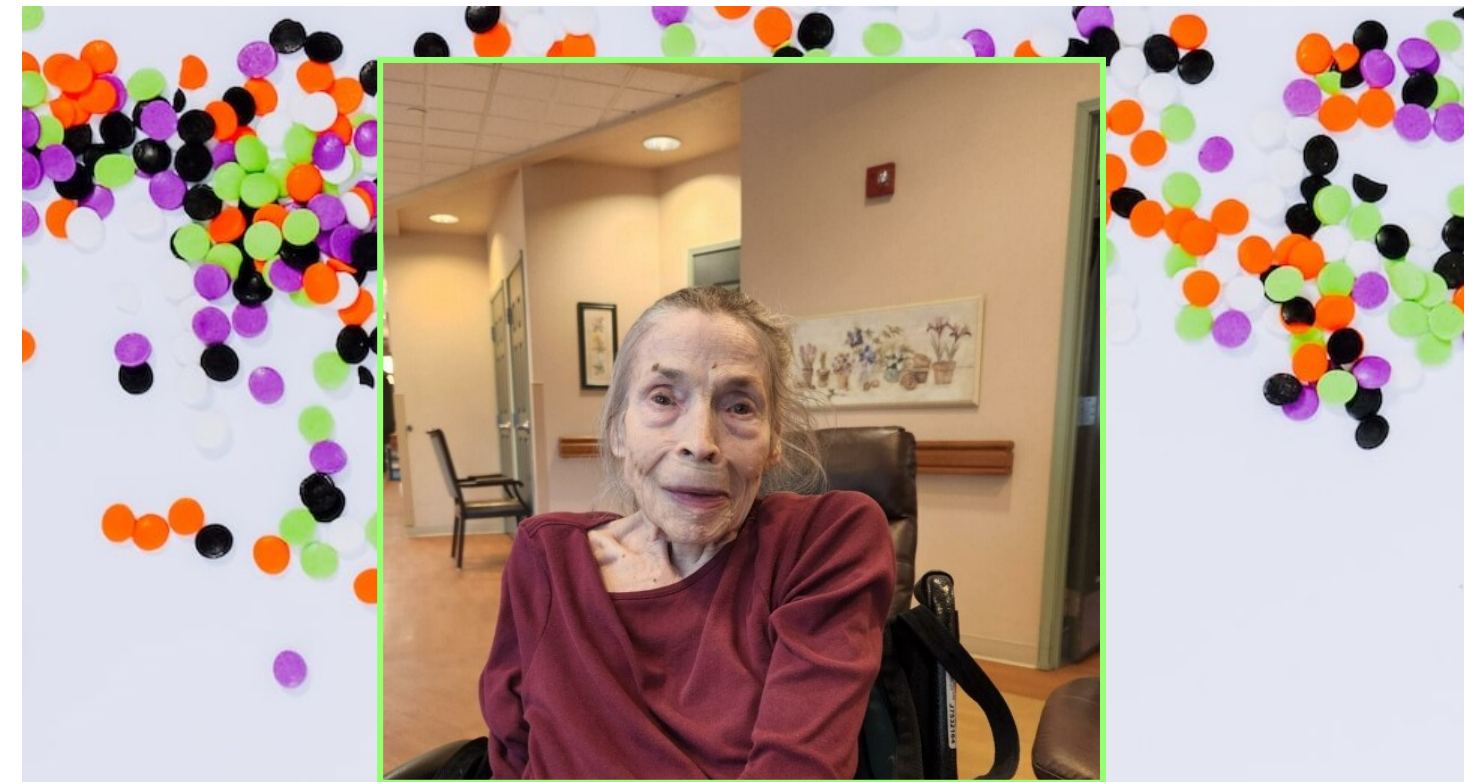
Fall is here! As the weather starts to change, we are all reminded of the upcoming holidays. October 31st is our Trick or Trick event from 3-5 pm.

A special thank you to all our residents and families for keeping us safe during COVID.

We should always be mindful of washing and or sanitizing our hands when visiting our community.

Looking for a volunteer opportunity? We'd love to have you! Call me and let's set something up!

Thank You!
- Geoneva



Resident Spotlight: Gloria

Gloria is our spotlighted resident for October! She has been a beloved member of our community since 2019.

Gloria was born in Washington and moved to Eugene, Oregon where she was raised on a farm. After attending college, she worked at Oregon State. She and her husband of 69 years, Brian, had four children and eight grandchildren.

Gloria's hobbies have included painting, weaving, and swing dancing with Brian. She always has loved going to South Jetty. She also enjoys watching Elvis movies.

Gloria, we love having you here at Sweetbriar Villa!

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.						1 10:30 Yoga 11:00 IN2L 11:30 Trivia 1:30 Table Games & Coffee 2:30 Crafts 3:30 Bingo
2 10:30 Karaoke 11:30 Dessert 2:00 Games 3:30 Bingo	3 10:30 Worship with Pastor Paul 11:30 One on One Walks 1:30 Manicures 2:30 Games 3:30 Bingo	4 10:30 Yoga 11:00 Travel Time 11:30 IN2L 1:30 Karaoke 2:00 Tea Tuesday	5 10:15 Scenic Drive or IN2L 1:30 Movie Matinee 3:30 Bingo 4:30 One on One	6 10:30 Yoga 11:00 IN2L Residents Choice 11:30 Jeopardy 2:30 Halloween Crafts 3:30 Bingo	7 10:30 Balloon Game 11:30 One on One 1:30 IN2L 3:30 Bingo	8 10:30 Yoga 11:00 IN2L 11:30 Trivia 1:30 Table Games & Coffee 2:30 Crafts 3:30 Bingo
9 10:30 Karaoke 11:30 Dessert 2:00 Games 3:30 Bingo	10 10:30 Worship with Pastor Paul 11:30 One on One Walks 1:30 Manicures 2:30 Games 3:30 Bingo	11 10:30 Yoga 11:00 Travel Time 11:30 IN2L 1:30 Karaoke 2:00 Resident Council Meeting	12 10:15 Scenic Drive or IN2L 1:30 Movie Matinee 3:30 Bingo 4:30 One on One	13 10:30 Yoga 11:00 IN2L Residents Choice 11:30 Jeopardy 2:30 Halloween Crafts 3:30 Bingo	14 10:30 Balloon Game 11:30 One on One 1:30 IN2L 3:30 Bingo	15 10:30 Yoga 11:00 IN2L 11:30 Trivia 1:30 Table Games & Coffee 2:30 Crafts 3:30 Bingo
16 10:30 Karaoke 11:30 Dessert 2:00 Games 3:30 Bingo	17 10:30 Worship with Pastor Paul 11:30 One on One Walks 1:30 Manicures 2:30 Games 3:30 Bingo	18 10:30 Yoga 11:00 Travel Time 11:30 IN2L 1:30 Karaoke 2:00 Tea Tuesday	19 10:15 Library or IN2L 1:30 Movie Matinee 3:30 Bingo 4:30 One on One	20 10:30 Yoga 11:00 IN2L Residents Choice 11:30 Jeopardy 12:30 Therapy Dogs 2:30 Halloween Crafts 3:30 Bingo	21 10:30 Balloon Game 11:30 One on One 1:30 IN2L 3:30 Bingo	22 10:30 Yoga 11:00 IN2L 11:30 Trivia 1:30 Table Games & Coffee 2:30 Crafts 3:30 Bingo
23 10:30 Karaoke 11:30 Dessert 2:00 Games 3:30 Bingo	24 10:30 Worship with Pastor Paul 11:30 One on One Walks 1:30 Manicures 2:30 Games 3:30 Bingo	25 10:30 Yoga 11:00 Travel Time 11:30 IN2L 1:30 Karaoke 2:00 Tea Tuesday	26 10:15 Scenic Drive or IN2L 1:30 Movie Matinee 3:30 Bingo 4:30 One on One	27 10:30 Yoga 11:00 IN2L Residents Choice 11:30 Jeopardy 2:00 Activity with Geoneva 2:30 Halloween Crafts 3:30 Bingo	28 10:30 Balloon Game 11:30 One on One 1:30 IN2L 2:00 Special Guest 3:30 Bingo	29 10:30 Yoga 11:00 IN2L 11:30 Trivia 1:30 Table Games & Coffee 2:30 Crafts 3:30 Bingo
30 10:30 Karaoke 11:30 Dessert 2:00 Games 3:30 Bingo	31 10:30 Worship with Pastor Paul 11:30 Decorate Cookies 1:30 Bingo 3:30 Halloween Party					