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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

December 2022 Newsletter



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# Ways to Give Back This Holiday Season

The holiday season is the perfect time to embrace feelings of warmth and joy with loved ones. It's also a wonderful time of year to help give love and care toward the greater community.

This year, consider compassionate actions you can take to help those around you. In turn you may even help yourself! Studies show that giving back boosts happiness, health, self-esteem, and gives a greater sense of purpose.

## Find Causes That Speak to You

If you're looking for a place to figure out how you could give your time or talent in the world, check out **VolunteerMatch.org** where you can select areas of interest in your vicinity. There are thousands of opportunities there.

## Support Area Food Banks

Contact a local food bank and see what support they are seeking. Typical volunteer experiences include: sorting and packing food, delivering meals, assisting at drive-thru pantries, and garden harvesting. A resource to start with is: [www.feedingamerica.org/take-action/volunteer](http://www.feedingamerica.org/take-action/volunteer)

## Donate for Meaningful Causes

Before getting rid of items you no longer want, look online to see where you could make donations to make a difference in others' lives. Habitat For Humanity which helps provide homes across the world is one example. They accept building materials, furniture, and appliances at Habitat ReStores.



## Buy from Local Businesses

From heading to the farmers' market for local produce to checking out a new local artisan or coffee house, support the small businesses in your area. If you have relatives who you'll be sending holiday gifts to, consider buying from a unique local business.

## Give Your Time & Talent

If you have a skillset you could use to help in the community, teach others or provide entertainment, you would be enriching others' lives. Try contacting local recreation/senior centers, schools, community theatre programs, the library, or senior living communities to see where volunteers/entertainers may be needed. We welcome volunteers at our community! Contact our Life Enrichment Team for volunteer information.

## Put Pen to Paper

Throughout the year, and especially during the holidays, it brightens' people's hearts receiving mail. Consider sending some heart-felt cards to soldiers abroad! There are various websites online that orchestrate mail to our troops. Operation Gratitude is one to try.

We hope these ideas spark inspiration toward giving. Let us know of great ideas you have beyond this list on our facebook on the 1st.



# Special Moments



These are some of the fun times we've been having! At top left, our veterans (including our Maintenance Director) received certificates of appreciation for their service! Thank you to all who have served!



## Happy Birthday to our Staff & Residents:

- Tammy: 12/05
- Allen: 12/09
- Deziray: 12/25
- Mazie: 12/27





# December 2022 Highlights

**Observes:** Sharps Injury Prevention, Human Rights, Safe Toys and Gifts, Universal Human Rights, and Worldwide Food Service Safety

**Celebrates:** Bingo, Car Donating, Fruit Cake, Learning Foreign Languages, Pears, Root Veggies & Exotic Fruits, and Spiritual Literacy

01 Eat a Red Apple Day; Pie Day	17 Maple Syrup Day; Wright Bros Day; Wreath Day
02 Fritters Day; Mutt Day; Special Ed Day	18 Hanukkah Start; Twin Day; Roast Suckling Pig Day
03 Play Outside Day	19 Hard Candy Day; Oatmeal Muffin Day
04 Thanks Team Day; Cookie Day; Sock Day	20 Go Caroling Day; Sangria Day
05 Volunteers' Day; Sacher Torte Day	21 Crossword Puzzle Day; French Fried Shrimp Day
06 Gazpacho Day	22 Date Nut Bread Day; Forefathers' Day
07 Cotton Candy Day; Pearl Harbor Day	23 Festivus; Pfeffernusse Day
08 Brownie Day; Be a Time Traveler Day	24 Christmas Eve; Eggnogg Day
09 Sales Staff Day; Holiday Card Day; Pastry Day	25 Christmas Day; Pumpkin Pie Day
10 Human Rights Day; Lager Day; Nobel Prize Day	26 Kwanzaa Begin; Hanukkah End; Candy Cane Day
11 Intl. Mountain Day; Noodle Ring Day	27 Fruitcake Day
12 Gingerbread House Day; Poinsettia Day	28 Card Play Day; Choco Candy Day; Short Film Day
13 Cocoa Day; Violin Day; National Guard Birthday	29 Pepper Pot Day
14 Bouillabaisse Day; Monkey Day	30 Bacon Day
15 Tea Day; Cupcake Day; Wear Pearls Day	31 New Year's Eve; Champagne Day
16 Choco-Covered Day; Ugly Holiday Sweater Day	

## Our Executive Director's Corner

Dear Residents, Family Members and Friends:

Happy Holidays!

What an amazing time of year. Many of us will gather together and reflect on what 2022 has offered many of us... tears of joy and sadness, grace and compassion for those in need and patience when moments are too heavy for words.

Thank you for being a part of our Sweetbriar Villa family. We appreciate all the love and support as we create and sustain comfortable caring environments for those who depend on us.

We hope everyone will have a safe and joyous holiday season !



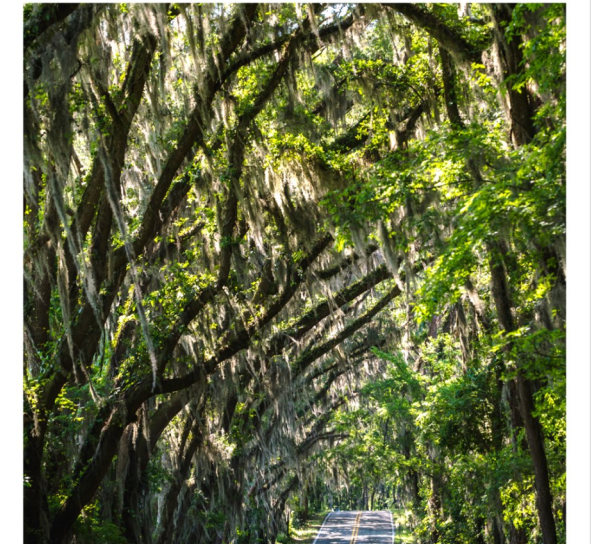
### Staff Spotlight: Jessica

Jessica has been at Sweetbriar Villa for six months. She is amazing at her job.

Jessica started out as a caregiver, and was quickly promoted to Med Tech.

Jessica also volunteers at several places on her days off. Jessica has the goal to become a physician one day.

Sweetbriar Villa is blessed to have her on our team.



### Resident Spotlight: James

James has been a resident at Sweetbriar Villa since 2016.

James just celebrated his 101st birthday in September!

James is from Washington. He has three daughters Barbara, Andrea and Pauline. He was a logger and loves telling stories of his logging days. James is always making the staff at Sweetbriar laugh.

James loves old movies, football, root beer floats, and the tv show Pawn Stars! His favorite Meal of the day is breakfast.



# DECEMBER 2022

Sweetbriar Villa • 6135 E St., Springfield, OR 97478 • 541-225-0200

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>				<b>1 JEANS WEEK</b> 10:30 Music With Alice 11:00 Jeopardy 12:00 Lunch 1:30 Thanksgiving Craft 2:00 Cards / Games 3:30 Bingo 4:30 MC Craft	<b>2</b> 10:30 Balloon Game 11:00 Lavender Hand Massage [AL] 12:00 Lunch 1:30 Lavender Hand Massage [MC] 2:00 Big Foot Lane 3:30 Bingo 4:00 MC Craft	<b>3</b> 10:30 IN2L 11:00 Church IN2L 12:00 Lunch 1:30 Coffee & Cards 2:30 Coloring 3:30 Bingo
<b>4 CHRISTMAS HAT WEEK</b> 10:00 IN2L 11:00 Puzzle Time 12:00 Lunch 1:30 Coloring 2:00 Music 3:30 Bingo 4:30 One On One	<b>5</b> 10:30 Music 11:00 Pastor Paul 12:00 Lunch 1:30 Manicures 2:00 Spa Day 3:30 Bingo 4:30 Walks  <b>HAPPY BIRTHDAY TAMMIE</b>	<b>6</b> 10:30 Music With Alice 11:00 Travel Time 12:00 Lunch 1:30 IN2L 2:00 Resident Council 3:30 Bingo 	<b>7</b> 10:30 Scenic Drive 11:00 IN2L 12:00 Lunch 1:30 Movie 2:00 Movie & Popcorn 3:30 Bingo 4:30 MC One On One	<b>8</b> 10:30 Music With Alice 11:00 Trivia 12:00 Lunch 1:30 Walking In Groups 2:00 Cards / Games 3:30 Bingo 4:30 MC One On One	<b>9</b> 10:30 Music With Alice 11:00 One On One 12:00 Lunch 1:30 IN2L 2:00 Staff Meeting Music With Alice 3:30 Bingo 4:00 MC Balloon Ball	<b>10</b> 10:30 IN2L 11:00 Church IN2L 12:00 Lunch 1:30 Christmas Craft 2:00 Residents Choice 3:30 Bingo 
<b>11 CHRISTMAS SOCK WEEK</b> 10:00 IN2L 11:00 Puzzle Time 12:00 Lunch 2:00 Music 3:30 Bingo 4:30 One On One	<b>12</b> 10:30 Music 11:00 Pastor Paul 12:00 Lunch 1:30 Manicures 2:00 Spa Day 3:30 Bingo 4:30 Walks	<b>13</b> 10:30 Travel Time 11:00 Christmas Trivia 12:00 Lunch 1:00 One On One 2:00 Tea Time 3:30 Bingo 4:30 IN2L 	<b>14</b> 10:30 Scenic Drive 11:00 IN2L 12:00 Lunch 1:30 Movie 2:00 Movie & Popcorn 3:30 Bingo 4:30 MC One On One	<b>15</b> 10:30 Yoga 11:00 Music 12:00 Lunch 1:30 Coloring 2:00 Craft 3:30 Bingo 4:00 MC One On One	<b>16</b> 10:30 Music 11:00 Karaoke 12:00 Lunch Christmas Caroling 1:30 Craft 2:30 One On One 3:30 Bingo	<b>17</b> 10:30 IN2L 11:00 Church IN2L 12:00 Lunch 1:00 Coloring 2:00 Music 3:30 Bingo
<b>18 UGLY SWEATER WEEK</b> 10:00 IN2L 11:00 Puzzle Time 12:00 Lunch 1:30 Coloring 2:00 Music 3:30 Bingo 4:30 One On One	<b>19</b> 10:30 Music 11:00 Pastor Paul 12:00 Lunch 1:30 Manicures 2:00 Christmas 3:30 Bingo 4:30 Walks 	<b>20</b> 10:30 Lavender Hand Massage (MC) 11:00 Coloring 12:00 Lunch 1:30 IN2L 2:00 Tea Time 3:30 Bingo	<b>21</b> 10:30 Coffee & Cards 11:00 Walking In Groups 12:00 Lunch 1:30 Movie 2:00 Movie & Popcorn 3:30 Bingo 6:30 Christmas Light Drive	<b>22</b> 10:30 Coffee & Cards 11:00 Music 12:00 Lunch 1:30 One On One 2:00 Resident Choice 3:30 Bingo 6:30 Christmas Light Drive 	<b>23</b> 10:30 Christmas Caroling 11:00 IN2L 12:00 Lunch 1:30 Movie & Hot Cocoa 2:00 Movie & Popcorn 3:30 Bingo 4:30 Christmas Cookies MC	<b>24 CHRISTMAS EVE</b> 10:30 IN2L 11:00 Movie 12:00 Lunch 1:00 Trivia 2:00 Coloring 3:30 Bingo 
<b>25 PAJAMA WEEK</b> 10:00 IN2L 11:00 Puzzle Time 12:00 Lunch 1:30 Coloring 2:00 Music 3:30 Bingo 4:30 One On One Merry Christmas!! <b>HAPPY BIRTHDAY DEZIRAY</b>	<b>26</b> 10:30 Music 11:00 Pastor Paul 12:00 Lunch 1:30 Cards & Coffee 2:00 Lavender Hand Massage 3:30 Bingo 4:30 Walks	<b>27</b> 10:30 Music 11:00 Balloon Ball 12:00 Lunch 1:30 Tea Time 2:00 Painting 3:30 Bingo 4:30 Games & Coffee  <b>HAPPY BIRTHDAY MAZIE</b>	<b>28</b> 10:30 Library 11:00 IN2L 12:00 Lunch 1:30 Movie 2:00 Movie & Popcorn 3:30 Bingo 4:30 One On One 	<b>29</b> 10:30 Coffee & Cards 11:00 Music 12:00 Lunch 1:30 One On One 2:00 Craft 3:30 Bingo 4:30 Walking Groups	<b>30</b> 10:30 Balloon Ball 11:00 Yoga 12:00 Lunch 1:30 King Cake Celebration 2:00 Big Foot Lane 3:30 Bingo 4:30 IN2L 	<b>31 NEW YEARS EVE</b> 10:30 IN2L 11:00 Movie 12:00 Lunch 1:00 Trivia 2:00 Coloring 3:30 Bingo 