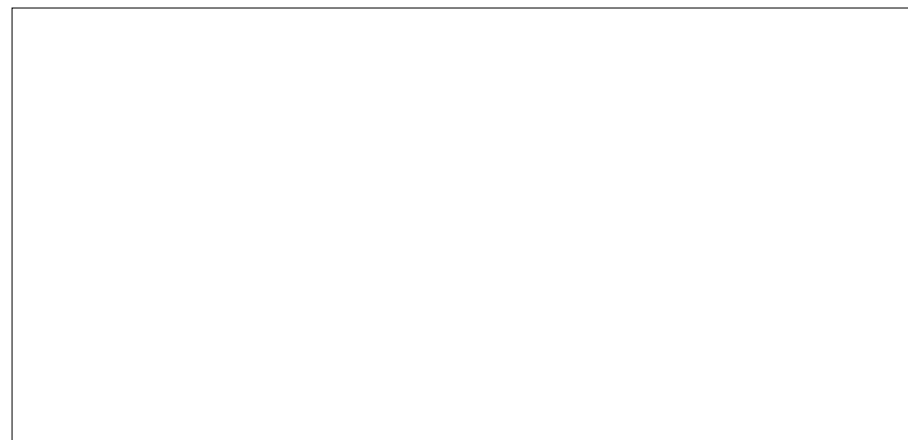





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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Sweetbriar Villa Bulletin

January 2023 Newsletter



2 Stress Free in 2023
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights & Our ED's Corner
7 Special Moments & Birthdays
8 Mission & Team

Stress Free in 2023

Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.

Stress affects us all. The human body uses stress responses to confront or avoid dangerous situations, but when stress occurs often enough, it can compromise one's immune system and affect overall health. While eliminating stressors may be difficult to do, changing how we respond to stressors is an achievable goal we'd love to help you with for 2023. Here are some techniques to try out.

Get Physically Active

A top recommendation when looking into stress relievers is physical activity. According to the Mayo Clinic, any aerobic activity can increase endorphins, the brain's "happy" neurotransmitters. It also can help you focus on the task at hand, resulting in calmness and positivity. If done on a regular basis, exercise can positively affect sleep, self-confidence, and mood. As for how much exercise to get, most healthy adults should aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly.

Practice Deep Breathing Daily

Taking time out of each day to habitually sit in a quiet space and do deep breathing for 10-20 minutes can bring great results. Harvard Health shared just how to do it: Head to a quiet spot and sit down. Breath slowly in through the nose, letting your chest and lower stomach rise as your lungs fully fill with air. Then exhale very slowly through your mouth. Doing this with eyes closed, and while imagining different images can increase your



relaxed state. Apps like Calm and Headspace can assist with deep breathing sessions.

Try Aromatherapy

Aromatherapy involves the use of essential oils inhaled through the nose or absorbed by the skin in massage. The scents from the oil act upon the hypothalamus, and in turn affect the hormonal system, according to Cleveland Clinic. The results are fast, with different scents bringing different effects. Lavender is a perfect one for stress - touted for its ability to calm, soothe, and relax people. As a Radiant Senior Living community, we use lavender oils from Red Chair Lavender in Eagle, Idaho.

Do's for Your Diet

Cortisol is a main hormone responsible for stress. Magnesium-high foods like bananas, broccoli, pumpkin seeds, and spinach help lower inflammation and metabolize cortisol. Foods high in Vitamin B, like beef, chicken, and eggs, can help the body metabolize cortisol. Those high in omega-3 fatty acid such as avocados, chia seeds, olive oil, salmon, tuna, and walnuts help lower inflammation. Good overall rules of thumb are to eat fewer processed foods and more whole foods, and to not skip meals. (Cleveland Clinic).

Let us know if these ideas have inspired you or if you have others on our facebook on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

Arial	Jan 3
Kaci	Jan 7
MaKayla	Jan 8
Alice	Jan 10
Abigail	Jan 14
Shane	Jan 18
Dorothy F	Jan 18
Christina	Jan 21
Hazel	Jan 25
Richard G	Jan 29

January 2023 Highlights

Observes: Bath Safety, Blood Donors, Braille Literacy, Glaucoma Awareness, Cervical Health, Thyroid Awareness

Celebrates: Hobbies, Hot Tea, Menudo, Oatmeal, Slow Cooking, Soup, Brainteasers, Getting Organized, Creativity, Mentoring

01 Bloody Mary Day; Family Day	17 Classy Day; Hot Buttered Rum Day; Mentor Day
02 Cream Puff Day; Science Fiction Day	18 Peking Duck Day; Pooh Bear Day; Fancy Coffee Day
03 Chocolate Cherries Day; Wellness Day	19 Popcorn Day
04 Missouri Day; Spaghetti Day; Trivia Day	20 Buttercrunch Day; Cheese Day; Disc Jockey Day
05 Bird Day; Whipped Cream Day	21 Granola Bar Day; Squirrel Appreciation Day
06 Bean Day; Shortbread Day; Technology Day	22 Blonde Brownie Day; Polka Dot Day; Hot Sauce Day
07 Tempura Day; Fun Outside Day	23 Handwriting Day; Pie Day
08 Argyle Day; English Toffee Day; Elvis' Bday	24 Compliment Day; Peanut Butter Day
09 Apricot Day; Static Day; Police Officers' Day	25 Florida Day; Irish Coffee Day; Opposite Day
10 Bittersweet Chocolate Day; Houseplants Day	26 Green Juice Day; Peanut Brittle Day; Spouse Day
11 Arkansas Day; Milk Day; Take the Stairs Day	27 Chocolate Cake Day; National Geographic Day
12 Curry Chicken Day; Pharmacists' Day; Tea Day	28 Blueberry Pancake Day; Seed Swapping Day
13 Peach Melba Day; Sticker Day; Rubber Duck Day	29 Corn Chip Day; Puzzle Day; Carnation Day
14 Pet Dress Up Day; Hot Pastrami Sandwich Day	30 Croissant Day; Bubble Wrap Day
15 Bagel Day; Hat Day; Fresh Squeezed Juice Day	31 Backwards Day; Hot Chocolate Day
16 Martin Luther King Day; Fig Newton Day	

Our Executive Director's Corner

Dear residents, family members, and friends,

Happy New Year to our residents and families!

What was your New Year's resolution? If you are like me, I'm reeling in from this past 2022 year. What a ride!

In reflection, I am so grateful for all of you. I am truly blessed to interact with our residents and families on a daily basis. This gives me such joy and perspective of what is truly important.

Thank you for being a part of our Sweetbriar Villa FAMILY !!



Staff Spotlight: Jasmine

Jasmine has been with Sweetbriar Villa for a few months as a cook. She is always willing to pick up extra shifts and works great with her coworkers.

She is always helping the residents when needed. She has another job, and she is very dedicated to working hard. Fun fact: Jasmine has a brother who also works for Sweetbriar Villa.

Jasmine is a blessing at Sweetbriar Villa.



Resident Spotlight: Luana

Luana moved to Sweetbriar in August of 2019. She is well loved here at Sweetbriar. Luana has 4 children and 6 grandkids. She is from Cottage Grove.

Luana has a passion for plants and flowers. She loves being outside in the sunshine. She also enjoys playing on the IN2L, Bingo & reading books she gets from the library.

Luana loves meeting new residents and inviting them to our daily activities.

JANUARY 2023

SWEETBRIAR VILLA • 6135 E STREET • (541) 225-0200



SUN	MON	TUE	WED	THU	FRI	SAT
1 HAPPY NEW YEAR 11:00 IN2L 12:00 Lunch 1:30 Coloring Workshop 2:00 Walking Groups 3:30 Bingo 4:30 Movie	2 10:30 Music 11:00 Worship & B.Study 12:30 Lunch 1:30 Manicure 2:00 One On One 3:30 Bingo 4:30 Walking Groups	3 Chocolate Cherry Day 10:30 Travel Time 11:00 Balloon ball 12:00 Lunch 1:00 Singing 2:00 Staff Meeting 3:30 Bingo 4:30 Coffee & Cards	4 10:00 Scenic Drive 11:00 IN2L 12:00 Lunch 1:30 Movie & Pop Corn 2:00 Movie 3:30 Bingo 4:00 One On One	5 10:00 Chair Yoga 11:00 In2l 12:00 Lunch 1:00 Walking Groups 2:00 Coffee & Games 3:00 Bingo	6 10:00 IN2L 11:00 Ballon Ball 12:00 Lunch 1:30 MC Therapy 2:00 Singing 3:30 Bingo 4:30 One On One	7 10:00 IN2L 11:00 Coloring Workshop 12:00 Lunch 1:00 Football Time 2:00 Football Time 3:30 Bingo
8 11:00 IN2L 12:00 Lunch 1:30 Walking Groups 2:00 Craft 3:30 Bingo 4:30 Movie	9 10:00 Music 11:00 Worship & B.Study 12:00 Lunch 1:30 Manicure 10:00 Music 2:00 One On One 3:30 Bingo 4:30 Walking	10 10:00 Travel time 11:00 Balloon Ball 12:00 Lunch 1:00 IN2L 2:00 Resident Council 3:30 Bingo 4:30 Craft	11 10:00 Scenic Drive 11:00 IN2L 12:00 Lunch 1:00 Movie & Pop Corn 2:00 Movie 3:30 Bingo 4:00 MC Craft 5:00 Games	12 Hot Tea Day 10:00 Chair Yoga 11:00 Tea & Cards 12:00 Lunch 1:00 Walking Groups 2:00 Craft 3:30 Bingo	13 10:00 Coffee Social 11:00 Games 12:00 Lunch 1:00 IN2L 2:00 Movies & Pop Corn 3:30 Residents Choice 4:30 Cards & Coffee	14 9:00 Walking Groups 10:00 MC Social 11:00 Balloon Ball 12:00 Lunch 1:00 Football Time 2:00 Coloring Workshop 3:00 Bingo 4:00 Music
15 10:00 Church IN2L 11:00 IN2L 12:00 Lunch 1:30 One On One 3:30 Bingo 4:30 Movie 5:00 MC Social	16 10:00 Music 11:30 Worship & B.Study 12:00 Lunch 1:30 Manicures 2:00 One On One 3:30 Bingo 4:30 Walking Groups	17 10:00 IN2L 11:00 Balloon Ball 12:00 Lunch 1:00 Senior Dance 2:00 Senior Dance 3:00 Bingo 4:30 One On One 6:00 Activity	18 Winnie The Pooh Day 10:30 Scenic Drive 11:00 IN2L 12:00 Lunch 1:00 Movie & Pop Corn 2:00 Winnie The Pooh 3:30 Bingo 4:30 One On One 4:30 Walking Groups 6:00 Activity	19 9:00 One On One 10:00 Chair Yoga 11:00 Music 12:00 Lunch 1:00 Walking Groups 2:00 IN2L 3:30 Bingo	20 9:30 MC One On One 10:00 Trivia 11:00 Spa Time 12:00 Lunch 1:00 Music 2:00 Snack Activity 3:30 Bingo 4:00 MC Activity 5:00 Activity	21 10:00 Walking Groups 11:00 MC Craft 12:00 Lunch 1:00 Football Time 2:00 Football Time 3:00 Bingo
22 10:00 Church IN2L 11:00 IN2L 12:00 Lunch 1:30 Music 2:00 Coloring Workshop 3:30 Bingo 4:30 Movie	23 10:30 Music 11:00 Life Skills 12:00 Lunch 1:30 Manicures 2:00 One On One 3:30 Bingo 4:30 Walking Groups	24 Peanut Butter Day 10:00 Travel Trivia 11:00 IN2L 12:00 Lunch 1:00 Gentle Stretch 2:00 Tea Tuesday & Peanut Butter Snack 3:30 Bingo 4:30 Walking Groups	25 10:00 Scenic Drive 11:00 IN2L 12:00 Lunch 1:00 Movie & Pop Corn 2:00 Movie 3:30 Bingo 4:30 Walking Groups	26 9:30 One On One 10:00 Chair Yoga 11:00 Music 12:00 Lunch 1:00 Walking Groups 2:00 Lavender Time 3:30 Bingo	27 Chocolate Cake Day 10:00 Karaoke 11:00 Coffee & Games 12:00 Lunch 1:00 Chocolate Cake Time 2:00 Thank You Cards 3:30 Bingo 4:30 MC Balloon Play 5:00 MC One On One	28 10:00 Church On IN2L 11:00 Singing 12:00 Lunch 1:00 Football Time 2:00 Football Time 3:30 Bingo 4:00 Movie
29 10:00 Church IN2L 11:00 IN2L 12:00 Lunch 1:30 Craft 2:00 Coloring Workshop 3:30 Bingo 4:30 Movie	30 10:30 Music 11:00 Worship & B.Study 12:00 Lunch 1:00 Manicure 2:00 One On One 3:30 Bingo 4:30 Walking Groups 5:00 MC Social	31 Hot Chocolate Day 9:00 News & Donuts 10:00 Trivia 11:00 Jeopardy 12:00 Lunch 1:00 Gentle Stretch 2:00 Hot Chocolate Social 3:30 Bingo 4:00 Walking Groups 5:00 MC One On One	Happy Birthday !! Arial- Jan 3 Jennifer- Jan 5 Makayla- Jan 8 Alice- Jan 10 Abigail W- Jan 14 Abigail G- Jan 15 Shane- Jan 18 Dorothy F- Jan 18 Christina- Jan 21 Hazel- Jan 25			All activities subject to change per mandated health guidelines.