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

Sweetbriar Villa Bulletin

February 2023 Newsletter



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February is for Heart Health

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

It's American Heart Month, a time when we can all focus on cardiovascular health. There are actions we can take to know more about heart health, and to help improve it for ourselves.

Knowing heart-health risk factors is an important part in learning about heart healthy living. Risk factors include high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol.

According to Harvard Health Publishing, preventative measures for a healthier heart include controlling high blood pressure, high cholesterol, and excess weight, not smoking and having long-term healthy habits for diet, exercise, and sleep. It is also helpful to reduce alcohol consumption.

In order to help you measure how heart healthy you are, it is important to know your cholesterol, blood pressure, and blood glucose levels. With your health provider, you can determine if there are goals you should set to help you improve your heart health.

Lifestyle recommendations that many can benefit from include getting regular physical activity and following a healthy diet.

Going for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on



Heart healthy diets include plenty of vegetables!

most days of the week. Aerobic activity should be done in sessions of at least 10 minutes. A creative way to increase your activity level is to add extra distance or movement when you are traveling to or from a destination.

As for eating, the American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.

Managing stress is also important when it comes to heart health, and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make on our Facebook post for this month's newsletter.

Special Moments



Happy Birthday to our Staff & Residents:

Luana: Feb. 17
Skipper: Feb. 22
Tracy R.: Feb. 24



February 2023 Highlights

Observes: Cancer Prevention, Self-Checks, American Heart Month, Black History, Heart Health

Celebrates: Canned Foods, American Pies, Baking, Bird Feeding, Cherries, Libraries, Hot Breakfast, Embroidery, Vegan Cuisine

01 Baked Alaska Day, Dark Chocolate Day	15 Gumdrops Day, Wisconsin Day, World Hippo Day
02 Groundhog Day, Tater Tot Day, Ukulele Day	16 Almond Day, Innovation Day
03 Bubble Gum Day, Carrot Cake Day	17 Cabbage Day, Caregivers' Day, Kind Acts Day
04 Homemade Soup Day, Fun Outside Day	18 Wine Day, Pluto Day
05 Nutella Day, Yorkshire Pudding Day	19 Arabian Horse Day, Chocolate Mint Day
06 Frozen Yogurt Day, Chopsticks Day	20 President's Day, Cherry Pie Day, Pet Love Day
07 Fettuccine Alfredo Day, Send a Card Day	21 Mardi Gras, Sticky Bun Day, Pancake Day
08 Boy Scouts' Day, Opera Day, Molasses Bar Day	22 Ash Wednesday, Sweet Potato Day, Yoga Day
09 Bagel & Lox Day, Donate Day, Pizza Day	23 Banana Bread Day, Chili Day, Toast Day
10 Cream Cheese Brownie Day	24 Tortilla Chip Day, Tartar Sauce Day
11 Movie Day, Inventor Day, Peppermint Patty Day	25 Chocolate Coated Nuts Day, Clam Chowder Day
12 Plum Pudding Day, Pork Rind Day	26 Pistachio Day, Tell a Fairy Tale Day
13 Cheddar Day, Tortellini Day, World Radio Day	27 Polar Bear Day, Retro Day, Strawberry Day
14 Valentine's Day, Cream-Filled Chocolate Day	28 Chocolate Souffle Day, Floral Design Day

"February is the border between winter and spring."

Our Executive Director's Corner

Dear residents, family members, and friends,

My name is Nicole Hampl and I'm the new Executive Director for Sweetbriar Villa. As the Executive Director, I am eager to begin building relationships with all of you and your families. One of the reasons I accepted this position is the welcoming company culture, which made me eager to join the team. I look forward to meeting each of you in person over the next couple of weeks. Before working with Sweetbriar Villa, I was an Executive Director with many different retirements, assisted living and memory care facilities for over 10 years, as well as an Executive Director Consultant for communities in Oregon.

I am a proud mom of 2 little girls Makenna (12), Sophia (10) and wife to Patrick. I was born and raised in Junction City, Oregon, and we own a farm and raise cattle and have 4 dogs. My family is very important to me and blessed to spend every second of my spare time with them. I am honored to be a part of this community and the many memories to be made.

Sincerely, Nicole Hampl, Executive Director



Staff Spotlight:
Julie

Julie is our employee of the month. She has been here at Sweetbriar for a little over three months.

Julie is amazing at her job as a dining room server. She loves singing along with the residents. Julie has been in the medical field for over 35 years.

Julie likes to read, poetry, and spend quality time with her mom and two kids.

We love having her on our team here at Sweetbriar Villa.



Resident Spotlight:
Marge

Marge was born in Montana she grew up in Lowell, Oregon. That is where she met her husband. Together they raised 2 boys, and a daughter. She worked at Meyer & Frank in retail. Marge has been a resident at Sweetbriar Villa for 5 years. Marge loves sitting in the dining room drinking coffee and visit with other residents. She also enjoys bingo, the In2It, tea parties, movies and scenic drives. Marge is fun to be around and is always making everyone laugh. Marge will be 102 in March! We love having her here at Sweetbriar Villa.

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.			1 10:00 Scenic Drive 11:00 In2l 1:00 Movie & Pop Corn 2:00 Movie 3:00 Bingo 4:00 Coffee & Cards 5:00 Walking In Groups	2 10:00 Yoga With Shandra 11:00 Mind & Soul 1:00 Craft: Groundhogs 2:00 Ground Hogs Day 3:00 Bingo 4:00 Trivia 5:00 Music	3 10:00 Coffee & Cards 11:00 Music 1:00 Lavender hand Therapy 2:00 In2l 3:00 Bingo 4:00 Walking in groups	4 10:00 In2L 11:00 Balloon ball 1:00 Craft 2:00 Residents Choice 3:00 Bingo 4:00 One on One
5 10:00 Coffee & Games 11:00 In2l 1:00 Music 2:00 Movie 3:30 Bingo 4:30 MC one On One 5:00 One On One	6 CHOPSTICK DAY 10:00 Music 11:00 Life Skills & Bible Study 1:00 MC One On One 2:00 Manicures 3:00 Bingo 4:00 Walking In Groups	7 10:00 In2l 11:00 Balloon Ball 1:00 MC Activity 2:00 Tea Tuesday 3:00 Bingo 4:00 Coloring 5:00 Dinner & Social Time	8 10:00 Scenic Drive 11:00 In2l 1:00 One On One 2:00 Resident Council Meeting 3:00 Bingo 4:00 Music On In2l 5:00 Walking In Groups	9 10:00 Yoga With Shandra 11:00 Music 1:00 Movie & Pop Corn 2:00 Movie 3:00 Bingo 4:00 Lavender Hand Therapy 5:00 Dinner & Social Time	10 10:00 Balloon Ball 11:00 In2l & Trivia 1:00 One On One 2:00 Staff Meeting 3:00 Bingo 4:00 Music 5:00 Walking In Groups	11 10:00 Music 11:00 In2l 1:00 Painting 2:00 Trivia 3:00 Bingo 4:00 One on one
12 Super Bowl Party Living Room 11:00 Dog Show T V 1:00 Super Bowl Party 1:30 Super Bowl Party 2:00 Party 3:00 Bingo 4:00 MC One On One 5:00 One On One	13 WEAR FOOTBALL ATIRE WEEK... 10:00 Music 11:00 Life Skills & Bible Study 1:00 MC One On One 2:00 Manicures 3:00 Bingo 4:00 Walking In Groups	14 VALENTINES DAY 9:00 In2L 10:00 Travel Tuesday 11:00 Music 1:00 Valentines Day party 2:00 Valentines games 3:00 Bingo 4:00 Walks	15 10:00 Scenic Drive 11:00 In2l 1:00 Movie & Pop Corn 2:00 Movie 3:30 Bingo 4:00 Mind & Soul 5:00 MC Therapy	16 9:00 In2l 10:00 Yoga With Shandra 11:00 Lavender & Hand Therapy 1:00 Craft 2:00 Painting 3:00 Bingo 4:00 MC Craft	17 LUANA 10:00 Trivia 11:00 Jeopardy 1:00 In2l 2:00 Movie 3:00 Bingo 4:00 Walking In Groups 5:00 One On One MC	18 10:00 In2l 11:00 Balloon ball 1:00 Trivia 2:00 Coloring 3:00 Bingo 4:00 Music
19 10:00 In2l 11:00 Music 1:00 Movie & Pop Corn 2:00 Movie 3:00 Bingo 4:00 One on One 5:00 Walking In Groups	20 PRESIDENTS DAY 10:00 Music 11:00 Life Skills & Bible Study 1:00 MC One On One 2:00 Manicures 3:00 Bingo 4:00 Walking In groups	21 10:00 Travel Tuesday 11:00 Balloon ball 1:00 Tea Tuesday 2:00 Music 3:00 Bingo 4:00 Coloring	22 SKIPPER 9:00 Music 10:00 Scenic Drive 11:00 In2l 1:00 Movie & Pop Corn 2:00 Movie 3:00 Bingo 4:00 Music	23 BANANA BREAD DAY 10:00 Yoga With Shandra 11:00 Balloon ball 1:00 Craft 2:00 Music 3:00 Bingo 4:00 Mind & Soul 5:00 Dinner & Social Time	24 TRACY R 9:30 Music 10:00 In2l 11:00 Music 1:00 Trivia 2:00 Movie 3:00 Bingo 4:00 Walking in groups	25 10:00 Music 11:00 Coffee & Cards 1:00 Coloring 2:00 Craft 3:00 Bingo 4:00 In2l 5:00 Dinner & Social time
26 PISTACHIO DAY 10:00 Church 11:00 Music 1:00 Movie & Pop Corn 2:00 Movie 3:00 Bingo 4:00 One On One 5:00 MC Craft	27 10:30 Music 11:00 Life Skills & Bible Study 1:00 Manicures 2:00 Spa Therapy 3:30 Bingo 4:30 Walking In Groups 5:00 MC Craft	28 FLORAL DESIGN DAY 9:00 In2l 10:00 Travel Tuesday 11:00 Trivia 1:00 One on One 2:00 Tea Tuesday 3:00 Bingo 4:00 Music 5:00 Dinner & Social Time	HAPPY BIRTHDAY LUANA –Feb. 17 SKIPPER– Feb. 22 TRACY R—Feb. 24			