



6135 E Street
Springfield, OR 97478

Stamp



Leadership Team
Phone: 541.225.0200
Email: info@sweetbriarvilla.com
Website: sweetbriarvilla.com
Facebook: [SweetbriarVillaSeniorLiving](https://www.facebook.com/SweetbriarVillaSeniorLiving)

Interim Executive Director:
Christina James /Nicole Hampl
Wellness Director:
Sabrina Fox
Business Office Director:
McKenzie Herzog
Dining Services Director:
Karrie Wickman
Maintenance Director:
Richard Wyncoop
Life Enrichment Director:
Tracy Rasmussen



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

Sweetbriar Villa Bulletin

March 2023 Newsletter



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Making Friends Over 60

Making friends at any age is all about seizing the social opportunities that come our way, and sometimes going out of our way to look for new ones. While older adults may not have a playground of potential friends all exploring simultaneously, they have plenty of avenues for gaining and maintaining friendships. Here are some tips for making new friends over 60.

Benefits to Seeking Out New Friendships

There are great benefits to increased social interactions and relationships. A 2019 study in “The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences” determined seniors who engaged in social interactions outside of their inner circle experienced more positive moods, fewer negative emotions, and had higher levels of physical activity. Friends can also encourage us to follow healthier lifestyle habits, reduce the risk for health problems, and improve our confidence and self-worth, according to the Mayo Clinic.

Ways to Increase Your Net of Friends

Starting new friendships can be done in so many different ways. Step outside of your routine and explore options you may not have considered.

- Take part in a club or consider starting one focused on an area of your interest like baking, birding, books, exercise, fishing, gardening, knitting, or movies in your community.
- If you are religious or spiritual, take part in a local service or church group.
- Attend a class teaching something you've always wanted to learn where you'll be able to interact with other students and gain a skill. Even one-off painting sessions can lead to friendships!
- Seek out a support group if you are struggling through a tough time and need



Never underestimate the power of your smile or a wave. It signals to others that you're open for positive interactions.

some peer support or to feel less alone.

- Consider volunteering or participating in work for a charitable cause with other peers.
- Look into the social calendar at your local senior or community center. Many offer way more than Bingo nowadays.
- Refresh healthy connections from the past. If a relationship was good and time or distance led to a break, consider seeking out an old friend through social media or a mutual connection.

How to Break the Ice

When it comes to making a first approach in a social situation, you can start small. The act of simply saying hello and asking a question can lead into a conversation. If you need to start smaller, for residents at senior living communities, spending time in common areas or leaving your door open at times you would welcome social interactions can increase possibilities for them to take place.

Let us know if our tips have been helpful for your friendship quest, and please share any ideas that you think our readers would find helpful on our Facebook on the first.



Special Moments



Happy Birthday to our Staff & Residents:

Mare N: March 4
Courtney: March 4
Karrie: March 5
Naomi: March 6
Julie: March 13
Gracee: March 18
Stephen: March 20
Rebecca: March 22
Cambrel: 24
Pete: March 25

March 2023 Highlights

Observes: Multiple Sclerosis, Cerebral Palsy, Endometriosis, Developmental Disabilities, Brain Injury Awareness, Caffeine Awareness, Hemophilia

Celebrates: Noodles, Peanuts, Women’s History, Nutrition, Celery, Crafting, Athletic Training

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| 01 PB Lover’s Day; World Music Therapy Day | 18 Corn Dog Day; Lacy Oatmeal Cookie Day |
| 02 Banana Cream Pie Day; Read In America Day | 19 Certified Nurses’ Day; Chocolate Caramel Day |
| 03 Mulled Wine Day; Employee Appreciation Day | 20 Spring Begins; Ravioli Day; Flour Day |
| 04 Marching Music Day; Pound Cake Day; Sons’ Day | 21 3-D Day; Strawberries Day; French Bread Day |
| 05 Cheese Doodle Day | 22 Bavarian Crepes Day; West Virginia Day |
| 06 Oreo Cookie Day; White Choc. Cheesecake Day | 23 Chip Dip Day; Melba Toast Day; Tamale Day |
| 07 Flapjack Day; Tennis Day; Alex. Graham Bell Day | 24 Cheesesteak Day; Choco Raisin Day; Cocktail Day |
| 08 Intl. Women’s Day; Oregon Day | 25 Medal of Honor Day; Intl. Waffle Day |
| 09 Barbie Day; Popcorn Day; Meatball Day | 26 Nougat Day; Spinach Day |
| 10 Blueberry Popover Day; Bagpipe Day; Ranch Day | 27 Spanish Paella Day; World Theatre Day |
| 11 Oatmeal Nut Waffle Day; Johnny Appleseed Day | 28 Black Forest Cake Day; Food on a Stick Day; |
| 12 Daylight Savings; Plant a Flower Day | World Piano Day |
| 13 Coconut Torte Day; Good Samaritan Day | 29 Lemon Chiffon Cake Day; Nevada Day |
| 14 Butterflies Day; Pi Day; Potato Chip Day | 30 Doctors’ Day; Park Walking Day; |
| 15 Kansas Day; Pears Helene Day; Shoe Drive Day | Virtual Vacation Day |
| 16 Artichoke Hearts Day; Panda Day | 31 Tater Day; Prom Day; Clams on Half Shell Day; |
| 17 St. Patrick’s Day; Corned Beef & Cabbage Day | Cream Cheese Frosting Day |

Our Executive Director’s Corner

Dear residents, family members, and friends,

I want to send a huge thank you to all of our residents, families and staff for extending your warm welcome as we make this leadership transition here at Sweetbriar Villa.

As spring starts to bloom with new flowers and buds on the trees, we have some exiting events coming your way this month! I am looking forward to the many activities we have planned and to celebrate with you all!

Here’s to the BEST MARCH EVER!



Staff Spotlight:
Spencer

Spencer is new to Sweetbriar Villa. He is an amazing Caregiver who is always willing to cover shifts if asked. The residents enjoy his kindness and his great sense of humor.

He was born in Gresham, moved to Welches, and then to Boring, Oregon. Spencer played soccer, baseball, and did track and field in high school. When he is not working, Spencer enjoys board games and being outdoors.

Thanks, Spencer, for all you do here at Sweetbriar Villa!



Resident Spotlight:
Kathy

Kathy was born in Minnesota and was raised in Eugene, Oregon. She moved to Corvallis to go to college. She loved living in Corvallis so she stayed there after graduating. Kathy worked in Eugene as a counselor for CSD until she retired. In her spare time, Kathy enjoyed, reading, crafts, her cat and spending time with her friends. She moved to Sweetbriar Villa in September of last year. We love having Kathy here at Sweetbriar. She loves playing Bingo, sudoku, reading, crafting, going on scenic drives, and shopping. Kathy is always making us laugh.

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Happy Birthday! Daphanie: March 3 Marge & Courtney: March 4 Karrie: March 5 Naomi: March 6 Julie: March 13 Gracee: March 18 Stephen: March 20 Rebecca: March 22 Cambrel: March 24 Pete: March 25		1 10:00 Scenic Drive 11:00 iN2L 12:00 Fireside Chat 1:00 MC One On One 2:00 Movie & Popcorn 3:00 Bingo 4:00 Walking In Groups 5:00 Music	2 10:00 Yoga 11:00 iN2L 12:00 Residents Sing Along 1:00 One On One 2:00 Coloring 3:00 Bingo 4:00 Walking In Groups 5:00 Singing iN2L	3 DAPHANIE 9:00 Music 10:00 Balloon Ball 11:00 iN2L 12:00 Fireside Chat 1:00 One On One 2:00 Movie & Popcorn 3:00 Bingo 4:00 Walking In Groups	4 MARG & COURTNY 9:00 Music 10:00 iN2L 11:00 Cards & Coffee 12:00 MC Puzzles 1:00 One On One 2:00 Manicures 3:00 Bingo 4:00 Craft
5 KARRIE 10:00 iN2L 11:00 Balloon Ball 12:00 Coffee Social 1:00 Movie 2:00 Movie 3:00 Bingo 4:00 One On One 5:00 Walking In Groups	6 OREO COOKIE DAY NAOMI 9:00 Music 10:30 Worship & B. Study 11:00 Singing 12:00 Coloring 1:30 Manicures 2:00 Hair 3:00 Bingo 4:00 Oreo Cookie Snack	7 FLAPJACK DAY 10:00 Travel Tuesday 11:00 iN2L 12:00 Jeopardy 1:00 MC Craft 2:00 Remember When 3:00 Bingo 4:00 One On One	8 10:30 Scenic Drive 11:00 iN2L 12:00 Hot Chocolate Social 1:00 MC One On One 2:00 Movie & Pop Corn 3:30 Bingo 4:00 Music 5:00 Coloring	9 POPCORN DAY 9:00 Music 10:00 Yoga 11:00 iN2L 12:00 MC Craft 1:00 Movie & Popcorn 2:00 Movie 3:00 Bingo 4:00 Craft	10 9:00 Music 10:00 iN2L 11:00 Animal Video 12:00 Favorite Animals 1:00 One On One MC 2:00 Staff Meeting 3:30 Bingo 4:00 Music	11 9:00 Music 10:00 iN2L 11:00 Cards & Coffee 12:00 MC Music 1:00 One On One 2:00 Manicures 3:00 Bingo 4:00 Craft
12 DAYLIGHT SAVINGS 10:00 Music 11:00 Balloon Ball 12:00 One On One 1:00 Plant Flowers 2:00 Outside Patio 3:00 Bingo 4:00 MC Craft	13 JULIE 9:00 Music 10:00 Life Skills & B. Study 11:00 Singing 12:00 Puzzles 1:00 Manicure 2:00 Lavender Therapy 3:00 Bingo 4:00 Outside Walks MC	14 10:00 Travel Tuesday 10:30 Jeopardy 11:00 Balloon Ball 11:30 One On One 12:00 Residents Choice 1:30 Resident Council Meeting 2:00 Tea Tuesday 3:00 Bingo	15 9:00 Music 10:30 Scenic Drive 11:00 iN2L 12:00 Puzzles 1:00 MC One On One 2:00 Movie & Pop Corn 3:30 Bingo 4:00 Coloring 5:00 Walking In Groups	16 10:00 Yoga 11:00 Music 12:00 MC Music 1:00 Table Talk 2:00 Thirsty Thursday 3:00 Bingo 4:00 One On One 5:00 Movie	17 HAPPY ST.PATRICKS DAY 9:00 Music iN2L 10:00 Trivia 11:00 Craft 12:00 Oreo Coin Craft Cup 1:00 Green Cakes 2:00 Irish Music 3:00 Bingo 4:00 Walking In Groups	18 CORN DOG DAY GRACEE 10:00 iN2L 11:00 Cards & Coffee 12:00 Coloring 1:00 One On One 2:00 Manicures 3:00 Bingo
19 10:00 Music 11:00 iN2L 12:00 One On One 1:00 Patio Time 2:00 Bingo 3:00 Movie & 4:00 Pop Corn 5:00 Board Games	20 SPRING BEGINS STEPHEN 10:00 Music 10:30 Life Skills & B. Study 12:00 MC One On One 1:30 Manicures 2:00 Outside Walks F.H. 3:00 Bingo 4:00 Fireside Chat 5:00 Puzzles	21 10:00 Balloon Ball 11:00 Walking In Groups 12:00 Puzzles 1:00 Family & Friends 2:00 Tea Tuesday 3:00 Bingo 4:00 Cards & Coffee 5:00 MC One On One	22 REBECCA 10:30 Scenic Drive 11:00 iN2L 12:00 Coloring 1:00 MC One On One 2:00 Movie & Pop Corn 3:30 Bingo 4:30 Walking In Groups 5:00 Music iN2l	23 PUPPY DAY 10:00 Yoga 11:00 iN2L 12:00 Lunch 1:00 Thirsty Thursday 2:00 Therapy Dogs 3:00 Bingo 4:30 Thirsty Thursday 5:00 Dinner & Conversa- tion	24 CAMBREL 10:00 Balloon Ball 11:00 Coffee & Cards 12:00 Lunch 1:00 Snacktivity Cart 2:00 Music 3:00 Bingo 4:30 Lavender Hand Therapy 5:00 One On One	25 WAFFLE DAY PETE 10:00 Music 11:00 iN2L Trivia 12:00 Coloring 1:00 Waffles & Fruit 2:00 Manicures 3:00 Bingo 4:00 Waffle Trivia
26 10:00 Music 11:00 iN2L 12:00 Residents Choice 1:00 Movie & 2:00 Popcorn 3:00 Bingo 4:00 One On One 5:00 Friends & Family	27 PUPPY DAY 10:00 Music 11:00 Life Skills & B. Study 12:00 Puzzles 1:00 Activity 2:00 Outside Walks B.H. 3:00 Bingo 4:00 Fireside Chat 5:00 Dinner & Conversa- tion	28 WORLD PIANO DAY 10:00 AM News & Donuts 11:00 Trivia 12:00 Puzzles 1:00 Travel Tuesday 2:00 Fireside With Nicole 3:00 Bingo 4:00 Craft 5:00 Bible Study	29 10:30 Scenic Drive 11:00 iN2L 12:00 Puzzles 1:00 MC One On One 1:30 M0vie & Pop Corn 3:30 Bingo 4:30 Walking In Groups 5:00 Music iN2l	30 PARK WALKING DAY 9:00 iN2L 10:00 Yoga 11:00 Lavender Hand Therapy 12:00 Fireside Chat 1:00 Thirsty Thursday 2:00 Walking & The Park 3:00 Bingo 4:30 Dinner & Conversa- tion	31 9:00 Music 10:00 iN2L 11:00 Balloon Ball 12:00 Craft 1:00 Snack Tivity 2:00 Friday Fun Cart 3:00 Bingo 4:00 MC Craft 5:00 One On One	