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

Sweetbriar Villa Bulletin

April 2023 Newsletter



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Exercise & Strength Building Tips for Older Adults

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

Engaging in physical activity is a good idea at any age. While it's true that with aging, our bodies naturally lose muscle mass and strength, exercise is key to helping reverse that. This month, we're sharing how seniors can benefit from exercise and improve strength for a more active lifestyle.

Why Being Active is Important

Physically active seniors can experience many benefits, including:

- Making activities of daily living much easier
- Reducing risk for falls and resulting injuries
- Helping control arthritis pain and joint swelling
- Lowering the risk of dementia
- Reducing anxiety and depression
- Improving mood and increasing socialization
- Improving physical function in frail adults (CDC, and Dept. of Health and Human Services)

How Much Physical Activity is Appropriate?

Those who know the great benefits of exercise may be inspired to set goals, but make sure to follow recommended guidelines and instructions from your medical professional first.

Start slow if needed. Older adults who have been sedentary should begin exercising in short intervals of 5 to 10 minutes and build up gradually, per the CDC. Sitting less and doing any amount of moderate to vigorous exercise will bring some health benefits.

Older adults seeking substantial benefits should do 2.5 to 5 hours of moderate-intensity aerobic activity or one hour and 15 minutes to 2.5 hours of vigorous-intensity aerobic activity—or a combination of the two- throughout the week, according to the DHHS.

Some physical activity is better than none. Older adults—even those with health challenges—should set safe physical goals that meet their abilities.



What Activities to Focus On

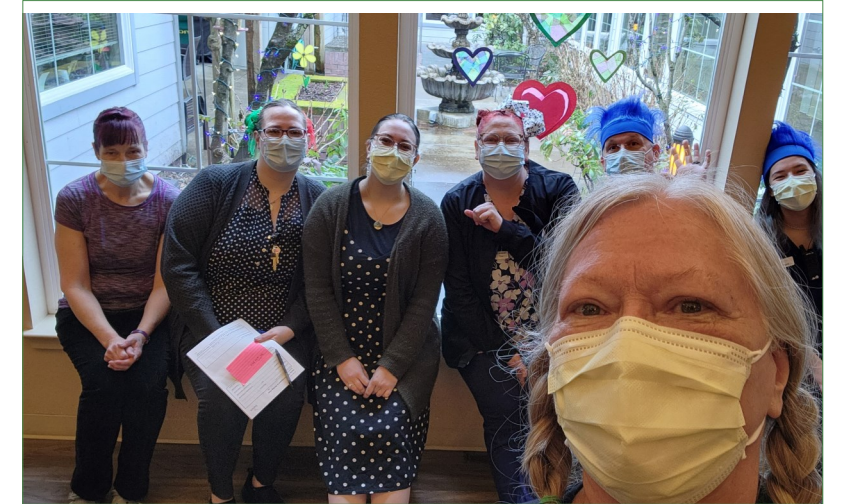
As for what exercise to do, there's no one size fits all program—and that makes planning exciting. Start a plan that you're enthusiastic to try.

Seniors ought to focus on aerobic activity (like walking, dancing, stationary bike riding, tennis, etc.) at least three days a week. Muscle strengthening (like using bands, hand held weights, or gardening with digging and lifting, etc.) should be done at least two days a week. A session of aerobic, strength, *and* balance work (like walking heel to toe or standing from sitting) is a great way to improve physical function.

Those with limited mobility can benefit greatly from chair exercises (like knee raises, arm lifts, and calf raises). Chair yoga is another wonderful exercise option. It has low impact on joints, but increases balance and flexibility. Also, Tai chi, which combines gentle movements and controlled breathing, can be great for strength building and balance. It can be done with modifications, while still being impactful. Using a stability ball is another way to make a workout gentler, but still effective for strength building.

We hope this article is helpful for your personal health journey. Let us know your fitness goals on our Facebook newsletter post on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

Jessica : April 1st
Dorris : April 8th
Richard : April 12th
Alberto : April 17th
Patricia : April 21st
Joyce : April 30th

April 2023 Highlights

Observes: Alcohol Awareness, Esophageal Cancer, Autism, Occupational Therapy, Parkinson's, Stress Awareness

Celebrates: Brunch, Afternoon Tea, Financial Literacy, Guitar, Decorating, Gardening, Jazz, Soft Pretzels, Poetry, Pecans, Volunteering

01 Sourdough Bread Day; Handmade / DIY Day	16 Bean Counter Day; Eggs Benedict Day
02 PB&J Day; Ferrets Day; Geologists Day	17 Cheeseball Day; Ellis Island Day; Haiku Day
03 Chocolate Mousse Day; Film Score Day	18 Animal Crackers Day
04 Vitamin C Day; Jeep 4x4 Day; Carrot Day	19 Banana Day; Garlic Day; North Dakota Day
05 Deep Dish Pizza Day; Nebraska Day; Walk Day	20 Cheddar Fries Day; Lima Bean Respect Day
06 Burrito Day; Caramel Popcorn Day; Table Tennis Day	21 Chocolate Cashews Day; Creativity Day
07 Good Friday; Coffee Cake Day; World Health Day	22 Earth Day; Girl Scouts' Day; Jelly Bean Day
08 Empanada Day; Zoo Lovers Day	23 Picnic Day; Talk Shakespearean Day
09 Easter; Love Antiques Day	24 Pigs in a Blanket Day
10 Cinnamon Crescent Day; Farm Animals Day	25 Zucchini Bread Day; Thank a Plumber Day
11 Barber Shop Quartet Day; Cheese Fondue Day	26 Denim Day; Admin. Staff Day; Pretzel Day
12 Colorado Day; Grilled Cheese Day; Licorice Day	27 Gummi Bear Day; Babe Ruth Day; Prime Rib Day
13 Peach Cobbler Day; Scrabble Day	28 Arbor Day; Blueberry Pie Day; Superhero Day
14 Dolphin Day; Gardening Day; Pecan Day	29 First Ladies Day; Zipper Day; Shrimp Scampi Day
15 Spiral Ham Day; Take a Wild Guess Day	30 Oatmeal Cookie Day; Hairstylists' Day

Our Executive Director's Corner

Dear residents, family members, and friends,

April is here! As we look for a great time of year in our parts, we can truly feel the coming warmth and the air is full of possibilities! At Sweetbriar Villa, we can expect an April buzzing with activity. Why not kick it off with a Easter Bash?! As the seasons change, they always bring new hope, as we begin to say good-bye to winter. We look forward to more hours of daylight, Spring flowers, and birds chirping.

As some of you may have heard, the CDC is not requiring mask wearing for all healthcare clinics, hospitals and long term care in Oregon. This means that on April 4th, we will be removing the mask requirement in our community!

We can't wait to light up the community with all of our smiling faces.

I am excited to the many memories April brings!



Staff Spotlight:
KURTZ

Kurtz was born in the Philippines. He migrated to upstate New York after turning 18, then to Naples, Florida. He moved to Oregon in 2016. Kurtz is Filipino, Chinese, and Japanese. He currently speaks 5 languages which is amazing! Kurtz hobbies are building computers, video games, traveling, and being outdoors. He works two jobs: at Fred Myer for six years and at Sweetbriar for several months. Kurtz is an amazing caregiver and we are proud to have him here at Sweetbriar. Thanks for all you do, Kurtz.



Resident Spotlight:
ANNA

Anna will be 105 in May. She was born in Green Castle, Indiana. She moved to Montana during WW1 where she met her husband. They moved to Oregon where they married and had three kids. They now have seven grandkids and many great grandkids! Anna worked at a restaurant, Hop yards, and later joined her husband where they made handles for gardening tools. Anna is a great quilter. Some of her quilts are displayed in her room here at Sweetbriar. Anna has been a resident here since 2021. She walks daily to keep up with the younger residents. We love having you here at Sweetbriar, Anna!

APRIL 2023

Sweetbriar Villa • 6135 E Street Springfield, Oregon 97478

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.						1 JESSICA M 10:30 NorthWood Church Choir 11:00 Coffee & Cards 1:00 Residents Choice 2:00 Craft 3:30 BINGO 4:00 One On Ones 5:00 Dinner & Social Time
2 10:00 Coffee & Cards 11:00 Music 1:00 Balloon Ball 2:00 One On Ones 3:30 BINGO 4:00 Walking In Groups 5:00 Dinner & Social Time	3 10:00 Music 11:00 Life Skills & Bible Study 1:00 MC One On Ones 2:00 Manicures 3:30 Bingo 4:00 Walking Groups 5:00 Dinner And Social Time	4 9:00 Music 10:00 Yoga 11:00 Travel Tuesday 12:00 In2l 1:00 One On One 2:00 Tea Tuesday 3:30 BINGO 4:00 One On One MC 5:00 Dinner And Social Time	5 CARMEL & NEBRASKA DAY 10:00 Scenic Drive 11:00 IN2L 1:00 Movie & Popcorn 2:00 Movie 3:30 BINGO 4:00 Walking in Groups 5:00 Dinner & Social Time	6 9:00 Music 10:00 Balloon Ball 11:00 Trivia 1:00 IN2L 2:00 Easter Egg Baskets 3:30 BINGO 4:00 Walking Groups 5:00 Dinner & Social Time	7 9:00 Music 10:00 IN2L 11:00 Balloon Ball 1:00 Lavender Hand Therapy 2:00 Easter Egg Baskets 3:30 BINGO 4:00 Walking in Groups 5:00 Dinner & Social Time	8 DORIS 9:00 Music 10:00 OPEN HOUSE 11:00 EASTER EGG HUNT 1:00 In2l 2:00 One On Ones MC 3:30 BINGO 4:00 Walking Groups 5:00 Dinner & Social Time
9 EASTER SUNDAY 10:30 Easter Church 11:00 Easter Music 1:00 Easter Stories 2:00 Residents Choice 3:30 BINGO 4:00 One On Ones 5:00 Dinner & Social Time	10 FARM ANIMAL DAY 9:00 Music 10:00 IN2L 11:00 Life Skills & Bible Study 1:00 One On Ones 2:00 Staff Meeting 3:30 Bingo 4:00 Walking Groups 5:00 Dinner And Social Time	11 9:00 Music 10:00 Yoga 11:00 Documentary 12:00 In2l 1:00 Coffee & Cards 2:00 Resident Council Meeting 3:30 BINGO 4:00 Walking groups 5:00 Dinner And Social Time	12 RICHARD W 9:00 Music 10:30 Library 11:00 In2l 12:00 Music 1:00 Movie & Popcorn 2:00 Movie 3:00 Bingo 4:00 One On One 5:00 Dinner & Social Time	13 9:00 Music 10:00 Balloon Ball 11:00 Trivia 1:00 2:00 One On Ones 3:30 BINGO 4:00 Walking Groups 5:00 Dinner & Social Time	14 GARDENING DAY 9:00 Coffee And Cards 10:00 IN2L 11:00 Balloon Ball 1:00 Walking In Groups 2:00 Paint 3:30 BINGO 4:00 Mind and Soul 5:00 Dinner & Social Time	15 9:00 Music 10:00 IN2L 11:00 Balloon Ball 1:00 Residents Choice 2:00 Craft 3:30 BINGO 4:00 One On Ones 5:00 Dinner & Social Time
16 PAJAMAS AT WORK DAY 9:00 IN2L 10:00 Music 11:00 Trivia 1:00 Movie & Popcorn 2:00 Movie 3:30 BINGO 4:00 Walking In Groups 5:00 Dinner & Social Time	17 ALBERTO 10:00 Music 11:00 Life Skills & Bible Study 1:00 MC One On Ones 2:00 Manicures 3:30 Bingo 4:00 Hand Massage 5:00 Dinner And Social Time	18 ANIMAL CRACKER DAY 9:00 Music 10:00 Yoga 11:00 Travel Tuesday 12:00 In2l 1:00 One On One 2:00 Tea Tuesday 3:30 BINGO 4:00 One On One MC 5:00 Dinner And Social Time	19 9:00 Music 10:00 Shopping Or Scenic Drive 11:00 In2l 12:00 Walking In Groups 1:00 Movie & Popcorn 2:00 Movie 3:00 Bingo 4:00 MC One On One 5:00 Dinner & Social Time	20 Look Alike Day 10:00 Music 11:00 Cards & Coffee 1:00 IN2L 2:00 Hand Massage Therapy 3:30 BINGO 4:00 One On Ones MC 5:00 Dinner & Social Time	21 PATRICIA 9:00 Coffee And Cards 10:00 IN2L 11:00 Balloon Ball 1:00 Lavender Hand Therapy 2:00 Craft 3:30 BINGO 4:00 Walking in Groups 5:00 Dinner & Social Time	22 EARTH DAY 9:00 Music 10:00 IN2L 11:00 Outside Walks 1:00 Painting 2:00 One On Ones MC Outside 3:30 BINGO 4:00 Walking Groups 5:00 Dinner & Social Time JELLY BEAN DAY
23 10:00 Coffee & Cards 11:00 Music 1:00 Balloon Bal2:00 One On Ones 3:30 BINGO 4:00 Walking In Groups 5:00 Dinner & Social Time	24 PIGS IN A BLANKET DAY 10:00 Music 11:00 Life Skills & Bible Study 1:00 MC One On Ones 2:00 Manicures 3:30 Bingo 4:00 Walking Groups 5:00 Dinner And Social Time	25 9:00 Music 10:00 Yoga 11:00 Travel Tuesday 12:00 In2l 1:00 One On One 2:00 Tea Tuesday 3:30 BINGO 4:00 One On One MC 5:00 Dinner And Social Time	26 PRETZEL DAY 9:00 Music 10:00 Papas Pizza 11:00 In2l 12:00 Walking In Groups 1:00 Movie & Popcorn 2:00 Movie 3:00 Bingo 4:00 MC One On One 5:00 Dinner & Social Time	27 9:00 Music 10:00 Balloon Ball 11:00 Trivia 1:00 IN2L 2:00 One On Ones 3:30 BINGO 4:00 Walking Groups 5:00 Dinner & Social Time	28 SUPER HERO DAY 9:00 Coffee And Cards 10:00 IN2L 11:00 Balloon Ball 1:00 Walking In Groups 2:00 Paint 3:30 BINGO 4:00 Mind and Soul 5:00 Dinner & Social Time	29 9:00 Music 10:00 IN2L 11:00 Balloon Ball 1:00 Residents Choice 2:00 Craft 3:30 BINGO 4:00 One On Ones 5:00 Dinner & Social Time
30 JOYCE 9:00 IN2L 10:00 Music 11:00 Trivia 1:00 Movie & Popcorn 2:00 Movie 3:30 BINGO 4:00 Walking In Groups 5:00 Dinner & Social Time	HAPPY BIRTHDAY! JESSICA– APRIL. 1 DORRIS– APRIL. 8 MATTHEW– APRIL.9 RICHARD– APRIL.12 ALBERTO– APRIL.17 PATRICA– APRIL. 21 JOYCE– APRIL.30					