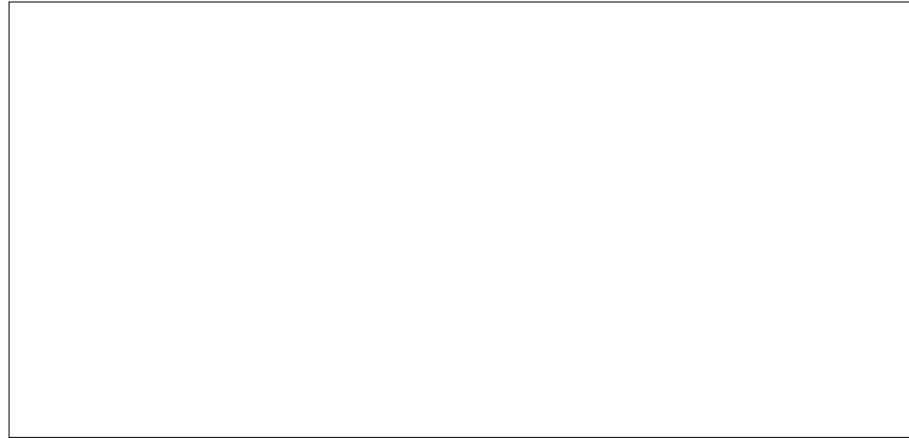




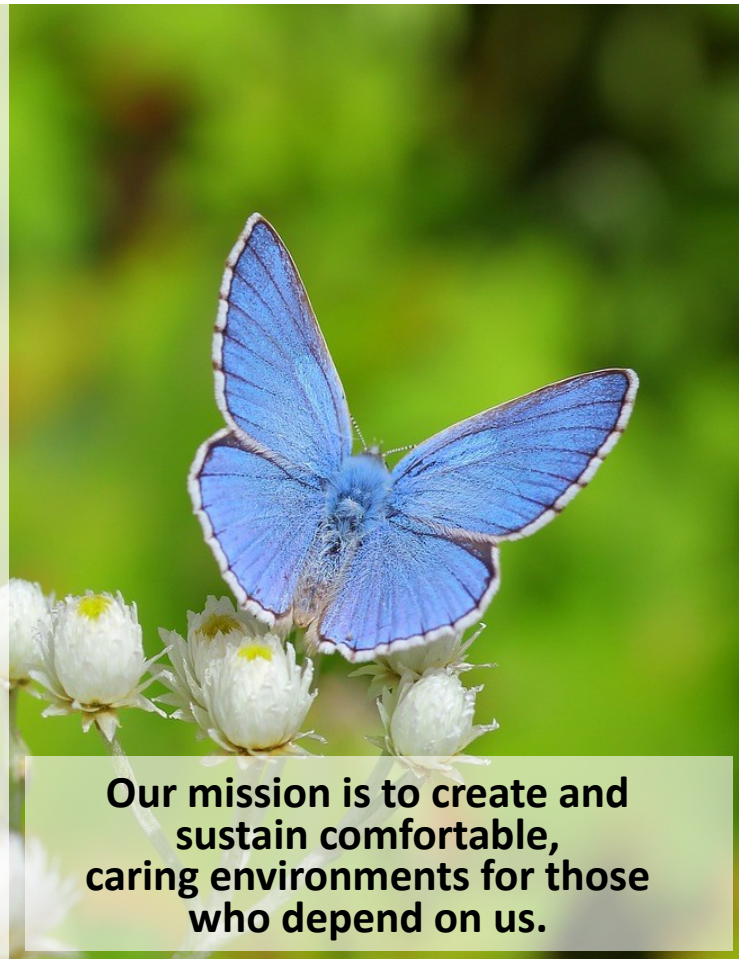
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Sweetbriar Villa Bulletin

May 2023 Newsletter



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3 Team & Resident Spotlight
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Staying on Top of Dental Care

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

It's May and that means it's Dental Care Month, a time for all of us to focus on taking good care of our teeth. In observance, we're sharing best practices and information to help adults and older adults improve dental habits.

First comes the advice you've likely heard: make sure to brush your teeth twice a day, in the morning and at night. However, we'll expand on that. After breakfast and before bedtime are best times to do it, and at least two minutes of brushing is recommended. It's wise to use a toothpaste with the American Dental Association (ADA) Seal on it signifying the paste has fluoride for fighting plaque and decay, per Harvard Health. As for what type of toothbrush to use, the ADA suggests one with soft bristles—manual or powered as both work effectively.

Flossing is another smart part of the daily dental health process. The National Institute on Aging recommends using small circular motions and short back and forth strokes to do so, and making sure to rinse after. It's best to floss after meals, and more than once daily.

When it comes to diet, some foods are better than others for our teeth. Acidic foods can erode enamel and crunchy foods like chips can lead to build up between teeth. For dental health, try low-sugar dairy, lean proteins, less acidic fruits and vegetables, nuts, and high-fiber foods.

Certain conditions can affect dental health in



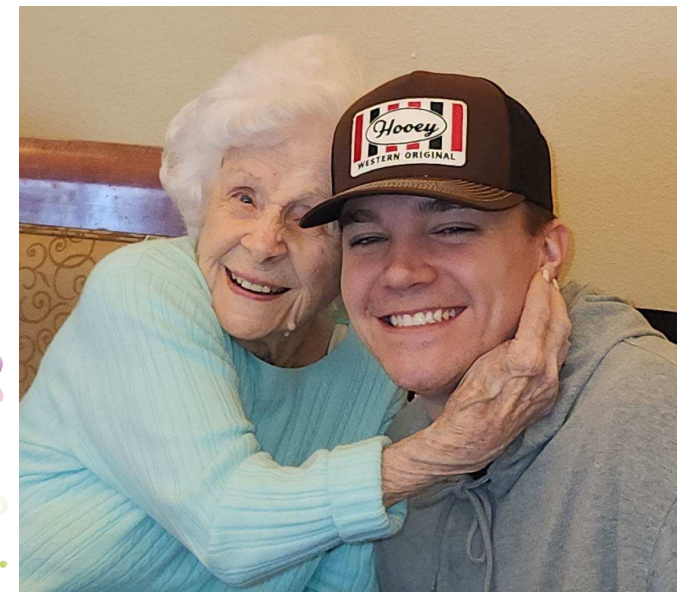
Did you know? The ADA recommends replacing your toothbrush every three to four months to prevent bacteria build up on the brush.

older adults, and one of them is dry mouth, when a person doesn't make enough saliva to keep their mouth wet. If you think you have dry mouth, be sure to let your dental professional know. It can increase the risk for cavities, tooth decay, and fungal infections. Dry mouth is a side effect of some medications and can be due to some conditions, like diabetes. Fortunately, according to the NIA, sipping water or sugarless drinks, or having hard candy, or tart gum, can help. Avoiding smoking, alcohol, acidic juices, and spicy or salty foods can also be beneficial.

Another area that older adults may need to pay attention to is denture care. For those with dentures, make sure to brush them every day with a denture-care product and soak them in water or a denture-cleaner at night. To help gums, avoid small crunchy foods that can get stuck under dentures, and leave dentures out of your mouth when you sleep.

We hope this information has been helpful to you this Dental Care Month. Let us know on our Facebook newsletter post on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

**Crysta: May 1st
Wanda: May 2nd
Jessica: May 7th
April 23rd May
Jaelynn: May 26th
Anna: May 30th**

Happy 105th Birthday Anna!

May 2023 Highlights

Observes: ALS, Improving Posture, Dental Care, Stroke Awareness, Mental Health Awareness, Blood Pressure Awareness, Brain Cancer, Skin Cancer

Celebrates: Older Americans, American Cheese, Drums, Asparagus, Our Military, Barbecues, Bicycles, Photography, Salad, Salsa, Strawberries, Eggs

01 Chocolate Parfait Day; Mother Goose Day	17 Cherry Cobbler Day; Idaho Day; Baking Day
02 Truffle Day; World Asthma Day	18 Cheese Souffle Day; Intl. Museum Day
03 Garden Meditation Day; Raspberry Popover Day	19 Nascar Day; Devil's Food Cake Day; Pizza Fun Day
04 Bird Day; Orange Juice Day; Star Wars Day	20 Pick Strawberries Day; Quiche Lorraine Day
05 Astronaut Day; Hoagie Day; Space Day	21 Strawberries & Cream Day; Thank a Server Day
06 Kentucky Derby; Crepe Suzette Day; Nurses' Day	22 Solitaire Day; Vanilla Pudding Day
07 Lemonade Day; Paste-Up Day; Leg of Lamb Day	23 Lucky Penny Day; Taffy Day; Library Staff Day
08 Coconut Cream Pie Day; Have a Coke Day	24 Brother's Day; Scavenger Hunt Day
09 Butterscotch Brownie Day; Lost Sock Talk Day	25 Tap Dance Day; Wine Day
10 Receptionists' Day; 3rd Shift Staff Day; WA Day	26 Paper Airplane Day; Road Trip Day
11 Twilight Zone Day; Eat What You Want Day	27 Grape Popsicle Day; Sunscreen Day
12 Limerick Day; Nutty Fudge Day	28 Brisket Day; Hamburger Day
13 Apple Pie Day; Fruit Cocktail Day; Mini Golf Day	29 Memorial Day; Paperclip Day; Cookie Day
14 Mother's Day; Buttermilk Biscuit Day	30 Creativity Day; Mint Julep Day
15 Chocolate Chip Day; Straw Hat Day	31 Macaroon Day; Senior Health & Fitness Day
16 Barbecue Day; Love a Tree Day; Mimosa Day	

Our Executive Director's Corner

Dear residents, family members, and friends,

Happy May! It is nice to see that the April showers really do bring us May flowers. After a cold winter, we are happy to see the grass turning green and the colorful flowers blooming.

I want to wish all of our mothers a Happy Mother's Day! I look forward to our special mother's day tea with each and every one of you.

-Nicole Hampl
Executive Director

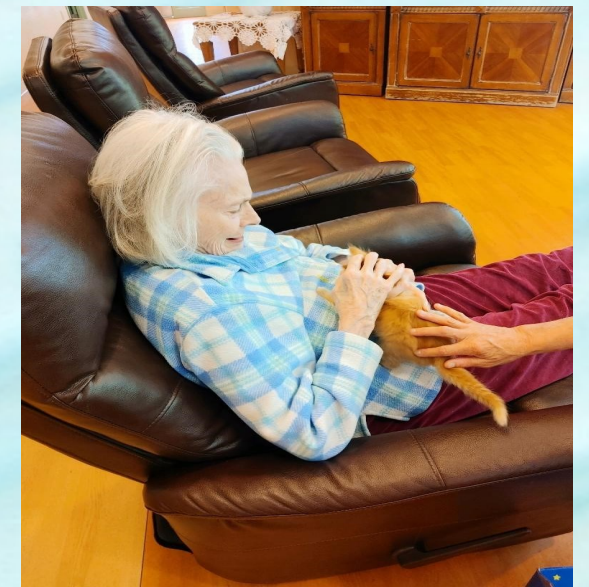


Staff Spotlight: Alberto

Alberto started working at Sweetbriar Villa in December. He has been an activities assistant, caregiver and now a cook. Alberto is always smiling and happy to help out in many ways.

He was born and raised in Oak Ridge, Oregon. Alberto enjoys being outside hiking, and all sports. His favorite thing to do is spend time with his 10-year-old daughter.

Thank you, Alberto, for being a part of our team at Sweetbriar Villa.



Resident Spotlight: Doris

Doris is our resident of the month. She has been at Sweetbriar Villa for 4.5 years. She's originally from New Jersey. She worked for AT&T for many years. Doris has a son and a daughter.

Doris has a great sense of humor. Her favorite time of day is nap time. She enjoys looking at pictures of family with her son Jim. She likes watching TV with other residents in the living room. Doris has always loved to dance and go on adventures with her family. She likes chocolate and ice cream. We enjoy having her with us here at Sweetbriar Villa.

MAY 2023						
Sweetbriar Villa • 6135 E St., Springfield, OR 97478 • 541.225.0200						
SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 CRYSTA 9:00 Music 10:30 Bible Study 11:00 In2l 12:00 Cook Book Favorites 1:00 Basket Making Craft 2:00 Manicures 3:00 Bingo 4:00 Walking In Groups 5:00 Balloon Ball	2 WANDA 9:00 Music 10:00 Yoga 11:00 In2l Games 12:00 MC Puzzle 1:00 Basket Making Craft 2:00 Tea Tuesday 3:00 Bingo 4:00 Walking In Groups 5:00 Dinner Social	3 10:30 Scenic Drive 11:00 In2l 12:00 MC One On one 1:00 Movie & Popcorn 2:00 Movie 3:30 Bingo 4:30 Cards & Coffee 5:00 Music 6:00 Dinner Social	4 10:00 Music 11:00 Balloon Ball 12:00 In2L 1:00 Basket Making Craft 2:00 One On One 3:00 Bingo 4:00 Water Painting Out-side 5:00 Walking In Groups	5 10:00 Music 11:00 Balloon Ball 12:00 One On One 1:00 Mc Puzzles 2:00 Friday Fun Cart 3:00 Bingo 4:00 Out side In The Rose Garden	6 9:00 Music 10:00 Singing 11:00 Walking In Groups 12:00 In2l 1:00 Coloring 2:00 Bingo 3:00 One On One 4:00 Movie 5:00 MC One On One
	7 JESSICA H 10:00 Gospel Music 11:00 Balloon Ball 12:00 One On One 1:00 Movie & Popcorn 2:00 Movie 3:00 Bingo 4:00 Outside Gardening 5:00 MC Dinner Social	8 NURSES WEEK Flower Power Week Event 10:30 Bible Study 11:00 Karaoke 12:00 One On One 1:00 Sin To Win Event 2:00 Manicures 3:00 Bingo 4:00 Lavender Hand Therapy	9 Flower Power Week 9:00 Music 10:00 Yoga 11:00 Residents Council 12:00 MC One On One 1:00 Spin To Win Event 2:00 Flower Power Day 3:00 Bingo 4:00 Walking In Groups 5:00 Dinner Social	10 RECEPTIONIST’S DAY 10:30 Library 11:00 In2l 12:00 MC Lunch Social 1:00 Spin To Win Event 2:00 Staff Meeting 3:30 Bingo 4:00 Trivia 5:00 Walking In Groups	11 Flower Power Week 9:00 Music 10:00 In2l 11:00 Spring Craft 12:00 Karaoke 1:00 Spin To Win Raffle Basket Drawing 2:00 Mothers Day Tea Party 3:00 Party Cookies And Fruit	12 10:00 Music 11:00 Donuts & News 12:00 MC Craft 1:00 Cards & Games 2:00 Price Is Right 3:00 Bingo 4:00 Friday Fun Cart 5:00 Dining Room Social
14 MOTHER’S DAY 9:00 Gospel Music 10:00 Stories Of Our Moms 11:00 Balloon Ball 12:00 One On One MC 1:00 Puzzles 2:00 Documentary On Moms 3:00 Bingo	15 9:00 Music 10:30 Bible Study 11:00 Karaoke 12:00 Cook Book Favorites 1:00 Craft 2:00 Manicures 3:00 Bingo 4:00 Lavender Hand Therapy	16 Mimosa Day 9:00 Music 10:00 Yoga 11:00 Karaoke 12:00 Mc One On One 1:00 Making Mimosa 2:00 Mimosa Social 3:00 Bingo 4:00 Coloring 5:00 Dinner Social	17 10:00 Balloon Ball 11:00 Scenic Drive 12:00 Activity 1:00 Movie 2:00 Movie And Popcorn 3:30 Bingo 4:00 Walking In Groups 5:00 Dinner Social	18 9:00 Music 10:00 Trivia 11:00 Coffee & Cards 12:00 In2l 1:30 Therapy Dogs 2:00 Animal Video 3:00 Bingo 4:00 One On One 5:00 Walking In Groups	19 NASCAR DAY 9:00 Music 10:00 Price Is Right 11:00 NASCAR Trivia 12:00 MC Games 1:00 Checkered Flag Bean Toss 2:00 Remote Control Car Races 3:00 Bingo	20 9:00 Music 10:00 Cards & Coffee 11:00 Balloon Ball 12:00 Mc One On One 1:00 Rose Garden Outing 2:00 Bingo 3:00 Movie & Popcorn 4:00 Walking In Groups 5:00 Coloring
21 9:00 Gospel Music 10:00 Walking In Groups 11:00 Cards And Coffee 12:00 One On One 2:00 Elvis Is In The Bldg. 3:30 Bingo 4:00 In2l 5:00 Dining Room Social	22 9:00 Music 10:00 Bible Study 11:00 Karaoke 12:00 MC One On One 1:00 Hand Therapy MC 2:00 Manicures 3:00 Bingo 4:00 Lavender Hand Massage	23 APRIL 9:00 MC One On One 10:00 Yoga 11:00 Animal Videos 12:00 One On One 1:00 In2l 2:00 Tea Party 3:00 Music 4:00 Bingo 5:00 Dinner Social	24 Scavenger Hunt Day 9:00 Music 10:30 Shopping Day 11:00 In2l 12:00 MC Craft 1:00 Magazine Scavenger Hunt 2:00 Scavenger Hunt 3:00 Bingo 4:00 Walking In Groups	25 9:00 Music 10:00 Trivia 11:00 Travel Thursday to National Parks 12:00 MC Lunch Social 1:00 Coloring 2:00 Root Beer Floats 3:00 Bingo 4:00 Walking In Groups	26 JAELYNN 9:00 Music 10:00 Prayer Group 11:00 Karaoke 12:00 MC Puzzles 1:00 Movie & Popcorn 2:00 Movie 3:00 Bingo 4:00 Price Is Right 5:00 Dining Room Social	27 9:00 Music 10:00 Piano Playing 11:00 Karaoke 12:00 Lunch Social MC 1:00 Movie & Popcorn 2:00 Rose Garden Outing 3:00 Coloring Bingo 4:00 In2l 5:00 Coloring
28 9:00 Music 10:00 Games and Coffee 11:00 MC One On One 12:00 Puzzles 1:00 One On One 2:00 In2l 3:00 Bingo 4:00 Documentary 5:00 Dining Room Conversation	29 Memorial Day 9:00 Music 10:00 Bible Study 11:00 Karaoke 12:00 Cards & Coffee 1:00 Hand Therapy 2:00 Manicures 3:00 Bingo 4:00 Residents Choice 5:00 Walking In Groups	30 ANNA 9:00 Music 10:00 Yoga 11:00 In2l 12:00 Birthday Party For Anna 1:00 Birthday Party 2:00 Outside Social 3:00 Bingo 4:00 Prayer Group	31 10:30 Music 11:00 Roaring Rapids Buffet 12:00 In2l 1:00 MC Puzzle 2:00 Games on In2l 3:00 Walking In Groups 4:00 Bingo 5:00 Coloring		Crysta~1st Wanda~2nd Jessica~7th Jaelynn~26th April~23rd Anna~30th HAPPY BIRTHDAY	