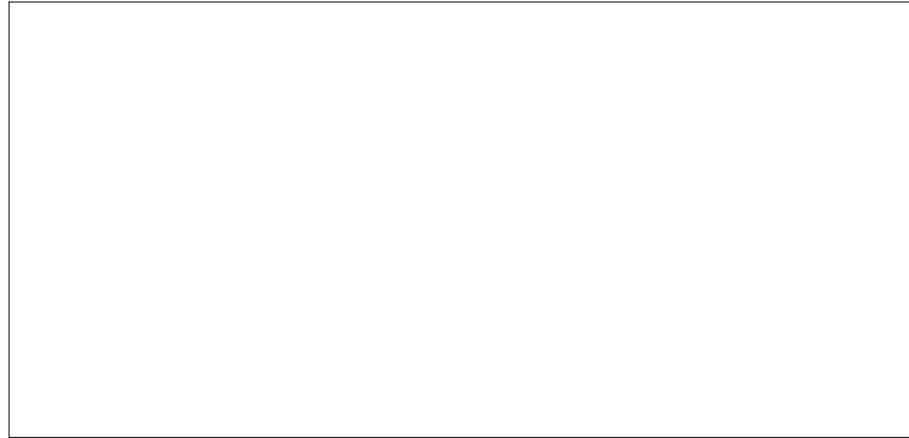




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**Our mission is to create and  
sustain comfortable,  
caring environments for those  
who depend on us.**

# Sweetbriar Villa Bulletin

June 2023 Newsletter



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# Alzheimer's & Dementia Awareness & Updates

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

Summer solstice on June 21 is a notable date this Alzheimer's & Brain Awareness Month. The Alzheimer's Association observes it as the day with the most light, and the day we fight, encouraging fundraising toward an end to Alzheimer's. Our community hopes to bring awareness not only to this year's Longest Day, but also to this important month with facts and updates.

## Facts About Alzheimer's

- More than 6 million Americans are living with Alzheimer's.
- 1 in 3 seniors pass with Alzheimer's or dementia.
- Alzheimer's and dementias cost the U.S. \$321 billion in 2022.
- The difference between Alzheimer's and dementia is dementia is an overall term for a particular group of symptoms (difficulties with memory, language, problem-solving, and other thinking skills) while Alzheimer's disease is one cause of dementia.

## Updates and Research Studies

- Few Americans know about mild cognitive impairment, which can be an early stage of Alzheimer's. MCI causes cognitive changes that the affected person and those in their life can notice, but doesn't affect the ability to carry out everyday activities. Learn more at alz.org in a Special Report.
- Various studies indicate that keeping strong social connections and staying mentally active may lower the risk of cognitive decline and Alzheimer's.
- There seems to be a strong link between head trauma and future risk of cognitive



**The Longest Day:** Consider taking part in a fundraising activity to support an end to Alzheimer's. The options for activities are great: from board games, gardening, and bowling to Yoga or having a cookout, and beyond! You can register for a creative fundraising activity at [act.alz.org](http://act.alz.org).

- decline. Help fall-proof your living space by reducing poor light, loose rugs, and clutter.
- Some conditions known to increase the risk of cardiovascular disease like high blood pressure, diabetes, and high cholesterol increase the risk of developing Alzheimer's.
- Regular physical exercise and heart-healthy eating may help to protect the brain. Two recommended diets include The Dash Diet and Mediterranean Diet.
- A current clinical trial by DIAN is testing if antibodies to beta-amyloid can reduce beta-amyloid plaque in the brains of people with certain genetic mutations and reduce, delay or prevent Alzheimer's symptoms. Another trial, A4 by the Alzheimer's Disease Cooperative Study, is testing if antibodies to beta-amyloid can lower Alzheimer's disease risk in people 65-85 at high risk for the disease.

We hope all of this information has been helpful toward broadening awareness of Alzheimer's during this important month.

# Special Moments



## Happy Birthday to our Staff & Residents:

- Sandra: June 7
- Donna: June 10
- Virginia June 21
- Sabrina: June 23

# June 2023 Highlights

**Observes: Men's Health, Headaches & Migraines, PTSD, Safety**

**Celebrates: Zoos & Aquariums, Fruit & Veggies, Camping, Dairy, Great Outdoors, Iced Tea, Roses, Papaya, Turkey, African American Music, LGBTQIA Pride**

01 Nail Polish Day; Olives Day; Pen Pal Day

02 Donut Day; Rocky Road Day; Rotiss. Chicken Day

03 Egg Day; Chocolate Macaroons Day; Trails Day

04 Cancer Survivors' Day; Cheese Day; Corgi Day

05 Veggie Burger Day; World Environment Day

06 D-Day; Eyewear Day; Gardening Exercise Day

07 Chocolate Ice-Cream Day; Oklahoma Day

08 BFF Day; Positivity Day; World Oceans Day

09 Donald Duck Day; Strawberry Rhubarb Pie Day

10 Egg Roll Day; Iced Tea Day; Rose' Day

11 Children's Day; Corn on Cob Day; Outlet Shop Day

12 Men's Health Week; Jerky Day; PB Cookie Day

13 World Softball Day; Weed Your Garden Day

14 Flag Day; Strawberry Shortcake Day

15 Photography Day; Smile Power Day

16 Fudge Day; World Tapas Day

17 Apple Strudel Day; Eat Your Veggies Day

18 Father's Day; Go Fishing Day; Turkey Day

19 Juneteenth; Garfield the Cat Day; Watch Day

20 American Eagle Day; Ice Cream Soda Day

21 First Day of Summer; Peaches & Cream Day

22 Chocolate Éclair Day; Onion Rings Day

23 Detroit-Style Pizza Day; Hydration Day

24 Pralines Day; Summersgiving

25 Catfish Day; Strawberry Parfait Day; Beatles Day

26 Beautician Day; Choc Pudding Day; Coconut Day

27 Ice Cream Cake Day; Onion Day; Pineapple Day

28 Alaska Day; Parchment Day; Paul Bunyan Day

29 Almond Buttercrunch Day; Waffle Iron Day

30 Meteor Watch Day; Social Media Day



**Staff Spotlight:**  
**GRACEE**

Gracee started working at Sweetbriar Villa in December. She is an amazing Life Enrichment Assistant. Gracee is always willing to help out in other areas here at Sweetbriar Villa. All the residents love her smiling face.

She was born in Show Low, Arizona. Gracee is a junior at Sheldon High School. She spends her extra time playing volleyball and actually won the 6A state championship this past season.

Thank you, Gracee, for all you do and being part of our team here at Sweetbriar Villa.



**Resident Spotlight:**  
**DONNA**

Our resident of the month is Donna. She has lived here for about a year. She hails from Los Angeles. Donna's parents owned a Motor Inn and Café in Fontana, Calif.

She graduated from Grants Pass High School in Oregon. She participated in 4H. She rode her horse Major in many high school events and parades. She married a man from the Navy in 1953.

Donna has two children: Steve (Debbie) & Sally (J.R.). Donna has three grandsons and one great granddaughter. Donna has always enjoyed fishing, skiing, knitting, and crocheting.

Thanks, Donna, for your smile!

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.				1  9:00 Music 10:00 Balloon Ball 11:00 IN2L 12:00 Outside Lunch 1:00 Craft 2:00 Painting 3:00 Bingo 4:00 Walking In Groups	2 Donuts Day  9:00 Music 10:00 IN2L 11:00 Movie 12:00 Lunch Social 1:00 Walking In Groups 2:00 Craft 3:00 Bingo 4:00 Hand Therapy	3  9:00 Music 10:00 IN2L 11:00 Games 12:00 Manicures 1:00 Outside 2:00 Balloon Ball 3:00 Bingo 4:00 Craft
4  9:00 Music 10:00 Balloon Ball 11:00 IN2L 12:00 MC Craft 1:00 Craft 2:00 Outside Walks 3:00 Bingo 4:00 Coloring 5:00 Puzzles	5  9:00 Music 10:30 Bible Study 11:00 Sing - A - Long 12:00 Cards& Coffee 1:00 Lavender Hand Therapy 2:00 Manicures 3:00 Bingo 4:00 Fireside Social 5:00	6  9:00 Music 10:00 Trivia 11:00 Travel Time 12:00 MC One On One 1:00 Spin It To Win 2:00 Tea Tuesday 3:00 Bingo 4:00 Coloring	7 SANDRA  9:00 Music 10:00 Scenic Drive 11:00 IN2L 12:00 One On One 1:00 Movie & Popcorn 2:00 Movie 3:30 Bingo 4:00 Lavender Hand Therapy	8  9:00 Music 10:00 Balloon Ball 11:00 IN2L 12:00 Outside Lunch 1:00 Travel Trivia 2:00 N2L Games 3:00 Bingo 4:00 Gardening	9 Donald Duck Day  9:00 Music 10:00 In2L 11:00 Cards & Coffee 12:00 One On One 1:00 MC One On One 2:00 Staff Meeting 3: 00 Bingo 4:00 Hand Therapy	10 DONNA  9:00 Music 10:00 IN2L 11:00 Balloon Ball 12:00 MC Social 1:00 One On One 2:00 Craft 3:00 Bingo 4:00 Outside Rose Garden 5:00 Walking In Groups
11  9:00 Music 10:00 IN2L 11:00 One On One 12:00 MC Craft 1:00 Craft 2:00 Outside Walks 3:00 Bingo 4:00 Coloring 5:00 Puzzles	12  9:00 Music 10:30 Bible Study 11:00 IN2L 12:00 MC Puzzles 1:00 Lavender Hand Therapy 2:00 Fireside Social 3:30 Bingo 4:00 MC One On One 5:00 Dinner Social	13 Sewing Machine Day  9:00 Music 10:00 Yoga 11:00 IN2L 12:00 One On One 1:00 Cards & Coffee 2:00 Resident Council Meeting 3:30 Bingo 4:00 Coloring	14  9:00 Music 10:00 Library 11:00 IN2L 12:00 MC One On One 1:00 Movie & Popcorn 2:00 Movie 3:30 Bingo 4:00 Walking Outside	15  9:00 Music 10:00 Balloon Ball 11:00 IN2L 12:00 Outside Lunch 1:00 Travel Trivia 2:00 IN2L Games 3:00 Bingo 4:00 Gardening	16 Wear Blue: Men’s Health  9:00 Music 10:00 IN2L 11:00 Cards & Coffee 12:00 One On One 1:00 MC One On One 2:00 Garden Time 3:00 Bingo 4:00 Hand Therapy	17 Happy Father’s Day  10:00 Music 11:00 Balloon Ball 12:00 Hot Rod & Hot dogs 1:00 Car Show 2:00 Country Classic Band 3:00 Races 4:00 Bingo 5:00 MC Social
18  9:00 Music 10:00 Balloon Ball 11:00 One On One 12:00 MC Craft 1:00 Craft 2:00 Outside Walks 3:30 Bingo 4:30 Coloring 5:00 Puzzles	19  9:00 Music 10:30 Bible Study 11:00 Karaoke 12:00 MC Outside Lunch 1:00 Manicures 2:00 Timothy Patrick 3:30 Bingo 4:00 MC Craft 5:00 Dinner Social	20 VIRGINIA  9:00 Music 10:00 Yoga 11:00 IN2L 12:00 One On One 1:00 One On One MC 2:00 Monthly Birthday Social 3:00 Bingo 4:00 Residents Choice	21 First Day Of Summer  9:00 Music 10:00 Scenic Drive 11:00 In2L 12:00 MC One On One 1:00 Movie & Popcorn 2:00 Movie 3:30 Bingo 4:00 Walking Outside	22  9:00 Music 10:00 Balloon Ball 11:00 IN2L 12:00 Outside Lunch 1:00 Travel Trivia 2:00 Dog Therapy 3:30 Bingo 4:00 Gardening	23  9:00 Music 10:00 In2L 11:00 Cards & Coffee 12:00 One On One 1:00 MC One On One 2:00 Garden Time 3:00 Bingo 4:00 Hand Therapy	24 SABRINA  9:00 Music 10:00 Balloon Ball 11:00 Outside Social 12:00 One On One 1:00 Craft 2:00 IN2L 3:00 Bingo 4:00 MC One On One 5:00 Walking In Groups
25  9:00 Music 10:00 Balloon Ball 11:00 IN2L 12:00 One On One 1:00 Movie & Popcorn 2:00 Movie 3:30 Bingo 4:30 Karaoke	26  9:00 Music 10:30 Bible Study 11:00 Karaoke 12:00 IN2L 1:00 Manicures 2:00 Hair And Nails 3:00 Bingo 4:00 Fireside Social 5:00 Karaoke	27 Sunglasses Day  9:00 Music 10:00 Musical Documentary 11:00 Karaoke 12:00 Walking Outside 1:00 Craft 2:00 Firepit Social 3:00 Bingo 4:00 Gardening Hour	28  9:00 Music 10:00 Shopping 11:00 IN2L 12:00 MC One On One 1:00 Movie & Popcorn 2:00 Movie 3:30 Bingo 4:00 Walking Outside	29  9:00 Music 10:00 Balloon Ball 11:00 IN2L 12:00 Outside Lunch 1:00 Travel Trivia 2:00 IN2L Games 3:00 Bingo 4:00 Gardening	30  9:00 Music 10:00 IN2L 11:00 Cards & Coffee 12:00 One On One 1:00 MC One On One 2:00 Friday Fun Cart 3:00 Bingo 4:00 Hand Therapy	