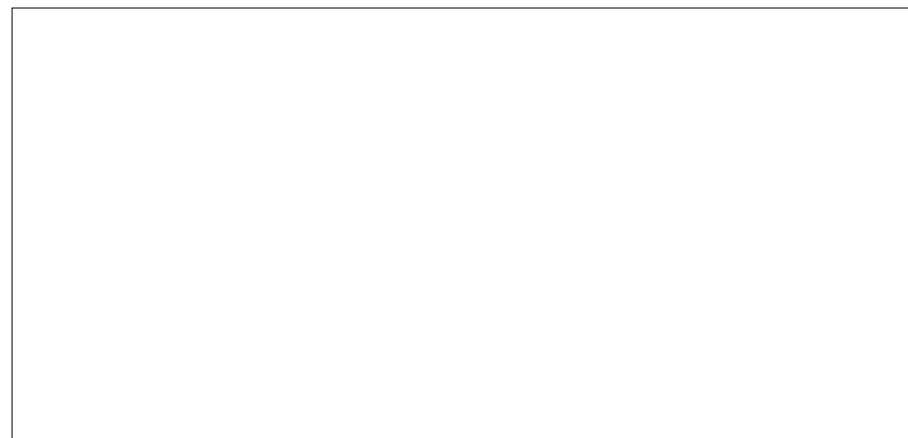




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Stamp



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**Community Sales Director:**  
Ruth Tracey  
**Wellness Director:**  
Sabrina Fox  
**Nurse :** Ariel Whitney  
**Business Office Director:**  
McKenzie Herzog  
**Dining Services Director:**  
Jack Morris  
**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

July 2023 Newsletter



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3 Team & Resident Spotlight  
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6 Highlights & Our ED's Corner  
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# All About UV Safety: Summer Skin Protection Tips

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

It's a delight for many when colder weather gives way to warm and hot sunny days that allow for fun outdoor activities. It's also a great time to refresh knowledge about sun safety. This UV Safety Month, tune in to learn some safety tips for greeting golden rays.

If you're one who loves to head out into the sunshine, you're likely drawn to its benefits, from stress reduction and the opportunity for physical activity to the Vitamin D boost it brings. That being said, it's smart to know about its risks. A little UV-ray knowledge can go a long way toward protecting you outside.

UV Rays are invisible and are part of energy from the sun (as well as from sun lamps and tanning beds). UV rays that reach the Earth include UVA and UVB. UVA rays have the lowest energy of UV rays, but can cause aging in skin cells and indirect damage to cell DNA. They can damage the skin, cause wrinkles, and may have a role in some skin cancers. UVB rays bring more energy, can damage skin cells directly, and bring sunburn. They are the cause of most skin cancers. (American Cancer Society).

Avoiding the harmful effects of the sun's rays, while enjoying the sun's benefits can be as easy as setting up some routine sun rules. Before you head outside, consider these tips from the American Academy of Dermatology:

- Know that even when it doesn't seem like the sun could affect you, it can. The sun's UV rays can reach you on cloudy or cool



- days, and they can reflect off of water, snow, sand, and cement.
- Apply a generous amount of broad-spectrum and water-resistant sunscreen with an SPF of at least 30 to all exposed skin 30 minutes before going out. Make sure to re-apply it every two hours and after sweating or going in water. Don't forget to cover your lips, ears, back of neck and tops of feet and hands. Wearing an SPF 15 lip balm is also a good idea.
  - Dress in protective clothing, such as a long-sleeved shirt and pants in tightly-woven fabric, along with a wide brimmed hat and sunglasses.
  - Know when to seek shade. The sun's rays are strongest between 10 am and 4 pm.
  - Be aware that some medications can make us more sensitive to the sun. Read labels carefully in case of sun restrictions.
  - Check out your local UV Index online for the level of UV exposure currently in your area. The lower the number, the safer it is.

We hope you feel confident to embrace summer fun under the sun. Let us know your outdoor plans on our Facebook on the 1st.



**Happy Birthday to our Staff & Residents:**

- Margy : July 9**  
**Darold : July 9**  
**Rebecca G : July 14**  
**Cherie : July 20**  
**Phillip: July 29**  
~~~~~

**Welcome Jack M. Our New Dining Services Director**



# July 2023 Highlights

**Observes: Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety**

**Celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Peaches, Picnics, and Watercolors**

|                                                    |                                                 |
|----------------------------------------------------|-------------------------------------------------|
| 01: Postal Worker Day; Creative Ice Cream Day      | 16: Corn Fritters Day; Ice Cream Day            |
| 02: Anisette Day; Wildland Firefighter Day         | 17: Lottery Day; Peach Ice Cream Day; Emoji Day |
| 03: Chocolate Wafer Day; Fried Clams Day           | 18: Caviar Day; Sour Candy Day                  |
| 04: Barbecued Spareribs Day; Caesar Salad Day      | 19: Daiquiri Day; Hot Dog Day                   |
| 05: Apple Turnover Day; Graham Cracker Day         | 20: Fortune Cookie Day; Lollipop Day; Moon Day  |
| 06: Fried Chicken Day; Hand Roll Day               | 21: Be Someone Day; Junk Food Day               |
| 07: Macaroni Day; Strawberry Sundae Day            | 22: Mango Day; Penuche Fudge Day; Cowboy Day    |
| 08: Chocolate with Almonds Day; Freezer Pop Day    | 23: Gorgeous Grandma Day; Parents' Day          |
| 09: Dimples Day; Sugar Cookie Day                  | 24: Amelia Earhart Day; Drive-Thru Day          |
| 10: Clerihew Day; Kitten Day; Pina Colada Day      | 25: Hot Fudge Sundae Day; Wine & Cheese Day     |
| 11: 7-Eleven Day; Blueberry Muffin Day; Mojito Day | 26: Bagelfest Day; Coffee Milkshake Day         |
| 12: Eat Jello Day; Pecan Pie Day; Simplicity Day   | 27: Intern Day; Crème Brûlée Day; Chili Dog Day |
| 13: Barbershop Music Day; Beans 'N' Franks Day     | 28: Milk Chocolate Day; Waterpark Day           |
| 14: Mac & Cheese Day; Collector Car Day; Fries Day | 29: Chicken Wing Day; Lasagna Day; Lipstick Day |
| 15: Love Horses Day; Tapioca Pudding Day           | 30: Father-in-Law Day; Cheesecake Day           |
|                                                    | 31: Avocado Day; Raspberry Cake Day; Mutt Day   |

## Our Executive Director's Corner

Dear residents, family members, and friends,

I cant believe its July already!

We sure have a fun-filled July planned - from outings to some great musical talent coming to perform.

We will be celebrating Independence Day on Monday, July 3rd, 2023 with a day of celebration including a BBQ, games, and so much more.

We look forward to seeing everyone at the BBQ dressed in their Red, White and Blue!

Thank you all for being a part of Sweetbriar Villa's family!  
Have a fun and safe July, everyone!



**Staff Spotlight:**  
**Cole**

**Cole is our employee of the month! He works in our kitchen as one of our amazing dining servers.**

**Cole was born and raised here in Springfield. He is a junior at Thurston High School. He plays Basketball and Football. In his free time, Cole enjoys going to the Florence Dunes and hanging out with friends and family.**

**Thank you, Cole, for everything you do here at Sweetbriar Villa! We appreciate you!**



**Resident Spotlight:**  
**Nina**





**Nina has been a resident here for 6 months. Nina was born in Manhattan New York. She lived in London her Senior year of high school. She has lived in Oregon for 33 Years, now. Nina worked as a Special Education teacher in New York, Arizona, & Oregon. She has one daughter and two grandchildren. Nina loves to cook, eat, read and travel. She is an avid bible reader. She recommends travelling to Switzerland and the Caribbean.**

**She also likes animals! Her favorite are dogs and horses. Nina likes music and is learning to play the piano from a fellow resident here. We love having Nina here!**



JULY 2023

Sweetbriar Villa • 1635 E Street Springfield Oregon (97478) • (541) 225-0200

| SUN                                                                                                                                                                                            | MON                                                                                                                                                                                                  | TUE                                                                                                                                                                                                                                                                                 | WED                                                                                                                                                                                                                                                             | THU                                                                                                                                                                                                 | FRI                                                                                                                                                                                                                                          | SAT                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| All activities<br>subject to change<br>per mandated<br>health guidelines.                                                                                                                      |                                                                                                                     | Picnic Month<br><br>Ice Cream Month<br><br>Blueberry Month                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                     |                                                                                                                                                                                                                                              | 1<br><br>9:00 Music<br>10:00 Balloon Ball<br>11:00 Cards & Coffee<br>12:00 MC Lunch Social<br>1:00 In2L<br>2:00 Craft<br>3:00 Bingo<br>4:00 Movie<br>5:00 One On One                    |
| 2<br><br>9:00 Music<br>10:00 In2L<br>11:00 Balloon Ball<br>12:00 One On One MC<br>1:00 Puzzles<br>2:00 Movie<br>3:00 Bingo<br>4:00 One On One<br>5:00 Dinning Room Social                      | 3<br><br>9:00 Music<br>10:30 Bible Study<br>11:00 Sing A Long<br>12:00 4th Of July BBQ<br>1:00 4th Of July Games<br>2:00 4th Of July Party<br>3:00 Bingo<br>4:00 MC Out Side<br>5:00 Outside Dinning | 4 Happy 4th Of July<br><br>9:00 Music<br>10:00 IN2L<br>11:00 Craft<br>12:00 One On One<br>1:00 Outside Social<br>2:00 Cards & Coffee<br>3:00 Bingo<br>4:00 Garden Time<br>5:00 Walking In Groups | 5 Wear White Day<br><br>9:00 Music<br>10:00 Scenic Drive<br>11:00 In2L<br>12:00 Cook Book Craft<br>1:00 Movie & Pop Corn<br>2:00 Movie<br>3:00 Bingo<br>4:00 MC Craft<br>5:00 Balloon Ball                                                                      | 6<br><br>9:00 Music<br>10:00 In2L<br>11:00 Trivia<br>12:00 Jeopardy<br>1:00 Card & Coffee<br>2:00 Lavender Hand Massage<br>3:00 Bingo<br>4:00 Outside Garden<br>5:00 One On One                     | 7 Wear Red Day<br><br>9:00 Music<br>10:00 Karaoke<br>11:00 In2L<br>12:00 Picnic Outside<br>1:00 Hand Theropy<br>2:00 Water Gun Painting Out-side<br>3:00 Bingo<br>4:00 Walking In Groups                                                     | 8<br><br>9:00 Music<br>10:00 Balloon Ball<br>11:00 Card`s And Coffee<br>12:00 MC Lunch Social<br>1:00 IN2L<br>2:00 Craft<br>3:00 Bingo<br>4:00 Movie<br>5:00 One On One                 |
| 9 Margy & Darold<br><br>9:00 Music<br>10:00 In2L<br>11:00 Balloon Ball<br>12:00 One On One MC<br>1:00 Movie<br>2:00 Movie & Popcorn<br>3:00 Bingo<br>4:00 Coloring<br>5:00 Dinning Room Social | 10<br><br>9:00 Music<br>10:30 Bible Study<br>11:00 Sing A Long<br>12:00 One On One<br>1:00 Hair & Manicules<br>2:00 Manicules<br>3:00 Bingo<br>4:00 Cards & Ice Tea<br>5:00 Outside Dinning          | 11<br><br>9:00 Music<br>10:00 Yoga<br>11:00 Travel Trivia<br>12:00 One On One<br>1:00 MC Outside<br>2:00 Walking Outside<br>3:00 Bingo<br>4:00 Garden Time<br>5:00 Craft                                                                                                            | 12<br><br>9:00 Music<br>10:00 Scenic Drive<br>11:00 IN2L<br>12:00 Cook Book Craft<br>1:00 Movie & Pop Corn<br>2:00 Movie<br>3:00 Bingo<br>4:00 Coloring<br>5:00 Balloon Ball | 13<br><br>9:00 Music<br>10:00 In2L<br>11:00 Trivia<br>12:00 Jeopardy<br>1:00 Cards & Coffee<br>2:00 Lavender Hand Massage<br>3:00 Bingo<br>4:00 Outside Garden<br>5:00 One On One                   | 14 Sweetbriar Villa Art & Wine Tasting<br>Rebecca<br><br>9:00 Music<br>10:00 Trivia<br>11:00 IN2L<br>12:00 MC One on One<br>1:00 Art Walk & Wine Tasting<br>2:00 Outside Art Festival<br>3:00 Bingo<br>4:00 One On One                       | 15 13 years & Sweetbriar<br>Tammie !!!<br><br>9:00 Music<br>10:00 Balloon Ball<br>11:00 Card`s & Coffee<br>12:00 MC Lunch Social<br>1:00 IN2L<br>2:00 Craft<br>3:00 Bingo<br>4:00 Movie |
| 16<br><br>9:00 Music<br>10:00 IN2L<br>11:00 Balloon Ball<br>12:00 One on One<br>1:00 Movie & Popcorn<br>2:00 Movie<br>3:00 Bingo<br>4:00 One On One MC<br>5:00 Dinning Room Social             | 17<br><br>9:00 Music<br>10:30 Bible Study<br>11:00 Sing a Long<br>12:00 One on One<br>1:00 Timothy Patrick<br>2:00 Band<br>3:00 Bingo<br>4:00 Games & Lemon Aid<br>5:00 Outside Dinning              | 18<br><br>9:00 Music<br>10:00 Yoga<br>11:00 Travel Trivia<br>12:00 One On One<br>1:00 MC Outside<br>2:00 Outside Painting<br>3:00 Bingo<br>4:00 Garden Time<br>5:00 Craft                                                                                                           | 19<br><br>9:00 Music<br>10:00 Library<br>11:00 IN2L<br>12:00 Cook Book Craft<br>1:00 Painting<br>2:00 Craft<br>3:00 Bingo<br>4:00 Puzzles<br>5:00 Balloon Ball                                                                                                  | 20 Cherie<br><br>9:00 Music<br>10:00 Karaoke<br>11:00 In2L<br>12:00 MC Picnic Lunch<br>1:00 Walking In Groups<br>2:00 Lavender Hand Massage<br>3:00 Bingo<br>4:00 Outside Garden<br>5:00 One On One | 21<br><br>9:00 Music<br>10:00 Karaoke<br>11:00 In2L<br>12:00 Friday Fun Cart<br>1:00 Ice Cream Cones<br>2:00 Craft<br>3:00 Bingo<br>4:00 MC One On One<br>5:00 Diner Social                                                                  | 22<br><br>9:00 Music<br>10:00 Balloon Ball<br>11:00 Card`s & Coffee<br>12:00 MC Lunch Social<br>1:00 In2L<br>2:00 Craft<br>3:00 Bingo<br>4:00 Movie<br>5:00 One On One                  |
| 23<br><br>9:00 Music<br>10:00 IN2L<br>11:00 Balloon Ball<br>12:00 One On One MC<br>1:00 Movie & Popcorn<br>2:00 Movie<br>3:00 Bingo<br>4:00 Coloring<br>5:00 Outside Dinning                   | 24<br><br>9:00 Music<br>10:30 Bible Study<br>11:00 Sing A Long<br>12:00 One On One<br>1:00 Hair & Manicules<br>2:00 Manicules<br>3:00 Bingo<br>4:00 Outside Dinning MC<br>5:00 Outside MC            | 25<br><br>9:00 Music<br>10:00 Yoga<br>11:00 Travel Trivia<br>12:00 Outside Social<br>1:00 Walking In Groups<br>2:00 Cards & Ice Tea<br>3:00 Bingo<br>4:00 Garden Time<br>5:00 Craft                                                                                                 | 26<br><br>9:00 Music<br>10:00 Scenic Drive<br>11:00 IN2L<br>12:00 Patio Social<br>1:00 Cards & Ice Tea<br>2:00 Board Games<br>3:00 Bingo<br>4:00 Outside Walks<br>5:00 Outside Garden                                                                           | 27<br><br>9:00 Music<br>10:00 In2L<br>11:00 Trivia<br>12:00 Jeopardy<br>1:00 Walking In Groups<br>2:00 Lavender Hand Massage<br>3:00 Bingo<br>4:00 Outside Garden<br>5:00 One On One                | 28 Wear Blue Day<br><br>9:00 Blueberry Pancakes<br>10:00 Blue`s Music<br>11:00 Blue Balloon Ball<br>12:00 Blueberry Pie & Muffin`s<br>1:00 Blue Blew Craft<br>2:00 Berry Craft<br>3:00 Bingo<br>4:00 Backyard Games<br>5:00 Blue Grass Music | 29 Phillip<br><br>9:00 Music<br>10:00 Balloon Ball<br>11:00 Card`Margys & Coffee<br>12:00 MC Lunch Social<br>1:00 IN2L<br>2:00 Craft<br>3:00 Bingo<br>4:00 Movie<br>5:00 One On One     |
| 30<br><br>9:00 Music<br>10:00 IN2L<br>11:00 Balloon Ball<br>12:00 One On One MC<br>1:00 Movie & Popcorn<br>2:00 Movie<br>3:00 Bingo<br>4:00 Patio Dinning<br>5:00 Outside Games                | 31<br><br>9:00 Music<br>10:30 Bible Study<br>11:00 Sing A Long<br>12:00 One On One<br>1:00 Hair & Manicules<br>2:00 Manicules<br>3:00 Bingo<br>4:00 Outside Dinning<br>5:00 One On One MC            | Congratulations Tammie on 13<br>Years !!!!!!!!!!!!!!!<br><br>                                                                                                                                   |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                     |                                                                                                                                                                                                                                              |                                                                                                                                                                                         |