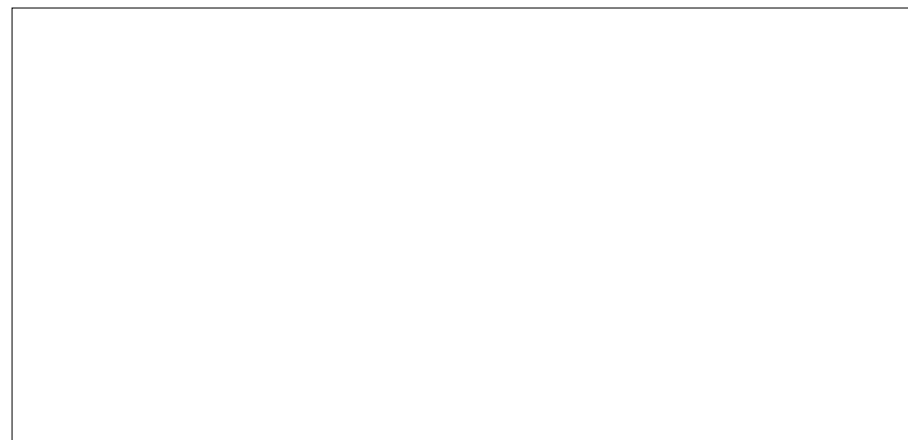




6135 E Street
Springfield, OR 97478

Stamp



Leadership Team

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Wellness Director:

Sabrina Fox

Dining Services Director:

Jack Morris

Life Enrichment Director:

Tracy Rasmussen



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

Sweetbriar Villa Bulletin

August 2023 Newsletter



2 Ways to Increase Happiness
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights & Community Event
7 Special Moments & Birthdays
8 Mission & Team

10 Ways to Increase Happiness: Some You Wouldn't Have Guessed!

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

"Come on get happy," so goes the Partridge Family theme song. But is it that easy? We hope to make it so with tips we've gathered toward happiness for older adults. Come on read along!

There are many different types of steps you can take to make a difference toward your happiness. Here are some actions to consider:

- **Keep connected.** Build and maintain social connections to boost mood, reduce stress, and improve self-esteem, per PsychCentral.
- Stop and smell the roses. Enjoy moments as they come by focusing on the present.
- **Brighten someone's day.** Lifting another person's mood with a kind comment can also benefit you by making you feel good.
- **Make your living space your own.** A recent study showed when living spaces reflect the personality and preferences of their inhabitants, older adults reported an increased sense of well-being.
- **Learn.** Investing time and energy into learning brings a sense of purpose and increased feelings of positivity.
- **Laugh.** If you can tune into a source that will make you laugh each day, do it. Laughing lowers the stress hormone cortisol and increases endorphins for a happy boost.
- **Eat a healthy diet.** Make sure to consult your health professional to find out dietary advice specific to you. For most seniors, the plate should look like a rainbow with lean protein, fruits and vegetables, whole grains, and low-fat dairy, per the National Council on Aging. MyPlate.gov is a great source for plate specifics based on age.
- **Keep hydrated.** The NCOA recommends drinking small amounts of fluids consistently through the day.
- **Stay physically active.** Adults 65 and over ought to have a least 150 minutes of moderate intensity activity weekly, per the CDC.
- **Address hearing challenges and consider using a hearing aid to help with hearing loss.** The University of Michigan conducted a 2019 study that found seniors who got a hearing aid when diagnosed with hearing loss had reduced depression and anxiety, as well as a reduced risk for falling.

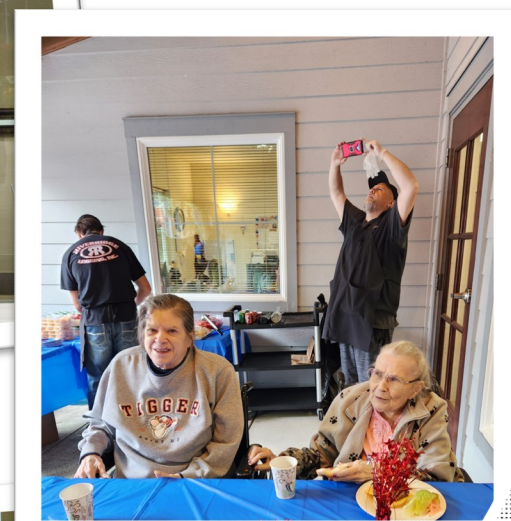
Physical health also plays a large role in how we feel. The way that we treat our bodies can go a long way, even as we face conditions that affect us. Prioritizing some key areas can boost happiness.



Try starting a daily gratitude journal. It can become your go-to happy spot!

Do you have a special tip for boosting your happiness that we haven't shared? We'd love to hear it on our Facebook post for this month's newsletter.

Special Moments



Happy Birthday to our Staff & Residents:

- Jasmine: Aug. 3
- Amaya: Aug. 11
- Jurline: Aug. 17
- Dick: Aug. 19
- Sarah: Aug. 19

August 2023 Highlights

Observes: Children's Eye Health, Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Heading Back to School, Peace, and Sandwiches

- | | |
|---|---|
| 01: Raspberry Cream Pie Day; Intl. Mahjong Day | 16: Airborne Day; Rum Day; Tell a Joke Day |
| 02: Coloring Book Day; Ice Cream Sandwich Day | 17: Black Cat Day; Thrift Shop Day |
| 03: Georgia Day; Watermelon Day; IPA Day | 18: Fajita Day; Ice Cream Pie Day; Pinot Noir Day |
| 04: Choc Chip Cookie Day; Beer Day | 19: Aviation Day; Potato Day; Soft Ice Cream Day |
| 05: Oyster Day; Disc Golf Day; Mustard Day | 20: Chocolate Pecan Pie Day; Radio Day |
| 06: Family Day; Root Beer Float Day; Sisters' Day | 21: Seniors' Day; Spumoni Day |
| 07: Lighthouse Day; Raspberries N' Cream Day | 22: Be An Angel Day; Pecan Torte Day |
| 08: Frozen Custard Day; Sleep Under Stars Night | 23: Cuban Sandwich Day; Sponge Cake Day |
| 09: Book Lovers Day; Rice Pudding Day | 24: Maryland Day; Peach Pie Day; Waffle Day |
| 10: Connecticut Day; S'mores Day | 25: Banana Split Day; Park Service Founders Day |
| 11: Sons & Daughters' Day; Raspberry Bombe Day | 26: Cherry Popsicle Day; Dog Day |
| 12: Julianne Fries Day; Vinyl Day; Bowling Day | 27: Just Because Day; Pots Dè Crème Day |
| 13: Filet Mignon Day; Prosecco Day | 28: Bow Tie Day; Cherry Turnover Day |
| 14: Creamsicle Day; V-J Day; Spirit of '45 Day | 29: Chop Suey Day; Lemon Juice Day |
| 15: Leathercraft Day; Lemon Meringue Pie Day | 30: Beach Day; Toasted Marshmallow Day |
| | 31: Eat Outside Day; Trail Mix Day |



Staff Spotlight: Tammie

Meet Tammie, one of the shining stars of our team! With an impressive 13-year tenure at Sweetbriar Villa, she has passionately dedicated herself to serving seniors, making her an invaluable member of our family.

Tammie tied the knot with her high school sweetheart, Lance whom she met during her time at Thurston High School. Together, they have built a beautiful family, blessed with a daughter and a son, and they now revel in the joy of being grandparents to two adorable granddaughters.

When Tammie isn't making our residents' lives brighter, she spends her days off surrounded by her loyal furry companions: Mega, the lovable dog, and her adorable 4 cats.

One of her greatest passions is Nascar, and in March, she had the thrilling experience of attending a Nascar race in Las Vegas. The photo captured during that exciting event showcases her glowing smile and vibrant spirit.

Her extraordinary commitment and dedication to our residents have earned her the well-deserved title of Employee of the Month. We are beyond grateful to have Tammie as an integral part of our team. Thank you, Tammie, for everything you do and for bringing so much joy and care into the lives of those we serve. You truly make a world of difference!



Resident Spotlight: Dick

Meet Dick, our resident of the month! Hailing from the charming town of Lewiston, Idaho, Dick's life journey has been nothing short of fascinating.

After completing high school, he joined the Navy in 1955, honorably serving his country until 1959. After his service, Dick tied the knot with his high school sweetheart, Arlene. Together they moved to Springfield, Oregon, and in 1960 Dick joined the ranks of the Springfield Police Department as an Officer where he served the Springfield community for 10 years. In 1970, Dick decided to embrace a new chapter in his professional life and became a Mailman for Springfield. He retired in 1995 and became a snowbird in Arizona.

Dick and Arlene share 4 boys, 8 grandkids, and 7 great-grandkids.

A dedicated sports fan, he loves cheering for The Seahawks, Mariners, and basketball. Dick has become an integral part of our community over the past year-and-a-half, bringing laughter and joy wherever he goes.



Join Sweetbriar Villa for our

BUCKAROO BBQ

Saturday, August 12th from Noon - 3 PM

6135 E Street | Springfield, OR

Howdy partner! We're throwing a rip-roarin' Western-style shindig, and we reckon you don't wanna miss it! Saddle up and mosey on over for a finger-lickin' BBQ extravaganza like no other.

RSVP


RTracy@SweetbriarVilla.com

541-225-0200



AUGUST 2023

SWEETBRIAR VILLA• 1635 E STREET SPRINGFIELD OREGON 97478 • (541) 225-0200

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 9:00 Music 10:00 Yoga 11:00 In2l 12:00 Lunch Social 1:00 One On One 2:00 Tea Party 3:00 Bingo 4:00 MC one On One 5:00 Dinner Social	2 COLORING BOOK DAY 9:00 Music 10:00 Color Trivia 11:00 Relaxation Coloring 12:00 Lunch Social 1:00 Library Book Tracy 2:00 Coloring With Paint 3:00 Bingo 4:00 MC Coloring	3 JASMINE ★ 9:00 Music 10:00 IN2L 11:00 Cookbook Craft 12:00 Lunch Social 2:00 Thirsty Thursday 3:00 Bingo 4:00 Cards & Coffee 5:00 Walking Outside	4 9:00 Music 10:00 IN2L 11:00 Hand Therapy 12:00 Lunch Social 1:00 Cards & Coffee 2:00 Games IN2L 3:00 Bingo 4:00 Craft 5:00 Walks Outside	5 9:00 Music 10:00 IN2L 11:00 Balloon Ball 12:00 Lunch Social 1:00 Trivia 2:00 Cards & Coffee 3:00 Bingo 4:00 Beading 5:00 MC Balloon Ball
6 ROOT BEER DAY 9:00 IN2L 10:00 Trivia 11:00 Root Beer Trivia 12:00 Root Beer Floats 1:00 Music 2:00 Balloon Ball 3:00 Bingo 4:00 Outside Social 5:00 MC Craft	7 9:00 Music 10:00 Church 11:00 Bible Study 12:00 Lunch Social 1:00 Manicures & Hair 2:00 Beauty Shop 3:00 Bingo 4:00 Walking Outside 5:00 Mc Craft	8 9:00 Music 10:00 Yoga 11:00 Kids Orchestra 12:00 Lunch Social 1:00 In2l 2:00 Resident Council 3:00 Bingo 4:00 Craft 5:00 Dinner Social	9 9:00 Music 10:00 Scenic Drive 11:00 IN2L 12:00 Lunch Social 1:00 Movie 2:00 Popcorn Social 3:30 Bingo 4:00 Craft	10 9:00 Music 10:00 IN2L 11:00 Cookbook Craft 12:00 Lunch Social 1:00 MC One-on-One 2:00 Board Games 3:00 Bingo 4:00 Card & Coffee 5:00 Walking Outside	11 ELVIS DAY AMAYA ★ 10:00 ELVIS Trivia 11:00 Elvis Music 12:00 Elvis Treats 1:00 Elvis Movie 2:00 Popcorn Social 3:00 Bingo 4:00 Elvis Documentary 5:00 Elvis Has Left The Building	12 BUCKAROO BBQ 10:00 In2l 11:00 Country Music 12:00 BBQ 1:00 Country Classic Band 2:00 Rose Garden Social 3:30 Bingo 4:00 IN2L 5:00 Outside Walks
13 9:00 In2L 10:00 Music 11:00 Balloon Ball 12:00 Lunch Social 1:00 Balloon Ball MC 2:00 One-on-One 3:00 Bingo 4:00 Outside Social 5:00 MC Craft	14 9:00 Music 10:00 Church 11:00 Bible Study 12:00 Lunch Social 1:00 One-on-One 2:00 Manicures 3:00 Bingo 4:00 Walking Outside 5:00 Craft	15 REALAX DAY 9:00 Music 10:00 Yoga 11:00 IN2L 12:00 Lunch Social 1:00 Lavender Hand Massages 2:00 Walking Outside 3:00 Bingo 4:00 MC One On One	16 9:00 Music 10:00 Scenic Drive 11:00 In2L 12:00 Lunch Social 1:00 Movie 2:00 Popcorn Social 3:00 Bingo 4:00 Craft	17 JURLINE ★ 9:00 Music 10:00 IN2L 11:00 Cookbook Craft 12:00 Lunch Social 1:00 MC One-on-One 2:00 Board Games 3:00 Bingo 4:00 Thirsty Thursday 5:00 Walking In Groups	18 9:00 Music 10:00 IN2L 11:00 Rose Garden Social 12:00 Lunch Social 1:00 Craft 2:00 Beading 3:00 Bingo 4:00 Craft 5:00 Walking In Groups	19 AVIATION DAY SARAH DICK ★ 9:00 Music 10:00 Airplane Music 11:00 Airplane Trivia 12:00 Airplane Drinks 1:00 Games 2:00 Balloon Ball 3:00 Bingo
20 BOW TIE DAY 9:00 IN2L 10:00 Music 11:00 Balloon Ball 12:00 Lunch Social 1:00 Balloon Ball MC 2:00 One-on-One 3:00 Bingo 4:00 Outside Social 5:00 MC Craft	21 9:00 Music 10:00 Church 11:00 Bible Study 12:00 Lunch Social 1:00 One-on-One 2:00 Timothy Patrick 3:30 Bingo 4:00 In2L 5:00 Craft	22 9:00 Music 10:00 Yoga 11:00 IN2L 12:00 Lunch Social 1:00 Craft 2:00 Movie & Popcorn 3:00 Bingo 4:00 Walking Outside 5:00 Dinner Social	23 9:00 Music 10:00 Scenic Drive 11:00 IN2L 12:00 Lunch Special 1:00 Movie 2:00 Popcorn Social 3:00 Bingo 4:00 Craft	24 9:00 Music 10:00 IN2L 11:00 Cook Book Craft 12:00 Lunch Social 1:00 MC One-on-One 2:00 Board Games 3:00 Bingo 4:00 Spin It To Win It 5:00 Walking In Groups	25 9:00 Music 10:00 Cards & Coffee 11:00 Papas Pizza 12:00 Pizza Social 1:00 In2L 2:00 Fun Cart 3:00 Bingo 4:00 Craft 5:00 Walking In Groups	26 9:00 Music 10:00 IN2L 11:00 Movie 12:00 Popcorn Social 1:00 Movie 2:00 Craft 3:00 Bingo 4:00 MC Hand Therapy 5:00 Games IN2L
27 9:00 IN2L 10:00 Music 11:00 Balloon Ball 12:00 Lunch Social 1:00 Balloon Ball MC 2:00 One-on-One 3:00 Bingo 4:00 Outside Social 5:00 MC Craft	28 9:00 Music 10:00 Church 11:00 Bible Study 12:00 Lunch Social 1:00 Manicures 2:00 Beauty Shop 3:00 Bingo 4:00 IN2L 5:00 Craft	29 9:00 Music 10:00 Yoga 11:00 In2l 12:00 Travel Tuesday 1:00 One-on-One 2:00 Tea Party 3:00 Bingo 4:00 Outside Social 5:00 MC One-on-One	30 9:00 Music 10:00 Scenic Drive 11:00 IN2L 12:00 Lunch Social 1:00 Movie 2:00 Popcorn Social 3:00 Bingo 4:00 Craft	31 9:00 Music 10:00 IN2L 11:00 Cookbook Craft 12:00 MC One-on-One 1:00 One-on-One 2:00 Lavender Hand Therapy 3:00 Bingo 4:00 Thirsty Thursday 5:00 Outside Social MC	Welcome !!!!! David Mary Ellen Brenda Cynthia ☺	



You're Invited to
Mosey On
Down to Our

BUCKAROO
BBQ

Saturday, Aug. 12th
Noon - 3 PM

Our grill masters will
be servin' up BBQ
pulled pork
sandwiches and your
favorite
All-American sides
that'll make your
taste buds dance a jig.
Speakin' of dancin' -
don't miss out on a
live musical
performance by the
Country Classic Band!

