



6135 E Street
Springfield, OR 97478

Stamp



Leadership Team
Phone: 541.225.0200
Email: info@sweetbriarvilla.com
Website: sweetbriarvilla.com
Facebook: [SweetbriarVillaSeniorLiving](https://www.facebook.com/SweetbriarVillaSeniorLiving)

Executive Director:
Nicole Hampl
Community Sales Director:
Ruth Tracey
Wellness Director:
Sabrina Fox
Nurse :
Ariel Whitney
Business Office Director:
Ruth Tracey
Dining Services Director:
Steven Agnes
Maintenance Director:
Travis Hathorn
Life Enrichment Director:
Tracy Rasmussen



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

Sweetbriar Villa Bulletin

September 2023 Newsletter



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Ways to Support an End to Alzheimer's Disease

This autumn, our community is looking forward to the Alzheimer’s Association’s Walk to End Alzheimer’s. The walk takes place in more than 600 communities across the United States each year, fundraising toward Alzheimer’s care, support, and research. For those looking to take action toward an end to Alzheimer’s, here are some ways you can support the cause, from the walk and beyond.

- Walk in the Walk to End Alzheimer’s! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org

Our local walk will be taking place:
Sunday, October 8
at Alton Baker Park (100 Day Island Rd., Eugene, OR 97401)
Time: TBD

(Subject to change. Please check alz.org)

- Participate in the Ride to End Alzheimer’s. You can bike ride anywhere for this Summer Challenge and raise funds toward research.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer’s and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs with the Donate-A-Car Program. Proceeds support the Alzheimer’s Association and may provide tax benefits. Call 855.277.6227.



Alzheimer’s Fast Facts: Americans who have Alzheimer’s is growing. More than 6.7 million Americans have Alzheimer’s and 1 in 3 seniors pass with Alzheimer’s or Dementia. Early diagnosis can provide medical, emotional, and social benefits; aid with clinical trial participation; enable people to be in control of their legal and financial wishes; and create cost savings in medical and long-term care.

- Be a Volunteer Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer’s or dementia.
- Be a Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer’s Association.
- Be a Volunteer Community Educator, providing education and expanding program reach. Vist: volunteer.alz.org/Volunteeropportunities/becoming
- Share on social media: The more accurate information about Alzheimer’s that is shared, the more people will support the fight against Alzheimer’s. Don’t forget to hashtag your efforts with #endalz.

Let us know on the first of the month on our facebook what efforts you’re excited about taking part in toward an end to Alzheimer’s!

Special Moments



September 2023 Highlights

Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care

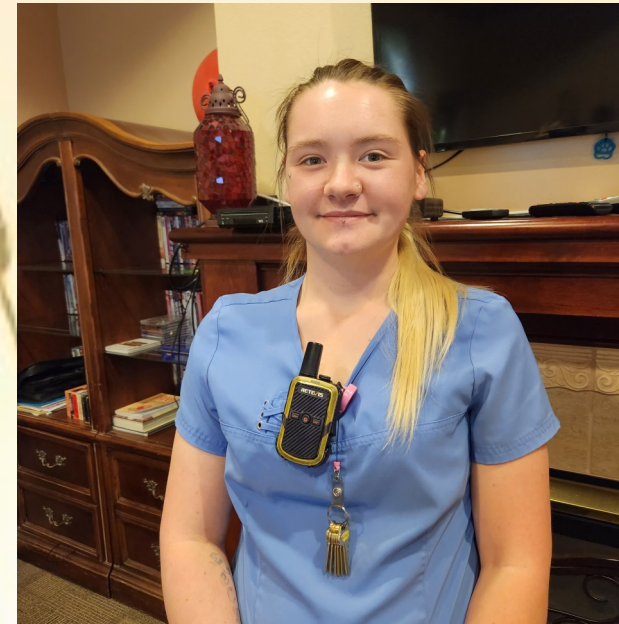
Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing

- | | |
|--|---|
| 01: Chianti Day; College Colors Day; Food Bank Day | 16: Raisin Bread Day; Guac Day; Play-Doh Day |
| 02: V-J Day; World Beard Day; Tailgating Day | 17: Apple Dumpling Day; Monte Cristo Day |
| 03: Cinema Day; U.S. Bowling League Day | 18: Air Force Birthday; Cheeseburger Day |
| 04: Labor Day; Macadamia Nut Day; Wildlife Day | 19: Butterscotch Pudding Day; Talk Like Pirates Day |
| 05: Cheese Pizza Day | 20: Fried Rice Day; Pepperoni Pizza Day; Punch Day |
| 06: Coffee Ice Cream Day; Read A Book Day | 21: Chai Day; New York Day; Pecan Cookie Day |
| 07: Acorn Squash Day; Beer Lovers Day; Salami Day | 22: Centenarian's Day; States and Capitals Day |
| 08: Star Trek Day; World Ampersand Day | 23: Fall Begins; Family Health & Fitness Day |
| 09: Teddy Bear Day; Wiener Schnitzel Day | 24: Cherries Jubilee Day; Punctuation Day |
| 10: Grandparent's Day; Ideas Day; TV Dinner Day | 25: Daughter's Day; Quesadilla Day; Family Day |
| 11: Hot Cross Bun Day; Patriot Day | 26: Dumpling Day; Pancake Day |
| 12: Chocolate Milkshake Day; Ants on a Log Day | 27: Women Health Fitness Day; Chocolate Milk Day |
| 13: Peanut Day; Uncle Sam Day | 28: Good Neighbor Day; Strawberry Cream Pie Day |
| 14: Cream Filled Donut Day; Eat a Hoagie Day | 29: Coffee Day; VFW Day |
| 15: Cheese Toast Day; Felt Hat Day; Linguine Day | 30: Chewing Gum Day; Hot Mulled Cider Day |



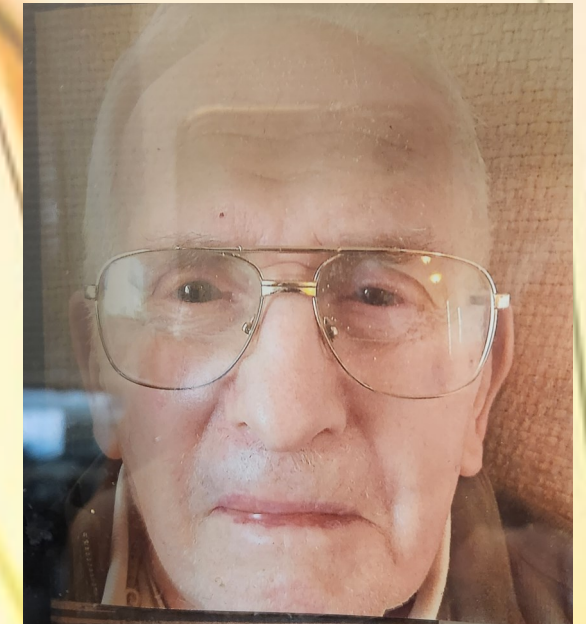
**Happy Birthday to our
Staff & Residents:**

Maria: Sept.2
Jackie: Sept.15
Ashley: Sept. 17
Susan M: Sept. 23
James: Sept. 2



Cheyann

Cheyann has worked at Sweetbriar Villa since March of this year. She is an amazing caregiver & med tech. She grew up in Veneta, Oregon, and graduated from Elmira High School. Cheyann lives with her mom, sister, and nephew. She loves anything to do with art. Cheyann is always willing to help out in any department when needed. We love having her as a part of our team here at Sweetbriar Villa. Thank you, Cheyann, for all you do!



James

James has been a resident at Sweetbriar for 8 years. He hails from Washington. He joined the Marines after high school and married his wife after his return from serving in the Marines. Together, they had three daughters. James worked as a logger in Washington & Oregon. James loves telling stories of his logging days and visiting with his family. He loves scrambled eggs & root beer floats and spends many afternoons watching old westerns and football. Thanks James for always being kind to all of us!

<div> <div>SEPTEMBER 2023</div> <div> <div>Sweetbriar Villa</div> <div> 6135 E St., Springfield, Oregon 97478 </div> <div>(541) 225-0200</div> </div> </div>						
SUN	MON	TUE	WED	THU	FRI	SAT
	 <div>Beavers</div>				<div>1 Wear Either U of O or OSU for College Colors Day</div> <div> 9:00 Music 10:00 College Fight Songs 11:00 IN2L 12:00 Oregon Sports Trivia 1:00 College Trivia 2:00 The Longest Yard Game 3:00 Bingo 4:00 MC One on One </div>	<div>2 Maria's Birthday</div> <div> 9:00 Music 10:00 IN2L 11:00 Balloon Ball 12:00 Lunch Social 1:00 Painting 2:00 Bingo 3:00 Walking In Groups 4:00 MC Outside </div>
<div>3 National Waffle Week</div> <div> 9:00 Waffle Breakfast 10:00 Music 11:00 IN2L 12:00 Lunch Social 1:00 Balloon Ball 2:00 Bingo 3:00 Coloring 4:00 Movie </div>	<div>4 Labor Day</div> <div> 9:00 Music 10:30 Bible Study 11:00 Karaoke 12:00 One On One 1:00 Manicures 2:00 Waffle Cone Social 3:30 Bingo 4:00 Cards & Coffee 5:00 MC Craft </div>	<div>5</div> <div> 9:00 Music 10:00 IN2L 11:00 Travel Tuesday 12:00 Games 1:00 Word Trivia 2:00 Tea Tuesday 3:00 Bingo 4:00 Hand Therapy 5:00 Puzzles MC </div>	<div>6</div> <div> 9:00 Music 10:00 Scenic Drive 11:00 IN2L 12:00 Movie 1:00 Movie & Popcorn 2:00 Walking In Groups 3:00 Bingo 4:00 Funny Animal Videos 5:00 Puzzles </div>	<div>7</div> <div> 9:00 Music 10:00 Trivia 11:00 In2L 12:00 Crossword Puzzles 1:00 Friday Fun Cart 2:00 Movie & Root Beer Floats 3:00 Bingo 4:00 MC Craft 5:00 </div>	<div>8</div> <div> 9:00 Morning Gathering 10:00 Music 11:00 IN2L 12:00 1 on 1 Dining Room 1:00 Fun Cart 2:00 Singing Sarah 3:00 Bingo 4:00 Bingo Prize 5:00 One On One MC </div>	<div>9 Jordan's Birthday</div> <div> 9:00 Music 10:00 IN2L 11:00 Balloon Ball 12:00 Lunch Social 1:00 Beading 2:00 Bingo 3:00 Walking In Groups 4:00 MC Outside </div>
<div>10</div> <div> 9:00 Music 10:00 IN2L 11:00 Balloon Ball 12:00 Lunch Social 1:00 Coloring 2:00 Bingo 3:00 Cards & Coffee 4:00 Painting </div>	<div>11</div> <div> 9:00 Music 10:30 Bible Study 11:00 Manicures 12:00 Lunch Social 1:00 One On One 2:00 All Staff Meeting 3:30 Bingo 4:00 MC Social 5:00 Dinner Social </div>	<div>12</div> <div> 9:00 Music 10:30 IN2L 11:30 Resident Council Meets 12:00 One On One 1:00 Puzzles 2:00 Craft 3:00 Bingo 4:00 MC One On One 5:00 Dinner Social </div>	<div>13</div> <div> 9:00 Music 10:00 Scenic Drive 11:00 IN2L 12:00 One On One 1:00 Movie & Popcorn 2:00 Movie 3:00 Bingo 4:00 MC One on One 5:00 Dinner Social </div>	<div>14</div> <div> 9:00 Music 10:00 Balloon Ball 11:00 Cook Book Craft 12:00 Coloring 1:00 Movie 2:00 Popcorn Social 3:00 Bingo 4:00 Spin It To Win It 5:00 Dinner Social </div>	<div>15 Jackie's Birthday</div> <div> 9:00 Morning Gathering 10:00 Cook Book Craft 11:00 Favorite Recipes 12:00 Lunch Social 1:00 IN2L 2:00 Cards & Coffee 3:00 Bingo 4:00 Movie & Popcorn </div>	<div>16</div> <div> 9:00 Music 10:00 IN2L 11:00 Balloon Ball 12:00 Lunch Special 1:00 Walking In Groups 2:00 Bingo 3:00 Walking In Groups 4:00 MC Outside </div>
<div>17 Ashley's Birthday</div> <div> 9:00 Music 10:00 IN2L 11:00 Balloon Ball 12:00 Lunch Social 1:00 Coloring 2:00 Bingo 3:00 One ON One 4:00 MC - One ON One </div>	<div>18 National Cheeseburger Day</div> <div> 9:00 Music 10:30 Bible Study 11:00 Manicures 12:00 Lunch Social 1:00 Coloring 2:00 Timothy Patrick Music 3:30 Bingo 4:00 Coloring 5:00 Dinner Social </div>	<div>19</div> <div> 9:00 Music 10:30 IN2L 11:00 Cards & Coffee 12:00 One On One 1:00 Painting 2:00 Tea Tuesday 3:00 Bingo 4:00 MC Social 5:00 Dinner Social </div>	<div>20 Wear Hawaiian Day</div> <div> 9:00 Pineapple Juice 10:00 Juice Bar 11:00 Blue Hawaiian - Movie 12:00 Luau 1:00 Party 2:00 Hawaii Trivia 3:00 Bingo 4:00 MC One On One </div>	<div>21 World Alzheimer's Day Wear Hawaiian Day</div> <div> 9:00 Music 10:00 Donuts & Coffee 11:00 Movie 12:00 In2L 1:00 Craft With Sea Shells 2:00 Sea Shell Craft 3:00 Bingo 4:00 Coloring 5:00 Dinner Social </div>	<div>22 Wear Hawaiian Day</div> <div> 9:00 In2L 10:00 Hawaiian Music 11:00 Travel To Hawaii 12:00 Movie 1:00 Pineapple Drinks On The Beach 2:00 Hula Dancers On IN2L 3:00 Bingo </div>	<div>23 Susan M. & James Birthday</div> <div> 9:00 Music 10:00 IN2L 11:00 Balloon Ball 12:00 Lunch Special In MC 1:00 Walking In Groups 2:00 Bingo 3:00 Coloring 4:00 Movie & Popcorn </div>
<div>24</div> <div> 9:00 Music 10:00 Balloon Ball 11:00 IN2L 12:00 Movie 1:00 Popcorn Soda Cart 2:00 Movie 3:00 Bingo 4:00 MC Balloon Ball </div>	<div>25</div> <div> 9:00 Music 10:30 Bible Study 11:00 IN2L 12:00 Karaoke 1:00 Lavender Hand Massage 2:00 Manicures 3:00 Bingo 4:00 Craft 5:00 Dinner Social </div>	<div>26 National Family Day</div> <div> 9:00 Music 10:00 IN2L 11:00 Karaoke 12:00 One On One 1:00 Family Stories 2:00 Tea Party 3:00 Bingo 4:00 MC Social 5:00 Dinner Social </div>	<div>27</div> <div> 9:00 Music 10:00 Scenic Drive 11:00 IN2L 12:00 One On One 1:00 Movie & Popcorn 2:00 Movie 3:00 Bingo 4:00 Lavender Hand Therapy 5:00 Dinner Social </div>	<div>28</div> <div> 9:00 Music 10:00 IN2L 11:00 Puzzles 12:00 One On One 1:00 MC One On One 2:00 Beer & Chips Fun Cart 3:00 Bingo 4:00 Board Games 5:00 MC Coloring </div>	<div>29</div> <div> 9:00 Music 10:00 IN2L 11:00 Travel Trivia 12:00 Lunch Social 1:00 Friday Fun Cart 2:00 Beading 3:00 Bingo 4:00 Walking In Groups 5:00 Dinner Social </div>	<div>30</div> <div> 8:30 Farmers Breakfast 9:00 Farmers Breakfast 10:30 Farmers Event 11:00 Music 12:00 Craft 1:00 Cook Book Club 2:00 Walking In Groups 3:00 Bingo 4:00 MC Craft </div>