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Stamp



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

# Sweetbriar Villa Bulletin

October 2023 Newsletter



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## Hearing Health Tips & New Technologies

If you're struggling to hear certain sounds or voices that you've always been able to hear just fine, you may be facing a common issue: age-related hearing loss (known as presbycusis). It affects one in three adults over 65, and fortunately, there are various ways to treat it.

The causes of presbycusis include changes in the inner ear, middle ear, or in nerve paths to the brain. Other contributors may include prolonged exposure to loud noises, loss of hair cells, genetic factors, health conditions like heart disease or diabetes, and some medications, per John Hopkins Medicine. It is not a reversible condition so prevention (by avoiding loud noise exposure or wearing ear plugs) is wise.

If you're wondering if you're experiencing hearing loss, but are not sure, there are symptoms to look out for. Presbycusis often occurs gradually and subtly over time. You may find it harder than usual to hear soft voices, children's voices, and speech during background noise, and you may miss words in conversation, according to the American Academy of Audiology. You may also experience ear ringing or hear mumbled or slurred speech. To find out if you are in fact experiencing hearing loss, you'll want to seek a diagnosis from your health provider. You may be referred to a hearing specialist who can test if there are tones you're unable to hear.

When it comes to treatment options for hearing loss, the options are plentiful.

- Hearing Aids are widely used and just recently became available over the counter. Their technology moves forward with recent improvements such as directional



Did you know? Hearing loss affects 30-35% of adults between 65 and 75, and 40-50% of those 75 and older. (American Academy of Audiology)

microphones that can help speech be understood over background noise.

- Cochlear implants can help by creating signals the brain interprets as sound.
- Telecoils can enhance hearing aids and cochlear implants.
- Assistive listening devices (a hearing loop system, FM system, or infrared system) help amplify sounds and can be used with or without hearing aids.
- Augmentative and alternative communication devices can help people express themselves via a picture board or text display.
- Alerting devices use sound, light, and vibrations to alert users of events. (National Institute on Deafness and Other Communication Disorders)

Let us know if this article has been helpful to you on our Facebook post for this month's newsletter.

## Special Moments



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

**Dorothy: Oct. 26**

**Cole: Oct. 28**

**Cheyann: Oct. 28**

**Kathy Mary: Oct. 30**





Stop by Sweetbriar Villa for our

# HALLOWEEN

*trunk or treat!*

**OCT. 31, 2023**

**5 PM to 7 PM**

6135 E Street | Springfield, OR

Bring out your kids and grandkids  
to Sweetbriar Villa for a  
Trunk-or-Treat experience!

**Treats | Costume Contest | Prizes**



**Staff Spotlight:**  
**Rebecca**

Rebecca is an amazing caregiver. She has worked at Sweetbriar Villa since May and is always volunteering during our special events.

Rebecca was born in Montana. She grew up in Port Townsend and Madras. She and her husband of 24 years live in Lorane, a small town outside of Eugene. Rebecca has three kids: two girls and one boy. She enjoys going to First Baptist Church and singing in the choir. In her spare time, she knits, works on plastic canvas, and walks her two dogs. Rebecca is so amazing. We are thankful for all she does.



**Resident Spotlight:**  
**Pete**

Pete is our resident of the month. He was born and raised in Tennessee. He joined his dad in Oregon to work with him. He loves airplanes and was in the Air Force. He went to LCC to get his airplane mechanic certificate, and he flew small airplanes. He owned an airplane and boat painting business in Washington.

He met Joyce in a fender bender on his way to get car insurance! They lived in Alaska and California where they have two daughters and three grandkids. Pete built a house in Oakridge and retired from States Industries.



SUN	MON	TUE	WED	THU	FRI	SAT
1  9:00 Music 10:00 In2L 11:00 Puzzles 1:00 Bingo 2:00 Balloon Ball 3:00 Coloring 4:00 Movie	2 Mega Monday  9:00 Music 10:00 Bible Study 11:00 Karaoke 12:00 Mega Hour 1:00 Manicures 2:00 Hand Therapy 3:00 Bingo 4:00 One On One	3  9:00 Music 10:00 Yoga 11:00 Cards & Coffee 1:00 Tea Party 2:00 Trivia 3:00 Bingo 4:00 MC One On One	4  9:00 Music 10:00 In2L 11:00 Scenic Drive 1:00 Movie & Pop Corn 2:00 Movie 3:00 Bingo 4:00 One on One	5  9:00 Music 10:00 In2L 11:00 Cards & Coffee 1:00 MC One On One 2:00 Travel Trivia 3:00 Bingo 4:00 Coloring	6  9:00 Music 10:00 In2L 11:00 Games 1:00 Friday Fun Cart 2:00 Craft 3:00 Bingo 4:00 Coloring	7  9:00 Music 10:00 In2L 11:00 Balloon Ball 1:00 Games 2:00 Craft 3:00 Bingo 4:00 Movie
8  9:00 Music 10:00 IN2L 11:00 Balloon Ball 1:00 Craft 2:00 Movie & Pop Corn 3:00 Bingo 4:00 Coloring MC	9 Mega Monday  9:00 Music 10:00 Bible Study 11:00 Karaoke 1:00 Manicures 2:00 Mega Hour MC 3:00 Bingo 4:00 One On One	10 WHO IS YOUR IDOL?  9:00 Music 10:00 Yoga 11:00 Cards & Coffee 1:00 Idol Party 2:00 All STAFF Meeting 3:00 All Staff Meeting 4:00 Bingo	11  9:00 Music 10:00 In2L 11:00 Scenic Drive 1:00 Movie & Phone 2:00 Movie 3:00 Bingo 4:00 One On One	12  9:00 Music 10:00 In2L 11:00 Resident Council 1:00 Cards & Coffee 2:00 Travel Trivia 3:00 Bingo 4:00 Coloring MC	11  9:00 Music 10:00 In2l 11:00 Halloween Craft 1:00 Pumkin Cake & Coffee 2:00 Pumkin Decorating 3:00 Bingo 4:00 MC Walks	12 Alzheimer Walk  10:00 In2L 11:00 Alzheimer`s Walk 1:00 Alzheimer`s Walk 2:00 Alzheimer`s Walk 3:00 Bingo 4:00 One On One
15  9:00 Music 10:00 In2l 11:00 Balloon Ball 1:00 Craft 2:00 Movie 3:00 Bingo 4:00 Coloring In MC	16 Mega Monday  9:00 Music 10:00 Bible Study 11:00 Karaoke 12:00 Mega Hour 1:00 Manicures 2:00 Mega Hour 3:00 Bingo 4:00 One On One	17  9:00 Music 10:00 In2L 11:00 Yoga 1:00 Halloween Cookie`s 2:00 Halloween Howls With Timothy Patrick 3:00 Music Social 4:00 Bingo	18  9:00 Music 10:00 In2L 11:00 Scenic Drive 1:00 Movie & Pop corn 2:00 Movie 3:00 Bingo 4:00 One On One	19  9:00 Music 10:00 IN2L 11:00 Cards & Coffee 1:00 MC One on One 2:00 Therapy Dogs 3:00 Bingo 4:00 MC Coloring	20  9:00 Music 10:00 In2L 11:00 Puzzles 1:00 Halloween Snack Cart 2:00 Pumkin Donuts 3:00 Bingo 4:00 One On One	21  9:00 Music 10:00 In2L 11:00 Bingo 1:00 Movie 2:00 Movie 3:00 Balloon Ball 4:00 Walking In Groups
22  9:00 Music 10:00 In2L 11:00 Bingo 1:00 Coloring 2:00 Halloween craft 3:00 Card Games 4:00 Spooky Movie	23  9:00 Music 10:00 Bible Study 11:00 Karaoke 12:00 Mega Hour MC 1:00 Manicures 2:00 Hand Therapy 3:00 Bingo 4:00 One On One	24  9:00 Music 10:00 In2L 11:00 Yoga 1:00 Hand Therapy 2:00 Tea Party 3:00 Bingo 4:00 Walking in Groups	25  9:00 Music 10:00 In2L 11:00 Scenic Drive 1:00 Movie & Pop Corn 2:00 Movie 3:00 Bingo 4:00 Games On In2L	26  9:00 Music 10:00 In2L 11:00 Cards & Coffee 1:00 Funny Video`s 2:00 Trivia 3:00 Bingo 4:00 MC Coloring	27  9:00 Music 10:00 In2L 11:00 Dames On The In2L 1:00 Halloween Craft 2:00 Pumkin Lattes 3:00 Bingo 4:00 MC One On One	28  9:00 Music 10:00 In2l 11:00 Bingo 1:00 Movie 2:00 Movie 3:00 Balloon Ball 4:00 Walking In Groups
29  9:00 Music 10:00 In2L 11:00 Bingo 1:00 Movie & 2:00 Popcorn 3:00 Balloon Ball 4:00 Games	30  9:00 Music 10:00 Bible Study 11:00 Karaoke 1:00 Manicures 2:00 Hand Therapy 3:00 Candy Corn Bingo 4:00 One ON One	31 Happy Halloween!  9:00 Music 10:00 In2l 11:00 Cards & Coffee 1:00 Craft 2:00 Party 3:00 Trunk Or Treat 4:00 Halloween Party 5:00 Costume Contest				