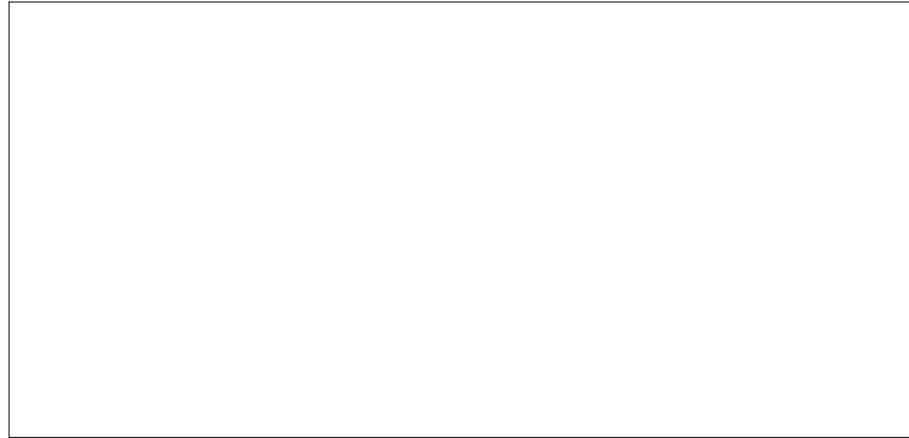




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Maintenance Director:
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Sweetbriar Villa Bulletin

November 2023 Newsletter



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Ways to Honor Our Veterans

Veterans Day takes place on November 11, honoring veterans of the United States' armed forces. On that day and beyond, here are some ways to honor the veterans in your life and community.

Visit a VA Hospital. Call ahead to find out their guidelines for visiting and/or volunteering and see how you can make a difference for the veterans there.

Visit a War Memorial. Take the time to observe and remind yourself and others about our veterans sacrifices.

Send thank you mail to veterans. There are various organizations that you can seek out for reaching veterans. A few links to do so include:

- amillionthanks.org/letter/
- supportourtroops.org/cards-letters
- www.operationgratitude.com/volunteer/anywhere/letters/

Strike up a conversation with a veteran. It is not only a great feeling to connect with another person, but it is special to a veteran when you take the time to hear what they want to share from their story.

Support charities that bring support to veterans. A few include:

- K9s For Veterans: k9sforwarriors.org
- Vehicles For Veterans: www.vehiclesforveterans.org
- Disabled American Veterans: dav.org
- Wounded Warriors Family Support: wwfs.org



Do you know all of the branches of U.S. Armed Forces? There are six: the Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force.

Display and use your American flag properly. Rules of thumb include not hanging the flag upside down or backwards and if you hang it vertically, have the stars on the viewer's left. Also, don't let the flag touch the ground. On Memorial Day, have the flag at half-mast from sunrise to noon then at full-mast the rest of the day.

Know the difference between Veterans Day and Memorial Day. Memorial Day is the last Monday in May, honoring those who have passed serving in the military. Veterans Day honors all who have served in the Armed Forces.

Buy a veteran a cup of coffee or help them with a task. If you see a veteran out in your community, try to brighten their day by offering your assistance to them.

We would love to hear additional ideas from you about the ways you support veterans on our Facebook post for this month's newsletter on the first of November.

Special Moments



"There is nothing on this earth more to be prized than true Friendship."

-Thomas Aquinas





Happy Birthday to our Staff & Residents:

**Susan D: Nov. 3rd
Janet S: Nov. 4th
Ruth T: Nov. 9th
Don R: Nov. 11th
Kyndra: Nov. 11th**






**Staff Spotlight
Michelle Williams**

Michelle is our employee of the month. She is a night shift care giver/med tech who started working here in May. Michelle is an amazing caring person and has been a caregiver for the past 13 years. She is from Eugene and graduated from Sheldon High School. She is married and she and her spouse have a 15 year old and an 11 year old. In her spare time, Michelle enjoys baking cookies and doing crafty things. Her favorite thing is relaxing around the campfire. She is amazing at her job and we are lucky to have her as a part of our amazing Sweetbriar!



**Resident Spotlight:
Joyce**

Joyce is our resident of the month. She is from Ohio. She has a son Ben who visits often from California. Her dog Lana is her best friend and lives here at Sweetbriar Villa with her. Joyce is a professional painter. Her artwork is amazing. She had an art gallery in Newport, and is well-known in that area. Joyce is always dancing during our music activities along with her dog Lana. Joyce is a big fan of music and Bob Dylan is one of her favorites. (She has a T-shirt on of Bob Dylan in this photo.) She loves visiting with staff and other residents. We love having her with us at Sweetbriar Villa.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:30 Scenic Drive 11:00 MC One On One 12:00 Mask Craft 1:00 Movie & Popcorn 2:00 Movie 3:00 Bingo 4:00 One On One	2 10:00 Dance Videos 11:00 Chair Yoga 12:00 Games 1:00 Cards & Coffee 2:00 Craft 3:00 Bingo 4:00 MC Craft	3 Susan D.'s Birthday! 10:00 Balloon Ball 11:00 One On One MC 12:00 Games 1:00 Craft 2:00 Cards & Coffee 3:00 Bingo 4:00 One On One	4 Janet S.' Birthday! 10:00 Balloon Ball 11:00 Walking In Groups 12:00 Games 1:00 One On One MC 2:00 One on One 3:00 Bingo 4:00 Painting
5 9:30 Music & Northwood Church 11:00 Popcorn Social 1:00 Movie 2:00 Livingroom Football 3:00 Bingo 4:00 Walking In Groups	6 Mega Monday 10:00 Inspirational Music 11:00 Bible Study 12:00 Cards & Coffee 1:00 Manicures 2:00 Hand Therapy 3:00 Bingo 4:00 MC Hand Therapy	7 10:30 Chair Yoga 11:00 Stretching 1:00 Lavender Hand Therapy 2:00 Tea Tuesday 3:00 Bingo 4:00 Cards & Coffee	8 10:00 Residents Choice 11:00 Resident Council Meeting 1:00 Turkey Trivia 2:00 Painting 3:00 Bingo 4:00 Puzzles	9 Ruth's Birthday! 10:00 Thanksgiving History 11:00 Chair Yoga 1:00 Movie & Pop Corn 2:00 Walking In Groups 3:00 Bingo 4:00 Games	10 Wear Your Favorite T-Shirt 10:00 Balloon Ball 11:00 One On One 12:00 Games 1:00 Cards & Coffee 2:00 All Staff Meeting 3:30 Bingo 4:00 MC One on One	11 Veterans Day Don R & Kyndra's Birthday 10:00 Balloon Ball 11:00 Walking In Groups 12:00 One On One MC 1:00 Puzzles 2:00 Reading In MC 3:00 Bingo 4:00 Movie
12 9:30 Music & Northwood Church 11:00 Popcorn Social 1:00 Games 2:00 Livingroom Football 3:00 Bingo 4:00 Walking In Groups	13 Mega Monday 10:00 Inspirational Music 11:00 Bible Study 12:00 Cards & Coffee 1:00 Manicures 2:00 Hair 3:00 Bingo 4:00 MC Hand Therapy	14 10:30 Chair Yoga 11:00 Stretching 1:00 Lavender Hand Therapy 2:00 Tea Tuesday 3:00 Bingo 4:00 Cards & Coffee	15 10:30 Scenic Drive 11:00 Puzzles 12:00 Movie & Popcorn 2:00 MC Craft 3:00 Bingo 4:00 Walking In Groups	16 Jersey Day 10:00 Movie 11:00 Chair Yoga 1:00 Cards & Coffee 2:00 Turkey Craft 3:00 Bingo 4:00 Walking In Groups	17 10:00 Movie & Popcorn 12:00 Games 1:00 MC Desert Social 2:00 Dessert Social 3:00 Bingo 4:00 Games	18 10:00 Pilgrim History 11:00 Balloon Ball 1:00 Coloring 2:00 Hot Chocolate Social 3:00 Bingo 4:00 Movie
19 9:30 Music & Northwood Church 11:00 Popcorn Social 1:00 Games 2:00 Livingroom Football 3:00 Bingo 4:00 Walking In Groups	20 Mega Monday 10:00 Inspirational Music 11:00 Bible Study 12:00 Cards & Coffee 1:00 Manicures 2:00 Timothy Patrick 3:00 Thanksgiving Special 4:00 Bingo	21 Gingerbread Cookie Day 10:30 Chair Yoga 11:00 Christmas List 1:00 Musical 2:00 Tea & Gingerbread 3:00 Bingo 4:00 Cards & Coffee	22 Go For a Ride Day 10:30 Scenic Drive 11:00 Fireside Social 1:00 Gratitude Sharing 2:00 Coloring 3:00 Turkey Bingo 4:00 Hot Chocolate Hour	23 Thanksgiving 9:00 Macy's Day Parade 11:00 Natl. Dog Show MC 12:00 Macy's Day Parade THANKSGING DINNER 1:00 Pie/Ice Cream Social 2:00 Thanksgiving Football Drawing 3:00 Bingo 4:00 Movie	24 10:00 Balloon Ball 11:00 Movie & Popcorn 12:00 Black Fri. Shopping 1:00 Online Shopping 2:00 Puzzles 3:00 Bingo 4:00 Movie	25 Gazpacho Soup Day 10:00 Balloon Ball 11:00 Games 12:00 One On One MC 1:00 Sand Dollar Craft 2:00 MC Craft 3:00 Bingo 4:00 Movie
26 9:30 Music & Northwood Church 11:00 Popcorn Social 1:00 Movie 2:00 Livingroom Football 3:00 Bingo 4:00 Walking In Groups	27 Mega Monday 10:00 Inspirational Music 11:00 Bible Study 12:00 Cards & Coffee 1:00 Manicures 2:00 Hand Therapy 3:00 Bingo 4:00 MC Hand Therapy	28 Flannel Day 10:00 Hot Chocolate 11:00 MC Coloring 1:00 Lavender Hand Therapy 2:00 Tea Tuesday 3:00 Bingo 4:00 One On One	29 10:00 Bible Study 11:00 Movie 12:00 Movie & Popcorn 2:00 Walking In Groups 3:00 Bingo 4:00 Coloring	30 Sports Day Jersey / Shirt 10:00 Chair Yoga 11:00 Match Game 1:00 Spin It To Win 2:00 Therapy Dogs 3:00 Bingo 4:00 Movie		