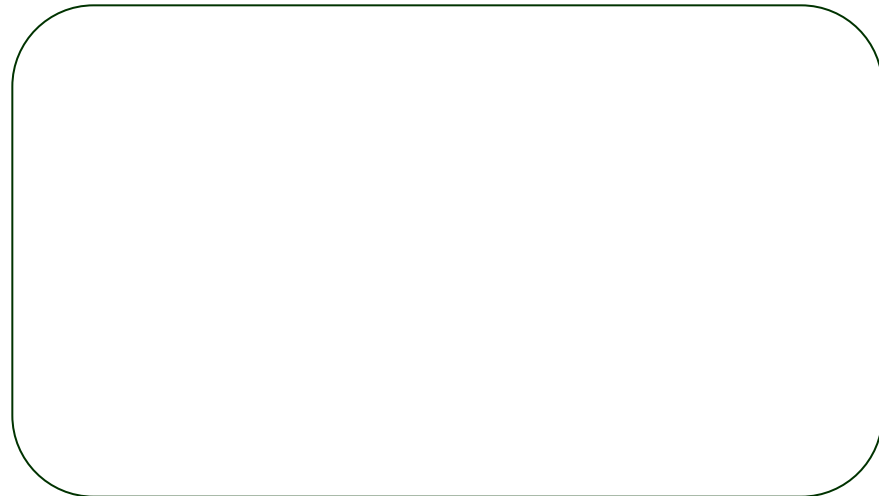




6135 E Street  
Springfield, OR 97478

STAMP  
HERE



### Administrative Staff:

**Charley Parker**  
Executive Director  
**Teri Kroon**  
Community Relations Director  
**Tammy Duncan**  
Resident Care Coordinator  
**Celene Brummund**  
Business Office Manager  
**Judy Wilson**  
Registered Nurse  
**Teena Campbell**  
Dietary Director  
**Richard Wyncoop**  
Maintenance Director

Contact us at:  
**541-234-3022**

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

# Sweetbriar Villa Bulletin

Sweetbriar Villa Assisted & Memory Care Newsletter



P2 Art & Art Therapy Benefits  
P3 IN2L & Social Media  
P4 Activities Calendar

P6 Potato Chip Day & March Events  
P7 Memories & Middle Names Day  
P8 Mission & Team

March 2018 Edition



## Benefits of Artistic Expression & Art Therapy for Seniors

The majority of seniors can benefit greatly from engaging in different art forms, and some may improve their quality of life through doing art therapy. Taking part in artistic activities and engaging in therapeutic processes with art are both valuable, but in different ways.



experience within a psychotherapeutic relationship.” (AATA)

In Memory Care, art therapy can have transformative effects. Art therapists aim to improve life for memory care individuals by presenting creative opportunities for them to express feelings and experiences, and strengthen

connections to others *in the moment*. A senior who can no longer write or use language cohesively may be able to paint in many colors or reveal a part of their past in an image. Due to such expressions, family and friends often feel strengthened connections.

Art therapy isn’t about being the best artist in the room. It’s about the connections between creative choices made and one’s inner life (*Psychology Today*).

For more on this topic, head to the Radiant Senior Living blog!

### Positive Effects of Art on Seniors

from Barbara Bagan, PhD, ATR-BC, in Geriatric Monthly’s “Aging: What’s Art Got to Do With It.”

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

According to Gene Cohen, MD, PhD, as we age, participation in the arts positively affects our health. Cohen concluded this from his own 2006 study in which he found seniors active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (*Today’s Geriatric Medicine*).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In art therapy, seniors may take part in the arts, but as initiated by professional art therapists with treatment goals, like building emotional resilience or reducing conflicts (American Art Therapy Association).

"Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human

## Memories in the Making!



## March 10th is Middle Name Pride Day!

We asked around:  
What’s your middle name?

“Raye”  
- Jaden

“Renee”  
- Celene

“Anne Belle”  
- Eilen

“Kay”  
- Juanita

“Alan”  
- Wyncoop



# March Highlights

3/2/18: Museum of Natural & Cultural History

3/16/18: Rebel Backroads will come rock the house!

3/20/18: First Day of Spring!!

3/20/18: Resident Council and Food Council

3/29/18: Music w/Julie



Daylight Savings Time Begins  
March 11

St. Patrick's Day  
March 17

## March 14th is National Potato Chip Day!

We asked residents and team members to name their favorite potato chip flavor, or one that they wish existed!

“Buffalo Ranch Doritos,  
but they don’t make  
them anymore.”  
- Crystal E.

“Salt and Vinegar”  
- Teri

“Just so long as it’s not  
Barbeque!”  
- Donna

“Sour Cream and Onion”  
- Eva

# IN2L– It’s Never 2 Late

The IN2L website is so much more than exercise and BINGO. It is an amazing tool for your loved one to keep the brain active and engaged.

Puzzles, Trivia, Word Search, Past Times, Videos, Therapy sessions, and Skype are just a few things residents can do using this touch screen program.

My Page is personalized for each resident. You can access your loved ones My Page and upload photos and short videos. You can also help pick out activities they would be interested in doing on their own such as puzzles, karaoke, or watching religious videos.

Help our residents keep in touch with the ages and family they may not see as often. Upload photos today.

How do you get your loved ones My Page information?  
That is easy!  
Email Teri at  
tkroon@sweetbriarvilla.com

Call Teri at 541-225-0200

Or stop on Monday-Friday if you need further assistance.



## Join us on Social Media!

**Facebook :**  
[facebook.com/SweetbriarVillaSeniorLiving](https://facebook.com/SweetbriarVillaSeniorLiving)  
**Blog :**  
[blog.radiantseniorliving.com](https://blog.radiantseniorliving.com)  
**Instagram :**  
[radiantsrliving](#) & [radiantvoices](#)  
**Twitter :**  
[RadiantSrLiving](#)  
**Pinterest :**  
[pinterest.com/radiantsrliving](https://pinterest.com/radiantsrliving)  
**YouTube :**  
Search “Radiant Senior Living”

# March 2018

Sweetbriar Villa  
6135 E Street  
Springfield, OR 98478  
(541) 225-0200

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Anna's Birthday 10:00 MC 11:00 GET FIT 2:00 Nail Care 3:30 IN2L BINGO 6:30 PIANO w/ Rose	2 10:00 MC 11:00 GET FIT 1:30 Museum of Natural & Cultural History 3:30 IN2L BINGO 6:30 PIANO w/ Rose	3 10:00 MC Nail Care 11:00 GET FIT 3:30 IN2L BINGO 6:30 PIANO w/ Rose
4 Crystal's Birthday 9:30 John/Services 11:00 GET FIT 3:30 IN2L BINGO 6:30 PIANO w/ Rose	5 10:00 MC 11:00 GET FIT IN2L 2:00 KARAOKE 3:30 IN2L BINGO 6:30 PIANO w/ Rose	6 10:00 MC 11:00 GET FIT 2:00 Jewelry Class 3:30 IN2L BINGO 6:30 PIANO w/ Rose	7 10:00 MC 11:00 GET FIT 1:30 Scenic Drive 3:30 IN2L BINGO 6:30 PIANO w/ Rose	8 10:00 MC 11:00 GET FIT 2:00 Nail Care 3:30 IN2L BINGO 6:30 PIANO w/ Rose	9 10:00 MC 11:00 GET FIT 2:00 IN2L TRIVIA 3:30 IN2L BINGO 6:30 PIANO w/ Rose	10 Virginia's Birthday 10:00 MC Nail Care 11:00 GET FIT 3:30 IN2L BINGO 6:30 PIANO w/ Rose
11 Daylight Savings Begins 9:30 John/Services 11:00 GET FIT 3:30 IN2L BINGO 6:30 PIANO w/ Rose	12 10:00 MC 11:00 GET FIT IN2L 2:00 KARAOKE 3:30 IN2L BINGO 6:30 PIANO w/ Rose	13 10:00 MC 11:00 GET FIT 2:00 St. Patty's Crafts 3:30 IN2L BINGO 6:30 PIANO w/ Rose	14 10:00 MC 11:00 GET FIT 1:30 Scenic Drive 3:30 IN2L BINGO 6:30 PIANO w/ Rose	15 10:00 MC 11:00 GET FIT 2:00 Nail Care 3:30 IN2L BINGO 6:30 PIANO w/ Rose	16 Jonnie's Birthday 10:00 MC 11:00 GET FIT 2:00 Shamrock Gathering with the Rebel Backroads 3:30 IN2L BINGO 6:30 PIANO w/ Rose	17 St. Patrick's Day 10:00 MC Nail Care 11:00 GET FIT 3:30 IN2L BINGO 6:30 PIANO w/ Rose
18 9:30 John/Services 11:00 GET FIT 3:30 IN2L BINGO 6:30 PIANO w/ Rose	19 10:00 MC 11:00 GET FIT IN2L 2:00 KARAOKE 3:30 IN2L BINGO 6:30 PIANO w/ Rose	20 First Day of Spring 10:00 MC 11:00 GET FIT 2:00 Resident Council 3:30 IN2L BINGO 6:30 PIANO w/ Rose	21 Mike's Birthday 10:00 MC 11:00 GET FIT 1:30 Scenic Drive 3:30 IN2L BINGO 6:30 PIANO w/ Rose	22 10:00 MC 11:00 GET FIT 2:00 Nail Care 3:30 IN2L BINGO 6:30 PIANO w/ Rose	23 10:00 MC 11:00 GET FIT 2:00 Nail Care 3:30 IN2L BINGO 6:30 PIANO w/ Rose	24 10:00 MC Nail Care 11:00 GET FIT 3:30 IN2L BINGO 6:30 PIANO w/ Rose
25 9:30 John/Services 11:00 GET FIT 3:30 IN2L BINGO 6:30 PIANO w/ Rose	26 10:00 MC 11:00 GET FIT IN2L 2:00 KARAOKE 3:30 IN2L BINGO 6:30 PIANO w/ Rose	27 10:00 MC 11:00 GET FIT 2:00 Easter Crafts 3:30 IN2L BINGO 6:30 PIANO w/ Rose	28 Patricia's Birthday 10:00 MC 11:00 GET FIT 1:30 Scenic Drive 3:30 IN2L BINGO 6:30 PIANO w/ Rose	29 10:00 MC 11:00 GET FIT 2:00 Music w/Julie 3:30 IN2L BINGO 6:30 PIANO w/ Rose	30 10:00 MC 11:00 GET FIT 3:30 IN2L BINGO 2:00 Resident Social 6:30 PIANO w/ Rose	31 10:00 MC Nail Care 11:00 GET FIT 3:30 IN2L BINGO 6:30 PIANO w/ Rose