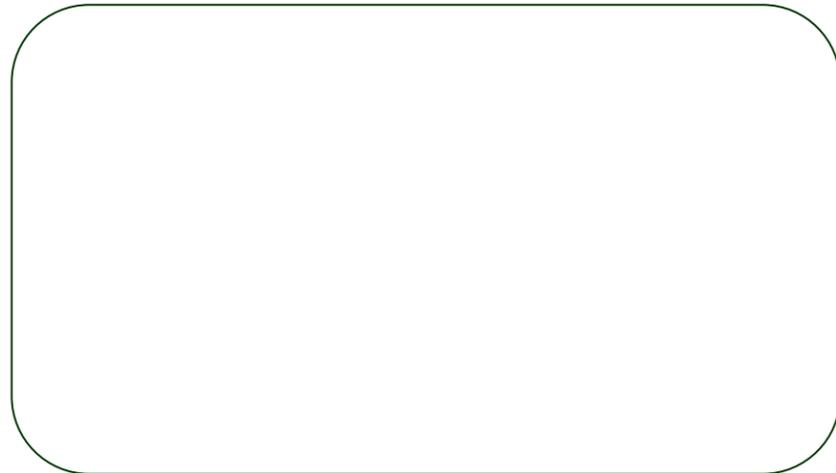




805 N. 5th St.  
Jacksonville, OR 97530

PLACE STAMP  
HERE



**Administrative Staff:**

**Dora Howard**  
Executive Director

**Trina Box**  
Resident Care Coordinator

**Cheryl Cummings**  
Business Office Manager

**Liz Price**  
Registered Nurse

**Lisa Ramun**  
Food Service Director

**Beondi Hewson**  
Environmental Service  
Director

**Peggy Dunphy**  
Activities Director

Contact us at:  
**541-899-6825**

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



# The Pioneer Post

Pioneer Village Independent & Assisted Living Newsletter — September 2017



## INSIDE THIS ISSUE

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# Walk to End Alzheimer's 2017

*This month, we had a chance to chat with Kara Griffey, the Walk Director at the Alzheimer's Association Oregon Chapter about the Walk to End Alzheimer's.*

**RSL: Since the Walk started in 1989, it has grown in participation and with funding. What goals are in place for success going forward? KG:** "Our goal is always to make sure that the Walk to End Alzheimer's is reflective of the community, and an opportunity to share the mission, and passion of those touched by the disease. As we move forward, we hope that more people will become story tellers and use the Walk as a platform to spread the awareness this disease deserves, and, by doing so, inspire others to give to the cause. We will continue to rely on the amazing volunteers in the community that put on their local Walk, and to grow the volunteers leading this effort so we can continue to reach more and more people, and a diverse group of people."

**RSL: How would you describe the Walk's interest and participation? KG:** "The Walk to End Alzheimer's is one of the fastest growing events of its kind in the nation, seeing positive growth nationally, and locally. As more Americans are faced with the challenges of this disease, more people are interested in getting involved and making a difference in the trajectory of this disease, and that is fantastic! We look forward to seeing many new faces this year at all our Walks across the state and are working hard to recruit new teams with diverse backgrounds."

*To read even more from this interview, visit [blog.radiantseniorliving.com](http://blog.radiantseniorliving.com)!*

**RSL: What are some of the Alzheimer's Association's nationwide efforts that we can support beyond the Walk? KG:** The Alzheimer's Association is the leader in terms of care, support, research, and advocacy efforts, working globally and locally to advance all areas forward. There are many ways for people to get involved with us, whether by becoming an advocate and helping advance public policy, or volunteering to facilitate one of our local support groups and enrolling in TrialMatch®. TrialMatch is a free clinical trial matching service that helps us ensure that research is moving forward for treatment, prevention, and a cure. Be sure to visit [alz.org/oregon](http://alz.org/oregon) for more information!

**RSL: Any parting message you would like to pass on? KG:** "Get involved in any of the ways mentioned above! Whether you are 1 or 100, there is a way to participate to help end this disease. Let's show the world our purple passion and that together we can do better today than we did yesterday. We are on our way to meeting the first survivor of this disease and that is something to be excited about, be hopeful about, and mobilize together around."

## Support the Walk!

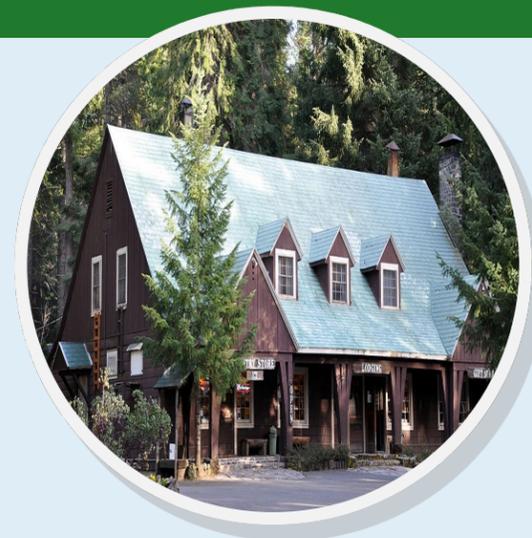
**Date:** Saturday, September 23

**Time:** 10 am to 1 pm

**Location:** U.S. Cellular Community Park  
300 N. Lowry Lane  
Medford, OR 97501

Donate or Join our team "The Pioneer Village People"

## Upcoming Outing



September's day trip will be to Union Creek Resort, a place known for its rustic charm and famous for Beckie's huckleberry pie. Built in the 1930's, the resort occupies what had been a camping spot on the trail between the Rogue River Valley and the Klamath Lakes County. Before we go to Beckie's for pie, we'll stop for a brown bag lunch at Farewell Bend campground. On the way to the Upper Rogue River County, we will go past Lost Creek Lake, where a 327 foot earth filled dam holds back the water and supports two hydrogenating plants, and through Prospect where the historic Prospect Hotel is still open for business.

## Fall And Winter Blues

*Here are 5 key tips to stave off fall and winter blues.*

1. **Mindfulness Training;** Mindfulness is a wonderful practice for breaking out of the ruminative cycle that can get triggered as the days get shorter. Open the mind and become more appreciative of what's here instead of focused on what is not.
2. **Exercise;** Join our Monday morning chair yoga, or our Sit & Stretch class, held 3 days a week. Both are low impact, but they are enough.
3. **Light Therapy;** There are many light therapy lamps and bulbs on the market, however getting more light into your apartment, can be as easy as opening the drapes.
4. **Gratitude list;** Creating a short daily list of specific things in the day that you are grateful for can help incline the mind toward the good in life.
5. **Connect;** Start nurturing connections with people who are supportive with you. Make regular plans to have lunch or dinner together. Attend an activity together from our calendar.

*This is about nurturing your life, and getting in touch with what matters.*

### "Discovery of Witches"

By  
-Juanita M.

### "Hawaii"

By  
-Bruce S.

**International Literacy Day takes place on September 8. In honor of it, we have discussed our favorite books. A few of them are shared here!**

### "Pretty Little Liars"

By  
-Pam C.

## September Highlights — You're Invited!

9/6 Library Luncheon Southern Pacific Siskiyou Line.

9/11 Barbeque honoring victims and hero's of 9/11/01

9/11 Kick off of NFL Monday Night Football

9/13 Day Trip to Union Creek Resort

9/20 Making Blackberry Jelly

9/23 Alzheimer's Memory Walk

9/23 Sweet Adaline's performing @ North Medford High

9/27 Dress rehearsal for "Meet the Pioneers"

9/30 Pioneer Village annual Hawaiian Luau



Twin towers standing tall, majestic to see.  
 Airplanes flying low, what could it be?  
 Tragedy strikes, loved one's flee.  
 Oh how. Oh why. Can this be?  
 Crumbling to the ground, it would seem,  
 the mighty has fallen to their knee.  
 Up we stand stronger by far.  
 The enemy has raised the bar.  
 What they don't know. What they don't see.  
 We are a nation of the free.  
 And will continue to always be.  
 Peggy D

## Our Favorite Books

"Magnificent Obsession"

By  
 -Jill S.

"Anything by Nora Roberts"

By  
 -Pat M.



## Life at Pioneer Village



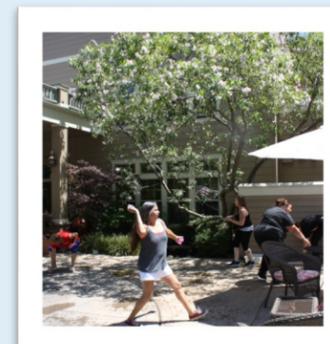
Dora & Annette groovin to the music



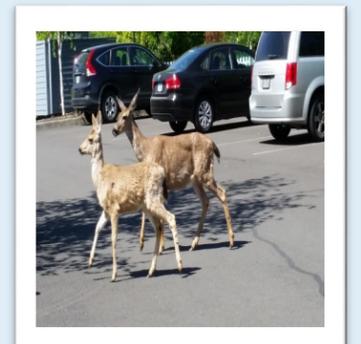
Rockin Cinco De



Fun at the wine social



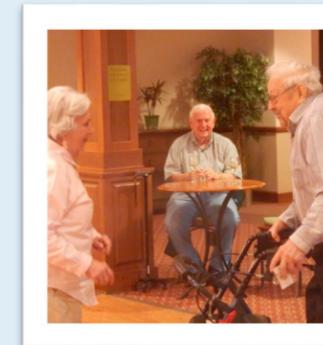
Staff have fun on 4th of July



Wild life coming to visit



Claireen with an alpaca



Dancing at the wine social



Rainy Memorial day BBQ

## Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!  
 LIKE our Facebook page today!

[www.Facebook.com/PioneerVillageOregon](http://www.Facebook.com/PioneerVillageOregon)

# September 2017

Pioneer Village  
805 N 5th Street  
Jacksonville, Oregon  
541-899-6825

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Birthdays</i></p> 	<p><u>Resident's</u></p> <p>Lottie H. 9/3 Orabelle B. 9/5 Neil P. 9/6 Martha D. 9/7 Betty L. 9/10</p>	<p><u>Resident's</u></p> <p>Mac M. 9/11 Deborah G. 9/13 Mary Ann H. 9/13 Bengt H. 9/20 Vernice H. 9/29</p>	<p><u>Employee's</u></p> <p>Emma Q. 9/1 Caitlin F. 9/3 Lisa P. 9/14 Patricia R. 9/20 Mackenzie B. 9/29</p>	<p>1</p> <p>8:45 Sit &amp; Stretch TF 1:00 Pinochle 2FL 2:00 Wii Bowling TF 2:30 Balance Class CR 3:00 Wine Social The Swing-A-Longs</p>	<p>2</p> <p>10:00 Shopping Walmart 1:00 BINGO \$2.00 TF 2:30 Louis Faro BL 3:00 Lets Play Pool TF 6:00 Movie Cr The Blind Side</p>	
<p>3 9:45 Ruch Church Bus 10:00 Local Church Trans 10:45 PV Church Services 1:30 Caprice Vineyard 2:00 Mexican Train BL 2:00 Movie Matinee CR The Blind Side</p> 	<p>4 <i>Medical Transportation</i></p> <p>8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Resident Council BL</p>	<p>5 <i>Medical Transportation</i></p> <p>9:00 Morning Walk 10:00 Blood Pressure Clinic BL 10:30 News &amp; Coffee AK 10:45 Menu Meeting B 1:30 Coloring Club BL 3:00 Cocktail Hour TF</p>	<p>6</p> <p>8:45 Sit &amp; Stretch TF 11:00 Library Luncheon Southern Pacific Siskiyou Line 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 4:30 Supper Club Kaleidoscope</p> 	<p>7 <i>Medical Transportation</i></p> <p>10:00 Donuts &amp; Coffee B 10:00 Stories w/ Joan 1:00 Knitting Club 2:00 Alzheimer's Support Group CR 3:00 The Nielson's Notorious Women of the Wild West B</p>	<p>8</p> <p>8:45 Breakfast Spicer's 8:45 Sit &amp; Stretch TF 1:00 Pinochle 2FL 2:00 Wii Bowling TF 2:30 Balance Class 3:00 Wine Social B</p> 	<p>9</p> <p>9:00 Jacksonville Yard Sale 1:00 BINGO \$2.00 TF 3:00 Lets Play Pool TF 3:00 Craft Hour AK 6:00 Movie CR Charlie Wilson's War</p> 
<p>10 9:45 Ruch Church Bus 10:00 Local Church Trans 1:30 Walmart Shopping 10:45 PV Church Services 2:00 Mexican Train BL 2:00 Movie Matinee CR Charlie Wilson's War</p>	<p>11 <i>Medical Transportation</i></p> <p>8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Independent Resident 5:30 Monday Night Football</p>	<p>12 <i>Medical Transportation</i></p> <p>9:00 Morning Walk 10:30 News &amp; Coffee AK 10:45 Menu Meeting B 1:30 Coloring Club BL 3:00 The Nielson's Egypt Land of the Pharaohs CR</p>	<p>13</p> <p>8:45 Sit &amp; Stretch TF 9:30 Day Trip Union Creek 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 2:00 Writing Club BL 3:00 Cocktail Hour TF</p>	<p>14 <i>Medical Transportation</i></p> <p>10:00 Scones &amp; Tea B 10:00 Stories w/ Joan 1:00 Knitting Club 2:00 Activities Meeting BL 3:00 Making Sensory Globes AK</p>	<p>15</p> <p>8:45 Sit &amp; Stretch TF 1:00 Pinochle 2FL 2:00 Wii Bowling TF 2:30 Balance Class CR 3:30 Wine Social B Chris &amp; Dom</p>	<p>16</p> <p>10:00 Shopping Trader Joe's 1:00 BINGO \$2.00 TF 3:00 Craig Evans BL 3:00 Lets Play Pool TF 6:00 Movie CR Leatherheads</p>
<p>17 9:45 Ruch Church Bus 10:00 Local Church Trans 10:45 PV Church Services 1:30 South Stage Cellars 2:00 Mexican Train BL 2:00 Movie Matinee CR Leatherheads</p>	<p>18 <i>Medical Transportation</i></p> <p>8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Fireside Chat BL 5:30 Monday Night Football CR</p> 	<p>19 <i>Medical Transportation</i></p> <p>9:00 Morning Walk 10:30 Bible Study 2FL 10:45 Menu Meeting B 1:30 Coloring Club BL 3:00 John Jackson B Spiders &amp; Scorpions</p>	<p>20</p> <p>8:45 Sit &amp; Stretch TF 9:30 7 Feathers 1:00 make Blackberry Jelly 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Cocktail Hour TF</p>	<p>21 <i>Medical Transportation</i></p> <p>10:00 Turnovers &amp; Coffee B 10:00 Stories w/ Joan 1:00 Knitting Club 2:00 Poker TF 2:00 Ladies Pool TF 3:00 Bucket List Photo Shoot B</p> 	<p>22</p> <p>8:45 Sit &amp; Stretch TF 10:30 Fast Food Friday Pita Pit 1:00 Pinochle 2FL 2:00 Wii Bowling TF 2:30 Balance Class CR 3:00 Wine Social B</p>	<p>23</p> <p>10:00am to 1:00pm Alzheimer's Memory Walk 1:00 BINGO \$2.00 TF 4:00 Sweet Adeline's @ North Medford High 6:00 Movie Cr Independence Day</p> 
<p>24 9:45 Ruch Church Bus 10:00 Local Church Trans 10:45 PV Church Services 1:30 BiMart Shopping 2:00 Mexican Train BL 2:00 Movie Matinee CR Independence Day</p>	<p>25 <i>Medical Transportation</i></p> <p>8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Cottage Resident BL 5:30 Monday Night Football</p>	<p>26 <i>Medical Transportation</i></p> <p>9:00 Morning Walk 10:30 Bible Study 2FL 10:45 Menu Meeting B 1:30 Coloring Club BL 3:00 Cocktail Hour TF</p> 	<p>27</p> <p>8:45 Sit &amp; Stretch TF 10:00 Wii Bowling @ BW 1:00 BINGO \$2.00 TF 2:00 Writing Club BL 2:30 Dress rehearsal "Meet the Pioneers"</p>	<p>28 <i>Medical Transportation</i></p> <p>10:00 Tea &amp; Crumpets B 10:00 Stories w/ Joan 10:30 Out To Lunch Bunch Four Daughters 1:00 Knitting Club 3:00 Birthday Party B</p>	<p>29</p> <p>8:45 Sit &amp; Stretch TF 1:00 Pinochle 2FL 2:00 Wii Bowling TF 2:30 Balance Class CR 3:00 Wine Social B Sheila Winn</p>	<p>30</p> <p>10:00 Craft Hour AK 1:00 BINGO \$2.00 TF 3:00—6:00 Hawaiian Luau Music—Chris &amp; Dom 6:00 Movie CR Blue Hawaii</p>