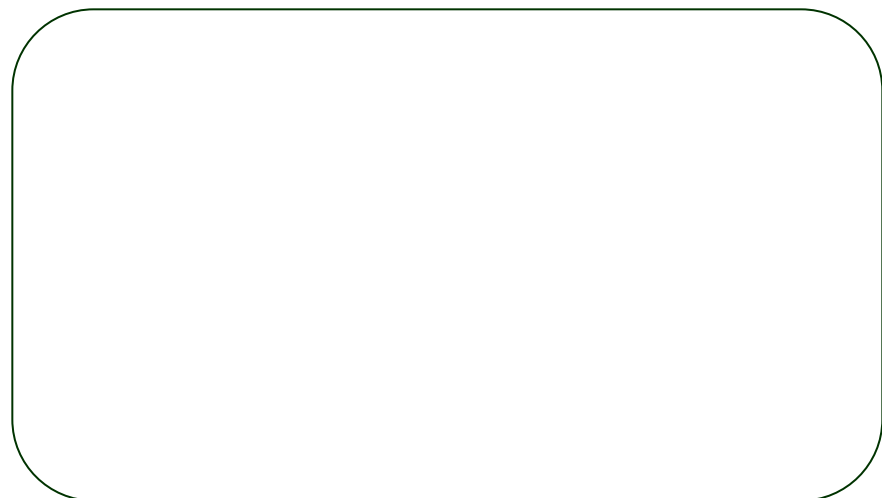




805 N. 5th St.  
Jacksonville, OR 97530

PLACE STAMP  
HERE



**Administrative Staff:**

**Dora Howard**

Executive Director

**Charles Harvey**

Community Relations 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 — October 2017



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## The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

### Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults' emotional and physical health and how social they are in their daily lives. The Alzheimer's Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

### Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others. Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged. Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

*Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.*

## Halloween Theories of Origin



The most plausible theory is that Halloween originated in the British Isles out of the Pagan Celtic celebration of Samhain. It goes back as far as 5 B.C., it was believed that spirits rose from the dead and mingled with the living on this day.

In the Celtic times and up until the medieval ages, fairies were also thought to run free on the Eve of Samhain. Fairies weren't necessarily evil, they were mischievous. On Samhain, fairies were thought to disguise themselves as beggars and go from door to door asking for handouts.

In the new world, the settlers were all Protestant and Halloween was technically a Catholic holiday. The original colonists in this country found ANY celebration immoral, especially a Catholic one. In fact celebrating Christmas in the Massachusetts colony was punishable by banishment or death.

One legend has it that on one All Hallows Eve that a priest was walking by on a country road when on the hill he saw the bonfires burning. He saw people dancing around in costumes with shafts and torches in their hands. With the moon as a backdrop to the fires the people appeared to be flying in the air. The man hurried to the village to tell that witches were flying and evil was afoot. Presumably, this is where the myth of witches flying on broomsticks comes from.

In Ireland and Scotland, hollowed out turnips with embers or candles inside, became popular a Halloween decoration a few hundred years ago. Tradition held that they would ward off evil spirits on Halloween. They also represented souls of the dead. Irish family's who immigrated to America brought the tradition with them, however pumpkins were readily available and easier to carve, and people began carving scary designs on their Jack-O-Lanterns.

*A young lady from Jacksonville  
Felt the Halloween night was quite still  
She wanted to go out and gather candy about  
Torn by the treats and by fear  
She thought she may go out but, stay near  
What she didn't know or didn't see  
Were ghost and goblins dancing with glee  
For the one and only night to be free.  
Peggy D.*

**"Daisy Mae"**  
-Helen C.

**"Poncho Vila"**  
-Joe B.

**We asked residents and staff to share their favorite costumes!**

**"Boy, (buddy was Tarzan)"**  
-Warren B.

## October Highlights — You're Invited!

10/4: Crater Rock Museum

10/10 Dan & Carole Nielson presentation on Germany

10/13: Oktoberfest

10/11: Flu Shot Clinic

10/18: Harry & David Tour

10/25: Seven Oaks Fall Festival & Scenic Drive

10/26: Alligator Music Performance



Beondi, Dora and Regina at the Oregon Health Care Association conference

*Congratulations to Beondi for receiving the Above & Beyond Award and to Regina for the Caregiver of the year award.*

## The Best Halloween Costume I ever wore...

“One Eyed, One Horned, Purple People Eater”  
-Eloise K.

“Geisha Girl”  
-Mabel R.



## 2017 Alzheimer's Walk

Alzheimer's disease is a progressive form of dementia in which sufferers experience memory issues that begin gradually and gradually worsen, explains the Alzheimer's Association. Alzheimer's disease typically occurs in senior citizens aged 65 and over, but symptoms can also develop in individuals in their 40s and 50s. In addition to memory impairment, symptoms of Alzheimer's disease include anxiety, mental delusions, loss of cognitive function and sleep difficulties. The brains of Alzheimer's patients commonly contain cell abnormalities referred to as plaques or tangles. Plaques hinder brain cell communication, and tangles prevent nutrients from reaching the brain cells, which in turn results in cell death.

This short explanation of Alzheimer's disease is the very reason we all need to help raise money for a cure. Pioneer Village has a team called “The Pioneer Village People” you can register to walk with us, on October 21<sup>st</sup> 2017 at the US

Cellular Park, (google, walk to end Alzheimer's, it will get you to the registration page.) or donate money to our team. Our goal is \$2,000.00 if we succeed in reaching our goal Liz Price our RN, and Dora Howard our Executive Director, will shave their heads. Donations are accepted at the front desk. We will be providing transportation for the residents who wish to participate in the walk. Hope to see you there.



*Photo courtesy of Erick L.*

## 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)

# October 2017



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

Good Words bring  
good feelings to the  
heart. Speak with  
kindness,  
always

Sun	Mon	Tue	Wed	Thu	Fri	Sat																								
<p>1 9:45 Ruch Church Bus 10:00 Local Church Trans. 10:45 PV Church Services 2:00 Mexican Train BL 2:00 Movie Matinee CR Blue Hawaii 3:00 Scenic Drive</p>	<p>2 <u>Medical Transportation</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Resident Council BL 5:30 Monday Night Football</p>	<p>3 <u>Medical Transportation</u> 9:00 Morning walk 10:30 News &amp; Coffee AK 10:45 Menu Meeting B 1:00 Sit &amp; Stretch TF 1:30 Coloring Club BL 3:00 Cocktail Hour TF</p>	<p>4 8:45 Sit &amp; Stretch TF 9:30 Crater Rock Museum 11:00 Library Luncheon 1:00 BINGO \$2.00 TF 2:00 Cinema Hour CR 2:00 Wii Bowling TF 3:00 Fondue Party B</p>	<p>5 <u>Medical Transportation</u> 10:00 Donuts &amp; Coffee B 10:00 Stories W/ Joan CR 10:30 Cooking Hour AK 1:00 Knitting Club BL 2:30 Shopping Barns &amp; Nobel 3:00 Sit &amp; Stretch TF</p>	<p>6 8:45 Sit &amp; Stretch TF 10:30 Shopping Walmart 1:00 Pinochle LL 2:00 Wii Bowling TF 2:00 Balance Class CR 3:00 Wine Social B The Swing A Longs</p>	<p>7 10:00 Hanley Farms Scarecrow Festival 1:00 BINGO \$2.00 TF 2:00 Writing Club BL 3:00 Craft Hour AK 6:00 Movie CR I Am Legend</p>																								
<p>8 9:45 Ruch Church Bus 10:00 Local Church Trans. 10:45 PV Church Services 2:00 Mexican Train BL 2:00 Movie Matinee CR I Am Legend 2:30 Del Rio Vineyard</p> 	<p>9 <u>Medical Transportation</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Independent Resident 5:30 Monday Night Football</p>	<p>10 <u>Medical Transportation</u> 9:00 Morning walk 10:30 News &amp; Coffee AK 10:45 Menu Meeting B 1:00 Sit &amp; Stretch TF 1:30 Coloring Club BL 3:00 Dan &amp; Carole Germany</p>	<p>11 8:45 Sit &amp; Stretch TF 9:30 Flu Shot Clinic BL 1:00 BINGO \$5.00 W/ BW 2:00 Cinema Hour CR 2:30 Meet the Pioneers B 3:30 Cocktail Hour TF</p>	<p>12 <u>Medical Transportation</u> 10:00 Tea &amp; Scones B 10:00 Stories W/ Joan CR 10:30 Cooking Hour AK 1:00 Knitting Club BL 2:00 Alzheimer's Support Group CR 3:00 Sit &amp; Stretch TF</p>	<p>13 8:45 Sit &amp; Stretch TF 10:30 Fast Food Friday RV Mall 1:00 Pinochle LL 2:00 Wii Bowling TF 2:00 Balance Class 3:00 Oktoberfest Richard Gyuro</p> 	<p>14 <b>Food Drive</b> 10:30 Shopping BiMart 1:00 BINGO \$2.00 TF 2:00 Writing Club BL 3:00 Craft Hour AK 6:00 Movie CR Journey to the Center of the Earth</p>																								
<p>15 9:45 Ruch Church Bus 10:00 Local Church Trans. 10:45 PV Church Services 2:00 Mexican Train BL 2:00 Movie Matinee CR Journey to the Center of the Earth 3:00 Scenic Drive</p>	<p>16 <u>Medical Transportation</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Fireside Chat BL 5:30 Monday Night Football</p>	<p>17 <u>Medical Transportation</u> 9:00 Morning walk 10:30 News &amp; Coffee AK 10:45 Menu Meeting B 1:00 Sit &amp; Stretch TF 1:30 Coloring Club BL 3:00 Cocktail Hour TF</p>	<p>18 8:45 Sit &amp; Stretch TF 9:30 7 Feathers 9:30 Harry &amp; David Tour 1:00 BINGO \$2.00 TF 2:00 Cinema Hour CR 2:00 Wii Bowling TF 4:30 Supper Club Roadhouse</p>	<p>19 <u>Medical Transportation</u> 10:00 Coffee &amp; Turnovers B 10:00 Stories W/ Joan CR 10:30 Cooking Hour AK 1:00 Knitting Club BL 2:30 Shopping Trader Joe's 3:00 Sit &amp; Stretch TF</p>	<p>20 8:45 Sit &amp; Stretch TF 8:45 Breakfast Club Spicer's 1:00 Pinochle LL 2:00 Wii Bowling TF 2:00 Balance Class 3:00 Wine Social B Chris &amp; Dom</p>	<p>21 10:30 Alzheimer's Memory Walk 1:00 BINGO \$2.00 TF 2:00 Writing Club BL 3:00 Craft Hour AK 6:00 Movie CR The Pink Panther</p> 																								
<p>22 9:45 Ruch Church Bus 10:00 Local Church Trans. 10:45 PV Church Services 2:00 Mexican Train BL 2:00 Movie Matinee CR The Pink Panther 2:30 Cowhorn Winery</p> 	<p>23 <u>Medical Transportation</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 2:00 Food Committee B 3:00 Cottage Resident BL 5:30 Monday Night Football</p>	<p>24 <u>Medical Transportation</u> 9:00 Morning walk 10:30 News &amp; Coffee AK 10:45 Menu Meeting B 1:00 Sit &amp; Stretch TF 1:30 Coloring Club BL 3:00 John Jackson B Bats</p>	<p>25 8:45 Sit &amp; Stretch TF 9:30 7 Oaks, Scenic Drive 10:00 Wii Bowling @ PV 1:00 BINGO \$2.00 TF 2:00 Cinema Hour Cr 3:00 Cocktail Hour TF</p>	<p>26 <u>Medical Transportation</u> 10:00 Tea &amp; Crumpets B 10:00 Stories W/ Joan CR 10:30 Cooking Hour AK 1:00 Knitting Club BL 2:00 Alligator Music Performance B 3:00 Sit &amp; Stretch TF</p>	<p>27 8:45 Sit &amp; Stretch TF 10:30 Out to Lunch Bunch Angelo's Pizza 1:00 Pinochle LL 2:00 Wii Bowling TF 2:00 Balance Class 3:00 Wine Social B Sheila Winn</p>	<p>28 10:30 Shopping Walmart 1:00 BINGO \$2.00 TF 2:00 Writing Club BL 3:00 Craft Hour AK 2:00 Craig Evans BL 6:00 Movie CR National Treasure</p>																								
<p>29 9:45 Ruch Church Bus 10:00 Local Church Trans. 10:45 PV Church Services 2:00 Mexican Train BL 2:00 Movie Matinee CR National Treasure 2:30 Scenic Drive</p>	<p>30 <u>Medical Transportation</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 5:30 Monday Night Football</p> 	<p>31 <u>Medical Transportation</u> 9:00 Morning walk 10:30 News &amp; Coffee AK 10:45 Menu Meeting B 1:00 Sit &amp; Stretch TF 2:30 Costume Party B 1:30 Coloring Club BL 4:00 Trick or Treaters</p>	 <p>When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween. - Author Unknown</p>	<p><b>Residents Birthdays Employees</b></p> <table border="0"> <tr> <td>Richard C.</td> <td>10/2</td> <td>Ben R.</td> <td>10/8</td> </tr> <tr> <td>Shirley H.</td> <td>10/15</td> <td>Scherri P.</td> <td>10/8</td> </tr> <tr> <td>Dee S.</td> <td>10/19</td> <td>Madeline E.</td> <td>10/19</td> </tr> <tr> <td>Helen H.</td> <td>10/21</td> <td>Michael E.</td> <td>10/20</td> </tr> <tr> <td>Marjorie H.</td> <td>10/24</td> <td>Synde H.</td> <td>10/25</td> </tr> <tr> <td>Gail M.</td> <td>10/27</td> <td>Lizet F.</td> <td>10/29</td> </tr> </table>		Richard C.	10/2	Ben R.	10/8	Shirley H.	10/15	Scherri P.	10/8	Dee S.	10/19	Madeline E.	10/19	Helen H.	10/21	Michael E.	10/20	Marjorie H.	10/24	Synde H.	10/25	Gail M.	10/27	Lizet F.	10/29	<p>AL—A building lobby BL—B building lobby B—Bistro LL—Ladies Lounge 2L—2nd floor lounge 3F— 3rd floor game room AK—Activities kitchen DR—Dining room</p>
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