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Jacksonville, OR 97530

STAMP  
HERE



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- Charles Harvey**  
Community Relations Director
- Trina Box**  
Resident Care Coordinator
- Beondi Hewson**  
Business Office Manager
- Liz Price**  
Registered Nurse
- Lisa Ramun**  
Food Service Director
- Matthew Buchanan**  
Maintenance Director
- Peggy Dunphy**  
Activities Director

Contact us at:  
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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

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February 2018 Edition

## Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.



The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

### Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Low-dose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

### Screening Suggestions for Women:

- For women, age 50-54, annual mammograms

are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

- At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Low-dose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

## Memories in the Making!



## Happy Compliment Day! The best compliment ever was when

**"A stranger said,  
'You are a fabulous dancer !"  
Emily H.**

**"My daughter told me 'Mom, you have  
such beautiful hair!"  
Bea J.**

**"My freshman art teacher said to me  
'You look just like Kathrine Hepburn."  
Archien R.**

**"A loved one said, 'you are my rock!"  
Matthew B.**

## February Highlights — You're Invited!

- 2/3 St. Olaf Choir @ North Medford High.
- 2/4 Super Bowl Party, Patriots vs Eagles
- 2/5 Alder Fellows Grand Opera Concert
- 2/9 Mardi Gras Wine Social with Bob Haworth
- 2/11 Singing in the Rain @ the Randall Theater in Jacksonville
- 2/13 John Jackson Presentation on Bugs
- 2/14 4th Annual Sock Hop music by Chris & Dom
- 2/15 75 Local School Children's Choir perform for us
- 2/17 Jacksonville Chinese New Year Parade
- 2/18 Steelhead Vineyard Wine Tasting
- 2/20 Hoodie Hoo Day
- 2/22 The Nielsen's Presentation on France
- 2/27 Home Instead Seminar on



I love you with all my heart, I always have from the start.  
 The love grows stronger in everyway, each and every day.  
 It's a love that will never fade away.  
 Happy Valentines Day!

Peggy D.

**In honor of Compliment Day on February 24, we turned to our residents and team members to find out the best compliment they have ever received.**

**"My daughter in law told me , 'you are the most dignified and honorable man I know"  
 Buddy B.**

**"My teenage daughter said, "Mom, you are my favorite human."  
 Beondi H.**

**"A teacher at Rogue Community College asked, 'how can we clone Mary?"  
 Mary B.**

## Super Bowl Fun Facts & Trivia

- 8 million pounds of guacamole is consumed on Super Bowl Sunday
- 14,500 tons of chips are eaten along with that guacamole
- Of the top 10 most watched American television programs of all time, nine of them are Super Bowls
- The Super Bowl is measured in Roman numerals because a football season runs over two calendar years
- Over 700,000 footballs are produced annually for official NFL use and 72 of them are used for the Super Bowl
- It is the 2nd most watched sporting event in the world. More than 100 million people worldwide watch the Super Bowl every year. In fact, Super Bowl XLIV in 2010 unseated M\*A\*S\*H's series finale as the most watched show in television history with over 106.5 million watchers.
- One 30-second commercial aired during the Super Bowl costs at least \$2,800,000
- The NFL has a policy against holding Super Bowl games in stadiums that have a climate of less than 50 degrees Fahrenheit, unless it is an enclosed stadium
- Which team has played in four Super Bowls but has never led at any point during the game? –*The Minnesota Vikings*
- What is the name of the trophy for the winner of the Super Bowl? –*The Vince Lombardi Trophy*

- Which player has won the Super Bowl MVP three times? –*Joe Montana*
- What company pays the MVP of the Super Bowl every year to sponsor their business? –*Disneyland*
- Which team was the first team to win 5 Super Bowls? –*The Pittsburg Steelers*
- Which team won the first Super Bowl? –*The Green Bay Packers*
- What current NFL team has never played in a Super Bowl? (There is 4 of them... can you name all 4?) –*Detroit Lions, Houston Texans, Jacksonville Jaguars, and Cleveland Browns*



### Join us on Social Media!

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

# February 2018

Pioneer Village  
805 N. 5th Street  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>All outing times are when to leave Pioneer Village. The event will begin approximately 30 minutes later.</i></p>	<p>AL—A building lobby AK—activity kitchen BL—B building lobby B—Bistro LL—ladies lounge TF—third floor</p>	<p>All you need is love. But a little chocolate now and then doesn't hurt.</p> <p>Charles M. Schultz</p>		<p><u>1 Transportation</u> 10:00 IN2L TF 10:00 Stories with Joan CR 1:00 Cooking with Ruch 6th grade students AK 1:00 Knitting Club BL 1:00 Sit &amp; Stretch TF 3:00 The Nielsen's Marti Gras B</p>	<p>2 8:45 Sit &amp; Stretch TF 10:30 Shopping Walmart 10:00 Coffee &amp; Donuts 11:00 IN2L TF 1:00 Brain Games BL 2:15 Wii Bowling TF 3:00 Wine Social B Swing A Longs</p>	<p>3 9:00 Craft Hour TF 11:00 IN2L TF 1:00 BINGO \$2.00 TF 2:30 Louis Faro BL 2:30 St. Olaf Choir 6:00 Movie CR Fury</p>
<p>4 9:45 Ruch Church bus 10:00 Local Church Trans. 10:45 PV Church Services CR 1:00 Let's Play Pool TF 2:00 Mexican Train TF 2:00 Movie Matinee CR Fury 3:00 Super Bowl Party TF</p>	<p><u>5 Transportation</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:15 Wii Bowling TF 3:00 Resident Council BL 6:30 San Francisco Alder Fellows Grand Opera Concert</p>	<p><u>6 Transportation</u> 9:00 One on One Visits 10:30 Bible Study LL 10:45 Menu Meeting B 11:00 Women's Poker TF 1:00 Sit &amp; Stretch TF 3:00 Cocktail Hour TF</p>	<p>7 8:45 Sit &amp; Stretch TF 10:00 Catholic Holy Communion CR 11:00 Men's Poker TF 1:00 BINGO \$2.00 TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 4:30 Dinner Club Olive Garden</p>	<p><u>8 Transportation</u> 10:00 IN2L TF 10:00 Stories with Joan CR 1:00 Cooking with Peggy AK 1:00 Knitting Club BL 1:00 Sit &amp; Stretch TF 2:30 Shopping Barns &amp; Nobel</p>	<p>9 8:45 Sit &amp; Stretch TF 10:00 Coffee &amp; Donuts 1:00 Brain Games BL 2:15 Wii Bowling TF 3:00 Wine Social/Mardi Gras Party B Bob Haworth</p>	<p>10 * Food Donation Pick up* 9:00 Craft Hour TF 10:30 Shopping BiMart 1:00 BINGO \$2.00 TF 6:00 Movie CR On Golden Pond</p>
<p>11 9:45 Ruch Church Bus 10:00 Local Church Trans. 10:45 PV Church Services CR 1:00 Let's Play Pool TF 12:30 Mexican Train TF 1:30 Singing in the Rain At the Randall Theater in Jacksonville 2:00 Movie Matinee CR</p>	<p><u>12 Transportation</u> 8:30 Breakfast Club Cracken &amp; Stackin 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:15 Wii Bowling TF 3:00 Independent Resident BL</p>	<p><u>13 Transportation</u> 9:00 One on One Visits 10:30 Bible Study LL 10:45 Menu Meeting B 11:00 Women's Poker TF 1:00 Sit &amp; Stretch TF</p>	<p>14 8:45 Sit &amp; Stretch TF 10:00 Catholic Holy Communion CR 11:00 Men's Poker TF 1:00 BINGO \$2.00 TF 2:00 Ruch Elementary AL 2:00 Cinema Hour CR 2:15 Wii Bowling TF 5—7pm Sock Hop Chris &amp; Dom B</p>	<p><u>15 Transportation</u> 10:00 IN2L TF 10:00 Stories with Joan CR 10:00 Meet &amp; Greet Meeting B 1:00 Knitting Club BL 1:00 Sit &amp; Stretch TF 2:00 Children's Choir AL 3:30 Cocktail Hour TF</p>	<p>16 Chinese New Year 238:45 Sit &amp; Stretch TF 10:00 Coffee &amp; Donuts 10:30 Shopping Walmart 1:00 Brain Games BL 2:15 Wii Bowling TF 3:00 Wine Social B Chris &amp; Dom 恭喜發財</p>	<p>17 9:45 Chinese New Year Parade 12:00 IN2L TF 1:00 BINGO \$2.00 TF 2:00 Photo Club BL 6:00 Movie CR Murphy's Romance</p>
<p>18 9:45 Ruch Church Bus 10:00 Local Church Trans. 10:45 PV Church Services CR 1:00 Let's Play Pool TF 2:00 Mexican Train TF 2:00 Movie Matinee CR Murphy's Romance 2:00 Steelhead Vineyards</p>	<p>19 <u>Transportation</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:00 Food Committee B 2:15 Wii Bowling TF 3:00 Fireside Chat BL</p>	<p><u>20 Transportation</u> 9:00 One on One Visits 10:30 Bible Study LL 10:45 Menu Meeting B 11:00 Women's Poker TF 12:00 Hoodie Hoo Day AL 1:00 Sit &amp; Stretch TF 3:00 Cocktail Hour TF</p>	<p>21 8:45 Sit &amp; Stretch TF 10:00 Catholic Holy Communion CR 1:00 Men's Poker TF 1:00 BINGO \$2.00 TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 2:30 Shopping Trader Joe's</p>	<p><u>22 Transportation</u> 10:00 IN2L TF 10:00 Stories with Joan CR 1:00 Spelling Bee with Ruch Students B 1:00 Knitting Club BL 1:00 Sit &amp; Stretch TF 3:00 The Nielsen's France B</p>	<p>23 8:45 Sit &amp; Stretch TF 10:00 Coffee &amp; Donuts 10:30 Fast Food Friday Wendy's 1:00 Brain Games BL 2:15 Wii Bowling TF 3:00 Wine Social B Sheila Winn</p>	<p>24 9:00 Craft Hour TF 10:30 Shopping BiMart 1:00 BINGO \$2.00 TF 3:30 Cocktail Hour TF 6:00 Movie CR Space Cowboys</p>
<p>25 9:45 Ruch Church Bus 10:00 Local Church Trans. 10:45 PV Church Services CR 1:00 Let's Play Pool TF 2:00 Mexican Train TF 2:00 Movie Matinee Space Cowboys 2:00 Scenic Drive</p>	<p><u>26 Transportation</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 11:00 Activities Meeting BL 1:00 BINGO \$2.00 TF 2:15 Wii Bowling TF 3:00 Cottage Resident BL</p>	<p><u>27 Transportation</u> 9:00 One on One Visits 10:30 Bible Study LL 10:45 Menu Meeting B 11:00 Women's Poker TF 1:00 Sit &amp; Stretch TF 3:00 Educational Seminar By Home Instead</p>	<p>28 8:45 Sit &amp; Stretch TF 10:00 Catholic Holy Communion CR 10:00 Wii Bowling Tournament @ BW 11:00 Men's Poker TF 1:00 BINGO \$2.00 TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Birthday &amp; Meet &amp; Greet B</p>	<p><b>Birthday's</b></p>	<p><u>Residents</u> Alan N. 2/2 Gladys D. 2/7 Doug E. 2/8 Gloria B. 2/11 Althea C. 2/11 Joan L. 2/27</p>	<p><u>Employees</u> Niki D. 2/5 Kitty M. 2/11  <i>A warm smile is the universal language of kindness</i></p>