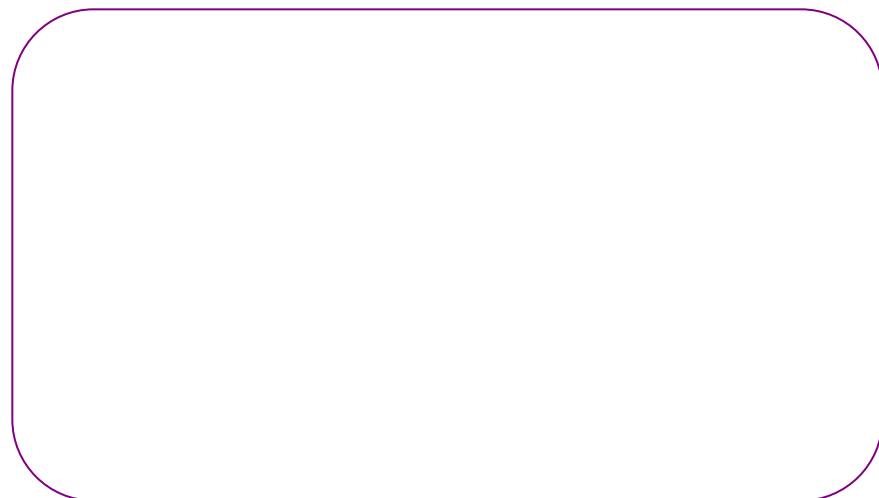




805 N. 5th St.  
Jacksonville, OR 97530

STAMP  
HERE



**Administrative Team:**

**Dora Howard**

Executive Director

**Nita Brotton**

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

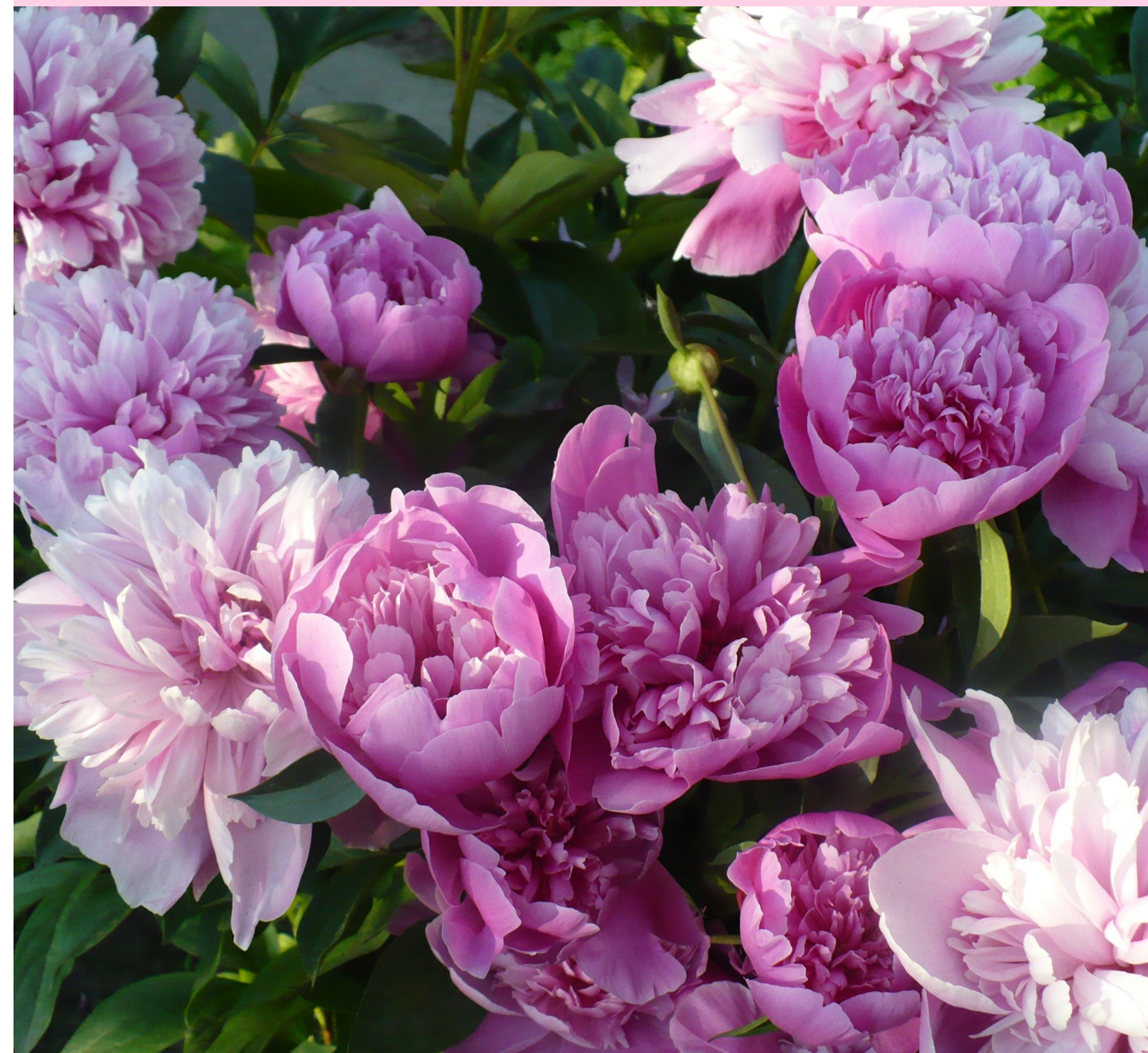
Contact us at:  
**541-899-6825**

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



P2 Arthritis Facts and Care Tips  
P3 Visiting "Pioneer Village" Circa 1960's  
P4 & P5 Activities Calendar

P6 Resident & Employee of the Month  
P7 Memories & Mother's Day  
P8 Mission & Team

## May 2018 Edition



# Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.



## Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

## Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

# Memories in the Making!



"She was fun!"  
- Jill

"She loved to dress up"  
- LaVera

"Her positive energy & kindness"  
- Beondi

"Her kind and loving heart"  
- Michelle

In honor of our moms, we asked around: What is something you have always loved about your mother?



## May Highlights

4/2 Library Luncheon; The Civil War comes to Southern Oregon

4/6 Rellik Winery Tour

4/9 Voices of the Applegate perform

4/11 Medford Mail Tribune Tour

4/15 John Jackson presentation on Worms & Composting

4/20 High Tea and Fashion Show

4/23 Wii Bowling Tournament at Pioneer Village

4/24 Living Healthy at Home Seminar on Arthritis

4/28 Memorial Day Western BBQ



### Follow us on Social Media:

Facebook.com/PioneerVillageOregon  
 Blog.radiantseniorliving.com  
 Radiantsrliving on Instagram  
 Radiantvoices on Instagram  
 RadiantSrLiving on Twitter  
 Pinterest.com/radiantsrliving  
 Radiant Senior Living on YouTube

### Resident of the Month



*Pam C.*



*Bill B.*

## Visiting “Pioneer Village,” Circa 1960s

A little brown hen scurried past the stockade, clucking and scolding the chicks that followed her. The sun was warm. There was the smell of hay, horses, old leather, and coffee simmering in the big black pot that was hanging over a smoldering fire.

George McUne stood in the shade of a big elm tree and looked down the dusty street of Pioneer Village, the replica Western Town, circa 1860s, he has developed in Jacksonville. “I guess I’ve got this sort of thing in my blood,” he said.

The hen and her flock settled down for dusting under the hitching post behind the assay office, and from the corral came a loud whinny. “We keep hay for the horses in the barn over there,” McUne said.

A few steps down the village street, a teepee stands near the stockade; hides are set out to dry in the sun. A bit farther on, a medicine wagon, a freight wagon, a dray and a stage that carried both mail and passengers.

McUne uses the old forge in the blacksmith shop to do repair work. Saddles and harnesses are stored in the tack house. We crossed the street to the smoke house, a building brought log by log from the Beall ranch. Inside are scalding vats, huge meat blocks and racks where meat could be laid for smoking. Everything in Pioneer Village is authentic.

We passed “Irene’s,” a small building with much gingerbread and fancy curtains, then the building that holds a collection of household items brought west on the Preachers’ Wagon Train, 1853. Here are diaries, personal papers, Bibles, and a day-by-day account of the Modoc Indian Wars.

It’s a step back in time when you enter the Applegate Store. Built in 1860, this log building served as store and post office. Checker players clad in plaid shirts and overalls sit near the potbellied stove; nearby, a tobacco cutter and a coffee grinder. McUne said visitors have found the names of their ancestors in the yellowed pages of the money order receipt book that came from the Steamboat Post Office.

The moonshiner’s shack taken from the flanks of RoxyAnn still has a lift-slat peek hole in the door; the interior has been remodeled to look like a saloon. On down the street, we visited the sheriff’s office, the jail, and the assay office where the Jacob’s Rod... a “gold finder” delivered by Wells Fargo...is on display.

Horses and mules are kept in corrals near the arena. A wagon base that is available for stage entertainment during special events stands near the barbeque shelter, tables and fire pit.

As we retraced our steps to the entrance of Pioneer Village. McUne said the covered wagon that stands here is the one he drove from St. Louis, Mo., to Oregon, when he joined the wagon train that made the four-month trip in observance of Oregon’s Centennial year, 1959.



# May 2018



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>A mother understands what a child does not say.</p> 	<p><b>Employee Birthdays</b></p> <p>5/2 Ciara M. 5/10 Bill B. 5/24 Regina B. 5/31 Cole S.</p>	<p><b>1</b> <u>TRANSPORTATION</u> 10:00 Blood Pressure Clinic BL 10:00 IN2L TF 10:30 Bible Study 2FL 10:45 Menu Meeting B 11:00 Women's Poker TF 3:00 Happy Hour TF</p>	<p><b>2</b> 8:45 Sit &amp; Stretch TF 11:00 Library Luncheon The Civil War comes to Southern Oregon 1:00 BINGO TF 2:15 Wii Bowling TF 2:30 Scenic Drive Whetstone Pond 3:00 Trivia Residents vas Staff TF</p>	<p><b>3</b> <u>TRANSPORTATION</u> 9:00 One on One Visits 10:00 IN2L TF 1:00 Cooking with Peggy AK 2:00 Ruch Students vs Residents Trivia TF 3:30 IN2L Setting up email, land learning how to use it.</p>	<p><b>4</b> 8:45 Sit &amp; Stretch TF 10:00 Donuts &amp; Coffee AL 1:00 Crafts with Peggy AK 2:15 Wii Bowling TF 3:00 Wine Social B The Swing a Longs</p>	<p><b>5</b> <u>Cinco de Mayo</u> 9:00 Balance Class CR 10:30 Shopping Walmart 1:00 BINGO TF 2:30 Louis Faro BL 3:45 Photo Club B 6:00 Saturday Night Movie CR The Post</p> 
<p><b>6</b> <b>7</b> 9:45 Ruch Church Bus 10:00 Local Church Bus 2:00 Mexican Train TF 2:00 Movie Matinee CR The Post 2:30 Vineyard Tour Rellik Winery</p>	<p><b>7</b> <u>TRANSPORTATION</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 11:00 Men's Poker BL 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Resident Council Meeting BL</p>	<p><b>8</b> <u>TRANSPORTATION</u> 10:00 IN2L TF 10:30 Bible Study 2FL 10:45 Menu Meeting B 11:00 Women's Poker TF 3:00 Happy Hour TF</p>	<p><b>9</b> 8:45 Breakfast Club Punky's Diner 8:45 Sit &amp; Stretch TF 1:00 BINGO TF 2:15 Wii Bowling TF 3:00 Nielson's Gunslingers 6:00 Voices of the Applegate BL</p>	<p><b>10</b> <u>TRANSPORTATION</u> 9:00 One on One Visits 10:00 IN2L TF 1:00 Cooking with Peggy AK 2:00 Alzheimer Support Group CR 2:00 Phone &amp; Computer questions &amp; Answer with James</p>	<p><b>11</b> 8:45 Sit &amp; Stretch TF 10:00 Donuts &amp; Coffee AL 10:30 Medford Mail Tribune Tour 1:30 Painting with James AK 2:15 Wii Bowling TF 3:00 Wine Social B Kathy &amp; Tracy</p>	<p><b>12</b> 9:00 Balance Class CR 10:30 Shopping Fred Meyer 1:00 BINGO TF 3:45 Photo Club B 6:00 Saturday Night Movie CR The Best Exotic Marigold Hotel</p>
<p><b>13</b> <u>Mother's Day</u> 9:45 Ruch Church Bus 10:00 Local Church Bus 2:00 Mexican Train TF 2:00 Movie Matinee CR The Best Exotic Marigold Hotel 2:30 Scenic Tour The Applegate</p> 	<p><b>14</b> <u>TRANSPORTATION</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 11:00 Men's Poker BL 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Independent Resident BL</p>	<p><b>15</b> <u>TRANSPORTATION</u> 10:00 Blood Pressure Clinic BL 10:00 IN2L TF 10:30 Bible Study 2FL 10:45 Menu Meeting B 11:00 Women's Poker TF 2:00 Kathy Kali B 3:00 John Jackson Worms &amp; Composting</p>	<p><b>16</b> 8:45 Sit &amp; Stretch TF 10:30 Lunch Bunch Wayback Burgers 1:00 BINGO TF 2:15 Wii Bowling TF 2:30 Shopping Trader Joe's</p>	<p><b>17</b> <u>TRANSPORTATION</u> 9:00 One on One Visits 10:00 IN2L TF 11:00 Activities Meeting BL 1:00 Cooking with Peggy AK 2:00 IN2L Comedy Hour TF 3:30 Book Club BL</p>	<p><b>18</b> 8:45 Sit &amp; Stretch TF 10:00 Donuts &amp; Coffee AL 10:30 Shopping Rogue Valley Mall 1:00 Crafts with Peggy AK 2:15 Wii Bowling TF 3:00 Wine Social B Chris &amp; Dom</p>	<p><b>19</b> 9:00 Balance Class CR 10:00 Jacksonville Garden Tour 1:00 BINGO TF 2:30 Craig Evans BL 3:45 Photo Club B 6:00 Saturday Night Movie CR Boy's of 36</p>
<p><b>20</b> 9:45 Ruch Church Bus 10:00 Local Church Bus 2:00 Mexican Train TF 2:00 Movie Matinee CR Boy's of 36 3:00 High Tea &amp; Fashion Show AL</p>	<p><b>21</b> <u>TRANSPORTATION</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 11:00 Men's Poker BL 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Fireside Chat BL</p>	<p><b>22</b> <u>TRANSPORTATION</u> 10:00 IN2L TF 10:30 Bible Study 2FL 10:45 Menu Meeting B 11:00 Women's Poker TF 3:00 Happy Hour TF</p>	<p><b>23</b> 8:45 Sit &amp; Stretch TF 10:30 Wii Bowling @ PV 1:00 BINGO TF 2:15 Wii Bowling TF 4:30 Supper Club Cicily's</p>	<p><b>24</b> <u>TRANSPORTATION</u> 9:00 One on One Visits 10:00 IN2L TF 1:00 Cooking with Peggy and Ruch Students AK 2:00 Seminar on Arthritis B 3:00 IN2L Flight Simulator TF</p>	<p><b>25</b> 8:45 Sit &amp; Stretch TF 10:00 Donuts &amp; Coffee AL 1:00 Painting with James AK 2:15 Wii Bowling TF 3:00 Wine Social B Sheila Winn</p>	<p><b>26</b> 9:00 Balance Class CR 10:30 Shopping BiMart 1:00 BINGO TF 2:30 Lee Stewart BL 3:45 Photo Club B 6:00 Saturday Night Movie CR It's Complicated</p>
<p><b>27</b> 9:45 Ruch Church Bus 10:00 Local Church Bus 2:00 Mexican Train TF 2:00 Movie Matinee CR It's Complicated 2:30 Winery Tour Kriselle Vineyard</p>	<p><b>28</b> <u>Memorial Day</u> 8:45 Sit &amp; Stretch TF 10:00 Chair Yoga CR 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 2:00 Food Committee B 3:00 Cottage Meeting BL 4:00 Memorial Day Western BBQ</p> 	<p><b>29</b> <u>TRANSPORTATION</u> 10:00 IN2L TF 10:30 Bible Study 2FL 10:45 Menu Meeting B 11:00 Women's Poker TF 3:00 Happy Hour TF</p>	<p><b>30</b> 8:45 Sit &amp; Stretch TF 10:30 Shopping Rogue Valley Mall 1:00 BINGO TF 2:15 Wii Bowling TF 3:00 Birthday , Meet &amp; Greet B</p>	<p><b>31</b> <u>TRANSPORTATION</u> 9:00 One on One Visits 10:00 IN2L TF 1:00 Cooking with Peggy AK 2:00 Shopping Barns &amp; Nobel 3:00 IN2L Google Earth TF</p> 	<p><b>Resident Birthdays</b></p> <p>5/1 Conrad R. 5/3 Iris S. 5/4 Marjorie N. 5/13 Eleanor E. 5/20 Bud B. 5/22 Joan K.</p> <p>5/23 Robert S. 5/24 Juanita M. 5/26 Rita F. 5/26 Warren B. 5/30 Jim P. 5/30 Ruth K.</p>	