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STAMP
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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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October 2018 Edition

5 Benefits of Physical Therapy



Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That’s hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

***Note:** Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.*

Five Potential Benefits of Physical Therapy:

- 1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
- 2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
- 3. **Management of Issues Associated with Diabetes:** Physical therapists can help

- prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.
- 4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
- 5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Great photography is about depth of feeling, not depth of field.” -Peter Adams



Autumn Funnies (answers on

- | | | |
|---|---|--|
| 1. What type of vehicle is best for a hayride? | the fall? | 6. How do you fix a broken pumpkin? |
| 2. What do trees say when they get their leaves back? | 4. How do you know when the moon has had enough to eat? | 7. What is the ratio of a pumpkin’s circumference to its diameter? |
| 3. What type of vest should you wear in | 5. How do football players stay cool during games? | |

Meet Pioneer Village Wii Bowling Team “The Icy Hots”



Our bowling team “The Icy Hots” play in a monthly tournament against our sister community Barnett Woods. Where we have both shared in bringing the trophy home for the month. They also enjoy having a monthly game with the staff, there is not a trophy involved however they sure enjoy the bragging rights when they win. Our team practices three times a week, we are always looking for more bowlers. So come on up and give it a try.

Team Member of the Month



Follow us on Social Media:
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Answers to the Fall Funnies on 7
1. An autumn-mobile. 2. What a re-leaf! 3. A har-vest! 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pi.

The Life of Luna

By MaryAnn J.

If the human I’m living with (please note it would be beneath me to say ‘who owns me’) knew I’d figure out how to use her gadgets to write and print this, she’d have a herd of cows. However, I’m very observant and just plain snoopy. It doesn't take much for me to learn, but only what I want to learn, unlike humans who have lots of other humans telling them what to learn (and do) from the time they’re born. In case you think cats (which I’m proud to be one of the prettiest) just lie around and say “meow,” think again.

It was not hard for me to adjust to living with this human, also a female, as she treats me with respect, only occasionally telling me to get off something or out of some place before she loses her #@*!^ temper. She can be a dingbat at times, but I know she truly adores me. The one time she got a little rough was when she was trying to get me in a carrier. I decided I’d rater not be in it and headed away. She got hold of my tail — a big no-no. I don’t think she’ll do it again, as I got even. Quite often when she is lying on the bed I’ll lie on her chest with my head under her chin. The next time after the tail pulling fiasco I climbed on her chest with my butt in her face.

Humans certainly do strange things. Using what is called a toilet seems like such a waste of resources — lot of water gone whereas my litter box just needs a bit of shoveling about once a day. (I’m meticulous, usually, about scraping stuff over what I’ve done. Pin a rose on me.)

I’ve seen dogs led around on leashes. My human, who’d had nothing but dogs before I arrived on the scene, thought I might want to walk with her. Sure, I’d like that but not on a leash. One day I went out with her, thinking we might make a go of it. Unfortunately she wasn’t aware of the fact I was in the hall with her. (There are a lot of things she’s not aware of, believe me.) She went back to our place for something, leaving me outside. Fortunately my front legs fit under the door. She saw them and let me back in.

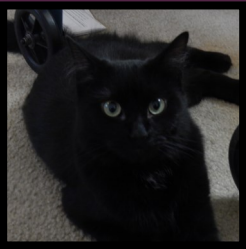
Closets are my thing. When I know clothes are being taken out or put in I quickly jump inside. Since I’m totally black I might as well be invisible. Sometimes I can Be in a closet quite awhile before my human knows where I am and opens the door to let me out. I have inventoried both closets and know the contents of both, which is more than I can say for my two-legged roommate, who often says “Now where did I put that...?”

Though I guess some cats can get pretty nasty with their humans, inflicting deliberate damage with their claws, I would never do that. A butt in her face is sufficient (and leaves no marks). However, a couple times I did inadvertently catch one of her fingers with a claw, but she and I both knew it was unintentional.

I like to eat early in the day and snack on leftovers later. For exercise I bat a couple of phony mice around the place. It’s a lot of fun to go after them across my human’s bed when she’s in it. I also like shoe laces and do everything I can to go after them when she’s trying to get her shoes on, which has prompted her to outwit me (a rarity) by making sure I’m shut in a closet. It’s also fun to get on top of the refrigerator, though I did get in a bit of trouble when I opened the freezer. Sure glad I didn’t go inside.


As I have medium length fur and a very bushy tail (unlike a lot of cat tails that look like fuzzy snakes) I do leave some tell tale signs of where I’ve been in the form of a long black strand of fur. This has prompted my roommate to tell me in no uncertain terms that she’d better NEVER find out that I’d used her toothbrush. No problem. Don’t need it.

Life is good. Get to sleep a lot. I can keep things pretty much under my control, while still letting my roommate think she is in charge. She’s learning , though. It just takes her a little longer.



October 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
AL=A Building Lobby DR=Dining Room AK=Activities Kitchen BL=B Building Lobby B=Bistro LL=Ladies Lounge (1st floor) TF=Third Floor PL=Parking Lot	9 to 3 TRANSPORTATION 1 8:45 Sit & 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 BL 5:00 Monday Night Football	9 to 3 TRANSPORTATION 2 9:00 One on One Visits 10:00 Blood Pressure Clinic BL 10:30 Bible Study LL 10:45 Menu Meeting B 11:00 Women's Poker TF 1:30 IN2I Google Earth TF 3:00 Happy Hour TF 6—8 OHCA Reception B	3 8:45 Sit & Stretch TF 11:30 Library Luncheon 1:00 BINGO TF 2:15 Wii Bowling TF 3:00 Jewelry Making AK 4:00 Out to Dinner Shoji's	9 to 3 TRANSPORTATION 4 9:00 Reading Reminisce CR 10:30 Activities Meeting B 12:30 Cooking with Peggy AK 2:00 Carole Nielsen B 2:00 Alzheimer's Support CR 3:00 IN2L Game Time TF	5 8:45 Sit & Stretch TF 10:00 Biscotti & Coffee AL 11:00 Painting with James TF 1:00 Favorite Things B 1:00 Pinochle LL 3:00 Wine Social B Swing A Longs	6 8:45 Balance Class CR 10:30 Shopping Walmart 1:00 Blackstone Publishing Sale 2:30 Louis Faro BL 6:00 Saturday Night Movie CR Jackie
7 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 1:00 Co-ed Poker BL 2:00 Mexican Train TF 2:00 Movie Matinee CR 2:00 Scenic Drive Mt. Ashland	9 to 3 TRANSPORTATION 8 8:45 Sit & 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 Meeting BL 5:00 Monday Night Football	9 to 3 TRANSPORTATION 9 9:00 One on One Visits 10:30 Bible Study LL 10:45 Menu Meeting B 11:00 Women's Poker TF 3:00 Bugs R Us John Jackson B 3:00 Happy Hour TF	10 8:45 Sit & Stretch TF 9:00 Coast Trip 1:00 BINGO TF 2:15 Wii Bowling TF 3:00 IN2L Google Earth TF	9 to 3 TRANSPORTATION 11 9:00 Reading Reminisce CR 10:30 Welcome Comm. Meet. B 12:30 Cooking AK 2:00 Meet the Pioneers B 3:00 IN2L Game Time TF	12 8:45 Sit & Stretch TF 10:00 Scones & Coffee AL 11:00 Painting with James TF 1:00 Favorite Things B 1:00 Pinochle LL 3:00 Wine Social B Tracy Davy	13 Food Donation Pick Up 8:45 Balance Class CR 10:30 Shopping BiMart 1:00 BINGO TF 2:30 Model Building AK 3:30 Photo Club B 6:00 Saturday Night Movie CR Florence Foster Jenkins
14 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 1:00 Co-ed Poker BL 2:00 Mexican Train TF 2:00 Movie Matinee CR 2:00 Winery Visit	9 to 3 TRANSPORTATION 15 8:45 Sit & 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 5:00 Monday Night Football	9 to 3 TRANSPORTATION 16 9:00 One on One Visits 10:30 Bible Study LL 10:45 Menu Meeting B 11:00 Women's Poker TF 2:00 Melody Makers BL 3:00 Happy Hour TF	17 8:45 Sit & Stretch TF 9:30 Harry & David Tour 10:30 Wii Bowling @ BW 1:00 BINGO TF 2:15 Wii Bowling TF 3:00 Computer & Phone Help TF	9 to 3 TRANSPORTATION 18 9:00 Reading Reminisce CR 11:30 Octoberfest AL 12:30 Cooking with Peggy AK 2:00 Parkinson's Support CR 3:00 IN2L Explore TF	19 8:45 Sit & Stretch TF 10:00 Donuts & Coffee AL 11:00 Painting with James TF 1:00 Favorite Things B 1:00 Pinochle LL 3:30 Wine Social B Chris & Dom	20 8:45 Balance Class CR 10:30 Shopping Trader Joes 1:00 BINGO TF 2:30 Craft Hour AK 3:30 Photo Club B 6:00 Saturday Night Movie CR Cold Mountain
21 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 1:00 Co-ed Poker BL 2:00 Mexican Train TF 2:00 Movie Matinee CR 2:00 Scenic Drive	9 to 3 TRANSPORTATION 22 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 11:00 Men's Poker BL 1:00 BINGO TF 2:00 Cinema Hour CR 2:00 Food Comm. Meeting B 2:15 Wii Bowling TF 3:00 Cottage Meeting BL 5:00 Monday Night Football	9 to 3 TRANSPORTATION 23 9:00 One on One Visits 10:30 Bible Study LL 10:45 Menu Meeting B 11:00 Women's Poker TF 1:30 Residents vs Staff Wii 3:00 Happy Hour TF	24 8:45 Sit & Stretch TF 10:00 Flu Shot Clinic BL 1:00 BINGO TF 2:15 Wii Bowling TF 2:00 Birthday Party B 3:00 Meet & Greet B	9 to 3 TRANSPORTATION 25 9:00 Reading Reminisce CR 11:00 Jewelry Making AK 12:30 Cooking with Peggy AK 2:00 Carole Nielsen B 3:30 IN2I Explore TF 6:00 COPD Seminar B	26 8:45 Sit & Stretch TF 10:00 Pastries & Coffee AL 11:00 Painting with James TF 1:00 Favorite Things B 1:00 Pinochle LL 3:00 Wine Social B Sheila Winn 4:30 Jacksonville Fire Dept. Spaghetti Dinner	27 Shop & Swap TF 8:45 Balance Class CR 10:30 Shopping Barns & Nobel 1:00 BINGO TF 2:30 Model Building AK 3:30 Photo Club B 6:00 Saturday Night Movie CR Letters To Juliet
28 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 1:00 Co-ed Poker BL 2:00 Mexican Train TF 2:00 Movie Matinee CR 2:00 Winery Visit	9 to 3 TRANSPORTATION 29 8:45 Sit & 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 IN2L Explore TF 5:00 Monday Night Football	9 to 3 TRANSPORTATION 30 9:00 One on One Visits 10:30 Bible Study LL 10:45 Menu Meeting B 11:00 Taco Tuesday 11:00 Women's Poker TF 1:30 Chuck Smoker B 3:00 Happy Hour TF	31 8:45 Sit & Stretch TF 11:00 Out to Lunch Four Daughters 1:00 BINGO TF 2:15 Wii Bowling TF 4—6 Halloween Party AL	<div><div><div>Residents</div><div>Richard C. 10/2</div><div>Anne H. 10/11</div><div>Shirley H. 10/15</div><div>Helen H. 10/21</div><div>Marjorie H 10/24</div></div><div><div>Employees</div><div>Josh D. 10/3</div><div>Mike E. 10/20</div><div>Synde H. 10/25</div></div></div>		 <p>Winter is an etching, Spring a watercolor, Summer an oil painting, And autumn a mosaic of them all. Stanley Morowitz</p>