



805 N. 5th St.
Jacksonville, OR 97530

STAMP
HERE



Administrative Team:

Dora Howard
Executive Director
Janice Monahan
Community Relations Director
Nita Brotton
Wellness Director
Beondi Hewson
Business Office Director
Liz Price
Wellness Nurse
Lisa Ramun
Dining Services Director
Matthew Buchanan
Maintenance Director
Peggy Dunphy
Life Enrichment Director

Contact us at:
541-899-6825



The Pioneer Post

Independent & Assisted Living Newsletter



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November 2018 Edition

Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats. Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

Differences Between a Flu and a Cold
Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.
A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)

“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz



Ericka & James having fun At the Octoberfest



Beautiful view from Mt Ashland Ski Resort



Cooking with Pam & Georgine



Great fun at our Luau

The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

“Hot Soup” - Emily	“Pot of Stew” - Emily	“Baked Acorn Squash” Gladdy
“Chili & Cornbread” - Pat	“Chicken & Dumplings” - Peggy	



Lily

Lily has been best friends with Marilyn since 2010. She loves living here at Pioneer Village, especially when she visits the lobby. She knows Pam will be there waiting with a treat. One of her favorite pastimes is walking Marilyn along the paths around Pioneer Village sniffing out wildlife.

Employee of the Month



Michelle W.

Between her, and her fiancé, Justin, they have 5 children. Her family loves hiking, playing at the park, and going to the Oregon coast (one of Michelle's favorite places.) We are blessed to have her here at Pioneer Village.



The History of Veterans Day

On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as “the Great War.” Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

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The History and Legend of the Poinsettia

The plant we know today as the poinsettia has long and interesting history. Native to Central America, the plant flourished in an area of Southern Mexico known as Taxco del Alarcon. The Aztecs used the plant decorative purposes but also put the plant to practical use. They extracted a purplish dye for use in textiles and cosmetics from the plant’s bract. The milky white sap, today called latex, was made into a preparation to treat fevers.

The poinsettia may have remained a regional plant for many years to come had it not been for the efforts of Joel Roberts Poinsett (1779-1851). The son of a French physician, Poinsett was appointed as the first United States Ambassador to Mexico (1825-1829) by President Madison, Poinsett had attended medical school himself, but his real love in the scientific field was botany. (Mr. Poinsett later founded the institution which we know today as the Smithsonian Institute).

Poinsett, maintained his own hothouses on his Greenville, South Carolina plantations, and while visiting the Taxco area in 1828, he became enchanted by the brilliant red blooms he saw there. He immediately sent some of the plants back to South Carolina, where he began propagating the plants and sending them to friends and botanical gardens.

Among the recipients of Poinsett’s work was John Bartram of Philadelphia, who in turn gave the plant over to another friend, Robert Buist, a Pennsylvania nurseryman. Mr. Buist is thought to be the first person to have sold the plant under it’s botanical name, *Euphorbia pulcherrima*. It is thought to have become known by its more popular name of poinsettia around 1836, the origin of the name recognizing the name who first brought the plant to the United States.

Congress honored Joel Poinsett by declaring December 12th as National Poinsettia Day which commemorates the date of his death 1851. The day was meant to honor Poinsett and encourage people to enjoy the beauty of the popular holiday plant.

A charming story is told of Pepita, a poor Mexican girl who had no gift to present the Chris Child at Christmas Eve Services. As Pepita walked slowly to the chapel with her cousin Pedro, her heart was filled with sadness rather than joy. “I am sure, Pepita, that even the most humble gift, if given in love, will be accepted in His eyes,” said Pedro consolingly.


Not knowing what else to do, Pepita knelt by the roadside and gathered a handful of common weeds, fashioning them into a small bouquet. Looking at the scraggly bunch of weeds she felt more saddened and embarrassed than ever by the humbleness of her offering. She fought back a tear as she entered the small village chapel.

As she approached the alter, she remembered Pedro’s kind words: “Even the most humble gift, if given in love, will be accepted in His eyes.” She felt her spirit lift as she knelt to lay the bouquet at the foot of the nativity scene. Suddenly, the bouquet of weeds burst into bloom of brilliant red, and all who saw them were certain that they had witnessed a Christmas miracle right before their eyes.

From that day on, the bright red flowers were known as the Flores de Noche Buena, or Flowers of the Holy Night, for they bloom each year during the Christmas season and thus, the legend of the poinsettia was born.

November 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Residents	Birthdays Employees					
Joyce S. 11/1 Orval E. 11/7 Mary B. 11/7 Guadalupe H. 11/7 Genevieve D. 11/25	Susan R. 11/2 Nickole D. 11/6 Debra H. 11/26 Matthew B. 11/27 Beondi H. 11/29 Linda S. 11/29 Bob P. 11/30	 We don't laugh because we're happy— we're happy because we laugh.	AL AK CR BL B LL 2L TF PL A Building Lobby Activities Kitchen Cinema Room B Building Lobby Bistro Ladies Lounge 2nd Floor Lounge Third Floor Parking Lot	TRANSPORTATION 1 9:00 Reading Reminisce 10:30 IN2L Games TF 12:30 Cooking with Peggy 2:00 New Horizons B 3:30 Learn Facebook with IN2L TF	2 8:45 Sit & Stretch TF 10:00 Donuts & Coffee AL 11:00 Painting with James 1:00 Pinochle LL 1:00 Favorite Things B 2:15 Wii Bowling TF 3:00 Wine Social B Swing A Longs	3 9:00 Balance Class CR 10:30 Shopping Walmart 1:00 Bingo TF 2:30 Louis Faro B 6:00 Saturday Night Movie The Judge
4 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Co-Ed Poker B 1:30 Quilt Show 2:00 Sunday Matinee 2:00 Mexican Train TF	5 TRANSPORTATION 8:45 Sit & Stretch TF 10:00 Piano Meeting B 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 6:00 OHCA Reception B	6 TRANSPORTATION 9:00 One on One Visits 10:30 Bible Study TF 10:45 Menu Meeting B 11:00 Activities Meeting B 1:30 Wii Bowling Resident/ Staff Game 3:00 Happy Hour TF 6:00 Diabetic Seminar B	7 8:45 Sit & Stretch TF 11:00 Library Luncheon 1:00 Bingo TF 2:00 Shopping BiMart 2:15 Wii Bowling TF 3:00 Warm Your Bones Cocktail Hour TF	8 TRANSPORTATION 9:00 Reading Reminisce 10:30 IN2L Games TF 12:30 Cooking with Peggy 1:30 Explore IN2L TF 2:00 Alzheimer's Support 3:00 IN2L Google Earth TF	9 8:45 Sit & Stretch TF 10:00 Donuts & Coffee AL 10:30 Shopping Hobby Lobby 11:00 Painting with James 1:00 Pinochle LL 1:00 Favorite Things B 2:15 Wii Bowling TF 3:00 Wine Social B Michael Stapley	10 9:00 Balance Class CR 10:30 Women's Poker TF 1:00 Bingo TF 2:30 Scenic Drive 6:00 Saturday Night Movie Lion
11 9:45 Ruch Church Bus 10:00 Veterans Day Ceremony 12:30 Co-Ed Poker B 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:00 Scenic Drive Eagle Point National Cemetery	12 TRANSPORTATION 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 10:30 Bible Study TF 11:00 Men's Poker BL 1:00 Bingo TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Independent BL	13 TRANSPORTATION 9:00 One on One Visits 10:30 Bible Study TF 10:45 Menu Meeting B 11:00 Welcome Comm. B 1:30 Jewelry Making AK 3:00 Happy Hour TF 4:00 Out to Dinner McGraths	14 8:45 Sit & Stretch TF 10:30 Model Building AK 1:00 Bingo TF 2:15 Wii Bowling TF 2:30 Chico's Scarf Tying Class Shopping Rogue Valley Mall	15 TRANSPORTATION 9:00 Reading Reminisce 10:30 IN2L Games TF 12:30 Cooking with Peggy 1:30 Explore IN2L TF 2:00 Parkinson's Support 3:00 Carole Nielsen B 6:00 Sadie Hawkins Dance	16 8:45 Sit & Stretch TF 10:00 Donuts & Coffee AL 11:00 Painting with James 1:00 Pinochle LL 1:00 Favorite Things B 2:15 Wii Bowling TF 3:30 Wine Social B Chris & Dom	17 9:00 Balance Class CR 10:30 Women's Poker TF 1:00 Bingo TF 2:30 Robin Stroh BL 6:00 Saturday Night Movie Saving Private Ryan
18 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 In House Church Service CR 12:00 Co-Ed Poker B 1:30 Gingerbread Jubilee 2:00 Sunday Matinee CR	19 TRANSPORTATION 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 10:30 Bible Study TF 11:00 Men's Poker BL 1:00 Bingo TF 2:00 Cinema Hour CR 2:00 Food Comm. B 2:15 Wii Bowling TF 3:00 Fireside Chat BL	20 TRANSPORTATION 9:00 One on One Visits 10:30 Bible Study TF 10:45 Menu Meeting B 11:00 Craft Hour AK 2:00 Happy Hour TF 3:00 Bugs R Us B	21 8:30 Breakfast Bunch Roosters 8:45 Sit & Stretch TF 10:00 Craft Hour 1:00 Bingo TF 2:15 Wii Bowling TF 2:00 Shopping Trader Joes 3:00 Meet & Greet B	22 TRANSPORTATION 9:00 Macy's Thanksgiving Day Parade CR 11:30 Thanksgiving Dinner 4:00 Box Dinner Delivery 4:00 Kick off To Christ- mas, Movie "A Christmas Story" CR	23 8:45 Sit & Stretch TF 10:00 Donuts & Coffee AL 11:00 Painting with James 1:00 Pinochle LL 1:00 Favorite Things B 2:15 Wii Bowling TF 3:00 Wine Social B Michael Cruz	24 Shop N Swap 9:00 Balance Class CR 10:30 Women's Poker TF 1:00 Ashland Greenhouse Poinsettia Festival 6:00 Saturday Night Movie It's A Wonderful Life
25 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 In House Church Services CR 12:30 Co-Ed Poker B 2:00 Sunday Matinee Cr 2:00 Mexican Train TF 2:00 Winery Visit	26 TRANSPORTATION 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 10:30 Bible Study TF 11:00 Men's Poker BL 1:00 Bingo TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Cottage Resident BL	27 TRANSPORTATION 9:00 One on One Visits 10:30 Bible Study TF 10:45 Menu Meeting B 11:00 Photo Club AK 1:30 Chuck Smoker BL 3:00 Happy Hour TF	28 8:45 Sit & Stretch TF 10:30 Jewelry Making 11:00 Out to Lunch Cracker Barrel 1:00 Bingo TF 2:15 Wii Bowling TF 2:00 Shopping Barnes & Noble 3:00 Birthday Party B	29 TRANSPORTATION 9:00 Reading Reminisce 11:00 Joyful Noise BL 12:30 Cooking with Peggy 1:30 IN2L Games TF 3:00 Carole Nielsen B 5:00 City Council Meet & Greet	30 8:45 Sit & Stretch TF 10:00 Donuts & Coffee AL 11:00 Painting with James 1:00 Pinochle LL 1:00 Favorite Things B 2:15 Wii Bowling TF 3:00 Wine Social B Sheila Winn	