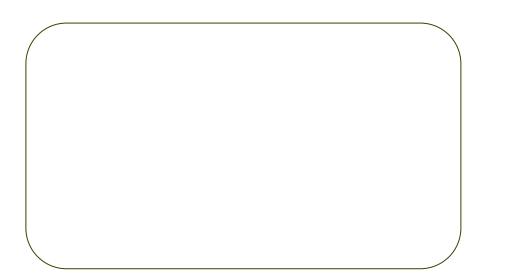


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> **Contact us at:** 541-899-6825

Our mission is to create and sustain comfortable, caring environments for those who depend on us.

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The Pioneer Post

Independent & Assisted Living Newsletter



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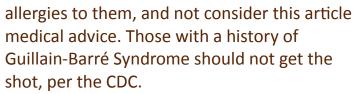
Flu Prevention Steps for Seniors

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 makes 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



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

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)

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.



"Hot Soup"

A Emily

"Pot of Stew" - Emily

"Chili & Cornbread"

- Pat

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

"Baked Acorn Squash" Gladdy

"Chicken & Dumplings"

- Peggy



Líly

Líly 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.



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'd 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

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Orwal E. 11/7 Mary B. 11/7 Guadalupe H. 11/7	Employees Susan R. 11/2 Nickole D 11/0 Debra H. 11/20 Matthew B. 11/27 Beondi H. 11/29 Linda S. 11/29 Bob P. 11/30	laugh because CR we're happy— because we laugh. TF	Activities Kitchen Cinema Room B Building Lobby Bistro Ladies Lounge 2nd Floor Lounge Third Floor	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	10:00Donuts & Coffee AL11:00Painting with James1:00Pinochle LL	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	TRANSPORTATION58:45Sit & Stretch TF10:00Piano Meeting B10:00Chair Yoga CR11:00Men's Poker BL1:00Bingo TF2:00Cinema Hour CR2:15Wii Bowling TF3:00Resident Council6:00OHCA Reception B	TRANSPORTATION69:00One on One Visits10:30Bible Study TF10:45Menu Meeting B11:00Activities Meeting B11:30Wii Bowling Resident/ Staff Game3:00Happy Hour TF6:00Diabetic Seminar B	:00 Library Luncheon 00 Bingo TF 00 Shopping _{BiMart} 15 Wii Bowling TF 00 Warm Your Bones	10:30 IN2L Games TF	10:00Donuts & Coffee AL10:30Shopping Hobby Lobby11:00Painting with James	
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	TRANSPORTATION128:45Sit & Stretch TF10:00Chair Yoga CR10:30Bible Study TF11:00Men's Poker BL1:00Bingo TF2:00Cinema Hour CR2:15Wii Bowling TF3:00Independent BL	TRANSPORTATION139:00One on One Visits8:410:30Bible Study TF10:10:45Menu Meeting B1:011:00Welcome Comm. B2:11:30Jewelry Making AK2:33:00Happy Hour TF2:34:00Out to Dinner McGraths10	 :30 Model Building AK D0 Bingo TF 15 Wii Bowling TF 30 Chico's Scarf Tying Class 30 Shopping Rogue Valley 		1:00 Favorite Things B 2:15 Wii Bowling TF	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	TRANSPORTATION198:45Sit & Stretch TF10:00Chair Yoga CR10:30Bible Study TF11:00Men's Poker BL1:00Bingo TF2:00Cinema Hour CR2:00Food Comm. B2:15Wii Bowling TF3:00Fireside Chat BL	TRANSPORTATION209:00One on One Visits8:310:30Bible Study TF8:410:45Menu Meeting B8:411:00Craft Hour AK10:2:00Happy Hour TF2:13:00Bugs R Us B2:03:00Sugs R Us B3:0	 Sit & Stretch TF Craft Hour Bingo TF Wii Bowling TF Shopping Trader Joes Most & Creat P 	TRANSPORTATION 22 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	 10:00 Donuts & Coffee AL 11:00 Painting with James 1:00 Pinochle LL 1:00 Favorite Things B 2:15 Wii Bowling TF 	Shop N Swap249:00Balance Class CR10:30Women's Poker TF1:00Ashland Greenhouse Poinsettia Festival6:00Saturday 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	TRANSPORTATION268:45Sit & Stretch TF10:00Chair Yoga CR10:30Bible Study TF11:00Men's Poker BL1:00Bingo TF2:00Cinema Hour CR2:15Wii Bowling TF3:00Cottage ResidentBL	TRANSPORTATION279:00One on One Visits8:410:30Bible Study TF10:10:45Menu Meeting B11:011:00Photo Club AK1:01:30Chuck Smoker BL2:13:00Happy Hour TF2:03:003:0	 :30 Jewelry Making :00 Out to Lunch Cracker rel :00 Bingo TF :15 Wii Bowling TF :00 Shopping Barnes & Noble 	11:00 Joyful Noise BL	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	Song Thankful