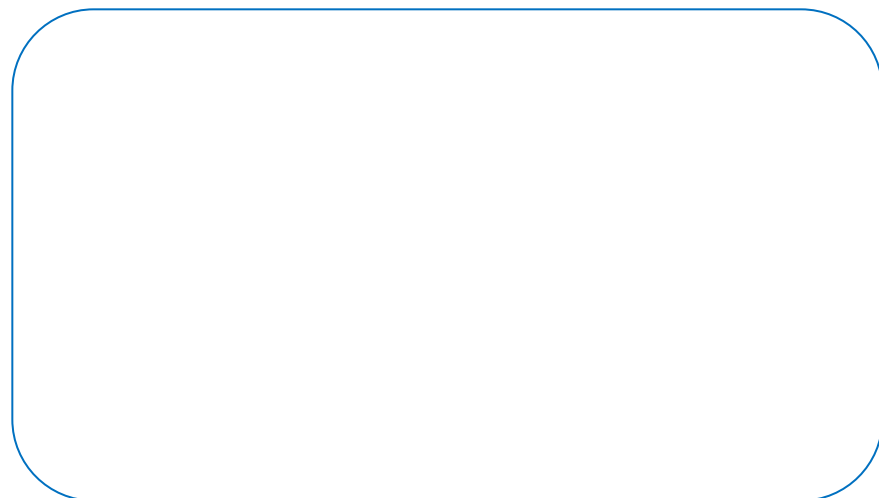




805 N. 5th St.
Jacksonville, OR 97530

PLACE
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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



January 2019

- 2 • Life-Changing New Year's Resolutions
- 3 • Why We Make New Year's Resolutions
- 4 - 5 • Activities Calendar
- 6 • Team Member of the Month, Highlights, Social Media, Chuckle
- 7 • Special Moments & Favorite Art Styles

Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

Take a Daily Walk

Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

Special Moments



What type of creative outlet or artist most inspires you?

"Writing Fiction"

Maryann

Creating Decorations for the holidays"

Pam C.

"Bob Ross"

Lynn

"Quilting"

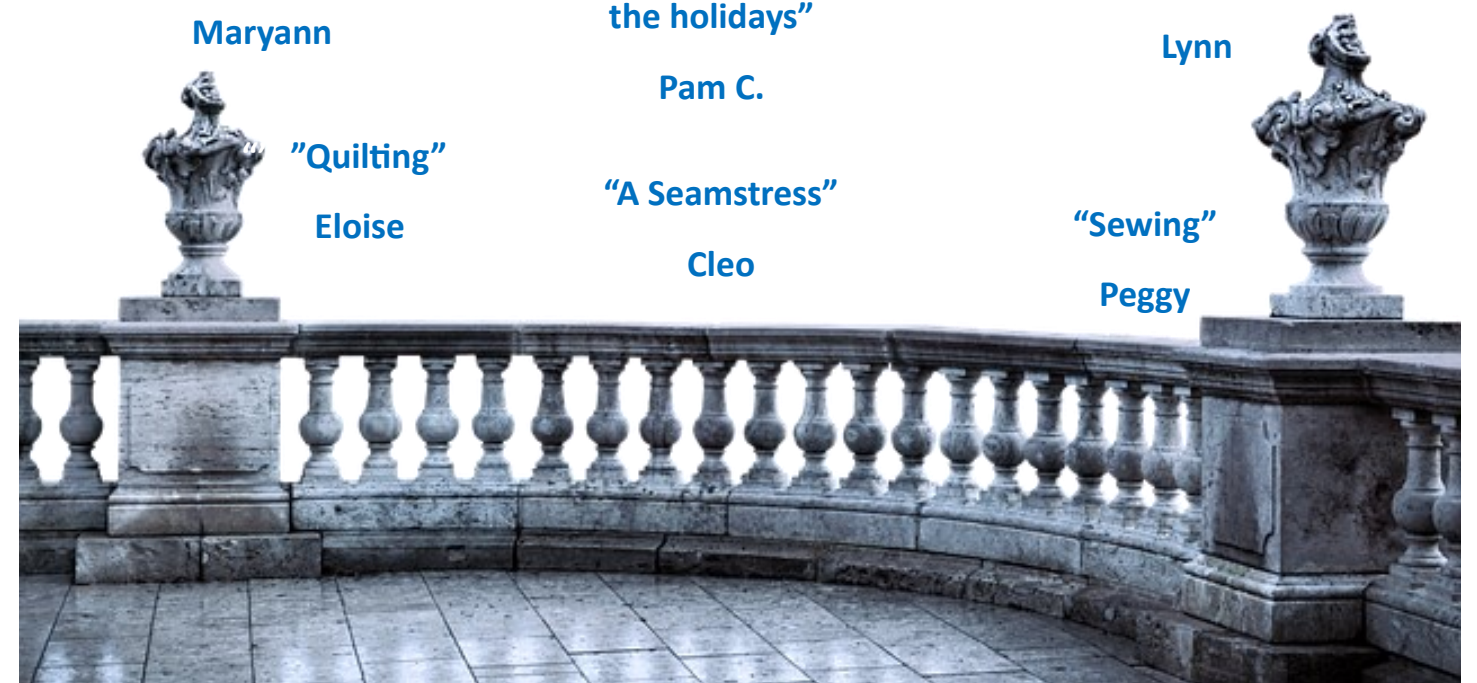
Eloise

"A Seamstress"

Cleo

"Sewing"

Peggy



January Highlights

- 1 New Year's Day
- 2 National Science Fiction Day
- 3 National Chocolate-Covered Cherry Day
- 4 Spaghetti Day / Trivia Day
- 5 Whipped Cream Day
- 6 Shortbread Day / Technology Day
- 8 English Toffee Day / Skincare Day
- 9 Law Enforcement Appreciation Day
- 11 National Milk Day
- 14 National Dress Up Your Pet Day
- 15 Strawberry Ice Cream Day
- 16 Fig Newton Day
- 17 National Hot Buttered Rum Day
- 19 National Popcorn Day
- 20 Cheese Lover's Day
- 21 Martin Luther King Jr. Day
- 21 New England Clam Chowder Day
- 24 Peanut Butter Day / Compliment Day
- 23 Pie Day
- 25 Irish Coffee Day / Opposite Day
- 26 National Peanut Brittle Day

- 27 National Chocolate Cake Day
- 28 Blueberry Pancake Day / Kazoo Day
- 29 National Corn Chip Day
- 30 Croissant Day
- 31 Inspire your Heart with the Arts Day

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- ♦ [Radiant Senior Living on YouTube](#)



Chuckle of the Month:

“Plant carrots in January and you'll never have to eat carrots.” - Gardening Saying

Team Member of the Month, Charles H.



Charles has been with Pioneer Village for almost 2 years. Charles is the father of four. 3 Boys and one girl, some of you may remember his daughter Penelope who worked at the reception desk for a few months.

His hobbies include collecting sports memorabilia, especially baseball, and hot rods.

He enjoys working in the Maintenance Department because he feels it has brought him closer to the residents. Getting an apartment ready for a new resident is also very satisfying, knowing he has played a large part in helping make a person's new adventure easier.

If you ever need to put a smile on your face, visit with Charles, he can make it happen.

Why We Make New Year's Resolutions

Every time a new year rolls around, people set out to better themselves. They promise they will lose weight, find a new job, or maybe even take that vacation they've always talked about. But why do we make these promises to ourselves, and where did this tradition come from? Why does this tradition live on when so many people fail to keep the resolutions they make? Well, we can start by blaming the ancient Babylonians.

Around 4000 years ago in Babylon, the earliest recorded celebration honoring the coming of a new year was held. Calendars weren't as they are today, so the Babylonians kicked things off in late March during the first new moon after the Spring Equinox. The collective ceremonial events were known as the Akitu festival, which lasted 11 days. The festivities were dedicated to the re-birth of the sun god Marduk, but the Babylonians made promises in order to get on the right side of all of their gods. They felt this would help them start the New Year off on the right foot. Resolutions continued on with the Romans. When the early Roman calendar no longer synced up with the sun, Julius Caesar decided to make a change. He consulted with the best astronomers and mathematicians of the time and introduced the Julian calendar, which more closely represents the modern calendar we use today. Caesar declared January 1 the first day of the year to honor the god of new beginnings, Janus. The Romans celebrated the New Year by offering sacrifices to Janus.

To this day, the traditions of the ancient Babylonians and Romans continue on around the world.

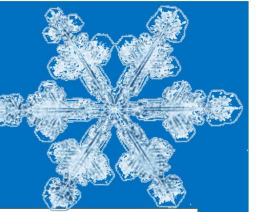
The most popular resolutions:




- Lose Weight*
- Get Organized*
- Save More Money*
- Enjoy Life*
- Get—and Stay—Healthy*
- Learn Something New*
- Quit Smoking*
- Help Others Pursue Their Goals*
- Find Love*
- Spend More Quality Time With Family Members*

If those failed resolutions above look familiar and remind you that the whole concept is a bust, or if they inspire you to create your own list of promises for 2019, just remember that this tradition is destined to live on. We have 4000 years' worth of history telling us so, and that's a statistic that's hard to argue with.

January 2019

Pioneer Village 805 N 5th Street Jacksonville Or 541-899-6825



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	AL—A Building Lobby DR—Dining Room CR—Cinema Room TF—Third Floor 1L—1st Floor Lounge 2L—2nd Floor Lounge BL—B Building Lobby B—Bistro	1 9:00 One on One Visits 10:00 Exercise with IN2L TF 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Men's Poker BL 2:15 IN2L Games TF 3:00 Happy Hour TF	2 8:45 Sit & Stretch TF 11:00 Library Luncheon 11:00 Wii Games TF 1:00 Ping Pong TF 2:15 Wii Bowling TF 3:00 Welcome Comm. B 3:00 Crafts with Erika AK	3 <u>TRANSPORTATION</u> 9:00 Reading Reminisce 10:00 Qi Gong CR 11:00 Activities Meet. BL 12:30 Cooking AK 2:00 Yahtzee BL 3:00 Soap Making AK	4 8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James 1:00 Computer/Phone help TF 2:15 Wii Bowling TF 3:00 Wine Social B The Swing A Longs	5 9:00 One on One Visits 10:30 Shopping Walmart 1:00 BINGO TF 2:00 Women's Poker TF 3:00 Memorial Bob Coffan B 6:00 Saturday Movie CR Hacksaw Ridge
6 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 PV Church SV's CR 12:30 Co-Ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Wine Tasting	7 <u>TRANSPORTATION</u> 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 11:00 Finger Knitting BL 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Resident Council BL	8 <u>TRANSPORTATION</u> 9:00 One on One Visits 10:00 Blood Pressure BL 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Men's Poker BL 2:15 IN2L Trivia TF 3:00 Happy Hour TF 3:30 Out to the Movies	9 8:45 Sit & Stretch TF 10:00 Morning Brunch Cracker Barrel 11:00 Wii Games TF 1:00 Bingo TF 2:15 Wii Bowling TF 2:00 Crater Rock Museum	10 <u>TRANSPORTATION</u> 9:00 Reading Reminisce 10:00 Qi Gong CR 11:00 Puzzle Hour AK 12:30 Cooking AK 2:00 Yahtzee BL 2:00 Alzheimer's Support 3:00 Carol Nielsen B	11 8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James 1:00 Favorite Things B 2:15 Wii Bowling TF 3:00 Wine Social B Tracy Davey	12 9:00 One on One Visits 10:30 Shopping BiMart 1:00 BINGO TF 2:30 Women's Poker TF 6:00 Saturday Movie CR The Zookeepers Wife
13 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 PV Church SV's CR 12:30 Co-Ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Scenic Drive	14 <u>TRANSPORTATION</u> 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 11:00 Finger Knitting BL 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Independent BL	15 <u>TRANSPORTATION</u> 9:00 One on One Visits 10:00 Exercise with IN2L TF 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Men's Poker BL 2:15 IN2L Facebook TF 3:00 Happy Hour TF	16 8:45 Sit & Stretch TF 10:00 Crafts with Erika AK 11:00 Out to Lunch Ram 11:00 Wii Games TF 1:00 Ping Pong TF 2:15 Wii Bowling TF 3:00 Meet & Greet B	17 <u>TRANSPORTATION</u> 9:00 Reading Reminisce 10:00 Qi Gong CR 11:00 Puzzle Hour AK 12:30 Cooking AK 2:00 Yahtzee BL 2:00 Parkinson's Support 3:00 Soap Making AK	18 8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James 1:00 Computer/Phone help TF 2:15 Wii Bowling TF 4:30 Sock Hop B Chris & Dom	19 9:00 One on One Visits 10:30 Shopping Trader Joe's 1:00 BINGO TF 2:30 Women's Poker TF 6:00 Saturday Movie CR Heat
20 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 PV Church SV's CR 12:30 Co-Ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Wine Tasting	21 <u>TRANSPORTATION</u> 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 11:00 Finger Knitting BL 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Fireside Chat BL	22 <u>TRANSPORTATION</u> 9:00 One on One Visits 10:00 Exercise with IN2L TF 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Men's Poker BL 2:15 IN2L Famous Places 3:00 Happy Hour TF 3:30 Out to the Movies	23 8:45 Sit & Stretch TF 10:00 Crafts with Erika AK 11:00 Wii Games TF 1:00 BINGO TF 2:15 Wii Bowling TF 3:00 Birthday Party B 4:30 Out to Dinner Back Porch BBQ	24 <u>TRANSPORTATION</u> 9:00 Reading Reminisce 10:00 Qi Gong CR 11:00 Puzzle Hour AK 12:30 Cooking AK 2:00 Yahtzee BL 3:00 Carol Nielsen B	25 8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James 1:00 Favorite Things B 2:15 Wii Bowling TF 3:00 Wine Social B Sheila Winn	26 9:00 One on One Visits 10:30 Shopping Barnes & Noble 1:00 BINGO TF 2:30 Women's Poker TF 6:00 Saturday Movie CR Murder on the Orient Express
27 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 PV Church SV's CR 12:30 Co-Ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Scenic Drive	28 <u>TRANSPORTATION</u> 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 11:00 Finger Knitting BL 1:00 BINGO TF 2:00 Cinema Hour CR 2:00 Food Comm. Meet B 2:15 Wii Bowling TF 3:00 Cottage Meeting BL	29 <u>TRANSPORTATION</u> 9:00 One on One Visits 10:00 Exercise with IN2L TF 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Men's Poker BL 2:15 IN2L Comedy TF 3:00 Happy Hour TF	30 8:45 Sit & Stretch TF 10:00 Crafts with Erika AK 11:00 Wii Games TF 1:00 Ping Pong TF 2:15 Wii Bowling Tournament with Staff TF 3:00 Accent Care Seminar Are you getting Stressed	31 <u>TRANSPORTATION</u> 9:00 Reading Reminisce 10:00 Qi Gong CR 11:00 Puzzle Hour AK 12:30 Cooking AK 1:30 Robin Stroh BL 3:00 Bugs R Us Dinosaurs	<div> <div>Resident's</div> <div>  </div> <div> Nancy C. 1/2 Chrystal K. 1/12 Pat B. 1/14 Richard C. 1/17 Bob S. 1/19 Amelia T. 1/20 Betty D. 1/21 Ada H. 1/22 Velda H. 1/25 Vern N. 1/30 </div> </div> <div> <div>Employee's</div> <div>  </div> <div> Alex C. 1/2 Greg B. 1/8 Peggy D. 1/10 Michelle W. 1/10 Josette R. 1/27 </div> </div>	