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PLACE
STAMP
HERE



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



The Pioneer Post

Independent & Assisted Living Newsletter



February 2019

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Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity



each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and

fruits as they have substances that may help cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

Note: Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

Special Moments



What is your favorite Valentine?

"A special gift"

- Joe

"Heart shaped box of chocolates"

- Georgine

"Flowers"

- Pam

Valentine's Day
Thursday February 14th

"Chocolates"

- Archien

"Surprise dinner"

- Michelle

"A card & roses"

- Marilyn

February Highlights

- 2 Ground Hog Day
- 3 Feed the Birds Day
- 4 Thank a Mailman Day
- 6 Chopsticks Day
- 7 Send a Card to a Friend Day
- 8 Kite Flying Day
- 9 National Pizza Day
- 11 Make a Friend Day
- 11 Inventors Day
- 12 Search for Pennies Day
- 14 Valentine’s Day
- 15 Susan B. Anthony Day
- 17 Random Acts of Kindness Day
- 18 President’s Day
- 19 Chocolate Mint Day
- 20 Cherry Pie Day
- 20 Love Your Pets Day
- 21 Card Reading Day
- 22 George Washington’s Birthday
- 23 Tennis Day
- 24 Tortilla Chip Day

- 26 Pistachio Day
- 27 Polar Bear Day
- 28 Floral Design Day
- 28 Tooth Fairy Day

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Oh Special Wintry Days:
"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again."
- Bill Morgan, Jr.

Employee of the Month - Josette R.



Josette, or as we all know her, Josie. She has been an employee with Pioneer Village for almost 4 years. She began as wait staff then moved into cooking. She went to school for her C.N.A. License. After completing her training she transferred to care staff, & advanced to Med Tech.

Family is very important to Josie, she divides her time between her mom & dad, Aunt Lisa & Uncle Matthew and her fur family, she has 4 dogs and 2 cats.

One of Josie's goals is to further her education and become an R.N. She will make a amazing nurse. Best of luck to you Josie.

An essay written by an 8 year old about Grandparents

Grandparents are a lady and a man who have no children of their own. They like other people.

A grandfather is a man and a grandmother is a lady!

Grandparents don’t have to do anything except be there when we come to see them. They are so old they shouldn’t play hard or run. It is good if they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars. They show us and talk to us about the color of the flowers and also why we shouldn’t step on cracks.

They don’t say “hurry up”

They wear glasses and funny underwear.

They can take their teeth and gums out.

Grandparents don’t have to be smart.

They have to answer questions like “why isn’t God married?” and “How come dogs chase cats?”

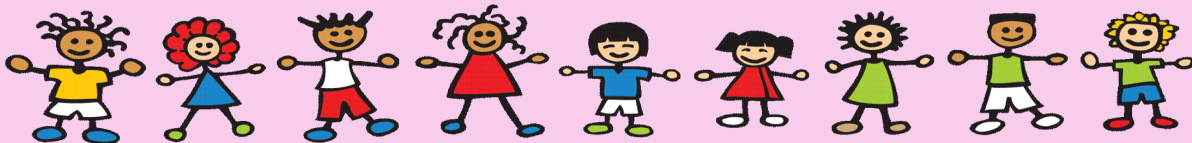
When they read to us, they don’t skip. They don’t mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don’t have a television, because they are the only grownups who like to spend time with us.

They know we should have snack time before bedtime and they say prayers with us every time and kiss us even when we’ve acted bad.

GRANDPA IS THE SMARTEST MAN ON EARTH HE TEACHES ME GOOD THINGS, BUT I DON’T GET TO SEE HIM ENOUGH TO GET AS SMART AS HIM.

It’s funny when they bend over, you hear gas leaks, and they blame the dog.



February 2019

Pioneer Village 805 N5th Street Jacksonville, Oregon 541-899-6825



Sun		Mon		Tue		Wed		Thu		Fri		Sat	
Phyllis R. 2/2 Alan N. 2/2 Gladys D. 2/7 Gloria B. 2/11 Althea C. 2/11 Joan L. 2/27 Gil A. 2/27		Niki D. 2/5 Kitty M. 2/11 Ethan H. 2/13						All you need is love. But a little chocolate now and then doesn't hurt. Charles M. Schultz-		Bubble Gum Day 1 8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 1:00 Computer/Phone Help TF 2:15 Wii Bowling TF 3:00 Wine Social B The Swing A Longs		Eat Ice Cream for Breakfast day 2 9:00 One On One Visits 10:30 Shopping Walmart 1:00 BINGO TF 2:30 Louis Faro BL 3:30 Women's Poker TF 6:00 Saturday Night Movie CR Night at the Museum	
3 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 PV Church Service CR 12:30 Co-ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 3:00 Super Bowl Party B		4 TRANSPORTATION 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 11:00 Finger Knitting TF 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Resident Council BL Thank a Mail Person Day		5 TRANSPORTATION 9:00 One on One Visits 10:00 Blood Pressure Clinic BL 10:30 Bible Study CR 10:45 Menu Meeting B 11:30 Chinese New Year Lunch 1:00 Men’s Poker BL 3:00 Cocktail Hour TF		6 National Chopstick Day 8:45 Sit & Stretch TF 11:00 Library Luncheon 1:00 Craft Hour AK 2:15 Wii Bowling TF 3:00 Carole Neilson B New Orleans's		7 TRANSPORTATION 10:00 Qi Gong CR 11:00 Activities Meeting BL 1:00 Ruch Student vs Residents Wii Bowling TF 2:00 Yahtzee BL 2:00 Welcome Comm. Meeting B 3:00 IN2L Facebook TF		8 Fly a Kite Day 8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 1:00 Favorite Things B 3:00 Wine Social B Michael Cruz (Celebrate Gloria & Althea's Birthday)		9 9:00 One On One Visits 9:30 Chinese New Year Parade 11:00 Shopping BiMart 1:00 BINGO TF 3:30 Women's Poker TF 6:00 Saturday Night Movie CR Valentines Day	
10 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 PV Church Service CR 12:30 Co-ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF		11 TRANSPORTATION 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Independent Resident BL White T Shirt Day		12 TRANSPORTATION 9:00 One on One Visits 10:00 IN2L Explore TF 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Men’s Poker BL 3:00 Cocktail Hour TF 3:00 Out to the Movies		13 Get a Different Name Day 8:45 Sit & Stretch TF 10:00 in2l Trivia TF 11:00 Out to Lunch Caldera Brewery & Restaurant 1:00 Craft Hour AK 2:15 Wii Bowling TF		14 TRANSPORTATION 10:00 Qi Gong CR 11:00 IN2L Games TF 1-2 Ruch Student Valentine Party AL 4-6 Valentines Dinner , Crowning King & Queen DR Happy Valentines Day		15 National Gum Drop Day 8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 1:00 Computer/Phone Help TF 2:15 Wii Bowling TF 3:00 Wine Social B Chris & Dom		16 9:00 One On One Visits 10:30 Shopping Trader Joes 1:00 BINGO TF 3:30 Women's Poker TF 6:00 Saturday Night Movie CR The Proposal	
17 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 PV Church Service CR 12:30 Co-ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF		18 TRANSPORTATION 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 11:00 Finger Knitting TF 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Fireside Chat BL National Drink Wine Day		19 TRANSPORTATION 9:00 One on One Visits 10:00 IN2L Explore TF 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Men’s Poker BL 3:00 Cocktail Hour TF		20 Hoodie Hoo Day 8:45 Sit & Stretch TF 10:00 IN2L Trivia TF 1:00 Craft Hour AK 2:15 Wii Bowling TF 3:00 Meet & Greet B 4:30 Out to Dinner Bella Union		21 TRANSPORTATION 10:00 Qi Gong CR 11:00 IN2L Games TF 12:30 Cooking 2:00 Carole Neilson B 4-6 Chili Dinner, Silent Auction B		22 8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 1:00 Favorite Things B 2:15 Wii Bowling TF 3:00 Wine Social B Sheila Winn National Margarita Day		23 9:00 One On One Visits 10:30 Shopping Barnes & Noble 1:00 BINGO TF 3:30 Women's Poker TF 6:00 Saturday Night Movie CR The Duchess	
24 9:00 Morning Coffee AL 9:45 Ruch Church Bus 10:00 Local Church Bus 10:45 PV Church Service CR 12:30 Co-ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 5:00 Oscar Party CR		25 TRANSPORTATION 8:45 Sit & Stretch TF 10:00 Chair Yoga CR 1:00 BINGO TF 2:00 Cinema Hour CR 2:00 Food Committee B 2:15 Wii Bowling TF 3:00 Cottage Meeting BL		26 TRANSPORTATION 9:00 One on One Visits 10:00 IN2L Explore TF 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Men’s Poker BL 3:00 Cocktail Hour TF 3:00 Out to the Movies		27 8:45 Sit & Stretch TF 10:00 Breakfast Brunch Shari's 1:00 Craft Hour AK 2:00 Birthday Party B 2:15 Wii Bowling TF 4-6 Art Gala DR		28 TRANSPORTATION 10:00 Qi Gong CR 11:00 IN2L Facebook TF 12:30 Cooking AK 2:00 Yahtzee BL 3:00 Bugs R Us B Mammals of Southern Oregon				DR Dining Room AL A Lobby AK Activities Kitchen CR Cinema Room LL Ladies Lounge B Bistro BL B Lobby TF Third Floor	