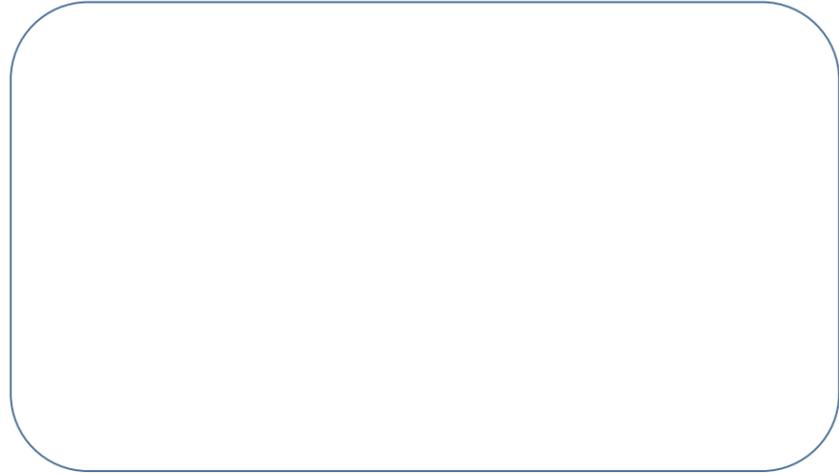




805 N. 5th St.
Jacksonville, OR 97530

PLACE
STAMP
HERE



Administrative Team:

Dora Howard

Executive Director

Beondi Hewson

AED/BOM

Janice Monahan

Community Relations Director

Nita Brotton

Wellness Director

Liz Price

Wellness Nurse

Lisa Ramun

Dining Services Director

Matthew Buchanan

Maintenance Director

Peggy Dunphy

Life Enrichment Director

Contact us at:

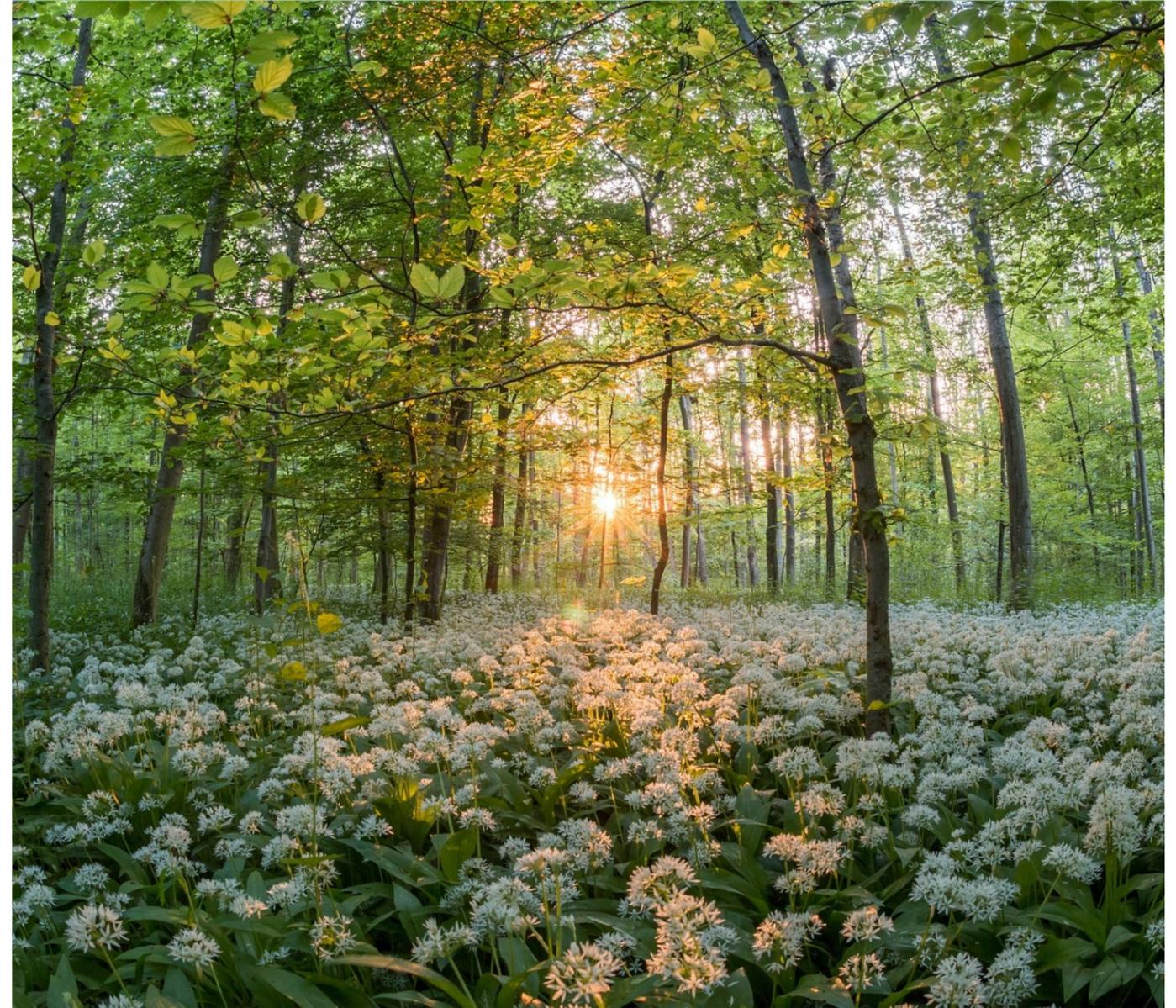
541-899-6825



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

The Pioneer Post

Independent & Assisted Living Newsletter



March 2019

2 Senior Eye Wellness
3 March Fun Facts
4/5 Activities Calendar

6 Highlights, Employee of the Month
7 Special Moments & Spring Joys
8 Mission & Team

Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.



Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but

does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues

which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



Our Favorite Things About Spring!

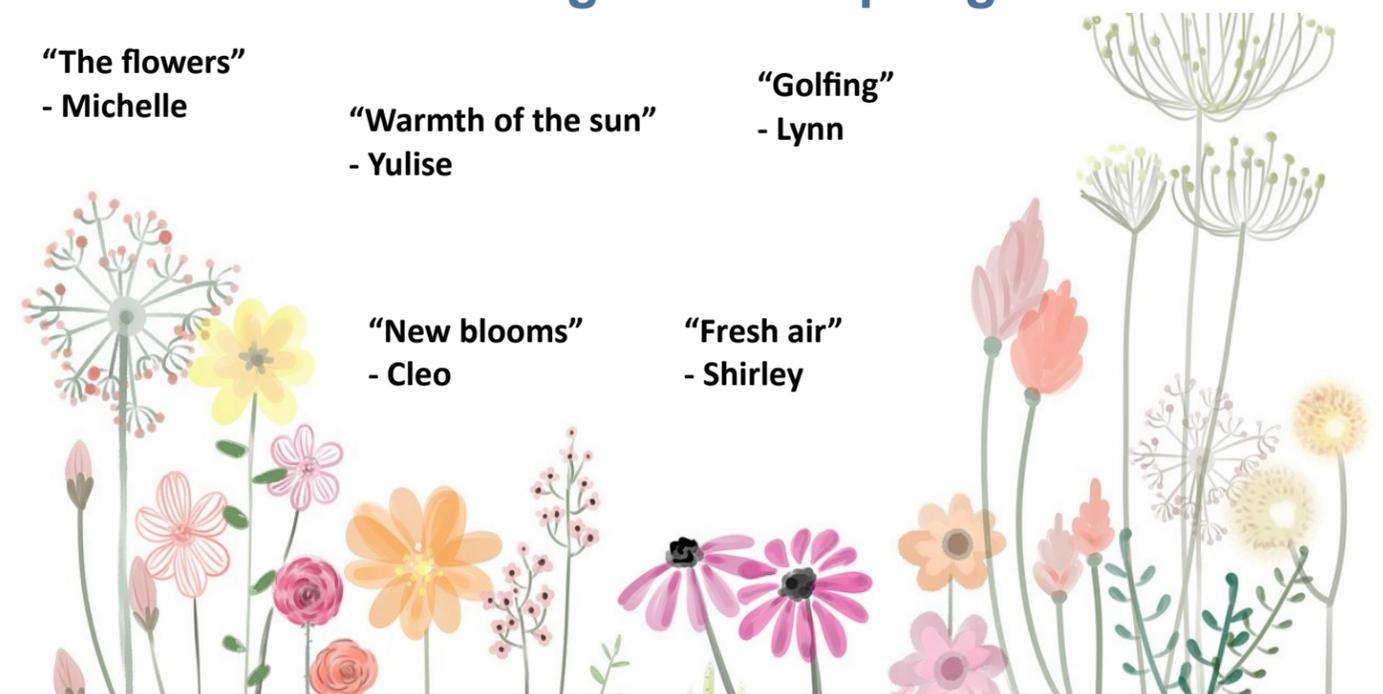
"The flowers"
- Michelle

"Warmth of the sun"
- Yulise

"Golfing"
- Lynn

"New blooms"
- Cleo

"Fresh air"
- Shirley



March Highlights

3/1 Grandparent's Day at Ruch Outdoor School

We will take the bus up to the school and have lunch with the children.

3/6 Larry Smith

His topic is the Chinese in Jacksonville History.

3/7 Ruch Students vs Residents Wii Bowling

Seventh grade students will bowl vs the residents.

3/7 Bugs R Us

John will speak about Minerals & Fossils.

3/11 Art Appreciation

We will use IN2L to explore many works of art.

3/13 Sing Along with James

We will be singing traditional folk songs.

3/13 Supper Club

Enjoy local German Cuisine at Brewhaus Schoolhaus

3/14 Skin Care Seminar

Accent Care will give a seminar on skin care.

3/14 Carole Nielsen

Topic: Native America

3/16 Divide Camp Dinner

Enjoy their annual dinner and silent auction.

3/19 55 Alive

We are hosting the Applegate Christian Fellowship Bible study. Please feel free to join the bible study and lunch.

3/20 Meet N Greet

All new residents will meet and get to know the current residents and team.

3/25 Food Committee Meeting

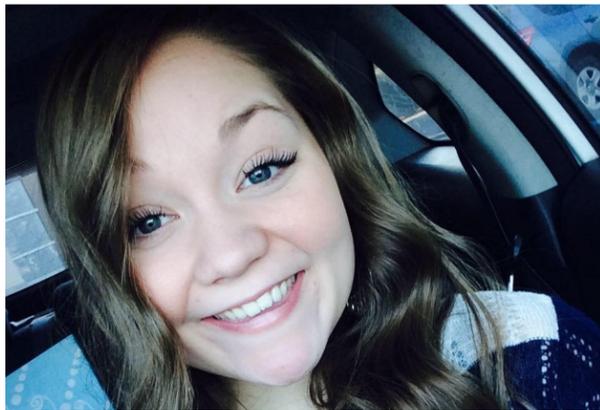
This is open to all resident to help create the menu.

3/26 Carole Nielsen

Topic: Mayan Ruins and the Yucatan.



Niki D.: Employee of the Month



Niki has been with us for almost 4 years. Her passion is caring for our residents. She calls her job "The best job ever." In her off-time, she enjoys taking trips with her boyfriend Michael, especially to the beach!

We're online @

- ◆ Facebook.com/PioneerVillageOregon
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsriving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsriving
- ◆ Radiant Senior Living on YouTube

Happy St. Patrick's Day everyone!

Take note:

"Never iron a four-leaf clover because you don't want to press your luck!"

March Fun Facts

1. Before 150BC, in Roman calendars, each year was ten months long, beginning in March and ending in December. The Ides of March refers to the first full moon of the year.
2. NASA astronaut Scott Kelly returned from space after one full year on the date of March 1, 2016, setting a new record for the longest uninterrupted trip to space.
3. Legend says that if you wear green on St. Patrick's day, you will be invisible to Leprechauns who would otherwise pinch you in their mischievous way!
4. Spring forward, fall back! Daylight saving time begins in March, freeing us all from the constant refrain of "it's dark before I even leave work."
5. Pi Day celebrates the annual occurrence of 3/14 with math jokes, pi-reciting competitions, and (of course) freshly baked pie.
6. On St. Patrick's Day, the Chicago River is dyed green—every year since 1962.
7. The sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.



March 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>March 31</p> <p>9:00 One on One Visits 10:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Co-Ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Scenic Drive</p>	<p>Albert C 3/1 Joe B 3/7 Bea J 3/12 Greg K 3/12 Richard B 3/22 Mabel R 3/25 Dodie V 3/25 Joyce C 3/27 Emily H 3/27</p>	<p>Ashley L 3/4</p> 	<p>"Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love." --<i>Sitting Bull</i></p>		<p>1</p> <p>8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 10:45 Grandparents Day Lunch at Ruch Outdoor School 11:00 Painting With James 1:00 Computer & Phone Help 2:15 Wii Bowling TF 3:00 Wine Social B The Swing A Longs</p>	<p>2</p> <p>9:00 One on One Visits 10:30 Shopping Walmart 1:00 BINGO TF 2:30 Louis Faro BL 3:30 Women's Poker BL 6:00 Saturday Night Movie CR First Man</p>
<p>3</p> <p>9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Co-Ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Wine Tasting</p>	<p>Transportation 4</p> <p>8:45 Sit & Stretch TF 10:00 Chair Yoga CR 10:00 Blood Pressure Clinic BL 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Resident Council BL</p>	<p>Transportation 5</p> <p>9:00 One on One Visits 10:30 Bible Study CR 10:45 Menu Meeting B 11:30 Welcome Comm. Meeting B 1:00 Men's Poker BL 3:00 Mardi Gras Party B Swing A Longs</p>	<p>6</p> <p>8:45 Sit & Stretch TF 11:30 Library Luncheon 11:30 Cooking Hour AK 1:00 Favorite Things B 2:15 Wii Bowling TF 2:30 Larry Smith B</p>	<p>Transportation 7</p> <p>10:00 Q Gong CR 11:00 Activities Meeting BL 12:00 Ruch Students vs Residents Wii Bowling TF 2:00 Yahtzee BL 3:00 Bugs R Us B</p>	<p>8</p> <p>8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting With James 1:00 Computer & Phone Help 2:15 Wii Bowling TF 3:00 Wine Social B Tracy Davey</p>	<p>9</p> <p>9:00 One on One Visits 10:30 Shopping BiMart 1:00 BINGO TF 2:30 Women's Poker BL 6:00 Saturday Night Movie CR Hoosier's</p>
<p>Spring Forward 10</p> <p>9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Co-Ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Scenic Drive</p>	<p>Transportation 11</p> <p>8:45 Sit & Stretch TF 10:00 Chair Yoga CR 11:00 Art Appreciation TF 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Independent BL</p>	<p>Transportation 12</p> <p>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</p>	<p>13</p> <p>8:45 Sit & Stretch TF 11:30 Cooking Hour AK 2:15 Wii Bowling TF 1:00 Favorite Things B 2:30 Sing A Long with James B 4:00 Supper Club SchoolHaus BrewHaus</p>	<p>Transportation 14</p> <p>10:00 Q Gong CR 11:00 IN2L Games TF 1:00 Craft Hour AK 2:00 Yahtzee BL 2:00 Alzheimer's Support CR 2:00 Carole Nielsen B 3:00 Skin Care Seminar B</p>	<p>15</p> <p>8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting With James 1:00 Computer & Phone Help 2:15 Wii Bowling TF 3:00 Wine Social B Chris & Dom</p>	<p>16</p> <p>9:00 One on One Visits 10:30 Shopping Hobby Lobby 1:00 BINGO TF 2:30 Women's Poker BL 4:00 Divide Camp Dinner 6:00 Saturday Night Movie CR The Help</p>
<p>ST. Patrick's Day 17</p> <p>9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Co-Ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Wine Tasting</p>	<p>Transportation 18</p> <p>8:45 Sit & Stretch TF 10:00 Chair Yoga CR 11:00 Poker Run 1:00 BINGO TF 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Fireside Chat BL</p>	<p>Transportation 19</p> <p>9:00 One on One Visits 10:00-12:00 55 Alive B 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Men's Poker BL 3:00 Cocktail Hour TF</p>	<p>20</p> <p>8:45 Sit & Stretch TF 11:30 Cooking Hour AK 11:30 Lunch Bunch Mazatlán Grill 1:00 Favorite Things B 2:15 Wii Bowling TF 3:00 Meet N Greet B</p>	<p>Transportation 21</p> <p>10:00 Q Gong CR 11:00 IN2L Games 1:00 Craft Hour AK 2:00 Yahtzee BL 2:00 Parkinson's Support CR 3:00 IN2L Games TF</p>	<p>22</p> <p>8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting With James 1:00 Computer & Phone Help 2:15 Wii Bowling TF 3:00 Wine Social B Michael Cruz</p>	<p>23</p> <p>9:00 One on One Visits 10:30 Shopping Trader Joe's 1:00 BINGO TF 2:30 Women's Poker BL 6:00 Saturday Night Movie CR Casualties of War</p>
<p>24</p> <p>9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Co-Ed Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Scenic Drive</p>	<p>Transportation 25</p> <p>8:45 Sit & Stretch TF 10:00 Chair Yoga CR 1:00 BINGO TF 2:00 Food Comm Meet. B 2:00 Cinema Hour CR 2:15 Wii Bowling TF 3:00 Cottage Meeting BL</p>	<p>Transportation 26</p> <p>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 2:00 Carole Nielsen B 3:00 Cocktail Hour TF</p>	<p>27</p> <p>8:45 Sit & Stretch TF 11:00 Sing A Long B 1:00 Favorite Things B 11:30 Cooking Hour AK 2:15 Wii Bowling TF 3:00 Birthday Party B</p>	<p>Transportation 28</p> <p>10:00 Q Gong CR 11:00 IN2L Games TF 1:00 Craft Hour AK 2:00 Yahtzee BL 3:00 IN2L Games TF</p>	<p>29</p> <p>8:45 Sit & Stretch TF 10:00 Coffee & Treats AL 11:00 Painting With James 1:00 Computer & Phone Help 2:15 Wii Bowling TF 3:00 Wine Social B Sheila Winn</p>	<p>30</p> <p>9-4 Shop N Swap TF 9:00 One on One Visits 10:30 Shopping Barnes & Noble 1:00 BINGO TF 2:30 Women's Poker BL 6:00 Saturday Night Movie CR National Treasure 2</p>