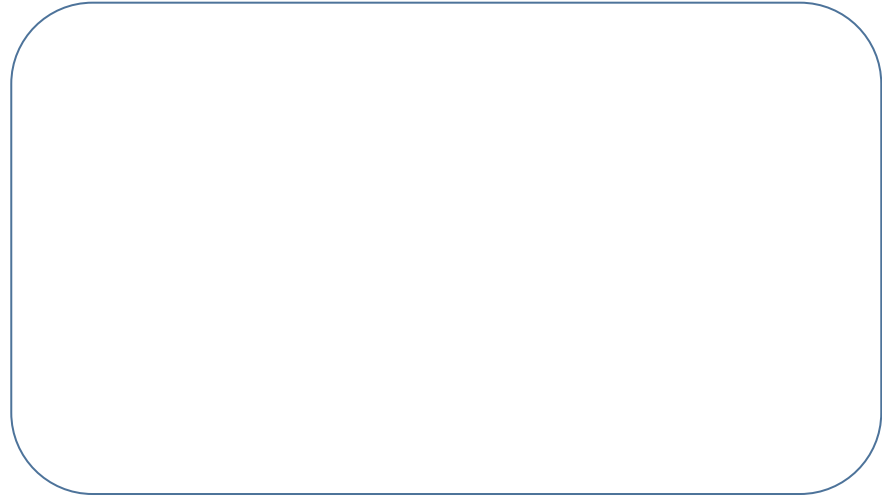




805 N. 5th St.  
Jacksonville, OR 97530

PLACE  
STAMP  
HERE



**Administrative Team:**

- Dora Howard**  
Executive Director
- Beondi Hewson**  
BOM/AED
- Janice Shannon**  
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

**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



## April 2019

- 2 Gardening Benefits
- 3 Divide Camp
- 4/5 Activities Calendar

- 6 Highlights, Social Media
- 7 Special Moments & Animal Haikus
- 8 Mission & Team



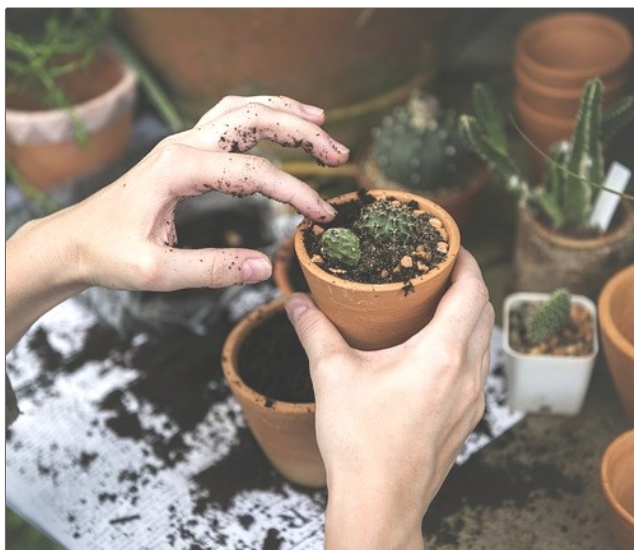
## Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

### Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



**beyond the garden for learning.** Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

### Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

## Special Moments



Fun cooking time.



Poker Run treats



Mardi Gras



Bea's 103rd birthday

## Haikus About Our Favorite Animals

"Fluffy, cute, white, dog  
Loveable, huggable, soft, gentle  
Loyal, loving, friend"  
- Janice

"Coo, coo, cooing, coo  
Sing, sing, singing, melody  
Dove, wild, flying, free"  
- Linda

*April celebrates animals and haikus so we paired the two!  
The haiku is a Japanese verse.  
Line one has 5 syllables, line 2 has 7 syllables, and line three has 5 syllables.*

"Cat, princess of home  
Attitude, independent  
Beautiful, friend"  
- Geri

"Shaggy, white, my friend  
Excited, arrival home  
My westie, Jasmine"  
- Peggy

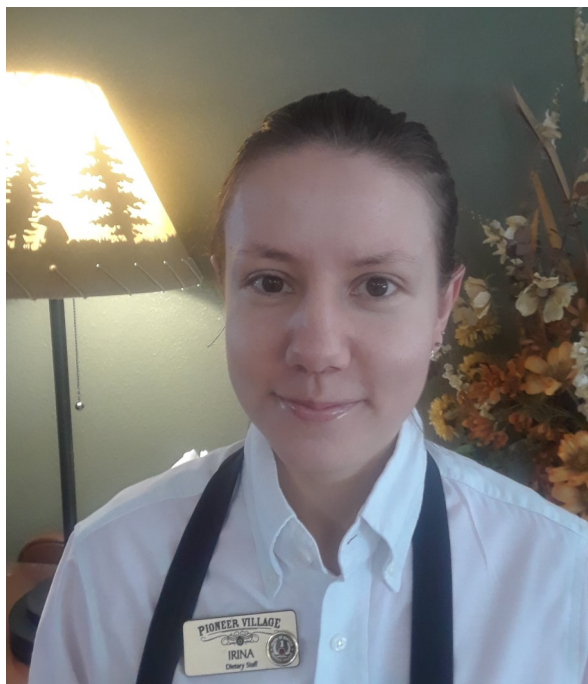
"Big Ben, lovable  
Brown, black, shorthair, big baby, boy  
Loyal, protective, dog"  
- Dora



# April Highlights

- 4/3 Library Luncheon; Historic Holms House
- 4/4 Carole Nielsen; Pioneer Stories.
- 4/5 Military Pen Pal Club; We will be sending cards and letter to service people overseas.
- 4/9 Story of my Life; Sharing stories and starting a journal to record the stories.
- 4/10 Shopping; We will be providing transportation to both Bimart stores.
- 4/10 With the warmer weather we will be going on walks around campus and Jacksonville.
- 4/11 Photo Club; taking pictures around Jacksonville.
- 4/11 New Horizons Band Spring Concert
- 4/11 Book Club; Choosing a book to read.
- 4/13 Pear Blossom Parade, we will leave at 10am the parade starts at 11:00.
- 4/14 Early Bird Dinner; Tin Tin Buffet, several residents have asked for a buffet dinner, we will also be going out to a sit down Chinese dinner on 4/17.
- 4/17 Larry Smith; His topic will be on the Buried Alive, The Crater Lake Avalanche.
- 4/18 Right at Home will discuss Seasonal Allergies.
- 4/20 Annual Easter Egg Hunt; Invite your grand and great grandchildren, to hunt for Easter eggs, we will have a golden egg to win a filled Easter basket.
- 4/21 Passions of the Christ will be shown on Easter evening.
- 4/23 Carole Nielsen; the topic is Lewis & Clarks expedition west.
- 4/24 Ashland Greenhouse,; this trip does not include a tour. We will be shopping.
- 4/25 Bugs R Us; John’s topic is on Oregon Coast Sea Life.
- 4/26 Arbor Day Celebration; we will be planting 2 trees to replace the ones we lost this year. And a dedication ceremony.
- 4/28 Scenic Drive; we are taking a trip to Phil’s Frosty in Shady Cove, have an ice cream, enjoy the ride.
- 4/30 Western BBQ & Barn Dance, enjoy good food & the music of Tracy Daveys.

## Employee of the Month Irina D



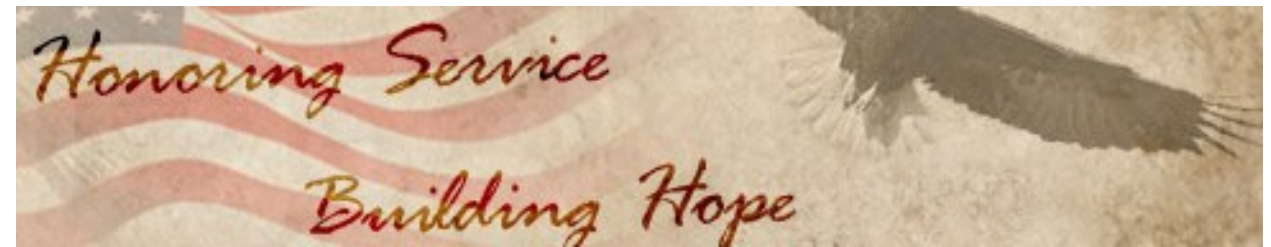
Irina has been with Pioneer Village for 2 years, with a one year break. She has been married for several years and has a young son. Irina is truly a dedicated employee. We enjoy working with her, and we know she loves working with our residents.



### We're online @

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

**Why are people exhausted on April 1st?  
Because they just finished a 31-day March!**



Divide Camp, Inc. is dedicated to serving our Nation’s combat wounded by providing adventures. Participating in outdoor activities aids in the healing of both hearts and minds. We give them an opportunity to hunt, fish, ride ATV’s, and horse pack into the Eagle Cap Wilderness Area. We will also provide opportunities to participate in equine therapy. Our mission is simple – to give back to those who have given so much for America... for us.

Participating in hunting, fishing and other outdoor activities provides a tremendous benefit to overall healing following traumatic combat tours. Divide Camp, Inc. is dedicated to ensuring our troops an opportunity they might not otherwise be able to afford. Divide Camp will provide comfortable and safe lodging, excellent meals, and transportation. We offer an experience in a beautiful forested remote and peaceful environment at no charge to our veterans. We seek to host wounded warriors as they go through the process of learning how to participate in activities they enjoyed before going to war – but now with new prosthetics limbs, with emotional scars and for many – disabling internal turmoil.

In much of rural America young men and women grow up working on ranches or farms, in the woods logging, in construction, at lumber mills, operating heavy equipment or working in other outdoor occupations. For these families, and in this lifestyle, hunting and fishing is most often far more than recreational or sporting. They are a vital part of the culture for many generations. Children learn to provide food for their table at a very early age... and it is these activities that will help our wounded warriors find their new “normal”.



Even though hunting and fishing are no longer as critical to subsistence as they once were – they are still very much a significant element in what constitutes a “normal life” for many men and women in rural communities of the United States. Divide Camp will honor the service of our warriors and build hope for their futures.





# April 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>1 8:45 Sit &amp; Stretch TF 10:00 IN2L Chair Exercising TF 1:00 BINGO TF 1:30 Wii Bowling B 2:00 Cinema Hour CR 3:00 Resident Council BL</p> <p><b>TRANSPORTATION</b></p>	<p>2 9:00 One on One Visits 10:00 Blood Pressure Clinic BL 10:30 Bible Study CR 10:45 Menu Meeting B 11:00 IN2L Explore TF 1:00 Men's Poker BL 2:00 Welcome Committee BL 3:00 Cocktail Hour TF</p> <p><b>TRANSPORTATION</b></p>	<p>3 8:45 Sit &amp; Stretch TF 10:00 IN2L Games TF 11:00 Library Luncheon 11:30 Craft Hour AK 1:00 BINGO TF 1:30 Wii Bowling B 2:00 Shopping Fred Meyer 3:00 Afternoon Walk BL</p>	<p>4 10:00 Photo Club AK 10:00 Q Gong CR 10:30 Activities Meet BL 11:00 IN2L Google Earth TF 1:00 Cooking AK 2:00 Yahtzee BL 3:00 Carole Nielsen B</p> <p><b>TRANSPORTATION</b></p>	<p>5 8:45 Sit &amp; Stretch TF 10:00 Coffee &amp; Treats AL 11:00 Painting with James TF 1:30 Wii Bowling B 2:00 Military Pen Pal Club AK 3:00 Wine Social B The Swing A Longs</p>	<p>6 9:00 One on One Visits 10:30 Shopping Walmart 1:00 BINGO TF 2:30 Louis Faro BL 6:00 Saturday Night Movie CR Uncle Buck</p>	
<p>7 9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 2:00 Sunday Matinee CR 2:00 Mexican Train TF</p>	<p>8 8:48:45 Sit &amp; Stretch TF 11:15 Chair Yoga CR 1:00 BINGO TF 1:30 Wii Bowling B 2:00 Cinema Hour CR 3:00 Independent Resident BL</p> <p><b>TRANSPORTATION</b></p>	<p>9 9:00 One on One Visits 10:30 Bible Study CR 10:45 Menu Meeting B 11:00 IN2L Explore TF 1:00 Men's Poker BL 2:00 Story of my Life BL 3:00 Cocktail Hour TF</p> <p><b>TRANSPORTATION</b></p>	<p>10 8:45 Sit &amp; Stretch TF 10:00 IN2L Games TF 10:30 Shopping West Main Bimart 11:30 Craft Hour AK 1:00 BINGO TF 1:30 Shopping Biddle Road Bimart 2:00 Afternoon Walk BL</p>	<p>11 10:00 Photo Club AK 10:00 Q Gong CR 11:00 IN2L Facebook TF 1:00 Cooking AK 2:00 New Horizons Spring Concert 2:00 Yahtzee TF 3:00 Book Club BL</p> <p><b>TRANSPORTATION</b></p>	<p>12 8:45 Sit &amp; Stretch TF 10:00 Coffee &amp; Treats AL 11:00 Painting with James TF 1:30 Wii Bowling B 2:00 Military Pen Pal Club AK 3:00 Wine Social B Tracy Davey</p>	<p>13 9:00 One on One Visits 10:00 Pear Blossom Parade 1:00 BINGO TF 2:30 Women's Poker BL 6:00 Saturday Night Movie CR Blazing Saddles</p>
<p>14 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 2:00 Mexican Train 2:30 Early bird Dinner Tin Tin Buffet</p>	<p>15 8:45 Sit &amp; Stretch TF 11:15 Chair Yoga CR 1:00 BINGO TF 1:30 Wii Bowling B 2:00 Cinema Hour CR 3:00 Fireside Chat BL</p> <p><b>TRANSPORTATION</b></p>	<p>16 9:00 One on One Visits 10:30 Bible Study CR 10:45 Menu Meeting B 11:00 IN2L Explore TF 1:00 Men's Poker BL 2:00 Story of my Life BL 3:00 Cocktail Hour TF</p> <p><b>TRANSPORTATION</b></p>	<p>17 8:45 Sit &amp; Stretch TF 10:00 IN2L Games TF 10:30 Out to Lunch, Ling's 11:30 Craft Hour AK 1:00 BINGO TF 1:30 Wii Bowling B 2:00 Larry Smith B 3:00 Meet &amp; Greet BL</p>	<p>18 10:00 Photo Club AK 10:00 Q Gong CR 11:00 IN2L Travel TF 1:00 Cooking AK 2:00 Yahtzee BL 3:00 Seasonal Allergy Seminar B</p> <p><b>TRANSPORTATION</b></p>	<p>19 8:45 Sit &amp; Stretch TF 10:00 Coffee &amp; Treats AL 11:00 Painting with James TF 1:30 Wii Bowling B 2:00 Military Pen Pal Club AK 3:30 Wine Social B Chris &amp; Dom</p>	<p>20 9:00 One on One Visits 10:30 Shopping Trader Joe's 2:00 Easter Egg Hunt BP 6:00 Saturday Night Movie CR The 10 Commandments</p>
<p>21 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 6:00 Evening Movie CR Passions of the Christ</p>	<p>22 8:45 Sit &amp; Stretch TF 11:15 Chair Yoga CR 1:00 BINGO TF 1:30 Wii Bowling B 2:00 Cinema Hour CR 2:00 Food Comm Meet. B 3:00 Cottage Meeting BL</p> <p><b>TRANSPORTATION</b></p>	<p>23 9:00 One on One Visits 10:30 Bible Study CR 10:45 Menu Meeting B 11:00 IN2L Explore TF 1:00 Men's Poker BL 2:00 Carole Nielsen B 3:00 Cocktail Hour TF</p> <p><b>TRANSPORTATION</b></p>	<p>24 8:45 Sit &amp; Stretch TF 10:00 IN2L Games TF 10:30 Ashland Greenhouse 11:30 Craft Hour AK 1:00 BINGO TF 1:30 Wii Bowling B 2:00 Afternoon Walk BL 3:00 Monthly Birthday Party B</p>	<p>25 10:00 Photo Club AK 10:00 Q Gong CR 11:00 IN2L National Parks TF 1:00 Cooking AK 2:00 Yahtzee BL 3:00 Bugs R Us</p> <p><b>TRANSPORTATION</b></p>	<p>26 8:45 Sit &amp; Stretch TF 10:00 Coffee &amp; Treats AL 11:00 Painting with James TF 1:30 Wii Bowling B 2:00 Military Pen Pal Club AK 3:00 Wine Social B Sheila Winn Arbor Day Tree Planting, Time to be Announced</p>	<p>27 9:00 One on One Visits 10:30 Shopping Barns &amp; Noble 1:00 BINGO TF 2:30 Women's Poker BL 6:00 Saturday Night Movie CR 3:10 to Yuma</p>
<p>28 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 2:00 Scenic Drive Phil's Frosty in Shady Cove</p>	<p>29 8:45 Sit &amp; Stretch TF 11:15 Chair Yoga CR 1:00 BINGO TF 1:30 Wii Bowling B 2:00 Cinema Hour CR 3:00 Piano Concert BL with Sarah Loogman</p> <p><b>TRANSPORTATION</b></p>	<p>30 9:00 One on One Visits 10:30 Bible Study CR 10:45 Menu Meeting B 11:00 IN2L Explore TF 1:00 Men's Poker BL 3:00 Cocktail Hour TF 4:00—6:00 Western BBQ &amp; Barn Dance</p> <p><b>TRANSPORTATION</b></p>	<p><b>Residents</b></p> <p>Dolly C. 4/5 Bob H. 4/7 Cleo M. 4/15 Pete L. 4/19 Georgine H. 4/19 Evan O. 4/24 Betty H. 4/27 Jill S. 4/30</p>	<p><b>Employees</b></p> <p>Meghan N. 4/1 Brianna S. 4/4 Christian G. 4/6 Nita B. 4/12 Charles H. 4/19 Dora H. 4/26</p>	 <p>AL—A Building Lobby AK—Activities Kitchen CR—Cinema Room BL—B Building Lobby B—Bistro BP—Bistro Patio DR—Dining Room</p>	