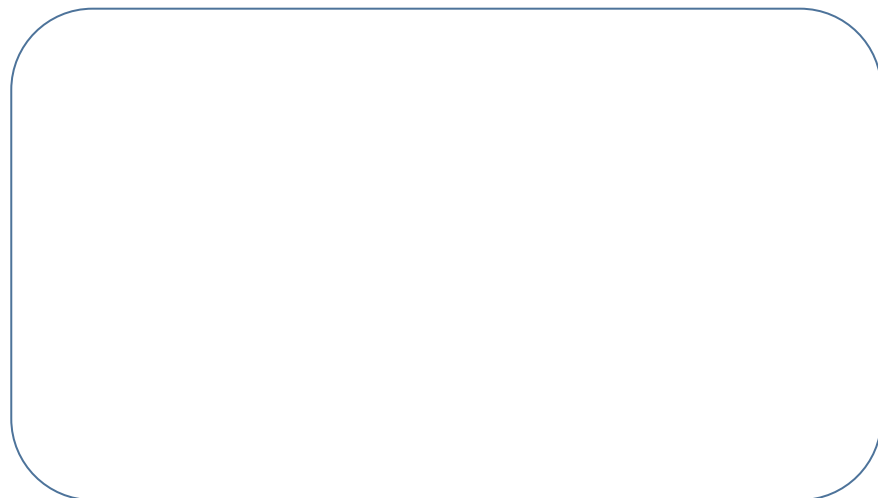




805 N. 5th St.
Jacksonville, OR 97530

PLACE
STAMP
HERE



Administrative Team

Dora Howard
Executive Director

Janice Shannon
Community Relations Director

Nita Brotton
Wellness Director

Beondi Hewson
BOM/AED

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



May 2019

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4/5 Activities Calendar

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Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments



Rain can't stop our photo club



Bunny assistants hard at work



Craft hour!

Our Favorite Fitness Activities

"Swimming"
- Peggy

"Gardening"
- Marjorie N.

"Football"
- James

"Napping"
- Shirley C.

"Walking"
- Bernie C.

Senior Health & Fitness Day is on May 28. Our residents and team members sound off on ways they enjoy being active.

May Highlights

5/1 Library Luncheon - Central Point; A Crossroad Through Time.

5/2 Carole Nielsen - Carole's presentation will be on Kentucky.

5/3 Dinner Theater - We will have a troupe of actors performing skits in the dining room.

5/5 Cinco de Mayo Lunch - Lisa will be preparing a Mexican Buffet.

5/9 - Wii Bowling Tournament with the Ruch 7th grade students.

5/12 Mothers Day Brunch Buffet

5/13 Supper Club, we will be traveling to Larks in Ashland.

5/14 Carole Nielsen - The presentation will be on the Baltic Islands.

5/19 Children's Piano Recital - A local piano teacher will be bring her students and their parents to share their progress.

5/23 Senior Prom we will be serving a lovely dinner in the dining room, and them go over to the Bistro for dancing, formal wear is not required, however I have a few dresses. And dress as you like.

5/26 Louis Faro will be playing twice in May and not in June , due to a family commitment.

5/27 We are having our annual Memorial Day BBQ, Lisa will provide the best BBQ around as she always does. The menu will be posted closer to the date.

5/28 Ice Cream Social, it's that time of year again. We will have some sundaes on a Wednesday.

5/29 Wii Bowling at Barnett Woods Time to reclaim our trophy.

5/30 Bugs R Us, John will be speaking on Spiders & Scorpions.

Employee of the Month Ashley L. (care staff)



Ashley has been with Pioneer Village for over a year. She has been a caregiver for 4 years. She currently lives with her parents, helping them out. An older sister and brother complete their family (yep, she's the baby). In her off time she enjoys spending time with her fur baby Kipsy & writing short stories.

Just a reminder; Attending Food Committee, Activities, and Menu Meeting are all opportunities to share more input with our team.

We're online @

- ◆ [Facebook.com/PioneerVillageOregon](https://www.facebook.com/PioneerVillageOregon)
 - ◆ [Blog.radiantseniorliving.com](https://www.blog.radiantseniorliving.com)
 - ◆ Radiantsrliving & Radiantvoices on Instagram
 - ◆ RadiantSrLiving on Twitter
 - ◆ [Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
 - ◆ Radiant Senior Living on YouTube
- Happy Mother's Day to all the moms out there!**

Fun Facts About Mothers Day


1. Greek mythology spring festivals were held in honor of the maternal goddess called, Rhea.
2. In 250 B.C. ancient Romans celebrated a spring festival called, Hilaria. This was dedicated to a mother goddess named, Cybele, on the Ides of March. Her followers would make offerings at the temple, hold parades, play games and also have masquerades. It lasted 3 days.
3. Anna Jarvis was also a woman that may have been behind our traditional Mother's Day celebration on the second Sunday of May. Anna never had any children, but wanted to carry out her own mothers wishes of having a day just for moms. On May 8th, 1914, president Woodrow Wilson signed joint resolution designating the second Sunday in May as Mothers Day.
4. Mother's Day sees around one quarter of all flowers purchased throughout the year falling on this holiday.
5. Pink & red carnations are given to mother's that are still alive, while white ones are for those that have passed away.
6. In the United States alone, around 122 million phone calls are made to moms on Mother's Day.
7. In what was formerly Yugoslavia, children would tie up their mother on Mother's Day. The only way she could get free would be to pay her children with treats.

Young or seasoned we wish you all a Happy Mother's Day



May 2019

Pioneer Village • 805 N.5th St. Jacksonville Oregon 97530 • 541-899-6825

Sun		Mon		Tue		Wed		Thu		Fri		Sat	
<div><div>Resident's</div><div>Conrad R 5/1 Iris S. 5/3 Marjorie N. 5/4 Eleanor E. 5/13 Joan K. 5/22 Bob S. 5/23 Juanita M. 5/24</div></div>		<div><div>Resident's</div><div>Rita F. 5/26 Warren B. 5/26 Georgianna L. 5/27 Galen A. 5/28 Ruth K. 5/30 James P. 5/30</div></div>		<div><div>Employee's</div><div>Bill B 5/10</div></div>		<div><div>1</div><div>8:45 Sit and stretch TF 10:00 IN2L Games TF 11:00 Library Luncheon 1:15 Wii bowling B 2:00 Bingo TF 3:00 Afternoon walk BL</div></div>		<div><div>2</div><div>9:15 Photo club AK 10:00 Q gong CR 10:30 Activities meeting BL 10:30 Craft Hour AK 1:00 Cooking AK 2:00 Yahtzee BL 3:00 Carole Nielsen B <u>TRANSPORTATION</u></div></div>		<div><div>3</div><div>8:45 Sit and stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 1:15 Wii bowling B 2:00 Military pen pal AK 3:00 Wine social B Swing a Longs 5:00 Dinner Theater DR</div></div>		<div><div>4</div><div>9:00 One on one visits 10:30 Shopping Walmart 1:00 Bingo TF 2:30 Women's poker TF 2:30 Louis Faro BL 6:00 Saturday Night Movie CR Legally blonde</div></div>	
<div><div>5</div><div>Cinco de Mayo 9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 11:30 Cinco de Mayo Lunch 12:30 Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Wine Tasting</div></div>		<div><div>6</div><div>8:45 Sit & Stretch TF 11:15 Chair Yoga CR 1:15 Wii Bowling B 2:00 BINGO TF 2:00 Cinema Hour CR 3:00 Resident council BL <u>TRANSPORTATION</u></div></div>		<div><div>7</div><div>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 Welcoming committee BL 3:00 Cocktail hour TF <u>TRANSPORTATION</u></div></div>		<div><div>8</div><div>8:45 Sit and stretch TF 10:00 IN2L Games TF 10:30 Shopping Bi-mart Biddle 1:15 Wii bowling B 2:00 Bingo TF 3:00 Afternoon walk BL</div></div>		<div><div>9</div><div>9:15 Photo club AK 10:00 Q gong CR 10:30 Craft Hour AK 1:00 Wii Bowling B Residents vs Ruch Students 2:00 Yahtzee BL 3:00 IN2L Google Earth TF <u>TRANSPORTATION</u></div></div>		<div><div>10</div><div>8:45 Sit and stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 1:15 Wii Bowling B 2:00 Military Pen Pal AK 3:30 Wine Social B Chris and Dom</div></div>		<div><div>11</div><div>9:00 One on one visits 10:30 Shopping Bi-mart West Main 1:00 Bingo TF 2:30 Women's poker BL 6:00 Saturday Night Movie CR The Day the Earth Stood Still</div></div>	
<div><div>12</div><div>Mother's Day 9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 10:30 Mother's day brunch 12:30 Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Scenic Drive</div></div>		<div><div>13</div><div>8:45 Sit & Stretch TF 11:15 Chair Yoga CR 1:15 Wii Bowling B 2:00 BINGO TF 2:00 Cinema Hour CR 3:00 Independent resident BL 4:30 Supper Club Larks in Ashland <u>TRANSPORTATION</u></div></div>		<div><div>14</div><div>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 <u>TRANSPORTATION</u></div></div>		<div><div>15</div><div>8:45 Sit and stretch TF 10:00 IN2L Games TF 10:30 Out to Lunch Wild River 1:15 Wii bowling B 2:00 Bingo TF 3:00 Afternoon walk BL</div></div>		<div><div>16</div><div>9:15 Photo club AK 10:00 Q gong CR 10:30 Craft Hour AK 1:00 Cooking AK 2:00 Yahtzee BL 3:00 IN2L Google Earth TF <u>TRANSPORTATION</u></div></div>		<div><div>17</div><div>8:45 Sit and stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 1:15 Wii Bowling B 2:00 Military Pen Pal AK 3:00 Wine Social B Tracy Davey</div></div>		<div><div>18</div><div>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 Noah</div></div>	
<div><div>19</div><div>9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 3:00 Children's piano recital BL</div></div>		<div><div>20</div><div>8:45 Sit & Stretch TF 11:15 Chair Yoga CR 1:15 Wii Bowling B 2:00 BINGO TF 2:00 Cinema Hour CR 3:00 Fireside chat BL <u>TRANSPORTATION</u></div></div>		<div><div>21</div><div>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 <u>TRANSPORTATION</u></div></div>		<div><div>22</div><div>8:45 Sit and stretch TF 10:00 IN2L Games TF 10:30 Shopping Bams and noble 1:15 Wii bowling B 2:00 Bingo TF 3:00 Afternoon walk BL</div></div>		<div><div>23</div><div>9:15 Photo club AK 10:00 Q gong CR 10:30 Craft Hour AK 1:00 Cooking AK 2:00 Yahtzee BL 4:00 Prom B <u>TRANSPORTATION</u></div></div>		<div><div>24</div><div>8:45 Sit and stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 1:15 Wii Bowling B 2:00 Military Pen Pal AK 3:30 Wine Social B Chris & Dom</div></div>		<div><div>25</div><div>9:00 One on one visits 10:30 Shopping Fred Meyers 1:00 Bingo TF 2:30 Women's poker BL 6:00 Saturday Night Movie CR Driving Miss Daisy</div></div>	
<div><div>26</div><div>9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Poker BL 2:00 Sunday Matinee CR 2:00 Mexican Train TF 2:30 Louis Faro B</div></div>		<div><div>27</div><div>Memorial Day 8:45 Sit & Stretch TF 11:15 Chair Yoga CR 11:30 Memorial Day BBQ 1:15 Wii Bowling B 2:00 BINGO TF 2:00 Food Comm Meet. B 2:00 Cinema Hour CR 3:00 Cottage meeting BL <u>TRANSPORTATION</u></div></div>		<div><div>28</div><div>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 Ice Cream Social B 3:00 Cocktail hour TF <u>TRANSPORTATION</u></div></div>		<div><div>29</div><div>8:45 Sit and stretch TF 10:00 Wii Bowling @ BW 1:15 Wii Bowling B 2:00 Bingo TF 3:00 Birthday Party B 3:00 Afternoon walk BL</div></div>		<div><div>30</div><div>9:15 Photo club AK 10:00 Q gong CR 10:30 Craft Hour AK 1:00 Cooking AK 2:00 Yahtzee BL 3:00 Bugs R Us B Spiders & Scorpions <u>TRANSPORTATION</u></div></div>		<div><div>31</div><div>8:45 Sit and stretch TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 1:15 Wii Bowling B 2:00 Military Pen Pal AK 2:45 Meet & Greet B 3:00 Wine Social B Sheila Winn</div></div>		<div><div>AL - A Building Lobby AK - Activities Kitchen BL - B Building Lobby B - Bistro CR - Cinema Room TF - Third Floor</div><div></div></div>	