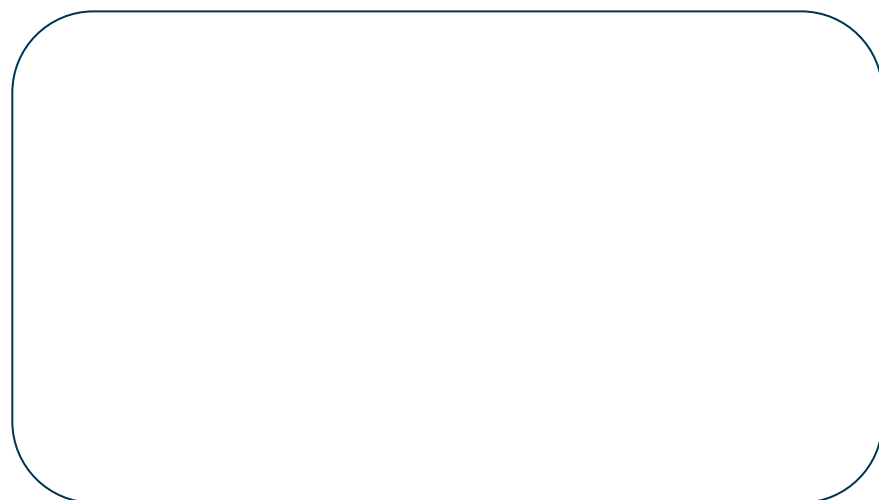




805 N. 5th St.
Jacksonville, OR 97530

STAMP
HERE



Administrative Team:
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Dora Howard
Executive Director

Beondi Hewson
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Janice Shannon
Community Relations Director

Robin Warren
Wellness Nurse

Lisa Ramun
Dining Services Director

Matthew Buchanan
Maintenance Director

Peggy Dunphy
Life Enrichment Director

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



The Pioneer Post

Independent & Assisted Living Newsletter



September 2019

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3 Team Member & Resident Spotlight
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7 Special Moments & Best Advice
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Harvest Good Habits

September is **Self-Improvement Month!**
What better time to focus on a plan of action for betterment. Taking positive actions here and there is great, but practicing positive habits is key to a self-improved lifestyle year-round.

To move toward a self-improved lifestyle, we've looked into habits galore: how they're made, how to keep them, and which to try!

What is a Habit and How Does One Form?
A habit is a behavior that a person performs repeatedly. Our habits determine many actions we take and, therefore, our lives greatly reflect our habits.

When we are learning new things, it takes effort and energy. But when we do things we already know, our conscious mind lets our subconscious mind take the wheel. This way, we can automatically do something without the effort or energy we needed when we were first learning that action.

- Habits to Embrace**
(as per approval by your medical professional. This is not medical advice.)
Getting a Good Night's Sleep: Routinely.
Healthy Eating: Try Dash or Mediterranean!
Joining a Social Activity Group: Cooking Club, Walking Club, Card Game Group, etc.
Prioritizing Wellness: Whether vaccines, check-ups, or screenings, make it a point to plan out health appointments on a calendar and follow through with them.
Meditating: Commit to easing your stress.
Working Out: Find the exercise that works best for you, and do it regularly, and safely.



How Long Does It Take to Form a Habit?
Multiple sources say it takes 66 days to form a habit. This may sound like a long time, but there's good news. Making a few mistakes on the habit-forming journey don't seem to impact the result. Also, it's good to think about forming a habit as a challenge that will bring the auto-reward if you stick with it.

Tips for Making Those 66 Days a Success
A tactic using the acronym SMART is widely shared for helping with habit journeys.
S: Specific. Focus the goal and accountability.
M: Measurable. Quantify days, minutes, etc.
A: Attainable. Make sure it's a possible goal.
R: Realistic. Consider time, money, schedule.
T: Timely. Set a time limit or timed aim for it.

How Does Someone Keep a Habit?
Habits become stronger when repeated and weaker when not. Such changeability means habits require devotion. Tips to help with that include seeking encouragement and support from a friend, reminding yourself with alarms and calendars, befriending role models with your habit, and removing temptations to fall back to former ways. Be gentle toward yourself if you mess up and move onward.
Best of luck on your habit-harvesting journey!

Special Moments



The Best Advice I Ever Received Was:

- "Go to school"
- Donna

"Marry that guy"
- Gladdy

"Move to Pioneer Village"
- Ada

"Never go to bed angry"
- Genevieve

"Stay true to myself"
- Mary W.

With self-improvement in mind, we asked residents and staff about the best advice they've gotten!

September 2019 Highlights

9/3 2nd Hand Store Trip, There are three second hand stores we will be visiting.

9/5 Carole Nielsen, presentation on the great state of Texas.

9/6 Jacksonville Yard Sales, Jacksonville is having their annual citywide yard sale. We will stop at as many as possible.

9/7 Having Fun with IN2L, Trevor will teach you how to access your page, and how to Skype, etc.

9/11 We are having our annual 9/11 ceremony and breakfast buffet.

You can have your breakfast at your normal time or share breakfast with first responders. A ceremony will follow breakfast.

9/12 Resident's vs Staff Bowling, Come show your support for our resident bowling team and staff.

9/18 Build a Scarecrow, Hanley Farm has invited us to be part of their annual scarecrow contest. Please join the fun making our entry.

9/18 Art Gala, It's time for our quarterly Art Gala. New artists will be featured by Art Presence.

8/19 Bugs R Us, John's presentation will be on Worms & Compost.

9/25 Crater Lake Trip, Bus ride up to Crater Lake, Rim drive, and a stop at Beckie's Café. Sack lunch will be provided.

9/25 Movie Marathon, We will be showing the Back to the Future trilogy in the cinema room.

9/25 Popcorn Tasting, Pam will have several varieties of flavored salt.

9/26 Meet the Pioneers, A dress rehearsal at the cemetery. The actors will preform skits from Jacksonville's past.

9/26 Carole Nielsen, Presentation on fossils. She will have several to see.

9/27 Luau, we are having our annual luau in the dining room and front parking lot. Dinner will be at 4:00. Sheila Winn will perform in the A lobby, and the Hulaokhawaii dancers will dance at 5:30 in the parking lot.

Resident Council meeting will be held on September 9th, at the request of Bruce S.

Fireside Chat has moved to Tuesday. All directors will be present.



We're online @
[Facebook.com/PioneerVillageOregon](https://www.facebook.com/PioneerVillageOregon)
[Blog.radiantseniorliving.com](https://www.blog.radiantseniorliving.com)
[Radiantsrliving](#) on Instagram
[Radiantvoices](#) on Instagram
[RadiantSrLiving](#) on Twitter
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
[Radiant Senior Living](#) on YouTube

Our Librarian

Keith Campbell



A graduate from the University of Denver, Keith still uses his degree in Library Science to keep our library in tip-top shape. Keith also enjoys a good musical composition, even after teaching music for 30 years in Medford! Keith is a cat lover at heart and enjoys the company of his fluffy feline friend Abby!

Mike E.

(Dietary)

Employee of the Month

Mike has been with us for over 4 years. He and his wife enjoy spending time at the ocean. Grandpa Mike has a new grand baby coming soon.

One of Mike's favorite sports is NASCAR! He enjoys watching it on TV and traveling to races.




Congratulations Mike!



September 2019

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1 9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Poker TF 2:00 Mexican Train TF 2:00 Sunday Matinee CR 2:30 Winery Visit	2 Transportation 8:45 Morning Exercise TF 11:00 Morning Walk AL 11:15 Chair Yoga CR 1:15 Wii Bowling B 1:00 Men’s Poker TF 2:30 Portable IN2L AL 3:00 BINGO TF	3 Transportation 9:00 Getting to Know IN2L 10:00 Tending the Garden BP 10:45 Menu Meeting B 11:00 Welcome Comm. B 1:00 Afternoon Exercise TF 2:00 Afternoon Walk AL 3:00 Cocktail Hour B	4 8:45 Morning Exercise TF 10:30 IN2L Explore AL 11:00 Library Luncheon 1:15 Wii Bowling B 1:30 IN2L Google Earth AL 2:00 2nd Hand Store Trip 3:00 Popsicle Party B	5 Transportation 9:00 One on One Visits 10:00 Q Gong CR 10:30 Craft Hour AK 11:00 Activity Meeting BL 12:00 Afternoon Walk AL 1:00 Yahtzee BL 2:00 BINGO TF 3:00 Carole Nielsen B Texas	6 8:30 Jacksonville Yard Sales 10:00 No Host Donuts & Coffee 1:15 Wii Bowling B 1:30 IN2L Trivia TF 3:00 Wine Social The Swing A Longs Neil P. Birthday Celebration 5:00 Visitor Seminar B	7 8:45 Having Fun with IN2L AL 10:30 Shopping Walmart 1:00 Women’s Poker TF 2:30 Louis Faro BL 3:00 Poker TF 6:00 Saturday Night Movie Bound for Glory		
8 Grand Parents Day 9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Poker TF 2:00 Mexican Train TF 2:00 Sunday Matinee CR 2:30 Scenic Drive	9 Transportation 8:45 Morning Exercise TF 11:00 Morning Walk AL 11:15 Chair Yoga CR 1:15 Wii Bowling B 1:00 Men’s Poker TF 2:30 Portable IN2L AL 3:00 Resident Council BL	10 Transportation 9:00 Getting to Know IN2L 10:00 Tending the Garden BP 10:30 Out to Lunch Black Bear 10:45 Menu Meeting B 1:00 Afternoon Exercise TF 2:00 Afternoon Walk AL 3:00 Cocktail Hour B	11 7:30 Breakfast Buffet DR 9:00 Breakfast Buffet with First Responders DR 10:30 9/11 Ceremony PL 1:30 Shopping Rogue Valley Mall 3:00 Sundae Social B	12 Transportation 9:00 One on One Visits 10:00 Q Gong CR 10:30 Craft Hour AK 12:30 Afternoon Walk AL 1:00 Yahtzee BL 2:00 Alzheimer’s Meeting CR 2:00 BINGO TF 3:00 Resident vs Staff Wii Bowling B	13 8:45 Morning Exercise TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 12:30 Cooking with Peggy AK 1:15 Wii Bowling B 1:30 IN2L Trivia TF 3:00 Wine Social Richard Gyuro	14 8:45 Having Fun with IN2L AL 10:30 Shopping Bi-Mart 1:00 Women's Poker TF 2:30 Seth Weintraub BL Piano 3:00 Poker TF 6:00 Saturday Night Movie The First Wives Club		
15 9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Poker TF 2:00 Mexican Train TF 2:00 Sunday Matinee CR 2:30 Winery Visit	16 Transportation 8:45 Morning Exercise TF 11:00 Morning Walk AL 11:15 Chair Yoga CR 1:15 Wii Bowling B 1:00 Men’s Poker TF 2:30 Portable IN2L AL 3:00 BINGO TF	17 Transportation 9:00 Getting to Know IN2L 10:00 Tending the Garden BP 10:45 Menu Meeting B 1:00 Afternoon Exercise TF 2:00 Afternoon Walk AL 3:00 Fireside Chat BL 4:00 Supper Club Miguel's	18 8:45 Morning Exercise TF 10:00 Build a Scarecrow B For Hanley Farm contest 1:15 Wii Bowling B 2:00 Shopping Harry & David Country Store 4:00 Art Gala DR	19 Transportation 9:00 One on One Visits 10:00 Q Gong CR 10:30 Craft Hour AK 12:30 Afternoon Walk AL 1:00 Yahtzee BL 2:00 Parkinson’s Meeting CR 2:00 BINGO TF 3:00 Bugs R Us B	20 8:45 Morning Exercise TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 12:30 Cooking with Peggy AK 1:15 Wii Bowling B 1:30 IN2L Trivia TF 2:30 Meet & Greet/Birthday B 3:30 Wine Social Chris & Dom	21 8:45 Having Fun with IN2L AL 10:30 Alzheimer’s Walk 2:00 Women's Poker 3:30 Poker TF 6:00 Saturday Night Movie Some Like it Hot		
22 9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Poker TF 2:00 Mexican Train TF 2:00 Sunday Matinee CR 2:30 Scenic Drive	23 Transportation 8:45 Morning Exercise TF 11:00 Morning Walk AL 11:15 Chair Yoga CR 1:15 Wii Bowling B 1:00 Men’s Poker TF 2:30 Portable IN2L AL 3:00 BINGO TF	24 Transportation 9:00 Getting to Know IN2L 10:00 Tending the Garden BP 10:30 Bible Study CR 10:45 Menu Meeting B 1:00 Afternoon Exercise TF 2:00 Afternoon Walk AL 3:00 Cocktail Hour B	25 8:45 Morning Exercise TF 10:00 Crater Lake Trip 10:30 Back to the Future Movie Marathon CR 1:15 Wii Bowling B 2:00 Popcorn Taste Test AI	26 Transportation 9:00 One on One Visits 10:00 Meet the Pioneers Dress Rehearsal 10:00 Q Gong CR 10:30 Craft Hour AK 12:30 Afternoon Walk AL 1:00 Yahtzee BL 2:00 BINGO TF 3:00 Carole Nielsen B Fossils	27 8:45 Morning Exercise TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 12:30 Cooking with Peggy AK 1:15 Wii Bowling B 4:00 Luau Hulaokahawaii Dancers, Music with Sheila Winn	28 Shop N Swap 8:45 Having Fun with IN2L AL 10:30 Shopping Trader Joe’s 1:00 Women's Poker TF 3:00 Poker TF 6:00 Saturday Night Movie My Big Fat Greek Wedding		
29 9:00 One on One Visits 9:45 Ruch Church Bus 10:00 Local Church Bus 12:30 Poker TF 2:00 Mexican Train TF 2:00 Sunday Matinee CR 2:30 Winery Visit	30 Transportation 8:45 Morning Exercise TF 11:00 Morning Walk AL 11:15 Chair Yoga CR 1:15 Wii Bowling B 1:00 Men’s Poker TF 2:30 Portable IN2L AL 3:00 BINGO TF	 Residents Marilyn B. 9/1 Carol D. 9/2 Neil P. 9/6 Martha D. 9/7 Louise H. 9/10		 Residents Mac M. 9/11 Barbara A. 9/14 Ben H. 9/20 Donna B. 9/21 Vernice H. 9/29		Employees Andy D 9/6 Alma V. 6/9 Kevin A. 9/12 Lisa P. 9/14 Patricia R. 9/20	<i>Accept what is. Let go of what was, and have faith in what will be.</i> 	AK-Activities Kitchen AL - A Building Lobby CR - Cinema Room B - Bistro BL - B Building Lobby TF - Third Floor