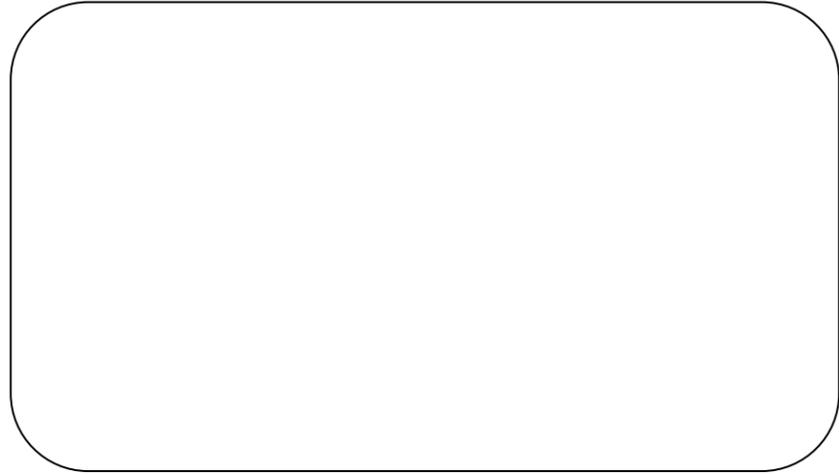




805 N. 5th St.
Jacksonville, OR 97530

PLACE
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HERE



Administrative Team:
541-899-6825

Dora Howard
Executive Director

Beondi Hewson
Business Office Director/AED

Janice Shannon
Community Relations Director

Justin Ward
Wellness Director

Nicol Esparza
Wellness Coordinator

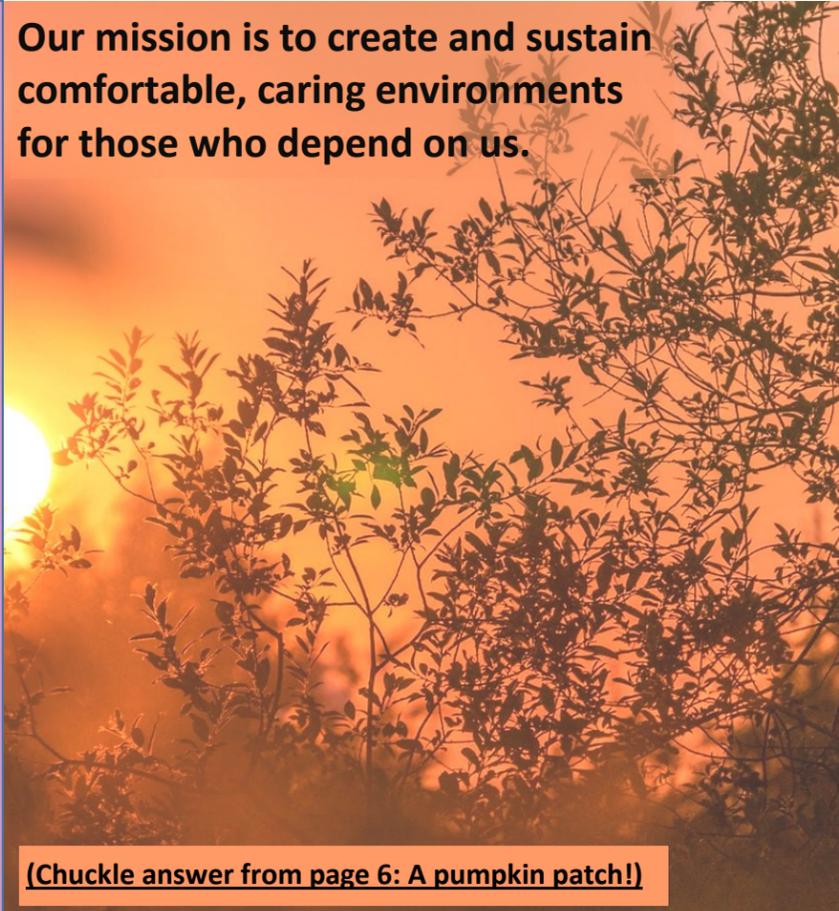
Robin Warren
Wellness Nurse

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.



(Chuckle answer from page 6: A pumpkin patch!)

The Pioneer Post

Independent & Assisted Living Newsletter



October 2019

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Breast Cancer Awareness Increases Chances of Early Detection and Treatment

October is for Breast Cancer Awareness! We know when it takes place by the pink we see people wearing, but we may not know the significance Breast Cancer Awareness Month can have in our own lives.

In addition to promoting breast cancer knowledge importance, raising research funds, and supporting survivors and those in the fight, Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages.

This October, increase your awareness level with some breast cancer facts and early detection information. Your know-how could help a loved one, friend, or yourself.

Note: This article should not be considered medical advice. Consult your medical provider before making changes to diet, medications, or lifestyle.

What is Breast Cancer?

When cells, in the breast or nearby tissue, divide and grow without normal control of regular cell division, breast cancer occurs. This process is often slow. When a lump can be felt, it may have already been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., about one percent of cases occur in men. In 2019, for U.S. women, there will have been about 268,600 new cases of invasive breast cancer. For men, there will have been an estimated 2,670 new breast cancer cases. Early detection increases breast cancer survival.



Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. More information on screening is available at www.cancer.gov.

Women should be familiar with how their breasts normally look and report any changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss how to manage their risk with their doctor.

It is our hope that these facts encourage awareness and continued learning beyond this special month.

Special Moments



Georgine with the first responders



Celebrating National Dog Day



Alzheimer's Walk 2019



Talk like a pirate day

We're All About Autumn!



Autumn officially started on September 23. With it now in full swing, we asked around for the best things about Autumn!

"Beautiful Leaves" - Pat

"Pumpkins with faces" - Pam

"Indian Summer" -Lynn

"Comfortable Weather" -Cleo

"Beautiful Sunsets" - Vern

October Highlights

10/2 Morning Baking– Baking in the activities kitchen, banana bread, cookies, etc.

10/2 Library Luncheon– On the Home Front.

10/3 Carole Nielsen– The topic is Germany.

10/4 Octoberfest– Beer Garden in the A lobby with German music by Richard Guyro and a German food buffet in the dining room.

10/8 Melody Makers– Join us for an hour of music.

10/10 Meet the Pioneers Dress Rehearsal– They will be doing the skits from the cemetery tour.

10/15 Flu Shot Clinic– Walgreens will be giving flu shots in the B lobby, please sign up at the front desk and have your paper work filled out.

10/16 Beckie’s Café/Scenic drive- We will drive to Union Creek , stopping at Beckie’s for a piece of pie and enjoy the fall colors.

10/16 Safe Medication Seminar– The pharmacist from Walgreens will be here to answer questions about drug interaction and updating your prescription.

10/23 Out to Lunch– Our destination is Red Robin, they have great burgers.

10/23 Central Point Song Birds– Enjoy the songs from the Central Point Senior Center music group.

10/24 Cocoa & Cookies– Have a warm cup of cocoa while listening to good music by Jim & Cher. They sing and he plays the guitar.

10/25 Halloween Party– Resident & staff families are welcome. We will also be inviting the Ruch Elementary students. Wear your favorite Halloween costume we will vote for the best costume.

10/31 Carole Nielsen– The Pony Express is the topic.

10/31 Trick or Treating– We will have bowls of candy at all dining room tables for the children to trick or treat.



Employee of the Month, Nickole D.



Check us out online at:

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

Chuckle Time: What do you use to mend a Jack-O-Lantern? (Answer on back cover)

Nickole has been with Pioneer Village for over a year. She has two adorable children, Lucas & Ariya. They are the light of her life, she enjoys every minute spent with them. Nickole also enjoys spending time at the river with friends and family.

October Fun Facts

One of the original Roman calendar months, October literally translates to “eighth month.” Because the original Roman calendar began with March, October was the eighth month, just as September, meaning seven, was the seventh month. Same with November (nine) and December (10).

Today, with our calendar beginning in January, October is the 10th month.

The ancient Saxons called October “Wintirfylith” because it had the first full moon of the winter.

October is associated with autumn or fall. It ends on the same day of the week as February every year and January in common years only. On the last week of October, it is the only time of the entire year when all four major American sports have games at the same time: the MLB, NHL, NFL and NBA.

On October 1, 1896, free rural delivery of mail started in the United States.

October 4, 1957, the first artificial satellite was launched by the Soviet Union.

October 5, 1947, the first presidential telecast address from the White House was made by Harry S. Truman.

October 7, 1816, the Washington (first double-decked steamboat) arrived at New Orleans.

October 12, 1492, Christopher Columbus landed in America.

October 18, 1867, The U.S. flag was formally raised over Alaska.

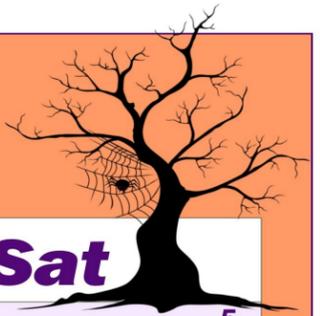
October 22, 1836, Sam Houston was inaugurated as the first president of the Republic of Texas.

October 31, 1864, Nevada became the 36th state of the United States.



October 2019

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>AL - A Building Lobby</i> <i>AK- Activities Kitchen</i> <i>CR- Cinema Room</i> <i>BL- B Building Lobby</i> <i>B- Bistro</i> <i>TF- Third Floor</i></p>		<p>Transportation 1 9:00 One on One Visits 10:00 IN2L Games AL 10:00 Blood Pressure BL 10:30 Bible Study CR 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</p>	<p>2 8:45 Morning Exercise TF 10:30 Moming Baking AK 11:00 Library Luncheon 1:15 Wii Bowling B 1:00 Learn to Play Pinochle TF 2:00 Scenic Drive 4:00 Out to Dinner Olive Garden</p>	<p>Transportation 3 9:00 One on One Visits 10:00 Q Gong BL 10:30 Craft Hour AK 11:00 Activity Meet. BL 12:30 Afternoon Walk AL 1:00 Yahtzee BL 2:00 BINGO TF 3:00 Carole Nielsen B Germany</p>	<p>4 8:45 Morning Exercise TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 12:00 Cooking with Peggy AK 1:15 Wii Bowling B 3:00 Octoberfest/Beer Garden AL Music by Richard Guyro 4:00 Buffet Dinner DR</p>	<p>5 8:45 IN2L Morning News AL 10:30 Shopping Walmart 1:00 Women's Poker TF 2:30 Louis Faro BL 6:00 Saturday Night Movie CR The Blind Side</p>
<p>6 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</p>	<p>Transportation 7 8:45 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Morning Walk 11:15 Chair Yoga CR 1:00 Wii Bowling B 2:00 Men's Poker TF 3:00 Resident Council BL</p>	<p>Transportation 8 9:00 One on One Visits 10:00 IN2L Games AL 10:30 Bible Study TF 10:45 Menu Meeting B 1:00 Afternoon Exercise TF 2:00 Afternoon Walk AL 3:00 Melody Makers BL 3:00 Cocktail Hour B</p>	<p>9 8:45 Morning Exercise TF 10:00 Rain Rock Casino 10:00 IN2L Old Time TV AL 1:00 Great Train Journey CR 1:15 Wii Bowling B 3:00 Hot Buttered Rum Taste Off B</p>	<p>Transportation 10 9:00 One on One Visits 10:00 Q Gong BL 10:30 Craft Hour AK 12:30 Afternoon Walk AL 1:00 Yahtzee BL 2:00 Alzheimer's Meet. CR 2:00 Meet the Pioneers Dress Rehearsal B</p>	<p>11 8:45 Morning Exercise TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 12:00 Cooking with Peggy AK 1:15 Wii Bowling B 3:00 Wine Social B Tracy Davey</p>	<p>12 8:45 IN2L Morning News AL 10:30 Shopping BiMart 1:00 Women's Poker TF 3:00 Poker TF 6:00 Saturday Night Movie CR Walk the Line</p>
<p>13 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 Wine Tasting</p>	<p>Transportation 14 8:45 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Morning Walk 11:15 Chair Yoga CR 1:00 Wii Bowling B 2:00 Men's Poker TF 3:00 BINGO TF</p>	<p>Transportation 15 9:00 One on One Visits 10:00 Flu Shot Clinic BL 10:30 Bible Study TF 10:45 Menu Meeting B 1:00 Afternoon Exercise TF 2:00 Afternoon Walk AL 3:00 Fireside Chat BL</p>	<p>16 8:45 Morning Exercise TF 10:00 Shopping Goodwill 1:00 Beckie's Café/Scenic Scenic Drive 1:15 Wii Bowling B 3:00 IN2L Trivia AL 5:00 Safe Medication Use Seminar B</p>	<p>Transportation 17 9:00 One on One Visits 10:00 Q Gong BL 10:30 Craft Hour AK 12:30 Afternoon Walk AL 1:00 Yahtzee BL 2:00 Parkinson's Meet. CR 2:00 BINGO TF 3:00 Bugs R Us B</p>	<p>18 8:45 Morning Exercise TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 12:00 Cooking with Peggy AK 1:15 Wii Bowling B 2:30 Meet & Greet/Birthday B 3:00 Wine Social B Chris & Dom</p>	<p>19 8:45 IN2L Morning News AL 10:30 Shopping Trader Joe's 1:00 Women's Poker TF 3:00 Poker TF 6:00 Saturday Night Movie CR The Magnificent Seven</p>
<p>20 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</p>	<p>Transportation 21 8:45 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Morning Walk 11:15 Chair Yoga CR 1:00 Wii Bowling B 2:00 Men's Poker TF 3:00 BINGO TF</p>	<p>Transportation 22 9:00 One on One Visits 10:00 IN2L Games AL 10:30 Bible Study TF 10:45 Menu Meeting B 1:00 Afternoon Exercise TF 2:00 Afternoon Walk AL 3:00 Cocktail Hour B</p>	<p>23 8:45 Morning Exercise TF 10:00 Moming Baking AK 11:30 Out to Lunch Red Robin 1:15 Wii Bowling B 2:00 Central Point Songbirds BL 3:30 Scenic Drive</p>	<p>Transportation 24 9:00 One on One Visits 10:00 Q Gong BL 10:30 Craft Hour AK 12:30 Afternoon Walk AL 1:00 Yahtzee BL 2:00 BINGO TF 3:00 Cocoa & Cookies Music with Jim & Cher</p>	<p>25 8:45 Morning Exercise TF 10:00 Coffee & Treats AL 11:00 Painting with James TF 12:00 Cooking with Peggy AK 1:15 Wii Bowling B 3:00 Wine Social B Sheila Winn 4:00 Halloween Party AL</p>	<p>26 8:45 IN2L Morning News AL 10:30 Shopping Barns & Noble 1:00 Women's Poker TF 2:30 Seth Weintraub BL 3:00 Poker TF 6:00 Saturday Night Movie CR In Love and War</p>
<p>27 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 Wine Tasting</p>	<p>Transportation 28 8:45 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Morning Walk 11:15 Chair Yoga CR 1:00 Wii Bowling B 2:00 Men's Poker TF 3:00 BINGO TF</p>	<p>Transportation 29 9:00 One on One Visits 10:00 IN2L Games AL 10:30 Bible Study TF 10:45 Menu Meeting B 1:00 Afternoon Exercise TF 2:00 Afternoon Walk AL 3:00 Cocktail Hour B</p>	<p>30 8:45 Morning Exercise TF 10:00 Shopping Rogue Valley Mall 1:00 Learning Card Games TF 1:15 Wii Bowling B 2:00 Scenic Drive 3:30 Hot Cider & Treats B</p>	<p>Transportation 31 9:00 One on One Visits 10:00 Q Gong BL 10:30 Craft Hour AK 12:30 Afternoon Walk AL 1:00 Yahtzee BL 2:00 BINGO TF 3:00 Carole Nielsen B The Pony Express 4:30 Trick or Treating In the dining room</p>	<p><i>Residents</i></p> <p>Dick C. 10/2 Marian S. 10/6 Shirley H. 10/15 Gene S. 10/16 Helen H, 10/21 Marjorie H. 10/24</p>	<p><i>Employees</i></p> <p>Josh 10/3 Kimberly 10/16 Michael 10/20 Paris 10/25 Synde 10/25</p>