

Pioneer Ridge

Gracious Retirement Living

7210 Linkside Point Drive • McKinney, TX 75071 • Phone (972) 547-6800 • www.seniorlivinginstyle.com

OCTOBER 2019

PIONEER RIDGE STAFF

Managers..... DORA & JOE SUMMERS
Assistant ManagersPAM HART &
DAVE WERKLEY
Executive Chef SCOTT AMATO
Activity Coordinator APREL MELDER
Maintenance SENA SENAWERA
Bus DriverJOE PAGORIA

TRANSPORTATION

Monday, 10 a.m. and 1:45 p.m.: Shopping

Tuesday, 9 a.m.-3 p.m.: Appointments

Wednesday, TBD: Outings

Thursday, 9 a.m.-3 p.m.: Appointments

HAWTHORN
SENIOR LIVING

Resident of the Month

Patti Paulk is our Resident of the Month. Patti has been a resident here at Pioneer Ridge for five years now. She is well loved and known by her fellow residents and in the community. Patti is active in daily fitness as well as everyday activities. Patti enjoys horses and riding off on trails and painting in her spare time. She

loves to paint portraits, mostly when she can. Her smile lights up a room and her sweet personality earns the respect of those around her. Patti has four older sons. They are active in her life and she enjoys spending time with them. Her favorite color is orange and she said, "You can have all shades of orange and each one makes you so happy!" Three out of four sons were in the Navy, so she feels it's her patriotic duty to support their military lifestyle. When asked what her motto in life is, she replied, "Always look for the best in everything you do! Keep your faith in God strong and He will never steer you wrong!"

We applaud you, Patti, and thank you for your lovely time!



Patti with Joanne



And, Our October Way-to-Go Winner Is

Joe Pagoria is our “Way-to-Go Winner” for October. Joe is our transportation manager and bus driver, and so much more! Joe and his wife, Julie, are well known and liked here at Pioneer Ridge. They have been hosts for our weekly Happy Hour we have on Fridays and have helped eagerly to decorate our halls for the residents. Joe is always willing to lend a helping hand to a resident, or another employee. He is handy with many technical problems from TVs to eyeglasses. He’s the one who keeps us cooled off with his magical touch with the ice cream machine. He keeps a watchful eye on making sure it is always up and running with a cool treat! Everyone loves him so much! And it’s easy to see why. Joe really cares for our residents; they are his extended family. He makes sure they exercise when it’s time, and that they book their doctor appointment rides on the bus in a timely manner. Always willing to pitch in with an idea of a great place to go for Lunch Bunch, Joe is an all-around good guy and we are so lucky to have him as part of our team! Joe has been here at Pioneer Ridge longer than any other employee. He’s been here since Day 1 of Pioneer’s grand opening. Not many people can say that! You can be sure to get an honest and forthright answer to any question you ask him. If he doesn’t know the answer, he will find it. (Resident) Frankie said, “Don’t know what we would ever do without him!” And don’t ever wanna find out! While I haven’t been here but just a mere few months, I have gotten to know and love Joe. He’s sharp as a tack and most honest and hardworking man I know. Joe, way to go! Pleasure to get to work with you every day and here’s to many, many more wonderful years of being part of your journey here at Pioneer Ridge! Well done, sir, well done.



Culinary Education Series: All the Flavors of the Season

Fall is the season of brisk breezes and cozy sweaters, but it’s also the time of harvest, and it brings an abundance of fresh foods in a beautiful array of colors that grew all summer and are now ripe and ready to enjoy.

Cranberries: Available October through December, These juicy red fruits are a holiday favorite.

- Antioxidants in cranberries called PACs can help prevent UTIs.
- Packed full of flavor
- May also prevent gum disease

Pomegranates: In Season October through January, pomegranates tough shell exterior holds delicious sweet seeds inside.

- Excellent source of fiber, vitamins A,C and B, as well as calcium, potassium and iron
- Studies show pomegranates may improve memory and help fight against the effects of Alzheimer’s.

Pumpkins: Possibly the most popular squash of the season, pumpkins are native to North America, and in season September and October.

- Potassium in pumpkins can have a positive effect on blood pressure.
- The antioxidants found in pumpkins may help prevent degenerative damage to eyes.
- Pumpkins are a great source of beta-carotene.

Root vegetables:

- **Carrots:** Known for their bright orange hue, carrots are packed with high concentrations of the antioxidant beta-carotene in addition to vitamin A.
- **Sweet potatoes:** Sweet potatoes help stabilize blood sugar levels.





Halloween Traditions

Halloween is my favorite time of year! The colors and smells of autumn are in the air. Pumpkins are everywhere! Ghosts and goblins and witches, oh my! Carving pumpkins and dressing up in costumes was so much fun in our house. Halloween is the one time of year where you get to be anything you want to be. Wanna be a super hero? A princess? A monster? We used our imaginations to become anyone we wanted to be! I remember when you had to create your own costume out of stuff you already had around your house. We would go to my grandmothers house because she knew all her neighbors and they knew us. We would put on her wigs and go through her clothes and find stuff to use for a costume. And when we had decided what we would be, she would give each one of us a big brown bag and we got to sit at the table and decorate our bags with Halloween art and we would get dressed in our costumes and grab our bags and set out as a family to walk to each and every door. We would take turns ringing the doorbell and when someone would open the door, we would yell out "Trick or treat!" and they would put some candy or homemade goodies in our bag. You would walk for miles in our neighborhood going door to door and when your bag filled up where you couldn't carry it anymore, dad would bring along a pillowcase and dump the bags into it. We would be so worn out from trick-or-treating at the end of the night we would fall asleep on the floor in front of the TV while we were taking inventory of what we found in our bags. Later after we were tucked tight in bed mom and dad would go through our bags and get the candy they liked out of them. We were allowed a few pieces every day after school for a snack. Today is so different. Nowadays, parents are afraid to take their children trick-or-treating. There have been numerous reports over the last 10 years or so on sharp objects being found in candy so parents are

more cautious about letting their kids eat anything before they check it first. We don't let our children go trick-or-treating by themselves either. We teach our children the importance of Stranger Danger.



Pumpkins are a symbol of All Hallow's Eve.

Recipe of the Month, Classic Roasted Pumpkin seeds

Ingredients-

2 cups pumpkin seeds,
rinsed and drained
2 tablespoons oil
(vegetable oil, olive oil or
canola oil)
Salt and pepper to taste



Directions:

1. Carve out pumpkin and scoop out seeds. Rinse well, removing any chunks of pumpkin.
 2. Lay out on a kitchen towel and allow seeds to dry. Avoid using paper towels for drying as they will stick to seeds.
 3. Place in an oven on 350' for 3 to 6 minutes, watching them to keep them from burning.
 4. Season with salt and pepper to taste.
- Enjoy!

Fall Colors

Such beauty to behold awaits
The Autumn's glory to unfold
The green leaves that dress the trees
Began to glow of orange, red and gold.

Nature's display, as limbs lose their cover,
send particles of color swirling down.
As gentle winds catch their falling sway,
God's Confetti lands splendor abound.

*Written by
resident
Marie Hunt
Aug. 28,
2019*



OCTOBER

2019

Birthdays

Miriam Schwarz, 2nd

Don Courtney, 4th

Alene Weidner, 6th

Joann Gerron, 7th

Donna Davis, 7th

Ben McConnell, 8th

Carol Hembling, 8th

Ken Solstad, 9th

Margaret Rodkey, 11th

Dolores Chamberlain, 13th

Mahesh Greywall, 15th

Charles Drew, 15th

Annella Gasaway, 17th

Ruth Klingenberg, 27th

Paba Senaweera, 28th (Employee)

Della Hunt, 28th

Joe Summers, 30th (Employee)

Don Gasaway, 31st

Anniversaries

Lou Ann and Ben McConnell, 10/20/1961

Locations

Activity Room, AR

Billiards Room, BR

Bus, B

Chapel, CH

Computer Center, CC

Dining Room, DR

DR Alcove, DRA

Front Lobby, Lobby

Gym, G

Library, L

Movie Theater, MT

Patio, P

TV Room, TV

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div>		<div>9:30 Stretch Class, AR</div> <div>10:00 Catholic Communion Service, CH</div> <div>10:00 “Ask a Nurse” with Texas Home Health, AR</div> <div>11:30 Memory Fitness, AR</div> <div>1:45 Wii Bowling, AR</div> <div>2:00 Phase 10 or Mexican Train, BR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>4:30 Gospel Singalong, DR</div> <div>7:00 Penny Poker, DRA</div>				

1

 9:30 Wacky Wednesday Exercise Class, AR 11:30 Lunch Bunch Surprise, B 2:00 Rummikub & Dominoes, AR 2:00 Wednesday Movie Matinee, MT |

2

 10:00 Baking in the Bistro, AR 11:00 Manager/Resident Monthly Meeting, AR 12:00 Blood Pressure Checks: Legacy, AR 2:00 Faith Talk with Jack Greever, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 7:00 Penny Poker, DRA 3 | 9:30 Stretch Class, AR 11:00 Drumming 2.0, AR 11:00 Crocheting, Needlework and Knitting, BR 11:30 Spot the Differences, AR 11:30 Line Dancing with Kristi, AR 12:15 Wear Red & Pledge, DR 2:00 Hand & Foot, BR 2:00 Friday Movie Matinee, MT 2:00 Rummikub, AR 4:00 Happy Hour with Monarch, AR 4 | | 9:30 Exercise Class with Dick, AR 10:00 Donut Social, AR 2:00 Open Game Time, AR || 8:00 Walkers Club, Lobby 11:00 Church at the Ridge Service, CH 3:00 Bingo: Dime a Game, AR 6 | 9:30 Strength Training, AR 9:30 Chair Aerobics, AR 10:00 Shopping, B 2:00 Hand & Foot, BR 2:00 Lamp & Light Bible Study, L 3:00 Chair Volleyball, AR 3:00 “Write Your Own Story” Writing Group, AR 4:00 “Jeopardy!,” AR 7 | YOM KIPPUR BEGINS AT SUNSET 9:30 Stretch Class, AR 9:45 Harris Jewelry Repair, AR 10:00 Catholic Communion Service, CH 10:00 “Ask a Nurse” with Texas Home Health, AR 11:30 Memory Fitness, AR 1:45 Senior Follies, DR 1:45 Wii Bowling, AR 2:00 Phase 10 or Mexican Train, BR 3:00 Bean Bag Baseball, AR 4:30 Gospel Singalong, DR 7:00 Penny Poker, DRA 8 | 9:30 Wacky Wednesday Exercise Class, AR 2:00 Rummikub & Dominoes, AR 2:00 Wednesday Movie Matinee, MT 9 | 9:30 Strength Training, AR 10:00 Baking in the Bistro, AR 12:00 Blood Pressure Checks: Legacy, AR 2:00 Faith Talk with Jack Greever, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 7:00 Penny Poker, DRA 10 | 9:30 Stretch Class, AR 11:00 Drumming 2.0, AR 11:00 Crocheting, Needlework and Knitting, BR 11:30 Spot the Differences, AR 12:15 Wear Red & Pledge, DR 2:00 Rummikub, AR 2:00 Friday Movie Matinee, MT 2:00 Hand & Foot, BR 4:00 Happy Hour, AR 11 | | 9:30 Exercise Class with Dick, AR 12:00 Fall Festival, AR 2:00 Open Game Time, AR |
8:00 Walkers Club, Lobby 11:00 Church at the Ridge Service, CH 3:00 Bingo: Dime a Game, AR 13	COLUMBUS DAY 9:30 Strength Training, AR 9:30 Chair Aerobics, AR 10:00 Shopping, B 2:00 Hand & Foot, BR 2:00 Lamp & Light Bible Study, L 3:00 Chair Volleyball, AR 3:00 “Write Your Own Story” Writing Group, AR 14	9:30 Stretch Class, AR 10:00 Catholic Communion Service, CH 10:00 “Ask a Nurse” with Texas Home Health, AR 11:30 Memory Fitness, AR 1:45 Wii Bowling, AR 2:00 Phase 10 or Mexican Train, BR 3:00 Bean Bag Baseball, AR 4:30 Gospel Singalong, DR 7:00 Penny Poker, DRA 15	9:30 Wacky Wednesday Exercise Class, AR 1:30 TaylorMarie’s Clothing, Lobby 2:00 Rummikub & Dominoes, AR 2:00 Wednesday Movie Matinee, MT 3:00 Laurie Gabriel Show, AR 16	10:00 Baking in the Bistro, AR 11:00 Chef’s Meeting with Residents, AR 12:00 Blood Pressure Checks: Legacy, AR 2:00 Faith Talk with Jack Greever, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 7:00 Penny Poker, DRA 17	9:30 Stretch Class, AR 11:00 Drumming 2.0, AR 11:00 Crocheting, Needlework and Knitting, BR 11:30 Spot the Differences, AR 11:30 Line Dancing with Kristi, AR 12:15 Wear Red & Pledge, DR 2:00 Rummikub, AR 2:00 Friday Movie Matinee, MT 2:00 Hand & Foot, BR 4:00 Happy Hour with Wanda Woods and Family, AR 7:00 Lizzy Easley Sings, DR 18		9:30 Exercise Class with Dick, AR 10:00 Donut Social, AR 12:00 Fall Festival, Lobby 2:00 Open Game Time, AR
8:00 Walkers Club, Lobby 11:00 Church at the Ridge Service, CH 3:00 Bingo: Dime a Game, AR 20	9:30 Strength Training, AR 9:30 Chair Aerobics, AR 10:00 Shopping, B 1:45 Eyeglass Cleaning & Adjustment, AR 2:00 Hand & Foot, BR 2:00 Lamp & Light Bible Study, L 3:00 Chair Volleyball, AR 3:00 “Write Your Own Story” Writing Group, AR 4:00 “Jeopardy!,” AR 21	9:30 Stretch Class, AR 10:00 Catholic Communion Service, CH 10:00 “Ask a Nurse” with Texas Home Health, AR 10:30 Famous Brand Clothing, Lobby 11:30 Memory Fitness, AR 1:45 Marty Ruiz, AR 1:45 Wii Bowling, AR 2:00 Phase 10 or Mexican Train, BR 3:00 Bean Bag Baseball, AR 4:30 Gospel Singalong, DR 7:00 Penny Poker, DRA 22	9:30 Wacky Wednesday Exercise Class, AR 2:00 Rummikub & Dominoes, AR 2:00 Wednesday Movie Matinee, MT 23	10:00 Baking in the Bistro, AR 12:00 Blood Pressure Checks: Legacy, AR 1:30 September’s Birthday Celebration, DR 2:00 Faith Talk with Jack Greever, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 7:00 Penny Poker, DRA 24	9:30 Stretch Class, AR 11:00 Drumming 2.0, AR 11:00 Crocheting, Needlework and Knitting, BR 11:30 Spot the Differences, AR 12:15 Wear Red & Pledge, DR 2:00 Rummikub, AR 2:00 Friday Movie Matinee, MT 2:00 Hand & Foot, BR 4:00 Happy Hour, AR 25		9:30 Exercise Class with Dick, AR 1:45 Marty Ruiz, AR 2:00 Open Game Time, AR
8:00 Walkers Club, Lobby 11:00 Church at the Ridge Service, CH 3:00 Bingo: Dime a Game, AR 27	9:30 Strength Training, AR 9:30 Chair Aerobics, AR 10:00 Shopping, B 2:00 Hand & Foot, BR 2:00 Lamp & Light Bible Study, L 3:00 Chair Volleyball, AR 3:00 “Write Your Own Story” Writing Group, AR 28	9:30 Stretch Class, AR 10:00 Catholic Communion Service, CH 10:00 “Ask a Nurse” with Texas Home Health, AR 11:00 Tony Walsh, DR 11:30 Memory Fitness, AR 1:45 Wii Bowling, AR 2:00 Phase 10 or Mexican Train, BR 3:00 Bean Bag Baseball, AR 4:30 Gospel Singalong, DR 7:00 Penny Poker, DRA 29	9:30 Wacky Wednesday Exercise Class, AR 2:00 Rummikub & Dominoes, AR 2:00 Wednesday Movie Matinee, MT 30	HALLOWEEN 10:00 Baking in the Bistro, AR 12:00 Blood Pressure Checks: Legacy, AR 2:00 Faith Talk with Jack Greever, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 6:00 Trick or Treating in the Atrium with Residents, Lobby 7:00 Penny Poker, DRA 31			



It's Flu Season — Are you Prepared?

This time of year is called “Flu Season.” In the United States, flu viruses are most common during the fall and winter months. Influenza activity often begins to increase in October and November. Most of the time flu activity peaks between December and February, and it can last as late as May. 2019 Medical



News Weekly states that you should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body. So, make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later. Here at Pioneer Ridge, through CVS Pharmacy, we had a Vaccine Clinic in September on the 30th. This clinic offered flu as well as other vaccines and information to our residents. If you did not get your vaccines through CVS, I highly recommend you see your primary doctor to have them done, as it is important to you and your fellow residents to protect you and them against this nasty virus. It is not possible to predict what the flu season will be like in 2019-2020. While flu spreads every year, the timing, severity and length of the season varies from one season to another. Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year. You may be wondering what you can do to protect yourself from the flu, CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. In addition to getting the flu vaccine, you can take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or avoid coming around other residents where you live. In addition, there are prescription medications called antiviral drugs that can be used to treat influenza. Flu vaccine is produced by private manufacturers, so supply depends on manufacturers. For the 2018-2019 season, manufacturers projected they would provide between 163 million and 168 million doses of injectable vaccine for the U.S. market. There are many vaccine options to choose from; the most important thing is for all people 6 months and older to get a flu vaccine every year. Talk with your doctor if you have additional questions about your flu options. If you do contract the flu, take care of yourself. Stay away from others, as it is highly contagious, and depending on age, dangerous if you have a low immune system.

Sports News Today

On September 8th, the Dallas Cowboys defeated the New York Giants 35 to 17, to begin their quest for the franchise's sixth Super Bowl Championship.

The Cowboys were dominant on both sides of the ball. Dak Prescott threw three touchdown passes while Ezekiel Elliot rushed for another score. Dallas saw steady play from their offensive line; their kicking game was solid.

On defense, the Cowboys were led by linebackers Jaylon Smith and Leighton Vander, each allowing the Giants to limit scoring chances.

Coach Garrett and new offense coordinator Kellin Moore devised a brilliant game plan that was played to perfection.

Owner Jerry Jones was his usual exuberant self after the game.

On September 15th, Dallas travels to Washington, D.C., to face the Redskins, who may be a formidable foe.

In the NFC East, the Philadelphia Eagles should give the Cowboys their stiffest competition for the division crown this season.

Hopefully the Cowboys will be playing in the Super Bowl in Miami next February.

Enjoy the 2019 season!

*Written by resident Brad
Nenninger*



Exercise, and Why We Need It

Your bones deteriorate as you age. Your joints become stiff and dense and your muscles cramp up and become none existent. I know you ask yourself, what can I do to keep healthy and fit?

For us as we age, there are benefits to exercising. Like the fact that regular exercise reduces the risk of chronic diseases and lowers the chances of injury and can even improve one's mood. As we age, our muscle mass begins to decrease.

Muscle is an essential contributor to our balance and bone strength; it keeps us strong. Exercise has countless benefits for those of all ages, including a healthier heart, stronger bones and improved flexibility.

Exercise is also the key for cognitive function. Scientists have found that brain neurons — the special cells that perform all the necessary functions to keep you alive, as well as help you think and improve your memory — all increase after a few weeks of regular exercise. In fact, some researchers found that when individuals walk three or more times a week, the occurrence of dementia was 35 percent lower than for those seniors who were not involved in any type of physical activity.

It's never to late to start engaging in a regular exercise routine. The key is to find something you enjoy doing, and start at a level that is easy to maintain.



Remember When...

- Remember when "I'm Telling!" was the scariest sentence in the world?
- Remember when smoking candy cigarettes made you cool?

- Remember when you talked into the fan to make a robot voice?



- Remember when you could walk to and from school all by yourself?
- Remember when cars had vent windows?
- Remember when we put cinnamon and sugar on our toast?
- Remember when the creek was our playground?
- Remember when you could turn Coke bottles and caps in for change to buy candy?
- Remember when you would put peanuts in a bottle of cola?
- Remember when to block a phone call you would take the phone off the hook?
- Remember when you were outside playing and got thirsty and drank from the garden hose?
- Remember when you loved to read Dick and Jane books?
- Remember when you had to walk to the TV to turn the channel?



7210 Linkside Point Drive
McKinney, TX 75071



Fall in love... with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

972-547-6800

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