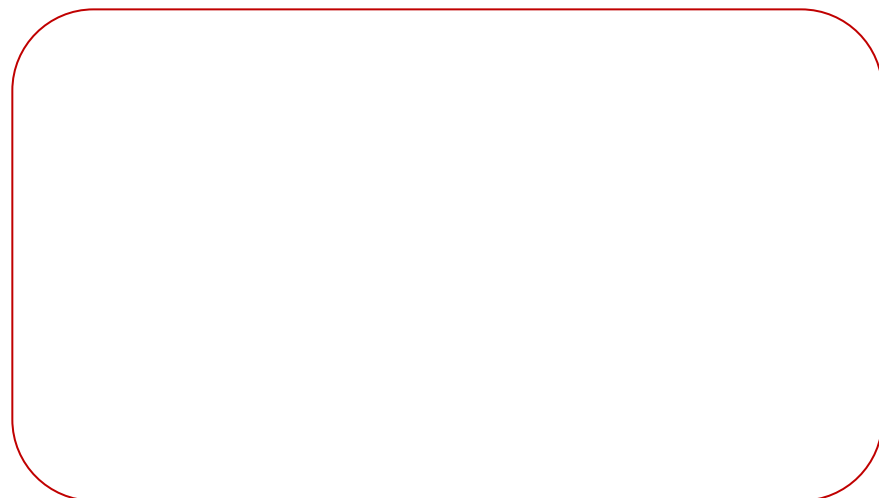




805 N. 5th St.
Jacksonville, OR 97530

STAMP
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

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

Monthly Newsletter



December 2019

2 Cold Weather Safety & Wellness
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Employee of the Month, Social Media,
& Little Known Facts About Christmas
7 Special Moments, Recipe Corner
8 Mission & Team

Cold Weather Safety & Wellness Tips

It's that time of year again when temperatures begin to plummet, snowflakes kiss our noses, and "Baby, it's Cold Outside!" and "Walking in a Winter Wonderland" play on the radio.

The changing weather can be a joyous occurrence each year, but it's also one we can better prepare for with a few tips to aid in keeping us safe and merry.



Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off the Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that

come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year!

Special Moments

"Life isn't a matter of milestones, but of moments." - Rose Kennedy



Cranberry Coffee Cake

'Tis the Season to Be Baking

1/2 Cup (softened) Butter

1 Cup Sugar

2 Eggs

2 Teaspoon Almond extract

2 Cups Flour

1 Teaspoon Baking Powder

1/2 Teaspoon Baking Soda

1/2 Teaspoon Salt

1 Cup (8oz) Sour Cream

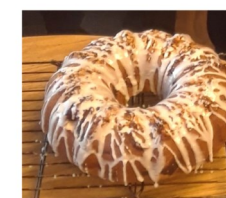
1/3 Cup (chopped) Walnuts

1 Can (16oz) Whole Cranberry Sauce

1. In a large mixing bowl, cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Stir in almond extract. Combine the flour, baking powder, baking soda, and salt in a separate bowl. Add into the cream mixture alternately with the sour cream, beat well after each addition.
2. Sprinkle walnuts in a greased Bundt pan. Spread half the mixture over nuts; top with half of the cranberry sauce. Repeat layers.
3. Bake at 350* for 50-55 minutes or until toothpick inserted comes out clean. Cool for 10 minutes before removing to a wire rack. Cool completely.
4. Combine 3/4 cup powdered sugar, 2 tablespoons milk and 1/2 teaspoon vanilla, drizzle glaze over coffee cake. 12-16 Servings.

We made this coffee cake in cooking class.

So yummy, we will be making it again!

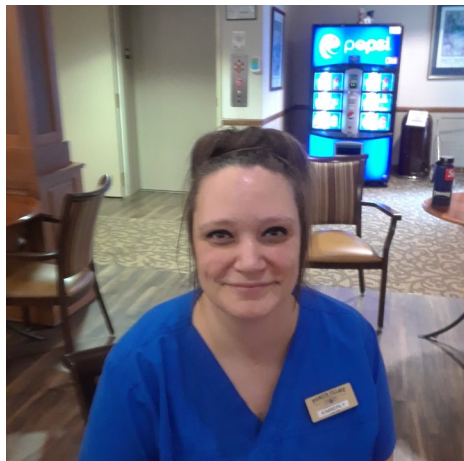


Little Known Facts About Christmas

- Christmas is celebrated all over the world. But do you know when the first Christmas was celebrated? It was on December 25, AD 336 in Rome. Pretty far back, isn't it?
- Santa Claus wears a red suit, right? Well, he did not wear red all the time. Santa wore a variety of colorful suits till the early nineteenth century, including white, green, blue and red. But a 1930s advertisement by Coca Cola fixed Santa's coat as red, forever.
- Did you know that you can have your Christmas tree and eat it too?! Christmas trees are actually edible. Several parts of pines, spruces, and firs can be eaten. Pine needles are a good source of vitamin C.
- What is your favorite Christmas carol? It turns out that "Silent Night" has the enviable distinction of being the most recorded Christmas song in history. Since 1978, it has had over 733 different copyrighted versions.
- Which is the most popular Christmas song sung by a celebrity musician? Well, the credit goes to none other than Mariah Carey, for her "All I want for Christmas is you". In the music video of the song, Santa is played by Mariah's then husband Tommy Mottola.
- Christmas has enough power to turn enemies into friends, even in the midst of bitter war, it seems. Five months after the First World War began, troops stationed along the Western Front took a break for Christmas Eve. They sang Carols to one another across the battlefield. That was not all. The following morning, German soldiers approached Allied troops from their trenches, and called out Merry Christmas in English. It was not a trick. Soldiers from both sides greeted each other, and some even exchanged cigarettes as gifts. It was one of the last examples of true wartime chivalry, later dubbed as the Christmas Truce of 1914.
- Strange are the customs of Christmas, aren't they? In Poland, for example, spiders or spider webs are common Christmas tree decorations. Why? Because spiders are considered signs of goodness and prosperity!
- Well, talking about strange Christmas customs and traditions, a traditional Christmas dinner in early England was the head of a pig, prepared with mustard.
- Does Christmas make people sick? It seems that it does. It is estimated that 400,000 people become sick annually, from eating tainted Christmas leftovers



Employee of the Month, Kimberly (Housekeeping)



Kimberly has been with us for a year. She is quite an asset to Pioneer Village. Kimberly enjoys spending time with her family, and being the best mom ever. She is always eager to lend a helping hand wherever needed. Great job Kimberly.



We're online @

- [Facebook.com/PioneerVillageOregon](https://www.facebook.com/PioneerVillageOregon)
- [Blog.radiantseniorliving.com](https://www.blog.radiantseniorliving.com)
- Radiantsriving on Instagram
- Radiantvoices on Instagram
- RadiantSrLiving on Twitter
- [Pinterest.com/radiantsriving](https://www.pinterest.com/radiantsriving)
- Radiant Senior Living on YouTube



December 2019

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>1</div> <div>9:00 One on One Visits</div> <div>9:45 Ruch Church Bus</div> <div>10:30 Local Church Bus</div> <div>12:00 Poker TF</div> <div>1:00 <i>Randall Theater</i></div> <div><i>With Every Christmas Card I Write</i></div> <div>2:00 Mexican Train BL</div> <div>2:00 Movie Matinee CR</div> <div>4:30 <i>Tree Lighting BP</i></div>	<div>2</div> <div><u>Transportation</u></div> <div>8:30 <i>Pajama Party Tree Decorating UDR</i></div> <div>10:30 Morning Baking AK</div> <div>11:15 Chair Yoga CR</div> <div>1:15 Wii Bowling B</div> <div>2:00 Men's Poker TF</div> <div>3:00 Resident Council BL</div> <div>4:30 <i>Christmas Lights Drive</i></div>	<div>3</div> <div><u>Transportation</u></div> <div>8:30 <i>Pajama Party Tree Decorating BL</i></div> <div>10:30 IN2L Games AL</div> <div>10:30 Bible Study CR</div> <div>10:45 Menu Meeting B</div> <div>11:00 Welcome Comm Meet B</div> <div>1:00 BINGO TF</div> <div>2:00 Cinema Hour CR</div> <div>3:00 Resident Council BL</div> <div>6:30 <i>Voices of the Applegate</i></div>	<div>4</div> <div>8:30 <i>Pajama Party Tree Decorating TF</i></div> <div>10:30 IN2L Explore AL</div> <div>11:00 Library Luncheon</div> <div><i>Sheriff August Singler</i></div> <div>1:15 Wii Bowling B</div> <div>2:00 <i>CP Song Birds BL</i></div> <div>3:30 <i>Cards for the Troops B</i></div> <div>4:30 <i>Christmas Lights Drive</i></div> <div></div>	<div>5</div> <div><u>Transportation</u></div> <div>9:00 One on One Visits</div> <div>10:00 Q Gong BL</div> <div>10:00 Craft Hour AK</div> <div>11:00 Activities Meeting B</div> <div>1:00 Board Games BL</div> <div>2:00 BINGO TF</div> <div>2:30 Seminar Icy Conditions B</div> <div>6:15 <i>Rogue Valley Harmonizers B</i></div>	<div>6</div> <div>8:45 Morning Exercise TF</div> <div>10:30 Painting with James TF</div> <div>12:00 Cooking with Peggy AK</div> <div>1:15 Wii Bowling B</div> <div>1:30 IN2L Fun AL <i>Varied Activities</i></div> <div>3:00 Wine Social B</div> <div><i>Swing a Longs</i></div> <div></div>	<div>7</div> <div>9:00 Jacksonville Parade</div> <div>12:00 Shopping Walmart</div> <div>1:00 Women's Poker TF</div> <div>3:00 Poker TF</div> <div>6:00 Saturday Night Movie CR</div> <div><i>National Lampoons Christmas Vacation</i></div>
<div>8</div> <div>9:00 One on One Visits</div> <div>9:45 Ruch Church Bus</div> <div>10:30 Local Church Bus</div> <div>12:30 <i>Providence Festival of Trees</i></div> <div>2:00 Mexican Train BL</div> <div>2:00 Movie Matinee CR</div> <div>3:00 Poker TF</div> <div></div>	<div>9</div> <div><u>Transportation</u></div> <div>8:45 Morning Exercise TF</div> <div>10:30 Morning Baking AK</div> <div>11:15 Chair Yoga CR</div> <div>1:15 Wii Bowling B</div> <div>2:00 Men's Poker TF</div> <div>2:30 <i>Melody Makers B</i></div> <div>4:30 <i>Christmas Lights Drive</i></div> <div></div>	<div>10</div> <div><u>Transportation</u></div> <div>9:00 One on One Visits</div> <div>10:30 IN2L Games AL</div> <div>10:30 Bible Study CR</div> <div>10:45 Menu Meeting B</div> <div>1:00 BINGO TF</div> <div>2:00 Cinema Hour CR</div> <div>3:00 Cocktail Hour B</div> <div>3:30 Out to Dinner Callahan's</div>	<div>11</div> <div>8:45 Morning Exercise TF</div> <div>10:30 IN2L Explore AL</div> <div>10:30 Shopping Fred Meyers</div> <div>1:15 Wii Bowling B</div> <div>1:00 IN2L Christmas Songs AL</div> <div>2:00 <i>Make Popcorn Balls B</i></div> <div>4:30 <i>Christmas Lights Drive</i></div> <div></div>	<div>12</div> <div><u>Transportation</u></div> <div>9:00 One on One Visits</div> <div>10:00 Q Gong BL</div> <div>10:00 Craft Hour AK</div> <div>11:00 IN2L Explore AL</div> <div>12:30 <i>Ruch Students AL</i></div> <div><i>Christmas Blankets</i></div> <div>2:00 BINGO TF</div> <div>2:00 Alzheimer's Group CR</div> <div>3:00 Bugs R Us B</div> <div><i>Owls</i></div>	<div>13</div> <div>8:45 Morning Exercise TF</div> <div>10:30 Painting with James TF</div> <div>12:00 Cooking with Peggy AK</div> <div>1:15 Wii Bowling B</div> <div>1:30 IN2L Fun AL <i>Varied Activities</i></div> <div>2:00 <i>Ugly Christmas Sweater Contest B</i></div> <div>3:30 Wine Social B</div> <div><i>Chris & Dom</i></div>	<div>14</div> <div>8:45 IN2L News & Coffee AL</div> <div>10:30 Shopping BiMart</div> <div>1:00 Women's Poker TF</div> <div>3:00 Poker TF</div> <div>6:00 Saturday Night Movie CR</div> <div><i>It's a Wonderful Life</i></div>
<div>15</div> <div>9:00 One on One Visits</div> <div>9:45 Ruch Church Bus</div> <div>10:30 Local Church Bus</div> <div>12:30 Poker TF</div> <div>2:00 Mexican Train BL</div> <div>2:00 Movie Matinee CR</div> <div>2:30 Wine Tasting</div> <div>6:30 <i>Christmas Caroler's Sing a Long DR</i></div>	<div>16</div> <div><u>Transportation</u></div> <div>8:45 Morning Exercise TF</div> <div>10:30 Morning Baking AK</div> <div>11:15 Chair Yoga CR</div> <div>1:15 Wii Bowling B</div> <div>2:00 Men's Poker TF</div> <div>2:30 <i>New Horizons Band B</i></div> <div>4:30 <i>Christmas Lights Drive</i></div>	<div>17</div> <div><u>Transportation</u></div> <div>9:00 One on One Visits</div> <div>10:30 IN2L Games AL</div> <div>10:30 Bible Study CR</div> <div>10:45 Menu Meeting B</div> <div>1:00 BINGO TF</div> <div>2:00 Cinema Hour CR</div> <div>3:00 Cocktail Hour B</div>	<div>18</div> <div>8:45 Morning Exercise TF</div> <div>10:30 IN2L Explore AL</div> <div>10:30 Shopping Rogue Valley Mall</div> <div>1:15 Wii Bowling B</div> <div>1:30 <i>Making Pomanders B</i></div> <div>3:00 <i>Christmas Sing a Long</i></div> <div><i>With Sarah Loogman BL</i></div> <div>4:30 <i>Christmas Lights Drive</i></div> <div></div>	<div>19</div> <div><u>Transportation</u></div> <div>9:00 One on One Visits</div> <div>10:00 Q Gong BL</div> <div>10:00 Craft Hour AK</div> <div>11:00 IN2L Explore AL</div> <div>1:00 <i>Ruch/Resident Wii B</i></div> <div>2:00 BINGO TF</div> <div>2:00 Parkinson's Group CR</div> <div>3:00 Carole Nielsen B</div> <div><i>Christmas in Europe</i></div>	<div>20</div> <div>8:45 Morning Exercise TF</div> <div>10:30 Painting with James TF</div> <div>12:00 Cooking with Peggy AK</div> <div>1:15 Wii Bowling B</div> <div>1:30 IN2L Fun AL <i>Varied Activities</i></div> <div>4:00 Formal Dinner DR</div> <div><i>Harpist, Lynn Reardon</i></div>	<div>21</div> <div>8:45 IN2L News & Coffee AL</div> <div>10:30 Shopping Trader Joe's</div> <div>1:00 Women's Poker TF</div> <div>3:00 Poker TF</div> <div>6:00 Saturday Night Movie CR</div> <div><i>A Christmas Story</i></div> <div></div>
<div>22</div> <div><i>Hanukkah Begins</i></div> <div>9:00 One on One Visits</div> <div>9:45 Ruch Church Bus</div> <div>10:30 Local Church Bus</div> <div>12:30 Poker TF</div> <div>2:00 Mexican Train BL</div> <div>2:00 Movie Matinee CR</div> <div>2:30 Scenic Drive</div>	<div>23</div> <div><u>Transportation</u></div> <div>8:45 Morning Exercise TF</div> <div>10:30 Morning Baking AK</div> <div>11:15 Chair Yoga CR</div> <div>1:15 Wii Bowling B</div> <div>2:00 Men's Poker TF</div> <div>3:00 IN2L Christmas Karaoke AL</div> <div>4:30 <i>Christmas Lights Drive</i></div> <div></div>	<div>24</div> <div><u>Transportation</u></div> <div>9:00 One on One Visits</div> <div>10:30 IN2L Games AL</div> <div>10:30 Bible Study CR</div> <div>10:45 Menu Meeting B</div> <div>1:00 BINGO TF</div> <div>2:00 Cinema Hour CR</div> <div>3:00 Cocktail Hour B</div> <div>4:00 <i>Reading; CR</i></div> <div><i>The Night Before Christmas</i></div>	<div>25</div> <div>10:00 <i>Classic Christmas Movies CR</i></div> <div>10:30 <i>Scenic Drive</i></div> <div>11:30 <i>Christmas Dinner DR</i></div> <div>2:00 <i>IN2L Christmas Karaoke</i></div> <div>3:00 <i>Box Dinner Delivery</i></div> <div></div>	<div>26</div> <div><u>Transportation</u></div> <div>9:00 One on One Visits</div> <div>10:00 Q Gong BL</div> <div>10:00 Craft Hour AK</div> <div>11:00 IN2L Explore AL</div> <div>1:00 Board Games BL</div> <div>2:00 BINGO TF</div> <div>3:00 Carole Nielsen B</div> <div><i>Egypt the Land of the Pharaohs</i></div>	<div>27</div> <div>8:45 Morning Exercise TF</div> <div>10:30 Painting with James TF</div> <div>12:00 Cooking with Peggy AK</div> <div>1:15 Wii Bowling B</div> <div>1:30 Monthly Birthday Party & Meet & Greet</div> <div>3:00 Wine Social B</div> <div><i>Sheila Winn</i></div> <div></div>	<div>28</div> <div>8:45 IN2L News & Coffee AL</div> <div>10:30 Shopping Barns & Noble</div> <div>1:00 Women's Poker TF</div> <div>3:00 Poker TF</div> <div>6:00 Saturday Night Movie CR</div> <div><i>The Polar Express</i></div>
<div>29</div> <div>9:00 One on One Visits</div> <div>9:45 Ruch Church Bus</div> <div>10:30 Local Church Bus</div> <div>12:30 Poker TF</div> <div>2:00 Mexican Train BL</div> <div>2:00 Movie Matinee CR</div> <div>2:30 Wine Tasting</div>	<div>30</div> <div><u>Transportation</u></div> <div>8:45 Morning Exercise TF</div> <div>10:30 Morning Baking AK</div> <div>11:15 Chair Yoga CR</div> <div>1:00 Wii Bowling B</div> <div>2:00 Men's Poker TF</div> <div>3:00 IN2L Games AL</div> <div>4:30 <i>Christmas Lights Drive</i></div>	<div>31</div> <div><u>Transportation</u></div> <div>9:00 One on One Visits</div> <div>10:30 IN2L Games AL</div> <div>10:30 Bible Study CR</div> <div>10:45 Menu Meeting B</div> <div>1:00 BINGO TF</div> <div>2:00 Cinema Hour CR</div> <div>3:00 Cocktail Hour B</div> <div>6:30 New Years Party B</div>	<div>AL - A Building Lobby</div> <div>DR - Dining Room</div> <div>AK - Activities Kitchen</div> <div>BL - B Building Lobby</div> <div>B - Bistro</div> <div>BP - Bistro Patio</div> <div>CR - Cinema Room</div> <div>TF - Third Floor</div> <div>UDR - Upstairs Dining Room</div>	<div></div> <div>Merry Christmas</div>	<div><u>Residents</u></div> <div>Marge T. 12/8</div> <div>Alvin B. 12/8</div> <div>Ericka N. 12/10</div> <div>Mary W. 12/12</div> <div>Velma A. 12/12</div> <div>Eloise K. 12/19</div> <div>Marilyn G. 12/19</div> <div>Russell H. 12/22</div>	<div><u>Employees</u></div> <div>Merlene E. 12/1</div> <div>Madison G. 12/31</div> <div></div>