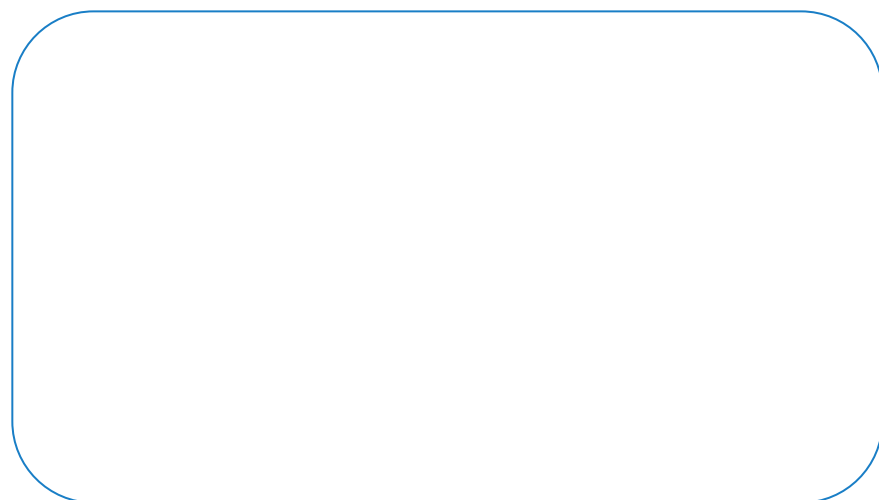




805 N. 5th St.
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STAMP
HERE



Administrative Team: 541-899-6825

Dora Howard
Executive Director

Beondi Hewson
Business Office Director / Asst. ED

Janice Shannon
Community Relations Director

Eileen Morrow RN
Wellness Nurse

Justin Ward
Wellness Director

Synde Hallman
Wellness Coordinator

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



January 2020

2 Healthy New Year's Resolutions
3 Team & Resident Spotlight
4-5 Activities Calendar

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& Highlights**
7 Special Moments, Recipe Corner
8 Mission & Team

Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing—than through healthy living? Embrace new-you success in the '20s!

Note: Each individual should follow their medical professional's advice and speak with them before making diet or exercise changes.

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers,



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

Have A Rainbow A Day...

We know, the saying goes "an apple a day..." but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

Special Moments



Having fun making Christmas ornaments



Our new bus in the Jacksonville parade



Ugly Christmas sweater contest
Geri won!



Tree lighting with Santa



Making popcorn balls
For the Ruch students

A 1920's Recipe to Try in 2020: Lemon Ginger Icebox Cake

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

Ingredients: Two cups of heavy whipping cream * Eight ounces of soft cream cheese * Two teaspoons of grated lemon zest * Ten ounces of lemon curd * Two tablespoons of chopped and crystallized ginger * Two packages of thin ginger cookies that are 5 and 1/4 ounces each



Directions: In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.

January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety



It's 2020! Happy New Year's Everyone!

- 01 New Year's Day; Bloody Mary Day
- 02 Cream Puff Day; Science Fiction Day
- 03 Chocolate Covered Cherry Day
- 04 Spaghetti Day; Trivia Day
- 05 Bird Day; Whipped Cream Day
- 06 Shortbread Day; Tech Day
- 07 Tempura Day
- 08 Argyle Day; Toffee Day
- 09 Apricot Day; Law Enforcement Day
- 10 Bittersweet Chocolate Day
- 11 Vision Board Day; Milk Day
- 12 Marzipan Day; Curry Chicken Day
- 13 Peach Melba Day; Rubber Ducky Day
- 14 Dress Up Your Pet Day
- 15 Bagel Day; Strawberry Ice Cream Day



- 16 Fig Newton Day
- 17 Hot Buttered Rum Day
- 18 Winnie the Pooh Day; Thesaurus Day
- 19 Popcorn Day
- 20 Cheese Lover's Day; MLK Jr. Day
- 21 Granola Bar Day; Hugging Day
- 22 Blonde Brownie Day
- 23 Handwriting Day; Pie Day
- 24 Compliment Day; Peanut Butter Day
- 25 Opposite Day; Irish Coffee Day
- 26 Green Juice Day; Peanut Brittle Day
- 27 Chocolate Cake Day; Bubble Wrap Day
- 28 Blueberry Pancake Day; Kazoo Day
- 29 Corn Chip Day; Puzzle Day
- 30 Croissant Day
- 31 Backward Day; Hot Chocolate Day; Inspire Your Heart with Art Day

Employee of the Month & Our Community Online

Oscar (Care Staff)



Oscar enjoys going to car meets in his off time, he also enjoys writing and producing his own music. Oscar has a 14 year old daughter and a precious bundle on the way. He has been with us for over a year, he is a great team member.

Come visit us online at:

- [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](#)

Resident Spotlight Elie

On December 15th, 2019 Elie Becomes Pioneer Villages first resident Royal Family inductee. To put it into perspective, the royal flush is pokers highest hand. Many professional players will never be able to brag about such a amazing feat. The royal consists of the ten, jack, queen, king and ace of all the same suit. The odds of hitting it are 1 in 650,000. When asked about it, Elie simply said with a smile "That was the first one I have ever gotten." Many congratulations to Elie from all of the residents and staff at Pioneer Village.





Pioneer Village Hair Salon Susie

Susie was born in Portland, Oregon and raised in southern California. She and her husband moved here to be closer to their son and his wife who relocated here after military service. Located on the second floor of building B you will find our hair salon for men and women with services provided by Susie. She has been a barber and stylist with extensive experience in haircutting and coloring for over 37 years. Her hours are flexible to meet any schedule. Call her directly for an appointment 541-690-2277 or feel free to stop by.



JANUARY 2020

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

SUNDAY	 MONDAY	 TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nancy C. 1/2 Helen S. 1/3 Chrystal K. 1/12 Pat B. 1/14 Harlan R. 1/15 Jane H. 1/17 Richard C. 1/17 Bob S 1/19 Resident's	Ward W. 1/20 Amelia T. 1/20 Ada H. 1/22 Jean P. 1/24 Velda H. 1/25 Annabelle R. 1/26 Vern N. 1/30 Jerre H. 1/31 Employee's	Greg B. 1/8 Mckenna K. 1/9 Michelle W. 1/10 Peggy D. 1/10 Employee's	¹ Downton Abby Movie All Day 10:00 Movie Start CR 10:30 Scenic Drive 12:30 Yahtzee B 01:30 Card Games TF 02:30 IN2L Comedy Hour TF <i>Happy New Year</i>	² 09:00 One on One Visits 10:00 Q Gong BL 10:00 Craft Hour AK 11:00 Activity Meeting B 01:00 Favorite Things BL 02:00 Bingo TF 03:00 Bugs R Us <u>TRANSPORTATION</u>	³ 08:45 Morning Exercise TF 09:00 One on One Visits 10:30 Painting with James TF 12:00 Cooking with Peggy AK 01:00 Wii Bowling B 02:00 Afternoon Exercise TF 03:00 Wine Social B Swing A Longs	⁴ 08:30 Morning News AK 10:30 Shopping Walmart 12:00 IN2L Google Earth 01:00 Woman's Poker TF 02:30 Louis Faro Piano BL 03:00 Poker TF 06:00 Saturday Night Movie CR Nim's Island
⁵ 09:00 One on One Visits 09:45 Ruch Church Bus 10:30 Local Church Bus 11:00 Fun with IN2L AL 12:00 Poker 02:00 Mexican Train BL 02:00 Movie Matinee CR 02:30 Wine Tasting 04:00 In2L Explore AL	⁶ 08:45 Morning Exercise TF 10:30 Morning Baking AK 11:15 Chair Yoga CR 12:00 IN2L Games AL 01:15 Wii Bowling B 02:00 Men's Poker TF 03:00 Resident Council BL <u>TRANSPORTATION</u>	⁷ 09:00 One on One Visits 10:30 Bible Study CR 10:45 Menu Meeting B 11:00 IN2L Travel AL 01:00 Bingo TF 02:00 Welcome Comm B 03:00 Cocktail Hour B <u>TRANSPORTATION</u>	⁸ 08:45 Morning Exercise TF 10:00 IN2L Explore AL 10:30 Scenic Drive 12:30 Card Games TF 01:30 Wii Bowling Practice B 02:30 Wii Bowling B Resident's VS Staff 04:00 Art Gala DR	⁹ 08:00 PJ Undecorate Party 10:00 Q Gong BL 10:00 Craft Hour AK 11:00 Board Games BL 01:00 Favorite Things BL 02:00 Alzheimer's Group CR 02:00 Bingo TF 03:00 Old Fashion Taffy Pull_B <u>TRANSPORTATION</u>	¹⁰ 08:00 PJ Undecorate Party 08:45 Morning Exercise TF 09:00 One on One Visits 10:30 Painting with James TF 12:00 Cooking with Peggy AK 01:15 Wii Bowling B 02:00 Phone/Computer Help TF 03:00 Wine Social B Lisa Rose	¹¹ 08:30 Morning News AK 10:30 Shopping BiMart 12:00 IN2L Google Earth 01:00 Woman's Poker TF 02:30 Afternoon Exercise TF 03:00 Poker TF 06:00 Saturday Night Movie CR Atonement
¹² 09:00 One on One Visits 09:45 Ruch Church Bus 10:30 Local Church Bus 11:00 Fun with IN2L AL 12:00 Poker 02:00 Mexican Train BL 02:00 Movie Matinee CR 02:30 Scenic Drive 04:00 In2L Explore AL	¹³ 08:45 Morning Exercise TF 10:30 Morning Baking AK 11:15 Chair Yoga CR 12:00 IN2L Games AL 01:15 Wii Bowling B 02:00 Men's Poker TF 03:00 Monday Movie The Hunger Games <u>TRANSPORTATION</u>	¹⁴ 09:00 One on One Visits 10:30 Bible Study CR 10:45 Menu Meeting B 11:00 IN2L Travel AL 01:00 Bingo TF 02:00 IN2L Games TF 03:00 Fireside Chat BL	¹⁵ 08:45 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Library Luncheon 12:30 Card Games TF 01:30 Wii Bowling Practice B 02:30 Wii Bowling B Resident's VS Staff 03:00 Shopping Fred Meyer	¹⁶ 09:00 One on One Visits 10:00 Q Gong BL 10:00 Craft Hour AK 11:00 Board Games BL 01:00 Favorite Things BL 02:00 Parkinson's Group CR 02:00 Bingo TF 03:00 Fondue Party B 05:00 Hydration Seminar B <u>TRANSPORTATION</u>	¹⁷ 08:45 Morning Exercise TF 09:00 One on One Visits 10:30 Painting with James TF 12:00 Cooking with Peggy AK 01:15 Wii Bowling B 02:00 Afternoon Exercise TF 03:00 Wine Social B Chris & Dom	¹⁸ 08:30 Morning News AK 10:30 Shopping Trader Joe's 12:00 IN2L Google Earth 01:00 Woman's Poker TF 02:30 Seth W. Piano BL 03:00 Poker TF 06:00 Saturday Night Movie CR Fried Green Tomatoes
¹⁹ 09:00 One on One Visits 09:45 Ruch Church Bus 10:30 Local Church Bus 11:00 Fun with IN2L AL 12:00 Poker 02:00 Mexican Train BL 02:00 Movie Matinee CR 02:30 Wine Tasting 04:00 In2L Explore AL	²⁰ 08:45 Morning Exercise TF 10:30 Morning Baking AK 11:15 Chair Yoga CR 12:00 IN2L Games AL 01:15 Wii Bowling B 02:00 Men's Poker TF 03:00 Monday Movie The Hunger Games <u>TRANSPORTATION</u>	²¹ 09:00 One on One Visits 10:00 %% Alive B 10:30 Bible Study CR 10:45 Menu Meeting B 11:00 IN2L Travel AL 01:00 Bingo TF 02:00 IN2L Games TF 03:00 Cocktail Hour B	²² 08:45 Morning Exercise TF 10:00 IN2L Explore AL 10:30 Brunch Bunch I Hop 12:30 Card Games TF 01:30 Wii Bowling Practice B 02:30 Wii Bowling B Resident's VS Staff 03:00 Shopping Goodwill	²³ 09:00 One on One Visits 10:00 Q Gong BL 10:00 Craft Hour AK 11:00 Board Games BL 01:00 Favorite Things BL 01:00 Ruch Service Students 02:00 Bingo TF 03:00 Carole Nielsen Oregon Trail <u>TRANSPORTATION</u>	²⁴ 08:45 Morning Exercise TF 09:00 One on One Visits 10:30 Painting with James TF 12:00 Cooking with Peggy AK 01:00 Ruch Students 02:00 Wii Bowling B 05:00 Sip N Paint BL	²⁵ 08:30 Morning News AK 10:30 Shopping Barns & Noble 12:00 IN2L Google Earth 01:00 Woman's Poker TF 02:30 Afternoon Exercise TF 03:00 Poker TF 06:00 Saturday Night Movie CR Pale Rider
²⁶ 09:00 One on One Visits 09:45 Ruch Church Bus 10:30 Local Church Bus 11:00 Fun with IN2L AL 12:00 Poker 02:00 Mexican Train BL 02:00 Movie Matinee CR 02:30 Scenic Drive 04:00 In2L Explore AL	²⁷ 08:45 Morning Exercise TF 10:30 Morning Baking AK 11:15 Chair Yoga CR 12:00 IN2L Games AL 01:15 Wii Bowling B 02:00 Men's Poker TF 03:00 Monday Movie The Hunger Games <u>TRANSPORTATION</u>	²⁸ 09:00 One on One Visits 10:30 Bible Study CR 10:45 Menu Meeting B 11:00 IN2L Travel AL 01:00 Bingo TF 02:00 IN2L Games TF 03:00 Cocktail Hour B	²⁹ 08:45 Morning Exercise TF 10:00 IN2L Explore AL 10:30 Scenic Drive 12:30 Card Games TF 01:30 Wii Bowling Practice B 02:30 Wii Bowling B Resident's VS Staff 03:00 Out to Dinner Miguel's	³⁰ 09:00 One on One Visits 10:00 Q Gong BL 10:00 Craft Hour AK 11:00 Board Games BL 01:00 Favorite Things BL 02:00 Bingo TF 03:00 Carole Nielsen B Gunslingers <u>TRANSPORTATION</u>	³¹ 08:45 Morning Exercise TF 09:00 One on One Visits 10:30 Painting with James TF 12:00 Cooking with Peggy AK 01:15 Wii Bowling B 02:00 Meet/Greet Birthday B 03:00 Wine Social B Sheila Winn	AL—A building lobby CR—Cinema Room B—Bistro BL—B building lobby AK—Activities Kitchen TF—Third floor