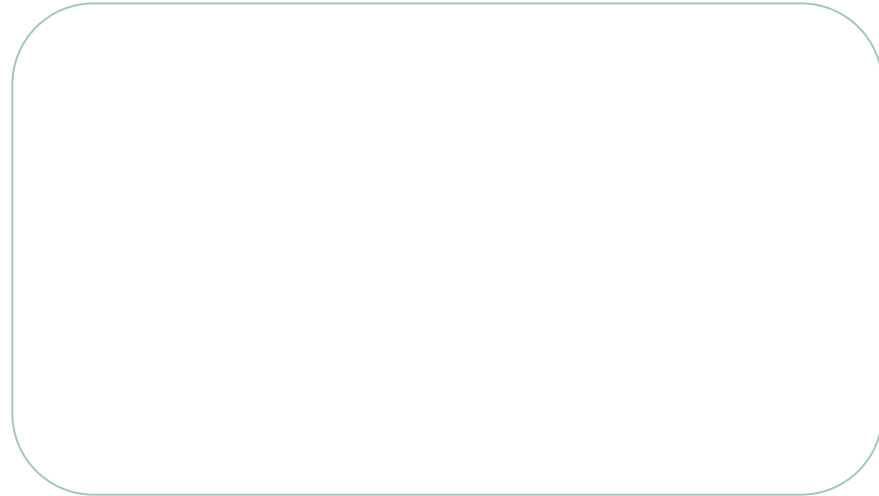




805 N. 5th St.
Jacksonville, OR 97530

Stamp
Here



Administrative Team: 541-899-6825

Executive Director: Dora Howard

Business Office Dir./Asst. ED: Beondi Hewson

Community Relations Dir.: Janice Shannon

Wellness Director: Justin Ward

Wellness Coordinator: Synde Hallman

Wellness Nurse: Eileen Morrow RN

Dining Services Director: Lisa Ramun

Maintenance Director: Matthew Buchanan

Life Enrichment Director: Peggy Dunphy



Pictured: Slieve League, Ireland

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

The Pioneer Post

Monthly Newsletter



Nutella Appreciation Day

March 2020

- 2 Artistic Engagement
- 3 IN2L World Tour, Germany
- 4-5 Activities Calendar

- 6 Highlights & Our Artistic Expression
- 7 Special Moments, Employee of the Month, Social Media
- 8 Mission & Team

Artistic Engagement Benefits & Ideas

American Artist Georgia O'Keefe once said, "Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing." O'Keefe's words ring true when we think of art's importance in our daily lives. Art forms provide people of all ages, walks of life, and creative abilities the opportunity to express feelings and become engaged; by extension positively affecting health.



This is especially true for older adults, according to Gene Cohen, MD, PhD. Cohen concluded in a 2006 study that older adults active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (Today's Geriatric Medicine).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In an article entitled "Aging: What's Art Got to Do With It," in Geriatric Monthly, Barbara Bagan, PhD, ATR-BC, shared plenty of detailed positive effects

artistic expression can have on older adults. It:

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

The next time you engage in an art form, remember how many ways you may be benefitting yourself. For those who wish to start taking part in artistic expression, or help a loved one to do so, a great place to start is with music and an empty page.

Special Moments



Ruch Outdoor School, spending Valentines with us.



Making Valentines for visiting students



Valentine King & Queen
Lynn & Cleo



IN2L 60/20 Tour with Jack, Jodie and Dora



Jacksonville Elementary Spring Concert



Pam F.
Employee of the Month

Pam has 1 daughter, Stefanie who lives close by with her husband, JP, and Pam's 2 grandcats Lulu & Poppy. Some of Pam's favorite things to do are going to the theater, having her nails done, seasonally changing her home décor, and spending time with her 3 cats, Buddy, Pixie and Missy. Pam is our receptionist Monday through Friday. Sstop by and congratulate her, or just say hi.

Visit us Online:

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

March 2020 Highlights

March is Noodle Month, Peanut Month, Women’s History Month, and Craft Month.

- 01 Peanut Butter Day; Pig Day
- 02 Read Across America Day
- 03 Cold Cuts Day; Soup it Forward Day
- 04 Grammar Day; Pound Cake Day
- 05 Cheese Doodle Day
- 06 Oreo Day; Staff Appreciation Day
- 07 Cereal Day
- 08 Oregon Day; Women’s Day
- 09 Meatball Day; Barbie Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Girl Scouts Day; Plant Flowers Day
- 13 K9 Veterans Day; Good Deed Day
- 14 Butterflies Day; Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day; Panda Day
- 17 St. Patrick’s Day; 3D Day
- 18 Lacy Cookie Day; Sloppy Joes Day
- 19 Certified Nurses Day; Spring Begins!
- 20 Ravioli Day; Flour Day
- 21 French Bread Day; CA Strawberry Day
- 22 Bavarian Crepes Day
- 23 Melba Toast Day; Chip and Dip Day
- 24 Chocolate Covered Raisins Day
- 25 Lobster Newburg Day; Manatee Day
- 26 Spinach Day; Nougat Day
- 27 Scribble Day; Spanish Paella Day
- 28 Food on Sticks Day
- 29 Nevada Day; Lemon Chiffon Cake Day
- 30 Virtual Vacay Day; Park Walks Day
- 31 Crayon Day; Tater Day

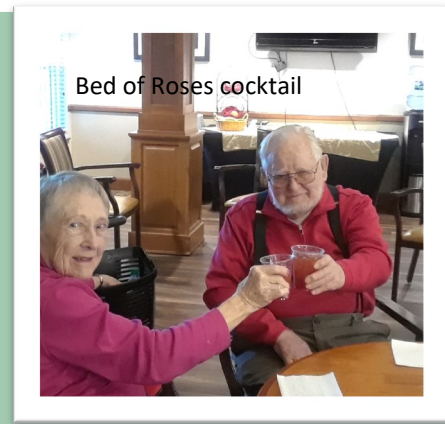
SPRING FORWARD! On the evening of Saturday, March 7, set your clocks forward one hour for Daylight Savings Time which will take effect at 2 AM.



Artistic Expression at Our Community!



Peach Kuchen



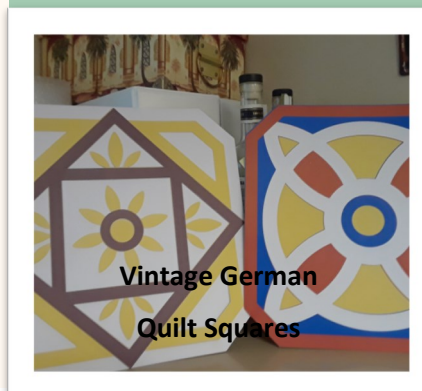
Bed of Roses cocktail



Learning about Germany with the IN2L

IN2L World Tour Germany

Our destination for our IN2L world tour for the month of February, was Germany. To kick the week off we baked a Peach Kuchen, oh goodness it was so delicious. We will make this again. For Tuesday cocktail hour, we tried out a drink called , Bed of Roses. Everyone sampled, it however only 2 actually had us make one. On Wednesday, we explored Germany on IN2L. We learned 9 countries border Germany, they also have a bit of shore line. The Berlin wall was constructed in 1961 in just 1 day, and torn down in 1989. The country is famous for all of its castles. We toured many and discovered the Neuschwanstein castle is the one Disney modeled Sleeping Beauty’s castle after. That evening, we went out to dinner to the Frau Kemmling Schoolhaus Brewhaus here in Jacksonville. They serve many German dishes such as Wild Boar Sauerbraten, Wiener Schnitzel and Spatzle. Not one of us came home hungry. Thursday, during craft hour we made vintage German quilt squares from paper. We learned a little history with the squares as well. Friday was a day of cooking! We made Bierocks and Vegetable Soup. The bierocks are made with a yeast bread dough, boiled cabbage and ground beef. It was fun making them, but better eating them! For the month of March, we will be exploring South Africa, I can’t wait. Their tourist trade is full of craft ideas and the recipes on the IN2L sound very interesting. So please join us the 3rd week of March for our tour of South Africa.



Vintage German Quilt Squares



Bierocks & Vegetable Soup



Wiener Schnitzel

March 2020

Pioneer Village • 805 North 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 10:30 Local Church Bus 12:30 Poker TF 2:00 Movie Matinee CR 2:00 Mexican Train BL 2:30 Wine Tasting 4:00 IN2L Explore AL	2 TRANSPORTATION 9:00 Morning Exercise TF 10:30 Morning Baking AK 11:15 IN2L Yoga TF 12:00 IN2L Google Earth AL 1:15 Wii Bowling B 2:00 Men's Poker TF 3:00 Resident Council Meeting BL	3 TRANSPORTATION 09:00 One on One Visits 10:00 Blood Pressure Clinic BL 10:00 Exercise Time TF 10:45 Menu Meeting B 12:00 IN2L Games AL 01:00 Craft Hour AK 02:00 Welcome Comm. Meet B 02:00 Romance Movie CR Victoria & Albert 03:00 Cocktail Hour B 04:00 IN2L Classic TV AL	4 9:00 Morning Exercise TF 10:30 IN2L Trivia AL 11:00 Library Luncheon 12:00 IN2L Explore AL 1:30 Wii Bowling B 2:00 Activities Meeting BL 3:00 Bugs R Us B	5 TRANSPORTATION 09:00 One on One Visits 10:00 Q Gong BL 10:00 IN2L Games AL 11:00 Color Time AK 12:30 Afternoon Walk AL 01:30 BINGO TF 02:30 Cheese Doodle Appreciation Day B 03:00 Board Games BL	6 9:00 Morning Exercise TF 10:30 Painting with James TF 11:00 IN2L Google Earth AL 12:00 Cooking with Peggy AK 1:30 Wii Bowling B 2:00 Balance Class TF 3:00 Wine Social B Swing A Longs 4:00 IN2L Explore AL	7 9:00 Morning News & Coffee AL 10:30 Saturday Shopping Walmart 1:00 Women's Poker TF 2:30 Louis Faro BL 3:00 Poker TF 4:30 IN2L Games AL 6:00 Saturday Night Movie CR The Intern																				
8 DAYLIGHT SAVINGS BEGINS 9:00 One on One Visits 9:45 Ruch Church Bus 10:30 Local Church Bus 12:30 Poker TF 2:00 Movie Matinee CR 2:00 Mexican Train BL 2:30 Scenic Drive 4:00 IN2L Explore AL	9 TRANSPORTATION 9:00 Morning Exercise TF 10:30 Morning Baking AK 11:15 Chair Yoga CR 12:00 IN2L Google Earth AL 1:15 Wii Bowling B 2:00 Men's Poker TF 3:00 Fireside Chat BL	10 TRANSPORTATION 09:00 One on One Visits 10:00 Exercise Time TF 10:45 Menu Meeting B 12:00 IN2L Games AL 01:00 Craft Hour AK 02:00 Romance Movie CR Victoria & Albert 03:00 Cocktail Hour B With music by Tracey Davey 04:00 Out to Dinner Rosario's	11 09:00 Morning Exercise TF 10:30 IN2L Trivia AL 10:30 Shopping West Main BiMart 12:00 IN2L Explore AL 1:30 Wii Bowling B 2:00 Wii Bowling Residents vs Staff B 3:30 Out to Dinner The Wharf	12 TRANSPORTATION 9:00 One on One Visits 10:00 Q Gong BL 10:00 IN2L Games AL 11:00 Color Time AK 12:30 Afternoon Walk AL 1:30 BINGO TF 2:00 Alzheimer's Support CR 2:30 Girl Scout Day Cookies BP 3:00 Carole Nielsen B	13 9:00 Morning Exercise TF 10:30 Painting with James TF 11:00 IN2L Google Earth AL 12:00 Cooking with Peggy AK 1:30 Wii Bowling B 2:00 Balance Class TF 5:30 Bingo Night B	14 9:00 Morning News & Coffee AL 10:30 Saturday Shopping Biddle Road BiMart 1:00 Women's Poker TF 2:30 Louis Faro BL 3:00 Poker TF 4:30 IN2L Games AL 6:00 Saturday Night Movie CR The Judge																				
15 9:00 One on One Visits 9:45 Ruch Church Bus 10:30 Local Church Bus 12:30 Poker TF 2:00 Movie Matinee CR 2:00 Mexican Train BL 2:30 Wine Tasting 4:00 IN2L Explore AL	16 TRANSPORTATION 9:00 Morning Exercise TF 10:30 Morning Baking AK 11:15 Chair Yoga CR 12:00 IN2L Google Earth AL 1:15 Wii Bowling B 2:00 Men's Poker TF 3:00 BINGO TF	17 TRANSPORTATION 09:00 One on One Visits 10:00 Exercise Time TF 10:45 Menu Meeting B 12:00 Poker Run DR 02:00 Romance Movie CR Victoria & Albert 03:00 Cocktail Hour B 04:00 IN2L Classic TV AL	18 09:00 Morning Exercise TF 10:00 Crater Rock Museum 10:30 IN2L Trivia AL 12:00 IN2L Explore South Africa AL 1:30 Wii Bowling B 2:00 Wii Bowling Residents vs Staff B 3:00 National Anthem Day IN2L Explore AL	19 TRANSPORTATION 9:00 One on One Visits 10:00 Q Gong BL 10:00 IN2L Games AL 11:00 Color Time AK 12:30 Afternoon Walk AL 1:30 BINGO TF 2:00 Parkinson's Support CR 2:30 1st Day of Spring Celebration B 3:00 Carole Nielsen B	20 9:00 Morning Exercise TF 10:30 Painting with James TF 11:00 IN2L Google Earth AL 12:00 Cooking with Peggy AK 1:30 Wii Bowling B 2:00 Balance Class TF 3:30 Wine Social B Chris & Dom 4:00 IN2L Explore AL	21 9:00 Morning News & Coffee AL 10:30 Saturday Shopping Trader Joe's 1:00 Women's Poker TF 2:30 Louis Faro BL 3:00 Poker TF 4:30 IN2L Games AL 6:00 Saturday Night Movie CR Ford vs Ferrari																				
World Tour - South Africa																										
22 9:00 One on One Visits 9:45 Ruch Church Bus 10:30 Local Church Bus 12:30 Poker TF 2:00 Movie Matinee CR 2:00 Mexican Train BL 2:30 Scenic Drive 4:00 IN2L Explore AL	23 TRANSPORTATION 9:00 Morning Exercise TF 10:30 Morning Baking AK 11:15 Chair Yoga CR 12:00 IN2L Google Earth AL 1:15 Wii Bowling B 2:00 Men's Poker TF 3:00 BINGO TF	24 TRANSPORTATION 09:00 One on One Visits 10:00 Exercise Time TF 10:45 Menu Meeting B 12:00 IN2L Games AL 01:00 Craft Hour AK 02:00 Romance Movie CR Victoria & Albert 03:00 Cocktail Hour B 04:00 IN2L Classic TV AL 06:00 Essential Oils Seminar B	25 09:00 Morning Exercise TF 09:00 The Glass Forge 12:00 IN2L Explore AL 1:30 Wii Bowling B 2:00 Wii Bowling Residents vs Staff B 3:00 Meet and Greet/Birthday Party B	26 TRANSPORTATION 9:00 One on One Visits 10:00 Q Gong BL 10:00 IN2L Games AL 11:00 Color Time AK 12:30 Afternoon Walk AL 1:30 BINGO TF 2:30 Nougat Appreciation Day B 3:00 Board Games BL	27 9:00 Morning Exercise TF 10:30 Painting with James TF 11:00 IN2L Google Earth AL 12:00 Cooking with Peggy AK 1:30 Wii Bowling B 2:00 Balance Class TF 3:00 Wine Social B Sheila Winn 4:00 IN2L Explore AL	28 Shop and Swap TF 9:00 Morning News & Coffee AL 10:30 Saturday Shopping Barns & Noble 1:00 Women's Poker TF 2:30 Louis Faro BL 3:00 Poker TF 4:30 IN2L Games AL 6:00 Saturday Night Movie CR Rounders																				
29 9:00 One on One Visits 9:45 Ruch Church Bus 10:30 Local Church Bus 12:30 Poker TF 2:00 Movie Matinee CR 2:00 Mexican Train BL 2:30 Wine Tasting 4:00 IN2L Explore AL	30 TRANSPORTATION 09:00 Morning Exercise TF 10:30 Morning Baking AK 11:15 Chair Yoga CR 12:00 IN2L Google Earth AL 01:15 Wii Bowling B 02:00 Men's Poker TF 03:00 BINGO TF	31 TRANSPORTATION 09:00 One on One Visits 10:00 Exercise Time TF 10:45 Menu Meeting B 12:00 IN2L Games AL 01:00 Craft Hour AK 02:00 Romance Movie CR Victoria & Albert 03:00 Cocktail Hour B 04:00 IN2L Classic TV AL	DR - Dining Room CR - Cinema Room AK - Activities Kitchen AL - A Building Lobby B - Bistro BL - B Building Lobby TF - Third Floor	Resident's <table> <tr><td>Melanie P.</td><td>3/4</td></tr> <tr><td>Joe B.</td><td>3/7</td></tr> <tr><td>Greg K.</td><td>3/12</td></tr> <tr><td>Don C.</td><td>3/22</td></tr> <tr><td>Mabel R.</td><td>3/25</td></tr> <tr><td>Dale D.</td><td>3/29</td></tr> </table>	Melanie P.	3/4	Joe B.	3/7	Greg K.	3/12	Don C.	3/22	Mabel R.	3/25	Dale D.	3/29	Employee's <table> <tr><td>Ethan B.</td><td>3/1</td></tr> <tr><td>Justin W.</td><td>3/10</td></tr> <tr><td>Eileen M.</td><td>3/20</td></tr> <tr><td>Alexandria H.</td><td>3/26</td></tr> </table>	Ethan B.	3/1	Justin W.	3/10	Eileen M.	3/20	Alexandria H.	3/26	
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