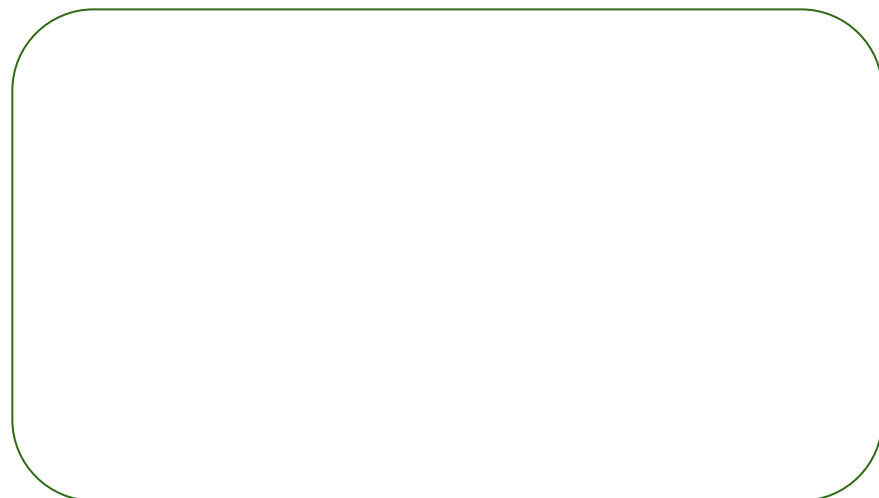




805 N. 5th St.  
Jacksonville, OR 97530

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**

**Dining Services Director: Lisa Ramun**

**Maintenance Director: Matthew Buchanan**

**Life Enrichment Director: Peggy Dunphy**



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

# The Pioneer Post

## Monthly Newsletter



Craft Time in the Bistro

## April 2020

2 Move Toward an Active Lifestyle  
3 Team Spotlight & Be the Mule  
4-5 Activities Calendar

6 Word Search, Notes, Audubon Day  
7 Special Moments & IN2L World Tour  
8 Mission & Team



## How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:

**Option One:** 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**

**Option Two:** 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,



**Magic Three!** Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

**What is aerobic activity?** Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

**What is muscle-strengthening activity?** Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit [health.gov](https://health.gov) and click on Physical Activity!

## Special Moments



### IN2L World Tour South Africa

We started our week off by learning about South Africa! It is located at the southern tip of the African continent. Many of the locals create crafts to sell. Clay pots are a top export all over the world. Some of the other crafts are bead work, plaster masks, and carved animals. Using IN2L, we were able to go on guided tour. Many of the sites we saw were amazing! Victoria Falls was absolutely beautiful. Georgine's son has just returned from a visit there and we can't wait to see his pictures.

On Friday, we made a local dish, Bobotie (the recipe is on IN2L). It is a casserole type dish with minced beef, dried apricots, ginger, curry, and raisins, to name a few ingredients. We found it flavorful and interesting.

We are going to Russia on IN2L next month. Please join us for an exciting vacation in the comfort of your home.



Puzzle Time at Pioneer Village



M E L L I V N O S K C A J C A  
P I O N E E R V I L L A G E S  
M S G N I T S A T E N I W T S  
P F R I E N D S H I P P N C C  
O Z H J Y L I M A F I E V F E  
F G E O R E G O N A D F S I N  
R F N S L X R D N I C M E E I  
I W X I I I S O S N O C I L C  
E M O H B C D E N V O K T D T  
N P D W Y P R A I Y K D I T O  
D N U F B K A E Y Q I I V R U  
S P O K E R S O X S N N I I R  
B R E A K F A S T E G N T P E  
W X Z H B H C N U L K E C S K  
M U S I C C R A F T S R A J S



WORD LIST:

- |            |             |                |             |
|------------|-------------|----------------|-------------|
| ACTIVITIES | FAMILY      | JACKSONVILLE   | POKER       |
| BINGO      | FIELD TRIPS | LUNCH          | RESIDENTS   |
| BREAKFAST  | FRIENDS     | MOVIES         | SCENIC TOUR |
| COOKING    | FRIENDSHIP  | MUSIC          | WINETASTING |
| CRAFTS     | FUN         | OREGON         |             |
| DINNER     | HOLIDAYS    | PIANO          |             |
| EXERCISE   | HOME        | PIONEERVILLAGE |             |

A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:

<https://www.pioneervillageoregon.com>

April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

Be the Mule

This parable is told of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule praying or whatever mules do when they fall into wells.

After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbors together, told them what had happened, and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back, HE **WOULD SHAKE IT OFF AND STEP UP!**

This he did, blow after blow. "Shake it off and step up... shake it off and step up... shake it off and step up!" He repeated to encourage himself. No matter how painful the blows, or how distressing the situation seemed, the old mule fought panic and just kept right on **SHAKING IT OFF AND STEPPING UP!**

It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well! What seemed like it would bury him actually helped him ... all because of the manner in which he handled his adversity.

**THAT'S LIFE!** If we face our problems and respond to them positively, and refuse to give in to panic, bitterness, or self-pity.

*Author Unknown*

Employee of the Month  
Nancy P.





Nancy and her husband, Bill, enjoy puttering around in the yard; that is when they are not off camping. The coast is one of the preferred destinations. Molly, their little dog, can be a joy to watch. She loves looking out the window for her mama to come home, and gets very excited when she sees her coming up the walk.

Nancy has enjoyed several years at Pioneer Village, working in many different departments. She is an asset to us here!

Congratulations Nancy!





SUN	MON	TUE	WED	THU	FRI	SAT
<b>All Activities</b>  <b>Subject To</b>  <b>Change Or</b>  <b>Cancellation</b>			1	2	3	4
	Marge H. 4/1 Dolly C. 4/5 Cleo M. 4/15 Cathy A. 4/15 Georgine H. 4/19 Betty H. 4/27	Meghan N. 4/1 Christian G. 4/6 Olivia R. 4/6 Tamara H. 4/18 Dora H. 4/26	9:00 Morning Exercise TF 10:00 Art Appreciation with IN2L B 11:00 IN2L Trivia B 1:00 Wii Bowling B 2:00 IN2L Glass Art B/AK 3:00 One on One Visits 4:00 IN2L Animal Kingdom B	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:00 IN2L Q Gong TF 11:00 Morning Walk AL 1:00 IN2L "My Story" AL 2:00 IN2L Brain Aerobics B 3:00 Bingo B 4:00 IN2L Classic TV AL	9:00 Morning Exercise TF 10:00 Painting with James B 11:00 IN2L Explore B 1:00 Cooking with Peggy AK 2:00 Balance Class CR 3:00 IN2L & Wine B	9:00 Morning Exercise TF 10:00 One On One Visits 11:00 IN2L Games AL 1:00 IN2L Google Earth AL 2:00 Snack Cart 3:00 Bingo B 6:00 Saturday Night Movie CR Ya Ya Sisterhood
5	6	7	8	9	10	11
9:00 Morning Exercise TF 10:30 Live Stream Church Service AL 1:00 IN2L Google Earth AL 2:00 Movie Matinee CR 3:00 Wine Tasting B 4:00 IN2L Games AL	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:30 Morning Baking AK 11:30 IN2L Chair Yoga TF 1:00 Wii Bowling B 2:00 IN2L What Did It Cost? B 3:00 Resident Council BL 4:00 IN2L Classic TV AL	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:30 IN2L Explore B 11:30 Morning Walk AL 1:00 Craft Time B 2:00 Puzzle Time B 3:00 Cocktail Hour B 4:00 IN2L Word Games AL	9:00 Morning Exercise TF 10:00 Art Appreciation with IN2L B 11:00 IN2L Trivia B 1:00 Wii Bowling B 2:00 IN2L Foil Relief Art B 3:00 One on One Visits 4:00 IN2L Animal Kingdom B	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:00 IN2L Q Gong TF 11:00 Morning Walk AL 1:00 IN2L "My Story" AL 2:00 IN2L Brain Aerobics B 3:00 Bingo B 4:00 IN2L Classic TV AL	9:00 Morning Exercise TF 10:00 Painting with James B 11:00 IN2L Explore B 1:00 Cooking with Peggy AK 2:00 Balance Class CR 3:00 IN2L & Wine B	9:00 Morning Exercise TF 10:00 One On One Visits 11:00 IN2L Games AL 1:00 IN2L Google Earth AL 2:00 Snack Cart 3:00 Bingo B 6:00 Saturday Night Movie CR Unbroken
12	13	14	15	16	17	18
9:00 Morning Exercise TF 10:30 Live Stream Church Service AL 1:00 IN2L Google Earth AL 2:00 Movie Matinee CR 3:00 Wine Tasting B 4:00 IN2L Games AL	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:30 Morning Baking AK 11:30 IN2L Chair Yoga TF 1:00 Wii Bowling B 2:00 IN2L What was there? B 3:00 Fireside Chat BL 4:00 IN2L Classic TV AL	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:30 IN2L Explore B 11:30 Morning Walk AL 1:00 Craft Time B 2:00 Puzzle Time B 3:00 Cocktail Hour B 4:00 IN2L Word Games AL	9:00 Morning Exercise TF 10:00 Art Appreciation with IN2L B 11:00 IN2L Trivia B 1:00 Wii Bowling B 2:00 IN2L Bubble Wrap B 3:00 One on One Visits 4:00 IN2L Animal Kingdom B	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:00 IN2L Q Gong TF 11:00 Morning Walk AL 1:00 IN2L "My Story" AL 2:00 IN2L Brain Aerobics B 3:00 Bingo B 4:00 IN2L Classic TV AL	9:00 Morning Exercise TF 10:00 Painting with James B 11:00 IN2L Explore B 1:00 Cooking with Peggy AK 2:00 Balance Class CR 3:00 IN2L & Wine B	9:00 Morning Exercise TF 10:00 One On One Visits 11:00 IN2L Games AL 1:00 IN2L Google Earth AL 2:00 Snack Cart 3:00 Bingo B 6:00 Saturday Night Movie CR Midway
19	20	21	22	23	24	25
9:00 Morning Exercise TF 10:30 Live Stream Church Service AL 1:00 IN2L Google Earth AL 2:00 Movie Matinee CR 3:00 Wine Tasting B 4:00 IN2L Games AL  <u>World Tour, Russia</u>	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:30 Morning Baking AK 11:30 IN2L Chair Yoga TF 1:00 Wii Bowling B 2:00 IN2L What Did It Cost? B 3:00 Bingo TF 4:00 IN2L Classic TV AL	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:30 IN2L Explore B 11:30 Morning Walk AL 1:00 Craft Time B 2:00 Puzzle Time B 3:00 Cocktail Hour B 4:00 IN2L Word Games AL	9:00 Morning Exercise TF 10:00 Art Appreciation with IN2L B 11:00 IN2L Explore Russia B 1:00 Wii Bowling B 2:00 IN2L Rain Sticks B 3:00 One on One Visits 4:00 IN2L Animal Kingdom B	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:00 IN2L Q Gong TF 11:00 Morning Walk AL 1:00 IN2L "My Story" AL 2:00 IN2L Brain Aerobics B 3:00 Bingo B 4:00 IN2L Classic TV AL	9:00 Morning Exercise TF 10:00 Painting with James B 11:00 IN2L Explore B 1:00 Cooking with Peggy AK 2:00 Balance Class CR 3:00 IN2L & Wine B	9:00 Morning Exercise TF 10:00 One On One Visits 11:00 IN2L Games AL 1:00 IN2L Google Earth AL 2:00 Snack Cart 3:00 Bingo B 6:00 Saturday Night Movie CR Father Goose
26	27	28	29	30	<div> <i>Remember</i>  <i>Social Distancing</i>  <i>6ft Apart</i> </div> 	
9:00 Morning Exercise TF 10:30 Live Stream Church Service AL 1:00 IN2L Google Earth AL 2:00 Movie Matinee CR 3:00 Wine Tasting B 4:00 IN2L Games AL	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:30 Morning Baking AK 11:30 IN2L Chair Yoga TF 1:00 Wii Bowling B 2:00 IN2L What Was There? B 3:00 Bingo TF 4:00 IN2L Classic TV AL	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:30 IN2L Explore B 11:30 Morning Walk AL 1:00 Craft Time B 2:00 Puzzle Time B 3:00 Cocktail Hour B 4:00 IN2L Word Games AL	9:00 Morning Exercise TF 10:00 Art Appreciation with IN2L B 11:00 IN2L Trivia B 1:00 Wii Bowling B 2:00 IN2L Ink Blot Art B 3:00 One on One Visits 4:00 IN2L Animal Kingdom B	<u>TRANSPORTATION</u> 9:00 Morning Exercise TF 10:00 IN2L Q Gong TF 11:00 Morning Walk AL 1:00 IN2L "My Story" AL 2:00 IN2L Brain Aerobics B 3:00 Bingo B 4:00 IN2L Classic TV AL		