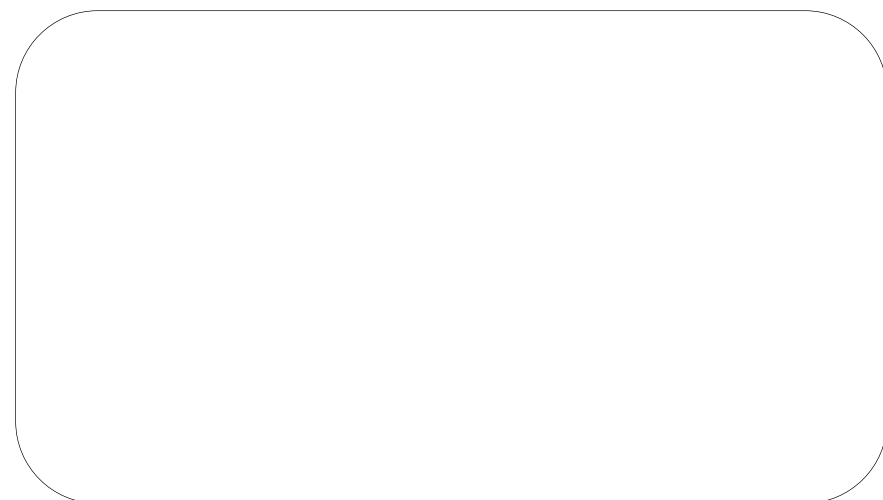




805 N. 5th St.  
Jacksonville, OR 97530

STAMP  
HERE



Administrative Team: 541-899-6825

Executive Director: Dora Howard

Business Office Dir./AED: 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 Dir.: 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



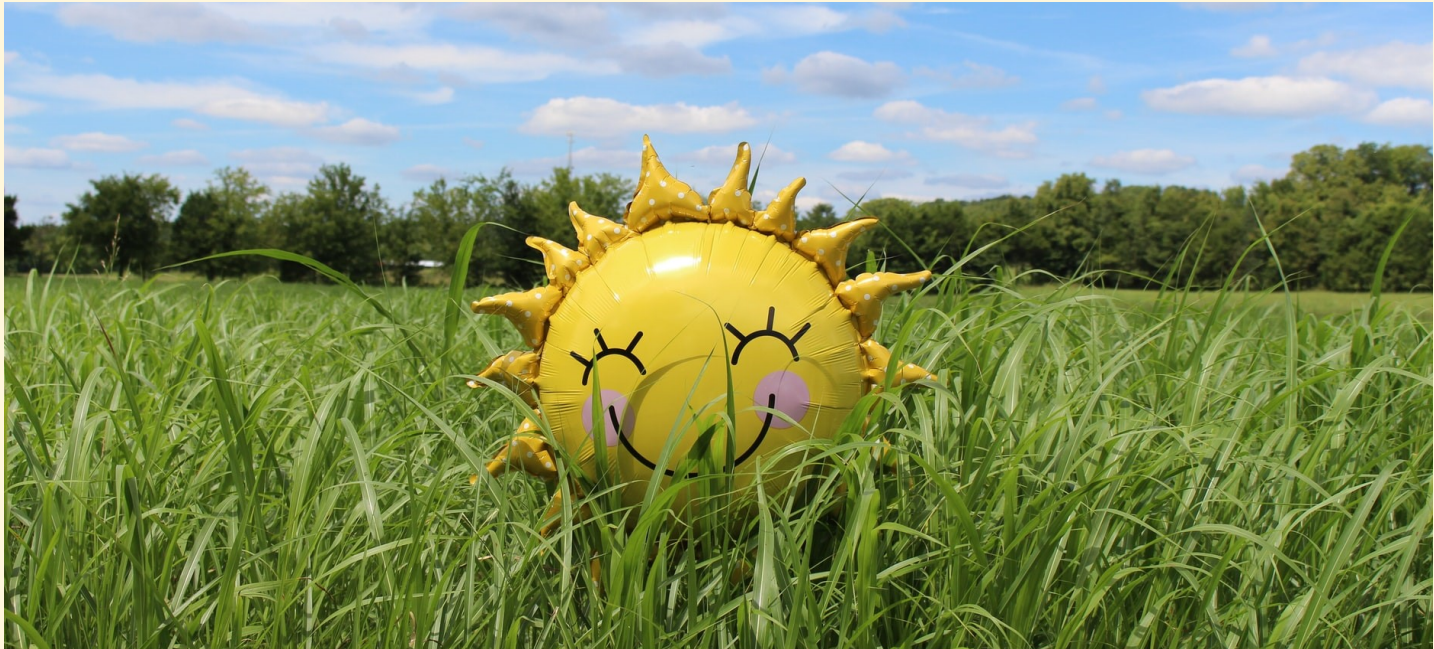
*Crater Lake and the comet Neowise*

## August 2020

2 Here Comes the Sun!  
3 Bird of the Month  
4-5 Activities Calendar

6 Highlights, Notes, Seniors Day  
7 Special Moments & Employee of the Month  
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# Here Comes the Sun! Summertime Sun Safety Tips



These summer days, we want to head right outside for some fun outdoors. But before doing so, check out these tips about how to protect yourself and loved ones while out having fun! Note: This is not medical advice, and all should consult with their doctors about their personal sun safety guidelines.

Before heading outside, consider where and when you're going out. In the cooling shade, like under trees or umbrellas, is the best place to be if outside between the hours of 10 am and 4 pm during summer. Reflective surfaces like snow, sand, water, or concrete are areas in which to be extra careful of the sun's rays. UV rays are also quite strong at high altitudes.

Make sure to check the heat index. For those wondering, the heat index measures how hot it *feels* when relative humidity factors into actual air temperature. For example, if air is 96°F and relative humidity is 65%, it may feel like 121°F! Yikes! Heat

index can be checked online at [weather.gov](http://weather.gov) or even on OSHA's Heat Safety App!

Dress for the weather. If you're headed outside during sunny summer days, wear protective clothing. Long-sleeved loose shirts, pants, wide-brimmed hats, and UV-blocking sunglasses are all a good idea. Make sure to apply a broad spectrum sunscreen at least 15 minutes before going outside - even if it's cloudy. An SPF of 15 or higher is recommended by the CDC, with reapplication every 2 hours, and after swimming, sweating, or drying off.

Have fun out there, enjoy the sun, and be sun safe while doing it!

**Did You Know?**  
Some actively seek out sun exposure to increase Vitamin D, but the National Council on Skin Cancer Protection recommends obtaining Vitamin D through food and supplements rather than UV rays.

# Special Moments



# Employee of the Month - Pam F.



Our beautiful Pam is a treasure indeed, answering multiple phone calls, gathering packages from families for residents, getting temperatures on residents, are just of a few things she does on a daily basis, and she keeps a smile on her face. We love you, Pam. Thank you for everything you do.

# August 2020 Highlights

August is Sandwich Month, Wellness Month, Family Fun Month, and Golf Month!

- 01 Disc Golf Day; Mustard Day

02 Friendship Day; Ice Cream Sandwich Day

03 Watermelon Day

04 Chocolate Chip Cookie Day

05 Oyster Day

06 Root Beer Float Day; Wiggle Toes Day

07 Lighthouse Day; Water Balloon Day

08 Frozen Custard Day; Bowling Day

09 Rice Pudding Day; Book Lovers Day

10 S'mores Day; Lazy Day

11 Raspberry Bombe Day; Son Daughter Day

12 Julienne Fries Day; Vinyl Record Day

13 Prosecco Day; Left Handers Day

14 Creamsicle Day

15 Leathercraft Day; Lemon Meringue Day

16 Tell a Joke Day

17 Black Cat Appreciation Day; Thrift Day

18 Fajita Day; Ice Cream Pie Day

19 Aviation Day; Soft Ice Cream Day

20 Radio Day; Chocolate Pecan Pie Day
- 21 Seniors Day!; Spumoni Day

22 Tooth Fairy Day; Pecan Torte Day

23 Sponge Cake Day

24 Peach Pie Day; Waffle Day

25 Banana Split Day; Park Service Day

26 Dog Day; Cherry Popsicle Day

27 Pots de Crème Day; Just Because Day

28 Bow Tie Day; Red Wine Day

29 Chop Suey Day

30 Toasted Marshmallow Day; Beach Day

31 Trail Mix Day



## A note regarding Coronavirus:

Safety and comfort of our residents and staff is our number one priority during the Coronavirus cases that have happened nationwide. We will continue to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All of our activities are subject to cancellation. To read a full list of measures taken, and our current visitor policy, please visit our website: [www.pioneervillageoregon.com](http://www.pioneervillageoregon.com)



August 21st is National Seniors Day! It has been observed since 1988 when then President Regan made it a holiday in part to share appreciation for older adults' accomplishments and services. Get involved by connecting with and thanking senior loved ones!

# Bird of the Month

Our stretch of Jackson Creek is alive with life; not only dogs walking their humans, but squirrels, ducks (in season), bird-hunting Cooper's Hawks, a garter snake or two, and loads of so-called "perching birds." We love to watch the diminutive Downy Woodpecker. They are the smallest of the woodpeckers that frequent Oregon. These black and white charmers (he adds a dashing red neck patch on the back of his head while the female sticks to the classic black white) live here year-round. Young males can be identified by pink "beanies" that will migrate to the back of the head and become bright red in adulthood. We have enjoyed watching the male and female pair up, excavate a hole for the nest in one of the poplars, and start their household. Papa bird will do most of the incubation of the eggs, while the female covers his breaks and brings him treats from time to time. Although this woodpecker's diet is mainly insects, this period of their lives will include a lot of sunflower chips from local bird feeders. Adult birds also eat sap, berries, and other seeds. In winter. Suet becomes a popular treat. Last week we saw Papa feeding two of his daughters. Are there other siblings? Time will tell—we'll keep a lookout!

Marjorie N.  
Resident




# AUGUST 2020

Pioneer Village ·

805 North 5th Street ·

Jacksonville, Oregon ·

541-899-6825

SUN	MON	TUE	WED	THU	FRI	SAT
<b>2 (Aug 1st in last box)</b> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 10:30 Live Stream Church Service AL 1:00 IN2L Google Earth AL 2:00 Have a <b>Sundae</b> on <b>Sunday B</b> 3:00 Movie Matinee CR 4:00 IN2L Games AL	<b>3 Transportation</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Zucchini Bread 11:30 IN2I 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	<b>4 Transportation</b> 9:00 Tai Chi with IN2L TF 10:00 Morning Walk AL 11:00 IN2L Google Earth AL 1:00 Craft Time B Making Chimes 2:00 Puzzle Time B 3:00 Cocktail Hour B 4:00 IN2L Word Games AL	<b>5</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk AL 11:00 IN2L Trivia B 1:00 Wii Bowling B 2:00 Beer Tasting B International Beer Day 3:00 Balance Class CR 4:00 One on One Visits	<b>6 Transportation</b> 9:00 Tai Chi with IN2L TF 10:00 Bugs R Us PL 11:00 IN2L Games AL 1:00 Throw Back Thursday Craft Time B 2:00 Root Beer Floats B National Root Beer Float Day 3:00 Bingo B 4:00 IN2L Classic TV AL	<b>7</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Computer Help TF 11:00 IN2L Trivia AL 1:00 Music with the Swing a Longs PL 2:00 Wii Bowling B 3:00 Wine Social B 4:00 One on One Visits	<b>8</b> 9:00 Tai Chi with IN2L TF 10:00 One On One Visits 10:30 Keno TF 1:00 IN2L Google Earth 2:00 Louis Faro PL 3:00 Bingo B 6:00 Saturday Night Movie CR Mama Mia!
<b>9</b> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 10:30 Live Stream Church Service AL 1:00 IN2L Google Earth AL 2:00 Wine Tasting B 3:00 Movie Matinee CR 4:00 IN2L Games AL	<b>10 Transportation</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Yummy Lemon Coconut Loaf 11:30 IN2I Chair Yoga TF 1:00 Wii Bowling B 2:00 IN2L What Did It Cost? B 3:00 Fireside Chat BL 4:00 IN2L Classic TV AL	<b>11 Transportation</b> 9:00 Tai Chi with IN2L TF 10:00 Morning Walk AL 11:00 IN2L Google Earth AL 1:00 Craft Time B Paint Birdhouses 2:00 Puzzle Time B 3:00 Cocktail Hour B 4:00 IN2L Word Games AL	<b>12</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk AL 11:00 IN2L Trivia B 1:00 Wii Bowling B 2:00 Pirate Party B International Pirate Month 3:00 Balance Class CR 4:00 One on One Visits	<b>13 Transportation</b> 9:00 Tai Chi with IN2L TF 10:00 Morning Walk AL 11:00 IN2L Games AL 1:00 Throw Back Thursday Craft Time B 2:00 IN2L Explore B 3:00 Bingo B 4:00 IN2L Classic TV AL	<b>14</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Computer Help TF 11:00 IN2L Trivia AL 1:00 Cooking with Peggy AK Zucchini Lasagna 2:00 Wii Bowling B 3:00 Wine Social B 4:00 One on One Visits	<b>15</b> 9:00 Tai Chi with IN2L TF 10:00 One On One Visits 10:30 Keno TF 1:00 Music with Chris & Dom PL 2:00 Wii Bowling B 3:00 Bingo B 6:00 Saturday Night Movie CR Quartet
<b>16</b> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 10:30 Live Stream Church Service AL 1:00 IN2L Google Earth AL 2:00 Have a <b>Sundae</b> on <b>Sunday B</b> 3:00 Movie Matinee CR 4:00 IN2L Games AL <b>World Tour - Greece</b>	<b>17 Transportation</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Melopita 11:30 IN2I Chair Yoga TF 1:00 Wii Bowling B 2:00 IN2L Explore Greece B 3:00 BINGO TF 4:00 IN2L Classic TV AL	<b>18 Transportation</b> 9:00 Tai Chi with IN2L TF 10:00 Morning Walk AL 11:00 IN2L Google Earth AL 1:00 IN2L Greek Mythology B 2:00 Puzzle Time B 3:00 Cocktail Hour B Toga Party/Mint Ouzo Lemonade 4:00 IN2L Word Games AL	<b>19</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk AL 11:00 IN2L Explore Greece B 1:00 Wii Bowling B 2:00 A Taste of Greece B Baklava 3:00 Balance Class CR 4:00 One on One Visits	<b>20 Transportation</b> 9:00 Tai Chi with IN2L TF 10:00 Morning Walk AL 11:00 IN2L Games AL 1:00 Throw Back Thursday Craft Time B 2:00 IN2L Explore B 3:00 Bingo B 4:00 IN2L Classic TV AL	<b>21</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Computer Help TF 11:00 IN2L Trivia AL 1:00 Cooking with Peggy AK Souvlaki/Tzatziki 2:00 Wii Bowling B 3:00 Wine Social B 4:00 One on One Visits	<b>22</b> 9:00 Tai Chi with IN2L TF 10:00 One On One Visits 10:30 Keno TF 1:00 Music with Tracy Davey PL 2:00 Wii Bowling B 3:00 Bingo B 6:00 Saturday Night Movie CR My Big Fat Greek Wedding
<b>23</b> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 10:30 Live Stream Church Service AL 1:00 IN2L Google Earth AL 2:00 Wine Tasting B 3:00 Movie Matinee CR 4:00 IN2L Games AL <b>USA Road Trip-Arizona</b>	<b>24 Transportation</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Green Chili Cornbread 11:30 IN2I 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	<b>25 Transportation</b> 9:00 Tai Chi with IN2L TF 10:00 Morning Walk AL 11:00 IN2L Google Earth AL 1:00 Craft Time B Rock Cactus 2:00 Banana Splits B National Banana Split Day 3:00 Cocktail Hour B Arizona Breeze 4:00 IN2L Word Games AL	<b>26</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk AL 11:00 IN2L Trivia B 1:00 Wii Bowling B 2:00 A Taste of Arizona B Prickly Pear Jelly 3:00 Balance Class CR 4:00 One on One Visits	<b>27 Transportation</b> 9:00 Tai Chi with IN2L TF 10:00 Morning Walk AL 11:00 IN2L Games AL 1:00 Throw Back Thursday Craft Time B 2:00 IN2L Explore B 3:00 Bingo B 4:00 IN2L Classic TV AL	<b>28</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Computer Help TF 11:00 IN2L Trivia AL 1:00 Cooking with Peggy AK Pork Chili Verde 2:00 Wii Bowling B 3:00 Wine Social B 4:00 One on One Visits	<b>29</b> 9:00 Tai Chi with IN2L TF 10:00 One On One Visits 10:30 Keno TF 1:00 IN2L Google Earth 2:00 Wii Bowling B 3:00 Bingo B 6:00 Saturday Night Movie CR Shenandoah
<b>30</b> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 10:30 Live Stream Church Service AL 1:00 IN2L Google Earth AL 2:00 Have a <b>Sundae</b> on <b>Sunday B</b> 3:00 Movie Matinee CR 4:00 IN2L Games AL	<b>31 Transportation</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Donut Muffins 11:30 IN2I 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	<i>All activities subject to change per mandated health guidelines.</i>	<b>Residents</b> Sid R. 8/1 Lynn M. 8/5 Sam W. 8/6 LaNell C. 8/10 Pat M. 8/12 Archien R. 8/14 Jack M. 8/25	<b>Employees</b> Lilijana D 8/23 Stephanie T. 8/26 	<b>AL – A Building Lobby</b> <b>CR – Cinema Room</b> <b>AK - Activity Kitchen</b> <b>B - Bistro</b> <b>TF - Third Floor</b> <b>PL - A Parking Lot</b>	<b>Aug. 1st</b> 9:00 Tai Chi with IN2L TF 10:00 One On One Visits 10:30 Keno TF 1:00 Music with Sheila Winn PL 2:00 Wii Bowling B 3:00 Bingo B 6:00 Saturday Night Movie CR Hunt for Red October