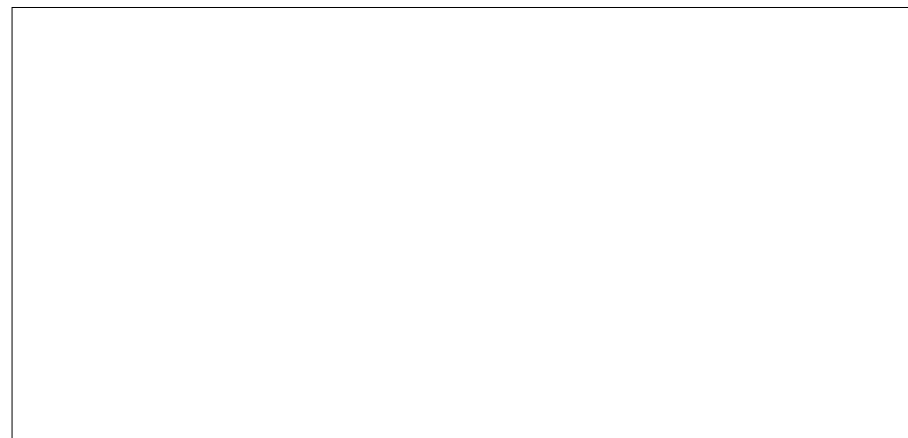




805 N. 5th St.
Jacksonville, OR 97530

Stamp



Administrative Team:

Executive Director: Dora Howard
Business Office Dir. / AED: Beondi Hewson
Community Relations Dir.: Tom Cox
Wellness Director: Justin Ward
Wellness Nurse: Eileen Morrow
Dining Services Director: Lisa Ramun
Maintenance Dir.: Matthew Buchanan
Life Enrichment Director: Peggy Dunphy

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



The Pioneer Post

September 2020 Newsletter



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Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

Walking with a friend is a great way to stay strong and lift your mood!



Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



National Root Beer Float Day, yum!



Carol having fun at craft time



Celebrating National Pirate Day



Employee of the Month Ethan H., *Reception & Life Enrichment*

Ethan has been with us for almost 2 years working at the front desk and in the Life Enrichment Department. He and his girlfriend, Kesa, live in Ashland. They have spent 4 wonderful years together and looking forward to many more. Ethan has a Labradoodle named Puck and Kesa has a cat named Bloom. They enjoy gardening, hiking and just spending time together.

Top 10 Fall Apples

Apples offer our bodies various nutrients that help keep us healthy! Apples are an optimal snack; they keep us feeling fuller longer due to the amount of soluble fiber they carry. Eating apples can aid in lowering cholesterol and boosting cardiovascular health due to the antioxidants they contain. Eat apples plain, slab peanut or almond butter on them for a healthy snack, include them in main dishes, sides and in a dessert! They're extremely versatile and can be used for any meal of the day. Here are the top 10 fall apples.

1. **Cortland**, sweet, slightly tart. Good for baking in muffins cakes, and breads.
2. **Empire**, sweet, crispy, juicy. Eat plain or slice them for salads. Great in sauces, and pies too.
3. **Fuji**, crisp and sweet. These are good in salads and slaws, they are too juicy for baking.
4. **Gala**, slightly sweet, pair well with chicken. Due to their antioxidants, boost brain power.
5. **Granny Smith**, crisp, juicy tart. The best choice for cooking and baking.
6. **Honeycrisp**, very popular due to their sweetness. Used in salads, fruit plates and baking.
7. **Jonagold**, sweet & tart. Good for sauces and salads.
8. **McIntosh**, all purpose apple. Very versatile can be used in both sweet and savory dishes.
9. **Red/Golden Delicious**, sweet & Juicy, better for eating fresh and in salads.
10. **Rome**, crunchy and mildly sweet, great cooking apple, hold well when cooked.

Regarding Covid-19:

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.

Our Autumn Favorites:

"Warm days and cooler nights" - Geri

"Leaves turning colors" - Phyllis

"Not watering the lawn" - Pam F.

"Cooler weather" - MaryAnn

"Leaves & weather changing" - Georgine

World Tour Greece

Our world tour took us to Greece this month. We started the week out making Melopita in our baking hour. It is made with ricotta cheese, honey, eggs, flour and lemon zest for flavoring. It is an interesting baked custard. During our cocktail hour, we had a toga party, togas and laurel wreath head bands were worn by all. The featured cocktail Ouzo Lemonade was quite tasty. The main ingredient is a Greek specialty liqueur Ouzo.

Using IN2L, we learned a bit about Greek Mythology; most found it very interesting.

On Wednesday, we made catapults with popsicle sticks, rubber bands, and plastic spoons. We launched several ping pong balls into the air. This was so much fun and many of the residents took them home to give to their grandchildren.

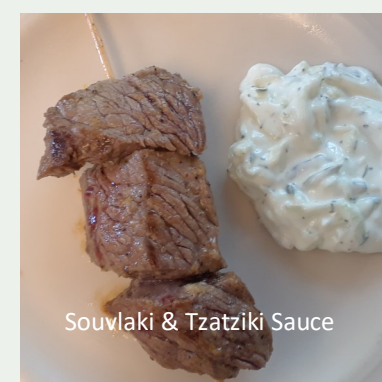
At our "Taste of Greece," we enjoyed baklava from Harry & David. It is very sweet, however, very enjoyable also. The nuts and honey are almost natural together, and with the flaky filo dough, it was amazing.

Friday in our cooking with Peggy, we made Souvlaki served with Tzatziki sauce. If you have never tried Tzatziki sauce, it is a very refreshing cold sauce made with grated cucumber, plain Greek yogurt, a little garlic, and some fresh dill. I enjoy it on a sandwich, as well as souvlaki.

Next month we are going to Bosnia and Herzegovina. Come travel with us!



Toga Party



Souvlaki & Tzatziki Sauce

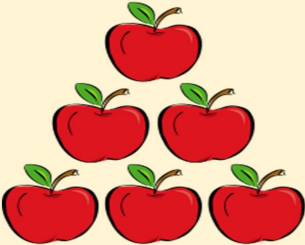


Catapult Fun

SEPTEMBER 2020

Pioneer Village • 805 N. 5th Street • Jacksonville, Oregon • 541-899-6825



SUN	MON	TUE	WED	THU	FRI	SAT		
All activities subject to change per mandated health guidelines.		1 9:00 Tai Chi withIN2L TF 10:00 Morning Walk 11:00 IN2L Explore AL <small>National Emma M. Nutt Day</small> 1:30 Craft Time B <small>Making Oatmeal Soap</small> 2:30 Snack Time <small>Cherry Popover Day</small> 3:00 Cocktail Hour B 4:00 IN2L Game Time AL	2 9:00 Tai Chi withIN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 11:00 IN2L Trivia AL 1:00 Wii Bowling B 1:00 BINGO TF 2:00 World Coconut day B <small>Sample coconut treats</small> 3:00 Balance Class CR 4:00 One on One Visits 6:00 Series Belgravia CR	3 <u>Transportation</u> 9:00 Tai Chi withIN2L TF 9:00 One on One Visits 10:00 Morning Walk 11:00 Sign Language Class TF 1:00 Holiday Craft Time B <small>Jar Mummies</small> 2:00 Make Carmel Apples B 3:00 BINGO TF 4:00 IN2L Word Games AL	4 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Morning Walk 12:30 One on One Visits 1:30 Cooking with Peggy AK <small>Zucchini Lasagna</small> 1:30 IN2l Games AL 3:00 Wine Social B 4:00 Computer/Phone Help TF	5 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:30 Keno TF 12:30 IN2L Games AL 2:00 Music Outdoors PL <small>Louis Faro</small> 3:00 BINGO TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR <small>The Right Stuff</small>		
		6 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 12:00 IN2L Explore TF <small>US National Parks</small> 1:00 IN2L Poker TF 2:00 Wine Tasting B 3:00 Movie Matinee CR 4:00 Classic TV with IN2L AL	7 <u>Transportation</u> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK <small>Yummy Lemon Coconut Loaf</small> 12:00 Appreciation IN2L Time TF <small>Grandma Moses</small> 1:00 Wii Bowling B 2:00 Cookbook Project B 3:00 Resident Council B 4:00 IN2L Trivia AL	8 <u>Transportation</u> 9:00 Tai Chi withIN2L TF 10:00 Morning Walk 11:00 IN2L Explore AL <small>National Ampersand Day</small> 1:30 Craft Time B <small>Pet Rock Day</small> 2:30 Snack Time <small>Ants on a Log</small> 3:00 Cocktail Hour B 4:00 IN2L Game Time AL <small>National Grandparents Day</small>	9 9:00 Tai Chi withIN2L TF 9:30 Morning Exercise TF 10:00 Bugs R Us PL <small>Butterfly's & Moths</small> 11:00 IN2L Trivia AL 1:00 BINGO TF 2:00 Mayflower Day <small>Try foods served on the Mayflower</small> 3:00 Balance Class CR 4:00 One on One Visits 6:00 Series Belgravia CR	10 <u>Transportation</u> 9:00 Tai Chi withIN2L TF 9:00 One on One Visits 10:00 Morning Walk 11:00 Sign Language Class TF 1:00 Holiday Craft Time B <small>Spider Webs</small> 2:00 Apple Pie Contest B <small>Staff will bake, residents will judge</small> 3:00 BINGO TF 4:00 IN2L Word Games AL	11 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Carole Neilsen PL <small>Florida Adventure</small> 11:30 9/11 BBQ 1:00 9/11 Prayer PL 1:30 Cooking with Peggy AK <small>Brunswick Stew</small> 1:30 IN2L Games AL 3:00 Wine Social B	12 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:30 Keno TF 1:00 Music Outdoors PL <small>Tracy Daveys</small> 3:00 BINGO TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR <small>Hurricane</small>
		13 <u>World Tour– Bosnia</u> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 12:00 IN2L Explore TF <small>Volcano's</small> 1:00 IN2L Poker TF 2:00 Sunday Smoothies B 3:00 Movie Matinee CR 4:00 Classic TV with IN2L AL	14 <u>Transportation</u> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK <small>Tufahije (Too-fach-e-yah)</small> 12:00 Appreciation IN2L Time TF <small>Kreme Filled Donut Day</small> 1:00 Wii Bowling B 2:00 Cookbook Project B 3:00 Fireside Chat B 4:00 IN2L Trivia AL	15 <u>Transportation</u> 9:00 Tai Chi withIN2L TF 10:00 Morning Walk 11:00 IN2L Explore AL <small>Bosnia and Herzegovina</small> 1:30 Craft Time B <small>Trench Art Key Chains</small> 2:30 Snack Time <small>Flat Bread with Goat Cheese</small> 3:00 Cocktail Hour B <small>Rakija (apple, pear, or plum brandy)</small> 4:00 IN2L Game Time AL	16 9:00 Tai Chi withIN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 11:00 IN2L Trivia AL 1:00 Wii Bowling B 1:00 BINGO TF 2:00 National Guacamole Day <small>Chips & Guacamole YUM!</small> 3:00 Balance Class CR 4:00 One on One Visits 6:00 Series Belgravia CR	17 <u>Transportation</u> 9:00 Tai Chi withIN2L TF 9:00 One on One Visits 10:00 Morning Walk 11:00 Sign Language Class TF 1:00 Holiday Craft Time B <small>Ghosts</small> 2:00 Applebutter & Toast B 3:00 BINGO TF 4:00 IN2L Word Games AL	18 9:00 Tai Chi withIN2L TF 10:00 IN2L Explore AL 11:00 Morning Walk 12:30 One on One Visits 1:30 Cooking with Peggy AK <small>Burek (Boo-wreck)</small> 1:30 IN2L Games AL 3:00 Wine Social B 4:00 Computer/Phone Help TF	19 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:30 Keno TF 1:00 Music Outdoors PL <small>Chris & Dom</small> 3:00 BINGO TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR <small>Emma</small>
		20 <u>US Road Trip - Wisconsin</u> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 12:00 IN2L Explore TF <small>European Restorations</small> 1:00 IN2L Poker TF 2:00 Wine Tasting B 3:00 Movie Matinee CR 4:00 Classic TV with IN2L AL	21 <u>Transportation</u> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK <small>State Fair Cream Puffs</small> 12:00 Appreciation IN2L Time TF <small>Worlds Alzheimer's Day</small> 1:00 Wii Bowling B 2:00 Cookbook Project B 3:00 BINGO TF 4:00 IN2L Trivia AL	22 <u>Transportation</u> 9:00 Tai Chi withIN2L TF 10:00 Morning Walk 11:00 IN2L Explore AL <small>Wisconsin</small> 1:30 Craft Time B <small>Making Butter</small> 2:30 Snack Time <small>Wisconsin Cheddar & Crackers</small> 3:00 Cocktail Hour B <small>Pink Squirrel</small> 4:00 IN2L Game Time AL	23 9:00 Tai Chi withIN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 11:00 IN2L Trivia AL 1:00 Wii Bowling B 1:00 BINGO TF 2:00 National Checkers Day B <small>Checkers Tournament</small> 3:00 Balance Class CR 4:00 One on One Visits 6:00 Series Belgravia CR	24 <u>Transportation</u> 9:00 Tai Chi withIN2L TF 9:00 One on One Visits 10:00 Morning Walk 11:00 Sign Language Class TF 1:00 Holiday Craft Time B <small>Witch hat door hanger</small> 2:00 Apple & Cheese Tasting B 3:00 BINGO TF 4:00 IN2L Word Games AL	25 9:00 Tai Chi withIN2L TF 9:30 Morning Exercise TF 10:30 Carole Neilsen PL <small>Germany</small> 12:30 One on One Visits 1:30 Cooking with Peggy AK <small>Polonia Medley</small> 1:30 IN2L Games AL 3:00 Wine Social B 4:00 Computer/Phone Help TF	26 <u>Johnny Appleseed Day</u> 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:30 Keno TF 1:00 Music Outdoors PL <small>Sheila Winn</small> 3:00 BINGO TF 4:00 IN2L Explore AL <small>Johnny Appleseed</small> 6:00 Saturday Night Movie CR <small>Lion</small>
		27 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 12:00 IN2L Explore <small>Presidential Homes</small> 1:00 IN2L Poker TF 2:00 Sunday Smoothies B 3:00 Movie Matinee CR 4:00 Classic TV with IN2L AL	28 <u>Transportation</u> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK <small>Morning Glory Muffins</small> 12:00 Appreciation IN2L Time TF <small>Confucius Day</small> 1:00 Wii Bowling B 2:00 Cookbook Project B 3:00 BINGO TF 4:00 IN2L Trivia AL	29 <u>Transportation</u> 9:00 Tai Chi withIN2L TF 10:00 Morning Walk 11:00 IN2L Explore AL 1:30 Craft Time B <small>Pine cone Witches</small> 2:30 Snack Time <small>Coffee & Biscotti day</small> 3:00 Cocktail Hour B 4:00 IN2L Game Time AL	30 9:00 Tai Chi withIN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 11:00 IN2L Trivia AL 1:00 Wii Bowling B 1:00 BINGO TF 2:00 Mulled Cider Day B <small>Sample Various Ciders</small> 3:00 Balance Class CR 4:00 One on One Visits 6:00 Series Belgravia CR	<div><div><div><div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div>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