



805 N. 5th St.
Jacksonville, OR 97530

Stamp



Administrative Team:

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

Connect:

541-899-6825

info@pioneervillageoregon.com
www.pioneervillageoregon.com

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

The Pioneer Post

December 2020 Newsletter



2 Flu Prevention
3 Christmas Jokes
4 - 5 Activities Calendar

6 Winter Safety Tips, Notes, Seasonal Foods
7 Special Moments & Employee of the month
8 Mission & Team

Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

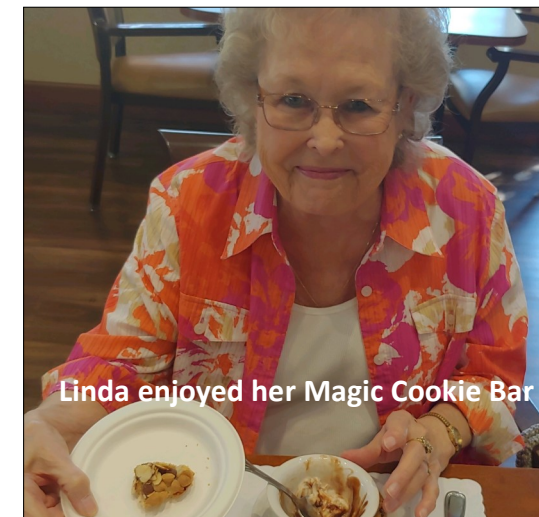
- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor

Special Moments



Linda enjoyed her Magic Cookie Bar



Employee of the Month

Trevor C.

Trevor has been with Pioneer Village for over 3 years. He enjoys camping, boating, antique shopping, and going to the lake with his wife Shelly. One of his other favorite things to do is being a grandpa! His 2nd grandson was born at the beginning of September.

A big thank you to Trevor for doing an awesome job.

Winter Safety Tips

1. Stay indoors (or don't stay outside for very long).
2. Keep indoor temperature at 65 degrees or warmer.
3. Stay dry because wet clothing chills your body more quickly.
4. Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
5. Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.
6. Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
7. Clear away snow and salt your walkways at home, or hire someone to do it.
8. Wear boots with non-skid soles – this will prevent you from slipping.
9. If you use a cane, replace the rubber tip before it is worn smooth.
10. Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



Our Favorite Wintertime Foods!

Mashed Potatoes & Gravy-Phyllis R

Hot Buttered Rum-Geri L.

Chili & Cornbread-Pam F.

Eggnog-Mary W.

Candied Sweet Potatoes-Eileen M.

Christmas Jokes

Q - What did Adam say on the day before Christmas?

A - It's Christmas, Eve!

Q - What do you have in December that you don't have in any other month?

A - The letter "D"!

Q - What does Father Christmas suffer from if he gets stuck in a chimney?

A - Santa Claustrophobia!

Q - What do you call a letter sent up the chimney on Christmas Eve?

A - Black mail!

Q - Who delivers cats Christmas presents?

A - Santa Paws!

Q - Why does Father Christmas go down the chimney?

A - Because it soots him!

Q - How many chimneys does Father Christmas go down?

A - Stacks!

Q - Why is Santa like a bear on Christmas Eve?

A - Because he's Sooty!

Q - What beats his chest and swings from Christmas cake to Christmas cake?

A - Tarzipan!

Q - What did the big cracker say to the little cracker?

A - My pop is bigger than yours!

Q - Who is never hungry at Christmas?

A - The turkey - he's always stuffed!

Q - What bird has wings but cannot fly?

A - Roast turkey!

Q - What's the best thing to put into a Christmas cake?

A - Your teeth!

Q - What happens if you eat the Christmas decorations?

A - You get tinsel-itus!

Q - What do vampires put on their turkey at Christmas?

A - Grave-y!

Q - What happened when the snowgirl fell out with the snowboy?

A - She gave him the cold shoulder!

Q - What do snowmen wear on their heads?

A - Ice caps!

Q - What do snowmen eat for lunch?

A - Icebergers!

Q - Where do snowmen go to dance?

A - Snowballs!

Q - How do snowmen travel around?

A - By iceicle!

Q - What sort of ball doesn't bounce?

A - Snowball!

Q - What do you get if cross a snowman and a shark?

A - Frost bite!

Q - How do you call an Eskimo cow?

A - An Eskimoo!



SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines.	Key A Building Lobby: AL Upstairs Dining Room UDR Activities Kitchen: AK Cinema Room: CR Dining Room: DR Bistro: B B Building Lobby: BL Third Floor: TF Parking Lot: PL	1 Transportation 8:00 Tree Decorating PJ Party DR 9:00 Tai Chi withIN2L TF 10:00 Welcome Comm B 10:45 Menu Meeting B 11:00 IN2L Explore AL 1:00 Holiday Cooking AK Rum Balls 2:30 IN2L Karaoke B 3:00 Cocktail Hour B Russian Eggnog 4:30 Tree Lighting	2 8:00 Tree Decorating PJ Party BL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 11:00 Fritter Day Sample a Fritter 1:00 Wii Bowling B 2:30 IN2L Sing a Long B 3:00 BINGO TF	3 Transportation 8:00 Tree Decorating PJ Party TF 9:00 Tai Chi with IN2L TF 10:00 Storytime CR 11:00 IN2L Explore AL How Holiday Traditions Started 1:00 Holiday Craft Time B Easy Holiday Throw Pillow 3:00 BINGO TF 4:00 IN2L Word Games AL	4 8:00 Tree Decorating PJ Party UDR 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 11:00 National Cookie Day Enjoy a cookie with your lunch 1:00 Cooking with Peggy AK Walnut Cranberry Pie 1:30 IN21 Games AL 3:00 Wine Social B	5 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:00 Poker TF 1:00 BINGO TF 2:30 Personal Shopping 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR Polar Express	
	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 1:00 IN2L Google Earth AL 2:00 Wine Tasting B 2:00 Storytime CR 3:00 Poker, Women's TF 3:00 Movie Matinee CR	7 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 11:00 Cotton Candy Day Cotton Candy Samples 1:00 IN2L Explore AL 2:00 Cookbook Project B 3:00 Resident Council B 4:00 IN2L Games AL	8 Transportation 9:00 Tai Chi withIN2L TF 10:00 IN2L Balance Class TF 10:45 Menu Meeting B 11:00 IN2L Explore AL 1:00 Holiday Cooking AK Fantasy Fudge 2:30 IN2L Karaoke B 3:00 Cocktail Hour B Dirty Snowmen 4:00 IN2L Game Time AL Take Out Tuesday Lunch-Kentucky Fried Chicken	9 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 11:00 National Pastry Day Enjoy a Pastry 1:00 Wii Bowling B 2:30 IN2L Sing a Long B 3:00 BINGO TF 4:00 Formal Dinner	10 Transportation 9:00 Tai Chi with IN2L TF 10:00 Storytime CR 10:30 IN2L Explore AL Taste Traditional Hannukah Food Learning about Hannukah 12:00 Holiday Craft Time B Star Tree Ornament 2:00 Staff Christmas Party DR 4:00 IN2L Word Games AL Hannukah at Sundown	11 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Peanut Butter Blossom AL Homemade Peanut Butter Blossoms 1:00 Cooking with Peggy AK Orange Chocolate Ricotta Pie 1:30 IN21 Games AL 3:00 Wine Social B	12 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:00 Poker TF 1:00 BINGO TF 2:30 Personal Shopping 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR Christmas with the Kranks
	13 World Tour-Finland 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 IN2L Google Earth AL 2:00 Wine Tasting B 2:00 Storytime CR 3:00 Poker, Co-ed TF 3:00 Movie Matinee CR	14 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 11:00 Monkey Day Chocolate Monkey Treats 1:00 IN2L Explore AL 2:00 Cookbook Project B 3:00 Creekside Chat BL 4:00 IN2L Games AL	15 Transportation 9:00 Tai Chi withIN2L TF 10:00 IN2L Balance Class TF 10:45 Menu Meeting B 11:00 IN2L Explore AL 1:00 Holiday Cooking AK Lussikkaleivat (spoon cookies) 2:30 IN2L Karaoke B 3:00 Cocktail Hour B Mintukaakao 4:00 IN2L Game Time AL	16 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 11:00 Chocolate Covered Day Delectable Chocolate Covered Treat 1:00 Wii Bowling B 2:30 IN2L Sing a Long B 3:00 BINGO TF 4:00 IN2L Games AL	17 Transportation 9:00 Tai Chi with IN2L TF 10:00 Storytime CR 10:00 Maple Syrup Treats AL Assorted treats made with maple syrup 11:00 IN2L Maple Syrup AL 1:00 Holiday Craft Time B Tin Can Santa 3:00 BINGO TF 4:00 IN2L Word Games AL	18 Ugly Christmas Sweater Day 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 11:00 Ugly Christmas Sweater Contest B 1:00 Cooking with Peggy AK Kaalilaatikko (Finnish Cabbage Casserole) 1:30 IN21 Games AL 3:00 Wine Social B Last Night of Hanukkah	19 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:00 Poker TF 1:00 BINGO TF 2:30 Personal Shopping 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR Christmas Vacation
20 USA Road Trip-Tennessee 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 IN2L Google Earth AL 2:00 Wine Tasting B 2:00 Storytime CR 3:00 Poker, Women's TF 3:00 Movie Matinee CR	21 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 11:00 Celebrate Winter Solstice Enjoy A Bit of Wassail 1:00 IN2L Explore AL 2:00 Cookbook Project B 3:00 Yahtzee BL 4:00 IN2L Games AL Winter Solstice	22 Transportation 9:00 Tai Chi with IN2L TF 10:00 IN2L Balance Class TF 10:45 Menu Meeting B 11:00 IN2L Explore AL 1:30 Holiday Cooking AK Tennessee Tea Cakes 2:30 IN2L Karaoke B 3:00 Cocktail Hour B Tennessee Tea 4:00 IN2L Game Time AL Take Out Tuesday Dinner-Red Robin	23 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 11:00 Pfeffernuse Cookie Day Sample One Today 1:00 Cooking with Peggy AK Eggnog Pie 3:00 BINGO TF 4:00 IN2L Games AL	24 9:00 Movie Marathon CR A Christmas Story, playing 24hrs 10:00 Storytime CR 11:00 Eggnog Day AL Enjoy a Cup Today 1:00 Indoor Snowball Fight B With fake snowballs 2:00 Hot Cocoa Bar AL Add what you love to your cocoa 3:00 Stocking Delivery 4:30 Traditional Christmas Eve Pasta Dinner DR	25 9:00 Christmas Movie Marathon On Roku, Netflix, & Hulu 10:00 Have your picture taken With Santa AL (or your pet) 11:30 Christmas Feast DR 1:00 Christmas Sing a Long AL 2:00 Your Favorite Christmas AL We will take turns telling our favorite Christmas Story. 3:00 Meal Delivery Happy Birthday	26 9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:00 Poker TF 1:00 BINGO TF 2:00 Personal Shopping 4:00 IN2L Explore AL 6:00 Saturday Night Movie CR A Christmas Carole	
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 1:00 IN2L Google Earth AL 2:00 Wine Tasting B 2:00 Storytime CR 3:00 Poker, Women's TF 3:00 Movie Matinee CR	28 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 11:00 Chocolate Day Have a Harry & David Truffle 1:00 IN2L Explore AL 2:00 Cookbook Project B 3:00 Yahtzee BL 4:00 IN2L Games AL	29 Transportation 9:00 Tai Chi with IN2L TF 10:00 IN2L Balance Class TF 10:45 Menu Meeting B 11:00 IN2L Explore AL 1:30 Holiday Cooking AK Buckeyes 2:30 IN2L Karaoke B 3:00 Cocktail Hour B Candy Cane Drink 4:00 IN2L Game Time AL	30 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 11:00 National Bacon Day Have a Bacon Wrapped Date 1:00 Wii Bowling B 2:30 Meet & Greet B 3:00 BINGO TF 4:00 IN2L Games AL	31 Transportation 9:00 Tai Chi with IN2L TF 10:00 Storytime CR 11:00 IN2L Champagne Day AL Learn how it's made 1:00 Holiday Craft Time B Crayon/Rock Magnets 3:00 Preparing for New Years Eve Party 5:00 New Year Eves Party Ball Drop at 6:00pm	Residents Karen D. 12/2 Mary P. 12/4 Marjorie T. 12/8 Alvin B. 12/8 Erika N. 12/10 Mary W. 12/12 Velma A. 12/12 Judy B. 12/15 Eloise K. 12/19 Marilyn G. 12/19 Ken H. 12/31	Employees Merlene H. 12/01 Bryan C. 12/04	