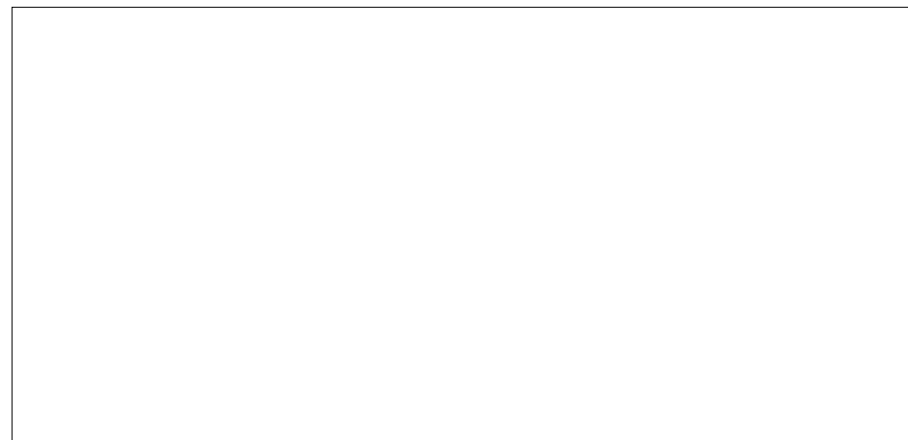




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Stamp



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

The Pioneer Post

January 2021 Newsletter



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How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

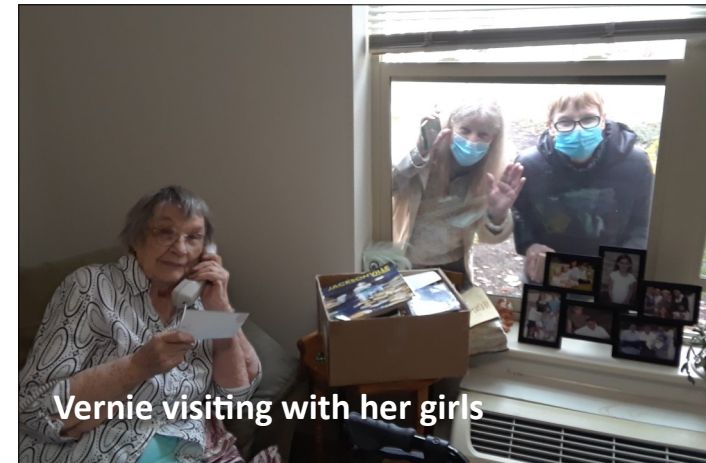
Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

Special Moments



Vernie visiting with her girls



Jack and Dora trying out the hugging wall



Mike reading "T'was The Night Before Christmas" for the Ruch Outdoor School Children.



Mary helping decorate for Christmas



Employee of the Month

McKenna is 19 years old. She has two dogs, Remi and Tito. Currently, McKenna is going to beauty school. One of her favorite hobbies is photography. She likes working at Pioneer Village, and enjoys visiting with the residents. McKenna received several glowing nominations for employee of the month! We are proud of her.

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

01 New Year's Day; Bloody Mary Day	17 Hot Buttered Rum Day
02 Cream Puff Day; Science Fiction Day	18 Winnie the Pooh Day; Thesaurus Day
03 Chocolate Cherry Day	19 Popcorn Day; Tin Can Day
04 Spaghetti Day; Trivia Day; Braille Day	20 Martin Luther King Jr. Day; Cheese Day
05 Whipped Cream Day; Bird Day	21 Granola Bar Day; Squirrel Lovers Day
06 Bean Day; Tech Day; Shortbread Day	22 Blonde Brownie Day; Library Fix Up Day
07 Bobblehead Day; Tempura Day	23 Pie Day; Handwriting Day
08 Argyle Day; English Toffee Day	24 Compliment Day; Peanut Butter Day
09 Apricot Day; Balloon Day	25 Opposite Day; Irish Coffee Day
10 Bittersweet Chocolate Day	26 Green Juice Day; Peanut Brittle Day
11 Milk Day; Vision Board Day	27 Bubble Wrap Day; Chocolate Cake Day
12 Pharmacist Day; Marzipan Day	28 Kazoo Day; Blueberry Pancake Day
13 Rubber Duck Day; Sticker Day	29 Corn Chip Day; Puzzle Day
14 Dress Your Pet Day; Pastrami Day	30 Croissant Day
15 Hat Day; Bagel & Lox Day	31 Inspire with Art Day; Backwards Day;
16 Fig Newton Day; Intl. Spicy Food Day	Hot Chocolate Day

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.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.

January Fun Facts

For the majority of people, January symbolizes new beginnings and a fresh start. For others, it's just another ordinary month!

Here we have information on the historical origins of the month being introduced into the calendar back in Roman times.

On top of that, we have a little insight to some notable historical events that happened in this month!

Check out the facts about the month of January below.

The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!

Oddly enough, couples tend to separate or divorce more so in January than any other month of the year.

In Pasadena, California, there has been a Rose Parade held every year since 1890. It has since been broadcasted worldwide and is typically viewed in over 100 countries around the globe.

If you were born in January, your birthstone is a garnet!


In leap years, January always starts on the same day as April and July.

London is famous for their extensive subway system, nicknamed "The Tube." This makes sense, because they're also responsible for opening the first operational underground railway on January 10th, 1863.

Some historical names for January include "Wulfmonath," which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne would call it "Wintermanoth" meaning "winter/cold month."

Generally, January is the coldest month of the year in the Northern Hemisphere.

One of the most influential events in U.S. happened in January – on January 1st, 1892, Ellis Island opened, allowing for the immigration of over 20 million people!

SUN	MON	TUE	WED	THU	FRI	SAT
Sun., Jan. 31 from bottom 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 3:00 Poker, Women's TF 3:00 Movie Matinee CR	All activities subject to change per mandated health guidelines.	Key A Building Lobby: AL Activities Kitchen: AK Cinema Room: CR Dining Room: DR Bistro: B B Building Lobby: BL Third Floor: 3F Parking Lot: PL	Resident Birthdays <div><div><div>Chrystal K.1/12</div><div>Don C.1/12</div><div>Larry R.1/13</div><div>Jon C.1/13</div><div>Pat B.1/14</div><div>Harlan R.1/15</div><div>Dick C.1/17</div><div>Jane H.1/17</div><div>Carol L.1/19</div><div>Ward W.1/20</div><div>Glen C.1/22</div><div>Damaris N.1/23</div><div>Vern N.1/30</div><div>Jerre H.1/31</div></div><div></div></div>	Employee Birthdays <div><div><div>McKenna1/9</div><div>Michelle E.1/10</div><div>Peggy D.1/10</div><div>Amanda M.1/19</div></div><div><i>Happy Birthday</i></div></div>	1 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 12:30 One on One Visits 1:30 Cooking with Peggy AK <div>Black eyed Peas & Cornbread</div> 1:30 IN21 Games AL 3:00 Wine Social B New Year's Day	2 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 <div>Sully</div>
3 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 3:00 Poker, Women's TF 3:00 Movie Matinee CR	4 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK <div>Easy Brownies</div> 1:00 IN2L Explore AL <div>Learn about Snow</div> 2:00 Cookbook Project B 3:00 Resident Council B 4:00 IN2L Games AL	5 Transportation 9:00 Tai Chi withIN2L TF 10:00 One On One Visits 10:45 Menu Meeting B 1:30 Craft Time B <div>Crafting with Cricut</div> 2:30 IN2L Karaoke B 3:00 Cocktail Hour B 4:00 IN2L Game Time AL	6 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 1:00 Shortbread Day AL <div>Samples of shortbread & IN2L</div> 2:30 IN2L Sing a Long B 3:00 Balance Class CR 4:00 IN2L Games AL	7 Transportation 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Adventures with IN2L AL 1:00 Holiday Craft Time B <div>Make Valentine Cards</div> 3:00 BINGO TF 4:00 IN2L Word Games AL	8 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 12:30 One on One Visits 1:30 Cooking with Peggy AK <div>Beef Stroganoff</div> 1:30 IN21 Games AL 3:00 Wine Social B	9 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 <div>The Bucket List</div>
10 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 3:00 Poker, Co-ed TF 3:00 Movie Matinee CR World Tour-French Polynesia	11 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK <div>Tahitian Coconut Bread</div> 1:00 IN2L Explore AL <div>French Polynesia</div> 2:00 Cookbook Project B 3:00 Creekside Chat BL 4:00 IN2L Games AL	12 Transportation 9:00 Tai Chi withIN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 1:30 Craft Time B <div>Feathered Hair Clips</div> 2:30 IN2L Karaoke B 3:00 Cocktail Hour B <div>Mai Tai</div> 4:00 IN2L Game Time AL <div>(Dinner)</div> Take Out Tuesday-No Ho's	13 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 1:00 Rubber Duck Day B <div>Rubber Duck Races</div> 2:30 IN2L Sing a Long B 3:00 Balance Class CR 4:00 IN2L Games AL	14 Transportation 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Adventures with IN2L AL 1:00 Holiday Craft Time B <div>Valentine String Art</div> 3:00 BINGO TF 4:00 IN2L Word Games AL	15 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 12:30 One on One Visits 1:30 Cooking with Peggy AK <div>Bora Bora Fireballs</div> 1:30 IN21 Games AL 3:00 Wine Social B	16 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 <div>Hope Floats</div>
17 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 3:00 Poker, Women's TF 3:00 Movie Matinee CR USA Road Trip-Texas	18 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK <div>Texas Chewy Pralines</div> 1:00 IN2L Explore AL <div>Texas</div> 2:00 Cookbook Project B 3:00 Yahtzee BL 4:00 IN2L Games AL Martin Luther King Jr. Day	19 Transportation 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 1:30 Craft Time B <div>Howdy Sign</div> 2:30 IN2L Karaoke B 3:00 Cocktail Hour B <div>Texan Margarita</div> 4:00 IN2L Game Time AL	20 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 1:00 Cheese Day AL <div>Cheese samples & IN2L</div> 2:30 IN2L Sing a Long B 3:00 Balance Class CR 4:00 IN2L Games AL	21 Transportation 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Adventures with IN2L AL 1:00 Holiday Craft Time B <div>Make Heart Jewelry</div> 3:00 BINGO TF 4:00 IN2L Word Games AL	22 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 12:30 One on One Visits 1:30 Cooking with Peggy AK <div>Frito Pie</div> 1:30 IN21 Games AL 3:00 Wine Social B	23 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 <div>Julie & Julia</div>
24 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 3:00 Poker, Women's TF 3:00 Movie Matinee CR	25 Transportation 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK <div>Tahini Cookies</div> 1:00 IN2L Explore AL <div>Swiss Alps</div> 2:00 Cookbook Project B 3:00 Yahtzee BL 4:00 IN2L Games AL	26 Transportation 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 1:30 Craft Time B <div>Monogram Coasters</div> 2:30 IN2L Karaoke B 3:00 Cocktail Hour B 4:00 IN2L Game Time AL <div>(Lunch)</div> Take Out Tuesday-La Fiesta	27 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 One on One Visits 1:00 Chocolate Cake Day B <div>Enjoy chocolate cake & IN2L</div> 2:30 Meet & Greet B 3:00 Balance Class CR 4:00 IN2L Games AL	28 Transportation 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Adventures with IN2L AL 1:00 Holiday Craft Time B <div>Beginners Flower Arranging</div> 3:00 BINGO TF 4:00 IN2L Word Games AL	29 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Explore AL 12:30 One on One Visits 1:30 Cooking with Peggy AK <div>Ham & Potato Soup</div> 1:30 IN21 Games AL 3:00 Wine Social B	30 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 <div>Walk the Line</div>