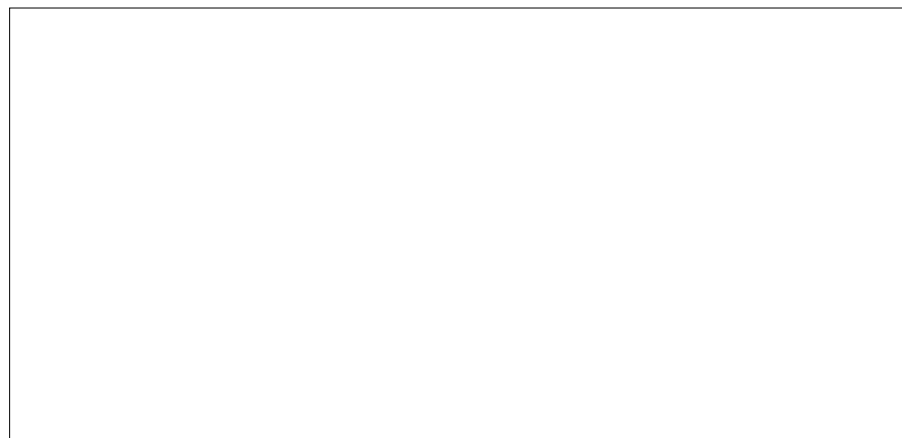




805 N. 5th St.
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Stamp Here



Administrative Team:

Executive Director: Dora Howard
Business Office Dir. / AED: Beondi Hewson
Community Relations Dir.: Ivy Marchbanks
Wellness Nurse: Eileen Morrow
Dining Services Director: Lisa Ramun
Maintenance Dir.: Matthew Buchanan
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

The Pioneer Post

February 2021 Newsletter



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Prioritize Your Heart Health With Daily Choices

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

Eat Better

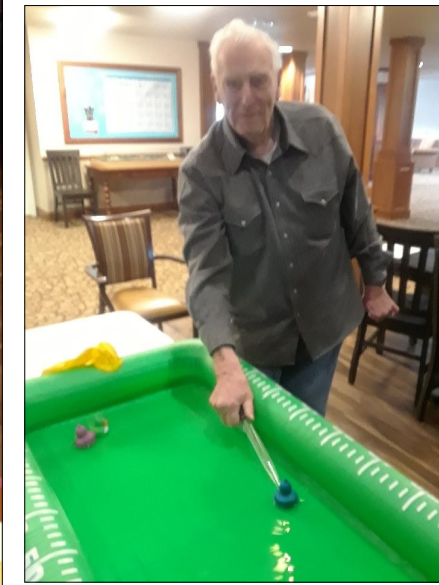
Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

Special Moments



Employee of the Month Lisa P. (Housekeeping)

Lisa's life creed is "simply live and love." Her family and grandbabies are very close to her heart even though they live miles away. The daily phone calls are one of the best parts of her day. One of the other highlights of her day includes all of the residents at Pioneer Village. The smiles, hello's, and stories she hears lift her spirits daily. And of course when she gets home and her dog "Bear" greets her enthusiastically.

February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

- | | |
|---|--|
| 01 Baked Alaska Day; Serpent Day | 15 Presidents' Day; Gumdrops Day |
| 02 Groundhog Day; Ukulele Day | 16 Fat Tuesday; Almond Day |
| 03 Carrot Cake Day | 17 Ash Wed.; Cabbage Day; Kind Act Day |
| 04 Homemade Soup Day | 18 Wine Day; Battery Day; Pluto Day |
| 05 Nutella Day; Gum Day | 19 Caregivers' Day; Chocolate Mint Day |
| 06 Frozen Yogurt Day; Chopsticks Day | 20 Cherry Pie Day; Muffin Day; Pet Day |
| 07 Superbowl LV; Send Cards Day | 21 Grain-Free Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day |
| 11 Inventors' Day; Peppermint Patty Day | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day | 26 Pistachio Day; Toast Day; Chili Day |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day |
| 14 Valentine's Day; Chocolate Truffle Day | 28 Floral Day; Chocolate Souffle 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.

Make a New Friend Day is on February 11

We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

"At a barn dance." - Yvonne

"Playing golf" - Mary P.

"Walking my dog." - Phillis R.

"Going to a football game" - Betty



Mountain Chickadee

At the conclusion of a bird-watching tour several years ago, participants were asked to vote for the "cutest bird." I chose the Mountain Chickadee, a diminutive "busy-bird" found in Southern Oregon, it's black and white-gray, chubby body unmistakable. Except for a single strip above the eye, he looks much like his relative, the Black Capped Chickadee. Visiting feeders near the valley floor in winter, he departs for nearby mountain for nesting and raising the young in spring and summer. Black Capped Chickadees remain here year round.

There are 7 species of chickadees in the U.S., 3 in Oregon. The Chestnut-backed Chickadee is more of a coastal and forest bird: it's deep rusty back and sides distinguish him from all other chickadees.

The winner of that contest was a Pygmy Nuthatch (also found in Oregon's pine covered mountains.)

- Marjorie N., a resident



Fun Facts, Mardi Gras

MARDI GRAS IS ALWAYS THE TUESDAY BEFORE ASH WEDNESDAY

Mardi Gras means "Fat Tuesday" in French. With Ash Wednesday marking the beginning of Lent, a 40 day period of fasting before Easter, Mardi Gras is the "last hurrah" of sorts, with participants indulging in their favorite fatty foods and drinks before giving them up.

THE OFFICIAL COLORS OF MARDI GRAS ARE PURPLE, GOLD, AND GREEN




Purple signifies justice, gold means power, and green stands for faith.

MASKS ARE REQUIRED BY LAW FOR FLOAT RIDERS

Yep, it's illegal to ride on a float without a mask! The original purpose of the mask was to get rid of social constraints for the day, allowing people to mingle with whomever they chose.

FEBRUARY 2021

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 Transportation	2 Transportation	3	4 Transportation	5 <u>Covid Vaccine</u>	6
	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 10:30 Morning Cooking AK Peanut Brittle 1:00 IN2L Explore AL Groundhog Day 2:00 Women's Poker TF 3:00 Resident Council B 4:00 IN2L Games	8:30 Punxsutawney Phil IN2L AL 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 11:30 Groundhog Puppets Sample their favorite snack 1:30 Groundhog Day IN2L 3:00 Cocktail Hour B Dark & Stormy Cocktail	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:30 Carrot Cake Day DR 1:30 Craft Time B Rose/Football Pens 2:00 Sunshine Discussion Group CR 3:00 Hot Chocolate Bar B 4:00 IN2L Classic TV AL	9:00 Tai Chi with IN2L TF 9:00 One On One Visits 10:30 Let's Play Pool TF 12:00 IN2L Google Earth TF 1:30 Cooking with Peggy AK Chili with Cornbread 3:00 BINGO TF 4:00 IN2L Games AL	9:00 <u>Covid Vaccine</u> 9:30 <u>Covid Vaccine</u> 10:30 <u>Covid Vaccine</u> 11:30 <u>Covid Vaccine</u> 12:00 <u>Covid Vaccine</u> 1:30 <u>Covid Vaccine</u> 3:00 <u>Covid Vaccine</u> 4:00 <u>Covid Vaccine</u>	9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:00 Poker TF 11:30 Story Time Reminisce 1:00 BINGO TF 2:30 Personal Shopping 4:00 IN2L Explore AL 6:00 Saturday Night Movie Message in a Bottle
7 Superbowl Sunday	8 Transportation	9 Transportation	10	11	12	13
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 Sunday Matinee CR 2:00 Superbowl Prep 3:00 Superbowl Party CR	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 10:30 Morning Baking AK Almond Roca 1:00 IN2L Explore AL Professional Football History 2:00 Women's Poker TF 3:00 Creekside Chat B 4:00 IN2L Games	9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 12:30 Bagel & Lox Day 1:30 IN2L Explore AL Mardi Gras 3:00 Cocktail Hour B Wed Wabbit Take Out Tuesday Angelo's Pizza	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:30 Cream Cheese Brownie Day 1:30 Craft Time B Mardi Gras Masks 3:00 Hot Chocolate Bar B 4:00 IN2L Classic TV AL	9:00 Tai Chi with IN2L TF 9:00 One On One Visits 10:30 Let's Play Pool TF 12:00 IN2L Google Earth TF 1:00 Disney Movie Day CR 2:00 Women's Book Club BL 3:00 BINGO TF 4:00 IN2L Games AL	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:30 Chinese New Year Lunch 12:00 Dragon Dance DR 1:30 Cooking with Peggy AK New Orleans's Gumbo 3:00 Mardi Gras Party 4:00 IN2L Trivia AL	9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:00 Poker TF 11:30 Story Time Reminisce 1:00 BINGO TF 2:30 Personal Shopping 4:00 IN2L Explore AL 6:00 Saturday Night Movie Valentine's Day
14 Happy Valentin's Day	15 Transportation	16 Transportation	17	18	19	20
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 Movie Matinee CR 3:00 Co-ed Poker TF 4:00 Fun with IN2L AL World Tour-Hong Kong	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 10:30 Morning Baking AK Gummy Hearts 1:00 IN2L Explore AL Hong Kong 2:00 Women's Poker TF 3:00 Presidents Day Fun B Cherry & Apple Pie 4:00 IN2L Games	9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 12:30 Fat Tuesday Last day of Mardi Gras 1:30 IN2L Explore Hong Kong 3:00 Cocktail Hour B Hong Kong Cocktail	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:30 Café Au Lait Day DR 1:30 Craft Time B Paper Craft with Cricut 3:00 Hot Chocolate Bar B 4:00 IN2L Classic TV AL	9:00 Tai Chi with IN2L TF 9:00 One On One Visits 10:30 Let's Play Pool TF 12:00 IN2L Google Earth TF 1:00 Disney Movie Day CR 2:00 Women's Book Club BL 3:00 BINGO TF 4:00 IN2L Games AL	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 10:30 Make Tortillas AK 1:30 Cooking with Peggy AK Hong Kong Beef Noodles 3:00 Wine Social B 4:00 IN2L Trivia AL	9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:00 Poker TF 11:30 Story Time Reminisce 1:00 BINGO TF 2:30 Personal Shopping 4:00 IN2L Explore AL 6:00 Saturday Night Movie Nights in Rodanthe
21	22 Transportation	23 Transportation	24	25	26	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 Movie Matinee CR 3:00 Co-ed Poker TF 4:00 Fun with IN2L AL USA Road Trip-New Jersey	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 10:30 Morning Baking AK New Jersey Fudge 1:00 IN2L Explore AL New Jersey 2:00 Women's Poker TF 3:00 Margarita Day B 4:00 IN2L Games	9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 12:30 Banana Bread Day 1:30 IN2L Explore AL New Jersey 3:00 Cocktail Hour B Lavender Lemonade Take Out Tuesday Luigi's Sandwiches Lunch	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:30 Tortilla Chip Day DR 1:30 Craft Time B Stained Glass 3:00 Meet & Greet B 4:00 IN2L Classic TV AL	9:00 Tai Chi with IN2L TF 9:00 One On One Visits 10:30 Let's Play Pool TF 12:00 IN2L Google Earth TF 1:00 Disney Movie Day CR 2:00 Women's Book Club BL 3:00 BINGO TF 4:00 IN2L Games AL	9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:00 Story Time 1:30 Cooking with Peggy AK New Jersey Leek & Potato Soup 3:00 Wine Social B 4:00 IN2L Trivia AL	9:00 Tai Chi with IN2L TF 9:30 Morning Coffee & IN2L 10:00 Poker TF 11:30 Story Time Reminisce 1:00 BINGO TF 2:30 Personal Shopping 4:00 IN2L Explore AL 6:00 Saturday Night Movie Casablanca
28	AL-A building lobby DR-Dining room CR-Cinema Room AK-Activities Kitchen B-Bistro BL-B building lobby TF-Third floor			<div> <div>Residents</div> <div> <div>Phillis R.2/1</div> <div>Alan N.2/2</div> <div>Jerry S.2/6</div> <div>Bill M.2/11</div> <div>Linda R.2/12</div> <div>Ray C.2/23</div> <div>Sherrill K.2/24</div> </div> </div> <div>  <div>Employees</div> <div> <div>Niki D.2/5</div> <div>Paul L.2/11</div> <div>Kitty M.2/11</div> <div>Brendon K.2/17</div> </div> </div>		<div> <div>Years of The Ox</div> <div>2021</div> <div>Happy Chinese New Year</div>  </div>