



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 Nurse: Eileen Morrow  
Dining Services Director: Lisa Ramun  
Maintenance Dir.: Matthew Buchanan  
Life Enrichment Director: Peggy Dunphy

### Connect:

541-899-6825

[info@pioneervillageoregon.com](mailto:info@pioneervillageoregon.com)

[www.pioneervillageoregon.com](http://www.pioneervillageoregon.com)

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



# The Pioneer Post

March 2021 Newsletter



2021 Valentine's Day King and Queen, Barb & Jerre

2 Eye Health and Wellness Tips  
3 New on the Activity Calendar  
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words  
7 Special Moments, Employee of the Month  
8 Mission & Team



# The Better to See You With: Eye Health & Wellness Tips

*Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.

## Be Seen

One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

## Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best— way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing

- glasses and/or contacts
- Wearing UV protective sunglasses outdoors

## Vision Issues

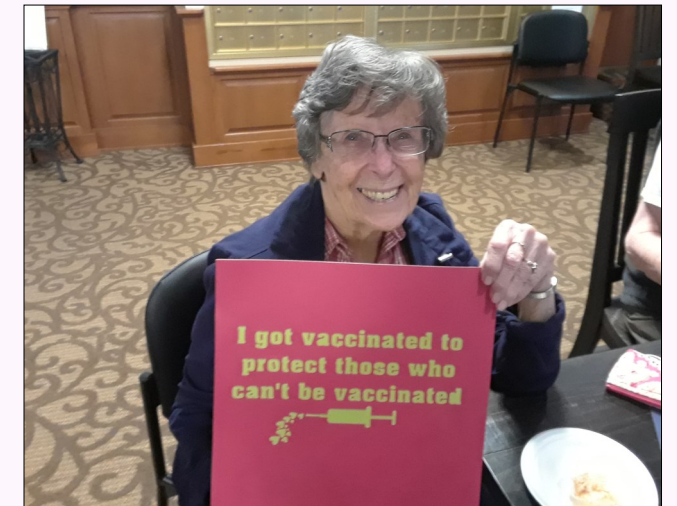
People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

## Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.



# Special Moments



## Employee of the Month Alex (dietary team)

This is the second time Alex has worked at Pioneer Village. Altogether she has been with us for almost a year. She loves riding her horses, Henry & Valentino, on her days off and after work. Branwen, her dog, loves when she gets home and gives her lots of kisses. Alex moved here from Seattle in 2015, and has fallen in love with the Rogue Valley. Well Alex, we're pretty fond of you, too. Thank you for all you do!



# March 2021 Highlights

**March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!**

01 Peanut Butter Day; Pig & Horse Day	17 St. Patrick's Day
02 Banana Cream Pie Day; Read Day	18 Lacy Cookie Day; Sloppy Joe Day
03 Mulled Wine Day; World Wildlife Day	19 Certified Nurses Day; March Equinox
04 Marching Music Day; Sons' Day	20 Ravioli Day; Corn Dog Day; Quilting Day
05 Staff Appreciation Day	21 French Bread Day; World Puppetry Day
06 Dentists' Day; Oreo Day; Dress Day	22 Bavarian Crepes Day; Be Silly Day
07 Cereal Day; Flapjack Day	23 Puppy Day; Tamale Day; 3-D Day
08 Intl. Women's Day; Peanut Cluster Day	24 Cheesesteak Day; Chocolate Raisins Day
09 Barbie Day; Meatball Day	25 Medal of Honor Day; Swedish Waffle Day
10 Registered Dietician Nutritionists' Day	26 Spinach Day; Wear Purple (Epilepsy) Day
11 Johnny Appleseed Day	27 Spanish Paella Day; World Theatre Day
12 Girl Scouts Day; Plant a Flower Day	28 Black Forest Cake Day; Food on Stick Day
13 Coconut Torte Day; K9 Veterans Day	29 Vietnam War Vets Day;
14 Daylight Savings Starts; Chips Day	Piano Day
15 Pears Helene Day; Kansas Day	30 Doctors Day; Park Day;
16 Artichoke Hearts Day; Panda Day	Virtual Vacay Day

**Saturday night, March 13, set your clocks forward one hour!**



**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.

## **March 5th is Learn What Your Name Means Day!**

**Staff and residents looked up meanings of their first names! These are a few!**

**"Song" - Carol**

**"Elf wine" - Alvin**

**"Pearl" - Marjorie**

**"Rich and powerful ruler" - Richard**

**"Gift" - Dora**

**"Fair-haired" - Beondi**

**"Little pearl" - Peggy**

# New Activities on the Calendar

The first week of March is "Spirit Week" for our staff. You can participate as well. Monday is Crazy Hair Day, Tuesday is Dr. Suess Day, Wednesday is Monochromatic Day (you wear all the same color), Thursday is Pajama & Crazy Sock Day. Friday is Disney Day (dress up like a Disney character), Saturday is Crazy Hat Day, and Sunday is Sports Day (support your favorite sports team).

**Storytime:** Staff will be reading aloud stories from Reminisce magazine.

**Hot Cocoa Bar:** We will be serving homemade hot chocolate. There will be several different condiments you can add (whipped topping, marshmallows, Kahlua, Irish cream, etc.)

**Breakfast Mocktails:** Select your juice (we will have several) then we will add seltzer water, and a garnish.

**Art with Heather:** Heather will provide instruction on various art projects (watercolor painting, using acrylics)

**Computer /phone help:** Staff will assist you with solving issues with your computer or phone. You must schedule a time for this.

**Puttin on the Glitz:** We will be using props and taking pictures with an instant camera. We will have a different theme each week.

**Sunday Smoothies:** Trevor will be preparing smoothies. We will start off with basic flavors and add a new one each week.



MARCH 2021



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SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 <b>Crazy Hair Day</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:00 Balance Class TF 10:30 Morning Baking AK ( Strawberry Bread) 1:00 IN2L Explore AL 2:00 Women's Poker TF 3:00 Resident Council B 4:00 IN2L Games AL <b>Spirit Week Mon-Sun</b>	2 <b>Dr. Suess Day</b> 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 1:00 IN2L Explore AL 2:00 Let's Play Pool TF 3:00 Cocktail Hour B (Shamrock Juice) 4:00 IN2L Trivia AL	3 <b>Monochromatic Day</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:30 Cold Cuts Day DR 1:30 Craft Time B Shaving Cream Art 2:00 Sunshine Discussion Group CR 3:00 Hot Cocoa Bar B 4:00 IN2L Classic TV AL	4 <b>PJ's &amp; Crazy Sock Day</b> 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Breakfast Mocktails B 12:00 Google Earth TF 1:00 Art with Heather LL 2:00 Women's Book Club CR 3:00 BINGO TF 4:00 IN2L Games TF/AL	5 <b>Disney Day</b> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 10:00 Balance Class TF 11:00 Computer/Phone Help See activities to schedule a time. 1:30 Cooking with Peggy AK (Irish Carrot Soup) 2:00 Puttin on the Glitz B 3:00 Wine Social B 4:00 IN2L Trivia TF	6 <b>Crazy Hat Day</b> 9:00 Tai Chi with IN2L TF 9:30 Personal Shopping 1:00 BINGO TF 2:00 IN2L Classic Movies AL 3:00 Poker TF 4:00 IN2L 6:00 Saturday Night Movie Failure to Launch
7 <b>Sports Day</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 Sunday Matinee CR 1:30 Sunday Smoothies B 3:00 Co-Ed Poker TF 4:00 Fun with IN2L AL	8 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:00 Balance Class TF 10:30 Morning Baking AK (Irish Shortbread Cookies) 1:00 IN2L Explore AL 2:00 Women's Poker TF 3:00 Creekside Chat B 4:00 IN2L Games AL	9 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 1:00 IN2L Explore AL 2:00 Let's Play Pool TF 3:00 Cocktail Hour B (Irish Redhead) 4:00 IN2L Trivia AL	10 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:00 Blueberry Popover DR 1:30 Craft Time B Melted Crayon Spring Art 3:00 Hot Cocoa Bar B 4:00 IN2L Classic TV AL	11 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Breakfast Mocktails B 12:00 Google Earth TF 1:00 Art with Heather LL 2:00 Women's Book Club CR 3:00 BINGO TF 4:00 IN2L Games TF/AL 5:30 Oregon Shakespeare CR Julius Caesar (streaming)	12 <b>Girl Scouts' Day</b> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 10:00 Balance Class TF 11:00 Computer/Phone Help See activities to schedule a time. 1:30 Cooking with Peggy AK (Colcannon) 2:00 Puttin on the Glitz B 3:00 Wine Social B 4:00 IN2L Trivia TF	13 <b>Time Change</b> 9:00 Tai Chi with IN2L TF 9:30 Personal Shopping 1:00 BINGO TF 2:00 IN2L Classic Movies AL 3:00 Poker TF 4:00 IN2L 6:00 Saturday Night Movie The Edge  <b>Spring forward 1 hour</b>
14 <b>Start Daylight Saving Time</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 Sunday Matinee CR 1:30 Sunday Smoothies B 3:00 Co-Ed Poker TF 4:00 Fun with IN2L AL <b>World Tour –Ireland</b>	15 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:00 Balance Class TF 10:30 Morning Baking AK (Boxty) 1:00 IN2L Explore AL 2:00 Women's Poker TF 3:00 Yahtzee BL 4:00 IN2L Games AL	16 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 1:00 IN2L Explore AL 2:00 Let's Play Pool TF 3:00 Cocktail Hour B (Irish Buck) 4:00 IN2L Trivia AL	17 <b>St. Patrick's Day!</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 10:30 Baking Irish Soda Bread 1:00 Poker Run AL 3:00 St Patrick's Celebration B 4:00 IN2L Classic TV AL	18 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Breakfast Mocktails B 12:00 Google Earth TF 1:00 Art with Heather LL 2:00 Women's Book Club CR 3:00 BINGO TF 4:00 IN2L Games TF/AL	19 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 10:00 Balance Class TF 11:00 Computer/Phone Help See activities to schedule a time. 1:30 Cooking with Peggy AK (Irish Stew) 2:00 Puttin on the Glitz B 3:00 Wine Social B 4:00 IN2L Trivia TF	20 <b>Spring is Here!</b> 9:00 Tai Chi with IN2L TF 9:30 Personal Shopping 1:00 BINGO TF 2:00 IN2L Classic Movies AL 3:00 Poker TF 4:00 IN2L 6:00 Saturday Night Movie Six Days Seven Nights
21 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 Sunday Matinee CR 1:30 Sunday Smoothies B 3:00 Co-Ed Poker TF 4:00 Fun with IN2L AL <b>USA Road Trip-Vermont</b>	22 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:00 Balance Class TF 10:30 Morning Baking AK (Maple Fudge) 1:00 IN2L Explore AL 2:00 Women's Poker TF 3:00 Yahtzee BL 4:00 IN2L Games AL	23 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 1:00 IN2L Explore AL 2:00 Let's Play Pool TF 3:00 Cocktail Hour B (Original Irish Coffee) 4:00 IN2L Trivia AL	24 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:00 Chocolate Raisin DR 1:30 Craft Time B Painted Tea Towels 3:00 Hot Cocoa Bar B 4:00 IN2L Classic TV AL	25 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Breakfast Mocktails B 12:00 Google Earth TF 1:00 Art with Heather LL 2:00 Women's Book Club CR 3:00 BINGO TF 4:00 IN2L Games TF/AL 5:30 Oregon Shakespeare CR Julius Caesar (streaming)	26 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 10:00 Balance Class TF 11:00 Computer/Phone Help See activities to schedule a time. 1:30 Cooking with Peggy AK (Vermont Cheese Soup) 2:00 Puttin on the Glitz B 3:00 Wine Social B 4:00 IN2L Trivia TF	27 <b>Passover at Sundown</b> 9:00 Tai Chi with IN2L TF 9:30 Personal Shopping 1:00 BINGO TF 2:00 IN2L Classic Movies AL 3:00 Poker TF 4:00 IN2L 6:00 Saturday Night Movie The King's Speech
28 <b>Palm Sunday</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 Sunday Matinee CR 1:30 Sunday Smoothies B 3:00 Co-Ed Poker TF 4:00 Fun with IN2L AL	29 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:00 Balance Class TF 10:30 Morning Baking AK (Maple Bacon Monkey Bread) 1:00 IN2L Explore AL 2:00 Women's Poker TF 3:00 Yahtzee BL 4:00 IN2L Games AL	30 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 1:00 IN2L Explore AL 2:00 Let's Play Pool TF 3:00 Cocktail Hour B (Irish Affogato ) 4:00 IN2L Trivia AL	31 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Balance Class TF 11:00 Tater Tot Day DR 1:30 Craft Time B Monogram Coasters 2:00 Meet & Greet B 2:30 Birthday Party B 3:00 Hot Cocoa Bar B 4:00 IN2L Classic TV AL	<div><div><b>Residents</b></div><div><div>Clarice N.</div><div>3/3</div></div><div><div>Melanie P.</div><div>3/4</div></div><div><div>Joe B.</div><div>3/7</div></div><div><div>Pat K.</div><div>3/8</div></div><div><div>Greg K.</div><div>3/12</div></div><div><div>Don C.</div><div>3/22</div></div><div><div>Mabel R.</div><div>3/25</div></div><div><div>Carol R.</div><div>3/29</div></div></div> <div></div> <div><div><b>Employees</b></div><div><div>Ethan B.</div><div>3/1</div></div><div><div>Emma H.</div><div>3/17</div></div><div><div>Eileen M.</div><div>3/20</div></div><div><div>Stephanie G.</div><div>3/25</div></div><div><div>Alex H.</div><div>3/26</div></div><div><div>Jamie C.</div><div>3/29</div></div></div>		<b>Transportation</b>  <b>Monday</b>  <b>Tuesday</b>  <b>Thursday</b>  <b>8:30am to 3:00pm</b>