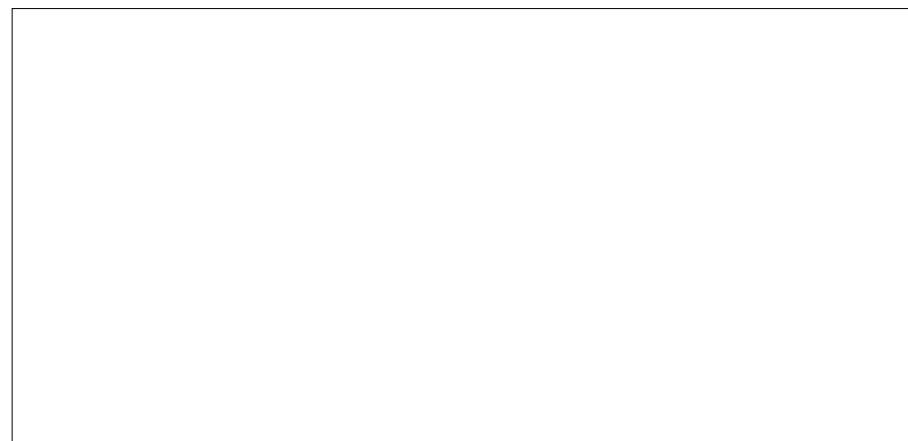




805 N. 5th St.
Jacksonville, OR 97530

Stamp



Administrative Team:

Executive Director: Dora Howard
Business Office Dir./AED: Beondi Hewson
Community Relations Dir.: Ivy Marchbanks
Wellness Nurse: Eileen Morrow
Wellness Coordinator: Synde Hallman
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

April 2021 Newsletter



2 Gardening Benefits
3 Bird Watch!
4 - 5 Activities Calendar

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

Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home

or in the community influences the big picture.

- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

Special Moments



Employee of the Month



Sara S. of our Dining Services Team

Sara is married to her soul mate Greg, or as she lovingly calls him "Greggers." Her son William has volunteered here at Pioneer Village so some of you have met him; he's a great guy. Another love of Sara's is her miniature schnauzer, Charlie, who is her best friend. Sara has been with us for over 3.5 years, and she is wonderful in the dining room. In her off time she enjoys music, running, hiking, camping, swimming and dancing. Thank you for all you do, Sara!

April 2021 Highlights

April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!

01 April Fools Day; Sourdough Day	17 Crawfish Day; Ellis Island History Day
02 Peanut Butter and Jelly Day; Ferret Day	18 Animal Cracker Day; Intl. Day for Monuments and Sights
03 Film Score Day; Handmade Day	19 Amaretto Day; Garlic Day
04 Easter; School Librarian Day	20 Twin Day; Pineapple Upside Down Day
05 Caramel Day; Deep Dish Pizza Day	21 Administrative Professionals' Day; British National Tea Day
06 Caramel Popcorn Day; Librarians Day	22 Earth Day; Jelly Bean Day
07 Coffeecake Day; Beer Day	23 Arbor Day; Picnic Day
08 Zoo Lovers Day; Empanada Day	24 Pigs in Blankets Day; Sense of Smell Day
09 Unicorn Day; Antique Love Day	25 Thank Plumbers Day; Zucchini Bread Day
10 Hug Dog Day; Farm Animals Day	26 Audubon Day; Pretzel Day
11 Quartet Day; Fondue Day; Pet Day	27 Babe Ruth Day; Prime Rib Day
12 Ramadan Begins; Grilled Cheese Day	28 Blueberry Pie Day; Superhero Day
13 Scrabble Day; Peach Cobbler Day	29 Shrimp Scampi Day; Intl. Dance Day
14 Dolphin Day; Gardening Day; Pecan Day	30 Hairstylist Appreciation Day; Oatmeal Cookie Day
15 World Art Day; Banana Day; Guess Day	
16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

April 8th is Zoo Lover's Day.

Staff and residents shared their favorite animals!

- "Monkeys" - Haley
- "Kangaroo" - Mary W.
- "A Pony" - Georgine H.
- "Koala Bear" - Pam F.
- "Tigers" - Pam C.
- "Owls" - Trevor
- "Penguins" - Lisa P.
- "Dogs" - 10 others

Bird Watch

By Resident Marjorie N.

"In your Easter bonnet, with all the frills upon it"... male birds in Spring certainly steal the show! The little Audubon Warbler (now called Yellow-rumped Warbler) spends winter as a drab grey forager of suet, as well as occasional insects. Come spring, his whitish feathers refresh to a black and white "waistcoat", his pale yellow rump, chin, and underwing flash a brilliant yellow, and atop his head, a round yellow "beanie" appears. Most songbirds change out their feathers (molt) in spring and fall. In fall, attracting females is not a priority, so the bright spring coat once again turns dull. Females replace their more subdued feather coat two times a year for more of the same. Feathers are like fingernails, lifeless and fragile, and hard work, as in migration or reproduction, wears them thin. But for a brief period of time, male birds are "the grandest fellows" in the parade.




Spring



Fall



SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	 <p>Happy Earth Day!</p>	<p>Residents</p> <p>Marge H. 4/1 Linda D. 4/8 Cathy A. 4/15 Cleo M. 4/15 Arnie W. 4/17 Georgine H. 4/19 Betty H. 4/27</p> <p>Employees</p> <p>Meghan N. 4/1 Christian G. 4/6 Ivy M. 4/6 Hudson S. 4/7 Dora H. 4/26 Matt M. 4/28</p>		<p>1 Transportation</p> <p>9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Breakfast Mocktails B 1:30 Craft Time B (Color Easter Eggs) 2:30 Women's Book Club CR 3:00 BINGO TF 4:00 IN2L Games TF/AL</p>	<p>2 Good Friday</p> <p>9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 11:00 Computer/Phone Help See activities to schedule a time. 1:30 Cooking with Peggy AK (Easter Brunch Casserole) 1:30 Wii Bowling B 2:00 Puttin on the Glitz B 3:00 Wine Social B</p>	<p>3</p> <p>8:45 Coffee & Donuts AL 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 Explore AL 6:00 Saturday Night Movie The Ten Commandments</p>
<p>4 Easter</p> <p>9:00 Tai Chi with IN2L TF 10:00 Live Streaming Easter Services TF 11:30 Easter Eggs DR 1:00 Sunday Matinee CR 1:00 Sunday Smoothies B 2:00 Co-Ed Poker TF 4:30 Easter Dinner DR</p>	<p>5 Transportation</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:00 Balance Class TF 10:30 Morning Baking AK (Sweet Easter Bread) 1:30 Wii Bowling B 2:00 Women's Poker TF 3:00 Resident Council B 4:00 IN2L Games AL</p>	<p>6 Transportation</p> <p>9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 1:30 IN2L Explore AL 3:00 Cocktail Hour B (Marshmallow Cocktail) 4:00 IN2L Trivia AL</p>	<p>7</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Scenic Drive 11:30 Caramel Popcorn DR 1:30 Wii Bowling B 2:00 Sunshine Discussion CR 3:00 Scenic Drive 4:00 IN2L Classic TV AL</p>	<p>8 Transportation</p> <p>9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Breakfast Mocktails B 1:30 Craft Time B (Egg Carton Wreath) 3:00 BINGO TF 4:00 IN2L Games TF/AL</p>	<p>9</p> <p>9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 11:00 Computer/Phone Help See activities to schedule a time. 1:30 Cooking with Peggy AK (Masa Soup) 1:30 Wii Bowling B 2:00 Puttin on the Glitz B 3:00 Wine Social B</p>	<p>10</p> <p>8:45 Coffee & Donuts AL 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 Explore AL 6:00 Saturday Night Movie Ben Hur</p>
<p>11</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 Sunday Matinee CR 1:00 Sunday Smoothies B 2:00 Co-Ed Poker TF 3:00 Scenic Drive USA Road Trip-Washington DC</p>	<p>12 Transportation</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:00 Balance Class TF 10:30 Morning Baking AK (Avocado Bread) 1:30 Wii Bowling B 2:00 Women's Poker TF 3:00 Creekside Chat B 4:00 IN2L Games AL</p>	<p>13 Transportation</p> <p>9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 1:30 IN2L Explore AL 3:00 Cocktail Hour B (Diplomat Cocktail) 4:00 IN2L Trivia AL Take out Tuesday (Olive Garden, Dinner)</p>	<p>14</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Scenic Drive 11:30 Pecan Day DR 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Scenic Drive 4:00 IN2L Classic TV AL</p>	<p>15 Transportation</p> <p>9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Breakfast Mocktails B 1:30 Craft Time B (Tack Art Monogram) 3:00 Costume Practicum B 4:00 IN2L Games TF/AL 5:30 Oregon Shakespeare CR (streaming Manahatta)</p>	<p>16</p> <p>9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 11:00 Computer/Phone Help See activities to schedule a time. 1:30 Cooking with Peggy AK (Chili Mac & Cheese Bake) 1:30 Wii Bowling B 2:00 Puttin on the Glitz B 3:00 Wine Social B</p>	<p>17</p> <p>8:45 Coffee & Donuts AL 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 Explore AL 6:00 Saturday Night Movie Noah</p>
<p>18</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 Sunday Matinee CR 1:00 Sunday Smoothies B 2:00 Co-Ed Poker TF 3:00 Scenic Drive World Tour-Israel</p>	<p>19 Transportation</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:00 Balance Class TF 10:30 Morning Baking AK (Basbousa) 1:30 Wii Bowling B 2:00 Women's Poker TF 3:00 Nat. Garlic Day IN2L AL 4:00 IN2L Games AL</p>	<p>20 Transportation</p> <p>9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Storytime CR 1:30 IN2L Explore AL 3:00 Cocktail Hour B (Lekman Cocktail) 4:00 IN2L Trivia AL</p>	<p>21</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Scenic Drive 11:30 Chocolate Cashew DR 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Scenic Drive 4:00 IN2L Classic TV AL</p>	<p>22 Transportation</p> <p>9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Breakfast Mocktails B 1:30 Craft Time B (Silhouette Art) 2:30 Women's Book Club CR 3:00 BINGO TF 4:00 IN2L Games TF/AL</p>	<p>23</p> <p>9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 11:00 Computer/Phone Help See activities to schedule a time. 1:30 Cooking with Peggy AK (Falafel) 1:30 Wii Bowling B 2:00 Puttin on the Glitz B 3:00 Wine Social B</p>	<p>24</p> <p>8:45 Coffee & Donuts AL 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 Explore AL 6:00 Saturday Night Movie The Buddy Holly Story</p>
<p>25</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Live Streaming Church Services TF 1:00 Sunday Matinee CR 1:00 Sunday Smoothies B 2:00 Co-Ed Poker TF 3:00 Scenic Drive</p>	<p>26 Transportation</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:00 Balance Class TF 10:30 Morning Baking AK (Spicy Cheese Bread) 1:30 Wii Bowling B 2:00 Women's Poker TF 3:00 Nat. Pretzel Day IN2L AL 4:00 IN2L Games AL</p>	<p>27 Transportation</p> <p>9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 1:30 IN2L Explore AL 3:00 Cocktail Hour B (Madras Cocktail) 4:00 IN2L Trivia AL Take Out Tuesday (Luigi's, Lunch)</p>	<p>28</p> <p>9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Scenic Drive 11:30 Blueberry Pie Day DR 1:30 Wii Bowling B 2:00 Meet & Greet B 3:00 Birthday Party B 4:00 IN2L Classic TV AL</p>	<p>29 Transportation</p> <p>9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:30 Breakfast Mocktails B 1:30 Craft Time B (Tissue Paper Art) 3:00 BINGO TF 4:00 IN2L Games TF/AL 5:30 Oregon Shakespeare CR (Streaming Manahatta)</p>	<p>30</p> <p>9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 11:00 Computer/Phone Help See activities to schedule a time. 1:30 Cooking with Peggy AK (Bratwurst Soup) 1:30 Wii Bowling B 2:00 Puttin on the Glitz B 3:00 Wine Social B</p>	<p>AL-A Building Lobby DR-Dining Room AK-Activities Kitchen CR-Cinema Room TF-Third Floor B-Bistro BL-B Building Lobby</p>