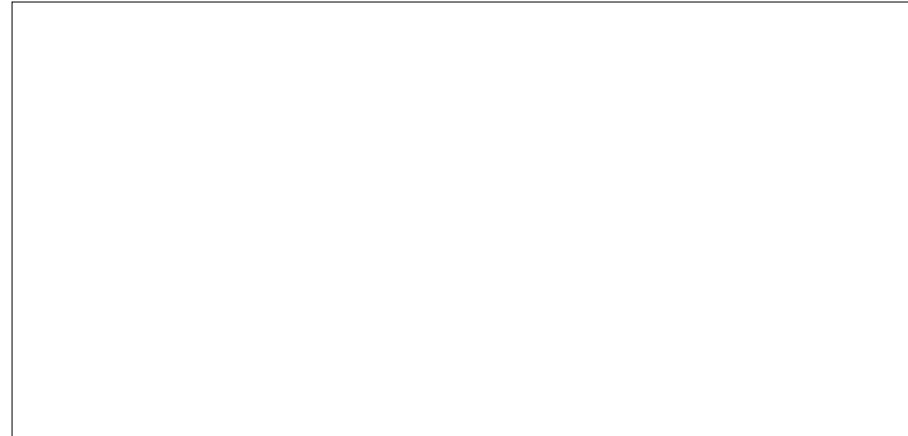




805 N. 5th St.  
Jacksonville, OR 97530

Stamp



#### Administrative Team:

Executive Director: Charley Parker  
Business Office Director / AED: Beondi Hewson  
Community Relations Director: Ivy Marchbanks  
Wellness Nurse: Eileen Morrow  
Wellness Coordinator: Synde Hallman  
Dining Services Director: Lisa Ramun  
Maintenance Director: 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)  
[Facebook.com/PioneerVillageOregon](https://www.facebook.com/PioneerVillageOregon)

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



# The Pioneer Post

June 2021 Newsletter



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3 Team & Resident Spotlight  
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6 Highlights, Notes, In Our Words  
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# Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

## Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Sept. 18**. Set up a Tribute or Memorial Page with fundraising support options at [act.alz.org](https://act.alz.org)
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: [trialmatch.alz.org](https://trialmatch.alz.org)
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at [alz.org/get-involved-now/advocate](https://alz.org/get-involved-now/advocate)
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit [alz.careasy.org/home](https://alz.careasy.org/home)
- Be a Volunteer:
  - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
  - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



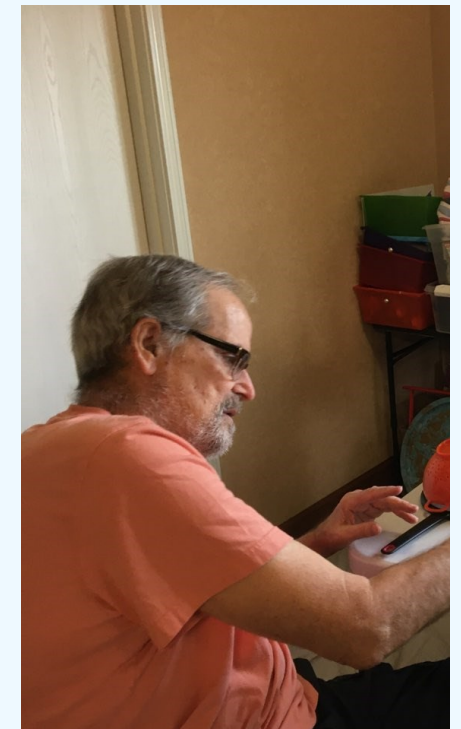
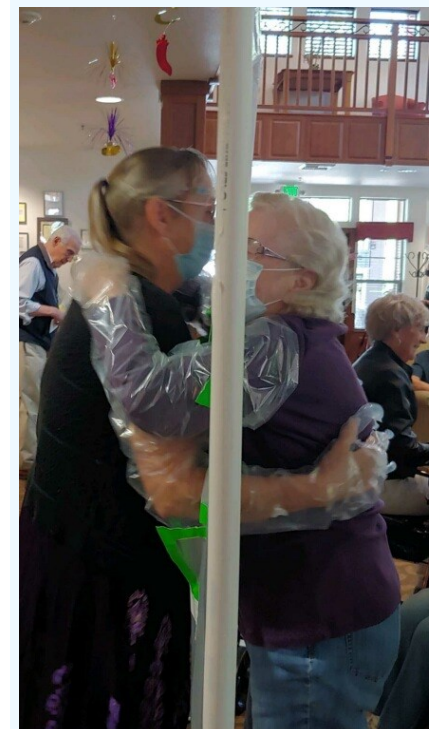
⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: [volunteer.alz.org/Volunteeropportunities/becoming](https://volunteer.alz.org/Volunteeropportunities/becoming)

## Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

## Special Moments



**Flag Day commemorates the adoption of the flag of the United States which occurred on June 14, 1777 by a resolution adopted by the Second Continental Congress. It also marks the birthday of the U.S. Army which congress authorized as “the American Continental Army” on June 14, 1775.**



### **A few facts about our flag**

- The flag always flies at the White House, Fort McHenry, and the Iwo Jima memorial
- There is no evidence that Betsy Ross designed the first American flag, but at one point, she was paid for creating “ships colours.”
- Some people believe a man named Francis Hopkinson helped design the original flag
- There are still five American flags on the moon, but they are all probably bleached white due to radiation from the sun
- When two or more flags are flown on the same pole, the American flag must be at the top
- The colors of the flag have important meanings: red symbolizes hardiness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance, and justice

**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.

### **June 20 marks the Start of Summer!**

**Our residents and staff shared their favorite things about summer!**

**“It’s not winter” - Neil**

**“Camping with family” - Peggy**

**“Good weather for being outside.” - Sid**

**“Going to the lake or ocean.” - Mary W. & Kim**

**“Flowers” - Lisa P.**

**“The birds.” - Phil**

**“Picnics ” - Pat**

**“Gardening” - Joan, Mary, & Marjorie**

## **How Far We’ve Come**

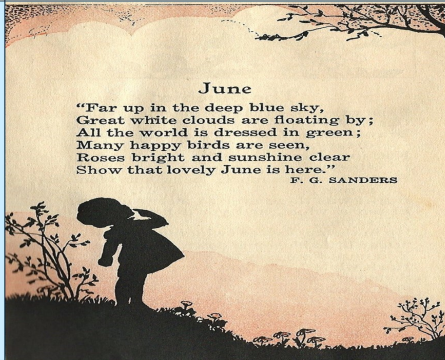

**Dear dad,  
It’s your special day,  
And I’m writing to say  
That you did ok.**

**In fact,  
You did so much more,  
You’ve made life exciting  
And never a bore.**

**Whenever I was discouraged,  
Or lazy or stressed,  
You pepped me up and  
Told me to do my best.**

**So thank you for everything**

**That you’ve done,  
It’s time to celebrate  
How far we’ve come.  
Happy Father’s Day**

SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines.		1 Transportation Day 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Life Story CR 11:00 Welcome Comm. BL 12:00 Afternoon Walk 1:30 IN2L Explore AL 3:00 Cocktail Hour B 4:00 IN2L Trivia AL	2 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 10:30 Personal Shopping 11:30 Rocky Road Day DR 1:30 Wii Bowling B 2:00 Sunshine Discussion CR 2:00 Scenic Drive 4:00 IN2L Classic TV AL	3 Transportation Day 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Board Games BL 11:30 Donut Day DR 1:00 Craft Time B Tool Caddy 3:00 BINGO TF 4:00 IN2L Games TF/AL	4 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 11:00 Computer/Phone Help 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Wine Social B 4:00 IN2L Explore AL	5 9:00 Tai Chi with IN2L TF 9:30 Personal Shopping 11:00 Card Games TF 1:00 BINGO TF 2:00 IN2L Classic Movies AL 3:00 Poker TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie Empire of the Sun	
		6 9:00 Tai Chi with IN2L TF 10:30 LS Church Services TF 10:30 IN2L Explore AL 12:30 Sunday Smoothies B 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 3:00 Scenic Drive	7 Transportation Day 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:30 Ball/Band Exercise TF 1:30 Wii Bowling B 2:00 Poker TF 3:00 Resident Council B 4:00 IN2L Games AL	8 Transportation Day 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Life Story CR 12:00 Afternoon Walk 1:30 IN2L Explore AL 3:00 Cocktail Hour B 4:00 IN2L Trivia AL Take out Tuesday Dinner Rosario's	9 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 10:30 Personal Shopping 11:30 Strawberry/Rhubarb 1:30 Wii Bowling B 2:00 Scenic Drive 4:00 IN2L Classic TV AL	10 Transportation Day 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Board Games BL 11:30 Ice Tea Day DR 1:30 Craft Time B Pom Pom Flag Sign 3:00 BINGO TF 4:00 IN2L Games TF/AL	11 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 10:00 Women's Book Club BL 11:00 Computer/Phone Help 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Wine Social B 4:00 IN2L Explore AL
13 9:00 Tai Chi with IN2L TF 10:30 LS Church Services TF 10:30 IN2L Explore AL 12:30 Sunday Smoothies B 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 3:00 Scenic Drive World Tour-Zimbabwe	14 Transportation Day 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:30 Ball/Band Exercise TF 1:30 Wii Bowling B 2:00 Poker TF 3:00 Creekside Chat B 4:00 IN2L Games AL	15 Transportation Day 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Life Story CR 12:00 Afternoon Walk 1:30 IN2L Explore AL 3:00 Cocktail Hour B 4:00 IN2L Trivia AL	16 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 10:30 Personal Shopping 11:30 Fresh Veggie Day Dr 1:30 Wii Bowling B 2:00 Scenic Drive 4:00 IN2L Classic TV AL	17 Transportation Day 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Board Games BL 11:30 Tapas Day DR 1:30 Craft Time B Wooden Hot Rods 3:00 BINGO TF 4:00 IN2L Games TF/AL	18 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 11:00 Computer/Phone Help 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Wine Social B 4:00 IN2L Explore AL	19 9:00 Tai Chi with IN2L TF 9:30 Personal Shopping 11:00 Card Games TF 1:00 BINGO TF 2:00 IN2L Classic Movies AL 3:00 Poker TF 4:00 IN2L Explore AL 6:00 Saturday Night Movie Now and Then	
20 Happy Fathers Day 9:00 Tai Chi with IN2L TF 10:30 LS Church Services TF 10:30 IN2L Explore AL 12:30 Sunday Smoothies B 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 3:00 Scenic Drive 4:30 Fathers Day Buffet DR USA Road Trip-Utah	21 Transportation Day 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:30 Ball/Band Exercise TF 1:30 Wii Bowling B 2:00 Poker TF 3:30 BINGO TF 4:00 IN2L Games AL	22 Transportation Day 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Life Story CR 12:00 Afternoon Walk 1:30 IN2L Explore AL 3:00 Cocktail Hour B 4:00 IN2L Trivia AL Take out Tuesday Lunch 5 Guys Burgers	23 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 10:30 Personal Shopping 11:30 Pink Day DR 1:30 Wii Bowling B 2:00 Scenic Drive 4:00 IN2L Classic TV AL	24 Transportation Day 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Board Games BL 11:30 Fairy Day DR 1:30 Craft Time B Straw Wreath 3:00 BINGO TF 4:00 IN2L Games TF/AL	25 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 10:00 Women's Book Club BL 11:00 Computer/Phone Help 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Wine Social B 4:00 IN2L Explore AL	26 9:00 Tai Chi with IN2L TF 9:30 Personal Shopping 11:00 Card Games TF 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 Good Shepard	
27 9:00 Tai Chi with IN2L TF 10:30 LS Church Services TF 10:30 IN2L Explore AL 12:30 Sunday Smoothies B 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 3:00 Scenic Drive	28 Transportation Day 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise FT 10:30 Ball/Band Exercise TF 1:30 Wii Bowling B 2:00 Poker TF 3:30 BINGO TF 4:00 IN2L Games AL	29 Transportation Day 9:00 Tai Chi with IN2L TF 10:00 One on One Visits 10:45 Menu Meeting B 11:00 Life Story CR 12:00 Afternoon Walk 1:30 IN2L Explore AL 3:00 Cocktail Hour B 4:00 IN2L Trivia AL	30 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 10:30 Personal Shopping 11:30 Avocado Day DR 1:30 Wii Bowling B 2:00 Meet & Greet B 3:00 Birthday Party B 4:00 IN2L Classic TV AL	<div><div>Residents</div><div><div>Pam6/1</div><div>Elie6/2</div><div>John H.6/6</div><div>Mike A.6/12</div><div>Tony B.6/12</div><div>Bob R.6/14</div><div>Phil6/16</div><div>Geri L.6/17</div></div><div></div><div><div>Employees</div><div><div>Haley6/4</div><div>Trevor6/8</div><div>Charity6/20</div></div><div><div>HAPPY BIRTHDAY</div></div></div></div>			AK-ACTIVITIES KITCHEN CR-CINEMA ROOM DR-DINING ROOM AL-A LOBBY BL-B LOBBY B-BISTRO TF-THIRD FLOOR PL-PARKING LOT