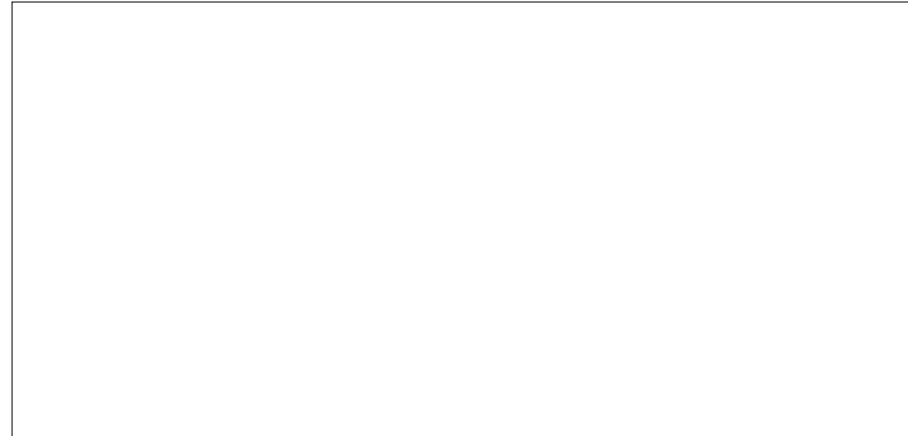




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Stamp



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Business Office Director: Beondi Hewson  
Community Relations Director: Mike Giglio  
Wellness Nurse: Eileen Morrow  
Wellness Director: Lois Payne  
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**Our mission is to create and sustain comfortable, caring environments for those who depend on us.**

# The Pioneer Post

July 2021 Newsletter



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3 4th of July Memories  
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6 Highlights, Notes, Coopers Hawk  
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# Fun in the Sun: Hot Weather Safety Tips

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

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

**Stay hydrated.** Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

**Use sunscreen.** Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

**Cover up.** When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

## Try to avoid the sun during peak hours.

Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

## Pay attention to the heat index and UV index.

The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at [www.epa.gov/sunsafety/uv-index-1](http://www.epa.gov/sunsafety/uv-index-1)

## Medications and sun don't always mix.

Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

**Have a great, safe summer!** We hope these suggestions are helpful to you in your preparation for summer fun this year!

## Special Moments



## Guess Which Neighbor

**Her first job was at the candy counter in Woolworths.**

**She worked as a nurse in Louisville, KY, and Eugene, OR.**

**Her current companion is named Harry.**

**She raised a horse named Braz for 23.5 years.**

**And she was a dragon slayer in Santa Cruz, CA**

**Is it-**

**A) Sidney R**

**B) Lynn M**

**C) Cecelia R.**

**Answer bottom of page 3**

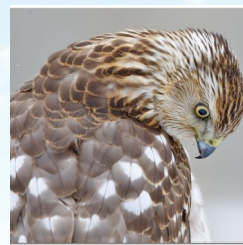




## Cooper's Hawk

You may have seen a dark-colored bird streaking through the branches and avoiding the tree trunks as it pursues its favorite prey in our "creek." Most likely, it was a Cooper's Hawk - one of the three accipiter's residents in Jackson County. This beautiful bird can be identified by a rust-colored, horizontally-striped chest and belly, a black cap and a dark grey back, and a striped tail, lightly rounded at the tip. Juvenile birds sport feathers striped brown and white, with dark vertical stripes on their chest and belly. Named for naturalist William Cooper in the mid-1800's, this predator has 2 to 3 times the visual acuity of a human, enabling it to zoom toward distant, unwary prey. A mid-size accipiter, (2.5 to 3 foot wing span, a 14 to 20 inch body) its cousin here are the smaller Sharp-shinned Hawk and the larger Northern Goshawk. All dine on other birds and small rodents.

- Resident Marjorie N.



**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.



## Happy 4th of July Memories

**"When I was a young girl at home, we had a dog. She was pregnant and she had four puppies on 4th of July. My mama's birthday was on the 3rd of July, so we decided to give her the puppies for her birthday. The only thing she said was 'NO WAY!'" - Geri L.**

**"My husband was in the Air Force. We were at the 4th of July parade at Edwards Air Force base and the band played Taps. To this day, it brings a small smile to my face and a tear to my eye." - Mary W.**

**"When I was a child in Minnesota, we would go to Stoney Point Park, have a picnic, then head back home and do our chores. After the chores were done, we would go back to Stoney Point and enjoy the fireworks." - Georgine H.**

**"When I was about 4 or 5 living in Chicago, we went to Grant Park to hear Lily Pons (opera singer/actress) sing. She came out on the stage in a beautiful evening gown. She looked amazing. And then it began to snow, in Chicago, on the 4th of July. She went on to preform. It was a wonderful concert." - Marge T.**

**"I grew up in Willits, California. The 4th of July was a big deal in Willits. My dad always carried the American flag in the parade; this was a great honor. After the parade, we would go to the rodeo and then, after dark, enjoy a great fireworks show." - Sid R.**

**"When I was a small child living in Eagle Point, Oregon, they would always have a 4th of July parade down Main Street. There would be game and food booths down both sides of the street. However, the one I remember the most was a fishing booth run by the Kiwanis. I put my string over, felt a tug, and low and behold I had caught the prettiest doll, then she fell off. Being a very disappointed 6-year-old, I began to cry. The gentleman behind the booth came running around to give me the doll that got away. I will always remember his gentle hug." - Peggy D.**

Guess which neighbor answer: Cecellia R. She volunteered with the Dragon Slayer Organization, which supports the physically challenged through riding.

B) Was a trick, Lynn is a man who slays on the golf course not dragons!



SUN	MON	TUE	WED	THU	FRI	SAT
<b>All activities subject to change per mandated health guidelines.</b>	<b>Residents</b> Syl C. 7/5 Shirley G. 7/11 Al L. 7/13 Helen C. 7/16 Carl A. 7/17 MaryAnn J. 7/18 Richard B. 7/25	<b>Employees</b> Lainey O. 7/28 Sara S. 7/28 Lisa R. 7/30 Pam F 7/31	DR-Dining Room AL-A Building Lobby PL-Parking Lot AK-Activities Kitchen CR-Cinema Room TF-Third Floor BL-B Building Lobby B-Bistro	<b>1 Transportation</b> 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Coffee Klatch TF 11:30 Ginger Snap Day DR 1:30 Decorate for Parade B Walkers, Wheel Chairs, Scooters 3:00 BINGO TF 4:00 IN2L Games TF/AL	<b>2</b> 8:45 Coffee & Donuts AL 9:30 Morning Mocktails AL 10:00 Parade Around Campus 10:30 Outdoor Games PL 11:30 BBQ Music Sheila Winn 1:30 Popcorn/Snow Cone PL 2:00 Watermelon Eating Contest PL 3:00 Water Balloon Fight	<b>3</b> 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 Wind
<b>4</b> 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 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	<b>5 Transportation</b> 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 Women's Poker TF 3:00 Resident Council B 4:00 IN2L Games AL	<b>6 Transportation</b> 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	<b>7</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 10:30 Personal Shopping 11:30 Chocolate Dar DR 1:30 Wii Bowling B 2:00 Scenic Drive 4:00 IN2L Classic TV AL	<b>8 Transportation</b> 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Coffee Klatch TF 11:30 Coca Cola Day DR 1:30 Home Made Ice Cream B 3:00 BINGO TF 4:00 IN2L Games TF/AL	<b>9</b> 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 Morning Mocktails B 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Wine Social B Tracy Davey	<b>10</b> 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 Shack
<b>11</b> 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 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	<b>12 Transportation</b> 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 Women's Poker TF 3:00 Creekside Chat B 4:00 IN2L Games AL	<b>13 Transportation</b> 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	<b>14</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 10:30 Personal Shopping 11:30 Mac & Cheese Day DR 1:30 Wii Bowling B 2:00 Scenic Drive 4:00 IN2L Classic TV AL	<b>15 Transportation</b> 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Coffee Klatch TF 11:30 Gummie Worm Day DR 1:30 Smore's Party BP 3:00 BINGO TF 4:00 IN2L Games TF/AL	<b>16</b> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 10:00 Morning Walk 11:00 Morning Mocktails B 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Wine Social PL Chris & Dom	<b>17</b> 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 Hondo
<b>18</b> 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 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	<b>19 Transportation</b> 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 Women's Poker TF 3:00 Pamper Me Day AK 4:00 IN2L Games AL	<b>20 Transportation</b> 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	<b>21</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 10:30 Personal Shopping 11:30 Hot Dog Day DR 1:30 Wii Bowling B 2:00 Scenic Drive 4:00 IN2L Classic TV AL	<b>22 Transportation</b> 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Coffee Klatch TF 11:30 Artichoke Dip Day 1:30 Lemonade Party B 3:00 BINGO TF 4:00 IN2L Games TF/AL	<b>23</b> 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 Morning Mocktails B 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Wine Social B	<b>24</b> 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 Curious Case of Benjamin Button
<b>25</b> 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 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	<b>26 Transportation</b> 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 Women's Poker TF 3:00 Pamper Me Day AK 4:00 IN2L Games AL	<b>27 Transportation</b> 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	<b>28</b> 9:00 Tai Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Morning Walk 10:30 Personal Shopping 11:30 Kazoo Day DR 1:30 Wii Bowling B 2:00 Meet & Greet B 2:00 Birthday Party B 4:00 IN2L Classic TV AL	<b>29 Transportation</b> 9:00 Tai Chi with IN2L TF 9:00 One on One Visits 10:00 Coffee Klatch TF 11:30 Popcorn Day DR 1:30 Flower Arranging B 3:00 BINGO TF 4:00 IN2L Games TF/AL	<b>30</b> 8:45 Coffee & Donuts AL 9:00 Tai Chi with IN2L TF 9:00 Morning Exercise TF 10:00 Morning Walk 11:00 Morning Mocktails B 1:30 Wii Bowling B 2:00 IN2L Explore AL 3:00 Wine Social B Sheila Winn	<b>31</b> 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 A Dog's Purpose