



805 N. 5th St.
Jacksonville, OR 97530

Stamp



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



The Pioneer Post

August 2021 Newsletter



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Explore Paths to Improved Eye Wellness

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

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Older Adults:

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



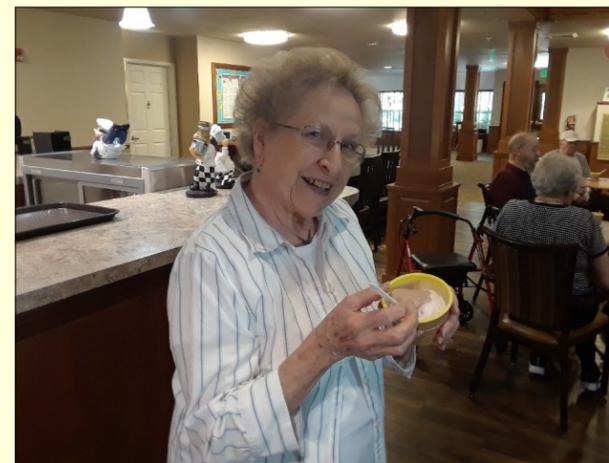
Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

Special Moments



About the Month of August

August is the 8th month of the year and has 31 days.

Season (Northern Hemisphere)

Symbols of August Birthstone: Agate or onyx

Flower: Gladiolus or poppy

Zodiac signs: Leo and Virgo

History: In the original Roman calendar the month of August was called Sextilis. This was because it was the sixth month of the year. Later, after January and February were added to the calendar, it became the eighth month of the year. At the time the month had 29 days. When Julius Caesar created the Julian calendar in 45 BC, two days were added giving the month 31 days. The month was later renamed Augustus in honor of the first emperor of Rome, Caesar Augustus. Fun Facts about August It is the last of the summer months. The Islamic holiday of Ramadan runs from July 19 to August 18 in 2012. August in the Northern Hemisphere is similar to February in the Southern Hemisphere. Augustus re-named the month of Sextilis because many of his greatest triumphs occurred during this month. August is a month of summer vacation and holiday for many children around the world. Many cultures call this month the harvest month or the time of harvest.

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.

August 9th is Book Lovers Day!

Our residents and staff shared their favorites!

"The Notebook" - Karlie

"I enjoy history" - Don

"To Kill a Mockingbird" - anonymous

"The Bible" - Della

"A Man Called Ove" - Damaris

"The Art of Racing in the Rain" - Joan

"Clan of the Cave Bear series" - Peggy

WHAT ARE THE DOG DAYS OF SUMMER?

We often hear about the "dog days" of summer but few know what the expression means. Some say it signifies hot sultry days "not fit for a dog" other suggest it's the weather in which dogs go mad. The dog days of summer describes the most oppressive period of summer, between July 3rd and August 11th each year. But, where did the term come from? And what does it have to do with dogs?

WHY ARE THEY CALLED THE "DOG DAYS OF SUMMER"?

The phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius the brightest star visible from any part of earth and part of the constellation *Canis Major, the Greater Dog*. This is why Sirius is sometimes called the **Dog Star**.

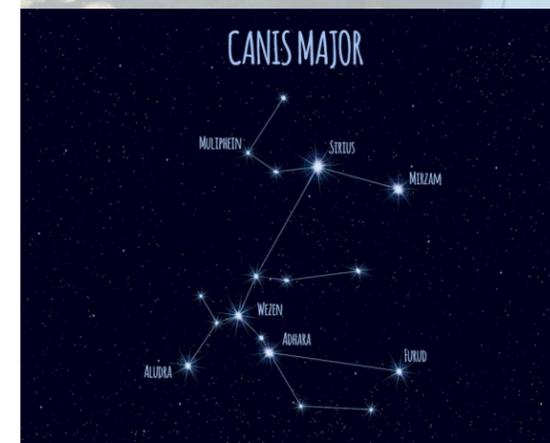
In the summer, Sirius rises and sets with the sun. On July 23rd, Specifically, it is in conjunction with the sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as *dies caniculares*, or "dog days."

Thus, the term "Dog Days of Summer" came to mean 20 days before and 20 days after this alignment of Sirius and the sun-July 3rd to August 11th each year.

SUMMER HEAT: IT'S ALL ABOUT THE TILT

While this period usually is the hottest stretch of summer, the heat is not due any added radiation from Sirius, regardless of its brightness. The heat of summer is simply a direct result of the earth's tilt.

During summer in the Northern Hemisphere, the tilt of the earth causes the sun's rays to hit at a more direct angle, and for a longer period of time throughout the day. This means longer hotter days.



AUGUST 2021

Pioneer Village • 805 N. 5th Street • Jacksonville, Oregon • 541-899-6825



SUN	MON	TUE	WED	THU	FRI	SAT																																
1 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 11:00 IN2L Explore AL 12:30 Sunday Smoothies B 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 3:00 Wine Tasting <i>Dancin Vineyard</i>	2 Transportation 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Life Story 10:30 Make Strawberry Jam 1:30 Wii Bowling B 1:45 BINGO TF 3:00 Resident Council B 4:00 IN2L Explore AL	3 Transportation 9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:15 Activity Meeting B 11:30 Mixed Nuts Day DR 1:30 IN2L World Travel AL 2:00 Welcome Comm. B 3:00 Cocktail Hour B 4:00 IN2L Games AL	4 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Lake of the Woods 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Decade Trivia AL	5 Transportation 9:00 Tia Chi TF 10:00 Coffee Klatch BL 11:30 Zucchini Day DR 1:30 Craft Time B 2:00 Parkinson's Support CR 3:00 Cotton Candy Social B 4:00 IN2L August, American Artist month AL	6 8:45 Coffee & Donuts AL 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 11:00 Morning Mocktails AL 1:00 Cooking with Peggy AK 3:00 Beer Social B <small>Father & Daughter Duet National Beer Day</small> 4:00 IN2L Explore AL 6:00 Friday Night Movie CR <i>The Fabulous Dorsey's</i>	7 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping <small>Bi-Mart (West/Main)</small> 12:00 Yahtzee TF 1:00 BINGO TF 2:00 IN2L Google Earth AL 3:00 Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie <i>The Help</i>																																
8 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 11:00 IN2L Explore AL 12:30 Sunday Smoothies B 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 3:00 Wine Tasting <i>Pascal Winery</i>	9 Transportation 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Life Story 10:30 Make Pepper Relish 1:30 Wii Bowling B 1:45 BINGO TF 3:00 Creekside Chat B 4:00 IN2L Explore AL	10 Transportation 9:00 Tia Chi TF 9:00 One on One Visits 10:00 Morning Walk 10:45 Menu Meeting B 11:30 Smore's Day DR 1:30 IN2L World Travel AL 3:00 Cocktail Hour B 4:00 IN2L Games AL	11 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Mount Ashland 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Decade Trivia AL	12 Transportation 9:00 Tia Chi TF 10:00 Coffee Klatch BL 11:30 Elephant Day DR 1:00 Louis Faro BL 2:00 Alzheimer Support CR 3:00 Home Made Ice Cream B 4:00 IN2L August, American Artist month AL	13 8:45 Coffee & Donuts AL 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Woman's Book Club BL 11:00 Morning Mocktails AL 1:00 Cooking with Peggy AK 3:00 Wine Social B <small>Tracy Davey</small> 4:00 IN2L Explore AL 6:00 Friday Night Movie CR <i>Under the Tuscan Sun</i>	14 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping <small>Fred Meyer (south)</small> 12:00 Yahtzee TF 1:00 BINGO TF 2:00 IN2L Google Earth AL 3:00 Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie <i>Titanic</i>																																
15 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 11:00 IN2L Explore AL 12:30 Sunday Smoothies B 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 3:00 Wine Tasting <i>Rellik Winery</i>	16 Transportation 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Life Story 10:30 Make Peach Jam AK 1:30 Wii Bowling B 1:45 BINGO TF 3:00 Women's Poker TF 4:00 IN2L Explore AL	17 Transportation 9:00 Tia Chi TF 9:00 One on One Visits 10:00 Morning Walk 10:45 Menu Meeting B 11:30 Vanilla Custard Day DR 1:30 IN2L World Travel AL 3:00 Cocktail Hour B 4:00 IN2L Games AL 4:00 Out to Dinner <small>Callahan's</small>	18 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:00 The Glass Forge 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Decade Trivia AL	19 Transportation 9:00 Tia Chi TF 10:00 Coffee Klatch BL 11:30 Potato Day DR 1:30 Craft Time B 2:00 Parkinson's Support CR 3:00 Banana Split Social B 4:00 IN2L August, American Artist month AL	20 8:45 Coffee & Donuts AL 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 11:00 Morning Mocktails AL 1:00 Cooking with Peggy AK 3:00 Wine Social B <small>Chris & Dom</small> 4:00 IN2L Explore AL 6:00 Friday Night Movie CR <i>Quartet</i>	21 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping <small>Trader Joe's</small> 12:00 Yahtzee TF 1:00 BINGO TF 2:00 IN2L Google Earth AL 3:00 Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie <i>The War of the Roses</i>																																
22 <u>Shop N Swap TF</u> 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 11:00 IN2L Explore AL 12:30 Sunday Smoothies B 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 3:00 Wine Tasting <i>Red Lily Vineyard</i>	23 Transportation 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Life Story 10:30 Orange Marmalade 1:30 Wii Bowling B 1:45 BINGO TF 3:00 Women's Poker TF 4:00 IN2L Explore AL	24 Transportation 9:00 Tia Chi TF 9:00 One on One Visits 10:00 Morning Walk 10:45 Menu Meeting B 11:30 Peach Cobbler Day DR 1:30 IN2L World Travel AL 3:00 Cocktail Hour B 4:00 IN2L Games AL	25 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 11:00 Out to Lunch <small>Punky's</small> 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Birthday Party B 3:00 Meet & Greet B 4:00 IN2L Decade Trivia AL	26 Transportation 9:00 Tia Chi TF 10:00 Coffee Klatch BL 11:30 Cherry Popsicle Day DR 1:30 Craft Time B 3:00 Snow Cone Social B 4:00 IN2L August, American Artist month AL	27 <u>Shop N Swap TF</u> 8:45 Coffee & Donuts AL 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Woman's Book Club BL 11:00 Morning Mocktails AL 1:00 Cooking with Peggy AK 3:00 Wine Social B <small>Sheila Winn</small> 4:00 IN2L Explore AL 6:00 Friday Night Movie CR <i>Emma</i>	28 <u>Shop N Swap TF</u> 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping <small>Barns & Noble</small> 12:00 Yahtzee TF 1:00 BINGO TF 2:00 IN2L Google Earth AL 3:00 Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie <i>My Big Fat Greek Wedding</i>																																
29 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 11:00 IN2L Explore AL 12:30 Sunday Smoothies B 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 3:00 Wine Tasting <i>EdenVale Winery</i> 4:00 VFW Meeting CR	30 Transportation 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 Life Story 10:30 Blackberry Jelly AK 1:30 Wii Bowling B 1:45 BINGO TF 3:00 Women's Poker TF 4:00 IN2L Explore AL	31 Transportation 9:00 Tia Chi TF 9:00 One on One Visits 10:00 Morning Walk 10:45 Menu Meeting B 11:30 Trail Mix Day DR 1:30 IN2L World Travel AL 3:00 Cocktail Hour B 4:00 IN2L Games AL	<table border="0"> <tr> <td style="text-align: center;">Residents</td> <td></td> <td style="text-align: center;">Employees</td> <td></td> </tr> <tr> <td>Sid R.</td> <td style="text-align: center;">8/1</td> <td>Kristen H.</td> <td style="text-align: center;">8/15</td> </tr> <tr> <td>Lynn M.</td> <td style="text-align: center;">8/5</td> <td>Joni S.</td> <td style="text-align: center;">8/21</td> </tr> <tr> <td>Myrna D.</td> <td style="text-align: center;">8/9</td> <td>Stephanie T.</td> <td style="text-align: center;">8/26</td> </tr> <tr> <td>LaNell C.</td> <td style="text-align: center;">8/10</td> <td>Ashton G.</td> <td style="text-align: center;">8/31</td> </tr> <tr> <td>Shirley C.</td> <td style="text-align: center;">8/11</td> <td></td> <td></td> </tr> <tr> <td>Pat M.</td> <td style="text-align: center;">8/12</td> <td></td> <td></td> </tr> <tr> <td>George R.</td> <td style="text-align: center;">8/20</td> <td></td> <td></td> </tr> </table>		Residents		Employees		Sid R.	8/1	Kristen H.	8/15	Lynn M.	8/5	Joni S.	8/21	Myrna D.	8/9	Stephanie T.	8/26	LaNell C.	8/10	Ashton G.	8/31	Shirley C.	8/11			Pat M.	8/12			George R.	8/20			AL-A Building Lobby DR-Dining Room CR-Cinema Room AK-Activity Kitchen BL-B Building Lobby B-Bistro TF-Third Floor	All activities subject to change per mandated health guidelines.
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