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Stamp

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

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The Pioneer Post

September 2021 Newsletter



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Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

Special Moments



Our “Book Club” discussing the latest book.
Boys in the Boat



Al having a homemade ice cream sundae.



Sherrill ready to eat her “elephant food” for national elephant day.



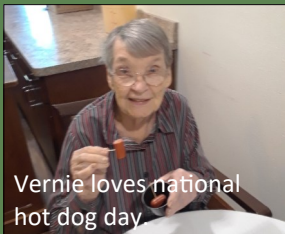
Waving hello from the top of Mt. Ashland



Clarice having a little cotton candy.



Della & Yvonne working on their craft project, picture frames with a sea theme.



Vernie loves national hot dog day



Spa Day! Pam enjoyed her hand massage.



Picnic lunch at Lake of the Woods

Bye Bye Birdies!

Migration is one of the bird world's most spectacular and frequently misunderstood phenomena. How far can birds fly? How does each one know where it's going? Why do some go and others stay? Bird scientists have different answers to these questions, but most agree it is primarily food resources and temperatures that give some birds a traveling gene. Around Pioneer Village, Rufous Hummingbirds have already heeded the call and are leisurely cruising toward Mexico feasting on wildflower nectar as they go. And while some Anna Hummingbird males will stay and tough out the winter, most leave with the females and young as fall approaches. The Turkey Vultures that roost in the tall Sequoia on our northwestern boundary will soon join a "kettle" of the carrion-eaters and glide over the Siskiyou mountains to points beyond. The swallows, vireos, grosbeaks, flycatchers, bluebirds, and others who dine on the prodigious insect populations of summer also head for warmer climes.

But fear not, bird lovers. In come the ducks, swans, egrets, birds of prey, sparrows, tiny kinglets and others delighted to winter over in mostly above -zero temperatures. More about them next time! - 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.

Autumn Begins September 22!

Our residents and staff shared what they love most about Autumn!

"The colorful leaves" - Max

"The smell of leaves burning" - Geri

"Watching the trees change color" - Carol D.

"The changing weather" - Don C.

"Cool crisp air" - Jane

"The smells of autumn" - Yvonne

"Playing in the leaves" - Peggy

Fun Facts About Autumn

1. Autumn begins

There are two different dates when autumn could be said to begin. Autumn, as defined by the Earth's orbit around the Sun, begins on the equinox which falls on 22 or 23 September.

2. Trees prepare for winter

One of the most stunning signs of autumn is the turning of the leaves. The shorter days are a sign to trees to begin to prepare for winter.

During winter there is not enough light for photosynthesis to occur, so as the days shorten throughout autumn, the trees begin to close down their food production systems and reduce the amount of chlorophyll in their leaves.

3. The chemistry of color

Chlorophyll is the chemical which makes tree leaves green and as it declines other chemicals become more prominent in the leaves.

These are responsible for the vibrant ambers, reds and yellows of autumn. The chemicals responsible are types of flavonoids, carotenoids and anthocyanins.

4. The days get shorter

The word equinox comes from the Latin *equi* (meaning equal) and *nox* (meaning night) accounting for the equinox marking the time when day and night are of equal length.

We often notice the nights begin to draw in from this point as after the autumn equinox, the nights are longer than the days, until this is reversed at the spring equinox.

5. Autumn and Fall

We typically think of 'fall' as the North American version of the word 'autumn', but it was in fact in widespread usage in England until relatively recently.

Originally a shortening of the phrase *fall of the leaf*, the phrase was common in England in the 17th century.

The word autumn entered English from the French *automne* and didn't become common usage until the 18th century.

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter."
— George Arnold, September Days

SEPTEMBER 2021

Pioneer Village

• 805 N. 5th Street •

Jacksonville, Oregon

• 541-899-6825



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	Transportation Monday, 9am-3PM Tuesday, 9AM-3PM Thursday, 9AM-3PM 	<p><i>Goodbye Summer</i> <i>Hello Fall</i></p>	1 <i>Happy Birthday Carol D</i> 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Out to Brunch Bunch Elmer's 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Trivia AL	2 9:00 Tia Chi TF 10:00 One on One Visits 11:30 World Coconut Day DR 1:30 Craft Time B 2:00 Parkinson's Support CR 3:00 BINGO TF 4:00 IN2L September, Classical Music Month AL	3 8:30 Friday Morning Donuts 9:00 Tia Chi TF 9:30 Morning Exercise TF 10:00 Cocoa with Heather AL 1:00 Cooking with Peggy AK Butternut Squash Soup 3:00 Wine Social B Michael Cruz 4:15 IN2L Explore AL 6:00 Friday Night Movie CR Garden State	4 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping Bi-Mart (West Main) 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 The Notebook
5 <i>Happy Birthday Launa M</i> 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 Double Feature 1:30 Co-Ed Poker TF 3:00 Scenic Drive	6 <i>Happy Birthday Neil P</i> 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Orange Loaf 1:30 Wii Bowling B 1:45 BINGO TF 3:00 Resident Council B 4:15 IN2L Explore AL	7 9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:15 Activity Meeting B 11:30 Nat. Salami Day DR 1:30 IN2L World Travel AL 2:00 Welcome Comm. B 3:00 Cocktail Hour B	8 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Out to Brunch Bunch Rooster's 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Trivia AL	9 9:00 Tia Chi TF 10:00 One on One Visits 11:30 Fried Mushroom Day 1:00 Louis Faro BL 1:30 Craft Time B 2:00 Alzheimer's Support CR 3:00 BINGO TF 4:00 IN2L September,	10 8:30 Friday Morning Donuts 9:00 Tia Chi TF 9:30 Morning Exercise TF 10:00 Women's Book Club BL 1:00 Cooking with Peggy AK Thai Coconut Soup 3:00 Wine Social B Tracy Davey 4:15 IN2L Explore AL 6:00 Friday Night Movie CR Thunder Birds	11 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping Fred Meyer (South) 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 Waking Ned Devine
12 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 Double Feature 1:30 Co-Ed Poker TF 3:00 Wine Tasting Pascal	13 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Cranberry Nut Bread 1:30 Wii Bowling B 1:45 BINGO TF 3:00 Creekside Chat B 4:15 IN2L Explore AL 4:00 Out to Dinner McGraths	14 9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Filled Donut Day DR 1:00 IN2L World Travel AL 1:30 Holiday Craft Time B 3:00 Cocktail Hour B 4:00 IN2L Americana AL	15 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Out to Brunch Bunch Black Bear Diner 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Trivia AL	16 9:00 Tia Chi TF 10:00 One on One Visits 11:30 Guacamole Day DR 1:30 Craft Time B 2:00 Parkinson's Support CR 3:00 BINGO TF 4:00 IN2L September, Classical Music Month AL	17 8:30 Friday Morning Donuts 9:00 Tia Chi TF 9:30 Morning Exercise TF 10:00 Cocoa with Heather AL 11:30 Staff Chili Cookoff DR 1:00 Cooking with Peggy AK Kropplakor 3:00 Wine Social B Chris & Dom 6:00 Friday Night Movie CR Let Him Go	18 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping Traders Joe's 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 Emperor of the North
19 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 Double Feature 1:30 Co-Ed Poker TF 3:00 Scenic Drive	20 <i>Happy Birthday Nancy W</i> 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Apple Pie Bread 1:30 Wii Bowling B 1:45 BINGO TF 3:00 Kindness Group TF 4:15 IN2L Explore AL	21 9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Chai Tea Day DR 1:00 IN2L World Travel AL 1:30 Holiday Craft Time B 3:00 Cocktail Hour B 4:00 IN2L Americana AL	22 <i>Happy Birthday Linda R</i> 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Out to Brunch Bunch Spicer's 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Trivia AL	23 9:00 Tia Chi TF 10:00 One on One Visits 11:30 Nat. Snack Stick Day 1:30 Craft Time B 2:00 Read Aloud CR 3:00 BINGO TF 4:00 IN2L September, Classical Music Month AL	24 8:30 Friday Morning Donuts 9:00 Tia Chi TF 9:30 Morning Exercise TF 10:00 Women's Book Club BL 1:00 Cooking with Peggy AK Croquetas 3:00 Wine Social B Sheila Winn 4:15 IN2L Explore AL 6:00 Friday Night Movie CR Tangled	25 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping Barns & Noble 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 The Golden Compass
26 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 Double Feature 1:30 Co-Ed Poker TF 3:00 Wine Tasting Two Hawk	27 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Lemon Poppyseed Bread 1:30 Wii Bowling B 1:45 BINGO TF 3:00 Spa Time with Karlie AK 4:15 IN2L Explore AL	28 9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Strawberry Cream Pie 1:00 IN2L World Travel AL 1:30 Holiday Craft Time B 3:00 Cocktail Hour B 4:00 IN2L Americana AL	29 <i>Happy Birthday Vernice H</i> 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Out to Brunch Bunch Cracker Barrel 1:30 Wii Bowling B 3:00 Meet & Greet B 3:00 Birthday Party B 4:00 IN2L Trivia AL	30 9:00 Tia Chi TF 10:00 One on One Visits 11:30 Mulled Cider Day DR 1:30 Craft Time B 2:00 Read Aloud CR 3:00 BINGO TF 4:00 IN2L September, Classical Music Month AL	AL-A Building Lobby DR-Dining Room CR-Cinema Room AK-Activities Kitchen BL-B Building Lobby B-Bistro TF-Third Floor	

