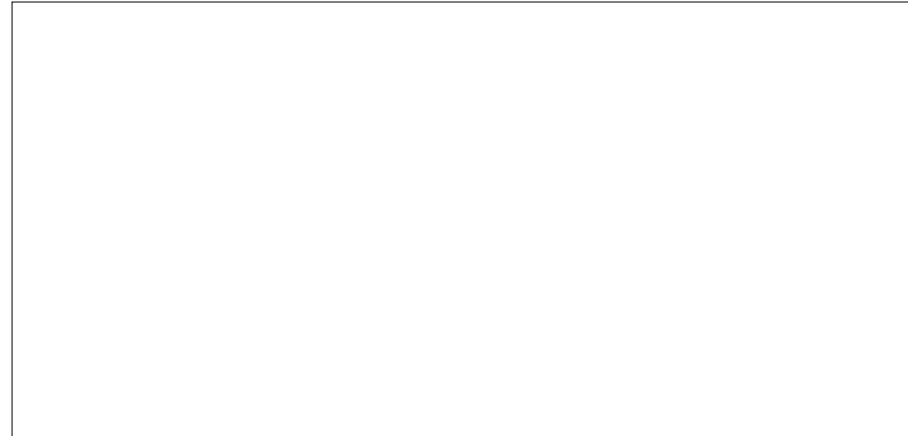




805 N. 5th St.
Jacksonville, OR 97530

Stamp



Administrative Team:

Executive Director: Charley Parker

Business Office Director: Beondi Hewson

Community Relations Dir.: Joni Shale

Wellness Nurse: Lorrain Hoffman

Wellness Director: Lois Payne

Wellness Coordinator: Synde Hallman

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Life Enrichment Director: Peggy Dunphy

Food Service Director: Nickole Daniels

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

The Pioneer Post

October 2021 Newsletter

Peach jam made by Pioneer Village residents

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Physical Therapy for Improved Quality of Life

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

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

5 Potential Physical Therapy Benefits

Improved Movement: Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

Pain Relief or Prevention: Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



Did you know? There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

Management of Issues with Diabetes: Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

Management of Issues As We Age: Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

Strengthening After a Stroke: Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!



Special Moments



Daveon getting to know Della at breakfast



Pam & Georgine makr Banana Nut muffins



A BIG thank you to Joni, for the Kona Shaved Ice, it was amazing.



Dinner out at Callahan's, we had a great time



Norma getting peaches ready to make jam.



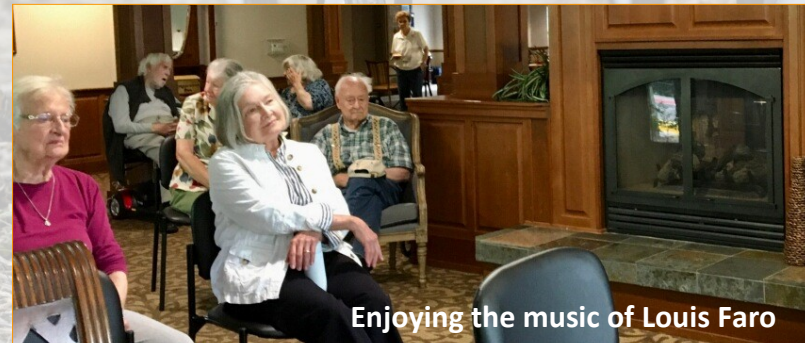
Brunch at Elmer's, good food, great company



Thor, celebrating his 7th birthday on September 10th



Brooks & Heather kickin it up at the wine social



Enjoying the music of Louis Faro

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.

October 14 is Dessert Day!

Our residents and staff shared their favorites!

"Anything Chocolate" - Rosie

"Ice Cream" - MaryAnn, Brooks, Norma, & Yvonne

"I like them all" - Sara

"Milk shake, custard pie, brownies, etc." - Neil

"Fresh fruit pie" - Mike

"Chocolate cake with chocolate frosting" - Peggy

"Lemon Meringue pie" - Pam

"Boston Cream Pie" - Matthew

A Lifetime of Friendship : Joan & Elinor

Imagine, two lively young ladies, the year 1947, Palo Alto High School. Joan and Elinor meet, not knowing they were going to begin a life long friendship.

After high school graduation, they hugged and said their goodbyes, only to find out that fall, the friendship gods had other plans, they both went to college at San Jose State, and ended up in the same cooperative house together.

As time moved on, Elinor married her high school sweetheart, and they introduced Joan to her future husband. Life took them in different directions. Joan moved to Hawaii and Elinor stayed in Palo Alto, however they stayed in touch by letters and occasional visits.

As the years rolled by and it was time to enjoy the golden years, the friendship gods brought them together again, here at Pioneer Village. Joan has been living here for about 11 years, and with a little encouragement from Joan, Elinor moved in. They were both overjoyed to be reunited again. Joan has been introducing Elinor to retirement living, and catching up. Many afternoons are spent story telling from days gone by. What a perfect way to continue a 74-year friendship.

Peach Jam!

This is a recipe modified from a Martha Stewart version so you can make peach jam too!

Ingredients:

- 8 to 10 peaches cut into chunks (discard pits)
- 3 cups sugar
- 1 tbsp and 1 tsp lemon juice
- 1/2 tsp salt

Use food processor to pulse peaches. Move to pan and add sugar, lemon juice, and salt. Boil and stir continuously until bubbles slow down, fruit rises up, and jam sticks to a spoon if lifted (estimated 12 mins.) Cool and refrigerate. Enjoy!

OCTOBER 2021

Pioneer Village • 805 N. 5th Street • Jacksonville • 51-899-6825

SUN	MON	TUE	WED	THU	FRI	SAT
31 Halloween 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 12:30 Sunday Smoothies AL 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 2:00 Church with Chaplin Clyde Hoffman 3:00 Scenic Drive	All activities subject to change per mandated health guidelines.	Transportation Monday, 9am-3PM Tuesday, 9AM-3PM Thursday, 9AM-3PM 	Friday Night Movies 10/1 News of the World 10/8 Boys of '36 (Documentary) 10/15 Edward Scissorhands 10/22 The Help 10/29 Haunted Mansion	Saturday Night Movies 10/2 The Shack 10/9 Leap Year 10/16 Avatar 10/23 The Client 10/30 Hocus Pocus	1 8:30 Friday Morning Donuts 9:00 Tia Chi TF 9:30 Morning Exercise TF 10:00 Hot Chocolate Social AL 1:00 Cooking with Peggy AK Zuppa Toscana Soup 3:00 Wine Social B The Swing A Longs 4:15 IN2L Explore AL 6:00 Friday Night Movie CR	2 <i>Happy Birthday Dick C</i> 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping Bi Mart 1:00 BINGO TF 2:00 IN2L Google Earth AL 3:00 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie
3 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 12:30 Sunday Smoothies AL 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 2:00 Church with Chaplin Clyde Hoffman 3:00 Scenic Drive	4 <i>Happy Birthday Maxine D.</i> 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Spaetzle Dumpling 1:30 Wii Bowling B 1:45 Women's Poker TF 3:00 Resident Council B 4:15 IN2L Explore AL World Tour-Germany	5 <i>Happy Birthday Karen J.</i> 9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:15 Activity Meeting B 11:30 Nat. Apple Betty DR 1:30 BINGO TF 2:00 Welcome Comm. B 3:00 Cocktail Hour B	6 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Out to Brunch Bunch Real Deal 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Trivia AL	7 9:00 Tia Chi TF 10:00 One on One Visits 11:30 Chocolate Pretzel DR 1:30 Holiday Craft Time B 2:00 Parkinson's Support CR 3:00 BINGO TF 4:00 IN2L Country Music Appreciation Month AL	8 <i>Happy Birthday Scherri H.</i> 8:30 Friday Morning Donuts 9:00 Tia Chi TF 9:30 Morning Exercise TF 10:00 Woman's Book Club BL 1:00 Cooking with Peggy AK German Meatballs 3:00 Wine Social B Tracy Davey 4:15 IN2L Explore AL 6:00 Friday Night Movie CR	9 <i>Happy Birthday Della B.</i> 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping Fred Meyer 1:00 BINGO TF 2:00 IN2L Google Earth AL 3:00 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie
10 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 12:30 Sunday Smoothies AL 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 2:00 Church with Chaplin Clyde Hoffman 3:00 Wine Tasting Red Lily	11 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Spaghetti Pie 1:30 Wii Bowling B 1:45 Women's Poker TF 3:00 Creekside Chat B 4:15 IN2L Explore AL	12 9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Nat. Gumbo Day DR 1:00 IN2L World Travel AL 1:30 BINGO TF 3:00 Cocktail Hour B 4:00 IN2L Out to Dinner-Tin Tin Buffet	13 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Out to Brunch Bunch Ihop 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Trivia AL	14 9:00 Tia Chi TF 10:00 One on One Visits 11:30 Caramel Corn DR 1:30 Holiday Craft Time B 2:00 Alzheimer's Support CR 3:00 BINGO TF 4:00 IN2L Country Music Appreciation Month AL	15 8:30 Friday Morning Donuts 9:00 Tia Chi TF 9:30 Morning Exercise TF 10:00 Hot Chocolate Social AL 1:00 Cooking with Peggy AK Baked Ziti 3:00 Wine Social B Chris & Dom 4:15 IN2L Explore AL 6:00 Friday Night Movie CR	16 <i>Happy Birthday Kim M.</i> 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping Trader Joe's 1:00 BINGO TF 2:00 IN2L Google Earth AL 3:00 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie
17 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 12:30 Sunday Smoothies AL 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 2:00 Church with Chaplin Clyde Hoffman 3:00 Scenic Drive	18 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Boston Cream Poke Cake 1:30 Wii Bowling B 1:45 Women's Poker TF 3:00 Kindness Group TF 4:15 IN2L Explore AL USA Road Trip-Massachusetts	19 <i>Happy Birthday Kysin K.</i> 9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Seafood Bisque DR 1:00 IN2L World Travel AL 1:30 BINGO TF 3:00 Cocktail Hour B 4:00 IN2L	20 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 10:30 Out to Brunch Bunch Punkey's 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Trivia AL	21 <i>Happy Birthday Helen H.</i> 9:00 Tia Chi TF 10:00 One on One Visits 11:30 Pumpkin Cheesecake DR 1:30 Holiday Craft Time B 2:00 Parkinson's Support CR 3:00 BINGO TF 4:00 IN2L Country Music Appreciation Month	22 8:30 Friday Morning Donuts 9:00 Tia Chi TF 9:30 Morning Exercise TF 10:00 Woman's Book Club BL 1:00 Cooking with Peggy AK Boston Clam Chowder 3:00 Wine Social B Sheila Winn 4:15 IN2L Explore AL 6:00 Friday Night Movie CR	23 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 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie
24 9:00 Tai Chi with IN2L TF 9:45 Ruch Church Bus 10:15 Local Church Bus 12:30 Sunday Smoothies AL 1:00 Sunday Matinee CR 1:30 Co-Ed Poker TF 2:00 Church with Chaplin Clyde Hoffman 3:00 Wine Tasting Pascal	25 <i>Happy Birthday Synde H.</i> 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:30 Morning Baking AK Calico Beans 11:00 Bugs R Us B 1:30 Wii Bowling B 1:45 Women's Poker TF 3:00 Spa Time with Karlie AK 4:15 IN2L Explore AL	26 9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Nat. Pumpkin Day DR 1:00 IN2L World Travel AL 1:30 BINGO TF 3:00 Cocktail Hour B 4:00 IN2L	27 9:00 Tia Chi with IN2L TF 9:30 Morning Exercise TF 10:00 IN2L Games AL 11:00 Scenic Drive 1:30 Wii Bowling B 3:00 Meet & Greet B 3:00 Birthday Party B 4:00 IN2L Trivia AL	28 9:00 Tia Chi TF 10:00 One on One Visits 11:30 Nat. Chocolate Day DR 3:00 Halloween Party B Wear your costume Music by Sheila Winn 4:00 IN2L Country Music Appreciation Month AL	29 8:30 Friday Morning Donuts 9:00 Tia Chi TF 9:30 Morning Exercise TF 10:00 Hot Chocolate Social AL 11:30 Decorate walkers, wheel chairs & scooters. B 4:00 Halloween Drive Thru Come out and see the children In their Halloween costumes. 6:00 Friday Night Movie CR	30 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping Target 1:00 BINGO TF 2:00 IN2L Google Earth AL 3:00 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie

Spread random acts of kindness