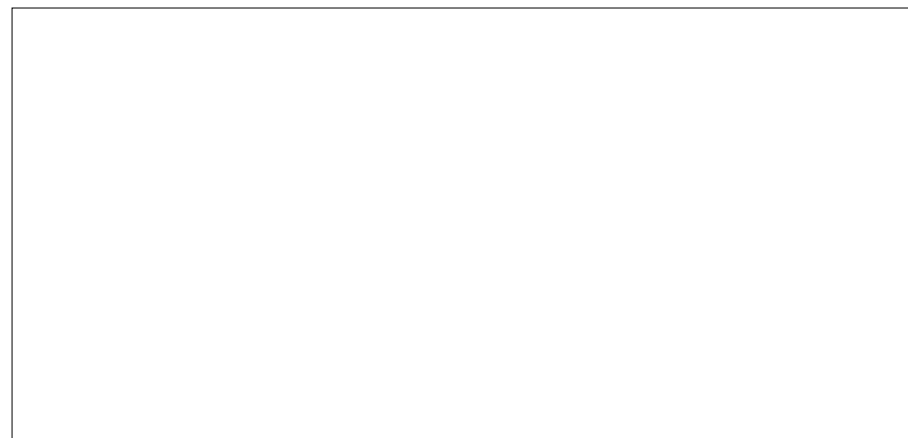




805 N. 5th St.  
Jacksonville, OR 97530

Stamp



#### Administrative Team:

Executive Director: Charley Parker  
Business Office Director: Beondi Hewson  
Community Relations Dir.: Joni Shale  
Wellness Nurse: Eileen Morrow  
Wellness Director: Lois Payne  
Maintenance Director: Matthew Buchanan  
Life Enrichment Director: Peggy Dunphy  
Food Service Director: Nickole Daniels

#### Connect:

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



# The Pioneer Post

November 2021 Newsletter



Autumn at Pioneer Village

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| 2 Flu Prevention Steps      | 6 Highlights, Notes           |
| 3 Team & Resident Spotlight | 7 Special Moments & Birthdays |
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# Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.



Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one’s medical professional.

## Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, bodyache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don’t often bring chills, fever, or headache. (CDC)

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they’re sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we’re set up to stand up to this year’s flu virus. We hope this information helps everyone navigate this year’s flu season!

*Follow your medical professional’s advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.*

# Special Moments

**November 11th is Veterans Day!**  
It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



Helen cutting the ribbon, dedicating the Hein Building



Marilyn & Damaris finding out they have similar tastes in clothing



Georgine getting ready for Halloween



# Happy Birthday!

To our staff born in November

- 11/6 Nickole D.
- 11/6 Oscar R.
- 11/20 George S.
- 11/23 Liliana R.
- 11/27 Matthew B.
- 11/29 Beondi H.



- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum, said to bring happiness and laughter!

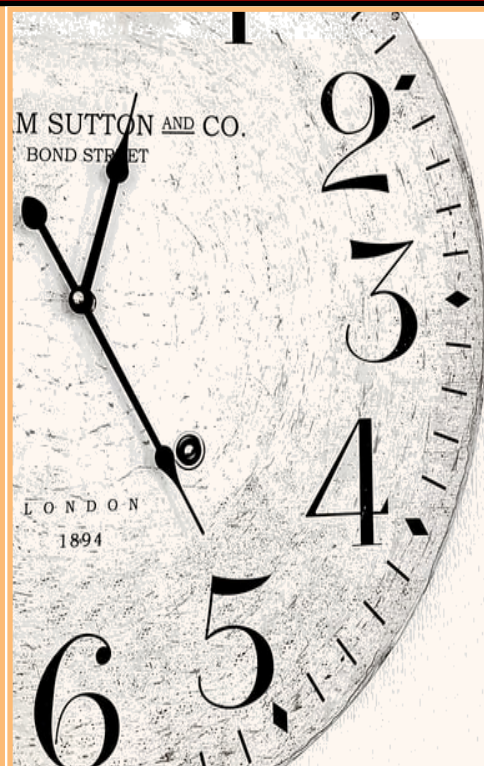
# November 2021 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

- |  |   |
|--|---|
| 01 Calzone Day; Cinnamon Day               | 16 Button Day; Fast Food Day              |
| 02 Deviled Egg Day; Traffic Directors' Day | 17 Hike Day; Homemade Bread Day           |
| 03 Sandwich Day; Stress Awareness Day      | 18 Mickey's Birthday                      |
| 04 Candy Day; Men Make Dinner Day          | 19 Monopoly Day; Intl. Men's Day          |
| 05 Donut Day; Favorite Team Jersey Day     | 20 Peanut Butter Fudge Day                |
| 06 Nachos Day; Saxophone Day               | 21 Gingerbread Cookie Day; Stuffing Day   |
| 07 Bittersweet Almond Chocolate Day        | 22 Cranberry Relish Day                   |
| 08 Cappuccino Day                          | 23 Espresso Day; Cranberry Day            |
| 09 Louisiana Day; Scrapple Pork Day        | 24 Sardines Day; Jukebox Day              |
| 10 Vanilla Cupcake Day; Accounting Day     | 25 Thanksgiving Day; Parfait Day          |
| 11 Veterans' Day; Sundae Day               | 26 Cake Day; Native American Heritage Day |
| 12 Pizza with Works Day; French Dip Day    | 27 Bavarian Cream Pie Day; Small Biz Sat. |
| 13 World Kindness Day                      | 28 Hannukah Begins; French Toast Day      |
| 14 Pickle Day; Spicy Guacamole Day         | 29 Electronic Greetings Day               |
| 15 Recycle Day; Raisin Bran Cereal Day     | 30 Mason Jar Day; Mousse Day              |

## Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



**Daylight Savings Time Ends!** On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



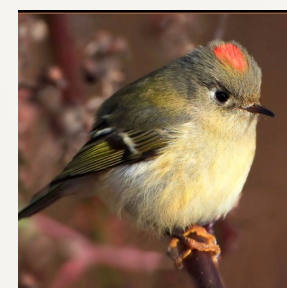
We had our annual conference this month and it always closes with awards. Charley Parker took executive director of the year. Charley shared she feels honored and credits her team with helping her to achieve that. She said she would never have been able to do it without her team members. Winning the award is humbling and wonderful at the same time.



## Bird Watch by Marjorie N.

Hello, travelers!

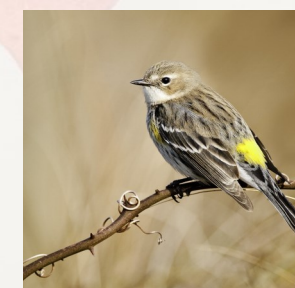
The winter residents are arriving - slowly, day by day! Birds we haven't seen since spring are showing up in the trees, along the creek, and in our yards. They fill the vacuum left by the annual migration south of some of our warmer-weather birds. Some, like Swainson's Thrush, stop briefly and continue on. Others, like Juncos, Ruby-crowned Kinglet and Hermit Thrush, come down from higher elevations to scratch for worms or seeds in warmer gardens. Golden-crowned and White-crowned Sparrows delight in foraging most anywhere. Kestrels and Merlin hang out on telephone lines. The Yellow-rumped Warblers (both Audubon's and Myrtle in drab winter plumage) frequent the trees along the creek. Further afield, ducks of all colors fly in to farm ponds and reservoirs to spend the milder winter months. Canada Geese (yes they stay around all year) delight in foraging on the golf courses. Tundra Swans prefer the open fields around the Table Rocks. Give them all a warm welcome.



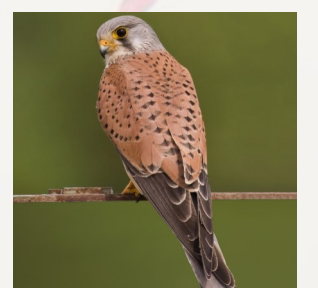
Ruby-crowned Kinglet



Hermit Thrush



Yellow-rumped Warbler



Kestrel

# NOVEMBER 2021

Pioneer Village

• 805 N. 5th Street

• Jacksonville, Oregon

• 541-899-6825



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Sunday Church Services</b>  9:45 Ruch Church Bus  10:15 Local Church Bus  2:00 Church Service CR  With Chaplin Clyde Hoffman	1 <i>Happy Birthday Walter</i>  9:00 Morning Exercise TF 9:30 Coloring Time BL 10:30 Morning Baking AK Cranberry-Orange Muffins 1:30 Wii Bowling B 1:45 Women's Poker TF 3:00 Resident Council B 4:15 Stories by the Fire AL	2  9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:15 Activity Meeting B 11:30 Deviled Egg Day DR 1:30 BINGO TF 2:00 Welcome Comm. B 3:00 Cocktail Hour B 4:00 IN2L Tomb of the Unknown Soldier	3 <i>Happy Birthday Warren D.</i>  9:00 Morning Exercise TF 10:00 <b>Specialty Shopping</b> Harry & David Country Village 11:15 Tea Time by the Fire 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Scenic Drive History AL	4 <i>Happy Birthday Julie</i> <i>Happy Birthday Cecillia</i>  9:00 Tia Chi TF 9:00 One on One Visits 10:00 IN2L Classic TV The Beverly Hillbillies 11:30 Candy Day DR 1:30 Holiday Craft Time B 2:00 Parkinson's Support CR 3:00 BINGO TF 4:00 IN2L Military App. Mo.	5  8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:00 Hot Chocolate Social AL 11:00 Favorite Things AL 1:00 Cooking with Peggy AK Zuppa Toscana Soup 3:00 Wine Social B The Swing A Longs 6:00 Friday Night Movie CR	6  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
7 <i>Happy Birthday Mary B</i> <i>Happy Birthday Lupe H.</i>  8:45 Morning News & Coffee 9:00 Tai Chi with IN2L TF 10:30 IN2L Explore, Argentina 1:00 Sunday Matinee CR 1:00 Co-Ed Poker TF 2:00 Men's Club 3:00 Scenic Drive 4:00 IN2L Trivia AL Animals	8  9:00 Morning Exercise TF 9:30 Coloring Time BL 10:30 Morning Baking AK Cheeseball 1:30 Wii Bowling B 1:45 Women's Poker TF 3:00 Creekside Chat B 4:15 Stories by the Fire AL	9  9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Banana Pudding DR 1:00 IN2L TV Games AL 1:30 BINGO TF 3:00 Cocktail Hour B 4:00 IN2L Patriotic Karaoke AL	10 <i>Happy Birthday Nancy K.</i>  9:00 Morning Exercise TF 10:00 <b>Specialty Shopping</b> Market of Choice 11:30 Tea Time by the Fire 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Scenic Drive History AL	11 <i>Happy Birthday Jane C.</i>  9:00 Tia Chi TF 10:30 Veteran's Day Ceremony B 11:30 Spam & Crackers DR 1:00 Louis Faro BL Piano Music 1:30 Holiday Craft Time B 2:00 Alzheimer's Support CR 3:00 BINGO TF 4:00 IN2L Military App. Mo	12  8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:00 Women's Book Club HL 11:00 Favorite Things AL 1:00 Cooking with Peggy AK Hungarian Goulash 3:00 Wine Social B Tracy Davey 6:00 Friday Night Movie CR	13  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
14  8:45 Morning News & Coffee 9:00 Tai Chi with IN2L TF 10:30 IN2L Explore, Belgium 1:00 Sunday Matinee CR 1:00 Co-Ed Poker TF 2:00 Gentlemen's Club 3:00 Scenic Drive 4:00 IN2L Trivia AL Holidays	15 <i>Happy Birthday Bernie</i>  9:00 Morning Exercise TF 9:30 Coloring Time BL 10:30 Morning Baking AK Thanksgiving Cookies 1:30 Wii Bowling B 1:45 Women's Poker TF 3:00 IN2L Explore The Mayflower & Plymouth Rock 4:15 Stories by the Fire AL	16  9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Split Pea Soup DR 1:00 IN2L TV Games AL 1:30 BINGO TF 3:00 Cocktail Hour B 4:00 IN2L Lucky Dice AL	17  9:00 Morning Exercise TF 10:00 Tea Time by the Fire 11:00 <b>Out to Lunch</b> Red Robin 1:30 Wii Bowling B 2:00 Afternoon Exercise TF 3:00 Scenic Drive 4:00 IN2L Scenic Drive History AL	18  9:00 Tia Chi TF 9:00 One on One Visits 10:00 IN2L Classic TV I Love Lucy 11:30 Peanut butter Day DR 1:30 Holiday Craft Time B 2:00 Parkinson's Support CR 3:00 BINGO TF 4:00 IN2L Military Appreciation Month	19 <i>Happy Birthday Jim J.</i> <i>Happy Birthday Mary B.</i>  8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:00 Hot Chocolate Social AL 11:00 Favorite Things AL 1:00 Cooking with Peggy AK Pumpkin Roll 3:30 Wine Social B Chris & Dom 6:00 Friday Night Movie CR	20  8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping Trader Joe's 1:00 Christmas Photo Shoot BL 3:30 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie
21  8:45 Morning News & Coffee 9:00 Tai Chi with IN2L TF 10:30 IN2L Explore, Canada 1:00 Sunday Matinee CR 1:00 Co-Ed Poker TF 2:00 Men's Club 3:00 Scenic Drive 4:00 IN2L Trivia AL Veterans	22 <i>Happy Birthday Celia A.</i>  9:00 Morning Exercise TF 9:30 Coloring Time BL 10:30 Morning Baking AK Pumpkin Crunch Cobbler 1:30 Wii Bowling B 1:45 Women's Poker TF 3:00 IN2L Explore The First Thanksgiving 4:15 Stories by the Fire AL	23 <i>Happy Birthday Stephanie</i>  9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Cashew Day DR 1:00 IN2L TV Games AL 1:30 BINGO TF 3:00 Cocktail Hour B 4:00 IN2L Travel Greece	24 <i>Happy Birthday Dan K.</i>  9:00 Morning Exercise TF 10:00 Tea Time by the Fire 10:30 Scenic Drive 11:30 IN2L Scenic Drive History AL 1:30 Wii Bowling B 3:00 Meet & Greet B 3:00 Birthday Party B	25 <i>Happy Thanksgiving</i> <i>8:45 Scavenger Hunt AL</i> <i>10:00 Turkey Craft B</i> <i>11:30 Traditional Thanksgiving Dinner</i> <i>1:00 Afternoon of Christmas Movies CR</i> <i>2:00 BINGO TF</i> <i>3:00 Scavenger Hunt Ends</i> <i>3:15 Scavenger Hunt Finals AL</i>	26  8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:00 Women's Book Club HL 11:00 Favorite Things AL 1:00 Cooking with Peggy AK Chili & Cornbread 3:00 Wine Social B Sheila Winn 6:00 Friday Night Movie CR	27  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
28  8:45 Morning News & Coffee 9:00 Tai Chi with IN2L TF 10:30 IN2L Explore, Ecuador 1:00 Sunday Matinee CR 1:00 Co-Ed Poker TF 2:00 Men's Club 3:00 Scenic Drive 4:00 IN2L Trivia AL Entertainment	29  9:00 Morning Exercise TF 9:30 Coloring Time BL 10:30 Morning Baking AK Cream Cheese Pumpkin Roll 1:30 Wii Bowling B 1:45 Women's Poker TF 3:00 Kindness Group TF 4:15 Stories by the Fire AL	30  9:00 Tia Chi TF 9:00 One on One Visits 10:45 Menu Meeting B 11:30 Raisin Bread Day DR 1:00 IN2L TV Games AL 1:30 BINGO TF 3:00 Cocktail Hour B 4:00 IN2L Travel China	<b>Transportation</b>  Monday, 9am-3PM  Tuesday, 9AM-3PM  Thursday, 9AM-3PM    	<b>Friday Night Movies</b>  12/5 Murphy's Romance 12/12 Electric Horseman 12/19 Imitation Game 12/26 White Christmas	<b>Saturday Night Movies</b>  12/6 African Queen 12/13 The Graduate 12/20 Elizabeth the Golden Age 12/27 Home For Christmas	All activities subject to change per mandated health guidelines.