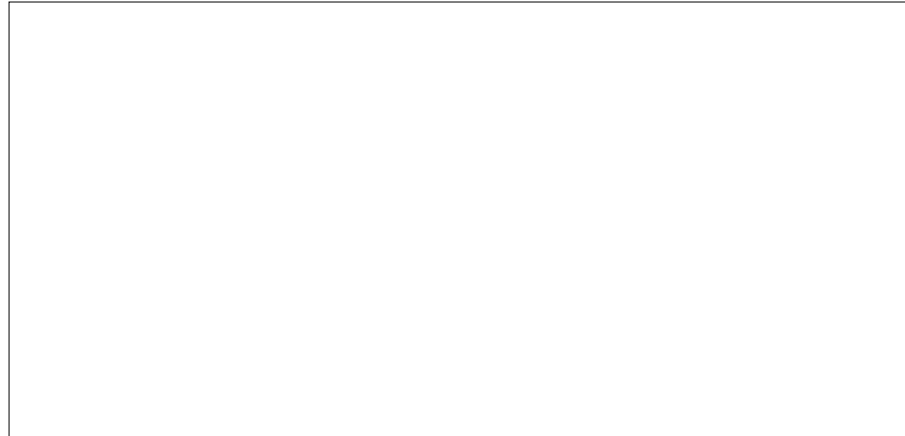




805 N. 5th St.
Jacksonville, OR 97530

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

Wellness Coordinator: Gary Clemens

Maintenance Director: Matthew Buchanan

Life Enrichment Director: Peggy Dunphy

Food Service Director: Nickole Daniels

Connect:

541-899-6825

info@pioneervillageoregon.com

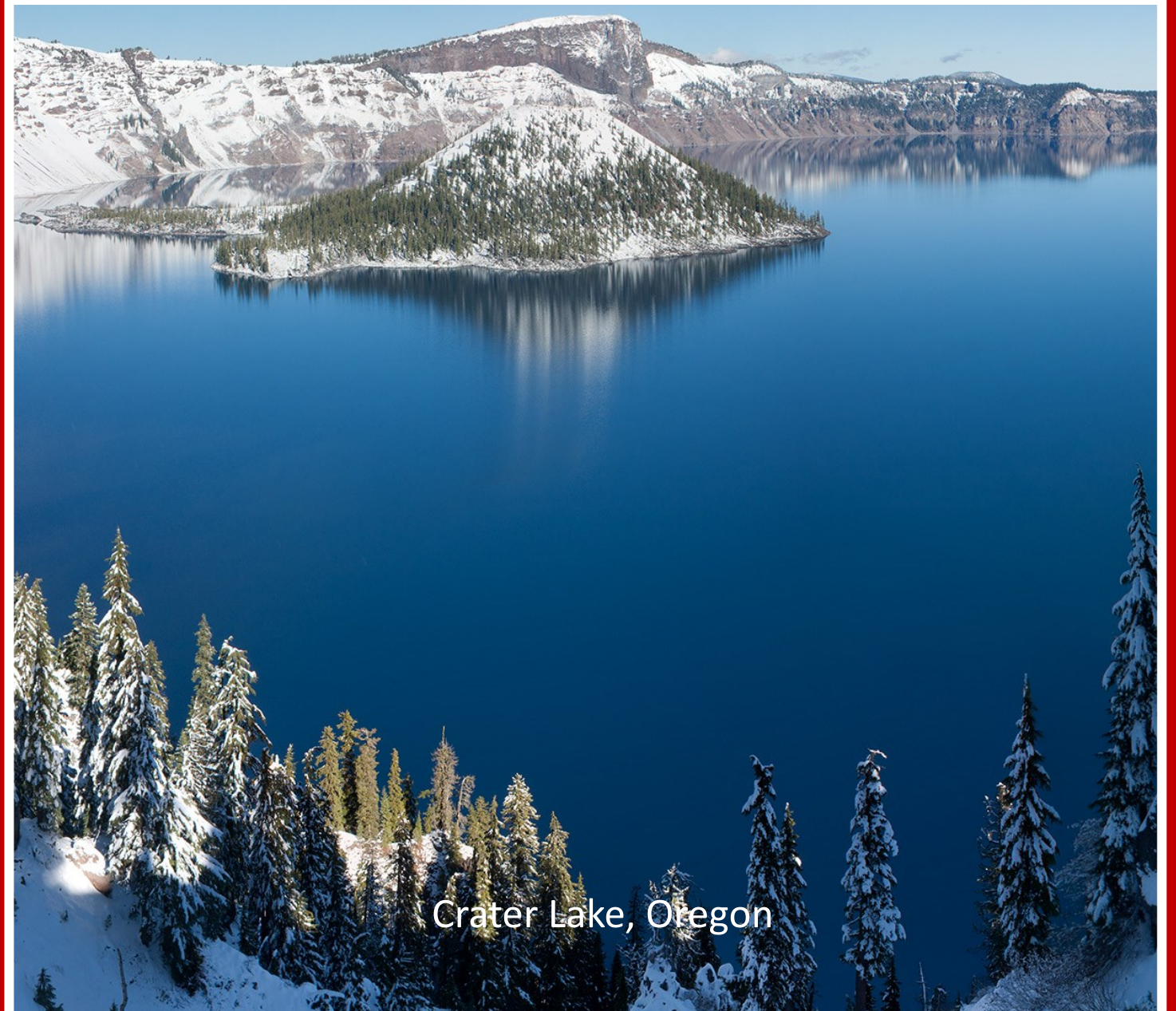
www.pioneervillageoregon.com

[Facebook.com/PioneerVillageOregon](https://www.facebook.com/PioneerVillageOregon)

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

The Pioneer Post

December 2021 Newsletter



Crater Lake, Oregon

2 Cold Weather Wellness Tips

3 Team Spotlight, IN2L

4 - 5 Activities Calendar

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Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year! Let us know if you've found this information helpful in the comments section when we post our newsletter on the 1st!

Special Moments



Halloween Bacon & Egg



Brock & Pat sampling spam while waiting for lunch



Joan enjoying tea & crumpets



Peggy cooking spam, for National Spam month



Veteran's Day



Gentlemen having fun playing a little pool



Karen loved "deviled egg day"

*Life brings tears, smiles,
and memories...*

December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

01 Red Apple Day; Pie Day; Rosa Park Day	17 Syrup Day; Ugly Holiday Sweater Day
02 Mutt Day; Special Ed. Day; Fritter Day	18 Twin Day; Roast Suckling Pig Day
03 Persons w/ Disabilities Day; Faux Fir Day	19 Oatmeal Muffin Day; Hard Candy Day
04 Team Appreciation Day; Sock Day	20 Sangria Day
05 Sacher Torte Day; Intl. Volunteers' Day	21 Winter Begins; Crossword Puzzle Day
06 Gazpacho Day; Microwave Day	22 Date Nut Bread Day; Forefathers' Day
07 Remember Pearl Harbor Day; Illinois Day	23 Pfeffernusse Cookies Day
08 Be a Time Traveler Day; Brownie Day	24 Christmas Eve; Eggnog Day
09 Pastry Day; Christmas Card Day	25 Christmas Day; Pumpkin Pie Day
10 Chanukah Begins; Nobel Prize Day	26 Kwanzaa Begins; Candy Cane Day; Thank You Note Day
11 Noodle Ring Day; App Day; Indiana Day	27 Fruitcake Day
12 Gingerbread House Day; Ambrosia Day	28 Chocolate Day; Cards Day; Short Film Day
13 Cocoa Day; Violin Day; Horse Day	29 Pepper Pot Day
14 Alabama Day; Monkey Day	30 Bacon Day
15 Cupcake Day; Wear Pearls Day; Tea Day	31 New Year's Eve; Champagne Day
16 Chocolate Covered Anything Day	

Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

Winter Begins December 21st!

Our residents and staff shared what they love most about the season!

"Happy People" - Pam C

"Family, Christmas Carols" - Mary W

"Christmas Shopping with family" - Norma

"Lights, music, Christmas greetings" - Karen D

"Decorations, inside & out" - Marge H

"I get to buy Marge a nice present" - Dick



Employee of the month

Daveon

Waitstaff



Daveon was born and raised here in southern Oregon. He graduated from South Medford High. He attended Southern Western Oregon Community College.

For enjoyment he likes skating, music, dancing and travel. We have enjoyed listening to him play the piano, many times.

One of his favorite meals is a coca cola and a bowl of pasta.

Thank you Daveon for everything you do for our residents.

IN2L, technology for everyone

Have you ever thought to yourself, "what is IN2L"?

The long version, It's Never 2 Late. IN2L offers countless programs anyone can use. Listed are a few programs you can access on the IN2L.

1. Playing word games, by yourself or in a group.
2. Travel the world, we can visit any country you choose from the comfort of your home.
3. USA road trip, stop and visit any state.
4. Sing karaoke with a group of your friends, showtunes to Christmas carols.
5. Using Google Earth, you can see images of your childhood home, or where you raised your family.
6. Access to any genre, and decade of music. The Rat Pack is waiting to sing to you.
7. If you are wanting to brush up on Veteran's Day history, it's in there too.
8. Have you ever wanted to learn sign language? We can do that with the IN2L.
9. A personal email account.
10. We can also look up anything on the internet.

Honestly, there are too many programs to mention. It opens up the whole world for you and then some. Also it is portable, so if you would like we can bring it to your apartment for privacy. Please see Pioneer Village staff if you have questions or need help starting a program.






DECEMBER 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.	Friday Night Movies	Saturday Night Movies	1	2	3	4
	12/3 It's A Wonderful Life 12/10 Christmas Vacation 12/17 Christmas with the Kranks 12/24 Christmas Spectacular The Rockettes	12/2 A Christmas Story 12/11 Fred Claus 12/18 A Christmas Carol 12/25 Christmas Cartoon Classics	8:45 Tree Decorating With Breakfast, wear your PJ's UDR 10:00 Color Time B 11:30 Peppermint Bark Day 1:15 IN2L Short Stories AL 2:00 BINGO B 4:00 Tree Lighting Party DR Popcorn, Hot Cocoa & Karaoke Christmas Carols	Happy Birthday Karen D 9:00 Tia Chi TF 9:15 One on One Visits 10:30 Reading by the Fire AL 1:00 IN2L Travel AL Austria 2:00 Parkinson's Support CR 2:00 Let's Play Pool TF 3:15 Holiday Craft Time B 4:15 Christmas Lights Drive	8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:00 Hot Chocolate Social AL 11:30 Nat. Apple Pie Day DR 1:30 Cooking with Peggy AK Cherry-Pistachio Bark 3:00 Wine Social B Swing A Longs 4:15 IN2L Christmas Karaoke 6:00 Friday Night Movie	Happy Birthday Sue S 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 9:30 JV Christmas Parade 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
5	6	7	8	9	10	11
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 IN2L Trivia AL Holidays 4:00 Christmas Light Drive	9:30 Morning Exercise TF 10:00 IN2L History of Christmas AL 11:30 Winter Squash Soup DR 1:00 IN2L Route 66 Tour AL 2:00 Women's Poker TF 3:00 Resident Council B 4:15 Stories by the Fire AL	9:00 Tia Chi 9:00 One On One Visits 10:30 Tea Time AL 12:00 Activity Meeting B 1:00 IN2L What did it cost AL 2:00 Menu Meeting B 2:00 Welcome Comm B 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL	Happy Birthday Marge T Happy Birthday Alvin B Happy Birthday Stephanie D 9:30 Morning Exercise TF 10:00 Color Time B 11:30 Chocolate Brownie DR 1:15 IN2L Short Stories AL 2:00 BINGO B 3:00 IN2L Karaoke AL 4:00 IN2L Trivia AL	9:00 Tia Chi TF 9:15 One on One Visits 10:30 Reading by the Fire AL 1:00 Louis Faro HL 2:00 Let's Play Pool TF 2:00 Alzheimer's Support CR 3:15 Painting with Sidney B 4:15 Christmas Lights Drive	Happy Birthday Erika N 8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:30 Women's Book Club 11:30 Nat. Lager Day DR 1:30 Cooking with Peggy AK Cranberry-Persimmon Loaf 3:00 Wine Social B Tracy Davey 4:15 IN2L Christmas Karaoke 6:00 Friday Night Movie	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
12	13	14	15	16	17	18
Happy Birthday Mary W Happy Birthday Velma A 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 IN2L Trivia AL Holidays 4:00 Christmas Light Drive	9:30 Morning Exercise TF 10:00 IN2L Word Games AL 11:30 Hot Cocoa Day DR 1:00 IN2L Route 66 Tour AL 2:00 Women's Poker TF 3:00 Creekside Chat B 4:15 Stories by the Fire AL	9:00 Tia Chi 9:00 One On One Visits 10:30 Tea Time AL 1:00 IN2L What did it cost AL 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL	Happy Birthday Judee W 9:30 Morning Exercise TF 10:00 Color Time B 11:30 Staff Holiday Dessert Cook-off DR 1:30 IN2L Karaoke AL 2:00 BINGO B 3:00 IN2L Karaoke AL 4:00 IN2L Trivia AL	Happy Birthday Toni W 9:00 Tia Chi TF 9:15 One on One Visits 10:30 Reading by the Fire AL 1:00 IN2L Travel AL Germany 2:00 Parkinson's Support CR 2:00 Let's Play Pool TF 3:15 Holiday Craft Time B 4:15 Christmas Lights Drive	Ugly Sweater Day 8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:00 Hot Chocolate Social AL 11:30 Nat. Maple Syrup Day 1:30 Cooking with Peggy AK Fantasy Fudge 3:30 Wine Social B Chris & Dom 4:15 IN2L Christmas Karaoke 6:00 Friday Night Movie	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
19	20	21	22	23	24	
Happy Birthday Marilyn G 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 IN2L Trivia AL Holidays 4:00 Christmas Light Drive	9:30 Morning Exercise TF 10:00 IN2L Word Games AL 11:30 Fried Shrimp Day DR 1:00 IN2L Route 66 Tour AL 1:45 Women's Poker TF 3:00 Chocolate Tasting AL 4:15 Stories by the Fire AL	9:00 Tia Chi 9:00 One On One Visits 10:30 Tea Time AL 1:00 IN2L What did it cost AL 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL	9:30 Morning Exercise TF 10:00 Color Time B 11:30 Date Nut Bread DR 1:15 IN2L Short Stories AL 2:00 BINGO B 3:00 IN2L Karaoke AL 4:00 IN2L Trivia AL	Happy Birthday Sidney R 9:00 Tia Chi TF 9:15 One on One Visits 10:30 Reading by the Fire AL 1:00 IN2L Travel AL Norway 2:00 Food Comm. B 2:00 Let's Play Pool TF 3:15 Painting with Sidney B 4:15 Christmas Lights Drive	8:30 Friday Morning Donuts 9:00 Morning Exercise 10:30 Women's Book Club 11:30 Nat. Egg Nog Day DR 1:30 Cooking with Peggy AK Christmas Cheese Ball 3:00 Wine Social B Sheila Winn 4:15 IN2L Christmas Karaoke 6:00 Friday Night Movie	
26	27	28	29	30	31	
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 IN2L Trivia AL Holidays 4:00 Christmas Light Drive	9:30 Morning Exercise TF 10:00 IN2L Word Games AL 11:30 Fruit Cake Day DR 1:00 IN2L Route 66 Tour AL 1:45 Women's Poker TF 3:00 Popcorn Tasting AL 4:15 Stories by the Fire AL	9:00 Tia Chi 9:00 One On One Visits 10:30 Tea Time AL 1:00 IN2L What did it cost AL 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL	9:30 Morning Exercise TF 10:00 Color Time B 11:30 Pepper Pot Soup DR 1:15 IN2L Short Stories AL 2:00 BINGO B 3:00 Birthday Party B 3:00 Meet & Greet B 4:00 IN2L Trivia AL	9:00 Tia Chi TF 9:15 One on One Visits 10:30 Reading by the Fire AL 1:00 IN2L Travel AL Netherlands 2:00 Let's Play Pool TF 3:15 Craft Time B 4:15 Scenic Drive	 8:30 Friday Morning Donuts 9:00 Morning Exercise 10:00 Hot Chocolate Social AL 11:30 Champagne Day DR 1:00-3:30 IN2L New Years Around the World AL 6:00 New Years Eve Party Sheila Winn	 Transportation  Monday, Tuesday & Thursday 8:30am to 3:00pm  AL-A building Lobby TF-Third Floor DR-Dining Room B-Bistro UDR-Upstairs Dining CR-Cinema Room AK-Activity Kitchen BI-B building Lobby