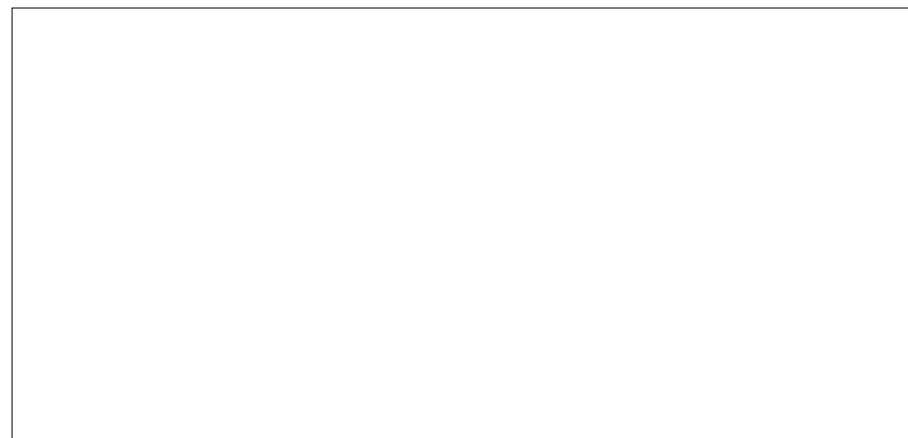




805 N. 5th St.
Jacksonville, OR 97530

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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

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

The Pioneer Post

January 2022 Newsletter



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3 Veteran's Recognition Ceremony
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6 Highlights, Notes
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Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. 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



Jacksonville Victorian Parade



Norma having fun at Color Time



Pam snacking on the pumpkin roll we made



Staff decorating the tree in their PJ's



Employee of the Month

Vanessa Care Staff

Vanessa has lived in the southern Oregon area all her life. She has been working for Pioneer Village several months. One of her favorite perks about working here is building relationships with our residents. She has 2 dogs, Luna & Mia. Her hobbies include cross fit and traveling, Spain being one of her favorite places to visit. Vanessa is a caring and compassionate woman.

January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers.

It's Hobby Month so it's a great time to indulge in and share about hobbies!

- | | |
|---|---|
| 01 Bloody Mary Day; Set Resolutions | 17 MLK Jr. Day; Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Pooh Bear Day; Thesaurus Day |
| 03 Chocolate Covered Cherry Day | 19 Popcorn Day; World Quark Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Cheese Lovers' Day; Buttercrunch Day |
| 05 Whip Cream Day; Bird Day; Keto Day | 21 Granola Bar Day; Squirrels Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Law Enforcement Day; Apricot Day | 25 Opposite Day; Intl. Irish Coffee Day |
| 10 Bittersweet Chocolate Day; Eagles Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Arkansas Day; Milk Day | 27 Chocolate Cake Day |
| 12 Pharmacists' Day; Chicken Curry Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Stickers Day; Peach Melba Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Pet Day; Pastrami Sandwich Day | 30 Croissant Day |
| 15 Hat Day; Bagel Day | 31 Artsy Day; Backwards Day; Cocoa Day |
| 16 Fig Newton Day; Eat Hot & Spicy 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.

Cheesy Talk! Jan. 20th is Cheese Lover's Day. For fun, some of us shared our favorite kinds of cheese!

"Swiss" - Mary W, Pat K, & MaryAnn

"Cheddar" - Yvonne & Brooks

"Sharp Cheddar" - Juanita

"Gouda" - Bill

"Bleu Cheese" - Don C

"Provolone" - Pam F

"Brie" - Peggy

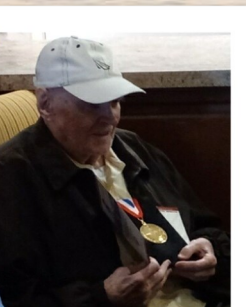
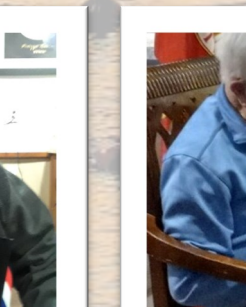
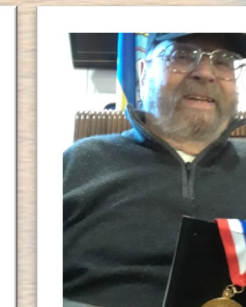
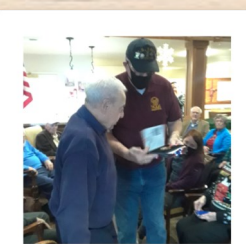
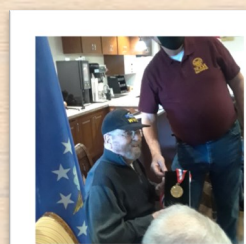
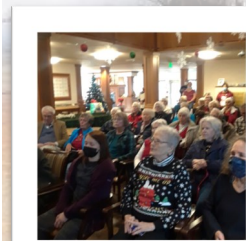
"Any melted cheese" - Sosie

WWII Veteran Recognition Ceremony

On Friday, Dec. 17 we welcomed Terry Hains from the NCOA to honor our WWII Veterans. During the ceremony, he spoke of the bravery of all of our veterans, of how many men and women have put their lives on hold to make sure our United States remains the free country we know and love. He also acknowledged the ultimate sacrifice many have made.

Our WWII veterans are Mr. Warren D., Mr. Alvin B., Mr. Al L., and Mr. Elie M. Each veteran received a World War II Veterans Medallion, signifying honor and remembrance. This medallion is presented with dignity and respect to a member of America's Armed Forces who answered the Nation's Clarion Call of Duty. One phrase emphasized: Your service as a Veteran of the greatest generation must never be forgotten.

Thank you to all veterans for providing me with a country to grow up in, raise my family, and live the best life I can. It has been a great honor and privilege knowing each of you. Your service will never be forgotten. - Peggy D., Pioneer Village Life Enrichment Director



JANUARY 2022

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

SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 8:45 News & Coffee AL 9:00 Tia Chi TF 9:30 IN2L Trivia AL 10:15 Local Church Bus 11:00 Card Games TF 1:00 Co-Ed Poker TF 2:00 Gentleman's Club TF 3:00 Scenic Drive 4:00 IN2L Classic TV AL	3 9:00 Tia Chi TF 10:00 IN2L Histories AL 11:30 Chocolate Cherry DR 1:30 Women's Poker TF 2:00 IN2L Epiphany AL 3:00 Resident Council B 4:00 Stories by the Fire AL	4 9:00 Tia Chi 9:00 One On One Visits 11:15 Activity Meeting B 12:30 Welcome Comm B 1:00 IN2L What did it cost AL 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL	5 9:00 Tia Chi 10:00 Color Time B 11:30 Oatmeal Month <small>OatmealCookies</small> 1:30 Snowball Fight B 2:00 BINGO B 3:00 Scenic Drive 4:00 IN2L Trivia AL	6 9:00 Tia Chi TF 9:15 One on One Visits 10:30 Reading by the Fire AL 1:30 IN2L Games AL 2:00 Parkinson's Support CR 2:00 Let's Play Pool TF 3:15 Craft Time B 4:15 IN2L Residents Choice <small>AL</small>	7 8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:30 Hot Chocolate Social AL 11:30 English Toffee Day DR 1:30 IN2L Explore <small>Montana</small> 3:00 Music Social B <small>Swing A Longs</small> 4:15 IN2L Karaoke AL 6:00 Friday Night Movie	8 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping <small>BiMart</small> 1:00 BINGO TF 3:00 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie
9 8:45 News & Coffee AL 9:00 Tia Chi TF 9:30 IN2L Trivia AL 10:15 Local Church Bus 11:00 Card Games TF 1:00 Co-Ed Poker TF 2:00 Gentleman's Club TF 3:00 Scenic Drive 4:00 IN2L Classic TV AL	10 <i>Happy Birthday Peggy D.</i> 9:00 Tia Chi TF 10:00 IN2L Histories AL 11:30 Mocktails Day DR 1:30 Women's Poker TF 2:00 IN2L Old New Year AL 3:00 Creekside Chat B 4:00 Stories by the Fire AL	11 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	12 9:00 Tia Chi 10:00 Color Time B 11:30 Staff Soup Cook-off DR 1:30 IN2L Short Stories CR 2:00 BINGO B 3:00 Scenic Drive 4:00 IN2L Trivia AL	13 <i>Happy Birthday Norma S</i> 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 Alzheimer's Support CR 2:00 Let's Play Pool TF 3:15 Craft Time B 4:15 IN2L Residents Choice <small>AL</small>	14 8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:30 Women's Book Club 11:30 Pastrami Day DR 1:30 IN2L Explore <small>Florida</small> 3:00 Music Social B <small>Tracy Davey</small> 4:15 IN2L Karaoke AL 6:00 Friday Night Movie	15 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping <small>Fred Meyer</small> 1:00 BINGO TF 3:00 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie
16 8:45 News & Coffee AL 9:00 Tia Chi TF 9:30 IN2L Trivia AL 10:15 Local Church Bus 11:00 Card Games TF 1:00 Co-Ed Poker TF 2:00 Gentleman's Club TF 3:00 Scenic Drive 4:00 IN2L Classic TV AL	17 <i>Happy Birthday Dick C.</i> 9:00 Tia Chi TF 10:00 IN2L Histories AL 11:30 Chili Day DR 1:30 Women's Poker TF 2:00 IN2L Penguin Awareness AL 3:00 Afternoon Baking AK <small>Pineapple Zucchini Bread</small> 4:00 Stories by the Fire AL	18 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	19 9:00 Tia Chi 10:00 Color Time B 11:30 Popcorn Day DR 1:30 IN2L Short Stories CR 2:00 BINGO B 3:00 Scenic Drive 4:00 IN2L Trivia AL	20 9:00 Tia Chi TF 9:15 One on One Visits 10:30 Reading by the Fire AL 1:30 IN2L Games AL 2:00 Parkinson's Support CR 2:00 Let's Play Pool TF 3:15 Craft Time B 4:15 IN2L Residents Choice <small>AL</small>	21 <i>Happy Birthday Heather A</i> 8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:30 Hot Chocolate Social AL 11:30 1 Pot Dinner Day 1:30 IN2L Explore <small>Maine</small> 3:30 Music Social B <small>Chris & Dom</small> 4:15 IN2L Karaoke AL 6:00 Friday Night Movie	22 <i>Happy Birthday Glen C.</i> 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping <small>Trader Joe's</small> 1:00 BINGO TF 3:00 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie
23 <i>Happy Birthday Damaris N</i> 8:45 News & Coffee AL 9:00 Tia Chi TF 9:30 IN2L Trivia AL 10:15 Local Church Bus 11:00 Card Games TF 1:00 Co-Ed Poker TF 2:00 Gentleman's Club TF 3:00 Scenic Drive 4:00 IN2L Classic TV AL	24 9:00 Tia Chi TF 10:00 IN2L Histories AL 11:30 Soup Day DR <small>Bratwurst Soup</small> 1:30 Women's Poker TF 2:00 IN2L Holocaust AL 3:00 Afternoon Baking AK <small>Orange Loaf</small> 4:00 Stories by the Fire AL	25 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	26 9:00 Tia Chi 10:00 Color Time B 11:30 Green Juice Day DR 1:30 IN2L Short Stories CR 2:00 BINGO B 3:00 Scenic Drive 4:00 IN2L Trivia AL	27 9:00 Tia Chi TF 9:15 One on One Visits 10:30 Reading by the Fire AL 1:30 IN2L Games AL 2:00 Let's Play Pool TF 3:15 Craft Time B 4:15 IN2L Residents Choice <small>AL</small>	28 8:30 Friday Morning Donuts 9:00 Morning Exercise TF 10:30 Women's Book Club 11:30 Chocolate Cake Day DR 1:30 IN2L Explore <small>Kentucky</small> 3:00 Music Social B <small>Sheila Winn</small> 4:15 IN2L Karaoke AL 6:00 Friday Night Movie	29 8:45 One on One Visits 9:00 Tia Chi with IN2L TF 10:00 Shopping <small>Barns & Noble</small> 1:00 BINGO TF 3:00 Men's Poker TF 4:00 IN2L Classic TV AL 6:00 Saturday Night Movie
30 <i>Happy Birthday Jon N.</i> 8:45 News & Coffee AL 9:00 Tia Chi TF 9:30 IN2L Trivia AL 10:15 Local Church Bus 11:00 Card Games TF 1:00 Co-Ed Poker TF 2:00 Gentleman's Club TF 3:00 Scenic Drive 4:00 IN2L Classic TV AL	31 9:00 Tia Chi TF 10:00 IN2L Histories AL 11:30 Crockpot Day DR <small>BBQMeatballs</small> 1:30 Women's Poker TF 2:00 IN2L Inspire Art AL 3:00 Afternoon Baking AK <small>Spicy Cheese Bread</small> 4:00 Stories by the Fire AL	All activities subject to change per mandated health guidelines.		Transportation Monday, Tuesday & Thursday 8:30am to 3:00pm <i>~~~~~</i> AL-A building Lobby DR-Dining Room UDR-Upstairs Dining AK-Activity Kitchen TF-Third Floor B-Bistro CR-Cinema Room BI-B building Lobby	Friday Night Movies 1/7 Devil Wears Prada 1/14 The Great Outdoors 1/21 The American President 1/28 Failure to Launch	Saturday Night Movies 1/8 The Kings Speech 1/15 The Proposal 1/22 Bridges of Madison County 1/29 Bridge of Spies
						1st 