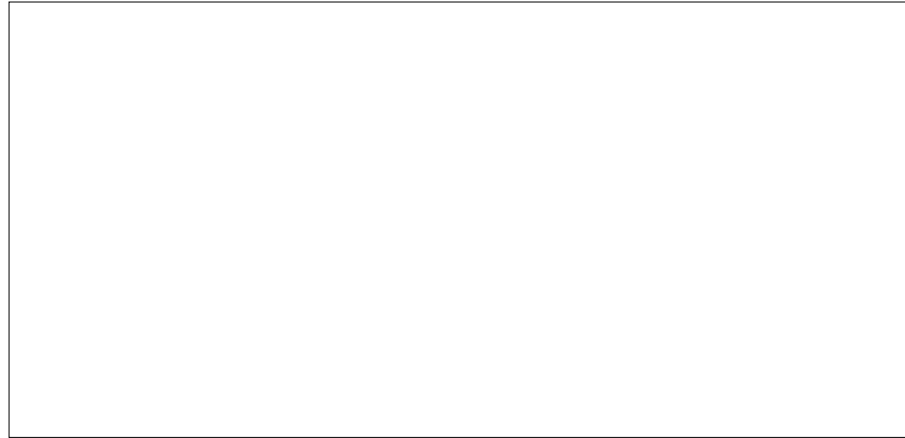




805 N. 5th St.
Jacksonville, OR 97530

Stamp



Leadership Team

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Beondi Hewson

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

March 2022 Newsletter



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3 Wacky Holiday Fun
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6 Notes, In Our Words, New Activities
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Spilling the Beans on Caffeine: Is Your Cup of Joe a Friend ...or a Foe?

Most of us have a relationship with caffeine - whether we love it to love it, or wish we didn't want it. It's in coffee, soda, and tea that we drink (unless we opt for decaf, though even *that* has a little), and we turn to it in times of tiredness for a quick energy boost.

This National Caffeine Awareness Month, we've set out to unearth facts about caffeine that are worth poring over.

First off, if you're wondering what exactly caffeine is, ponder no further. Caffeine is a bitter stimulant substance whose chemical name is trimethylxanthine. It occurs naturally in the fruit, leaves, and beans of coffee, cacao, and guarana plants. Human-made caffeine also exists and is added to some medicines, foods, and drinks.

When consumed, caffeine is typically absorbed by the human body within 45 minutes. An average 8-ounce cup of coffee has 95 milligrams of caffeine, but can vary. According to the Mayo Clinic, up to 400 milligrams of caffeine per day is safe for most healthy adults. Though, there are different recommendations for pregnant and breastfeeding women, and the American Academy of Pediatrics discourages caffeine for children.

There are both pros and cons to caffeine intake for adults. On the upside, it can increase energy, speed up reaction times,



Did you know? Caffeine can be found in chocolate. It can also be hidden in some yogurt, ice cream, and protein bars! If seeking a non-caffeinated energy boost, consider having some blueberries!

and aid in concentration. Coffee, specifically, is said to have some health benefits, from slowing cognitive decline in older adults to protecting against certain cancers and Type Two Diabetes. As for drawbacks, it may bring on stomach acid release (heartburn), increase blood pressure, and act as a diuretic. It can also interact poorly with some medications. For some with caffeine sensitivity, even small amounts can cause restlessness, sleep issues, and anxiety.

An area where opinions vary is its level of addictiveness. The facts are: it does raise dopamine a little, and can bring withdrawal symptoms if one stops intake.

So...Stick with or skip? For those who enjoy caffeinated beverages or foods, as with anything, it's best to enjoy in moderation. Let us know your thoughts about caffeine in our newsletter post on our facebook.



Rams vs Bengals



New Activities on the Calendar

Poetry Reading: We will read poetry from authors like Yeats, Kipling, Wilde, etc.

Scrapbooking: We will supply the scrapbook & supplies, you supply the pictures.
(Please sign up for this activity.)

30 Minute Crafts: All crafts are easy to complete in 30 minutes.

Craft Time: The craft time slot has been extended to 2 hours, per several residents request.

Pioneer Village Cookbook Project: We are rebooting this project in hopes of having a published book ready to purchase by Christmas.

Crocheting with Nancy: Nancy will be teaching beginning crocheting, we have the hooks and yarn. (this is good hand exercise.)

Monday Matinee: Both movies will be playing in the Cinema Room, if you missed them on Friday or Saturday.

Spring is a lovely reminder of how Beautiful Change can truly be.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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: pioneervillageoregon.com.



Visit our facebook page at:
[www.facebook.com/
PioneerVillageOregon](https://www.facebook.com/PioneerVillageOregon)

March 12th celebrates Plant a Flower Day!

We're sharing our favorite flowers!

"Daisy" - Sid R

"Tulip" - Linda R.

"Plumeria" - Joan L.

"Gardenia" - Elie M.

"Japanese Iris" - Barbara C.



National
Date Nut Bread
Day



National
Apple Pie
Day

We enjoy trying out all of the wacky "National Holidays" we have. Here are a few of our residents sampling the enjoyable treats.



National Deviled Egg Day

Do you have a favorite snack or treat that should have a national holiday?



National
Pumpkin
Cheesecake
Day



National
Stick Food
Day



MARCH 2022

Pioneer Village

• 805 N. 5th Street

• Jacksonville, Oregon

• 541-899-6825

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p><u>Transportation</u></p> <p>Monday, Tuesday & Thursday 8:30am to 3:00pm</p> <p>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</p>	<p>1 Mardi Gras</p> <p>9:00 IN2L Tia Chi B 10:00 Crocheting with Nancy BL 11:00 One on One Visits 1:00 Wii Bowling TF 2:00 Menu Meeting B 3:00 Mardi Gras Party B 4:00 IN2L Bible Study CR</p> <p><i>Happy Birthday Jennifer S</i></p>	<p>2 Dr. Suess Day</p> <p>9:00 IN2L Tia Chi B 10:00 Shopping BiMart 11:30 Grinch Smoothie DR 1:30 Co-ed Poker TF 2:00 IN2L Resident's Choice AL 3:00 Scenic Drive 4:00 IN2L Travel AL</p>	<p>3 <i>Happy Birthday Clarice</i></p> <p>9:00 IN2L Tia Chi B 10:00 Poetry Reading CR 11:00 Scrapbooking B 1:00 BINGO B 2:00 Parkinson's Support CR 2:00 Craft Time B</p>	<p>4 <i>Happy Birthday Melanie</i></p> <p>8:30 Friday Donuts DR 9:00 IN2L Tia Chi B 10:00 Cooking with Peggy AK 11:30 Pound Cake Day DR 1:00 PV Cookbook Project B 2:00 Afternoon Exercise B 3:00 Music Social B <i>Swing a Longs</i> 4:00 IN2L Travel AL 6:00 Friday Night Movie CR</p> <p><i>Happy Birthday Shaun</i></p>	<p>5</p> <p>9:00 IN2L Tia Chi B 9:30 Coffee & Cookies AL 11:00 30 Minute Crafts B 1:30 BINGO B 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</p>
<p>6 <i>Happy Birthday Shirley D</i></p> <p>8:45 News & Coffee AL 9:00 IN2L Tia Chi B 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Gentleman's Club TF 4:00 IN2L Classic TV AL</p>	<p>7</p> <p>9:00 IN2L Tia Chi B 10:00 IN2L Goggle Earth AL 11:30 British Pie Day DR Chicken & Mushroom Pie 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Resident Council B 4:00 IN2L Games AL</p>	<p>8</p> <p>9:00 IN2L Tia Chi B 10:00 Crocheting with Nancy BL 11:00 One on One Visits 1:00 Wii Bowling TF 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 IN2L Bible Study CR</p>	<p>9</p> <p>9:00 IN2L Tia Chi B 10:00 Shopping Fred Meyer 11:30 Meatball Day DR 1:30 Co-ed Poker TF 2:00 IN2L Resident's Choice AL 3:00 Scenic Drive 4:00 IN2L Travel AL</p>	<p>10</p> <p>9:00 IN2L Tia Chi B 10:00 Poetry Reading CR 11:00 Scrapbooking B 1:00 BINGO B 2:00 Alzheimer's Support CR 2:00 Craft Time B <i>Painting</i></p>	<p>11</p> <p>8:30 Friday Donuts DR 9:00 IN2L Tia Chi B 10:00 Cooking with Peggy AK 10:30 Woman's Book Club B 11:30 Johnny Appleseed Day DR 1:00 PV Cookbook Project B 2:00 Afternoon Exercise B 3:00 Music Social B <i>Chris & Dom</i> 4:00 IN2L Travel AL 6:00 Friday Night Movie CR</p>	<p>12</p> <p>9:00 IN2L Tia Chi B 9:30 Coffee & Cookies AL 11:00 30 Minute Crafts B 1:30 BINGO B 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</p>
<p>13 Time Change <i>Spring Forward</i></p> <p>8:45 News & Coffee AL 9:00 IN2L Tia Chi B 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Gentleman's Club TF 4:00 IN2L Classic TV AL</p> <p><i>Happy Birthday Victoria</i></p>	<p>14</p> <p>9:00 IN2L Tia Chi B 10:00 IN2L Goggle Earth AL 11:30 Potato Chip Day DR 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Creekside Chat B 4:00 IN2L Games AL</p>	<p>15</p> <p>9:00 IN2L Tia Chi B 10:00 Crocheting with Nancy BL 11:00 One on One Visits 1:00 Wii Bowling TF 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 Out to Dinner <i>Rosario's</i> 4:00 IN2L Bible Study CR</p>	<p>16</p> <p>9:00 IN2L Tia Chi B 10:00 Shopping <i>Trader Joe's</i> 11:30 Artichoke Heart Day DR 1:30 Co-ed Poker TF 2:00 IN2L Resident's Choice AL 3:00 Scenic Drive 4:00 IN2L Travel AL</p> <p><i>Happy Birthday Ernesto</i></p>	<p>17</p> <p>9:00 IN2L Tia Chi B 10:00 Poetry Reading CR 11:00 Scrapbooking B 1:00 BINGO B 2:00 Parkinson's Support CR 2:00 Green Beer Party B</p>	<p>18</p> <p>8:30 Friday Donuts DR 9:00 IN2L Tia Chi B 10:00 Cooking with Peggy AK 11:30 Lacy Cookie Day DR 1:00 PV Cookbook Project B 2:00 Afternoon Exercise B 3:00 Music Social B <i>Tracy Davey</i> 4:00 IN2L Travel AL 6:00 Friday Night Movie CR</p>	<p>19</p> <p>9:00 IN2L Tia Chi B 9:30 Coffee & Cookies AL 11:00 30 Minute Crafts B 1:30 BINGO B 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</p>
<p>20 First Day of Spring</p> <p>8:45 News & Coffee AL 9:00 IN2L Tia Chi B 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Gentleman's Club TF 4:00 IN2L Classic TV AL</p>	<p>21</p> <p>9:00 IN2L Tia Chi B 10:00 IN2L Goggle Earth AL 11:30 French Bread Day DR 12:00 Activity 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Yahtzee TF 4:00 IN2L Games AL</p>	<p>22 <i>Happy Birthday Don</i> <i>Happy Birthday Ron D.</i></p> <p>9:00 IN2L Tia Chi B 10:00 Crocheting with Nancy BL 11:00 One on One Visits 1:00 Wii Bowling TF 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 IN2L Bible Study CR</p>	<p>23</p> <p>9:00 IN2L Tia Chi B 10:00 Shopping Target 11:30 Chip & Dip Day DR 1:30 Co-ed Poker TF 2:00 IN2L Resident's Choice AL 3:00 Scenic Drive 4:00 IN2L Travel AL</p>	<p>24</p> <p>9:00 IN2L Tia Chi B 10:00 Poetry Reading CR 11:00 Scrapbooking B 1:00 BINGO B 2:00 Craft Time B</p> <p><i>Happy Birthday Aaliyah M</i></p>	<p>25 Shop & Swap TF</p> <p>8:30 Friday Donuts DR 9:00 IN2L Tia Chi B 10:00 Cooking with Peggy AK 10:30 Woman's Book Club B 11:30 Pecan Day DR 1:00 PV Cookbook Project B 2:00 Afternoon Exercise B 3:00 Music Social B <i>Sheila Winn</i> 6:00 Friday Night Movie CR</p> <p><i>Happy Birthday Stephanie G</i></p>	<p>26 Shop & Swap TF</p> <p>9:00 IN2L Tia Chi B 9:30 Coffee & Cookies AL 11:00 30 Minute Crafts B 1:30 BINGO B 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</p>
<p>27 Shop & Swap TF</p> <p>8:45 News & Coffee AL 9:00 IN2L Tia Chi B 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Gentleman's Club TF 4:00 IN2L Classic TV AL</p>	<p>28</p> <p>9:00 IN2L Tia Chi B 10:00 IN2L Goggle Earth AL 11:30 Something on a Stick DR 12:00 Activity 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Yahtzee TF 4:00 IN2L Games AL</p>	<p>29</p> <p>8:30 One on One Visits 9:00 IN2L Tia Chi B 10:00 Crocheting with Nancy BL 11:00 One on One Visits 1:00 Wii Bowling TF 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 Out to Dinner <i>Red Robin</i> 4:00 IN2L Bible Study CR</p>	<p>30</p> <p>9:00 IN2L Tia Chi B 10:00 Shopping <i>Barns & Nobel</i> 11:30 Turkey Neck Soup DR 1:30 Co-ed Poker TF 3:00 Birthday Party B 3:00 Meet & Greet B 4:00 IN2L Travel AL</p>	<p>31</p> <p>9:00 IN2L Tia Chi B 10:00 Poetry Reading CR 11:00 Scrapbooking B 1:00 BINGO B 2:00 Craft Time B <i>Painting</i> 5:00 TV Series Outlander B</p>	<p>Friday Night Movie</p> <p>3/4 The Big Chill 3/10 License to Wed 3/17 Fried Green Tomatoes 3/24 The Butterfly Effect</p>	<p>Saturday Night Movie</p> <p>3/5 Dirty Dancing 3/11 Sabrina 3/18 The Proposal 3/25 Secondhand Lions</p>