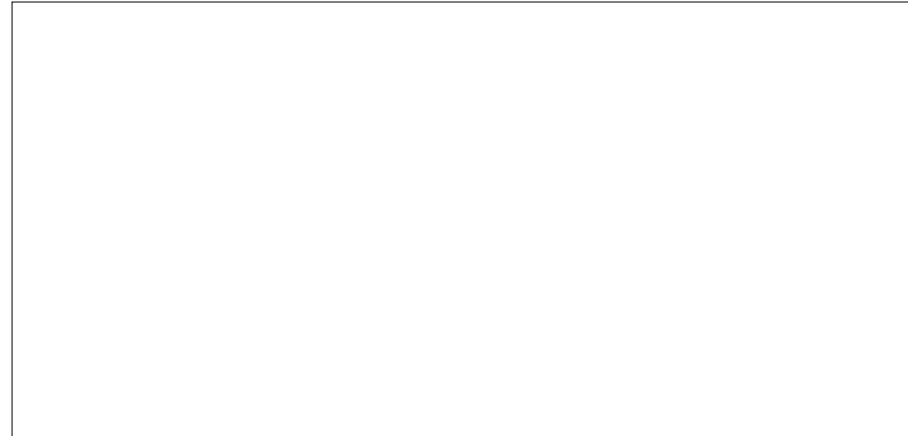




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**Our mission is to create and  
sustain comfortable,  
caring environments for those  
who depend on us.**

# The Pioneer Post

July 2022 Newsletter



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# Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

## Steps Toward a More Social You

To increase your social wellness, consider actions you can work into your daily life.

- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.

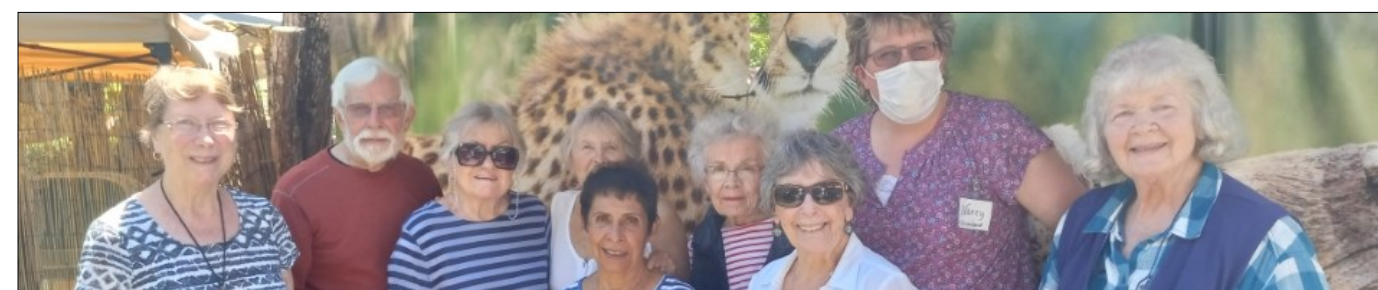


**The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.**

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!

# Special Moments





# July 2022 Highlights

July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!

01 Unique Ice Cream Day; Gingersnap Day; Joke Day	20 Fortune Cookie Day; Hot Dog Day; Chess Day
02 Made in the USA Day	21 Junk Food Day
03 Chocolate Wafer Day; Beans Day; Fried Clam Day	22 Hammock Day; Mango Day; Penuche Fudge Day;
04 Independence Day; Caesar Salad Day	23 Gorgeous Grandma Day; Vanilla Ice Cream Day
05 Apple Turnover Day; Hawaii Day	24 Parents' Day; A. Earhart Day; Drive Thru Day
06 Fried Chicken Day; Hand Roll Day	25 Hire Veterans Day; Sundae Day; Wine/Cheese Day
07 Macaroni Day; Chocolate Day	26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day
08 Chocolate Almonds Day; Freezer Pop Day	27 Crème Brûlée Day; Love Is Kind Day
09 Sugar Cookie Day; Collector Car Day; Kebab Day	28 Intern Day; Milk Chocolate Day; Chili Dog Day
10 Kitten Day; Pina Colada Day	29 Chicken Wing Day; Lasagna Day; Lipstick Day
11 US Pet Pics Day; 711 Day; Blueberry Muffin Day	30 Friends Day; Father-in-Law Day; Cheesecake Day
12 Jell-O Day; Pecan Pie Day	31 Avocado Day; Mutt Day; Raspberry Cake Day
13 Barbershop Music Day; French Fry Day	
14 Mac & Cheese Day; Tape Measure Day	
15 Gummi Worm Day; Tapioca Day; Horses Day	
16 Corn Fritters Day	
17 Peach Ice Cream Day; Ice Cream Day	
18 Caviar Day; Sour Candy Day	
19 Daiquiri Day	

## In Our Words...

July celebrates ice cream so we asked residents and team members their favorite ice cream flavors and combinations. Here's what they shared!

"Strawberry" -Ferne S.

"Vanilla" -Sidney R.

"Rocky Road" -Pam F.

"Any Flavor" -Alvin B.

"Lime Sherbet" -Ed P.

"Strawberry" -Yvonne M.

"Coffee" -Al L.

"Maple Nut" -Barbara L.

"Mud Pie" -Peggy D.

"Vanilla" -Georgine H.



## Upcoming Events on the Calendar

**7/1: Craft Time!** We will be tie-dying t-shirts for the 4th of July. Please sign up at the front desk, and include your t-shirt size.

**7/3: We'll be decorating wheel chairs, walkers, & scooters for our Resident 4th of July Parade.**

**7/4: We will have patriotic movies playing in the cinema room all day. A photo booth will be set up in A lobby. We'll be having a resident parade. Our parade route will be: along 5th street, turning down G street, then right onto Sophia Lane, and across the bridge to A building. Barbara C. has agreed to lead the parade on her 3-wheeled bike. We'll have a game of corn hole, too. We will form teams and the winning team will win a prize. There will also be BBQ time with Sheila Winn here to entertain while we enjoy a wonderful "all-American" bbq. While watching the staff watermelon eating contest, you can enjoy popcorn and popsicles. To end a fun-filled day, we will have our annual water fight. It's going to be sooo much fun.**

**7/13: We're having our annual "Lake of the Woods" trip. We can enjoy lunch on the resorts deck once again. Their food is fabulous.**


**7/14: Time for an Ice Cream Social featuring vanilla ice cream with toppings, syrup, and fresh fruit.**

**7/27: We're headed to Crater Rock Museum. If you have never been, you don't want to miss this. It is one of our favorite places to tour.**

**7/27: We're having a Meet & Greet! Come out and meet your neighbors. We have several new residents joining us.**

**7/28: Of course we're having a Root Beer Float Social! Who can turn down a smooth and creamy root beer float?!**



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>	<p><b>4th of July BBQ Menu</b></p> <p>Hot Dogs Baked Beans Potato Salad Corn on the Cob Apple Pie Cold Beer/Soda Pop</p> 	<p><b>Shop N Swap</b></p> <p>Friday, July 29th Saturday, July 30th Sunday, July 31st</p> <p>3rd floor B Building</p>	<p><b>Friday Night Movies</b></p> <p>7/1 Out of Africa 7/8 Urban Cowboy 7/15 Ghost 7/22 Beaches 7/29 Field of Dreams</p>	<p><b>Saturday Night Movies</b></p> <p>7/2 Into the Woods 7/9 Book Club 7/16 Butterflies Are Free 7/23 The Ghost &amp; Mrs Muir 7/30 Cry Baby</p>	<p><b>1</b></p> <p>8:30 Friday Donuts DR 9:00 Morning Exercise B 10:00 Scenic Drive 10:30 PV Book Club BL 11:00 IN2L Residents Choice AL 1:30 Craft Time B Tie Dye T-Shirts 3:00 Music Social B Bobbie Ann 6:00 Friday Night Movie CR</p>	<p><b>2</b></p> <p>9:00 IN2L Tia Chi B 9:30 Color Time AL 10:00 Shopping BiMart 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><b>3</b></p> <p>8:45 One on One Visits 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Decorate Walkers, Etc. B 4:00 IN2L Classic TV AL</p>	<p><b>4</b></p> <p><b>8:30 Movie Marathon CR</b> <b>9:00 Photo Booth AL (All Day)</b> <b>9:30 Resident Parade</b> <b>10:30 Korn Hole Game PL</b> <b>11:30 4th of July BBQ</b> Sheila Winn <b>1:30 Popcorn &amp; Popsicles PL</b> <b>1:30 Staff Watermelon Contest PL</b> <b>3:00 Water Balloon Fight PL</b></p> 	<p><b>5</b></p> <p>9:00 Morning Walk 10:00 Crocheting with Nancy BL 11:45 Apple Turnover Day DR 1:00 IN2L Karaoke AL 2:00 IN2L Residents Choice AL 3:00 <b>Resident Council B</b> 4:00 Out to Dinner Olive Garden <i>Happy Birthday Sty C.</i></p>	<p><b>6</b></p> <p>9:00 Morning Exercise 9:30 Scenic Drive 10:00 IN2L Travel AL Armenia 11:00 International Cooking AK Armenia, Lula Kebab 1:30 Co-ed Poker TF 2:00 Menu Meeting CR 3:00 Scenic Drive 4:00 IN2L Travel AL</p>	<p><b>7</b></p> <p>9:00 Morning Espresso AL 10:00 Morning Walk 11:45 Strawberry Sundae Day DR 1:00 Activities Meeting BL 2:00 Parkinson's Support CL 2:00 BINGO B 3:00 Carol Nielsen New England 4:00 IN2L Trivia AL</p>	<p><b>8</b></p> <p>8:30 Friday Donuts DR 9:00 Morning Exercise B 10:00 Scenic Drive 10:30 PV Cookbook Project BL 11:00 IN2L Residents Choice AL 1:30 Craft Time B 3:00 Music Social B Chris &amp; Dom 6:00 Friday Night Movie CR</p>	<p><b>9</b></p> <p>9:00 IN2L Tia Chi B 9:30 Color Time AL 10:00 Shopping Fred Meyer 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><b>10</b></p> <p>8:45 One on One Visits 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Wine Tasting 4:00 IN2L Classic TV AL</p>	<p><b>11</b></p> <p>9:00 Morning Exercise B 10:00 IN2L Trivia AL 11:00 One on One Visits 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Guess How Many AL 4:00 IN2L Karaoke AL <i>Happy Birthday Shirley G.</i></p>	<p><b>12</b></p> <p>9:00 Morning Walk 10:00 Crocheting with Nancy BL 11:45 Pecan Pie Day DR 1:00 IN2L Karaoke AL 2:00 IN2L Residents Choice AL 3:00 <b>Creek Side Chat B</b> 4:00 IN2L Classic TV AL</p>	<p><b>13</b></p> <p>9:00 Morning Exercise 9:30 Lake of the Woods 10:00 IN2L Travel AL Mongolia 11:00 International Cooking AK Mongolia, Mongolian Beef 1:30 Co-ed Poker TF 2:00 Menu Meeting CR 2:00 Welcome Comm. B 3:00 IN2L Travel AL <i>Happy Birthday Al L.</i></p>	<p><b>14</b></p> <p>9:00 Morning Espresso AL 10:00 Morning Walk 11:45 Macaroni &amp; Cheese Day DR 1:00 Louis Faro BL 2:00 Alzheimer's Support CL 2:00 BINGO B 3:00 Ice Cream Social B 4:00 IN2L Trivia AL <i>Happy Birthday Helen C.</i></p>	<p><b>15</b></p> <p>8:30 Friday Donuts DR 9:00 Morning Exercise B 10:00 Scenic Drive 10:30 PV Book Club BL 11:00 IN2L Residents Choice AL 1:30 Craft Time B 3:00 Music Social B Tradewinds 6:00 Friday Night Movie CR</p>	<p><b>16</b></p> <p>9:00 IN2L Tia Chi B 9:30 Color Time AL 10:00 Shopping Trader Joe's 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><b>17</b></p> <p>8:45 One on One Visits 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Sunday Smoothies B 4:00 IN2L Classic TV AL</p>	<p><b>18</b></p> <p>9:00 Morning Exercise B 10:00 IN2L Trivia AL 11:00 One on One Visits 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Guess How Many AL 4:00 IN2L Karaoke AL <i>Happy Birthday MaryAnn J.</i></p>	<p><b>19</b></p> <p>9:00 Morning Walk 10:00 Crocheting with Nancy BL 11:45 Daiquiri Day DR 1:00 IN2L Karaoke AL 2:00 IN2L Residents Choice AL 3:00 Cocktail Hour B 4:00 Out to Dinner McGraths</p>	<p><b>20</b></p> <p>9:00 Morning Exercise 10:00 Scenic Drive 10:00 IN2L Travel AL Hungary 11:00 International Cooking AK Hungary, Gulyas (Goulash) 1:30 Co-ed Poker TF 2:00 Menu Meeting CR 3:00 Scenic Drive <i>Happy Birthday Constance G.</i></p>	<p><b>21</b></p> <p>9:00 Morning Espresso AL 10:00 Morning Walk 11:45 Junk Food Day DR 1:00 One on One Visits 2:00 Parkinson's Support CL 2:00 BINGO B 3:00 Carol Nielsen The Pony Express 4:00 IN2L Trivia AL</p>	<p><b>22</b></p> <p>8:30 Friday Donuts DR 9:00 Morning Exercise B 10:00 Scenic Drive 10:30 PV Cookbook Project BL 11:00 IN2L Residents Choice AL 1:30 Craft Time B 3:00 Music Social B Sheila Winn 6:00 Friday Night Movie CR</p>	<p><b>23</b></p> <p>9:00 IN2L Tia Chi B 9:30 Color Time AL 10:00 Shopping Michael's 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 <i>Happy Birthday Buster M.</i></p>
<p><b>24</b></p> <p>8:45 One on One Visits 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Wine Tasting 4:00 IN2L Classic TV AL</p>	<p><b>25</b></p> <p>9:00 Morning Exercise B 10:00 IN2L Trivia AL 11:00 One on One Visits 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Guess How Many AL 4:00 IN2L Karaoke AL</p>	<p><b>26</b></p> <p>9:00 Morning Walk 10:00 Crocheting with Nancy BL 11:45 Bagel fest DR 1:00 IN2L Karaoke AL 2:00 IN2L Residents Choice AL 3:00 Cocktail Hour B 4:00 IN2L Classic TV <i>Happy Birthday Ron W.</i></p>	<p><b>27</b></p> <p>9:00 Morning Exercise 10:00 Crater Rock Museum 10:00 IN2L Travel AL Netherlands 11:00 International Cooking AK Netherlands, Stampot 1:30 Co-ed Poker TF 2:00 Menu Meeting CR 3:00 Birthday Party B 3:00 Meet &amp; Greet B</p>	<p><b>28</b></p> <p>9:00 Morning Espresso AL 10:00 Morning Walk 11:45 Milk Chocolate Day DR 1:00 One on One Visits 2:00 BINGO B 3:00 Root Beer Float Social B 4:00 IN2L Trivia AL <i>Happy Birthday Barbara C.</i></p>	<p><b>29</b></p> <p>8:30 Friday Donuts DR 9:00 Morning Exercise B 10:00 Scenic Drive 10:30 One on One Visit 11:00 IN2L Residents Choice AL 1:30 Craft Time B 3:00 Music Social B Dennis with his clarinet 6:00 Friday Night Movie CR <i>Happy Birthday Brock B.</i></p>	<p><b>30</b></p> <p>9:00 IN2L Tia Chi B 9:30 Color Time AL 10:00 Shopping Barns &amp; Noble 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><b>31</b></p> <p>8:45 One on One Visits 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Sunday Smoothies B 4:00 IN2L Classic TV AL <i>Happy Birthday Barbara L.</i></p>	<p><b>Staff Birthdays</b></p> <p>Elie H. 7/24 Daveon S. 7/24 Sara S. 7/28 Nancy W. 7/29 Pam F. 7/31</p> 