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



The Pioneer Post

August 2022 Newsletter



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Looking Forward Toward Improved Eye Wellness

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

Do either of these scenarios sound familiar? You're excitedly diving into a new book and you need to squint to see the words more clearly—or you're taking a walk and you look to the street signs, but they're not as clear as you expect them to be. Both frustrating instances example changes having occurred in the eyes. Fortunately, this Eye Exam Month, we've gathered insight that may be helpful toward improving eye wellness.

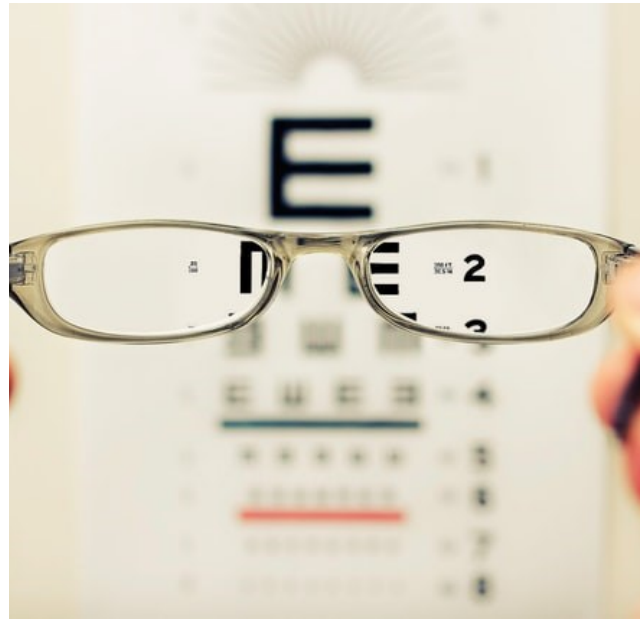
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

Proactive measures through lifestyle are also important. Some recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing screen eyestrain by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms is also helpful toward eye wellness. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

When it comes to older adults, there are specific eye issues to watch for. A few include:

- Dry eye, in which not enough tears or quality tears are made, leading to poor vision
- Age-related macular degeneration, an issue that causes central (not side) vision loss. The



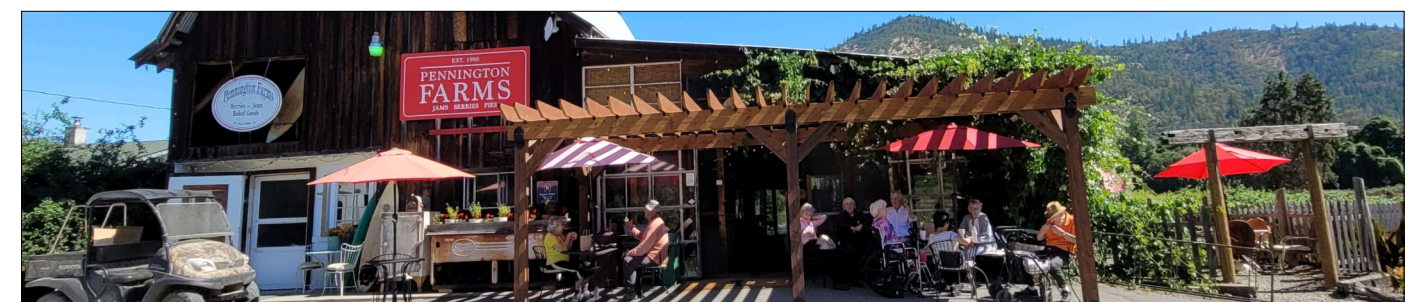
macula of the eye allows for fine detail and color, so when affected, reading, watching tv, and recognizing faces could be challenging.

- Cataracts, cloudy areas in the eye lens (usually in both eyes, to different degrees) can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma, a group of issues which damage the optic nerve, can in time take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also many prescription devices, like spectacle-mounted magnifiers for close tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

Special Moments



August 2022 Highlights

Observes: Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Peace, and Sandwiches

01 Mahjong Day; Raspberry Cream Pie Day	17 Black Cat Day; Massachusetts Day; Thrift Day
02 Coloring Book Day; National Night Out Day	18 Fajita Day; Ice Cream Pie Day; Pinot Noir Day
03 Georgia Day; Nuts Day; Watermelon Day	19 Bow Day; Aviation Day; Potato Day
04 Coast Guard Day; Chocolate Chip Cookie Day	20 Chocolate Pecan Pie Day; Radio Day
05 Oyster Day; Beer Day; Water Balloon Day	21 Seniors Day; Spumoni Day
06 Root beer Float Day; Disc Golf Day	22 Pecan Torte Day
07 Raspb. & Cream Day; Family Day; Friend Day	23 Cuban Sandwich Day; Sponge Cake Day
08 Frozen Custard Day; Happiness Happens Day	24 Maryland Day; Peach Pie Day; Waffle Day
09 Book Lovers Day; Rice Pudding Day	25 Banana Split Day; Park Service Founders Day
10 Connecticut Day; S'mores Day	26 Dog Day; Cherry Popsicle Day
11 Raspberry Bombe Day; Son & Daughter Day	27 Just Because Day; Pots De Creme Day
12 Julienne Fries Day; Vinyl Record Day	28 Bow Tie Day; Cherry Turnovers Day
13 Left Handers Day; Bowling Day	29 Chop Suey Day; Lemon Juice Day
14 Creamsicle Day; Spirit of '45 Day	30 Beach Day; Toasted Marshmallow Day
15 Leathercraft Day; Lemon Meringue Pie Day	31 Eat Outside Day; Trail Mix Day
16 Airborne Day; Tell a Joke Day	

In Our Words...

August 8th is Happiness Happens Day. We asked our residents and staff, "What brings you great happiness?" Here's what they shared!

"Friendships" -Linda R

"My Family's Wellbeing" -Al L

"My Daughters" -Carolyn H

"My Children" -Norma S

"Grandkids" -Barbara L

"God's Love" -Mary W

"My Sweetheart" -Pat B

"My Family" -Yvonne M

"Wellbeing " -Fred W

"My Dog's Enthusiasm " -
Nancy W

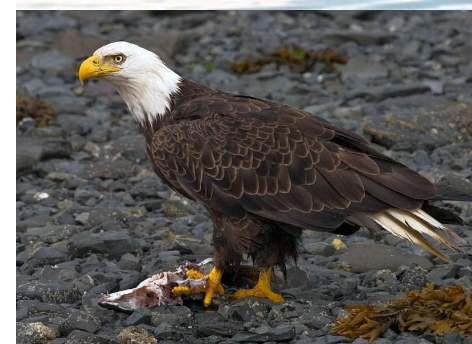
Bird Watch

By Marjorie N.

Bald Eagles

Nearly every American knows that the eagle is our national bird. It decorates the tips of flag poles, has become incorporated in the emblem of many businesses, and has given its name to items from sports teams to aircrafts. The Bald Eagle, Ben Franklin exclaimed, is a thief, a carrion eater, not fit to be our national emblem. But stronger voices prevailed, making the "fierce" bird the winner over the Wild Turkey preferred by Franklin. Bald Eagles are sea eagles, more closely related to the Steller's Sea Eagle (seen rarely in the US in Alaska) than to the "other" American eagle, the Golden Eagle. Once endangered, the Bald Eagle has made a remarkable comeback from near extinction since the banning of certain pesticides, especially in northeast America. In our area, a lucky look overhead might spot this large, white-headed bird soaring with flattened wings. Or visit one of our mountain lakes and watch for the big bird dive-bombing an osprey which has a fish in its bill or hanging from its talons—well, the fish will not be the osprey's for long...it will soon be in the eagle's possession. Maybe Ben was right, after all.

- Marjorie N.



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 TRANSPORTATION 9:00 Morning Exercise B 10:00 IN2L Trivia AL 11:00 One on One Visits 1:30 Mexican Train TF 2:00 IN2L Trivia AL 3:00 Resident Council B 4:00 IN2L Karaoke AL	2 TRANSPORTATION 9:00 Morning Walk 10:00 Crocheting with Nancy BL 10:30 Card Games TF 1:00 IN2L Karaoke AL 2:00 IN2L Residents Choice AL 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL	3 Dress Like A Clown Day 9:00 Morning Exercise B 10:00 IN2L Clowning Around 10:00 Scenic Drive 11:00 Out to Lunch ^{5 Guys Burgers} 11:00 Fun in the Kitchen ^{French Bread Pizza} 1:30 Co-ed Poker TF 3:00 Menu Meeting CR 3:00 Scenic Drive 4:00 Residents Choice AL	4 TRANSPORTATION 8:30 IN2L Morning News AL 9:30 Morning Walk 10:30 One on One Visits 1:00 Activities Meeting BL 1:30 BINGO B 2:00 Parkinson's Support CL 3:00 Carole Nielsen B ^{Pioneer Stories of Southern Oregon} 4:00 IN2L Trivia AL	5 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 ^{Bobbie Ann} 6:00 Friday Night Movie CR	6 8:30 IN2L Tia Chi B 9:00 Shopping ^{BiMart} 11:00 Color Time AL 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
7 8:45 One on One Visits 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:00 Sunday Matinee CR ^{Double Feature} 1:30 Co-Ed Poker TF 3:00 Scenic Drive 4:00 IN2L Classic TV AL	8 TRANSPORTATION 9:00 Morning Exercise B 10:00 IN2L Trivia AL 11:00 One on One Visits 1:30 Mexican Train TF 2:00 IN2L Trivia AL 3:00 Guess How Many AL 4:00 IN2L Karaoke AL	9 TRANSPORTATION 9:00 Morning Walk 10:00 Crocheting with Nancy BL 10:30 Card Games TF 1:00 IN2L Karaoke AL 2:00 Welcome Comm. B 2:00 IN2L Residents Choice AL 3:00 Creekside Chat B 4:00 IN2L Classic TV AL	10 9:00 Morning Exercise B 10:00 Picnic by the River ^{Picnic lunch provided} 10:00 IN2L The History of Clowns AL 11:00 Fun in the Kitchen ^{S'mores} 1:00 Co-ed Poker TF 3:00 Menu Meeting CR 3:30 Popsicle Party B 4:00 Residents Choice TV AL	11 TRANSPORTATION 8:30 IN2L Morning News AL 9:30 Morning Walk 10:30 One on One Visits 1:30 BINGO B 2:00 Alzheimer's Support CL 3:00 Root Beer Float Social B 4:00 IN2L Trivia AL	12 8:30 Friday Donuts DR 9:00 Morning Exercise B 10:00 Scenic Drive 10:30 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	13 8:30 IN2L Tia Chi B 9:00 Shopping ^{Fred Meyer} 11:00 Color Time AL 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
14 8:45 One on One Visits 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:00 Sunday Matinee CR ^{Double Feature} 1:30 Co-Ed Poker TF 3:00 Sunday Smoothies B 4:00 IN2L Classic TV AL	15 TRANSPORTATION 9:00 Morning Exercise B 10:00 IN2L Trivia AL 11:00 One on One Visits 1:30 Mexican Train TF 2:00 IN2L Trivia AL 3:00 Guess How Many AL 4:00 IN2L Karaoke AL	16 TRANSPORTATION 9:00 Morning Walk 10:00 Crocheting with Nancy BL 10:30 Card Games TF 1:00 IN2L Karaoke AL 2:00 IN2L Residents Choice AL 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL 4:30 Out to Dinner ^{El Tapatio}	17 9:00 Morning Exercise B 10:00 Scenic Drive 10:00 IN2L Learn to Juggle AL 11:00 Fun in the Kitchen ^{Blackberry Jelly} 1:30 Co-ed Poker TF 3:00 Menu Meeting CR 3:00 Scenic Drive 4:00 Residents Choice AL	18 TRANSPORTATION 8:30 IN2L Morning News AL 9:30 Morning Walk 10:30 One on One Visits 1:30 BINGO B 2:00 Parkinson's Support CL 3:00 Carole Nielsen B ^{Tales from the Oregon Trail} 4:00 IN2L Trivia AL	19 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 & Dom} 6:00 Friday Night Movie CR	20 8:30 IN2L Tia Chi B 9:00 Shopping ^{Trader Joe's} 11:00 Color Time AL 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
21 8:45 One on One Visits 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:00 Sunday Matinee CR ^{Double Feature} 1:30 Co-Ed Poker TF 3:00 Scenic Drive 4:00 IN2L Classic TV AL	22 TRANSPORTATION 9:00 Morning Exercise B 10:00 IN2L Trivia AL 11:00 One on One Visits 1:30 Mexican Train TF 2:00 IN2L Trivia AL 3:00 Guess How Many AL 4:00 IN2L Karaoke AL	23 TRANSPORTATION 9:00 Morning Walk 10:00 Crocheting with Nancy BL 10:30 Card Games TF 1:00 IN2L Karaoke AL 2:00 IN2L Residents Choice AL 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL	24 9:00 Morning Exercise B 10:00 Mount Ashland 10:00 IN2L Clown Songs AL 11:00 Fun in the Kitchen ^{Peach Cobbler} 1:30 Co-ed Poker TF 3:00 Menu Meeting CR 3:00 Hot Fudge Sundae B 4:00 Residents Choice AL	25 TRANSPORTATION 8:30 IN2L Morning News AL 9:30 Morning Walk 10:30 One on One Visits 1:30 BINGO B 2:00 PV Peer Support Group TF 3:00 Banana Split Social B 4:00 IN2L Trivia AL	26 8:30 Friday Donuts DR 9:00 Morning Exercise B 10:00 Scenic Drive 10:30 Book Club 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	27 8:30 IN2L Tia Chi B 11:00 End of Summer Bash PL 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR
28 8:45 One on One Visits 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:00 Sunday Matinee CR ^{Double Feature} 1:30 Co-Ed Poker TF 3:00 Sunday Smoothies B 4:00 IN2L Classic TV AL	29 TRANSPORTATION 9:00 Morning Exercise B 10:00 IN2L Trivia AL 11:00 One on One Visits 1:30 Mexican Train TF 2:00 IN2L Trivia AL 3:00 Guess How Many AL 4:00 IN2L Karaoke AL	30 TRANSPORTATION 9:00 Morning Walk 10:00 Crocheting with Nancy BL 10:30 Card Games TF 1:00 IN2L Karaoke AL 2:00 IN2L Residents Choice AL 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL 4:30 Out to Dinner ^{Texas Roadhouse}	31 9:00 Morning Exercise B 10:00 Scenic Drive 10:00 IN2L Clown Videos AL 11:00 Fun in the Kitchen ^{Trail Mix} 1:30 Co-ed Poker TF 3:00 Menu Meeting CR 3:00 Meet & Greet B 3:00 Birthday Party B 4:00 Residents Choice AL	<div>Residents</div> <div> <div>Sid R</div> <div>8/1</div> <div>Nancy J</div> <div>8/2</div> <div>Pat K</div> <div>8/3</div> <div>Lee F</div> <div>8/3</div> <div>Liz S</div> <div>8/5</div> <div>Myrna D</div> <div>8/9</div> <div>Lanell C</div> <div>8/10</div> <div>Shirley C</div> <div>8/11</div> <div>Pat M</div> <div>8/12</div> <div>George R</div> <div>8/20</div> <div>Vada H</div> <div>8/25</div> </div> <div>Happy Birthday</div> <div>Staff</div> <div> <div>Kiel B</div> <div>8/1</div> <div>Melody D</div> <div>8/4</div> <div>Kirsten H</div> <div>8/15</div> <div>Kaden K</div> <div>8/19</div> <div>Joni S</div> <div>8/21</div> <div>Stephanie T</div> <div>8/26</div> <div>Evin B</div> <div>8/28</div> <div>Maria M</div> <div>8/30</div> </div>		<div>Friday Movies</div> <div>8/5 28 Days</div> <div>8/12 Frank and Jesse</div> <div>8/19 In Love and War</div> <div>8/26 Nim's Island</div> <div> <div>Movie Times</div> <div>Friday 6pm</div> <div>Saturday 6pm</div> <div>Sunday 1pm</div> </div> <div> <div>Saturday Movies</div> <div>8/6 O Brother</div> <div>8/13 Narnia</div> <div>8/20 Mall Cop</div> <div>8/27 A Walk to Remember</div> </div>