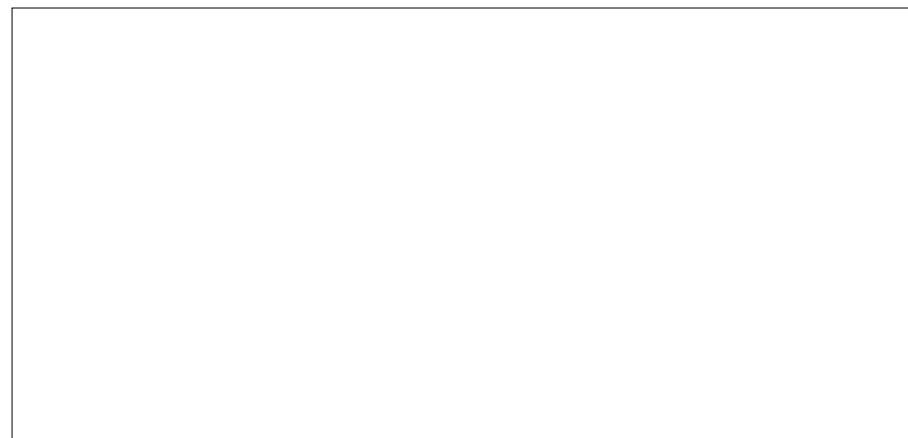




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**Our mission is to create and
sustain comfortable,
caring environments for those
who depend on us.**



The Pioneer Post

September 2022 Newsletter



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Pain Points: Tips for Managing Chronic Pain

Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer’s and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It’s important to know that you and your loved ones don’t have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents’ symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don’t be discouraged if it takes a while to find the answers you’re looking for – health is a journey after all.

Special Moments



September 2022 Highlights

September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.

September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.

01 World Letter Writing Day
02 Coconut Day, College Colors Day, Food Bank Day
03 Bacon Day, U.S. Bowling League Day, Tailgating Day
04 Macadamia Nut Day, Wildlife Day
05 Labor Day, Beautician Week, Cheese Pizza Day
06 Coffee Ice Cream Day, Read a Book Day
07 Acorn Squash Day, Beer Day, Salami Day
08 Literacy Day, Ampersand Day
09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day
10 World First Aid Day, Swap Ideas Day
11 Assisted Living Week, Grandparents' Day,
Day of Service & Remembrance
12 Chocolate Milkshake Day, Video Games Day
13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day
14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day
15 Cheese Toast Day, Linguine Day, Online Learning Day
16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day
17 Thank Police Day, House Cleaners' Day, Dance Day
18 Bamboo Day, Air Force Bday, Cheeseburger Day
19 Butterscotch Pudding Day, Talk Like a Pirate Day

20 Fried Rice Day, Pepperoni Pizza Day, Punch Day
21 World Alzheimer's Day, Chai Day, Pecan Cookie Day
22 Centenarians' Day, Hobbit Day, White Chocolate Day
23 Autumn Begins, Pot Pie Day, Snack Stick Day
24 Family Health & Fitness Day, Hunting & Fishing Day
25 Dining Staff Day, Daughters' Day, Quesadilla Day
26 HR Staff Day, Family Day, Dumpling Day, Pancake Day
27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day
28 Strawberry Cream Pie Day, Ladies Health Day
29 VFW Day, Coffee Day
30 Chewing Gum Day, Hot Cider Day, Love People Day

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson

In Our Words...

September 23rd marks the start of Autumn!
These are our Fall Favorites:

"Fall Leaves" -Ann, Mary, Joan, & Bernie

"Back to School" -Vernice

"Cooler Weather" -Juanita, Yvonne, & Damaris,

"Rain" -Shirley

"Deer Hunting" -Dick

"Pumpkin Pie" - Nancy



What's going on at Pioneer Village?

Mexican Train

Every Monday at 1:30 we are having a great time playing Mexican Train. It's a domino game we play with 8 players. If you have never played you need to give it a try, it so FUN!

PV Cookbook Project

For the last several months, we have been collecting recipes from our residents. We are going to have it published. If you would like to add a recipe see Peggy or Sidney!

Craft Time

For the month of September, we will be making Halloween-themed crafts. In October, Thanksgiving & in November, Christmas crafts. This is going to be so fun!

Texas Hold Em Poker

We play on Sunday, Wednesday, and Saturday up on the 3rd floor. There is a \$5 limit. If you don't know how to play, your Life Enrichment department will show you.

IN2L

You are asking "What is the IN2L?" We use it for games, trivia, travel, bingo, research, and too many others to list. Ask anyone on our team and we will gladly show you.

Music Social

Every Friday at 3:00, we have live music for your enjoyment. We serve ice tea, lemonade, water, and wine.

And we don't forget the yummy fresh popcorn. Stop by and enjoy.

SUN	MON	TUE	WED	THU	FRI	SAT	
<div>All activities subject to change per mandated health guidelines.</div>	<div>Residents</div> <div>Carol D. 9/2</div> <div>Launa M. 9/5</div> <div>Fred W. 9/17</div> <div>Vernice H. 9/29</div> <div>Gay W. 9/29</div>	<div>Staff</div> <div>Jeanne M 9/3</div> <div>Don S. 9/12</div> <div>Lisa P. 9/14</div>	<div>Friday Movies</div> <div>9/2 Baby's Day Out</div> <div>9/9 Secondhand Lions</div> <div>9/16 Meet the Parents</div> <div>9/23 National Treasure</div> <div>9/30 Downton Abby</div> <div></div> <div>Saturday Movies</div> <div>9/3 Ocean's 11</div> <div>9/10 Waterhorse</div> <div>9/17 Paint your Wagon</div> <div>9/24 Yours, Mine & Ours</div> <div>Movie Times</div> <div>Friday 6pm</div> <div>Saturday 6pm</div> <div>Sunday 1pm</div>	<div>1 TRANSPORTATION</div> <div>8:30 IN2L Morning News AL</div> <div>9:30 Morning Walk</div> <div>10:30 One on One Visits</div> <div>1:30 BINGO B</div> <div>2:00 Parkinson's Support CR</div> <div>3:00 Carol Nielsen Gunslingers</div> <div>4:00 IN2L Trivia AL</div>	<div>2</div> <div>8:30 Friday Donuts DR</div> <div>9:00 Morning Exercise B</div> <div>10:00 Scenic Drive</div> <div>10:30 Cookbook Project B</div> <div>11:00 IN2L Residents Choice AL</div> <div>1:30 Craft Time B</div> <div>3:00 Music Social B Bobbie Ann</div> <div>6:00 Friday Night Movie CR</div>	<div>3</div> <div>8:30 IN2L Tia Chi B</div> <div>9:00 Shopping BiMart</div> <div>11:00 Color Time AL</div> <div>1:30 BINGO B</div> <div>2:30 IN2L Games AL</div> <div>3:00 Co-ed Poker TF</div> <div>4:00 IN2L Classic TV B</div> <div>6:00 Saturday Night Movie CR</div>	
	<div>4</div> <div>8:45 One on One Visits</div> <div>9:30 IN2L Trivia AL</div> <div>10:15 Local Church Bus</div> <div>10:30 Card Games TF</div> <div>1:00 Sunday Matinee CR Double Feature</div> <div>1:30 Co-Ed Poker TF</div> <div>3:00 Scenic Drive</div> <div>4:00 IN2L Classic TV AL</div>	<div>5 TRANSPORTATION</div> <div>9:00 Morning Exercise B</div> <div>10:00 Tai Chi w/ Dayton CR</div> <div>11:00 One on One Visits</div> <div>1:30 Mexican Train TF</div> <div>2:00 IN2L Trivia AL</div> <div>3:00 Resident Meeting B Open to all residents</div> <div>3:00 Guess How Many AL</div> <div>4:00 IN2L Karaoke AL</div>	<div>6 TRANSPORTATION</div> <div>9:00 Morning Walk</div> <div>10:00 Homemade Hot Cocoa AL</div> <div>10:30 Card Games TF</div> <div>1:00 IN2L Karaoke AL</div> <div>2:00 Welcome Comm. B</div> <div>2:00 IN2L Residents Choice AL</div> <div>3:00 Cocktail Hour B</div> <div>4:00 IN2L Classic TV AL</div>	<div>7</div> <div>9:00 Morning Exercise B</div> <div>10:30 Rogue Gallery & Art Ctr</div> <div>10:00 IN2L Google Earth AL</div> <div>11:00 Fun in the Kitchen Stuffed Pepper Soup</div> <div>1:00 Co-ed Poker TF</div> <div>2:15 Piano with Josh BL</div> <div>3:00 Menu Meeting CR</div> <div>3:00 Scenic Drive</div>	<div>8 TRANSPORTATION</div> <div>8:30 IN2L Morning News AL</div> <div>9:30 Morning Walk</div> <div>10:00 Bible Study w/ Glenda CR</div> <div>10:30 One on One Visits</div> <div>1:00 Louis Faro BL</div> <div>2:00 Alzheimer's Support CL</div> <div>3:00 Bingo</div> <div>4:00 IN2L Trivia AL</div>	<div>9</div> <div>8:30 Friday Donuts DR</div> <div>9:00 Morning Exercise B</div> <div>10:00 Scenic Drive</div> <div>10:30 Book Club BL</div> <div>11:00 9/11 Lunch DR</div> <div>1:30 Craft Time B</div> <div>3:00 Music Social B Tracy Davey</div> <div>6:00 Friday Night Movie CR</div>	<div>10</div> <div>8:30 IN2L Tia Chi B</div> <div>9:00 Shopping Fred Meyer</div> <div>11:00 Color Time AL</div> <div>1:30 BINGO B</div> <div>2:30 IN2L Games AL</div> <div>3:00 Co-ed Poker TF</div> <div>4:00 IN2L Classic TV B</div> <div>6:00 Saturday Night Movie CR</div>
	<div>11</div> <div>8:45 One on One Visits</div> <div>9:30 IN2L Trivia AL</div> <div>10:15 Local Church Bus</div> <div>10:30 Card Games TF</div> <div>1:00 Sunday Matinee CR Double Feature</div> <div>1:30 Co-Ed Poker TF</div> <div>3:00 Sunday Smoothies B</div> <div>4:00 IN2L Classic TV AL</div>	<div>12 TRANSPORTATION</div> <div>9:00 Morning Exercise B</div> <div>10:00 Tai Chi w/ Dayton CR</div> <div>11:00 One on One Visits</div> <div>1:30 Mexican Train TF</div> <div>2:00 IN2L Trivia AL</div> <div>3:00 Guess How Many AL</div> <div>4:00 IN2L Karaoke AL</div>	<div>13 TRANSPORTATION</div> <div>9:00 Morning Walk</div> <div>10:00 Homemade Hot Cocoa AL</div> <div>10:30 Card Games TF</div> <div>1:00 IN2L Karaoke AL</div> <div>2:00 IN2L Residents Choice AL</div> <div>3:00 Creekside Chat B Open to all residents.</div> <div>4:00 IN2L Classic TV AL</div> <div>4:30 Out to Dinner Red Lobster</div>	<div>14</div> <div>9:00 Morning Exercise B</div> <div>10:00 Picnic by the River</div> <div>11:00 Fun in the Kitchen Chicken Gnocchi Soup</div> <div>1:00 Co-ed Poker TF</div> <div>2:15 Piano with Josh BL</div> <div>3:00 Menu Meeting CR</div> <div>3:00 Scenic Drive</div>	<div>15 TRANSPORTATION</div> <div>8:30 IN2L Morning News AL</div> <div>9:30 Morning Walk</div> <div>10:00 Bible Study w/ Glenda CR</div> <div>10:30 One on One Visits</div> <div>1:30 BINGO B</div> <div>2:00 Parkinson's Support CR</div> <div>3:00 Carol Nielsen Mountain Men of Oregon</div> <div>4:00 IN2L Trivia AL</div>	<div>16</div> <div>8:30 Friday Donuts DR</div> <div>9:00 Morning Exercise B</div> <div>10:00 Scenic Drive</div> <div>10:30 Cookbook Project B</div> <div>11:00 IN2L Residents Choice AL</div> <div>1:30 Craft Time B</div> <div>3:30 Music Social B Chris & Dom</div> <div>6:00 Friday Night Movie CR</div>	<div>17</div> <div>8:30 IN2L Tia Chi B</div> <div>9:00 Shopping Trader Joe's</div> <div>11:00 Color Time AL</div> <div>1:30 BINGO B</div> <div>2:30 IN2L Games AL</div> <div>3:00 Co-ed Poker TF</div> <div>4:00 IN2L Classic TV B</div> <div>6:00 Saturday Night Movie CR</div>
	<div>18</div> <div>8:45 One on One Visits</div> <div>9:30 IN2L Trivia AL</div> <div>10:15 Local Church Bus</div> <div>10:30 Card Games TF</div> <div>1:00 Sunday Matinee CR Double Feature</div> <div>1:30 Co-Ed Poker TF</div> <div>3:00 Scenic Drive</div> <div>4:00 IN2L Classic TV AL</div>	<div>19 TRANSPORTATION</div> <div>9:00 Morning Exercise B</div> <div>10:00 Tai Chi w/ Dayton CR</div> <div>11:00 One on One Visits</div> <div>1:30 Mexican Train TF</div> <div>2:00 IN2L Trivia AL</div> <div>3:00 Guess How Many AL</div> <div>4:00 IN2L Karaoke AL</div>	<div>20 TRANSPORTATION</div> <div>9:00 Morning Walk</div> <div>10:00 Homemade Hot Cocoa AL</div> <div>10:30 Card Games TF</div> <div>12:30 IN2L Trivia AL</div> <div>1:30 Melody Makers BL</div> <div>3:00 Cocktail Hour B</div> <div>4:00 IN2L Classic TV AL</div>	<div>21</div> <div>9:00 Morning Exercise B</div> <div>10:00 Scenic Drive</div> <div>10:00 IN2L Google Earth AL</div> <div>11:00 Fun in the Kitchen Butternut Squash Soup</div> <div>1:00 Co-ed Poker TF</div> <div>2:15 Piano with Josh BL</div> <div>3:00 Menu Meeting CR</div> <div>3:00 Scenic Dive</div>	<div>22 TRANSPORTATION</div> <div>8:30 IN2L Morning News AL</div> <div>9:30 Morning Walk</div> <div>10:00 Bible Study w/ Glenda CR</div> <div>10:30 One on One Visits</div> <div>1:30 BINGO B</div> <div>2:00 PV Peer Support Group TF</div> <div>3:00 Ice Cream Cone Social B</div> <div>4:00 IN2L Trivia AL</div>	<div>23</div> <div>8:30 Friday Donuts DR</div> <div>9:00 Morning Exercise B</div> <div>10:00 Scenic Drive</div> <div>10:30 Book Club BL</div> <div>11:00 IN2L Residents Choice AL</div> <div>1:30 Craft Time B</div> <div>3:00 Music Social B Sheila Winn</div> <div>6:00 Friday Night Movie CR</div>	<div>24</div> <div>8:30 IN2L Tia Chi B</div> <div>9:00 Shopping Target</div> <div>11:00 Color Time AL</div> <div>1:30 BINGO B</div> <div>2:30 IN2L Games AL</div> <div>3:00 Co-ed Poker TF</div> <div>4:00 IN2L Classic TV B</div> <div>6:00 Saturday Night Movie CR</div>
	<div>25</div> <div>8:45 One on One Visits</div> <div>9:30 IN2L Trivia AL</div> <div>10:15 Local Church Bus</div> <div>10:30 Card Games TF</div> <div>1:00 Sunday Matinee CR Double Feature</div> <div>1:30 Co-Ed Poker</div> <div>3:00 Sunday Smoothies B</div> <div>4:00 IN2L Classic TV AL</div>	<div>26 TRANSPORTATION</div> <div>9:00 Morning Exercise B</div> <div>10:00 Tai Chi w/ Dayton CR</div> <div>11:00 One on One Visits</div> <div>1:30 Mexican Train TF</div> <div>2:00 IN2L Trivia AL</div> <div>3:00 Guess How Many AL</div> <div>4:00 IN2L Karaoke AL</div>	<div>27 TRANSPORTATION</div> <div>9:00 Morning Walk</div> <div>10:00 Homemade Hot Cocoa AL</div> <div>10:30 Card Games TF</div> <div>1:00 IN2L Karaoke AL</div> <div>2:00 IN2L Residents Choice AL</div> <div>3:00 Cocktail Hour B</div> <div>4:00 IN2L Classic TV AL</div> <div>4:30 Out to Dinner Margaritaville</div>	<div>28</div> <div>10:00 Scenic Drive</div> <div>11:00 Fun in the Kitchen Pork and Cabbage Soup</div> <div>1:00 Co-ed Poker TF</div> <div>2:00 Meet the Pioneers Dress Rehearsal</div> <div>2:15 Piano with Josh BL</div> <div>3:00 Menu Meeting CR</div> <div>3:00 Meet & Greet B</div> <div>3:00 Birthday Party B</div>	<div>29 TRANSPORTATION</div> <div>8:30 IN2L Morning News AL</div> <div>9:30 Morning Walk</div> <div>10:00 Bible Study w/ Glenda CR</div> <div>10:30 One on One Visits</div> <div>1:30 BINGO B</div> <div>2:00 PV Peer Support CR</div> <div>3:00 Coffee/Biscotti Social B</div> <div>4:00 IN2L Trivia AL</div>	<div>30</div> <div>8:30 Friday Donuts DR</div> <div>9:00 Morning Exercise B</div> <div>10:00 Scenic Drive</div> <div>10:30 Cookbook Project B</div> <div>11:00 IN2L Residents Choice AL</div> <div>1:30 Craft Time B</div> <div>3:00 Music Social B Tradewinds</div> <div>6:00 Friday Night Movie CR</div>	