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Stamp



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

The Pioneer Post

October 2022 Newsletter



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Breast Cancer Awareness Month is Here!

Note: This 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.

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



Did you know? 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at [cancer.org](https://www.cancer.org).

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health. Learn more about risk level at [cancer.org](https://www.cancer.org).

Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.

Special Moments



Captions:

Photo 1: Our residents love to support each other. LaNel playing church hymns.

Photo Two: We made some delicious snacks last month.

Photo Three: The infamous Zebra that everyone was raving about.

Bottom: Our Jacksonville Fire Team during our 9/11 Honor Lunch



October 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

01 Day for Seniors; Hair Day; Homemade Cookies Day; Pumpkin Spice Day	17 Bosses Day; Pasta Day
02 Custodial Day; Cards Day; Fried Scallops Day	18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day
03 Smoothie Day; Consign Day; Chili Week	19 Chamber of Commerce Day; Seafood Bisque Day
04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day	20 Chefs' Day; Chicken & Waffles Day
05 Teachers' Day; Do Something Nice Day	21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Noodle Day	22 Color Day; Nut Day; Make A Difference Day
07 Choco Pretzel Day; Frappe Day; Smile Day	23 Mother-in-Laws' Day; Boston Cream Pie Day
08 Podiatry Day; Pierogi Day; Chess Day	24 Bologna Day; UN Day
09 Clergy Day; Migratory Birds Day	25 Pasta Day; Opera Day; Greasy Food Day
10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day	26 Day of the Deployed; Pumpkin Day
11 Sausage Pizza Day	27 Black Cat Day; Civics Day; Navy Day
12 ER Nurse Day; Gumbo Day; Fossil Day	28 First Responders' Day; Breadstick Day
13 Train Your Brain Day; Yorkshire Pudding Day	29 Cat Day; Oatmeal Day; World Stroke Day
14 Dessert Day	30 Orthopedic Nurse Day
15 Cheese Curd Day; I Love Lucy Day	31 Halloween; Girl Scout Day; Caramel Apple Day
16 Pharmacy Week; Cat Day; Sports Day	

Pioneer Village Heritage

The below is an excerpt from www.historicjacksonville.org/pioneer-village/ :

Did you know Pioneer Village is the namesake of an earlier 5-acre Pioneer Village constructed by George McUne between 1961 and 1964. For over 20 years, McUne's Pioneer Village was an adventure into Jacksonville's past with authentic buildings from nearby locations that were filled with the historic relics McUne collected. In the village stockade, visitors watched western fights and "black snake whip" demonstrations. They took pony rides and boarded a stage-coach. They watched a blacksmith make hand-rolled wagon tires in his forge. They enjoyed Victorian melodramas. They explored Yreka's Dogtown Saloon, still sporting bullet holes in the front door; or visited a jail, a moon-shiner's cabin, or a little red schoolhouse that served Valley Falls students in southeast Oregon from 1880-1919. When George died in 1979, his passion for historical treasure died with him. His collection of 8,000 items was sold in 1985, leaving an empty lot that would later become the Pioneer Village Retirement Community.



Staff Spotlight:
Nancy

As we all can agree, we are truly blessed to have Nancy on our Life Enrichment Team. She is always willing to go that extra mile for our community. Nancy has lived in the valley for 35 years and enjoys riding on her motorcycle with her husband. She has a dog named Mercy who loves to watch TV with she and her husband and play with her ball. She loves animals and is passionate about life in general. Nancy is a joy to be around and always has a smile on her face. Nancy has become a vital part of our community. Thank you Nancy, for all you do for us!




Resident Spotlight:
AL L.

Al, our local Centenarian, has been here in Southern Oregon for the past seven years. He was born in Manhattan where he lived for 28 years. He served as a pilot in WWII, after which he moved to Long Island where he spent the next 34 years of his life. AL retired at 62 and relocated to Tucson, Arizona. He has been a staple in our community. He is always sporting a smile and a positive attitude. Al enjoys spending time with his family and is a great conversationalist. When asked what message he would like us to share, he said "Don't slip on the banana peel. "

OCTOBER 2022

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

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	<div></div>	<div><div><div>Residents</div><div><div>David B. 10/01</div><div>Richard C. 10/02</div><div>Maxine D. 10/04</div><div>Karen L. 10/05</div><div>Paul G. 10/10</div><div>Elise C. 10/12</div><div>Eleanor M. 10/19</div><div>Dorothy Ann S. 10/21</div></div><div><div>Patricia B. 10/22</div><div>Donald H. 10/31</div><div>Mozelle S. 10/31</div><div>Edward P. 10/31</div></div></div><div><div><div>HAPPY BIRTHDAY</div></div><div><div>Staff</div><div><div>Trever S. 10/11</div><div>Kimberly M. 10/16</div><div>Aaron A. 10/18</div><div>Jay K. 10/19</div><div>Kegahn H. 10/21</div><div>Sonny L. 10/31</div></div></div></div></div>				<div>1 8:30 IN2L Tia Chi 9:30 Shopping Bi-Mart 11:00 Art - Drawing, Coloring AL 1:30 Bingo B 2:00 IN2L Games AL 3:00 Co-ed Poker TF 4:00 Book Reading B 5:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</div>
<div>2 8:30 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 Poker with Trevor TF 3:00 Scenic Drive 4:00 IN2L Classic TV</div>	<div>3 Transportation 9:00 Drum Fit Exercise B 10:00 Tia Chi W/ Dayton TF 11:00 One on One Visits 1:30 Mexican Train TF 2:00 IN2L Trivia AL 3:00 Resident Meeting Open to all Residents 3:00 Guess How Many AL 4:00 IN2L Karaoke AL</div>	<div>4 Transportation 9:00 Wake Up And Walk 10:00 Homemade Cocoa AL 10:30 Card Games TF 1:00 IN2L Karaoke B 2:00 IN2L Residents Choice AL 3:00 Cocktails and Chit-Chat B 4:00 IN2L Classic TV AL</div>	<div>5 9:00 Morning Exercise B 10:00 IN2L Google Earth AL 10:00 Bear Hotel 11:00 Fun in The Kitchen Crab Rangoon's 1:00 Poker with Trevor TF 2:15 Piano with Josh BL 3:00 Menu Meeting CR 3:00 Scenic Drive</div>	<div>6 Transportation 8:30 IN2L Morning News AL 9:30 Wake Up And Walk 10:30 One on One Visits 1:30 Bingo B 2:00 Parkinson's Support CR 3:00 Carol Nielson B Native American Sites 4:00 IN2L Explore B</div>	<div>7 8:30 Go Nuts For Donuts 9:00 Sit and Stretch B 10:00 Scenic Drive 10:30 Cook Book Project B 11:00 Self Care W/ Nichol 1:30 Crafts W/ Nancy 3:00 Music Social Bobbie Ann TF 4:00 Al's Going away Party 6:00 Friday Night Movie CR</div>	<div>8 8:30 IN2L Tia Chi 9:30 Shopping Michael's 11:00 Art - Drawing, Coloring AL 1:30 Bingo B 2:00 IN2L Games AL 3:00 Co-ed Poker TF 4:00 Book Reading B 5:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</div>
<div>9 8:30 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 Poker with Trevor TF 3:00 Red Lily Winery 4:00 IN2L Classic TV</div>	<div>10 Transportation 9:00 Morning Exercise B 10:00 Tia Chi W/ Dayton TF 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</div>	<div>11 Transportation 9:00 Wake Up And Walk 10:00 Homemade Cocoa AL 10:30 Card Games TF 1:00 IN2L Karaoke B 2:00 IN2L Residents Choice AL 3:00 Creekside Chat B Open to all Residents 4:00 IN2L Classic TV AL 4:30 Out to Dinner McGraths Fish House</div>	<div>12 9:00 Morning Exercise B 10:00 IN2L Google Earth AL 10:30 Scenic Drive 11:00 Fun in The Kitchen 3 Ingredient Cookies 1:00 Lois Faro BL 2:15 Piano with Josh BL 3:00 Menu Meeting CR 3:00 Rolling Hills Alpacas</div>	<div>13 Transportation 8:30 IN2L Morning News AL 9:30 Wake Up And Walk 10:30 One on One Visits 1:00 Bingo B 2:00 Alzheimer's Support CR 3:00 Sip and Paint W/ Sidney 4:00 IN2L Explore B</div>	<div>14 8:30 Go Nuts For Donuts 9:00 Sit and Stretch B 10:00 Scenic Drive 10:30 Cook Book Project B 11:00 Self Care W/ Nichol 1:30 Crafts W/ Nancy 3:00 Music Social Tracy Davey B 6:00 Friday Night Movie CR</div>	<div>15 8:30 IN2L Tia Chi 9:30 Shopping Trader Joes 11:00 Art - Drawing, Coloring AL 1:30 Bingo B 2:00 IN2L Games AL 3:00 Co-ed Poker TF 4:00 Book Reading B 5:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</div>
<div>16 8:30 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 Poker with Trevor TF 3:00 Scenic Drive 4:00 IN2L Classic TV</div>	<div>17 Transportation 9:00 Drum Fit Exercise B 10:00 Tia Chi W/ Dayton TF 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</div>	<div>18 Transportation 9:00 Wake Up And Walk 10:00 Homemade Cocoa AL 10:30 Card Games TF 1:30 Self Care With Nichol CR 2:00 IN2L Residents Choice AL 3:00 Cocktails and Chit-Chat B 4:00 IN2L Classic TV AL</div>	<div>19 9:00 Morning Exercise B 10:00 IN2L Google Earth AL 10:00 Glass Forge 11:00 Fun in The Kitchen Lemon curd Pinwheels 1:00 Poker with Trevor TF 2:15 Piano with Josh BL 3:00 Menu Meeting CR 3:00 Scenic Drive</div>	<div>20 Transportation 8:30 IN2L Morning News AL 9:30 Wake Up And Walk 10:30 One on One Visits 1:30 Bingo B 2:00 Parkinson's Support CR 3:00 History of Pioneer Village B 4:00 IN2L Explore B</div>	<div>21 8:30 Go Nuts For Donuts 9:00 Sit and Stretch B 10:00 Scenic Drive 10:30 Cook Book Project B 11:00 Self Care W/ Nichol 1:30 Crafts W/ Nancy 3:00 Music Social Harpist Lynn B 6:00 Friday Night Movie CR</div>	<div>22 8:30 IN2L Tia Chi 9:30 Shopping Fred Meyer 11:00 Art - Drawing, Coloring AL 1:30 Bingo B 2:00 IN2L Games AL 3:00 Co-ed Poker TF 4:00 Book Reading B 5:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</div>
<div>23 8:30 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 Poker with Trevor TF 3:00 Scenic Drive 4:00 IN2L Classic TV</div>	<div>24 Transportation 9:00 Morning Exercise B 10:00 Tia Chi W/ Dayton TF 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</div>	<div>25 Transportation 9:00 Wake Up And Walk 10:00 Homemade Cocoa AL 10:30 Card Games TF 1:00 IN2L Karaoke B 2:00 IN2L Residents Choice AL 3:00 Cocktails and Chit-Chat B 4:00 IN2L Classic TV AL 4:30 Out to Dinner Red Robin</div>	<div>26 9:00 Morning Exercise B 10:00 IN2L Google Earth AL 10:30 Pickers Paradise 11:00 Fun in The Kitchen Antipasti Bites 1:00 Poker with Trevor TF 2:15 Piano with Josh BL 3:00 Menu Meeting CR 3:00 Scenic Drive</div>	<div>27 Transportation 8:30 IN2L Morning News AL 9:30 Wake Up And Walk 10:30 One on One Visits 1:30 Bingo B 2:00 Peer Support Group CR 3:00 Sip and Paint W/ Sidney 4:00 IN2L Explore B</div>	<div>28 8:30 Go Nuts For Donuts 9:00 Sit and Stretch B 10:00 Scenic Drive 10:30 Cook Book Project B 11:00 Self Care W/ Nichol 1:30 Crafts W/ Nancy 3:00 Music Social Throw back Playlist 6:00 Friday Night Movie CR</div>	<div>29 8:30 IN2L Tia Chi 9:30 Shopping TJ-Maxx 11:00 Art - Drawing, Coloring AL 1:30 Bingo B 2:00 IN2L Games AL 3:00 Co-ed Poker TF 4:00 Book Reading B 5:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</div>
<div>30 8:30 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</div>	<div>31 Transportation 9:00 Drum Fit Exercise 10:00 Tia Chi W/ Dayton TF 11:00 One on One Visits 1:30 Halloween Party B Staff/ Resident Costume Contest 3:00 Guess How Many AL 4:00 IN2L Karaoke A</div>				<div>Movies To be posted on the Board by the CR</div>	<div>*Location Legend* B- Bistro BL- Bistro Lobby AL- A Lobby DR- Dinning room CR- Cinema Room TF- Third Floor</div>