



805 N. 5th St.  
Jacksonville, OR 97530

Stamp

**Leadership Team**  
Phone: 541.899.6825  
Email: [info@pioneervillageoregon.com](mailto:info@pioneervillageoregon.com)  
Website: [pioneervillageoregon.com](http://pioneervillageoregon.com)  
Facebook: [PioneerVillageOregon](https://www.facebook.com/PioneerVillageOregon)

**Executive Director:**  
Beondi Hewson  
**Business Office Manager:**  
Peggy Dunphy  
**Community Sales Director:**  
Gina Gogue  
**Wellness Director:**  
Gary Monnin  
Wellness Coordinator  
Maria Moreno  
**Maintenance Director:**  
Joshua Sabota  
**Dining Services Director:**  
Sara Scheurn  
**Life Enrichment Director:**  
Nichol Bracewell

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

# The Pioneer Post

January 2023 Newsletter



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# Stress Free in 2023

*Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.*

Stress affects us all. The human body uses stress responses to confront or avoid dangerous situations, but when stress occurs often enough, it can compromise one's immune system and affect overall health. While eliminating stressors may be difficult to do, changing how we respond to stressors is an achievable goal we'd love to help you with for 2023. Here are some techniques to try out.

## Get Physically Active

A top recommendation when looking into stress relievers is physical activity. According to the Mayo Clinic, any aerobic activity can increase endorphins, the brain's "happy" neurotransmitters. It also can help you focus on the task at hand, resulting in calmness and positivity. If done on a regular basis, exercise can positively affect sleep, self-confidence, and mood. As for how much exercise to get, most healthy adults should aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly.

## Practice Deep Breathing Daily

Taking time out of each day to habitually sit in a quiet space and do deep breathing for 10-20 minutes can bring great results. Harvard Health shared just how to do it: Head to a quiet spot and sit down. Breath slowly in through the nose, letting your chest and lower stomach rise as your lungs fully fill with air. Then exhale very slowly through your mouth. Doing this with eyes closed, and while imagining different images can increase your



relaxed state. Apps like Calm and Headspace can assist with deep breathing sessions.

## Try Aromatherapy

Aromatherapy involves the use of essential oils inhaled through the nose or absorbed by the skin in massage. The scents from the oil act upon the hypothalamus, and in turn affect the hormonal system, according to Cleveland Clinic. The results are fast, with different scents bringing different effects. Lavender is a perfect one for stress - touted for its ability to calm, soothe, and relax people. As a Radiant Senior Living community, we use lavender oils from Red Chair Lavender in Eagle, Idaho.

## Do's for Your Diet

Cortisol is a main hormone responsible for stress. Magnesium-high foods like bananas, broccoli, pumpkin seeds, and spinach help lower inflammation and metabolize cortisol. Foods high in Vitamin B, like beef, chicken, and eggs, can help the body metabolize cortisol. Those high in omega-3 fatty acid such as avocados, chia seeds, olive oil, salmon, tuna, and walnuts help lower inflammation. Good overall rules of thumb are to eat fewer processed foods and more whole foods, and to not skip meals. (Cleveland Clinic).

Let us know if these ideas have inspired you or if you have others on our facebook on the 1st.

# Special Moments





# January Bird Watch



## Bluebirds

Happy New Year, Happy Birthday, Happy everything ---. Remember the song: "Mr. Bluebird on my shoulder... everything is satisfactual"? Bluebirds are members of the Thrush family — two species are seen in our area. Scan the fields and oak savanna in the Spring and you're likely to see the rusty breast and white belly with the shiny blue back, tail, and wing feathers of the Western Bluebird male. The female is a bit less colorful. Attracted to nest boxes, a pair of these lovebirds cooperatively build the nest. When the female has incubated the eggs for 2 weeks, the male helps her feed and raise the 3-4 young. If the female should disappear, Dad will soldier on, feeding and caring for his brood. Mountain Bluebirds are less common in Jackson County, but drive up to Crater Lake or Mt. Ashland in late spring for a chance to spot them. A lighter, but just as effervescent blue clothes the male's whole body, while the female is a light tan. This species is found east of the Cascades more often than in our backyards. That blue color the males of both species sport? It's not pigmentation, it's light reflecting off microscopic projections in the feathers. Without light, the bird appears to our eyes as mostly grey. But the sunny disposition of bluebirds earns them the title of bluebirds of happiness. Zip-a-dee-doo-dah ...here's wishing you a wonderful day!

-Marjorie N.



**Staff Spotlight:  
Stephanie**

While we sleep, Stephanie makes sure to share her cheer and laughter with her fellow night owls. Stephanie came to us in February of 2019 and has been dedicated to our residents ever since. She is a model employee who never complains about any task assigned to her. Stephanie loves to go antique shopping, and will travel far and wide for a good sandwich. Stephanie enjoys watching Monk, which is her favorite show. Stephanie has one daughter who is currently serving our country. We are beyond grateful to have such a kind and loving soul on our night crew.



**Resident Spotlight:  
Georgine**

Georgine has resided here at Pioneer Village for about 10 years, and as content as she is, she loves to reminisce about the days she spent on the lake in Minnesota. Georgine comes from a family of 9, and her family kept that tradition going. Georgine has 20 great grand children and 14 grand children. She herself has 6 children, 5 of which were boys. Georgine is a blessing to have around and has the most comforting voice. Georgine is very proud of her family and speaks of them quiet often, when she doesn't have her nose in a book that is. Her message to us all is to be friendly.



# JANUARY 2023

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SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 9:00 Coffee Chat - AL 10:15 Local Church Bus 10:30 Card Game 5 C. - TF 1:00 Sunday Matinee - CR 1:30 Poker w/ Trevor - TF 3:00 Scenic Drive 4:30 IN2L Trivia -AL 5:00 IN2L Music - AL	<b>2</b> 9:00 News& Coffee -AL 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling - TF 1:00 Puzzled - TF 1:30 Mexican Train- TF 2:00 IN2L Classic Music-AL 3:00 Resident Meeting - B Open to all Residents 4:00 IN2L Classic TV - AL	<b>3</b> 9:00 Chair Zumba- B 10:00 Board Gares- B 11:00 Wii Bowling-TF 2:00 Welcoming Comm. -B 2:30 IN2L Trivia Fun- AL 3:00 Cocktail Hour-B 4:30 Out to Dinner- Ram Restaurant & Brewery	<b>4</b> 9:00 Wake-up & Walk- AL 10:00 Scenic Drive 11:00 Snack Creations - AK 1:30 Poker - TF 3:00 Menu Meeting - CR 3:00 Scenic Drive 4:00 Bucket Lists - BL 5:00 IN2L Music - AL	<b>5</b> 9:00 Tai Chi -B 10:00 Bible Study - CR 11:00 One on Ones 1:30 Mexican Train - TF 2:00 Parkinson's Group -CR 3:00 Bingo - B 4:00 Advice Column - B 5:00 IN2L Music - AL	<b>6</b> 9:00 Go Nuts For Donuts 10:00 Scenic Drive 11:00 Self Care 101 - CR 1:00 Puzzled - TF 1:30 Crafts w/ Nancy - B 3:00 Music Social - B Bobbie Anne 4:30 One on Ones 6:00 Friday Night Movie-CR	<b>7</b> 9:00 Coffee Chat - AL 10:00 Shopping Bi-Mart 11:00 IN2L Trivia - AL 1:30 Bingo - B 2:30 Poker - TF 4:00 Walk the Halls- BL 5:00 IN2L Animals- AL 6:00 Saturday Night Movie-CR
<b>8</b> 9:00 Coffee Chat - AL 10:15 Local Church Bus 10:30 Card Game 5 C. - TF 1:00 Sunday Matinee - CR 1:30 Poker w/ Trevor - TF 3:00 Scenic Drive 4:30 IN2L Trivia -AL 5:00 IN2L Music - AL	<b>9</b> 9:00 New & Coffee- AL 10:00 Tai Chi w/ Dayton TF 11:00 Wii Bowling - TF 1:00 Puzzled - TF 1:30 Mexican Train- TF 2:30 IN2L Music-AL 3:00 Bingo - B 4:00 IN2L Classic TV - AL	<b>10</b> 9:00 Chair Zumba- B 10:00 Board Games - B 11:00 Card Games -TF 1:30 Karaoke - B 2:00 IN2L Trivia Fun- AL 3:00 Creek Side Chat - B Open to All Residents 3:00 Wine Social - B 5:00 IN2L Classic TV - AL	<b>11</b> 9:00 Wake-up & Walk- AL 10:00 Scenic Drive 11:00 Snack Creations - AK 1:30 Poker - TF 3:00 Menu Meeting - CR 3:00 Scenic Drive 4:30 Bucket Lists - BL 5:00 IN2L Music - AL	<b>12</b> 9:00 Tai Chi -B 10:00 Bible Study - CR 11:00 One on Ones 1:00 Louis Faro - BL 2:00 Alzheimer's Group -CR 3:00 Sip & Art w/ Sidney-B 4:00 Advice Column - B 5:00 IN2L Music-AL	<b>13</b> 9:00 Go Nuts For Donuts 10:00 Scenic Drive 10:30 Book Club - BL 1:00 Puzzled - TF 1:30 Crafts w/ Nancy - B 3:00 Music Social - B Tracy Davey 4:30 One on Ones 6:00 Friday Night Movie-CR	<b>14</b> 9:00 Coffee Chat - AL 10:00 Shopping Trader Joes 11:00 IN2L Trivia - AL 1:30 Bingo - B 2:30 Poker - TF 4:00 Walk the Halls- BL 5:00 IN2L Animals- AL 6:00 Saturday Night Movie-CR
<b>15</b> 9:00 Coffee Chat - AL 10:15 Local Church Bus 10:30 Card Game 5 C. - TF 1:00 Sunday Matinee - CR 1:30 Poker w/ Trevor - TF 3:00 Scenic Drive 4:30 IN2L Trivia -AL 5:00 IN2L Music - AL	<b>16</b> 9:00 New & Coffee- AL 10:00 Tai Chi w/ Dayton TF 11:00 Wii Bowling - TF 1:00 Puzzled - TF 1:30 Mexican Train- TF 2:30 IN2L Music-AL 3:00 Bingo - B 4:00 IN2L Classic TV - AL	<b>17</b> 9:00 Chair Zumba - B 10:00 Board Games- B 11:00 Wii Bowling - TF 1:30 Karaoke - B 2:00 IN2L Trivia Fun- AL 3:00 Cocktail Hour - B 4:30 Out to Dinner Shojis	<b>18</b> 9:00 Wake-up & Walk- AL 10:00 Scenic Drive 11:00 Snack Creations - AK 1:30 Poker - TF 3:00 Menu Meeting - CR 3:00 Scenic Drive 4:30 Bucket Lists - BL 5:00 IN2L Music - AL	<b>19</b> 9:00 Tai Chi -B 10:00 Bible Study - CR 11:00 One on Ones 1:30 Mexican Train - TF 2:00 Grief Group -CR 3:00 Bingo - B 4:00 Advice Column - B 5:00 IN2L Music-AL	<b>20</b> 9:00 Go Nuts For Donuts 10:00 Scenic Drive 11:00 Tech Help 101 - CR 1:00 Puzzled - TF 1:30 Crafts w/ Nancy - B 3:00 Music Social - B Rick Milward 4:30 One on Ones 6:00 Friday Night Movie-CR	<b>21</b> 9:00 Coffee Chat - AL 10:00 Shopping Hobby Lobby 11:00 IN2L Trivia - AL 1:30 Bingo - B 2:30 Poker - TF 4:00 Walk the Halls- BL 5:00 IN2L Animals- AL 6:00 Saturday Night Movie-CR
<b>22</b> 9:00 Coffee Chat - AL 10:15 Local Church Bus 10:30 Card Game 5 C. - TF 1:00 Sunday Matinee - CR 1:30 Poker w/ Trevor - TF 3:00 Scenic Drive 4:30 IN2L Trivia -AL 5:00 IN2L Music - AL	<b>23</b> 9:00 New & Coffee- AL 10:00 Tai Chi w/ Dayton TF 11:00 Wii Bowling - TF 1:00 Puzzled - TF 1:30 Mexican Train- TF 2:30 IN2L Music-AL 3:00 Bingo - B 4:00 IN2L Classic TV - AL	<b>24</b> 9:00 Chair Zumba - B 10:00 Board Games- B 11:00 Wii Bowling - TF 1:30 Karaoke - B 2:00 Doormouse Farm 3:00 Ted Talk Tuesday - B 4:00 Wine Social- B 5:00 IN2L Classic TV - AL	<b>25</b> 9:00 Wake-up & Walk- AL 10:00 Scenic Drive 11:00 Snack Creations - AK 1:30 Poker - TF 3:00 Menu Meeting - CR 3:00 Scenic Drive 4:30 Bucket Lists - BL 5:00 IN2L Music - AL	<b>26</b> 9:00 Tai Chi - B 10:00 Bible Study - CR 11:00 One on Ones 1:30 Mexican Train - TF 2:00 Peer Support - CR 3:00 Sip & Art w/ Sidney- B 4:00 Advice Column - B 5:00 IN2L Music - AL	<b>27</b> 9:00 Go Nuts For Donuts 10:00 Scenic Drive 10:30 Book Club - BL 1:00 Puzzled - TF 1:30 Crafts w/ Nancy - B 3:00 Music Social - B Bob Hayworth 4:30 One on Ones 6:00 Friday Night Movie-CR	<b>28</b> 9:00 Coffee Chat - AL 10:00 Shopping Fred Meyers 11:00 IN2L Trivia - AL 1:30 Bingo - B 2:30 Poker - TF 4:00 Walk the Halls- BL 5:00 IN2L Animals- AL 6:00 Saturday Night Movie-CR
<b>29</b> 9:00 Coffee Chat - AL 10:15 Local Church Bus 10:30 Card Game 5 C. - TF 1:00 Sunday Matinee - CR 1:30 Poker w/ Trevor - TF 3:00 Scenic Drive 4:30 IN2L Trivia -AL 5:00 IN2L Music - AL	<b>30</b> 9:00 New & Coffee- AL 10:00 Tai Chi w/ Dayton TF 11:00 Wii Bowling - TF 1:00 Puzzled - TF 1:30 Mexican Train- TF 2:00 Pet Pageant - B 2:30 IN2L Music-AL 3:00 Bingo - B 4:00 IN2L Classic TV - AL	<b>31</b> 9:00 Chair Zumba - B 10:00 Coffee Social - B 11:00 Wii Bowling - TF 1:30 Karaoke - B 2:00 Pet Pageant - B 3:00 Ted Talk Tuesday - B 4:00 Cocktail Hour - B 5:00 IN2L Classic TV - AL	<b>Transportation Days:</b> <b>Monday-Tuesday-Thursday</b> <b>Location Legend:</b> AL= A Lobby B= Bistro BL= Bistro Lobby TF= Third Floor CR= Cinema Room DR= Dining Room AK=Activity Kitchen FR = Fitness Room	<b>Resident Birthdays:</b> Janet D. 1- 01 Norma S. 1-13 Dick C. 1-17 Ann D. 1-18 Glen C. 1-22 Damaris N. 1-23 <b>Staff Birthdays:</b> Miguel C. 1-01 Caleb B. 1-08 Peggy D. 1-10 Carson A. 1-12 Scott J. 1-18 Heather A. 1-21 Collin B. 1-29 Jesse C. 1/31	<p>All activities subject to change per mandated health guidelines.</p>	