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Stamp



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#### Maintenance Director:

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#### Dining Services Director:

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

# The Pioneer Post

February 2023 Newsletter



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# February is for Heart Health

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

It's American Heart Month, a time when we can all focus on cardiovascular health. There are actions we can take to know more about heart health, and to help improve it for ourselves.

Knowing heart-health risk factors is an important part in learning about heart healthy living. Risk factors include high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol.

According to Harvard Health Publishing, preventative measures for a healthier heart include controlling high blood pressure, high cholesterol, and excess weight, not smoking and having long-term healthy habits for diet, exercise, and sleep. It is also helpful to reduce alcohol consumption.

In order to help you measure how heart healthy you are, it is important to know your cholesterol, blood pressure, and blood glucose levels. With your health provider, you can determine if there are goals you should set to help you improve your heart health.

Lifestyle recommendations that many can benefit from include getting regular physical activity and following a healthy diet.

Going for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on



Heart healthy diets include plenty of vegetables!

most days of the week. Aerobic activity should be done in sessions of at least 10 minutes. A creative way to increase your activity level is to add extra distance or movement when you are traveling to or from a destination.

As for eating, the American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.

Managing stress is also important when it comes to heart health, and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make on our Facebook post for this month's newsletter.

## Special Moments





# February 2023 Highlights

**Observes:** Cancer Prevention, Self-Checks, American Heart Month, Black History, Heart Health

**Celebrates:** Canned Foods, American Pies, Baking, Bird Feeding, Cherries, Libraries, Hot Breakfast, Embroidery, Vegan Cuisine

- |  |  |
|--|--|
| 01 Baked Alaska Day, Dark Chocolate Day          | 15 Gumdrops Day, Wisconsin Day, World Hippo Day  |
| 02 Groundhog Day, Tater Tot Day, Ukulele Day     | 16 Almond Day, Innovation Day                    |
| 03 Bubble Gum Day, Carrot Cake Day               | 17 Cabbage Day, Caregivers' Day, Kind Acts Day   |
| 04 Homemade Soup Day, Fun Outside Day            | 18 Wine Day, Pluto Day                           |
| 05 Nutella Day, Yorkshire Pudding Day            | 19 Arabian Horse Day, Chocolate Mint Day         |
| 06 Frozen Yogurt Day, Chopsticks Day             | 20 President's Day, Cherry Pie Day, Pet Love Day |
| 07 Fettuccine Alfredo Day, Send a Card Day       | 21 Mardi Gras, Sticky Bun Day, Pancake Day       |
| 08 Boy Scouts' Day, Opera Day, Molasses Bar Day  | 22 Ash Wednesday, Sweet Potato Day, Yoga Day     |
| 09 Bagel & Lox Day, Donate Day, Pizza Day        | 23 Banana Bread Day, Chili Day, Toast Day        |
| 10 Cream Cheese Brownie Day                      | 24 Tortilla Chip Day, Tartar Sauce Day           |
| 11 Movie Day, Inventor Day, Peppermint Patty Day | 25 Chocolate Coated Nuts Day, Clam Chowder Day   |
| 12 Plum Pudding Day, Pork Rind Day               | 26 Pistachio Day, Tell a Fairy Tale Day          |
| 13 Cheddar Day, Tortellini Day, World Radio Day  | 27 Polar Bear Day, Retro Day, Strawberry Day     |
| 14 Valentine's Day, Cream-Filled Chocolate Day   | 28 Chocolate Souffle Day, Floral Design Day      |

*"February is the border between winter and spring."  
— Terri Guillemets, Years*

## Pioneer Birthdays

Alan N.	2/02	Kathryn E.	2/03
Linda R	2/12	Violet B.	2/04
Gail J.	2/12	Kitty M.	2/11
Dan H.	2/19	Anthony D.	2/14
Sherrill K.	2/24	Brendon K.	2/17
Joan L.	2/27	Edgar G.	2/23
Lois L.	2/27		



**Staff Spotlight:**  
**Sidney**

Sidney is a Life Enrichment Assistant here at Pioneer Village. She shared she feels as if working here has helped her develop her social skills and she loves getting to know our residents. Sidney is a very interesting person. She is currently attending SOU for her bachelor's in fine arts, working up to her masters in library science. Her favorite hobbies include drawing, listening to music, and sitting down to enjoy a good movie. Her spirit animal is a seal.

We are very thankful to have such an eclectic soul here!








**Resident Spotlight:**  
**Linda**

*"Learn something new every day, and find your happiness."*

Linda lives this every day. Being here at Pioneer for a few years, Linda has become a very prominent member of our community. She is part of our resident council and hosts our book club. Linda has a passion for learning and spent 44 years of her life teaching our youth. She loves history and shares a birthday with Abraham Lincoln and Charles Darwin. Linda enjoys traveling and her odometer can prove it. Her spirit animal is an owl, which is very fitting if you ask us. We are so blessed to have such a kind soul in our community.



February 2023							Pioneer Village • 805 NE 5th Street • Jacksonville, OR • 541-899-6825																																	
SUN	MON	TUE	WED	THU	FRI	SAT																																		
All activities subject to change per mandated health guidelines.			1 9:00 IIN2L Salt Box– AL 10:00 Walk the Halls 10:15 Cinema Series - CR 11: 00 Art Museum 11:00 Snack Creations - AK 1:30 Poker - TF 3:00 Menu Meeting - CR 5:00 IN2L Music - AL	2 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 Carol Neilson Mardi-Gra 4:00 Pioneer Peddle - FR 5:00 IN2L Music - AL	3 9:00 Go Nuts For Donuts 10:00 Sit and Stretch - B 11:00 Writers Group -BL 1:00 Puzzled - TF 1:30 Create & Craft- B 1:30 Cribbage - B 3:00 Music Social - B Bobbie Anne 6:00 Friday Night Movie-CR	4 9:00 Coffee Chat - AL 10:00 Shopping Bi-Mart 11:00 IN2L Travel- AL 1:30 Bunko - B 3:00 Poker - TF 4:00 One on Ones 5:00 IN2L Animals- AL 6:00 Saturday Night Movie-CR																																		
			5 9:00 Coffee Chat - AL 10:15 Local Church Bus 11:00 Card Games - TF 1:00 Sunday Matinee - CR 1:30 Poker - TF 2:30 Sunday Social - B 3:00 IN2L World Tour - B 4:30 IN2L Music - AL	6 9:00 News & Coffee– AL 10:00 Tai Chi w/ Dayton TF 11:00 Wii Bowling - TF 1:30 Mexican Train– TF 2:00 Bingo - B 3:00 Resident Council Open to All Residents 4:00 IN2L Classic TV - AL 5:00 IN2I Rick Steves - AL	7 9:00 IN2L Salt Box -AL 10:00 Chair Zumba– B 11:00 Wii Bowling-TF 1:00 Activities Meeting - B 2:00 Welcoming Comm. -B 3:00 Cocktail Hour-B 4:00 Table Talk- B 4:30 Out to Dinner- Rosario's Italian Restaurant	8 9:00 IN2L Salt Box– AL 10:00 Antique Mall 10:15 Cinema Series - CR 11:00 Snack Creations - AK 1:30 Poker - TF 3:00 Glee Club - B 3:00 Menu Meeting - CR 5:00 IN2L Music - AL 5:30 Dementia Group - CR	9 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 Pioneer Peddle - FR 5:00 IN2L Music-AL	10 9:00 Go Nuts For Donuts 10:00 Sit and Stretch - B 10:30 Book Club - BL 1:30 Create & Craft- B 1:30 Cribbage - B 3:00 Music Social - B Tracy Davey 4:00 One on Ones 6:00 Friday Night Movie-CR	11 9:00 Coffee Chat - AL 10:00 Shopping Trader Joes 11:00 IN2L Travel - AL 1:30 Bingo - B 3:00 Poker - TF 4:00 One on Ones 5:00 IN2L Animals- AL 6:00 Saturday Night Movie-CR																															
			12 9:00 Coffee Chat - AL 10:15 Local Church Bus 10:30 Card Games - TF 3:00 Super Bowl Party -CR Superbowl Squares Half Time Football Trivia 4:30 IN2L Music - AL	13 9:00 News & Coffee– AL 10:00 Tai Chi w/ Dayton TF 11:00 Wii Bowling - TF 1:30 Mexican Train– TF 2:00 Tea Social-B 3:00 Creek Side Chat - B Open to All Residents 4:00 IN2L Classic TV - AL 5:00 IN2I Live Tours - AL	14 9:00 IN2L Salt Box - AL 10:00 Chair Zumba- B 11:00 Card Games -TF 1:30 IN2L Trivia Fun - AL 2:30 TED Talk Tuesday- AL 3:00 Valentine Social - B 5:00 IN2L Classic TV - AL 	15 9:00 IN2L Salt Box– AL 10:15 Cinema Series -CR 11:00 Fire House Tour 11:00 Snack Creations - AK 1:30 Poker - TF 3:00 Menu Meeting - CR 4:30 Bucket Lists - BL 5:00 IN2L Music - AL	16 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 Pioneer Peddle - FR 5:00 IN2L Music-AL	17 9:00 Go Nuts For Donuts 10:00 Sit and Stretch - B 11:00 Writers Group - BL 1:30 Create & Craft- B 1:30 Cribbage - B 3:00 Music Social - B Sonny Kanahele 4:30 One on Ones 5:00 Sweetheart's Ball - B	18 9:00 Coffee Chat - AL 10:00 Shopping Grocery Outlet 11:00 IN2L Travel - AL 1:30 Bunko - B 3:00 Poker - TF 4:00 One on Ones 5:00 IN2L Animals- AL 6:00 Saturday Night Movie-CR																															
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