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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

March 2023 Newsletter



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Making Friends Over 60

Making friends at any age is all about seizing the social opportunities that come our way, and sometimes going out of our way to look for new ones. While older adults may not have a playground of potential friends all exploring simultaneously, they have plenty of avenues for gaining and maintaining friendships. Here are some tips for making new friends over 60.

Benefits to Seeking Out New Friendships

There are great benefits to increased social interactions and relationships. A 2019 study in “The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences” determined seniors who engaged in social interactions outside of their inner circle experienced more positive moods, fewer negative emotions, and had higher levels of physical activity. Friends can also encourage us to follow healthier lifestyle habits, reduce the risk for health problems, and improve our confidence and self-worth, according to the Mayo Clinic.

Ways to Increase Your Net of Friends

Starting new friendships can be done in so many different ways. Step outside of your routine and explore options you may not have considered.

- Take part in a club or consider starting one focused on an area of your interest like baking, birding, books, exercise, fishing, gardening, knitting, or movies in your community.
- If you are religious or spiritual, take part in a local service or church group.
- Attend a class teaching something you've always wanted to learn where you'll be able to interact with other students and gain a skill. Even one-off painting sessions can lead to friendships!
- Seek out a support group if you are struggling through a tough time and need



Never underestimate the power of your smile or a wave. It signals to others that you're open for positive interactions.

- some peer support or to feel less alone.
- Consider volunteering or participating in work for a charitable cause with other peers.
- Look into the social calendar at your local senior or community center. Many offer way more than Bingo nowadays.
- Refresh healthy connections from the past. If a relationship was good and time or distance led to a break, consider seeking out an old friend through social media or a mutual connection.

How to Break the Ice

When it comes to making a first approach in a social situation, you can start small. The act of simply saying hello and asking a question can lead into a conversation. If you need to start smaller, for residents at senior living communities, spending time in common areas or leaving your door open at times you would welcome social interactions can increase possibilities for them to take place.

Let us know if our tips have been helpful for your friendship quest, and please share any ideas that you think our readers would find helpful on our Facebook on the first.



Special Moments



Happy Birthday to our Staff & Residents:

- Jennifer S. : March 1
- Clarice N. : March 3
- Melanie P. : March 4
- Amy C. : March 10
- Victoria D. : March 13
- Taylor S. : March 17
- April B. : March 20
- Don C. : March 22

Red = Staff
Blue = Residents



Bird watch for March

By Marjorie Neal

A bold bird? An aggressive bird? A beautiful bird? Yes to all these questions sums up two of the bluest birds in our region: the California Scrub Jay and the Steller's Jay. (The Eastern Blue Jay (rarely seen here) is also aggressive: he shoved his way into the photos of the Western Bluebirds in January's Pioneer Post!)

In Oregon year-round, both Steller's Jay and the California Scrub Jay are bold hunters of insects, worms, bird eggs, and yes, baby birds. Meat makes up 30% of the diet and is fed mainly to baby birds in the nest. Steller's Jays are mostly seen at Pioneer Village in fall and winter, feeding on the acorns, nuts and fruit that make up 70% of their diet. When spring arrives, they head for the mountains. California Scrub Jays are found in—you guessed it—scrub, open fields, oak savannah. The blue feathers, as in the bluebird, are a trick of the light as it reflects off feathers that are much duller than they appear to our eyes. Truly stellar looking (as related to the stars), with a large crest of dark blue feathers on the head ,Steller's Jay was named for naturalist Georg Steller, a German who sailed with Vitus Bering exploring the sea which now has Bering's name. Steller noted in his records the presence of the Queen Charlotte Island jay, one of the physically largest of many subspecies that carry the name Steller's Jay.





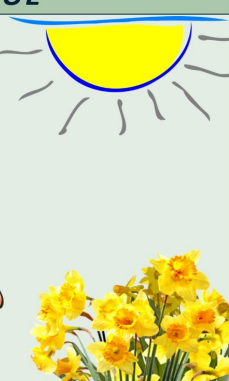
Staff Spotlight: Daveon

Daveon is a bright light here at Pioneer. He always shows up with a positive can do attitude. He is a very prominent member of our dinning team. We know this much, but did you know that he is also a social media creator? He has built quite a following on Tiktok, and is very passionate when it comes to the message he portrays. Daveon loves video games, Modern Warfare 2 to be exact. He grew up locally and loves our little valley. Daveons' family was one of the first African American families to settle here in the Valley and became well known due to this. He plays the piano and enjoys working here most due to our residents. He loves the wisdom they share and getting to know them on a personal basis. Daveons' Motto is to wakeup every day with a smile on his face!



Resident Spotlight: Elsie

Elsie hasn't been here at Pioneer for very long, however, her impact has been monumental. Elsie is such an amazing soul! She is positive and kind, and never has a negative word to say about anyone. She has this innate ability to find the good in us all. Elsie has been in Oregon for 48 years. She and her husband Al were very involved members of the community out in Applegate. Elsie and Al were married for 72 years and had 4 amazing children, whom she cherishes and is extremely grateful for. They have such a beautiful love story. Al passed in September of 2022 and Elsie is extremely grateful for all of us and shows that every day. I asked Elsie what is her favorite part of living here at Pioneer Village and she replied, "All of the dear people I have met, they have become family. This is Home!" Elsie's motto is to be truthful, be a good listener and help people.

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines</div> 	<div>Transportation Days: Monday-Tuesday-Thursday</div> <div>Location Legend: AL= A Lobby B= Bistro BL= Bistro Lobby TF= Third Floor CR= Cinema Room DR= Dining Room AK=Activity Kitchen FR = Fitness Room</div> 		<div>1 Barista Day</div> <div>9:00 IIN2L Salt Box– AL</div> <div>10:15 Cinema Series - CR</div> <div>11:00 Jacksonville Shops</div> <div>11:00 Snack Creations - AK</div> <div>1:30 Poker - TF</div> <div>2:00 Forest Bathing with Pie</div> <div>3:00 Menu Meeting - CR</div> <div>4:00 Tech Help 101</div> <div>5:00 IN2L Music - AL</div>	<div>2 World Book Day</div> <div>9:00 Tai Chi -B</div> <div>10:00 Bible Study - CR</div> <div>11:00 One on Ones</div> <div>12:00 IN2L Resident Choice-AL</div> <div>1:30 Mexican Train - TF</div> <div>2:00 Parkinson's Group -CR</div> <div>3:00 Carol Neilson Baltic- Russia & Scandinavia</div> <div>4:00 Pioneer Peddle - FR</div> <div>5:00 IN2L Music - AL</div>	<div>3 Employee Appreciation Day</div> <div>9:00 Go Nuts For Donuts</div> <div>10:00 Sit and Stretch - B</div> <div>11:00 Writers Group -BL</div> <div>1:00 Puzzled - TF</div> <div>1:30 Create & Craft- B</div> <div>1:30 Cribbage - B</div> <div>3:00 Music Social - B</div> <div>Bobbie Anne</div> <div>6:00 Friday Night Movie-CR</div>	<div>4</div> <div>9:00 Coffee Chat - AL</div> <div>10:00 Shopping Bi-Mart</div> <div>11:00 IN2L Travel- AL</div> <div>12:00IN2L Resident Choice-AL</div> <div>1:30 Bunko - B</div> <div>3:00 Scenic Drive</div> <div>4:00 One on Ones</div> <div>5:00 IN2L Animals- AL</div> <div>6:00Saturday Night Movie-CR</div>
<div>5</div> <div>9:00 Coffee Chat - AL</div> <div>10:15 Presbyterian Church</div> <div>Transportation</div> <div>10:30 IN2L Religious Hour-AL</div> <div>11:00 Card Games - TF</div> <div>1:00 Sunday Matinee - CR</div> <div>1:30 Poker - TF</div> <div>2:30 IN2L World Tour- AL</div> <div>3:00 Scenic Drive</div> <div>4:30 IN2L Music - AL</div>	<div>6 National Dentist Day</div> <div>9:00 Specialty Coffee– BL</div> <div>10:00 Tai Chi w/ Dayton TF</div> <div>11:00 Wii Bowling - TF</div> <div>1:30 Mexican Train– TF</div> <div>2:00 Bingo - B</div> <div>3:00 Resident Council</div> <div>Open to All Residents</div> <div>4:00 IN2L Classic TV - AL</div> <div>5:00 IN2I Rick Steves - AL</div>	<div>7</div> <div>9:00 IN2L Salt Box -AL</div> <div>10:00 Chair Zumba– B</div> <div>11:00 Wii Bowling-TF</div> <div>12:00 IN2L Resident Choice -B</div> <div>1:00 Activities Meeting - B</div> <div>2:00 Welcoming Comm. -B</div> <div>3:00 Social Hour-B</div> <div>4:00 Table Talk- B</div> <div>4:30 Out to Dinner- Blue Fish Hawaiian Fusion</div>	<div>8 International Women’s Day</div> <div>9:00 IN2L Salt Box– AL</div> <div>10:00 Antique Mall</div> <div>Janet's Boutique</div> <div>10:15 Cinema Series - CR</div> <div>11:00 Snack Creations - AK</div> <div>1:30 Poker - TF</div> <div>3:00 Glee Club - B</div> <div>3:00 Menu Meeting - CR</div> <div>4:00 Tech Help 101</div> <div>5:00 IN2L Music - AL</div>	<div>9 National Barbie Day</div> <div>9:00 Tai Chi -B</div> <div>10:00 Bible Study - CR</div> <div>11:00 One on Ones</div> <div>12:00 IN2L Resident Choice-AL</div> <div>1:00 Louis Faro - BL</div> <div>2:00 Alzheimer's Group CR</div> <div>3:00 Sip & Art w/ Sidney-B</div> <div>4:00 Pioneer Peddle - FR</div> <div>5:00 IN2L Music-AL</div>	<div>10 National Pack Your Lunch Day</div> <div>9:00 Go Nuts For Donuts</div> <div>10:00 Sit and Stretch - B</div> <div>10:30 Book Club - BL</div> <div>1:00 Create & Craft- B</div> <div>2:00 Staff Meeting -B</div> <div>3:00 Music Social - B</div> <div>Tracy Davey</div> <div>4:00 One on Ones</div> <div>6:00 Friday Night Movie-CR</div>	<div>11</div> <div>9:00 Coffee Chat - AL</div> <div>10:00 Shopping Trader Joes</div> <div>11:00 IN2L Travel - AL</div> <div>12:00IN2L Resident Choice-AL</div> <div>1:30 Bingo - B</div> <div>3:00 Scenic Drive</div> <div>4:00 One on Ones</div> <div>5:00 IN2L Animals- AL</div> <div>6:00Saturday Night Movie-CR</div>
<div>12 Plant A Flower Day</div> <div>9:00 Coffee Chat - AL</div> <div>10:15 Presbyterian Church</div> <div>Transportation</div> <div>10:30 IN2L Religious Hour-AL</div> <div>11:00 Card Games - TF</div> <div>1:00 Sunday Matinee - CR</div> <div>1:30 Poker - TF</div> <div>2:30 IN2L World Tour- AL</div> <div>3:00 Scenic Drive</div> <div>4:30 IN2L Music - AL</div>	<div>13</div> <div>9:00 Specialty Coffee– BL</div> <div>10:00 Tai Chi w/ Dayton TF</div> <div>11:00 Wii Bowling - TF</div> <div>1:30 Mexican Train– TF</div> <div>2:00 Tea Social-B</div> <div>3:00 Creek Side Chat - B</div> <div>Open to All Residents</div> <div>4:00 IN2L Classic TV - AL</div> <div>5:00 IN2I Live Tours - AL</div> <div>Spirit Week</div>	<div>14 Happy PI Day</div> <div>9:00 IN2L Salt Box - AL</div> <div>10:00 Chair Zumba - B</div> <div>11:00 Wii Bowling - TF</div> <div>12:00 IN2L PI Day - BL</div> <div>1:30 IN2L Trivia Fun- AL</div> <div>2:30 Ted Talk Tuesday - AL</div> <div>3:00 Wine Social- B</div> <div>4:00 Table Talk - B</div> <div>5:00 IN2L Classic TV - AL</div> <div>Spirit Week</div>	<div>15 World Speech Day</div> <div>9:00 IN2L Salt Box– AL</div> <div>10:15 Cinema Series -CR</div> <div>11:00 Bear Hotel & Lunch</div> <div>11:00 Snack Creations - AK</div> <div>1:30 Poker - TF</div> <div>3:00 All about Nancy Lane-B</div> <div>3:00 Menu Meeting - CR</div> <div>4:00 Bucket Lists - B</div> <div>5:00 IN2L Music - AL</div> <div>Spirit Week</div>	<div>16 National Panda Day</div> <div>9:00 Tai Chi -B</div> <div>10:00 Bible Study - CR</div> <div>11:00 One on Ones</div> <div>12:00 IN2L Resident Choice-AL</div> <div>1:30 Mexican Train - TF</div> <div>2:00 Parkinson's Group - CR</div> <div>3:00 Bingo -B</div> <div>4:00 Pioneer Peddle - FR</div> <div>5:00 IN2L Music-AL</div> <div>Spirit Week</div>	<div>17 Happy St. Patrick’s Day</div> <div>9:00 Go Nuts For Donuts</div> <div>10:00 Sit and Stretch - B</div> <div>11:00 Writers Group - BL</div> <div>1:30 Create & Craft- B</div> <div>1:30 Cribbage - B</div> <div>3:00 Music Social - B</div> <div>Sonny Kanahele</div> <div>5:30-7:30 Bingo Bash-B</div> <div>6:00 Friday Night Movie-CR</div> <div>Spirit Week</div>	<div>18</div> <div>9:00 Coffee Chat - AL</div> <div>10:00 Shopping Grocery Outlet</div> <div>11:00 IN2L Travel - AL</div> <div>12:00IN2L Resident Choice-AL</div> <div>1:30 Bunko - B</div> <div>3:00 Scenic Drive</div> <div>4:00 One on Ones</div> <div>5:00 IN2L Animals- AL</div> <div>6:00Saturday Night Movie-CR</div>
<div>19</div> <div>9:00 Coffee Chat - AL</div> <div>10:15 Presbyterian Church</div> <div>Transportation</div> <div>10:30 IN2L Religious Hour-AL</div> <div>11:00 Card Games - TF</div> <div>1:00 Sunday Matinee - CR</div> <div>1:30 Poker - TF</div> <div>2:30 IN2L World Tour- AL</div> <div>3:00 Scenic Drive</div> <div>4:30 IN2L Music - AL</div>	<div>20 International Day of Happiness</div> <div>9:00 Specialty Coffee– BL</div> <div>10:00 Tai Chi w/ Dayton TF</div> <div>11:00 Wii Bowling - TF</div> <div>1:30 Mexican Train– TF</div> <div>2:00 Tea Social - B</div> <div>3:00 Bingo - B</div> <div>4:00 IN2L Classic TV - AL</div> <div>5:00 IN2L Rick Steves - AL</div>	<div>21</div> <div>9:00 IN2L Salt Box - AL</div> <div>10:00 Chair Zumba - B</div> <div>11:00 Wii Bowling - TF</div> <div>12:00 IN2L Resident Choice -B</div> <div>1:30 IN2L Karaoke - B</div> <div>2:00 IN2L Trivia Fun- AL</div> <div>2:30 TED Talk Tuesday- AL</div> <div>3:00 Social Hour - B</div> <div>4:30 Out to Dinner Chen’s Family Dish</div>	<div>22 National Goof Off Day</div> <div>9:00 IN2L Salt Box– AL</div> <div>10:00 Medford Library</div> <div>10:15 Cinema Series - CR</div> <div>11:00 Snack Creations - AK</div> <div>1:30 Poker - TF</div> <div>3:00 Glee Club - B</div> <div>3:00 Menu Meeting - CR</div> <div>4:00 Tech Help 101</div> <div>5:00 IN2L Music - AL</div>	<div>23 National Puppy Day</div> <div>9:00 Tai Chi - B</div> <div>10:00 Bible Study - CR</div> <div>11:00 One on Ones</div> <div>12:00 IN2L Resident Choice- AL</div> <div>1:30 Mexican Train - TF</div> <div>2:00 Grief Support - CR</div> <div>3:00 Sip & Art w/ Sidney- B</div> <div>4:00 Pioneer Peddle - FR</div> <div>5:00 IN2L Music - AL</div>	<div>24</div> <div>9:00 Go Nuts For Donuts</div> <div>10:00 Sit and Stretch -B</div> <div>10:30 Book Club - BL</div> <div>1:30 Create & Craft - B</div> <div>1:30 Cribbage - B</div> <div>3:00 Music Social - B</div> <div>Bob Haworth</div> <div>4:30 One on Ones</div> <div>6:00 Friday Night Movie-CR</div> <div>Shop And Swap</div>	<div>25 National Waffle Day</div> <div>9:00 Coffee Chat - AL</div> <div>10:00 Shopping Fred Meyers</div> <div>11:00 IN2L Travel - AL</div> <div>12:00 IN2L Resident ChoiceAL</div> <div>1:30 Bingo - B</div> <div>3:00 Scenic Drive</div> <div>4:00 One on Ones</div> <div>5:00 IN2L Animals- AL</div> <div>6:00Saturday Night Movie-CR</div> <div>Shop And Swap</div>
<div>26 Make up your own Holiday Day</div> <div>9:00 Coffee Chat - AL</div> <div>10:15 Presbyterian Church</div> <div>Transportation</div> <div>10:30 IN2L Religious Hour-AL</div> <div>11:00 Card Games - TF</div> <div>1:00 Sunday Matinee - CR</div> <div>1:30 Poker - TF</div> <div>3:00 Scenic Drive</div> <div>4:30 IN2L Music - AL</div> <div>Shop And Swap</div>	<div>27 National Theatre Day</div> <div>9:00 Specialty Coffee– BL</div> <div>10:00 Tai Chi w/ Dayton TF</div> <div>11:00 Wii Bowling - TF</div> <div>1:30 Mexican Train– TF</div> <div>2:00 Tea Social - B</div> <div>3:00 Bingo - B</div> <div>4:00 IN2L Classic TV - AL</div> <div>5:00 IN2I Live Tours - AL</div> <div>Shop And Swap</div>	<div>28 Mammal Appreciation Day</div> <div>9:00 IN2L Salt Box - AL</div> <div>10:00 Chair Zumba - B</div> <div>11:00 Wii Bowling - TF</div> <div>12:00 IN2L Mammal Appreciation- B</div> <div>1:30 IN2L Trivia Fun- AL</div> <div>2:30 Ted Talk Tuesday - AL</div> <div>3:00 Wine Social- B</div> <div>4:00 Table Talk - B</div> <div>5:00 IN2L Classic TV - AL</div>	<div>29</div> <div>9:00 IIN2L Salt Box– AL</div> <div>10:00 Walk the Halls</div> <div>10:15 Cinema Series - CR</div> <div>11:00 Jacksonville Museums</div> <div>11:00 Snack Creations - AK</div> <div>12:00 Caring is Sharing - B</div> <div>1:30 Poker - TF</div> <div>3:00 Menu Meeting - CR</div> <div>4:00 Tech Help 101</div> <div>5:00 IN2L Music - AL</div>	<div>30 National Doctors Day</div> <div>9:00 Tai Chi -B</div> <div>10:00 Bible Study - CR</div> <div>11:00 One on Ones</div> <div>12:00 IN2L Resident Choice-AL</div> <div>1:30 Mexican Train - TF</div> <div>2:00 Peer Support Group -CR</div> <div>3:00 Doctor Appreciation-B</div> <div>4:00 Pioneer Peddle - FR</div> <div>5:00 IN2L Music - AL</div>	<div>31 World Back up Day</div> <div>9:00 Go Nuts For Donuts</div> <div>10:00 Sit and Stretch - B</div> <div>11:00 Writers Group -BL</div> <div>1:00 Puzzled - TF</div> <div>1:30 Create & Craft- B</div> <div>1:30 Cribbage - B</div> <div>3:00 Music Social - B</div> <div>Shelia Winn</div> <div>6:00 Friday Night Movie-CR</div>	<div>Outings</div> <div>Jacksonville Shops 3-1</div> <div>Bi-mart 3-4</div> <div>Out to Dinner 3-7</div> <div>Antique Mall 3-8</div> <div>Trader Joes 3-11</div> <div>Bear Hotel & Lunch 3-15</div> <div>Grocery Outlet 3-18</div> <div>Medford Library 3-22</div> <div>Fred Myers 3-25</div> <div>Jacksonville Museums 3-29</div> <div>Scenic Drives Sat. & Sun. at 3PM</div>