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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

May 2023 Newsletter



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Staying on Top of Dental Care

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

It's May and that means it's Dental Care Month, a time for all of us to focus on taking good care of our teeth. In observance, we're sharing best practices and information to help adults and older adults improve dental habits.

First comes the advice you've likely heard: make sure to brush your teeth twice a day, in the morning and at night. However, we'll expand on that. After breakfast and before bedtime are best times to do it, and at least two minutes of brushing is recommended. It's wise to use a toothpaste with the American Dental Association (ADA) Seal on it signifying the paste has fluoride for fighting plaque and decay, per Harvard Health. As for what type of toothbrush to use, the ADA suggests one with soft bristles—manual or powered as both work effectively.

Flossing is another smart part of the daily dental health process. The National Institute on Aging recommends using small circular motions and short back and forth strokes to do so, and making sure to rinse after. It's best to floss after meals, and more than once daily.

When it comes to diet, some foods are better than others for our teeth. Acidic foods can erode enamel and crunchy foods like chips can lead to build up between teeth. For dental health, try low-sugar dairy, lean proteins, less acidic fruits and vegetables, nuts, and high-fiber foods.

Certain conditions can affect dental health in



Did you know? The ADA recommends replacing your toothbrush every three to four months to prevent bacteria build up on the brush.

older adults, and one of them is dry mouth, when a person doesn't make enough saliva to keep their mouth wet. If you think you have dry mouth, be sure to let your dental professional know. It can increase the risk for cavities, tooth decay, and fungal infections. Dry mouth is a side effect of some medications and can be due to some conditions, like diabetes. Fortunately, according to the NIA, sipping water or sugarless drinks, or having hard candy, or tart gum, can help. Avoiding smoking, alcohol, acidic juices, and spicy or salty foods can also be beneficial.

Another area that older adults may need to pay attention to is denture care. For those with dentures, make sure to brush them every day with a denture-care product and soak them in water or a denture-cleaner at night. To help gums, avoid small crunchy foods that can get stuck under dentures, and leave dentures out of your mouth when you sleep.

We hope this information has been helpful to you this Dental Care Month. Let us know on our Facebook newsletter post on the 1st.



Special Moments





Bird Watch

By: Marjorie N.

I was leading a nature walk in Lithia Park when a voice asked “What is that? It’s the most beautiful bird I’ve ever seen.” “It” was a Spotted Towhee (pronounced toe-ee, with the accent on the first syllable, not two-ee) and yes, they are beautiful, especially the male bird with his red-orange flanks and white belly, coal black “hood” and tail. His wings are black, spotted heavily with white. Females are similar, with a brownish hood and fewer white spots on the back. Both can be seen lurking in yards with lots of shrubs for cover, and also on the ground under trees, looking for seeds and small insects, scraping away the litter with their very long toenails. A pair that nested near Pioneer Village last year visited my yard frequently, scratching for seeds (including some vegetable ones I had planted). So far this year, I have seen only one male bird. They are not friendly birds, flying off to the nearest bush with a scolding call that begins with a single note and elevates to a high trill. Ground-nesters, the male and female scrape a depression in the earth, then make a cup of grass, leaves, twigs, and any fibers they can find. The cup holds 3 to 4 eggs and 14 days later, the male and female (who have shared the incubation chores) welcome the scrawny featherless chicks. Fourteen days later, those chicks have fledged with a camouflage coat of brown back and hood, and a stripy brown and white speckled chest and belly. Oregon also is home to the California Towhee which is cloaked in a duller brown hood and back, no spots, and rusty brown belly. Like their cousins, they are shy birds and will fly or scurry off to cover, then reprimand the onlooker with a shrill whirring scold. Beauty does not necessary go with friendly manners!



Staff Spotlight: Sarah S.

Sarah has worn a few hats here at Pioneer; her current one being Dining Services Director.

Sarah has been here in the valley since 2017. Aside from being a great cook, she loves to garden, hike, camp, and do anything outdoors. Sarah loves her life, which includes her husband, adult son, and her two miniature schnauzers, Charlie and Althea. Sarah and her husband met each other in 2nd grade and she is still crazy about him. She wishes everyone realized how team work makes the dream work.




Resident Spotlight: Shirley B.

If you haven't met Shirley, you must be hiding under a rock. Shirley has one of those personalities that just draws you in. She has been here in the valley for 20 years. Shirley knew back in 2005, when she helped a friend move in, that someday she would live here at Pioneer Village. Shirley has lived quite an eventful life, from riding her bike across the country, bungee jumping, ziplining and climbing Mount Shasta to immersing herself into our Sothern Oregon culture. Shirley has been a very active part of The Britt and hosted musicians for nearly 16 years. Shirley stated, “In life it is imperative to always look for the positive, and focus on gratitude, instead of griping.” Cheers to that Shirley!

MAY 2023

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SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines.	1 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:00 Card Bingo - TF 2:15 Piano w/ Daveon - BL 3:00 Resident Council - B Open to all Residents 5:00 IN2L Music Hour - B	2 9:00 IN2L Musical Choice-B 9:30 Coffee Social - AL 10:15 Cinema Series - CR 11:00 TED Talk Tuesday-B 1:00 10 Thousand - AL 2:00 Welcoming Comm.-B 3:00 Spring Creations - B 4:30 Out to Dinner Texas Road House	3 9:00 Wake up and Walk - B 11:00 Tea Pot on Wheels 11:00 Snack Creations -AK 1:00 Poker - TF 2:30 Shopping -Bi-mart 3:00 Menu Meeting - CR 3:00 Sip and Art -B 4:00 Karaoke - B 5:00 IN2L Salt Box - B	4 9:00 Wake and Walk - AL 10:00 Bible Study - CR 11:00 Gardening Club - B 1:30 Mexican Train - TF 2:00 Parkinson's Group -CR 3:00 Dan & Carole -B 4:00 Afternoon Stretch - B 5:00 IN2L Learn - B	5 9:00 Go Nuts for Donuts 10:30 Guided Meditation-B 11:00 Writers Group - BL 11:30 IN2L Resident Pick-B 1:00 Scenic Drive 1:30 Create & Craft - B 3:00 Musical Soiree Rick Millward 4 - 6:00 Cinco de Mayo 6:00 Friday Night Movie -CR	6 9:00 Coffee Chat - AL 10:00 Empower Me Class-B 11:00 IN2L Travel - B 12:00 Wii Games - TF 1:30 Poker - TF 3:00 Dominoes - TF 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie - CR	
	7 9:00 Coffee Social - AL 10:15 Presbyterian Church Transportation 10:30 Card Games - TF 1:00 Sunday Matinee - CR 1:30 Poker - TF 2:30 Youth Piano Recital-BL 3:00 Scenic Drive 3:30 Women's Circle -BL 5:00 IN2L Music - B	8 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:00 Card Bingo - TF 3:00 Creek Side Chat - B Open to all Residents 5:00 IN2L Music Hour - B	9 9:00 IN2L Musical Choice-B 9:30 Coffee Social - AL 10:15 Cinema Series_CR 11:00 TED Talk Tuesday-B 1:00 10 Thousand - AL 2:15 Piano with Josh - BL 3:00 Crotchet Creations - B 4:00 Tea Soiree - AK 5:00 IN2L Relax - B	10 9:00 Wake up and Walk - B 11:00 Picnic Lunch-Touvelle 11:00 Liquid Creations - AK 1:00 Poker - TF 2:30 Shopping Trader Joes 3:00 Menu Meeting - CR 3:00 Sip and Art -B 4:00 Karaoke - B 5:00 IN2L Salt Box - B	11 9:00 Wake and Walk - AL 10:00 Bible Study -CR 11:30 Walking Club - BL 1:00 Lois Faro - BL 2:00 Alzheimer's Group- CR 2:15 Mexican Train - TF 3:30 Afternoon Stretch - B 4:00 IN2L Explore - B	12 9:00 Go Nuts for Donuts 10:30 Book Club - BL 10 to 12:00 Mothers Day Brunch- DR 1:00 Scenic Drive 1:30 Create & Craft - B 3:00 Musical Soiree Tracy Davey 5:00 IN2L Reminisce - B 6:00 Friday Night Movie -CR	13 9:00 Coffee Chat - AL 10:00 Empower Me Class-B 11:00 IN2L Travel - B 12:00 Wii Games - TF 1:30 Poker - TF 3:00 10 Thousand -AL 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie - CR
	14 9:00 Coffee Social - AL 10:15 Presbyterian Church Transportation 10:30 Card Games - TF 1:00 Sunday Matinee -CR 1:30 Poker - TF 3:00 Scenic Drive 3:30 Women's Circle -BL 5:00 IN2L Music - B	15 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:00 Card Bingo - TF 3:00 IN2L Karaoke - B 4:00 Bucket Lists - BL 5:00 IN2L Music Hour - B	16 9:00 IN2L Musical Choice-B 9:30 Coffee Social - AL 10:15 Cinema Series -CR 11:00 TED Talk Tuesday-B 1:00 10 Thousand - AL 3:00 Spring Creations - B 4:30 Out to Dinner Bella Union	17 9:00 Wake up and Walk - B 11:00 Crater Rock Museum 11:00 Snack Creations - AK 1:00 Poker - TF 2:30 Shopping Fred Meyers 3:00 Menu Meeting - CR 3:00 Sip and Art -B 4:00 Karaoke - B 5:00 IN2L Salt Box - B	18 9:00 Wake and Walk - AL 10:00 Bible Study - CR 11:00 Gardening Club - B 1:30 Mexican Train - TF 2:00 Parkinson's Group -CR 3:00 Accordion w/ Lillian -B 4:00 Afternoon Stretch - B 5:00 IN2L Learn - B	19 9:00 Go Nuts for Donuts 10:30 Guided Meditation-B 11:00 Writers Group - BL 11:30 IN2L Resident Pick-B 1:00 Scenic Drive 1:30 Create & Craft - B 3:00 Musical Soiree Sonny Kanahale 4:30 Bucket List - BL 5:00 IN2L Learn - B 6:00 Friday Night Movie -CR	20 9:00 Coffee Chat - AL 10:00 Empower Me Class-B 11:00 IN2L Travel - B 12:00 Wii Games - TF 1:30 Poker - TF 3:00 Dominoes - TF 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie - CR
21 9:00 Coffee Social - AL 10:15 Presbyterian Church Transportation 10:30 Card Games - TF 1:00 Sunday Matinee - CR 1:30 Poker - TF 3:00 Scenic Drive 3:30 Women's Circle -BL 5:00 IN2L Music - B	22 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:00 Card Bingo - TF 3:00 IN2L Karaoke - B 4:00 Bucket Lists - BL 5:00 IN2L Music Hour - B	23 9:00 IN2L Musical Choice-B 9:30 Coffee Social - AL 10:15 Cinema Series -CR 11:00 TED Talk Tuesday-B 1:00 10 Thousand - AL 2:15 Piano with Josh - BL 3:00 Crotchet Creations - B 4:00 Tea Soiree - AK 5:00 IN2L Relax - B	24 9:00 Wake up and Walk - B 11:00 Picnic Lunch-Cantrall 11:00 Liquid Creations -AK 1:00 Poker - TF 2:30 Shopping Target 3:00 Menu Meeting - CR 3:00 Sip and Art -B 4:00 Karaoke - B 5:00 IN2L Salt Box - B	25 9:00 Wake and Walk - AL 10:00 Bible Study -CR 11:30 Walking Club - BL 1:00 Karaokie - B 2:00 Peer Group- CR 2:15 Mexican Train - TF 3:30 Afternoon Stretch - B 4:00 IN2L Explore - B	26 9:00 Go Nuts for Donuts 10:30 Book Club -BL 11:30 IN2L Resident Pick - B 1:00 Scenic Drive 1:30 Create & Craft - B 3:00 Musical Soiree Bob Haworth 4:00 Bucket List - B 5:00 IN2L Learn - B 6:00 Friday Night Movie -CR	27 9:00 Coffee Chat - AL 10:00 Empower Me Class-B 11:00 IN2L Travel - B 12:00 Wii Games - TF 1:30 Poker - TF 3:00 10 Thousand - AL 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie - CR	
28 9:00 Coffee Social - AL 10:15 Presbyterian Church Transportation 10:30 Card Games - TF 1:00 Sunday Matinee - CR 1:30 Poker - TF 2:30 Youth Piano Recital-BL 3:00 Scenic Drive 3:30 Women's Circle -BL 5:00 IN2L Music - B	29 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:00 Card Bingo - TF 3:00 IN2L Karaoke - B 4:00 Bucket Lists - BL 5:00 IN2L Music Hour - B	30 9:00 IN2L Musical Choice-B 9:30 Coffee Social - AL 10:15 Cinema Series -CR 11:00 TED Talk Tuesday-B 1:00 10 Thousand - AL 3:00 Spring Creations - B 4:30 Out to Dinner Tap & Vine	31 9:00 Wake up and Walk - B 11:00 Medford Library 11:00 Snack Creations-AK 1:00 Poker - TF 2:30 Shopping - Good Will 3:00 Menu Meeting - CR 3:00 Meet and Greet - B 3:00 Birthday Party - B 4:00 Karaoke - B	Transportation Days: Monday-Tuesday-Thursday 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			
Residents Birthdays Staff Shirley B. 5-1 Matt. W. 5-10 Lori G. 5-4 Nora H. 5-11 Marjorie N. 5-4 Dianna S. 5-19 Howard S. 5-7 James S. 5-15 Paul P. 5-17 Brooks M. 5-20 Joan K. 5-22 Juanita M. 5-24 Rita F. 5-26 JoAnn R. 5-29 Ruth K. 5-30							

