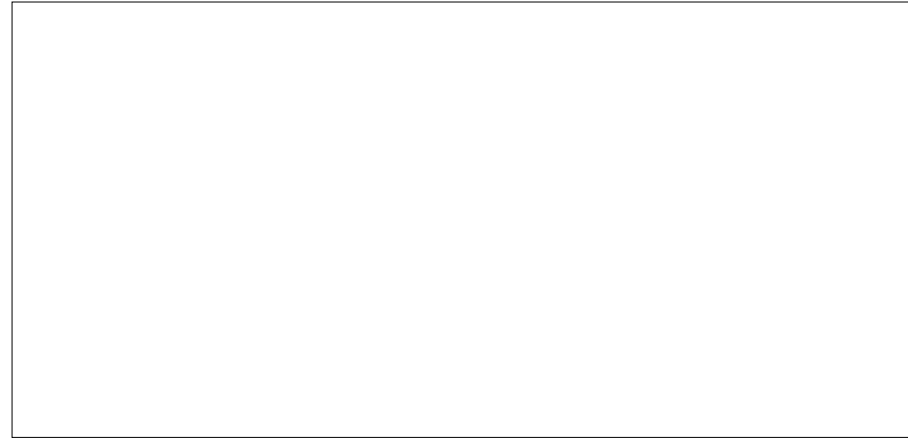




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**Our mission is to create and sustain comfortable, caring environments for those who depend on us.**

# The Pioneer Post

June 2023 Newsletter



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# Alzheimer's & Dementia Awareness & Updates

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

Summer solstice on June 21 is a notable date this Alzheimer's & Brain Awareness Month. The Alzheimer's Association observes it as the day with the most light, and the day we fight, encouraging fundraising toward an end to Alzheimer's. Our community hopes to bring awareness not only to this year's Longest Day, but also to this important month with facts and updates.

## Facts About Alzheimer's

- More than 6 million Americans are living with Alzheimer's.
- 1 in 3 seniors pass with Alzheimer's or dementia.
- Alzheimer's and dementias cost the U.S. \$321 billion in 2022.
- The difference between Alzheimer's and dementia is dementia is an overall term for a particular group of symptoms (difficulties with memory, language, problem-solving, and other thinking skills) while Alzheimer's disease is one cause of dementia.

## Updates and Research Studies

- Few Americans know about mild cognitive impairment, which can be an early stage of Alzheimer's. MCI causes cognitive changes that the affected person and those in their life can notice, but doesn't affect the ability to carry out everyday activities. Learn more at alz.org in a Special Report.
- Various studies indicate that keeping strong social connections and staying mentally active may lower the risk of cognitive decline and Alzheimer's.
- There seems to be a strong link between head trauma and future risk of cognitive

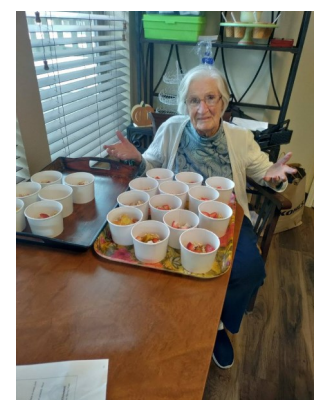


**The Longest Day:** Consider taking part in a fundraising activity to support an end to Alzheimer's. The options for activities are great: from board games, gardening, and bowling to Yoga or having a cookout, and beyond! You can register for a creative fundraising activity at [act.alz.org](http://act.alz.org).

- decline. Help fall-proof your living space by reducing poor light, loose rugs, and clutter.
- Some conditions known to increase the risk of cardiovascular disease like high blood pressure, diabetes, and high cholesterol increase the risk of developing Alzheimer's.
- Regular physical exercise and heart-healthy eating may help to protect the brain. Two recommended diets include The Dash Diet and Mediterranean Diet.
- A current clinical trial by DIAN is testing if antibodies to beta-amyloid can reduce beta-amyloid plaque in the brains of people with certain genetic mutations and reduce, delay or prevent Alzheimer's symptoms. Another trial, A4 by the Alzheimer's Disease Cooperative Study, is testing if antibodies to beta-amyloid can lower Alzheimer's disease risk in people 65-85 at high risk for the disease.

We hope all of this information has been helpful toward broadening awareness of Alzheimer's during this important month.

# Special Moments





# June 2023 Highlights

**Observes:** Men’s Health, Headaches & Migraines, PTSD, Safety  
**Celebrates:** Zoos & Aquariums, Fruit & Veggies, Camping, Dairy, Great Outdoors, Iced Tea, Roses, Papaya, Turkey, African American Music, LGBTQIA Pride

- |   |   |
|---|---|
| 01 Nail Polish Day; Olives Day; Pen Pal Day         | 16 Fudge Day; World Tapas Day                       |
| 02 Donut Day; Rocky Road Day; Rotiss. Chicken Day   | 17 Apple Strudel Day; Eat Your Veggies Day          |
| 03 Egg Day; Chocolate Macaroons Day; Trails Day     | 18 Father’s Day; Go Fishing Day; Turkey Day         |
| 04 Cancer Survivors’ Day; Cheese Day; Corgi Day     | 19 Juneteenth; Garfield the Cat Day; Watch Day      |
| 05 Veggie Burger Day; World Environment Day         | 20 American Eagle Day; Ice Cream Soda Day           |
| 06 D-Day; Eyewear Day; Gardening Exercise Day       | 21 First Day of Summer; Peaches & Cream Day         |
| 07 Chocolate Ice-Cream Day; Oklahoma Day            | 22 Chocolate Éclair Day; Onion Rings Day            |
| 08 BFF Day; Positivity Day; World Oceans Day        | 23 Detroit-Style Pizza Day; Hydration Day           |
| 09 Donald Duck Day; Strawberry Rhubarb Pie Day      | 24 Pralines Day; Summersgiving                      |
| 10 Egg Roll Day; Iced Tea Day; Rose’ Day            | 25 Catfish Day; Strawberry Parfait Day; Beatles Day |
| 11 Children’s Day; Corn on Cob Day; Outlet Shop Day | 26 Beautician Day; Choc Pudding Day; Coconut Day    |
| 12 Men’s Health Week; Jerky Day; PB Cookie Day      | 27 Ice Cream Cake Day; Onion Day; Pineapple Day     |
| 13 World Softball Day; Weed Your Garden Day         | 28 Alaska Day; Parchment Day; Paul Bunyan Day       |
| 14 Flag Day; Strawberry Shortcake Day               | 29 Almond Buttercrunch Day; Waffle Iron Day         |
| 15 Photography Day; Smile Power Day                 | 30 Meteor Watch Day; Social Media Day               |

## June Pioneer Highlights:

**Picnic Lunch:** Come and join us for a nice visit to one of our local parks here in Jacksonville.

Picnic lunch Provided. Please submit any special requests to the front desk by June 5th.

**Brunch at The Good Bean:** Well known here in Jacksonville, The Good Bean is a local favorite.

Please feel free to come join us for a delicious brunch out on the town. They are reasonably priced, so don’t forget your coin purse.

**Growers Market- Hawthorne Park:** We will be transporting residents to the growers market as requested. Please make sure to sign up by June 12th, due to having to work our transportation schedule around drop off and pick up times. We will be departing at 11:00 and picking up around 1:00 PM. Please plan accordingly and make sure to put in a lunch request before you leave to ensure it will be ready when you return.

**Alpaca Lone Ranch- Picnic Lunch:** Come and Join us for a tour of a local Alpaca Farm. We will be heading out at 10:30 to arrive around 11:00. Picnic Lunch and refreshments will be provided. Please submit any special requests by the 26th with the front desk.

**The Britt Festival:** We will be providing transportation to all of the Britt Festival Orchestra this year. These concerts start at 8:00 PM and get over at 10:00 PM. We will depart Pioneer at 7:30 to provide ample time to get to our seats.

**\*Please refer to the Calendar for Dates and times\***



**Staff Spotlight:**  
**Maria M.**

Maria started at Pioneer Village a little over a year ago and quickly became our Wellness Coordinator. Maria is passionate about her role here at Pioneer. She loves how family oriented our company is. Her children visit on a regular basis and she is extremely grateful. She feels that spending time in this environment has brought joy to her childrens’ hearts and continues to show them a different side of life. When asked what she enjoys most about her job, she replied, “ I love when we all come together for events.” She loves seeing the joy on our residents faces and working as a team! Maria is a blessing to us all!





**Resident Spotlight:**  
**Clarice N.**

Have you ever heard the term small, but mighty? Well if you have taken a moment to speak with Clarice, you would know she is just that. Clarice is very soft spoken, however, her words come with wisdom and patience. Clarice grew up in San Francisco and her fondest memories are of the times she spent with her family. Those were the good old days, weren't they?

If you ever need a moment of calm, be sure to spend a few minutes with Clarice, and you are sure to walk away with peace in your heart.



SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines.	<b>Transportation Days:</b> Monday-Tuesday-Thursday <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>Residents Birthdays Staff</b> Elie 6-02 Trevor 6-08 Roni 6-04 Alisa 6-09 Mike 6-12 Angelica 6-10 Geri 6-17 Maria S. 6-15 Marie 6-25 Jennifer 6-16 Kelly 6-21 Cassandra 6-26 Gary 6-30 		1 9:00 IN2L Tai Chi - B 10:00 Bible Study - CR 11:00 Creekside Stroll -B 1:30Poker& MexicanTrainTF 2:00 Parkinson's Group -CR 3:00 Dan & Carole -B England 4:00 Afternoon Stretch - B 5:00 IN2L Learn - AL	2 9:00 Go Nuts for Donuts 10:00 Wake and Walk -AL 11:30 IN2L Resident Pick-AL 1:30 Mexican Train-TF 2:00 Create & Craft - B 3:00 Musical Soiree Rick Millward 6:00 Friday Night Movie -CR	3 9:00 Coffee Chat - AL 10:30 Empower Me -B 11:00 Shopping Bi-Mart 1:30 Poker - TF 3:00 Scenic Drive 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie - CR	
	4 9:00 One on Ones 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 4:30 IN2L Music - B	5 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 Resident Council - B Open to all Residents 4:00 IN2L Music Hour - B	6 9:00 Coffee Social - AL 9:30 IN2L Musical Choice-AL 10:00 10 Thousand -AL 11:00 TED Talk Tuesday-B 1:30 Poker - TF 2:00 Welcoming Comm.-B 3:00 One on Ones 4:30 Out to Dinner Back Porch Bar & Grill	7 9:00 Morning Social - AL 11:00 Picnic Lunch Jacksonville park 11:00 Snack Creations -AK 1:00 Activity Meeting - B 2:00 Craft & Create - B 3:00 Menu Meeting - CR 3:00 Glee Club - B 4:00 Trivial Pursuit - AL	8 9:00 IN2L Tai Chi - B 10:00 Bible Study -CR 11:30 Creekside Stroll -AL 1:00 Louis Faro - BL 2:15 Poker & Mexican Train TF 3:30 Ice Cream Social - B 4:00 IN2L Explore - B 5:00 IN2L Learn - AL	9 9:00 Go Nuts for Donuts 10:30 Book Club - BL 11:30 IN2L Resident Choice -AL 1:30 Mexican Train-TF 2:00 Create & Craft - B 3:00 Musical Soiree Tracy Davey 4:30 IN2L Funny Videos - B 6:00 Friday Night Movie -CR	10 9:00 Coffee Chat - AL 10:30 Empower Me -B 11:00 Shopping - Trader Joes 1:30 Poker - TF 3:00 Scenic Drive 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie
	11 9:00 One on Ones 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 4:30 IN2L Music - B	12 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 4:00 IN2L Music Hour - B	13 9:00 Coffee Social - AL 9:30 IN2L Musical Choice-AL 10:00 10 Thousand -AL 11:00 TED Talk Tuesday-B 1:30 Poker - TF 3:00 Wii Games - TF 4:00 One on Ones 5:00 IN2L Relax - AL	14 9:00 Morning Social - AL 11:00 Brunch at Good Bean Jacksonville 11:00 Liquid Creations - AK 1:00 One on Ones 3:00 Menu Meeting - CR 4:00 Sip & Art - B 5:00 IN2L Salt Box - B	15 9:00 IN2L Tai Chi - B 10:00 Bible Study - CR 11:00 Growers Market Hawthorne Park 1:30 Poker & Mexican Train-TF 2:00 Parkinson's Group -CR 3:00 Ice Cream Social - B 5:00 IN2L Learn - AL *Britt Fest- Orchestra *	16 9:00 Go Nuts for Donuts 10:30 Grand Opening- Salon 11:30 IN2L Resident Choice-AL 1:30 Mexican Train-TF 2:00 Create & Craft - B 3:00 Musical Soiree Sonny Kanahele 4:30 IN2L Funny Videos - B 6:00 Friday Night Movie -CR	17 9:00 Coffee Chat - AL 10:30 Empower Me -B 11:00 Shopping -Fred Meyers 1:30 Poker - TF 3:00 Scenic Drive 5:00 IN2L Classics - B 6:00 Saturday Night Movie *Britt Fest- Orchestra *
	18 9:00 One on Ones 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 4:30 IN2L Music - B	19 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 Travel - AL 4:00 Bucket Lists - BL 5:00 IN2L Music Hour - B	20 9:00 Coffee Social - AL 9:30 IN2L Musical Choice-AL 10:00 10 Thousand -AL 11:00 TED Talk Tuesday-B 1:30 Poker - TF 2:30 Wii Games - TF 3:00 One on Ones 4:30 Out to Dinner El Molcajete Mexican Grill	21 9:00 Morning Social- AL 11:00 Balance & Sit and Fit W/Julie - B 11:00 Snack Creations - AK 1:00 One on Ones 2:00 Craft & Create - B 3:00 Menu Meeting - CR 3:00 Glee Club -B 4:00 IN2L Travel - AL	22 9:00 IN2L Tai Chi - B 10:00 Bible Study -CR 11:30 Walking Club - BL 1:30 Poker & Mexican Train-TF 3:30 Ice Cream Social - B 4:00 IN2L Explore - B 5:00 IN2L Learn - AL *Britt Fest- Orchestra *	23 9:00 Go Nuts for Donuts 10:30 Book Club -BL 11:30 IN2L Resident Pick - AL 1:30 Mexican Train-TF 2:00 Create & Craft - B 3:00 Musical Soiree Bob Haworth 4:00 IN2L Funny Videos - B 5:00 IN2L Learn - AL	24 9:00 Coffee Chat - AL 10:30 Empower Me -B 11:00 Shopping - Target 1:30 Poker - TF 3:00 Scenic Drive 5:00 IN2L Classics - B 6:00 Saturday Night Movie *Britt Fest- Orchestra *
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