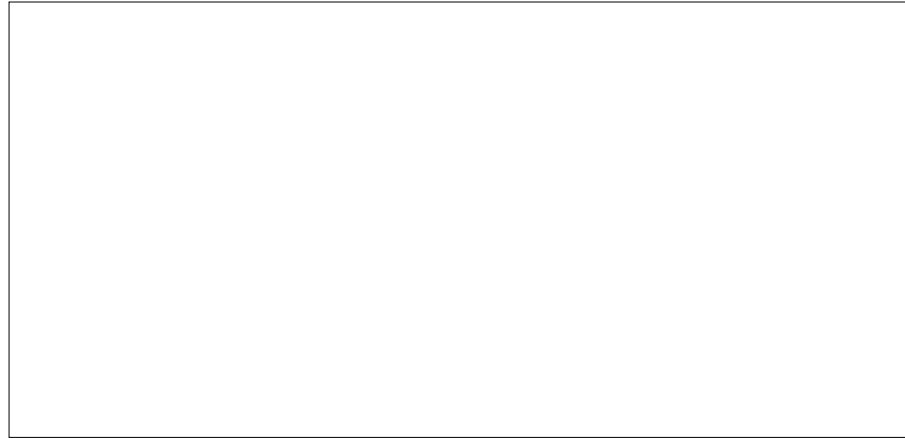




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Stamp



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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

July 2023 Newsletter



2 All About UV Safety
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Marjorie's Bird Watch
7 Special Moments & Birthdays
8 Mission & Team

All About UV Safety: Summer Skin Protection Tips

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

It's a delight for many when colder weather gives way to warm and hot sunny days that allow for fun outdoor activities. It's also a great time to refresh knowledge about sun safety. This UV Safety Month, tune in to learn some safety tips for greeting golden rays.

If you're one who loves to head out into the sunshine, you're likely drawn to its benefits, from stress reduction and the opportunity for physical activity to the Vitamin D boost it brings. That being said, it's smart to know about its risks. A little UV-ray knowledge can go a long way toward protecting you outside.

UV Rays are invisible and are part of energy from the sun (as well as from sun lamps and tanning beds). UV rays that reach the Earth include UVA and UVB. UVA rays have the lowest energy of UV rays, but can cause aging in skin cells and indirect damage to cell DNA. They can damage the skin, cause wrinkles, and may have a role in some skin cancers. UVB rays bring more energy, can damage skin cells directly, and bring sunburn. They are the cause of most skin cancers. (American Cancer Society).

Avoiding the harmful effects of the sun's rays, while enjoying the sun's benefits can be as easy as setting up some routine sun rules. Before you head outside, consider these tips from the American Academy of Dermatology:

- Know that even when it doesn't seem like the sun could affect you, it can. The sun's UV rays can reach you on cloudy or cool



- days, and they can reflect off of water, snow, sand, and cement.
- Apply a generous amount of broad-spectrum and water-resistant sunscreen with an SPF of at least 30 to all exposed skin 30 minutes before going out. Make sure to re-apply it every two hours and after sweating or going in water. Don't forget to cover your lips, ears, back of neck and tops of feet and hands. Wearing an SPF 15 lip balm is also a good idea.
 - Dress in protective clothing, such as a long-sleeved shirt and pants in tightly-woven fabric, along with a wide brimmed hat and sunglasses.
 - Know when to seek shade. The sun's rays are strongest between 10 am and 4 pm.
 - Be aware that some medications can make us more sensitive to the sun. Read labels carefully in case of sun restrictions.
 - Check out your local UV Index online for the level of UV exposure currently in your area. The lower the number, the safer it is.

We hope you feel confident to embrace summer fun under the sun. Let us know your outdoor plans on our Facebook on the 1st.

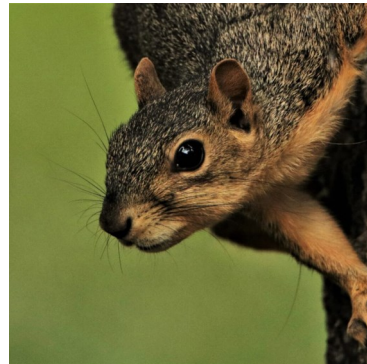
Special Moments



Happy Birthday to our Staff & Residents:

- | | |
|--------------------|---------------------|
| Syl C. - 7/5 | Vanessa R. - 7/04 |
| Al L. - 7/13 | Casey C. - 7/06 |
| Helen C. - 7/14 | Melani M. - 7/11 |
| Lillian J. - 7/16 | Rigoberto R. - 7/14 |
| MaryAnn J. 7/18 | Sean F. - 7/23 |
| Joe M. - 7/21 | Daveon S. - 7/24 |
| Buster - 7/23 | Sara S. - 7/28 |
| Marjorie W. - 7/25 | Pam F. - 7/31 |
| Ron W. - 7/26 | |
| Barbara C. - 7/28 | |
| Brock B. - 7/29 | |

BIRD WATCH By Marjorie N.



Bird feeders attract a lot of attention. I watch one critter as he runs the roofline, jumps to the maple tree, scrambles along the fence, and flings himself 2 feet onto the top of a metal “crook” pole holding the bird feeder. Once on the pole, he shimmies down two feet and launches himself another foot and a half toward the narrow plate at the bottom of the hanging feeder. Victory! He swings back and forth, visions of sunflower seeds dancing in his head until the feeder slows and he can eat—I swear I see him smile.

This critter is the Western Tree Squirrel, a gorgeous gray bushy tail his distinguishing asset. He’s been bringing the family lately, although the adolescents haven’t yet perfected the art of leaping. Mom is distinguished by her slightly narrower tail; the young by their much smaller everything. They feed off the seeds spilled on the ground by Dad’s antics. These squirrels are seed and nut gluttons—I’m glad I don’t have a walnut tree in the garden. They’ll even try the “Nutty” suet feeder.

Their very successful acrobatics can be explained by the fact that their hind ankles articulate, i.e. rotate so that the claws face “backward” to grab the surface they scramble down -- be it the fence boards or tree trunk-- without so much as a wobble. (Now you know why cats can climb up trees, but have trouble climbing down--their ankles do not articulate.) Unlike the garden-destroying Ground Squirrel who lives with his family in long burrows underground, tree squirrels live in trees, nesting in cavities or in nests built above sturdy branches. Besides, our Tree Squirrel is a lot of fun to watch. And so far, he always lands on all four feet!



Staff Spotlight:
Pamela

Pamela our new receptionist, hasn't been here for very long but she has had such an enormous impact. Her positive attitude is quiet contagious. Pamela Loves our small town vibes, and how dog friendly Jacksonville and Pioneer Village are. She loves to hike and kayak, along with enjoying the sunshine. Pamela loves working here at Pioneer Village. Her father in Law, who has since passed, lived at Pioneer and is how she ended up in our community. We send thanks to Ed for bringing Pamela to us. Pamela used to work with wolves on a wolf rescue farm, if you can believe that. We thank you Pamela for blessing our community with your positive energy and kindness. Pamela's Message to the world is, “Peace, Love and Oat Milk.”





Resident Spotlight:
Marilyn

“If Family and God were the most important things in our lives, the world would be a better place.” - Marilyn relied when I asked her what wisdom she had to share with us. Marilyn loves her life here at Pioneer and stated that our staff and the family she has created are why she enjoys it so. Marilyn has 3 Children, 20 Grandchildren and 9 Great grand children. Throughout her Life she enjoyed Teaching Kindergarten and met her husband whom she was married to for 42 years, during her time as a flight attendant. She was an avid Skier and loves to read and Pray. Marilyn is very passionate about her church and loves to share her love for the lord with all who are open. We all love Marilyn and are grateful she is here.

JULY 2023

Pioneer Village • 805 N 5th Street • Jacksonville Oregon

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.						1 9:00 Coffee Chat - AL 10:30 One on Ones 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
2 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	3 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:30 Card Bingo - TF 2:00 Volunteer Craft Time –B 3:00 Resident Council - B Open to all Residents	4 9:00 Patriot Social - AL 10:00 Walker Decorating -B 11:00 Watermelon Contest - AL 1:00 Spoon Race/Snowcones -DR 2:00 Water Ballon Fight –AL 3:00 Walker Parade—AL 	5 9:00 Morning Social - AL 10:00 Avamere Water Bathing 11:00 Snack Creations -AK 1:00 Activity Meeting - B 1:30 Poker -TF 3:00 Menu Meeting - CR 3:00 Glee Club - B 4:00 Trivial Pursuit - AL	6 9:00 IN2L Tai Chi - B 10:00 Bible Study - CR 11:00 Creekside Stroll -B 1:30 Cards&MexicanTrain - TF 2:00 Parkinson's Group -CR 3:00 Dan & Carole -B Hawaii 4:00 Afternoon Stretch - B	7 9:00 Go Nuts for Donuts 10:30 Wake and Walk -AL 11:30 IN2L Resident Pick-AL 1:30 Create & Craft - B 3:00 Musical Soiree Rick Millward 6:00 Friday Night Movie -CR	8 9:00 Coffee Chat - AL 10:30 One on Ones 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
9 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	10 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:30 Card Bingo - TF 3:00 Creek Side Chat - B Open to all Residents	11 9:00 Coffee Social - AL 10:00 Billiards -TF 10:30 Empower Me - B 11:00 TED Talk Tuesday-B 1:30 Wii Games - TF 3:00 Cocktail/ Karaoke Hour –B 4:30 Out to Dinner Ram	12 9:00 Morning Social - AL 10:30 Applegate Picnic Brunch 11:00 Liquid Creations - AK 1:30 Poker—TF 2:00 Red Lily Winery 3:00 Menu Meeting - CR 4:00 Trivial Pursuit -B 5:00 IN2L Salt Box - B	13 9:00 IN2L Tai Chi - B 10:00 Bible Study -CR 11:30 Creekside Stroll -AL 1:00 Louis Faro - BL 2:15 Cards&MexicanTrain - TF 3:30 Ice Cream Social - B 4:00 IN2L Explore - B 5:00 IN2L Learn - AL	14 9:00 Go Nuts for Donuts 10:30 Book Club - BL 11:30 IN2L Resident Choice -AL 1:30 Create & Craft - B 3:00 Musical Soiree Tracy Davey 4:30 IN2L Funny Videos - B 6:00 Friday Night Movie -CR	15 9:00 Coffee Chat - AL 10:30 One on Ones 11:00 Shopping -Fred Meyers 1:30 Poker - TF 3:00 Scenic Drive 5:00 IN2L Classics - B 6:00 Saturday Night Movie
16 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	17 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:30 Card Bingo - TF 3:00 IN2L Travel - B 4:00 Pool Tournament - TF 5:00 IN2L Music Hour - B	18 9:00 Coffee Social - AL 10:00 Billiards—TF 10:30 Empower Me - B 11:00 10 Thousand -AL 1:30 Wii Games - TF 3:00 Cocktail / Karaoke Hour - B 4:00 One on Ones 5:00 IN2L Relax - AL	19 9:00 Morning Social- AL 10:00 Avamere Water Bathing 11:00 Snack Creations - AK 1:30 Poker—TF 3:00 Menu Meeting - CR 3:00 Glee Club -B 4:00 IN2L Travel - AL	20 9:00 IN2L Tai Chi - B 10:00 Bible Study - CR 11:30 Creekside Stroll - AL 1:30 Cards&MexicanTrain - TF 2:00 Parkinson's Group -CR 3:00 Ice Cream Social - B 4:00 IN2L Explore - B 5:00 IN2L Learn - AL	21 9:00 Go Nuts for Donuts 11:30 - 1:30 Summer Bash Car Show 3:00 Musical Soiree Sonny Kanahale 4:30 IN2L Funny Videos - B 6:00 Friday Night Movie -CR	22 9:00 Coffee Chat - AL 10:30 One on Ones 11:00 Shopping - Target 1:30 Poker - TF 3:00 Scenic Drive 5:00 IN2L Classics - B 6:00 Saturday Night Movie
23 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	24 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:30 Card Bingo - TF 3:00 IN2L Travel - B 4:00 Pool Tournament - TF 5:00 IN2L Music Hour - B	25 9:00 Coffee Social - AL 10:00 Billiards - TF 10:30 Empower Me - B 11:00 10 Thousand -AL 1:30 Mexican Train - TF 2:30 Wii Games - TF 3:00 Cocktail / Karaoke Hour - B 4:30 Out to Dinner Olive Garden	26 9:00 Morning Social - AL 10:00 Lithia Park Brunch Picnic 11:00 Liquid Creations -AK 1:30 Poker—TF 2:30 Meet N’ Greet –B Resident B-Day Party 3:00 Menu Meeting - CR 4:00 IN2L Travel- AL	27 9:00 IN2L Tai Chi - B 10:00 Bible Study -CR 11:30 Creekside Stroll—AL 1:30 Cards&MexicanTrain - TF 3:30 Ice Cream Social - B 4:00 IN2L Explore - B 5:00 IN2L Learn - AL	28 9:00 Go Nuts for Donuts 10:30 Book Club -BL 11:30 IN2L Resident Pick - AL 1:30 Create & Craft - B 3:00 Musical Soiree Bob Haworth 4:00 IN2L Funny Videos - B 6:00 Friday Night Movie -CR 6 - 8 PM Resident Social	29 9:00 Coffee Chat - AL 10:30 One on Ones 11:00 Shopping -Antique Mall 1:30 Poker - TF 3:00 Scenic Drive 5:00 IN2L Classics - B 6:00 Saturday Night Movie
30 9:00 One on Ones 10:15 Presbyterian Church Transportation 10:30 Card Games - TF 1:00 Sunday Matinee - CR 1:30 Poker - TF 2:30 Dos Mariposas Vineyard 3:30 Women's Circle -BL	31 9:00 Specialty Coffee - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:30 Card Bingo - TF 3:00 IN2L Travel - B 4:00 Pool Tournament - TF 5:00 IN2L Music Hour - 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



HAPPY
Fourth of July

**Celebrate
with us all
day long!**

9AM: Patriot Social
10 AM: Walker
Decorating
11 AM: Watermelon
Contest
1 PM: Snowcones
2 PM: Water balloon
fight
3 PM: Walker Parade

