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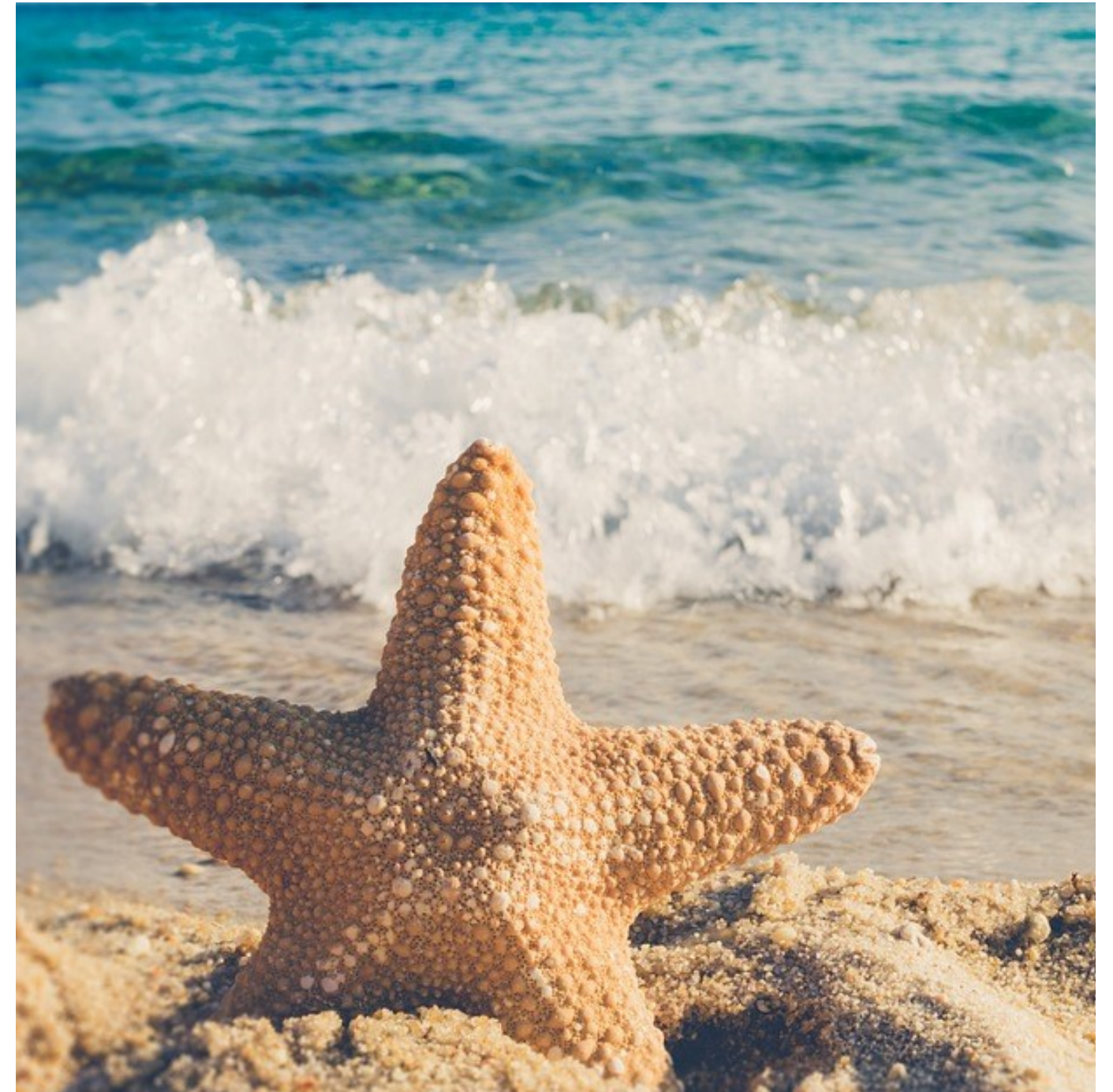
Nichol Bracewell



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

The Pioneer Post

August 2023 Newsletter



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10 Ways to Increase Happiness: Some You Wouldn't Have Guessed!

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

"Come on get happy," so goes the Partridge Family theme song. But is it that easy? We hope to make it so with tips we've gathered toward happiness for older adults. Come on read along!

There are many different types of steps you can take to make a difference toward your happiness. Here are some actions to consider:

- **Keep connected.** Build and maintain social connections to boost mood, reduce stress, and improve self-esteem, per PsychCentral.
 - Stop and smell the roses. Enjoy moments as they come by focusing on the present.
 - **Brighten someone's day.** Lifting another person's mood with a kind comment can also benefit you by making you feel good.
 - **Make your living space your own.** A recent study showed when living spaces reflect the personality and preferences of their inhabitants, older adults reported an increased sense of well-being.
 - **Learn.** Investing time and energy into learning brings a sense of purpose and increased feelings of positivity.
 - **Laugh.** If you can tune into a source that will make you laugh each day, do it. Laughing lowers the stress hormone cortisol and increases endorphins for a happy boost.
- **Eat a healthy diet.** Make sure to consult your health professional to find out dietary advice specific to you. For most seniors, the plate should look like a rainbow with lean protein, fruits and vegetables, whole grains, and low-fat dairy, per the National Council on Aging. MyPlate.gov is a great source for plate specifics based on age.
 - **Keep hydrated.** The NCOA recommends drinking small amounts of fluids consistently through the day.
 - **Stay physically active.** Adults 65 and over ought to have a least 150 minutes of moderate intensity activity weekly, per the CDC.
 - **Address hearing challenges and consider using a hearing aid to help with hearing loss.** The University of Michigan conducted a 2019 study that found seniors who got a hearing aid when diagnosed with hearing loss had reduced depression and anxiety, as well as a reduced risk for falling.

Physical health also plays a large role in how we feel. The way that we treat our bodies can go a long way, even as we face conditions that affect us. Prioritizing some key areas can boost happiness.



Try starting a daily gratitude journal. It can become your go-to happy spot!

Do you have a special tip for boosting your happiness that we haven't shared? We'd love to hear it on our Facebook post for this month's newsletter.

Special Moments



August 2023 Highlights

Observes: Children’s Eye Health, Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Heading Back to School, Peace, and Sandwiches

01: Raspberry Cream Pie Day; Intl. Mahjong Day
02: Coloring Book Day; Ice Cream Sandwich Day
03: Georgia Day; Watermelon Day; IPA Day
04: Choc Chip Cookie Day; Beer Day
05: Oyster Day; Disc Golf Day; Mustard Day
06: Family Day; Root Beer Float Day; Sisters' Day
07: Lighthouse Day; Raspberries N’ Cream Day
08: Frozen Custard Day; Sleep Under Stars Night
09: Book Lovers Day; Rice Pudding Day
10: Connecticut Day; S’mores Day
11: Sons & Daughters’ Day; Raspberry Bombe Day
12: Julienne Fries Day; Vinyl Day; Bowling Day
13: Filet Mignon Day; Prosecco Day
14: Creamsicle Day; V-J Day; Spirit of ‘45 Day
15: Leathercraft Day; Lemon Meringue Pie Day

16: Airborne Day; Rum Day; Tell a Joke Day
17: Black Cat Day; Thrift Shop Day
18: Fajita Day; Ice Cream Pie Day; Pinot Noir Day
19: Aviation Day; Potato Day; Soft Ice Cream Day
20: Chocolate Pecan Pie Day; Radio Day
21: Seniors' Day; Spumoni Day
22: Be An Angel Day; Pecan Torte Day
23: Cuban Sandwich Day; Sponge Cake Day
24: Maryland Day; Peach Pie Day; Waffle Day
25: Banana Split Day; Park Service Founders Day
26: Cherry Popsicle Day; Dog Day
27: Just Because Day; Pots Dè Crème Day
28: Bow Tie Day; Cherry Turnover Day
29: Chop Suey Day; Lemon Juice Day
30: Beach Day; Toasted Marshmallow Day
31: Eat Outside Day; Trail Mix Day

August Pioneer Highlights :

Water Zumba at the YMCA - Come Join us for a guided water Zumba class.

Shopping has been Moved to Wednesday until further Notice. We have added Wal-mart and the Rogue Valley Mall to our list.

We will be having themed days once a week, get excited for some fun surprises.

We will be having a colored Spirit week, we invite all residents to join us.

Shop and Swap is Back, get ready for the best indoor yard sale you can find.

Don’t forget to join us for Meet & Greet and our Resident Social this Month.

(Check Calendar for dates and times)



**Staff Spotlight:
Samantha**

Samantha our housekeeper has been a rockstar. She is a hard worker, who isn't afraid to put in those extra hours to get the job done, and always finishes what she starts. She loves to clean, thank God there are people like her in this world. I did ask if she would love to come clean my house too, but she didn't seem enthused. Samantha loves that the staff here at Pioneer are always willing to jump in and help when needed. Samantha moved here from Chicago looking for peace and found it here in Jacksonville. “Love matters and it can change the world” - Samantha



**Resident Spotlight:
Judy & Sandy**

This month we decided to do something different. We couldn't leave out Sandy, Judy’s best friend and companion. Judy is a joy to be around and always has positive input no matter the circumstance. Wherever Judy goes Sandy is sure to follow. Sandy is a Golden Retriever who is the definition of happiness and shares it wherever she goes. Judy loves living here at Pioneer, she stated that she feels safe and comfortable. Judy and Sandy have been a duo for 6 years and is eternally grateful that her daughter thought of her when Sandy needed a new owner. Judy and Sandy are truly a blessing to have here at Pioneer.

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	<div></div>	<div>1 9:00 Coffee Social - AL 10:00 Billiards—TF 10:30 Empower Me - B 11:00 10 Thousand - AL 11:30 Water Zumba @ YMCA 1:30 Poker -Wii Games - TF 3:00 Cocktail / Karaoke Hour - B 4:00 One on Ones 5:00 IN2L Relax - AL</div>	<div>2 9:00 Morning Social - AL 10:00 Shopping Bi-Mart 11:00 Snack Creations—AK 1:00 Activity Meeting - B 1:30 Scenic Drive 3:00 Menu Meeting - CR 3:00 Glee Club - B 4:00 Trivial Pursuit - AL</div>	<div>3 9:00 IN2L Tai Chi - B 10:00 Bible Study - CR 11:00 Noodle Volley Ball -B 1:30 Poker & MexicanTrain - TF 2:00 Parkinson's Group -CR 3:00 Dan & Carole -B Pirates 4:00 Afternoon Stretch - B</div>	<div>4 International Beer Day 9:00 Go Nuts for Donuts 10:30 Men's Indoor Golf -BL 11:30 Piano with Josh—BL 1:30 Create & Craft - B 3:00 Musical Soiree Sonny Kanahele 6:00 Friday Night Movie -CR</div>	<div>5 9:00 Coffee Chat - AL 10:30 One on Ones 11:00 Smoothie Surprise - AK 1:30 Poker - TF 3:00 Game Time -TF 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie</div>
<div>6 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</div>	<div>7 Sprit Week - Wear Red 9:00 Monday Social- 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 Resident Council - B Open to all Residents 4:00 Pool Tournament - TF 5:00 IN2L Funny Videos—B</div>	<div>8 Spirit Week - Wear Pink 9:00 Coffee Social - AL 10:00 Billiards -TF 10:30 Empower Me - B 11:00 TED Talk Tuesday-B 1:30 Poker - Wii Games - TF 3:00 Cocktail/ Karaoke Hour—B 4:30 Out to Dinner Killer Burger</div>	<div>9 Spirit Week - Wear Purple 9:00 Morning Social - AL 10:30 Shopping - Trader Joes 11:00 Snack Creations—AK 1:30 Scenic Drive 3:00 Menu Meeting - CR 4:00 Trivial Pursuit -B 5:00 IN2L Salt Box - B</div>	<div>10 Spirit Week - Wear Green 9:00 IN2L Tai Chi - B 10:00 Bible Study -CR 11:30Water Zumba @ YMCA 12:30 Smores Treats - DR 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 National Smores Day</div>	<div>11 Spirit Week - Wear Blue 9:00 Go Nuts for Donuts 10:30 Book Club - BL 11:30 Piano with Josh—BL 1:30 Create & Craft - B 3:00 Musical Soiree Tracy Davey 4:30 IN2L Funny Videos - B 6:00 Friday Night Movie -CR</div>	<div>12 9:00 Coffee Chat - AL 10:30 One on Ones 11:00 Smoothie Surprise - AK 1:30 Poker - TF 3:00 Games Time - TF 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie</div>
<div>13 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 Relik Winery 3:30 Women's Circle -BL</div>	<div>14 National Creamsicle Day 9:00 Monday Social- B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:30 Beginners Chess - TF 4:00 Pool Tournament - TF 5:00 IN2L Funny Videos—B</div>	<div>15 9:00 Coffee Social - AL 10:00 Billiards—TF 10:30 Empower Me - B 11:00 10 Thousand - AL 11:30 Water Zumba @ YMCA 1:30 Poker - Wii Games - TF 2:00 Creek Side Chat - B Open to all Residents 3:00 Cocktail / Karaoke Hour - B 5:00 IN2L Relax - AL</div>	<div>16 9:00 Morning Social- AL 10:00 Shopping -Fred Meyers 11:00 Snack Creations - AK 1:30 Scenic Drive 3:00 Menu Meeting - CR 3:00 Glee Club -B 4:00 IN2L Travel - AL</div>	<div>17 9:00 IN2L Tai Chi - B 10:00 Bible Study - CR 11:00 Noddle Volleyball— B 1:30 Poker & Mexican Train - TF 2:00 Parkinson's Group -CR 3:00 Ice Cream Social - B 4:00 IN2L Explore - B 5:00 IN2L Learn - AL</div>	<div>18 9:00 Go Nuts for Donuts 11:30 - 1:30 Pioneer Luau 3:00 Musical Soiree Surprise Guest 4:30 IN2L Funny Videos - B 6:00 Friday Night Movie -CR</div> <div></div>	<div>19 9:00 Coffee Chat - AL 10:30 One on Ones 11:00 Smoothie Surprise - AK 1:30 Poker - TF 3:00 Game Time - TF 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie</div>
<div>20 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</div>	<div>21 Shop & Swap 9:00 Monday Social - B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 12:30 Thank You Ceremony -DR 1:30 Mexican Train - TF 2:30 Card Bingo - TF 4:00 Pool Tournament - TF 5:00 IN2L Funny Videos—B National Senior Citizen Day</div>	<div>22 Shop & Swap 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 Poker - Wii Games - TF 3:00 Cocktail / Karaoke Hour - B 4:30 Out to Dinner Tap Rock</div>	<div>23 Shop & Swap 9:00 Morning Social - AL 10:00 Shopping - Wal-Mart 11:00 Liquid Creations -AK 1:30 Scenic Drive 3:00 Menu Meeting - CR 3:30 Wine Club Meet 4:00 IN2L Travel- AL</div>	<div>24 Shop & Swap 9:00 IN2L Tai Chi - B 10:00 Bible Study -CR 11:30 Water Zumba @ YMCA 1:30 Poker & Mexican Train - TF 3:30 Ice Cream Social - B 4:00 IN2L Explore - B 5:00 IN2L Learn - AL</div>	<div>25 Shop & Swap 9:00 Go Nuts for Donuts 10:30 Book Club -BL 11:30 Piano with Josh—BL 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</div>	<div>26 9:00 Coffee Chat - AL 10:30 One on Ones 11:00 Smoothie Surprise - AK 1:30 Poker - TF 3:00 Game Time - TF 4:00 One on Ones 5:00 IN2L Classics - B 6:00 Saturday Night Movie</div>
<div>27 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 Valley View Winery 3:30 Women's Circle -BL</div>	<div>28 9:00 Monday Social- B 10:00 Tai Chi w/ Dayton-TF 11:00 Wii Bowling -TF 1:30 Mexican Train - TF 2:30 Beginners Crotchet - BL 4:00 Pool Tournament - TF 5:00 IN2L Funny Videos—B</div>	<div>29 9:00 Coffee Social - AL 10:00 Billiards—TF 10:30 Empower Me - B 11:00 10 Thousand - AL 1:30 Poker - Wii Games - TF 3:00 Cocktail / Karaoke Hour - B 4:00 One on Ones 5:00 IN2L Relax - AL</div>	<div>30 9:00 Morning Social - AL 10:00 Shopping - R.V. Mall 11:00 Liquid Creations -AK 1:30 Scenic Drive 2:30 Meet N’ Greet—B Resident B-Day Party 3:00 Menu Meeting - CR 4:00 IN2L Travel- AL</div>	<div>31 9:00 IN2L Tai Chi - B 10:00 Bible Study -CR 11:30 Creekside Stroll—AL 12:30 Picnic on the Patio- B 1:30 Poker & Mexican Train - TF 3:30 Ice Cream Social - B 4:00 IN2L Explore - B 5:00 IN2L Learn - AL National Eat outside Day</div>	<div>Birthdays Sidney R. - 8-01 Nancy J. - 8-02 Joy K. - 8-03 Lee F. -8-03 Myrna D. - 8-09 Lanell C. - 8-10 Shirly C. - 8-11 George F. - 8-13 George R. - 8-20 Vada H. - 8-25 Norman. S. - 8-30 Hilda S. - 8-30 Samantha T. -8-14 Kaden K. - 8-19 Barry D. - 8-23 Stephanie T. - 8-26 Maria M. - 8-30</div>	<div></div>