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The Pioneer Post

October 2023 Newsletter



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Hearing Health Tips & New Technologies

If you're struggling to hear certain sounds or voices that you've always been able to hear just fine, you may be facing a common issue: age-related hearing loss (known as presbycusis). It affects one in three adults over 65, and fortunately, there are various ways to treat it.

The causes of presbycusis include changes in the inner ear, middle ear, or in nerve paths to the brain. Other contributors may include prolonged exposure to loud noises, loss of hair cells, genetic factors, health conditions like heart disease or diabetes, and some medications, per John Hopkins Medicine. It is not a reversible condition so prevention (by avoiding loud noise exposure or wearing ear plugs) is wise.

If you're wondering if you're experiencing hearing loss, but are not sure, there are symptoms to look out for. Presbycusis often occurs gradually and subtly over time. You may find it harder than usual to hear soft voices, children's voices, and speech during background noise, and you may miss words in conversation, according to the American Academy of Audiology. You may also experience ear ringing or hear mumbled or slurred speech. To find out if you are in fact experiencing hearing loss, you'll want to seek a diagnosis from your health provider. You may be referred to a hearing specialist who can test if there are tones you're unable to hear.

When it comes to treatment options for hearing loss, the options are plentiful.

- Hearing Aids are widely used and just recently became available over the counter. Their technology moves forward with recent improvements such as directional



Did you know? Hearing loss affects 30-35% of adults between 65 and 75, and 40-50% of those 75 and older. (American Academy of Audiology)

microphones that can help speech be understood over background noise.

- Cochlear implants can help by creating signals the brain interprets as sound.
- Telecoils can enhance hearing aids and cochlear implants.
- Assistive listening devices (a hearing loop system, FM system, or infrared system) help amplify sounds and can be used with or without hearing aids.
- Augmentative and alternative communication devices can help people express themselves via a picture board or text display.
- Alerting devices use sound, light, and vibrations to alert users of events. (National Institute on Deafness and Other Communication Disorders)

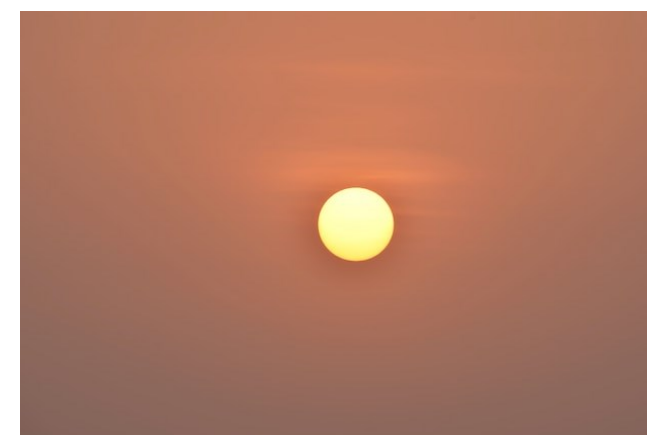
Let us know if this article has been helpful to you on our Facebook post for this month's newsletter.

Special Moments



The Saturday, Oct. 14, 2023, annular solar eclipse will cross North, Central, and South America. It will be visible in parts of the United States, Mexico, and many countries in South and Central America.

In the U.S., the annular solar eclipse begins in Oregon at 9:13 a.m. PDT and ends in Texas at 12:03 p.m. CDT.



Meet in the parking lot at 8:45 am.

We have viewing glasses, hot cocoa and snacks for your enjoyment. Please wear warm clothing or bring a blanket.

Bird Watch: Chickadees and Titmouse

By Marjorie N.

A clear whistled “fee-bee” fills the back yard, yet its maker is one of our smallest birds. Shortly after, a sweet, triple note song is heard. The Black-capped Chickadee has found the bird feeder full and it’s rapidly stuffing its beak before company arrives. (I use “it” because male and female look very much alike.) Chickadees and their relative, the Titmouse, form one of the largest bird families in the Northern Hemisphere. In most of northern Europe, they are known as “Tits” of one species or another. The family *Paridae* has 12 species in the US, compared to more than 18 in Europe.)

Acrobatic, with short, almost dance-like movements, this bird is fun to watch. Our area boasts 3 species of chickadee (4 if you count the Oak Titmouse) and one or the other and sometimes two different species can be found foraging together in backyards, rural areas, and the mountains (usually around picnic spots). The Oak Titmouse is gray, with a crest giving it the look of a miniature Steller’s Jay. Black-capped Chickadees are the most common here, with their black “beanies” and throat bibs separated by white cheeks. Their white bellies seem almost glaring against their lighter gray wings. Difficult to differentiate from their cousin, the Mountain Chickadee sports a band of white across the front of its black beanie. They frequently visit Pioneer Village in winter when mountain life is challenging. As you drive toward the coast, you might see a bird that looks exactly like a chickadee, but has unmistakable reddish-brown wings. This, obviously, is the Chestnut Chickadee. Look for it in Douglas Fir-dominated forests.



Chickadee

A song of long ago, “Be my little chickadee” referred to a girlfriend, not a bird. I wonder if that’s why women are sometimes referred to as “chicks.”



Titmouse

Our Executive Director’s Corner

Creekside Chat Highlights:

- The fish pond is cleaned and doing well!
- You can now get your emergency whistles at the front desk for your “go bag.”
- We now have two full-time housekeepers: Caitlyn and Alexis, and one part-time housekeeper by the name of Hailey. Welcome!
- Please remember to walk your dogs around the creek for potty-time and keep them off the grass areas. We appreciate your cooperation.
- Happy Halloween!!

Special Moments



SUN	MON	TUE	WED	THU	FRI	SAI
1 8:30 Chair Yoga TF 10:15 Presbyterian Church 10:30 5 Crown TF 12:30 Fun Facts 1:00 Matinee 1:30 Poker TF 3:00 Scenic Drive 3:30 Women’s Circle 4:15 Trivial Pursuit AL 5:00 Trevor’s Pick	2 Transportation 9:00 Sit N Stretch TF 10:00 Tai Chi with Dayton TF 11:00 Wii Bowling TF 12:00 Taste of Trivia DR 1:00 Mexican Train TF 3:00 Resident Council B 4:00 Afternoon Exercise B 5:00 Western TV Time CR	3 Transportation 9:00 Balance Class TF 10:00 Activity Meeting BL 11:00 10 Thousand AL 12:00 Smoothie Day DR 1:30 Poker/ Wii Games TF 2:00 Welcome Comm. B 3:00 Cocktail Hour B 4:00 Google Earth B 5:00 Disney Day CR	4 9:00 Sit N Stretch TF 10:00 Shopping Bi-Mart 10:00 Mini Craft Time B 12:00 Sing-a-long DR 2:00 Color Time B 3:00 Glee Club Practice B 3:00 Scenic Drive 4:00 Travel Time B Austria 5:00 The Sound of Music CR	5 Transportation 9:00 Balance Class TF 10:00 Bible Study CR 11:00 Noodle Volleyball B 12:00 Apple Betty Day DR 12:00 Glee Club Performs DR 1:30 Poker/Mexican Tr TF 2:00 Parkinson's Support CR 3:00 BINGO B 4:00 Show & Share AL 5:00 Game Show Time CR	6 8:30 Friday Donuts DR 9:00 Sit N Stretch TF 10:30 Book Club CR 11:30 Fast Food Friday KFC 12:00 Halloween Trivia DR 1:30 Piano with Josh BL 3:00 Music Social B Lillian 4:30 Dad Joke Day AL 5:00 Comedy of the Week CR 6:00 Friday Night Movie	7 9:00 Chair Yoga TF 10:00 Craft Time B 11:30 One on One Visits 12:30 Word Games DR 1:30 Poker TF 3:30 Game Time TF 4:00 Definitions Game B 6:00 Sat. Night Movie CR
8 8:30 Chair Yoga TF 10:15 Presbyterian Church 10:30 5 Crown TF 12:30 Fun Facts 1:00 Matinee 1:30 Poker TF 3:00 Scenic Drive 3:30 Women’s Circle 4:15 Trivial Pursuit AL 5:00 Trevor’s Pick	9 Transportation 9:00 Sit N Stretch TF 10:00 Tai Chi with Dayton TF 11:00 Wii Bowling TF 12:00 Taste of Trivia DR 1:00 Mexican Train TF 3:00 Pool Tournament TF 4:00 Afternoon Exercise B 5:00 Western TV Time CR	10 Transportation 9:00 Balance Class TF 10:00 One on One Visits 11:00 10 Thousand AL 12:00 Angel Food Cake DR 1:30 Poker/ Wii Games TF 2:00 Creek Side Chat B 3:00 Cocktail Hour B 4:00 Google Earth B 4:30 Out to Dinner Rosario’s 5:00 Disney Day CR	11 9:00 Sit N Stretch TF 10:00 Shopping Harry & David 10:00 Mini Craft Time B 12:00 Pictionary DR 2:00 Color Time B 3:00 Scenic Drive 4:00 Travel Time B Italy 5:00 Under the Tuscan Sun CR	12 Transportation 9:00 Balance Class TF 10:00 Bible Study CR 11:00 Battle Ball B 12:00 Pumpkin Pie DR 1:00 Louis Faro BL 1:30 Poker/Mexican Tr TF 2:00 Parkinson's Support CR 3:00 BINGO B 4:00 Show & Share AL 5:00 Game Show Time CR	13 8:30 Friday Donuts DR 9:00 Sit N Stretch TF 11:30 Fast Food Friday KFC 12:00 Halloween Trivia DR 1:30 Piano with Josh BL 3:00 Music Social B Tracy Davey 4:30 Dad Joke Day AL 5:00 Comedy of the Week CR 6:00 Friday Night Movie	14 9:00 Chair Yoga TF 10:00 Craft Time B 11:30 One on One Visits 12:30 Word Games DR 1:30 Poker TF 3:30 Game Time TF 4:00 Definitions Game B 6:00 Sat. Night Movie CR
15 8:30 Chair Yoga TF 10:15 Presbyterian Church 10:30 5 Crown TF 12:30 Fun Facts 1:00 Matinee 1:30 Poker TF 3:00 Scenic Drive 3:30 Women’s Circle 4:15 Trivial Pursuit AL 5:00 Trevor’s Pick	16 Transportation 9:00 Sit N Stretch TF 10:00 Tai Chi with Dayton TF 11:00 Wii Bowling TF 12:00 Taste of Trivia DR 1:00 Mexican Train TF 3:00 Card Games TF 4:00 Afternoon Exercise B 5:00 Western TV Time CR	17 Transportation 9:00 Balance Class TF 10:00 One on One Visits 11:00 10 Thousand AL 12:00 Pasta Day DR 1:30 Poker/ Wii Games TF 3:00 Cocktail Hour B 4:00 Google Earth B 5:00 Disney Day CR	18 9:00 Sit N Stretch TF 10:00 Shopping Trader Joe’s 10:00 Mini Craft Time B 12:00 Sing-a-long DR 2:00 Color Time B 3:00 Glee Club Practice B 3:00 Scenic Drive 4:00 Travel Time B Europe 5:00 Saving Private Ryan CR	19 Transportation 9:00 Balance Class TF 10:00 Bible Study CR 11:00 Noodle Volleyball B 12:00 Trail Mix Day DR 1:30 Poker/Mexican Tr TF 2:00 Parkinson's Support CR 3:00 BINGO B 4:00 Show & Share AL 5:00 Game Show Time CR 6:00 Activity	20 8:30 Friday Donuts DR 9:00 Sit N Stretch TF 10:30 Book Club CR 11:30 Fast Food Friday KFC 12:00 Halloween Trivia DR 1:30 Piano with Josh BL 3:00 Music Social B Sonny 4:30 Dad Joke Day AL 5:00 Comedy of the Week CR	21 9:00 Chair Yoga TF 10:00 Craft Time B 11:30 One on One Visits 12:30 Word Games DR 1:30 Poker TF 3:30 Game Time TF 4:00 Definitions Game B 6:00 Sat. Night Movie CR
22 8:30 Chair Yoga TF 10:15 Presbyterian Church 10:30 5 Crown TF 12:30 Fun Facts 1:00 Matinee 1:30 Poker TF 3:00 Scenic Drive 3:30 Women’s Circle 4:15 Trivial Pursuit AL 5:00 Trevor’s Pick	23 Transportation 9:00 Sit N Stretch TF 10:00 Tai Chi with Dayton TF 11:00 Wii Bowling TF 12:00 Taste of Trivia DR 1:00 Mexican Train TF 3:00 Pool Tournament TF 4:00 Afternoon Exercise B 5:00 Western TV Time CR	24 Transportation 9:00 Balance Class TF 10:00 One on One Visits 11:00 10 Thousand AL 12:00 Bologna Day DR 1:30 Poker/ Wii Games TF 3:00 Cocktail Hour B 4:00 Google Earth B 4:30 Out to Dinner Red Lobster 5:00 Disney Day CR	25 9:00 Sit N Stretch TF 10:00 Shopping Fred Meyer 10:00 Mini Craft Time B 12:00 Pictionary DR 2:00 Color Time B 3:00 Resident Birthday Welcome Party B 4:00 Travel Time B Australia 5:00 Crocodile Dundee CR	26 Transportation 9:00 Balance Class TF 10:00 Bible Study CR 11:00 Battle Ball BB 12:00 Pumpkin Surprise DR 1:30 Poker/Mexican Tr TF 2:00 Parkinson's Support CR 3:00 BINGO B 4:00 Show & Share AL 5:00 Game Show Time CR	27 8:30 Friday Donuts DR 9:00 Sit N Stretch TF 11:30 Fast Food Friday KFC 12:00 Halloween Trivia DR 1:30 Piano with Josh BL 3:00 Halloween Costume Party B with Sheila Winn 4:30 Dad Joke Day AL 5:00 Comedy of the Week CR 6:00 Friday Night Movie	28 9:00 Chair Yoga TF 10:00 Craft Time B 11:30 One on One Visits 12:30 Word Games DR 1:30 Poker TF 3:30 Game Time TF 4:00 Definitions Game B 6:00 Sat. Night Movie CR
29 8:30 Chair Yoga TF 10:15 Presbyterian Church 10:30 5 Crown TF 12:30 Fun Facts 1:00 Matinee 1:30 Poker TF 3:00 Scenic Drive 3:30 Women’s Circle 4:15 Trivial Pursuit AL 5:00 Trevor’s Pick	30 Transportation 9:00 Sit N Stretch TF 10:00 Tai Chi with Dayton TF 11:00 Wii Bowling TF 12:00 Taste of Trivia DR 1:00 Mexican Train TF 3:00 Card Games TF 4:00 Afternoon Exercise B 5:00 Western TV Time CR	31 Transportation 9:00 Balance Class TF 10:00 One on One Visits 11:00 10 Thousand AL 12:00 Caramel Apple Day DR 1:30 Poker/ Wii Games TF 3:00 Cocktail Hour B 4:00 Google Earth B 4:30 Trick or Treat DR 5:00 Disney Day CR		NEVER JUMP INTO A PILE OF LEAVES WITH A WET SUCKER.  - CHARLES SCHULZ	Resident Birthdays! David B. Oct. 1st Dick C. Oct. 2nd Maxine D. Oct. 4th Karen I. Oct. 5th Elsie C. Oct. 12th Lou M. Oct. 12th Eleanor M. Oct. 19th Ann S. Oct. 21st Lynda W. Oct. 22nd Pat B. Oct. 22nd Linda M. Oct. 24th Vince C. Oct. 29th Ed P. Oct. 31st Ferne S. Oct. 31st	Employee Birthdays! Savannah Oct. 3rd Trinity Oct. 4th Ashleigh Oct. 11th Aaron Oct. 18th Kysin Oct. 19th Sendy Oct. 29th Pamela Oct. 30th Caitlyn Oct. 31st