



805 N. 5th St.
Jacksonville, OR 97530

PLACE STAMP
HERE



Administrative Staff:

Dora Howard
Executive Director

Dennis Crossman
Community Relations Director

NAME

Resident Care Coordinator

Cheryl Cummings
Business Office Manager

Liz Price

Registered Nurse

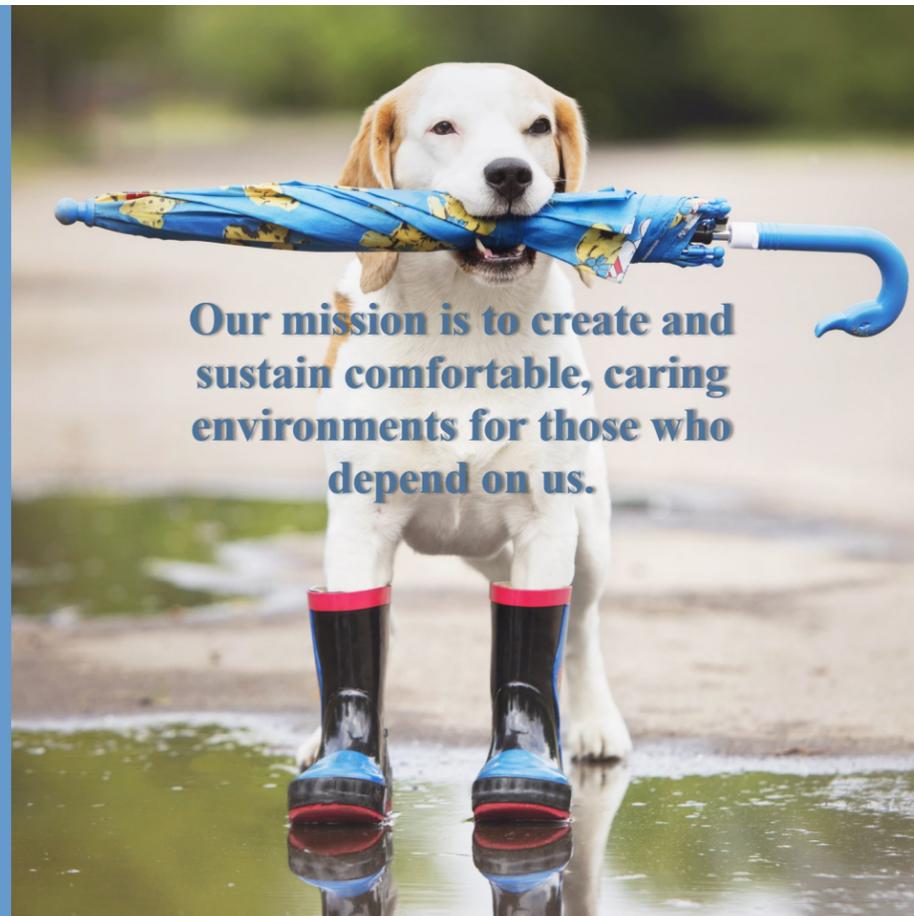
Karen Zajcew
Dietary Director

Beondi Hewson
Maintenance Director

Peggy Dunphy
Activities Director

Contact us at:

541-899-6825



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

The Pioneer Post

Pioneer Village Independent & Assisted Living Newsletter — April 2017



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A Look Into Parkinson's Disease

April is Parkinson's Awareness Month.

What is Parkinson's? According to the National Parkinson Foundation (NPF), Parkinson's Disease is a neurodegenerative brain disorder which progresses slowly in most cases. Most people with Parkinson's live for years with the disease and symptoms may take years to develop.

What is occurring in a person with Parkinson's? The brain is slowly stopping production of dopamine, and with decreased dopamine a person has less ability to control their movements, body and emotions (NPF).

How common is the disease? Nearly one million people in the United States live with Parkinson's, and more than 10 million people worldwide have it, according to the Parkinson's Disease Foundation (PDF).

What are signs and symptoms of the disease? According to the Mayo Clinic, the disease starts gradually. Early signs can be mild and go unnoticed. They often begin on one side and remain worse on that side, even when symptoms start to affect both sides. Symptoms can include, but are not limited to: a hand tremor, stiffness or slowing of movement, little or no facial expression, rigid muscles, arms that do not sway when one walks, soft or slurred speech, and writing changes. Symptoms worsen as the condition progresses over time.

What are the risk factors for Parkinson's? According to the Mayo Clinic, there are several. Parkinson's normally begins in early or late life. People usually develop the disease around age 60 or older. Having close relatives with the disease can increase the chances of a person having it, but risks are still small unless many in the family have it. Men are more likely to have the disease than women. Ongoing exposure to herbicides and pesticides may put people at a



slightly increased risk for the disease.

Is it fatal? Parkinson's disease is not fatal, but complications from it are serious.

Is there a cure? There is not currently a cure for Parkinson's Disease. That said, there are ways to treat symptoms to improve quality of life, according to the NPF. In certain cases, doctors may suggest surgery to regulate regions of the brain and help with symptoms, according to the Mayo Clinic. Other treatments may include ongoing aerobic exercises, physical therapy to help with balance, and help from a speech pathologist to improve speech problems.

How is Parkinson's diagnosed? Parkinson's can be diagnosed by a skilled practitioner's review of a patient's symptoms and, likely, a series of diagnostic testing.

For those who suspect they or someone they know may have symptoms of Parkinson's Disease, the foundation suggests making an appointment with a movement disorder specialist. To find a specialist by location, the foundation has a help line available Mondays through Fridays from 9am to 5 pm at 800-457-6676.



Back in February, our ladies on Pioneer Village bowling team traveled to Barnett Woods where they beat us at our bowling match forcing us to leave our Championship trophies at their house. That all changed in March however when we traveled back to Barnett Woods where we beat them in overall score winning by 48 pins. We were only able to bring one trophy home as we had to leave the other because one of their team members bowled a better single average. We will be having another bowling tournament in April where we plan to take back our second trophy again.

Are you wondering what Wii Bowling is? Wii Bowling simulates real life bowling by using simple motion controls-bowling the ball is

Pioneer Village Gals Strike Again

as easy as flicking your wrist. Players can adjust the speed of their throws by swinging the remote faster, and can add spin to the ball by twisting their wrist as they throw. Players can even create a Mii in their own liking to use while playing. The game features no violence or inappropriate content and a tutorial that teaches the simple, intuitive controls. After a game, a person is awarded or penalized points based on their performance relative to the computer's skill level. The game keeps track of these points by charting them on a graph. After obtaining 1000 skill points, a person is Since it is easy to learn, *Wii Sports: Bowling* is recommended for all age players. Come check it out and see what Wii Bowling is all about. We practice every Tuesday, Wednesday, Thursday and Saturday up on the third floor.



"The hills come alive with the sound of music"

Gail M.

"That's perfect, you even sound like a wife."

Pat M.



April Highlights — You're Invited!

3/2 Tim Holt on Pete Seeger @ Jacksonville Library

3/5 Library Luncheon

3/8 Pear Blossom Parade

3/15 Pioneer Village Easter Egg Hunt

3/16 Easter Lunch @ Pioneer Village

3/18 John Jackson Presents-Reptiles

3/26 Peter Gibb Performance-Art Memoir/Mindfulness/Ashland Author

Happy Spring!!



April is National Humor Month
What do you call a bunny with fleas?
Bugs Bunny

Our All-Time Favorite Films



"Frankly my dear, I don't give a damn."
Emily H.

We asked residents to share their favorite movies.



It's Never 2 Late (IN2L)

It's Never 2 Late (IN2L) founded in 1999, is dedicated to helping older adults realize the full benefits of today's technology. IN2L integrates the hardware, software, media and various components necessary to virtually allow any person with any interest in using a computer, regardless of background, physical or intellectual abilities, to do so pleurably, engagingly, without frustration. The system is built on a picture based touch screen interface that allows users to simply "touch" their way to find engaging, educational, spiritual and personalized content that is appropriate to their own level of ability. From using e-mail and web cams to connect with family and friends, to enjoying mind stimulating activities, to improving hand-eye coordination as part of a rehabilitation program, elders with a wide range of physical and cognitive abilities, most of whom have never used a computer, are now enjoying technology using systems adapted especially for them. Pioneer Village is proud to announce that we will be installing



the IN2L system on the 3rd floor. Installing the system takes several steps and Pioneer Village is in the process of getting it installed. We are anticipating the completion of the installation to be done by the end of April 2017 and we are all anxious to see how well you the residents are going to enjoy the new system.

Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!
LIKE our Facebook page today!

www.facebook.com/PioneerVillageOregon

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident Birthdays Dolly C. 5th Robert H. 7th Georgine H. 19th	LaMaria S. 21st Evan O. 24th Betty H. 27th Emily L. 28th	Employee Birthdays Meghan N. 1st Shannon Y. 2nd Christian G. 6th	Nita R. 12th Gary S. 20th Amy C. 21st Arvie S. 25th	Dora H. 26th Allison H. 30th		1 10:00 Wii Bowling-TF 11:00 Craft w/ Brittney-AK 1:00 Hand & Foot Game 1:00 B-I-N-G-O-\$2.00-TF 5:30 Movie-CR
2 9:45 Bus to Ruch Church 10:00 Local Church in Jville 10:45 Church Service-CR 2:00 Mexican Train-TF 1:30 Tim Holt-JVille Library	3 8:00 Medicals 8:45 Sit 'n' Stretch-TF 1:00 B-I-N-G-O-\$2.00-TF 2:00 Welcoming Committee-B 5:30 Movie CR	4 8:00 Medicals 10:00 Blood Pressure Clinic-BL 10:30 Bible Study-TF 10:45 Menu Meeting-B 1:00 Wii Bowling-TF	5 8:45 Sit 'n' Stretch 11:00 Library Luncheon 2:00 Wii Bowling-TF 1:00 B-I-N-G-O-\$2.00-TF 2:30 Balance Class-CR 3:00 Ancient Native American-B	6 8:00 Medicals 10:00 Wii Bowling 10:00 Stories w/ Joan-CR 1:00 Ruch Elementary FD 2:00 Ladies Billiards 2:30 Men's Poker-TF	7 8:45 Sit 'n' Stretch-TF 11:00 Lunch Bunch-Denny's 1:00 Coloring Club-BL 2:30 Balance Class-CR 3:00 Beer/Wine Social w/ Sheila Winn	8 10:00 Wii Bowling 11:00 Pear Blossom Parade 1:00 Hand & Foot Game 1:00 B-I-N-G-O-\$2.00-TF 5:30 Movie-CR
9 9:45 Bus to Ruch Church 10:00 Local Church in Jville 10:45 Church Service-CR 1:00 Coloring Club-BL 2:00 Mexican Train-TF	10 8:00 Medicals 8:45 Sit 'n' Stretch-TF 10:00 Chair Yoga-TF 10:30 One on One Visits 1:00 B-I-N-G-O-\$2.00-TF	11 8:00 Medicals 10:00 Blood Pressure Clinic-BL 10:30 Bible Study-TF 10:45 Menu Meeting-B 1:00 Bridge-LL	12 8:45 Sit 'n' Stretch-TF 10:00 Martial Movements-TF 1:00 Shopping-Fred Meyer 1:00 B-I-N-G-O-\$2.00-TF 2:00 Wii Bowling-TF	13 8:00 Medicals 10:00 Wii Bowling-TF 10:00 Stories w/ Joan-CR 2:00 Ladies Billiards 2:00 Support Group-CR	14 8:45 Sit 'n' Stretch-TF 10:00 Color Easter Eggs-AK 11:30 Shopping-Michael's 2:30 Balance Class-CR 3:00 Wine Social w/Tracy-B	15 10:00 Wii Bowling 10:30 Easter Egg Hunt-BL 1:00 B-I-N-G-O-\$2.00-TF 2:00 Shopping-BiMart 5:30 Movie-CR
16 9:45 Bus to Ruch Church 10:00 Local Church in Jville 10:45 Church Service-CR 12:00 Easter Lunch 2:00 Mexican Train 2:30 Sip 'n' Paint w/ Jeanne-AK	17 8:00 Medicals 8:45 Sit 'n' Stretch-TF 10:00 Chair Yoga-TF 1:00 B-I-N-G-O-\$2.00-TF 3:00 Fireside Chat-BL 5:30 Movie-CR	18 8:00 Medicals 10:00 Blood Pressure Clinic-BL 10:30 Bible Study-TF 10:45 Menu Meeting-B 1:00 Wii Bowling-TF 3:00 John Jackson-Reptiles-B	19 8:45 Sit 'n' Stretch-TF 1:00 Coloring Club-BL 1:00 B-I-N-G-O-\$2.00-TF 2:00 Wii Bowling-TF 2:30 Balance Class-CR 4:15 Supper Club-Red Lobster	20 8:00 Medicals 10:00 Wii Bowling-TF 10:00 Stories w/ Joan-CR 2:00 Ladies Billiards 2:30 Men's Poker-TF	21 8:45 Sit 'n' Stretch-TF 11:00 Brain Games-FD 1:00 Coloring Club-BL 2:30 Balance Class-CR 3:00 Wine Social w/ Chris & Dom-B	22 10:00 Wii Bowling 11:00 Craft w/ Brittney-AK 1:00 Hand & Foot Game-LL 1:00 B-I-N-G-O-\$2.00-TF 2:30 Shopping-Wal*Mart 5:30 Movie-CR
23 9:45 Bus to Ruch Church 10:00 Local Church in Jville 10:45 Church Service-CR 2:00 Mexican Train-TF 3:00 Surprise Outing w/ Jeanne	24 8:00 Medicals 8:45 Sit 'n' Stretch-TF 10:00 Chair Yoga 1:00 B-I-N-G-O-\$2.00-TF 3:00 Resident Council Meeting-BL	25 8:00 Medicals 10:00 Blood Pressure Clinic-BL 10:30 Bible Study-TF 10:45 Menu Meeting-B 1:00 Wii Bowling-TF 1:00 Bridge-LL	26 8:45 Sit 'n' Stretch-TF 10:00 Martial Movements-TF 1:00 B-I-N-G-O-\$2.00-TF 2:00 Wii Bowling-TF 2:30 Balance Class-CR 3:00 Peter Gibb Art Perform-B	27 8:00 Medicals 10:00 Wii Bowling-TF 10:00 Stories w/ Joan-CR 1:00 Ruch Elementary FD 3:00 April Birthday Party-B 6:30 RV Harmonizers	28 8:45 Sit 'n' Stretch-TF 11:00 Fast Food Friday-Sonic 11:00 Brain Games-FD 1:00 Coloring Club-BL 2:30 Balance Class-CR 3:00 Wine Social-B	29 10:00 Wii Bowling 11:00 Craft w/ Brittney-AK 1:00 Hand & Foot Game-LL 1:00 B-I-N-G-O-\$2.00-TF 5:30 Movie-CR
30 9:45 Bus to Ruch Church 10:00 Local Church in Jville 10:45 Church Service-CR 2:00 Mexican Train 2:00 Scenic Drive w/ Jeanne	BL-Bistro Lobby B-Bistro CR-Cinema Room MLA-Main Lobby "A" Building	TF-Third Floor LL-Ladies Lounge FD-Front Desk				