Pioneer House

415 P Street Sacramento, CA 95814 (916) 442- 4906



Robert Godfrey Executive Director

Jill Garcia
Director of Nursing

Ann Pierson Business Office Manager

Sandhya Mala Social Services Director

Frances Santillan Director of Marketing

Stephanie Butler Human Resources

Amy Nash Assisted Living Coordinator

Candace Worthen Director of Activities

Shawana Brown Food Service Director

Caesar Goldsby Maintenance Supervisor Environmental Services





Read about her story of the 6th floor.

Wednesday August 7th 11:00am

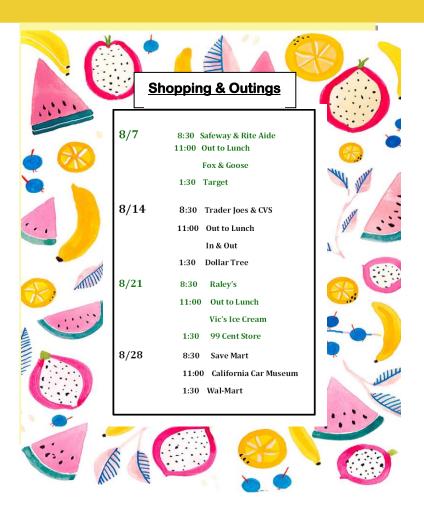


Wednesday August 14th 11:00am



Wednesday August 21st 11:00am





Wednesday August 28th 11:00am



Welcome our new staff

Caesar Goldsby Maintenance Supervisor

Environmental Services

Fa Wandick 5th Floor Caregiver

Candace Kite Receptionist Lori James Assistant AL

Assistant ALU Manager

Desiere Martinez Marketing Director

HEAT EXHAUSTION OR HEAT STROI **HEAT EXHAUSTION HEAT STROKE** SYMPTOMS SYMPTOMS 1. Faint or dizzy 1. Throbbing headache 2. Excessive sweating 2. No sweating 3. Cool, pale, clammy skin 3. Body temp above 103° Red, hot, dry skin 4. Nausea, vomiting 4. Nausea, vomiting 5. Rapid, weak pulse 5. Rapid, strong pulse 6. Muscle cramps 6. May lose consciousness HOW TO TREAT IT **HOW TO TREAT IT** 1. Move to cooler location 1. Get emergency help 2. Drink water 2. Keep cool until treated 3. Take a cool shower or use cold compresses



Employee of the Month

Jibran Baig



Jibran's dedication to our dining department is appreciated. He has been with Pioneer House for 8 years. Jibran is one of few that is trained in all of the positions in our department and often times works between them when needed. Jibran is very flexible; always willing to work extra shifts. Thank you for all your hard work.

Library News

Bookmoblie: The bookmoblie will be here the

2nd Thursday, August 8th

Book Club: The club is currently reading "Where the Crawdads sing" by Delia Owens

Next Book is Everyone Picks there own book, reads it and shares it at the Next Book club Talk.

Volunteers: Thank you Patricia Olsen & Miles

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10 FUN FACTS

- 1. You can't wash your eyes with soap.
- 2. You can't count your hair.
- 3. You can't breathe through your nose, with your tongue out.
- 4. You just tried no. 3
- 6. When you did no. 3 you realized it's possible, only you look like a dog.
- You're smiling right now, because you were fooled.
- 8. You skipped no. 5
- You just checked to see if there is a no. 5
 Share this with your friends to have
- some fun too! :-)

August Birthdays

Karin Hansen 8/04
Richard Bullert 8/07
Harriet Darling 8/07
James Reece 8/12
Connie Linker 8/23

Antonio Ramos 8/25

Jim Elkins 8/30

Ed Wright 8/30

Carolyn Hanson 8/31

Birthday Party Thursday August 29th 3:00pm Activity Room



The 8 Best Alexa Skills for Seniors

Once upon a time, we relied on old-fashioned items, such as rotary telephones or phone books to place a phone call or find a phone number. This was the norm for everyone, so we didn't really think much about it. But when older family members developed ailments such as arthritis or impaired vision, simple tasks became difficult.

Today, thanks to technological advances, we have virtual voice assistants such as Siri, Alexa, Echo, and Google Home, and they can do wonders for people who may be in the beginning stages of losing their independence.

In the spirit of helping you find ways to make your loved one's life easier, we've compiled a list of the best Alexa skills for the elderly.

- 1. Set a Wake up Time
- 2. Medication Time Reminder
- 3. Place Phone Calls
- 4. Talk to You or Anyone Else Who's at Home in Another Room
- 5. Reminder to Turn off the Stove
- 6. Report the Weather
- 7. Entertainment
- 8. Place Orders on Amazon