

AUGUST 2019

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

July Events



Madeline B

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



SACRAMENTO, CA

Shopping & Outings	
8/7	8:30 Safeway & Rite Aide 11:00 Out to Lunch Fox & Goose 1:30 Target
8/14	8:30 Trader Joes & CVS 11:00 Out to Lunch In & Out 1:30 Dollar Tree
8/21	8:30 Raley's 11:00 Out to Lunch Vic's Ice Cream 1:30 99 Cent Store
8/28	8:30 Save Mart 11:00 California Car Museum 1:30 Wal-Mart

Welcome our new staff

Caesar Goldsby	Maintenance Supervisor
	Environmental Services
Fa Wandick	5 th Floor Caregiver
Candace Kite	Receptionist
Lori James	Assistant ALU Manager
Desiere Martinez	Marketing Director

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.

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

Menu for Luau

Tropical Banana Salad

Kalua Pork

Huli Huli Chicken

Coconut Rice

Pineapple Roasted Sweet Potatoes

Hawaiian Dinner Roll

Hula Pie

Friday August 15th
12:00pm
Dining Room

Library News

Bookmobile: The bookmobile 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 their own book, reads it and shares it at the Next Book club Talk.

Volunteers: Thank you Patricia Olsen & Miles Snyder



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.
7. You're smiling right now, because you were fooled.
8. You skipped no. 5
9. You just checked to see if there is a no. 5
10. 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