

February 2020

# Pioneer House

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



Robert Godfrey  
Executive Director

Jennifer Northart  
Director of Nursing  
Assistant

Ann Pierson  
Business Office Manager

Sandhya Mala  
Social Services Director

Frances Santillan  
& Desiere Martinez  
Director of Marketing

Stephanie Butler  
Human Resources

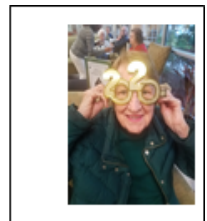
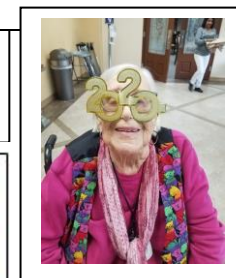
Candace Worthen  
Director of Activities

Shawana Brown  
Food Service Director

Caesar Goldsby  
Maintenance Supervisor  
Environmental Services



## January Events



## A Giant Leap for Humankind

This month we will enjoy an extra day, transforming 2020 into an extraordinary year. Every four years, an extra day, called *leap day*, is added at the end of February. This extra day is built into the year to ensure that our calendars remain aligned with Earth's movement around the sun.

Our modern calendars have 365 days, but Earth takes 365.2421 days to make it all the way around the sun.

The ancient Egyptians were the first civilization to calculate that our cycle of days and nights did not align perfectly with the calendar year, but it wasn't until Julius Caesar's reign during the Roman Empire that anything was done about it.

For millennia, calendars were loosely based on human observations of the lunar cycle. Extra days, weeks, and even months were added at random to make up for seasonal discrepancies. Julius Caesar was fed up with the inadequacies of such calendars based upon a 10-month solar year. In 46 BC, he enlisted astronomer Sosigenes

to modify the calendar to include 12 months and 365 days. January and February were added as the final two months of the calendar, with the leap day added as the final day of the last month of February once every four years. Julius Caesar named this the *Julian calendar* after himself.





**Saturday, February 8<sup>th</sup>**  
**11:00am**



**Saturday, February 15<sup>th</sup>**  
**11:00am**

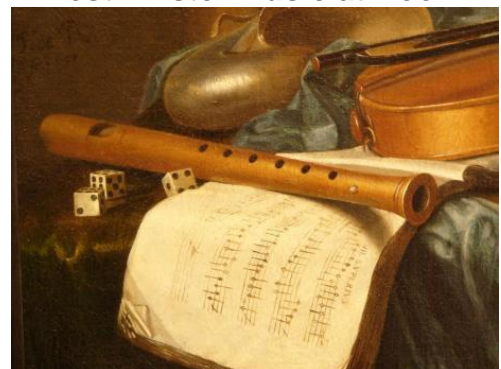


**Wednesday, February 19<sup>th</sup>**  
**10:30am**

## *Shopping & Outings*

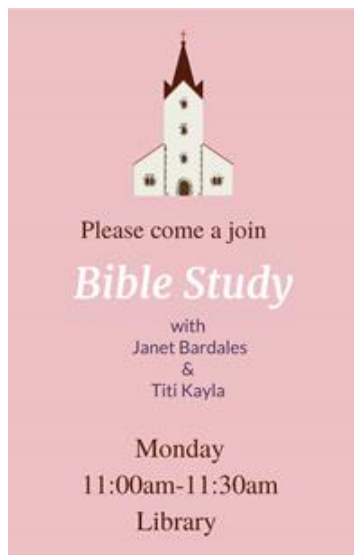
2/5	8:30	Safeway & Rite Aid
	11:00	Dollar Store
	1:30	Target
2/8	11:00	Out to breakfast Black Bear Diner
2/12	8:30	Trader Joes & CVS
	11:00	99 Cent Store
	1:30	Wal- Mart
2/15	11:00	Out to Lunch Mimi's Cafe
2/19	8:30	Raley's
	10:30	Hard Rock Casino
2/26	8:30	Save Mart
	11:30	Westminster Music at noon
	1:30	Time Travel Tour de France Wal- Mart

## **Westminster Music at Noon**



**Baroque & Beyond:**  
**Time Travel Tour de France**  
**Wednesday February 26<sup>th</sup>**  
**11:30am**





## “PROJECT H.A.N.D.S.”

### Helping Angels National Donated Support

Retirement Housing Foundation has a program called Project H.A.N.D.S. All RHF residents are be given the opportunity to join an on-site group whose mission is to knit and crochet and create items to be given specifically to youngsters in homeless shelters, battered women’s shelters, unwed mothers homes, hospitals etc. Retirement Housing Foundation has thousands of caring and compassionate seniors living in their communities throughout the nation. Many of these people have knitting and crocheting skills and the only thing they lack is the yarn to create warm garments for children in need. This yarn is to be used to create scarves, mittens, gloves, blankets, socks, jammies, sweaters, etc. to be donated to an agency in need, IN THEIR OWN COMMUNITY.

**please come and join**



## Employee of the Month

Maria Morris



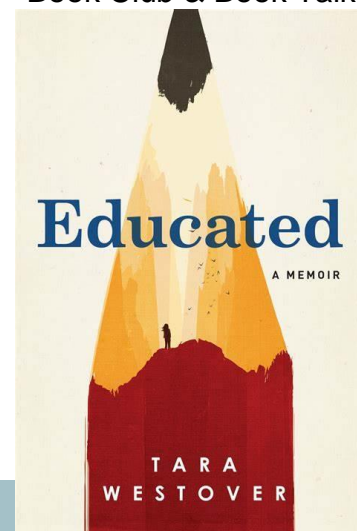
Maria has been a solid team player at Pioneer House and comes with years of experience. She always has a smile, and is very patient. Maria primarily works on the 6<sup>th</sup> floor as a Noc Shift CNA where she is adored by not only fellow employees, but the residents as well. She is always helpful and goes the extra mile to get the job done. Thank you Maria for all that you do! 😊

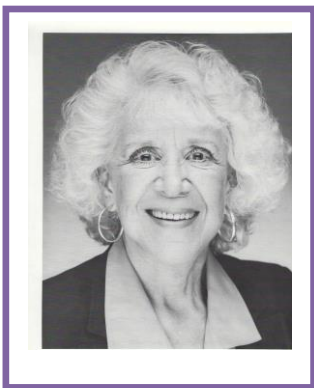
## Library News

**Bookmobile:** The bookmobile will be here the 2<sup>nd</sup> Thursday, February 11<sup>th</sup>

**Book Club:** The club is currently reading  
Next Book is Educated by Tera Westover

**Volunteers:** Thank you Joyce for running the Book Club & Book Talk





**Pioneer House**  
**Celebrates Shirley 100th**  
**Birthday!!**  
**Hope you have a great day.**



## February Birthdays

PR	2/09	
Alicia G	2/09	
Emma R	2/16	
Helen V	2/17	
Sharon S	2/17	
Virginia B	2/19	
Dorothy M	2/21	
Wanda B	2/23	
Consuelo A	2/23	
<b>Shirley O</b>	<b>2/25</b>	<b>100!</b>
Jan B	2/27	

**Birthday Party**  
**Thursday February 27<sup>th</sup>**  
**3:00pm**  
**Activity Room**



## What's Cookin' in February?

### Valentine Vanilla Wafers

#### Ingredients:

- 4 cups powdered sugar
- 1/2 cup unsalted butter, room temperature
- 1 teaspoon vanilla extract
- 5 tablespoons milk
- Red food coloring
- 20 vanilla wafer cookies
- Sprinkles

#### Directions

1. Combine powdered sugar and butter in a medium bowl with a hand mixer until smooth.
2. Stir in vanilla extract. Stir in milk. Stir in desired amount of food coloring. Continue mixing for 5 minutes until stiff.
3. Dip one half of each vanilla wafer in the frosting and then in the sprinkles.

*Makes 18–24 servings*

