

January 2019

Pioneer House

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



Robert Godfrey
Executive Director

Jill Garcia
Director of Nursing

Yolanda Wertman
Business Office Manager

Stephanie Butler
Human Resources

Amy Nash
Assisted Living Coordinator

Sandhya Mala
Social Services Director

Frances Santillan
Director of Marketing

Candace Worthen
Director of Activities

Shawana Brown
Food Service Director

Lonnie Anderson
Environmental Services

Roop Lal
Maintenance Supervisor

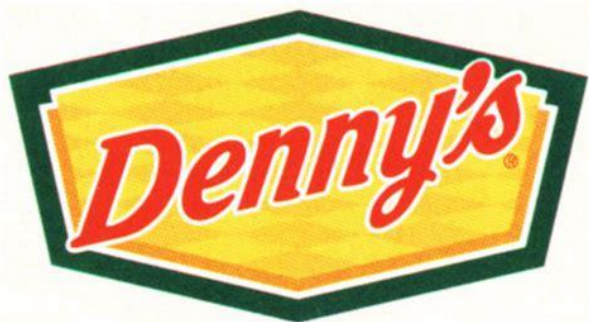
New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland’s national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* roughly translates to “for old times’ sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year’s celebration in New York’s Roosevelt Hotel.

No New Year’s party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year’s masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year’s has been a time of celebration, nostalgia, and hope.



Wednesday January 9, 2018

11:00am

Come In and Find Out What's Cooking at **Denny's**. Denny's is known for always being open, serving breakfast, lunch, and dinner around the clock.



Wednesday January 16, 2018

10:00am

Join us for a free factory tour!

Factory tours are free to the public, and offered daily. Featuring:

- *Updated HD/4K quality videos to give you an up-close-and-personal look at our candy manufacturing

- Interactive exhibits

- *A self-guided walk along the elevated, ¼ mile long tour lane to give you a bird's-eye view of the entire operation.

- *Free samples



Shopping & Outings

1/2	8:30 11:00 1:30	Safeway & Rite Aid Dollar Store Target
1/9	8:30 11:00	Trader Joe's Out to Lunch at Denny's
1/16	8:30 10:00	Raley's Jelly Belly Factory
1/23	8:30 11:00	Save Mart Out to Lunch at In and Out
1/30	11:00 1:30	98 Cent Store Wal-Mart



Wednesday January 23, 2018

11:00

From the first bite of your burger to your last French fry, quality is the most important ingredient at In-N-Out Burger. We don't freeze, pre-package or microwave our food. We make things the old-fashioned way.

6th Floor News

Marshmallow- Monday



Tone it up –Tuesday



Tea & Chat –Wednesday



Project Hand –Thursdays



Ice Cream social- Fridays



Chair Zumba- Saturdays



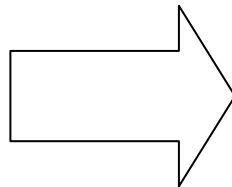
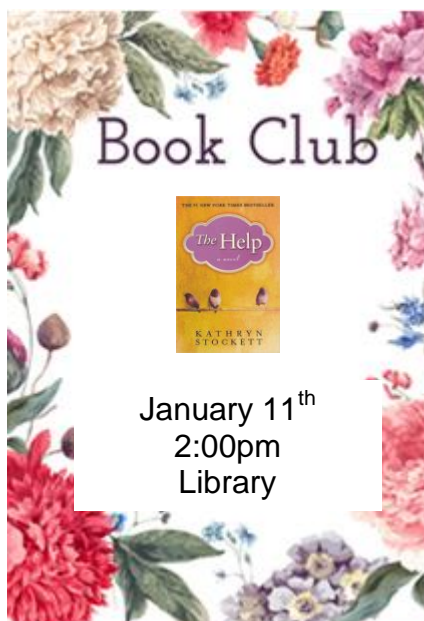
Employee of the Year



Each month the managers and department heads at Pioneer House have the privilege of selecting an employee of the month. During that discussion, we recognize individuals who have served pioneer house in an exceptional manner by exemplifying outstanding service through his or her work while exhibiting a positive and supportive attitude.

In December, we come together again and select from the Employees of the Month, and select our Employee of the year. While all the nominations are excellent employees, as a group we chose our Dietary Aid, Mohini Jeet.

Mohini has been serving our residents at Pioneer House since July 2006. Her dedication to our food service department is appreciated. She's very flexible and will even volunteers to work extra shifts in needed. Our residents are valued by Mohini she takes no time to memorize all of their likes and dislikes to make their dining experience extra special and memorable.



The Help

The Help is set in the early 1960s in Jackson, Mississippi, and told primarily from the first-person perspectives of three women: Aibileen Clark, Minny Jackson, and Eugenia "Skeeter" Phelan. Aibileen is a maid who takes care of children and cleans. Her own 24-year-old son, Treelore, died from an accident on his job. In the story, she is tending the Leefolt household and caring for their toddler, Mae Mobley. Minny is Aibileen's friend who frequently tells her employers what she thinks of them, resulting in her having been fired from nineteen jobs. Minny's most recent employer was Mrs. Walters, mother of Hilly Holbrook.

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Ring in the New Year Around the World

Though we often use fireworks to celebrate the new year, Puerto Rican children throw water out of the window at midnight to rid their homes of evil spirits. In France, a stack of pancakes is eaten for luck and good health. In Spain, it's traditional to eat 12 grapes at midnight—one for each strike of the clock and month of the year. What's your tradition?

January Birthdays

Lynda Maloyed	1/2
Lilla Swafford	1/7
Suzanne Basile	1/9
Albert Evans	1/9
John Saville	1/10
Su Bun Chan	1/11
Ida Brown	1/13
John Plain	1/22
Lucile Whittier	1/24
Maureen Johnson	1/28

Birthday Party
Thursday January 24th
3pm
Activity Room

What's Cookin' in January? Coffee Cookies



Ingredients:

- 1 tablespoon instant coffee
- 2 tablespoons boiling water
- 1 cup oil
- 1 cup brown sugar
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 2 eggs
- 2 2/3 cups flour
- 3/4 cup powdered sugar

Directions

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
 2. Dissolve coffee in the water in a small bowl.
 3. Combine oil, brown sugar, and sugar in a medium bowl with a hand mixer until smooth. Stir in coffee mixture, vanilla, and baking soda.
 4. Stir in eggs until creamy.
 5. Stir in flour until just combined.
 6. Roll dough into 1-inch balls and roll into powdered sugar, coating evenly. Place on the prepared baking sheet.
 7. Bake 9–10 minutes.
- Makes 1 1/2 dozen*

Please Note: All activities are subject to change at any time. RCFE# 340300522