

December 2019

Pioneer House

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



Robert Godfrey
Executive Director

Paula Limoges
Director of Nursing

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

November Events



Dear Residents, Families, Team Members, and Friends of Pioneer House,

Happy Holidays! Wishing you all a wonderful end to 2019 and moving into the New Year at the end of this month! This year has flown by!

Thank you for an amazing 2019. It was a year full of events here at Pioneer House, and your support was appreciated! Again this month as we end 2019, be sure to check your calendar and bulletins for events taking place. In addition, on December 19th we will be having our employee end of year party, in our Activity Room. Much of that day, the Activity Room will not be available due to that event, and we apologize for any inconvenience this may cause...

If there is anything we can do to help you, please don't hesitate to ask. It is our privilege to assist and coordinate your requests as we can.

Thank you again for choosing Pioneer House. Have a great month of December and Happy Holidays!

Sincerely,

Robert Godfrey
Executive Director

Arden Fair Mall



Wednesday December 4th

10:30am



Saturday, December 7th

9:00am



Wednesday December 11th

11:00am



Saturday December 14th

10:30am

Shopping & Outings

12/4	8:30	Safeway & Rite Aid
	10:30	Early Bird Holiday Shopping & Lunch at Arden Fair
	1:30	99 Cent Store
12/7	9:00	Out to breakfast at IHOP
	1:30	Target
12/11	8:30	Trader Joe's
	11:00	Out to Lunch Olive Garden
	1:30	Wal-Mart
12/14	10:30	Hobby Lobby
12/18	8:30	Raley's
	10:30	Marshalls
	1:30	Wal-Mart
	5:00	Out to Dinner Chicago Fire Then Christmas
12/21	10:30	See's Candy
	1:30	Out to the Movies



Wednesday December 18th

5:00pm

Christmas Light Tour

Wednesday December 18th



Saturday December 21st

10:30am



December Events

Tuesday December 3rd, 1:30pm:
 Tim Durnan
Friday December 6th, 2:15pm:
 Antonio
Saturday December 7th, 1:30pm
 Girl Scouts Caroling
Tuesday December 10th, 1:30pm
 Robert Greene
Wednesday December 11th, 5:30pm
 Westminster Presbyterian Choir
Saturday December 14th, 3pm
 Boy Scouts Caroling
Tuesday December 17th, 1:30pm:
 Alvin
Wednesday December 18th, 1:30 pm
 Christmas Caroling with Calpers
New Year's Eve Party December 31st 4:30pm
 Clint

Employee of the Month

Ana Medina



Pioneer House is pleased to announce Ana as our December employee of the month. Ana is an incredibly hard worker. She picks up shifts on almost all of her days off; she also works doubles when needed. Ana is very helpful to staff members and residents; she is an awesome team player. She is very respectful to everyone she comes in contact with, and approaches everyone with a smile. She is a great asset to ALU as well as pioneer house. She is very much appreciated.

Library News

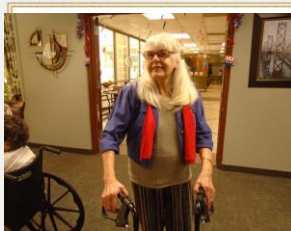
Bookmobile: The bookmobile will be here the 2nd Thursday, December 10th

Book Club: The club is currently reading *Nightingale* by Kristin Hannah, discussion on 2nd Tuesday, December 10th at 11am in Library

Next Book: *Salt to the Sea* by Ruta Sepetys

The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude. Researchers recently explored how writing thank-yous increases one's sense of well-being. Writers of thank-you notes often feel nervous about the task. They worry that they will not be able to find the right words or that the recipients of their notes would feel awkward or surprised to receive a letter. But these worries are completely unfounded. Recipients of thank-you notes are almost always grateful. In fact, recipients find thank-you notes to be warmer and more articulate than the writers expect. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always well received. Researchers believe that thank-you notes are prosocial; that is, they are an important type of social glue linking people together. Self-consciousness should never stand in the way of giving thanks. So, let us express our gratitude to the researchers for conducting their experiment.



Resident of the Month

Anne Kmeto



Resident
REFERRAL PROGRAM
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1st REFERRAL \$250
2st REFERRAL \$500
3st REFERRAL \$1,000

*See Desiere, Francis, or Robert for details

December Birthdays

Teing LI	12/1
Harvey Laib	12/2
Joyce Mundel	12/3
Dan Martinez	12/4
Terrill Zuccaro	12/4
Karter Randhawa	12/12
Elsie Hayes	12/20
Jean Harlow	12/26

Birthday Party

Friday 20th

3:00pm

What's Cookin' in December? Buttery Eggnog Cookies

Ingredients:

- 2 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup unsalted butter
- 1 (8-ounce) package cream cheese
- 1 1/4 cups sugar
- 1 egg
- 1/3 cup eggnog
- 1 teaspoon vanilla extract
- Cooking spray

Directions

1. Combine flour, baking powder, salt, cinnamon, and nutmeg in a medium bowl.
2. Place butter, cream cheese, and sugar in the bowl of a stand mixer and beat until combined. Beat in egg, eggnog, and vanilla.
3. Add the dry ingredients gradually, mixing until just combined. Cover and chill 30 minutes.
4. Preheat oven to 350°F. Spray a baking sheet with cooking spray.
5. Roll dough into 1-inch balls. Roll each

