

# Pioneer Towers

November 2023

Monthly Newsletter

## National Native American Heritage Month

aims to provide a platform for Native people in the United States of America to share their culture, traditions, music, crafts, dance, and ways and concepts of life.



## Brain Game

HOW MANY  
NUMBERS  
DO YOU SEE?

6  
8  
4

*Last month's answer: 12*

MOVEMBER



Movember is an annual event involving the growing of moustaches during the month of

November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. It is a portmanteau of the Australian-English diminutive word for moustache, "mo", and "November."

November 1 – All Saints' Day, All Souls Day, Día de Los Muertos are dedicated to all those who have passed away in the Christian faith as well as the Mexican and Aztec communities.



## November 5—Daylight Savings Time

Ends: set clocks back one hour in the fall ("fall back").

November 7—Election Day is the day on which general elections are held.



November 11—Veteran's Day honors military veterans of the United States Armed Forces.



HAPPY  
VETERANS DAY

November 12 – Diwali: An important celebration in the Hindu faith in which a variety of deities are praised.



**November 16 – International Day of Tolerance:** The UN holiday was founded to encourage respect among various people regardless of culture, language, religion, or ethnicity.



**November 16 – Dutch American Heritage**

**Day:** This day applauds the long friendship between the Netherlands and the United States.



**November 23—Thanksgiving** began

as a day of giving thanks for the blessings of the harvest and of the preceding year.



**November 28—Giving Tuesday** is

the Tuesday after Thanksgiving in the United States. It is touted as a "global generosity movement unleashing the power of people and organizations to transform their communities and the world."



# Preventing Chair Related Injuries



Chairs are unsuspected injury sources at work and home. A survey of work and non-work events showed that chairs rolling while the person was sitting down or repositioning the chair accounted for 43% of the injuries, chairs collapsing represented 25%, falls out of chairs 19%, and standing on chairs to reach overhead 3%.

There are several cautions to prevent these types of incidents.

- Rolling – If a chair is on rollers, make certain it is stable before sitting down. Many rolling-related injuries occurred when trying to move the chair under them as they were sitting or trying to scoot the chair into a new position while seated. Both maneuvers can lead to accident and injury.
- Collapsing – Take a moment to check your chair before sitting. Look for cracks, missing wheels, loose back rests — If anything looks wrong, do not use it.
- Falls out of chairs – Avoid reaching and never tip a chair. Any chair you use has been designed to be safe with ALL legs on the ground and weight evenly distributed.
- Never stand on a chair — Chairs are never designed to be used as stools.

Look before you sit, don't scoot, tilt or roll.

# Laughing Matters

An elderly couple is in church. The wife says to the husband, “I’ve let out one of those silent farts, what do I do?” The husband says, “Change the battery in your hearing aid.”

One day a man went to an auction. While there, he bid on a parrot. He really wanted this bird, so he got caught up in the bidding. He kept on bidding, but kept getting outbid, so he bid higher and higher and higher.

Finally, after he bid way more than he intended, he won the bid—the parrot was his at last!

As he was paying for the parrot, he said to the Auctioneer: “I sure hope this parrot can talk. I would hate to have paid this much for it only to find out that he can’t talk!”

“Don’t worry,” said the Auctioneer. “He can talk. Who do you think kept bidding against you?”



## Spot the 5 Differences



## Resident Portal

Residents are invited to register for the Resident Portal at <https://bit.ly/3CyEKLK> and to enroll in automatic rental payments, submit maintenance requests, manage emergency contacts, and more. Instructions are available in the Lobby or from the Service Coordinator. (PLEASE NOTE: OUR BUILDING NUMBER IS 1)

**NOTE:** Disregard any unexplained “Outstanding/ Overdue Balances.” Paying with your checking account is free, but if you use a credit / debit card there will be a processing fee.



# Garden Report for November

by Kyle House

November is often filled with cold, windy, and rainy days here in the Valley but that doesn't mean the garden completely stops growing and producing however! Now is the time to plant, grow and harvest colder weather crops and flowers. Traditionally fruits and some nuts are still often on the trees ripening, grapes are finished, Swiss Chard, Lettuce, and cold weather varieties of Kale along with Carrots, Radishes, short day length Onions, and winter Potatoes are either growing or in the ground being stored for future harvesting. Our trees and shrubs will be showing their Fall colors and soon dropping leaves to insulate and renew the soil over the Winter season for us. Nighttime temperatures begin to drop into the 40's and 30's, with the days in the 60's on average. Generally we don't get a freeze or frost here in Downtown Sacramento at this time but it is still possible. While people don't forage for food as much as we used to in the past you may see animals out and about doing just that this month! Recently we had three wild Turkey's on the property with one of them roosting on the fence and looking at the garden. (Keep small children and pets away from these birds as they are intelligent but aggressive fighters when cornered.) Speaking of wild Turkeys, did you know that they were the favored bird for our National Symbol over the American Eagle? And which of our Founding Fathers wanted them for that honor? (Hint, he is on our paper money to this day.)

Currently in the Pioneer Towers Courtyard and Garden we are in addition to the Winter crops, redoing the older shrubs to ensure healthy growth and flowering, removing and replacing several which are overgrown and nearing the end of their life span. One benefit of this will be more room for crops and flowers, as well as fewer pots on the concrete pads! Also some of the late Fall bulbs have emerged and in the next month or so may begin blooming. Spring flowering bulbs are being planted in the ground and in pots as well. The Impatiens and Begonias on display in the Courtyard will be going dormant soon with the colder weather so enjoy them while they last. Next Spring we will be using more of the White flowering Impatiens especially in the shadier areas so that there will be something bright to draw the eye. Also White flowers show up at night so those who are out in the evening and after dark will have something to look for. Next year some of the current Begonia collection will return but we are hoping to introduce new types and colors as well.



Some of you have asked about fruit trees in the Courtyard. Unfortunately they take up a lot of room and require large amounts of water and sun to grow properly. And none of us need to be up on a ladder picking fruit nowadays. My best advice is to explore the area Farmers Markets for the best and freshest fruit available.

The two arches in the Courtyard which our Building Administrator Leo Romero purchased for us will soon be holding Sweet Peas for people to enjoy their flowers and fragrance from in the late Winter and early Spring. Then in late Spring through Summer they will be full of hanging Beans, Cucumbers, and more for residents to enjoy. Leo also got us the rolling planter box which is situated out front by the bike rack currently. It is going to hold a seasonal mix of flowers and vegetables such as Bunching Onions, Hot Peppers, Succulents, and other low water plants. The Garden Group wishes to thank Leo along with our Maintenance Staff for both the purchase of the planter but also for assembling it for us. Please check it out when you get a chance.

We will be having several events coming up as I noted last month in addition to the Monday night (7:00 PM) Garden Group meetings. The Garden Tea is being planned for the Spring when the Courtyard is in bloom. This will be a sign up event so plan ahead if you are interested. We will give a tour of the Garden and answer any questions you may have about the plants, plans for the garden, etc.

Our weekly Tuesday morning Harvest is projected to return in December once the Winter crops are ready. My best advice is to get there early as it goes fast!

Last but not least we are seeking volunteers to help weed, plant, and water the garden when available. Currently we have an outside volunteer who will be helping around their work schedule. The Garden Group routinely does cleanup, weeding, and harvesting on a weekly as well as a when needed basis. It sounds like work but we have a lot of fun in the process of socializing together.

When is an Onion not an Onion? (When it's a Climbing Onion, (Asparagus Family member)

# Bulletins and Updates

PLEASE be considerate and put your cigarette butts in the trash receptacle next to the bench.



This would be greatly appreciated by other residents, staff, and neighbors.

## Incident Reporting

If you experience an incident at Pioneer Towers, please submit an incident report to Management. There are paper copies available, or you can scan this QR code with your Smartphone camera to submit one online:



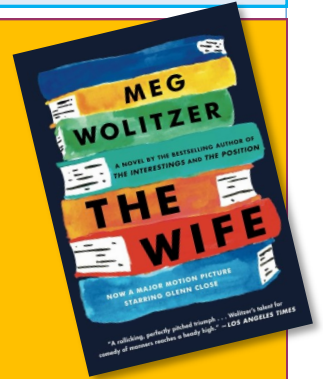
Check the bulletin boards in the Lobby for the most recent information and updates.

## Book Club

November:

The Wife

by Meg Wolitzer



## Resident Message

Come and have fun at BINGO!

You can win from \$5, \$10, and sometimes up to \$50 on the paper BINGOs. We need someone to come and take the top winner title from a resident—she has won all three paper BINGO pots in one day :) !!

Come try your luck. Hope to see you there.




## Project H.A.N.D.S.®



**Project H.A.N.D.S.® (Helping Angels National Donated Support)** volunteers meet on **Fridays 1-3pm** in the Library. Come help make and assemble gifts, color and decorate cards, and complete other projects for those in need. To learn more, visit [rhf.org/project-h-a-n-d-s/](http://rhf.org/project-h-a-n-d-s/).

# November Calendar of Activities\*

Weekdays 9am-12pm: Free Coffee and Tea (GR)

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>*Updates will be posted on the message boards in the Lobby</p>			1	2	3	4
			1PM—BINGO (MR)	9:30AM—GROCERY OUTLET (NATOMAS) 10:30AM—YOGA (MR) 11:30AM—RIVER CITY FOOD BANK 12-2PM—SAFEWAY VACCINATION CLINIC	10:30AM—(MR) FITNESS VIDEO 1-3PM—PROJECT HANDS (L)	5PM—BINGO (MR)
5	6	7	8	9	10	11
	9:30AM—SAFEWAY 10:30AM—99 RANCH 10:30AM—(MR) FITNESS VIDEO 7PM—(GR) GARDENING	9:30AM—WINCO/ DOLLAR TREE 12PM—LUNCH AT CHILI'S		10:30AM—YOGA (MR) 7PM—BIBLE STUDY (L) 9:30AM—WALMART DOLLAR TREE 10:30AM—SAFEWAY 11:15-11:45AM—BOOK-MOBILE	10:30AM—(MR) FITNESS VIDEO 1-3PM—PROJECT HANDS (L)	5PM—BINGO (MR)
12	13	14	15	16	17	18
	9:30AM—COSTCO 10:30AM—COSTCO 10:30AM—(MR) FITNESS VIDEO 7PM—(GR) GARDENING	9:30AM—FOODS CO./ DOLLAR T. 10:30AM—(NAT) TRADER JOE'S 2PM—(MR) ALL RESIDENTS' MEETING 7PM—(L) BOOK CLUB	1PM—BINGO (MR)	9:30AM—KP INTERNATIONAL MARKET (LUNCH AT 11AM) 10:30AM—YOGA (MR)	10:30AM—(MR) FITNESS VIDEO 1-3PM—PROJECT HANDS (L)	5PM—BINGO (MR)
19	20	21	22	23	24	25
	9:30AM—SAVEMART 10:30AM—RALEY'S 10:30AM—(MR) FITNESS VIDEO 7PM—(GR) GARDENING	9:30AM—2PM: OLD SACRAMENTO (MUSEUMS OPTIONAL)		OFFICES CLOSED	10:30AM—(MR) FITNESS VIDEO 1-3PM—PROJECT HANDS (L)	5PM—BINGO (MR)
26	27	28	29	30	(DR): Dining room (GR): Garden Room (L): Library (MR): Meeting Room	
	9:30AM—WINCO/ DOLLAR TREE 10:30AM—WALMART 10:30AM—(MR) FITNESS VIDEO 7PM—(GR) GARDENING	9:30AM—COSTCO (EXPO) 10:30AM—COSTCO (EXPO)		9:30AM—SAFEWAY 10:30AM—YOGA (MR) 11:30AM—RIVER CITY FOOD BANK		