

Pioneer Towers

December 2023

Monthly Newsletter



This day highlights the importance of HIV/AIDS awareness and raises money for its cure



This United Nations holiday raises awareness for the rights of individuals with disabilities



A holiday adopted by the UN in 1948 following the Universal Declaration of Human Rights



A religious festival celebrated in Mexico and parts of the U.S. during the Christmas season



A Jewish holiday celebrating Jews rising up against their Greek-Syrian oppressors in the Maccabean Revolt



A festival celebrated by Pagan and Wiccan faiths



A Christian holiday marking the birth of their lord and savior, Jesus Christ

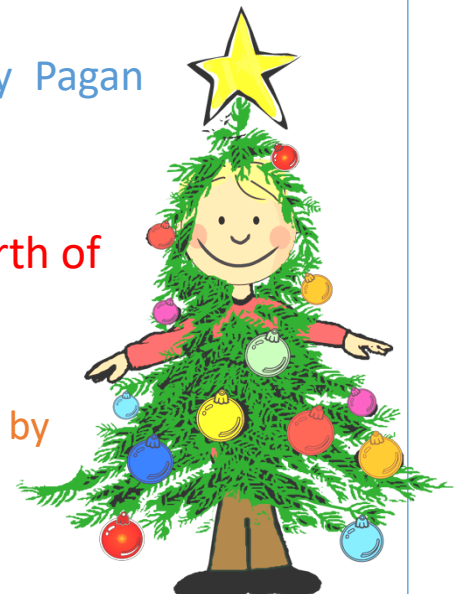


A 7-day holiday often celebrated by Black Americans that was inspired by African harvest celebrations

Brain Game

Place one of the numbers 1-9 in each square so that the sum of each row of numbers—horizontally, vertically, and diagonally—equals 15.

Last month's answer: 7



WINTER SKIN CARE

Beat winter skin woes with these tips:

STAY HYDRATED

Our skin is begging for hydration this time of year, so it's important to always keep a hydrating product close by, whether at home or on the go, and to drink plenty of water.

TAKE A WARM SHOWER

Hot water only makes dry skin worse. A mild to warm shower helps avoid risk of further dry-out damage. Pat dry the skin and lather lotion across the body immediately after showering.

FREQUENCY MATTERS

Apply lotion as frequently as needed to keep your skin hydrated. Lather lotion on after each time you wash your hands or anytime you feel an itch. A lapse in application of lotion or applying only once you're dry and itchy only further contributes to the problem.

STEER CLEAR OF HARSH PRODUCTS

Harsh products like astringent, bars of soap and body wash strip our skin and contribute to dryness, so its recommended to only use in prone areas like the armpits or groin area.

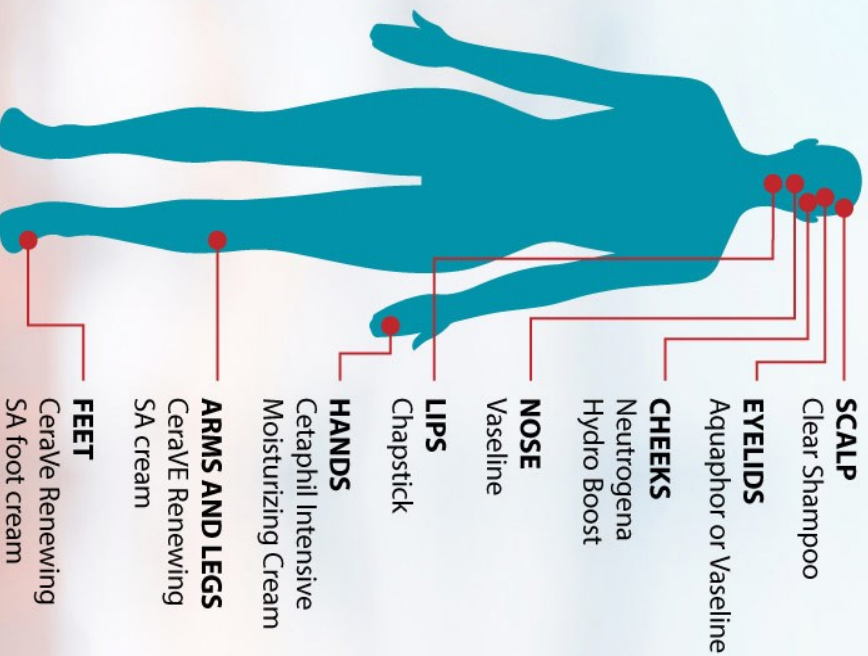
HUMIDIFIER

Use a humidifier to add extra moisture to the skin if needed.

REMEMBER THE WHOLE BODY

Areas like the lips and feet get neglected and often become the driest. Take time each day to apply lotion to all body parts and keep lip balm handy to apply on your lips often.

SKIN CARE SUGGESTIONS



Pioneer Towers appreciates the support and information provided from outside vendors and agencies.

However, Pioneer Towers and your Service Coordinator do not endorse these services or products.

It is the resident's responsibility to evaluate products and services for themselves.

Laughing Matters

A doctor goes out and buys the best car on the market, a brand new Ferrari GTO. It is also the most expensive car in the world, and it costs him \$500,000. He takes it out for a spin and stops at a red light. An old man on a moped, looking about 100 years old, pulls up next to him.

The old man looks over at the sleek shiny car and asks, "What kind of car ya got there, sonny?"

The doctor replies, "A Ferrari GTO. It cost half a million dollars!"

"That's a lot of money," says the old man. "Why does it cost so much?"

"Because this car can do up to 250 miles an hour!" states the doctor proudly.

The moped driver asks, "Mind if I take a look inside?"

"No problem," replies the doctor.

So the old man pokes his head in the window and looks around.

Then, sitting back on his moped, the old man says, "That's a pretty nice car, all right, but I'll stick with my moped!"

Just then the light changes, so the doctor decides to show the old man just what his car can do.

He floors it, and within 30 seconds, the speedometer reads 150 mph.

Suddenly, he notices a dot in his rear view mirror – what it could be...and suddenly...

WHHHOOOOOOSSSSSHHH!

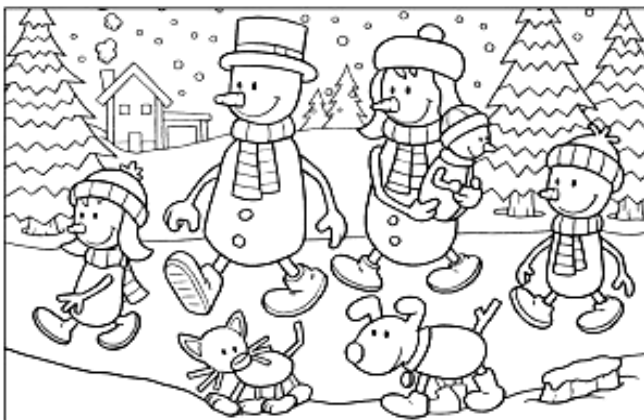
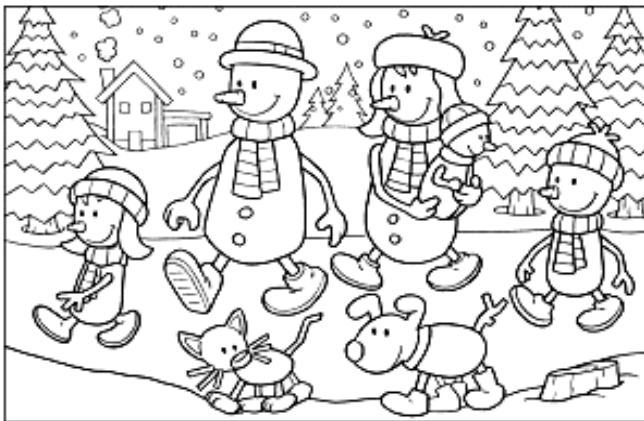
Something whips by him going much faster!

"What on earth could be going faster than my Ferrari?" the doctor asks himself.

He floors the accelerator and takes the Ferrari up to 175 mph.



Spot the 10 Differences



Then, up ahead of him, he sees that it's the old man on the moped!

Amazed that the moped could pass his Ferrari, he gives it more gas and passes the moped at 210 mph.

WHOOOOOOOSH HHHHH!

He's feeling pretty good until he looks in his mirror and sees the old man gaining on him AGAIN!

Astounded by the speed of his old guy, he floors the gas pedal and takes the Ferrari all the way up to 250 mph.

Not ten seconds later, he sees the moped bearing down on him again!

The Ferrari is flat out, and there's nothing he can do!

Suddenly, the moped plows into the back of his Ferrari, demolishing the rear end.

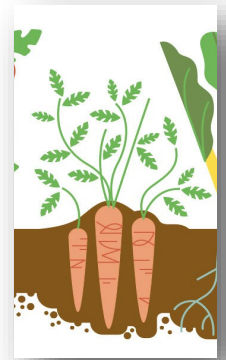
The doctor stops and jumps out and, unbelievably, the old man is still alive.

He runs up to the mangled old man and says, "Oh my gosh! Is there anything I can do for you?"

The old man whispers, "Unhook my suspenders from your side mirror."

Garden Report for December by Kyle House

It's December already and we are well into the darkest part of the year during which we can expect cold, wind, rain, and frost here in the Sacramento Valley on most years. This year is starting out a little different but we should be close to the normal patterns hopefully. Here in our garden we have a microclimate which means that we usually don't need to worry about frost, we still need to water and weed however. It's also a great time for planting bulbs to bloom in the springtime! There will be a huge number of blooms returning from last year hopefully as well as the several hundred Daffodils, Narcissus, Crocus, Snow Crocus, Ipheon and more for everyone to enjoy in the coming months. Many are already breaking the ground and sending up leaves currently. In addition to the favorites from last year there will be new colors making their appearance this spring. Some of the species Tulips will make their return and if we are lucky in a year or so we may see new color combinations from the seedlings they produced last year! (One last thought about the Daffodils and Narcissus which even those who might not like the flowers generally, they are a very effective deterrent for rodents! The plants release a chemical which is produced in the bulb and is toxic to rodents. Instant and attractive pest control in action.) In the garden itself we are looking forward to harvesting both Red and Green Lettuce, Detroit, Bulls Blood, Golden Beets, Ginger, Radish, Daikon Radish, Spinach, Swiss Chard, Bok Choy, Standard Orange as well as Heirloom Rainbow Carrots, Japanese Green (Spring) Onions, Red Creole Onions, and more over the next few months. Look for the Garden Group Harvest Day announcement a week before we resume our weekly Harvest.



December is the Winter Solstice month here in our Hemisphere which brings us the Longest Night of the Year. This yearly event will take place on December 21st-22nd, 2023 with approximately 7 hours and 14 minutes of daylight as the sun reaches its farthest point in its Winter travels. This is also the Astronomical Solstice and Astronomical Winter which we celebrate as the Start of Winter, Yule, and other cultural celebrations around the world. This is a day of renewal so keep an ember from your old fire and use it to start the new fire for the coming year! Also the trees will have a glow to them for those who look for it as they begin to push new growth in preparation for Spring. The dark season is a time of hibernation and rest for the coming year.

The Garden Group is gearing up to germinate Tomatoes and Peppers in the next few months which will be planted in the garden once nighttime temperatures are warm enough. (Approximately 65 degrees F for the soil.) All three colors of the extremely popular Currant Tomato, Sungold, Patio, Vanilla Ice, and a selection of slicing type Heirloom Tomatoes are planned. For Peppers we will have the Usual Bell Peppers for salads and stuffed dishes, Habranda (Not actually HOT!), Jalapenos, and different Cayenne types, Hungarian, Banana, and hopefully some ornamental types. Herbs will include the different types of Sages from last year, Basils, Thymes, Chives, Garlic, Ginger, Dill, Parsley, two types of Cilantro, (Regular broadleaf and Fernleaf), both Green and Red leafed Shiso. If there is a Herb or vegetable you are interested in please let one of us in the Group know and if possible we can try and grow it for you space, growing conditions, and availability permitting. We will again this coming gardening season offer a selection of vegetables to residents and staff for free as we did last year. Look for a sign up sheet to be made available soon.

For those interested in having a cutting of a plant from the garden we now have a form for you to fill out requesting a cutting to be grown for you. (See a Garden Group member or Kyle House for it.) The caveat on cuttings is that some plants will not grow this way and others are Patented and therefore illegal. Usually Patented plants are newer varieties from the last ten years, and marked by the breeder/seller as such on the plant tag that comes with it from the nursery. (Patented, Propagation Prohibited, etc.) In such a case we more than likely will be able to tell you which local or mail order nursery you can purchase a plant from in most cases. Again you will need to have your own pot and soil as we only provide a starter pot and soil mix.

Come out and join us on Monday nights at 7:00 PM in the Garden Room or weather permitting the Courtyard Garden for our weekly meetings. We are also looking for volunteers to help with watering and weeding from time to time. The garden is not all work and no play either as we often sit and discuss the plants, birds, and other life going on around us there. Bring a plant and ask questions. Also check the Council and other Calendars for upcoming special events in the Pioneer Towers Courtyard Garden or other nearby locations!

What popular "nut" is not a nut? Hint: almost all of us grew up eating it at school in our lunches.

FROM THE RESIDENTS' COUNCIL

--ELECTIONS FOR 2024 OFFICERS ON DECEMBER 19TH IN THE LOBBY--

Your name in lights! Elections are coming! Seriously though, would you consider running for office and sharing this flyer with friends who may be interested? Being an officer is a good way to use your already existing skills and knowledge, have fun while being of service, enjoy getting to know new people, have an impact on what we do for activities in 2024, and advise RHF management.

Overall, the Council is run by residents for residents and is separate from RHF management. The Council does many things for residents such as sponsoring field trips, and organizing holiday celebrations, classes, and pot lucks as well as helping the different ongoing activity groups if they request assistance.

Schedule and Process for the Officers Election for 2024

Running for Office: You must be a resident of Pioneer Towers to run for office. Please give your name to either Ana Claybourne #807 or Kyle House #212, Election Volunteers, no later than December 12th at 2 pm in the Resident's Meeting to be on the ballot. Ana and Kyle have the forms, OR you can run as a write in candidate on voting day.

Vote: Come to the Voting Table in the lobby on Tuesday December 19th any time from 8 am to 7 pm. Ballots will be printed in English and Chinese, the Ballot Box will be on the table, and it will be staffed continuously by Election Volunteers.

Counting Votes: Votes will be counted on Tuesday December 19th at 7:30 pm in the lobby. Please consider being an Observer for the Ballot Count. There will be two Election Volunteers to count them, and we need at least one Observer.

Winners: Winners will be posted Wednesday December 20th by 10 am.

RESIDENTS' COUNCIL ELECTIONS



DONATE TO “TOYS FOR RHF KIDS”

RHF’s Holiday Toy Program Celebrates 26 Years!



Be a part of the RHF tradition by making a donation to Toys for RHF Kids. Your gift will help us deliver toys and gift cards to 1,500 RHF children this December.

RHF’s national toy drive began in 1997, after an urgent Christmas morning gift delivery to a newly opened RHF family community in Los Angeles, California, the previous year. Included in the tradition, were the “RHF Wrappers,” residents from local RHF senior communities who lovingly wrapped every toy before it was delivered.

Thank you for your ongoing support. Together we can make the holidays merry and bright for RHF kids!

Donate to Toys for RHF Kids

See your Service Coordinator or visit
<https://rhf.org/donate-to-toys-for-rhf-kids>

*RHF Charitable Foundation is a 501(c)(3) non-profit organization. Tax ID 47-2747112.
Your donation is deductible to the fullest extent of the law.*

Because we value your privacy we have taken the necessary precautions to be in compliance with the California Online Privacy Protection Act. We, therefore, will not distribute your personal information to outside parties without your consent.

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:

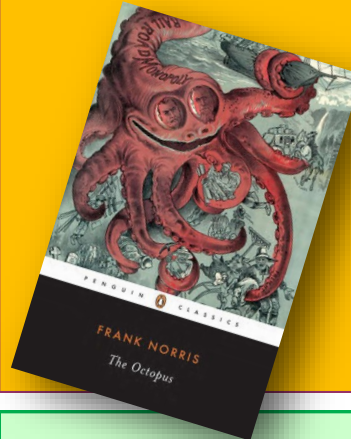


Check the bulletin boards in the Lobby for the most recent information and updates.

Book Club

December:

When Women Ruled the World
by Kara Cooney



January :

The Octopus
by Frank Norris

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.

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/.

December Calendar of Activities*

SUN	MON	TUE	WED	THU	FRI	SAT
*Updates will be posted on the message boards in the Lobby 					1/8	2/9
					8AM—(MR) FITNESS VIDEO 1-3PM— PROJECT HANDS (L)	5PM— BINGO (MR)
					(DR): Dining room (GR): Garden Room (L): Library (MR): Meeting Room	
3	4	5	6	7	8	9
	8AM—(MR) FITNESS VIDEO 9:30AM—SAFEWAY 10:30AM—99 RANCH 7PM—(GR) GARDENING	9:30AM— WINCO (EG) / DOLLAR TREE 11:30AM— LUNCH AT BJ'S OR OLIVE GARDEN		9:30AM—GROCERY OUTLET (NATOMAS) 10:30AM—YOGA (MR) 11:30AM—RIVER CITY FOOD BANK 7PM—BIBLE STUDY	8AM—(MR) FITNESS VIDEO 1-3PM— PROJECT HANDS (L)	5PM— BINGO (MR)
10	11	12	13	14	15	16
	8AM—(MR) FITNESS VID. 9:30AM—COSTCO 10:30AM—COSTCO 1PM—(MR) INNOVAGE PACE PRESENTATION 7PM—(GR) GARDENING	9:30AM—FOODS CO./ DOLLAR T. 10:30AM— TRADER JOE'S 2PM—(MR) ALL RESIDENTS' MEETING 7PM—(L) BOOK CLUB		9:30AM—WALMART / DOLLAR TREE (WS) 10:30AM—SAFEWAY 10:30AM—YOGA (MR) 11:15-11:45AM— BOOK-MOBILE 7PM—BIBLE STUDY	8AM—(MR) FITNESS VIDEO 1-3PM— PROJECT HANDS (L)	5PM— BINGO (MR)
17	18	19	20	21	22	23
	8AM—(MR) FITNESS VIDEO 9:30AM—SAVEMART 10:30AM—RALEY'S 7PM—(GR) GARDENING	8AM—7PM: VOTING DAY FOR COUNCIL 9:30AM—2:30PM: RED HAWK CASINO		9:30AM—SAFEWAY 10:30AM—YOGA (MR) 11:30AM—RIVER CITY FOOD BANK 7PM—BIBLE STUDY	8AM—(MR) FITNESS VIDEO 1-3PM— PROJECT HANDS (L)	5PM— BINGO (MR)
24/31	25	26	27	28	29	30
	OFFICES CLOSED NO ACTIVITIES	9:30AM— COSTCO 10:30AM— COSTCO		9:30A—WINCO (EG) /DOLLAR TREE 10:30A—VINH PHAT 10:30AM—YOGA (MR) 7PM—BIBLE STUDY	8AM—(MR) FITNESS VIDEO 1-3PM— PROJECT HANDS (L)	5PM— BINGO (MR)

Weekdays

**9:00am-12:00pm
9:30am**

**Free Coffee and Tea (GR)
Fitness Video (MR)**