

Pioneer Towers June Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING		12PM—BOARD MEETING (L) 2PM—PARATRANSIT MEETING (MR)	9:30AM—SHOPPING 10:30AM—SHOPPING 10:30AM—YOGA (MR) 7PM—BIBLE STUDY (L)	2PM—FARMER'S MARKET MEETING (MR)	3PM—BINGO (MR)
8	9	10	11	12	13	14
	7-10AM—NO ELECTRICITY 9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING	7PM—BOOK CLUB (L)	2PM—COUNCIL MEETING (MR)	9:30AM—SHOPPING 10:30AM—YOGA (MR) 11:15-11:45AM—BOOK-MOBILE 11:30AM—LUNCH AT TEXAS ROADHOUSE 7PM—BIBLE STUDY (L)	2PM—KARAOKE (MR)	3PM—BINGO (MR)
15	16	17	18	19	20	21
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—MCKINLEY ROSE GARDEN 1PM—PROJECT HANDS 7PM—GARDENING		1:30-3:30PM—MEDICAL & MEDICARE MEETING (MR)	9:30AM—SHOPPING 10:30AM—YOGA (MR) 12:00PM—FOOD BANK 7PM—BIBLE STUDY (L)		3PM—BINGO (MR)
22	23	24	25	26	27	28
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING		2PM—HEALTHY EATING MEETING (MR)	10AM-2:30PM—SKY RIVER CASINO 10:30AM—YOGA (MR) 7PM—BIBLE STUDY (L)		3PM—BINGO (MR)
29	30	*Updates will be posted on the message boards in the Lobby* (DR): Dining room (GR): Garden Room (L): Library (MR): Meeting Room				
	7PM—GARDENING					



Holidays

June is dedicated to different awareness months and cultural celebrations including Alzheimer's and Brain Awareness, Men's Health, PTSD Awareness Month, Pride Month, Caribbean American Heritage Month and more.



June 2 – Indian Citizenship Act of 1924: Congress granted citizenship to all Native Americans born in the United States. Native Americans were granted the right to vote in 1957.



June 4 to June 9 – Hajj: An annual Islamic pilgrimage to Mecca, which is a sacred obligation for all Muslims who are physically and financially capable. Eid al-Adha follows the annual Hajj pilgrimage.



June 8 – Puerto Rican Day Parade: Recognizes the culture, contributions and achievements of Puerto Ricans in the United States.



June 12 – Loving Day: On this day in 1967, the Supreme Court legalized interracial marriage.



June 15 – Father's Day: Honoring people's fathers, celebrating fatherhood, paternal bonds, and the influence of fathers in society.



June 18 – Autistic Pride Day: Promotes self-acceptance, raises awareness and understanding for those who are autistic.



June 19 – Juneteenth: A federal holiday in the United States to commemorate the actual end of slavery.



June 20 – Summer Solstice: The longest day of the year.



June 27 – Helen Keller's Birthday: An advocate for social justice and the rights of people with disabilities.



June 28 – Stonewall Rebellion: This event in LGBTQ+ rights movement history occurred at the Stonewall Inn in NYC's Greenwich Village. It was a gay bar that was unlawfully raided by the police.



10

HEALTH SCREENINGS FOR MEN

WHICH EXAMS YOU NEED AND WHEN

Having regular health exams and screenings can help your doctor detect diseases and conditions at their earliest stages, when they are the most treatable. Find out which screenings men should have and when to have them.¹

1 PHYSICAL EXAM

Get a preventive exam every 1 to 2 years. Check with your physician about how often you need a preventive physical exam.

2 BLOOD PRESSURE SCREENING

Have your blood pressure checked every 2 years starting at age 18. If you have heart disease, diabetes, kidney problems or certain other conditions, you may need to have your blood pressure checked more often.

3 CHOLESTEROL SCREENING

Cholesterol screenings should start at age 34 and be repeated every 5 years. If you have risk factors for heart disease — such as diabetes — you may need to begin regular screenings earlier.

4 SEXUALLY TRANSMITTED INFECTIONS (STI) SCREENING

How often men should be screened really depends on age, sexual behaviors and other risk factors. Talk to your doctor about types of testing you may need.

5 DIABETES SCREENING

Men should be screened for diabetes every 3 years. Screening should begin earlier for those who are overweight or have other risk factors.

6 EYE EXAM

If you have vision problems, have an eye exam every 2 years. You may need more screenings as you age.

7 DENTAL EXAM

Visit the dentist once a year for an oral health exam. Cleanings may be needed more often, depending on the health of your teeth and gums.

8 COLON CANCER SCREENING²

People at average risk should start screening at age 50.

- Stool sample: every year
- Flexible sigmoidoscopy: every 5 to 10 years
- Colonoscopy: every 10 years

9 OSTEOPOROSIS SCREENING³

If you have risk factors for osteoporosis, your doctor may recommend screenings start as early as age 50. Most men should begin screening after age 70.

10 LUNG CANCER SCREENING⁴

Men over 55 who currently smoke or have quit smoking in the past 15 years may need routine screening for lung cancer. Talk to a doctor about your risk factors.



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.

10

HEALTH SCREENINGS FOR WOMEN

WHICH TESTS YOU NEED AND WHEN

Having regular health exams and screenings can help your doctor detect diseases and conditions at their earliest stages, when they are the most treatable. Find out which screenings women should have and when to have them.¹

1 PHYSICAL EXAM

Get a preventive exam every 2 years. After 50, schedule a visit once a year.

2 BLOOD PRESSURE SCREENING

Have your blood pressure checked every 2 years starting at age 18. If you have heart disease, diabetes, kidney problems or certain other conditions, you may need to have your blood pressure checked more often.

3 CHOLESTEROL SCREENING

Cholesterol screenings should start at age 44 and be taken every 5 years. If you have risk factors for heart disease — such as diabetes — you may need to begin regular screenings earlier.

4 PAP SMEARS AND SEXUALLY TRANSMITTED INFECTION (STI) TESTING²

Women should have cervical cancer screening, which includes the Pap test and human papillomavirus (HPV) testing, every 3 years beginning at age 21. Between the ages of 30 and 65, Pap testing is recommended every 3 years and HPV cotesting every 5 years.

If you are sexually active, especially with multiple partners, you should get tested for chlamydia, gonorrhea and other STIs. To find out what type of test is right for you and when, have an honest conversation with your doctor about your sexual activity.

5 DIABETES SCREENING

Women should be screened for diabetes every 3 years at age 44. Screening should begin earlier for those who are overweight or have other risk factors.

6 EYE EXAM

If you have vision problems, have an eye exam every 2 years. Screenings may need to be more often as you age.

7 DENTAL EXAM

Visit the dentist once a year for an oral health exam. Cleanings may be needed more often, depending on the health of your teeth and gums.

8 MAMMOGRAPHY³

The American Cancer Society recommends annual mammography screening for all healthy women beginning at age 40. Women with certain risk factors or a history of breast cancer may need to start screenings earlier.

9 OSTEOPOROSIS SCREENING⁴

Recommended for postmenopausal women starting at age 65. Women with increased risk factors may need to be screened at an earlier age.

10 COLON CANCER SCREENING⁵

Women at average risk should start screening at age 50.

- Stool sample: every year
- Flexible sigmoidoscopy: every 5 to 10 years
- Colonoscopy: every 10 years



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.

Bulletins and Updates

New Resident Portal

LOFT

We've upgraded the Resident portal to the "LOFT" portal, where you can make one-time or automatic monthly rental payments and submit maintenance service requests electronically. Please check your email to register or the lobby for instructions.

Laundry Room

The laundry room will be temporarily closed from June 9th to June 17th for renovation. We apologize for the inconvenience. If you require further assistance, please reach out to maintenance or your social services coordinator.

— SORRY —
**TEMPORARILY
CLOSED**

Project H.A.N.D.S.®

Project H.A.N.D.S.® (Helping Angels National Donated Support) volunteers meet on Mondays 1-3pm in the Library. Come help make and assemble gifts (diamond/gem stickers, care packages, handmade cards, and others) for women and children in need. To learn more, see your Social Services Coordinator or visit rhf.org/project-h-a-n-d-s



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

Book Club

June

The Last Bookshop in London
by Madeline Martin



No Electricity

The electricity will be shut off on Monday, June 9th around 7 am to 10 am due to maintenance. Only hall-way lights and the small elevator will be working during this time. For those who use oxygen concentrators, please remember to have backup tanks in case of an emergency.

Incident Reporting

If you experience an incident at Pioneer Towers, please submit an incident report to Management. You can scan this QR code with your phone camera to submit one:



Laughing Matters

Tea Party

What should you wear to a tea party?

A t-shirt.

Months

The student asked the teacher her favorite part about being a teacher.

The teacher replied, "June, July and August."

Bike

Why did the bicycle fall over in June?

Because it was two-tired.

Computer

Why was the computer cold in June?

It left its Windows open.



Our Project H.A.N.D.S Volunteers

Thank you to all the Project H.A.N.D.S volunteers

Avonne, Becky, Bernice, Jennie, Judith, Patricia,

Shu, Veronica, and Zhao for helping us make

blankets to donate to charity and the homeless.

Thank you to Donna, Gloria, and Margaret for

dropping off the donations to the homeless. Our

Project H.A.N.D.S volunteers meet every Monday

in the library for about 2

hours for arts and crafts.

They were able to make over

60 blankets within 3 months!



Find the 10 Differences



Brain Games

5			4	6	7	3		9
9		3	8	1		4	2	7
1	7	4	2		3			
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4		9	
4	9	6	3		8	1	7	2
				8	9	2	6	
7	8	2	6	4	1			5
	1					7		8

Recipe of the Month: Veggie Loaded Egg Muffins

Ingredients:

2 jarred roasted red bell peppers
 1 green onion
 2 cups, packed baby spinach
 1/2 cup crumbled reduced-fat feta cheese
 12 large eggs
 1/4 cup low-fat milk
 1 tsp Italian seasoning
 1/2 tsp kosher salt
 1/4 tsp ground black pepper

Steps:

1. Preheat oven to 350°F. Spray the cups of a 12-cup muffin pan generously with non-stick cooking spray.
2. Finely chop roasted red bell pepper, green onion and spinach; divide evenly among muffin cups. Top with feta cheese.
3. Whisk eggs with milk, Italian seasoning, salt and pepper in a large bowl.
4. Pour egg mixture evenly among muffin cups and bake until eggs are set, about 22-25 minutes.
5. Cool in muffin tin for 5 minutes before removing.



Reminders

Gifts: Pioneer Towers isn't allowed to accept cash and gifts from residents.

Emergency: If you need emergency help, first dial 911. If you are unable to call 911, pull the emergency cord. This system is for emergency use only.

Trespassers: If you encounter a trespasser, call 911. Remember to just observe and report, do not confront.

Guests: Each guest is given up to 14 days each year. The guest registration form must be filled out per visit and residents must accompany their guests.

Fire Prevention: Do not leave cooking unattended or store flammables in the oven. Keep the unit free of grease. Close the unit door at all times. Use windows to let smoke out. Do not obstruct fire sprinklers – they must have a 18" clearance. Smoking is prohibited except in designated areas.

Flood Prevention: Do not leave faucets/showers unattended. Report leaks immediately to Maintenance.

Hallways: Nothing hanging from or fastened to your door, except when authorized by management for special occasions. No items outside unit (mats, walkers, plants).

Balconies: Do not block doors and windows. Maximum of 3 planters, no larger than 5 gallons, with vase plates to prevent leaking. No tables or chairs. Management approved mesh for pets.

HVAC: When the outside temperature gets below 65 degrees the building will provide heat. When the outside temperature increases above 65 degrees, the building will provide air conditioning. Do not select Cool when it is cold outside – this will overheat your apartment. If you are too warm, push the arrow down button, open a window or turn the thermostat off.

Household Goods: Do not leave unwanted household goods in the hallways or common areas.

Numbers to Call:

Main Line: 916-443-6548

Maintenance: 916-201-4827

Resident On Call: 279-220-6541 or 916-398-1789