

Pioneer Towers July Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
			12PM— BOARD MEETING (L)	10:30AM—YOGA (MR) 7PM—BIBLE STUDY (L)	OFFICE CLOSED HOLIDAY	3PM— BINGO (MR)
6	7	8	9	10	11	12
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING	7PM— BOOK CLUB (L)	10AM-12PM— GARDENING (REPOTTING CLASS) 2PM— COUNCIL MEETING (MR)	9:30AM—SHOPPING 10:30AM—YOGA (MR) 11:15-11:45AM— BOOK-MOBILE 11:30AM—LUNCH AT CHILI'S 7PM—BIBLE STUDY (L)	2PM— KARAOKE (MR)	3PM— BINGO (MR)
13	14	15	16	17	18	19
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING		2PM— INNOVAGE PACE PROGRAM MEETING (MR)	9:30AM—SHOPPING 10:30AM—YOGA (MR) 12:00PM—FOOD BANK 7PM—BIBLE STUDY (L)		3PM— BINGO (MR)
20	21	22	23	24	25	26
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING		2PM— TOWN HALL MEETING (MR)	10AM-2:30PM— THUNDER VALLEY CASINO 10:30AM—YOGA (MR) 7PM—BIBLE STUDY (L)		3PM— BINGO (MR)
27	28	29	30	31		
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING		2PM— MEDICAL & MEDICARE MEETING (MR)	9:30AM—SHOPPING 10:30AM—YOGA (MR) 11:30AM—LUNCH AT BJ'S 7PM—BIBLE STUDY (L)		



Updates will be posted on the message boards in the Lobby

(DR): Dining room (GR): Garden Room
(L): Library (MR): Meeting Room

Holidays

July is dedicated to different celebrations, important birthdays, annual observances, and awarenesses. For example, Disability Pride Month celebrates the achievements, history, and experiences of people with disabilities, while highlighting the Americans with Disabilities Act (ADA).



July 2 – Thurgood Marshall’s Birthday: Celebrates the birthday of the first African-American Supreme Court Justice, who was a civil rights attorney that led the NAACP Legal Defense and Education Fund.



July 4 – Independence Day: This day commemorates how the Second Continental Congress officially adopted the Declaration of Independence.



July 6 – Dalai Lama’s Birthday: Celebrates the highest spiritual leader of Tibet who stood against China’s occupation of Tibet since 1959. The term “Dalai Lama” is given to the spiritual leader of the Gelug school of Tibetan Buddhism.



July 14 – International Non-Binary Peoples Day: This day aims to celebrate and raise awareness on different issues that non-binary people face in the world. This day was first observed in 2012 to promote understanding and acceptance.



July 18 – Nelson Mandela International Day: Celebrates the birthday and legacy of the Father of South. He played a pivotal role in establishing democracy .



July 26 – National Disability Independence Day: This day commemorates the signing of the Americans with Disability Act (ADA). This law protects all people with disabilities from discrimination in the United States. This law requires that all new or renovated buildings are accessible to all.



HOW TO INCORPORATE MENTAL HEALTH INTO YOUR DAILY ROUTINE



Incorporate relaxation into your day. Why not try some deep breathing?



Take time to observe and assess your feelings and emotions



At the end of each day write down 3 good things you have achieved or are grateful for



Plan some activities which are pleasurable and give you a sense of achievement



Engage in something which can boost your mental health (E.g. exercise, volunteering)



Spend time to really connect with colleagues or family members



Make sure you have time throughout day to practice self care. Schedule in some "me" time



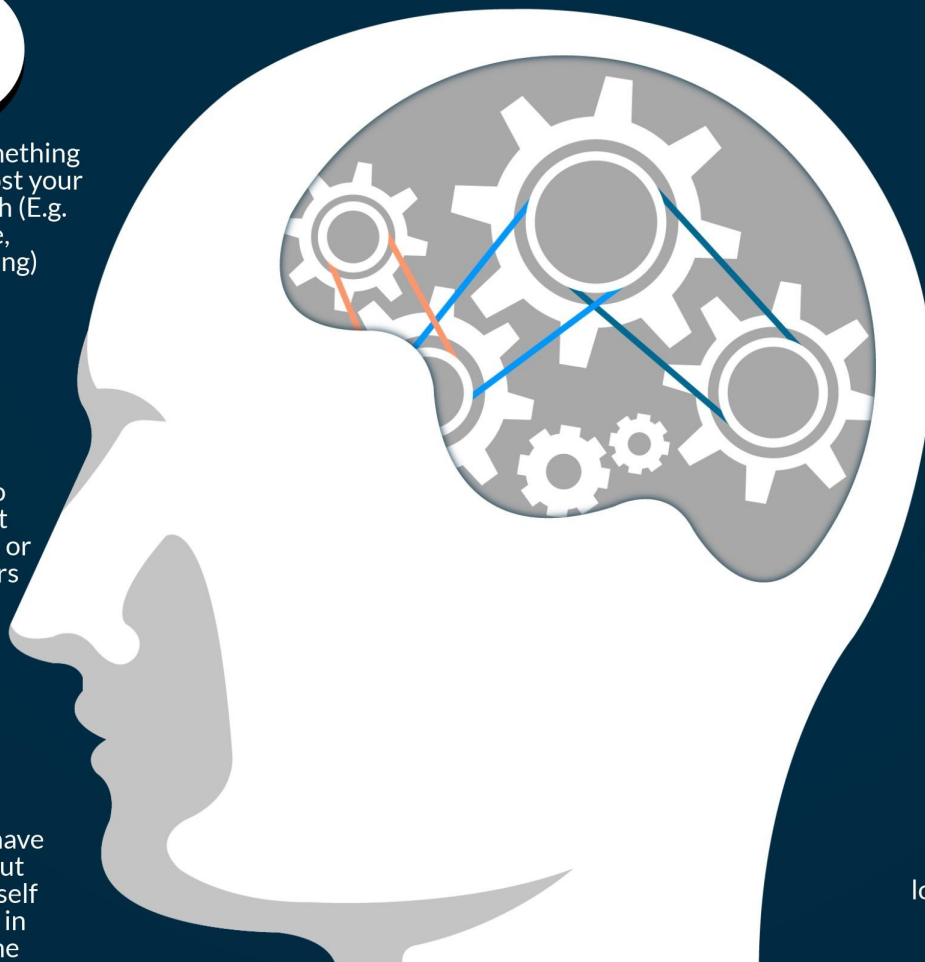
If you experience negative thoughts write them down and challenge them



Look after your physical self. Eat a balanced diet, take breaks and go for a walk



If you are feeling low or anxious then don't be afraid to talk to someone



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

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

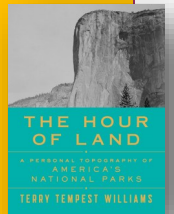
New Resident Portal

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.

Book Club

July and August
The Hour Of Land
by Terry Tempest Williams



Office Phone Numbers

Please keep in mind that our office phone numbers cannot receive text messages due to landline phones. You may leave a voicemail with your name, apartment number, and phone number instead. A staff member will reach out to you as soon as possible.

Cooking

If you encounter an incident where food is burning, please remember to open the balcony window to let out the smoke. Fire alarms will activate in the hallways when the apartment door is opened. If you have any questions or concerns, please reach out to a staff member.



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

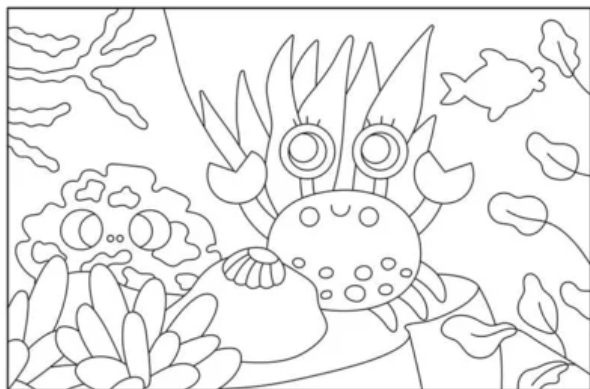
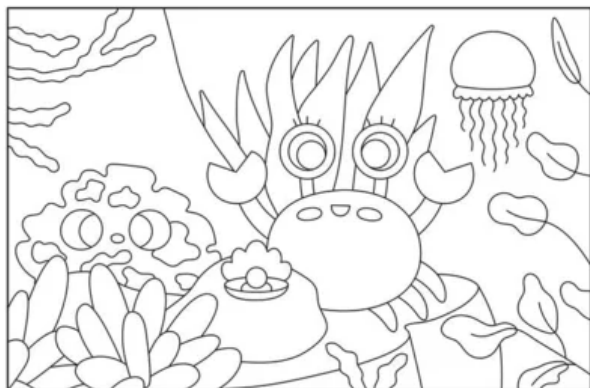


Incident Reporting

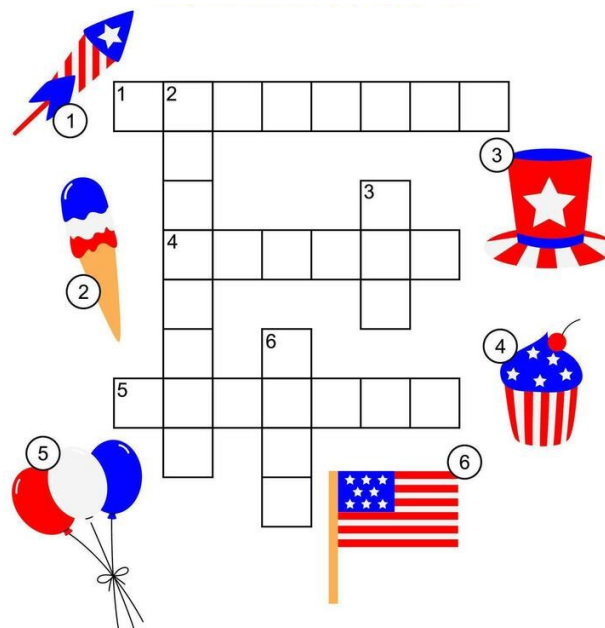
If you experience an incident at Pioneer Towers, please submit an incident report to Management. You can scan this QR code with your phone camera to submit one:



Find the 10 Differences



Brain Games



Recipe of the Month: Potato Salad

Ingredients:

5 pounds potatoes, chopped
 3 cups mayonnaise
 2 cups finely chopped pickles
 5 large hard-boiled eggs, chopped
 1/2 cup chopped red onion
 1/2 cup chopped celery
 3 tablespoons of mustard
 1 tablespoon apple cider vinegar
 1 teaspoon salt
 1/3 teaspoon ground black pepper

Steps:

1. Place potatoes into a large pot and cover with salted water; bring to a boil.
2. Reduce heat to medium-low and simmer until tender, about 10 minutes and then drain.
3. Put potatoes in an empty pot to dry and cool.
4. Add in mayonnaise, pickles, hard-boiled eggs, red onion, celery, mustard, cider vinegar, salt, and pepper into a bowl. Add in potatoes and mix.



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.

Pets: All pets must be on leashes in common areas.

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

Numbers to Call:

Maintenance: 916-201-4827

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