

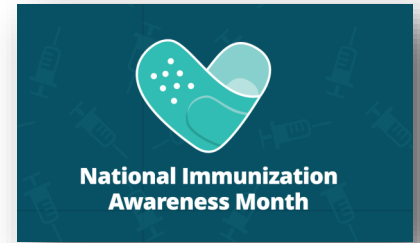


# Pioneer Towers August Newsletter

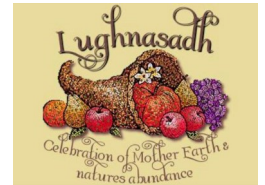
SUN	MON	TUE	WED	THU	FRI	SAT
<p>*Updates will be posted on the message boards in the Lobby*</p> <p>(DR): Dining room (GR): Garden Room (L): Library (MR): Meeting Room</p>					1	2
						3PM—BINGO (MR)
3	4	5	6	7	8	9
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING		12PM—BOARD MEETING (L) 2PM—WISH OF A LIFETIME MEETING (MR)	9:30AM—SHOPPING 10:30AM—YOGA (MR) 11:30AM—LUNCH AT FIXINS 7PM—BIBLE STUDY (L)		3PM—BINGO (MR)
10	11	12	13	14	15	16
	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 12:00PM—FOOD BANK 2PM—GUNTHER'S ICE CREAM PARLOUR 7PM—BIBLE STUDY (L)	2PM—KARAOKE (MR)	3PM—BINGO (MR)
17	18	19	20	21	22	23
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING			10AM-2:30PM—RED HAWK CASINO 10:30AM—YOGA (MR) 7PM—BIBLE STUDY (L)	2PM—COMPOST MEETING (MR)	3PM—BINGO (MR)
24	25	26	27	28	29	30
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING		2PM—MEDICAL & MEDICARE MEETING (MR)	10AM-2:30PM—JELLY BELLY 10:30AM—YOGA (MR) 7PM—BIBLE STUDY (L)	2PM—TOWN HALL MEETING (MR)	3PM—BINGO (MR)
31						

# Holidays

*August includes national and traditional celebrations along with important birthdays. It also recognizes National Immunization Awareness Month (NIAM), World Cancer Support Month, National Wellness Month and more. NIAM raises awareness about the importance of vaccines to prevent diseases and illnesses.*



**August 1 – Lughnasadh and Lammas Day (Loaf Mass Day):** Lughnasadh is a Gaelic festival celebrating the beginning of a harvest season. Similarly, Loaf Mass Day is a Christian holiday celebrating the new wheat crop.



**August 4 – Barack Obama's Birthday:** Celebrates the birthday of the 44th United States President.



**August 9 – International Day of the World's Indigenous Peoples:** This day raises awareness and protects the rights of Indigenous people.



**August 15 – Feast of the Assumption:** This day is celebrated by Christians as the day when the Virgin Mary's body ascended to heaven after her death. There is a tradition of blessing the summer harvest on this monumental holy day of obligation.



**August 19 – World Humanitarian Day:** This day honors aid workers who put their lives at risk to better the lives of others and rallies support for those in crisis around the world.



**August 21 – National Senior Citizens Day:** This day recognizes the achievements of seniors in our nation.



**August 26 – Women's Equality Day:** Marks the adoption of the Nineteenth Amendment, which prohibits states and the federal government from denying women the right to vote.



**August 31 – International Day of People of African Descent:** Celebrates the contribution, achievements, and cultural heritage of people of African descent worldwide.



# Adult Vaccination

## Protect your heart with the vaccines you need

Staying up to date with your vaccines is an important part of living heart healthy – just like:

- Eating well
- Being active
- Not smoking
- Getting good sleep
- Taking heart medicines
- ... and

### Getting vaccinated!



Having heart disease makes you more likely to become seriously ill from infections such as influenza (the flu), COVID, and pneumonia.

These infections can strain the heart. They also can lead to heart attack, heart damage, stroke, and even death. So make sure you are protected.

#### Vaccines:

- Prevent diseases
- Make the illness milder if you do get sick
- Save lives
- Keep other people healthy too



#### Vaccines you might need

Ask about and make sure you're up to date with vaccines that protect against:



Influenza (flu)



COVID



Respiratory syncytial virus (RSV)



Pneumonia

Depending on your age, lifestyle and job, you may need other vaccines.



Shingles



Diphtheria, Tetanus and Whooping cough (pertussis)



Hepatitis B

#### Where to get vaccines

Start by asking your heart doctor or primary care provider. You can also go to [Vaccines.gov](https://www.vaccines.gov) to find vaccines near you.



For more information, visit [CardioSmart.org/HealthyLiving](https://www.CardioSmart.org/HealthyLiving)

@ACCinTouch #CardioSmart

*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.

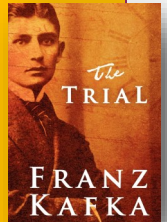
### New Resident Portal

**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

**September and October**  
The Trial  
by Franz Kafka



### Refrigerator

In order to prevent the freezer from becoming too icy, please remember to not overpack the freezer with food. This may affect the defrosting system for the fridge. If you require further assistance, please reach out to Maintenance.

### Compost Meeting

The City of Sacramento will be here on Friday, August 22nd at 2pm to host a meeting regarding how to organize and dispose organic food waste. We encourage residents to attend this meeting. Compost bins and trash bags will be provided for those who attend as well.



### 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](http://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



**Find The Words:**

**Boy, Coat, Floor, Girl, Land,  
School, Chair, Feet, Game,  
Home, Paper, Water**

## Recipe of the Month: Hummus Pasta Salad

### Ingredients:

16 oz Farfalle pasta  
1/2 cup hummus  
1 tsp lemon juice  
1 tbsp water  
1/2 cup halved cherry tomatoes  
1/4 halved olives  
1/4 cup artichokes  
1/2 cup diced cucumber  
1/2 cup chopped red bell pepper  
1.5 oz can tuna  
1/2 cup feta cheese  
Pinch of salt and pepper

### Steps:

1. Cook the pasta according to package directions.
2. While the pasta is cooking, chop your vegetables.
3. In a bowl, combine the hummus, lemon juice and water to make the sauce. If it is too thick, add water.
4. When the pasta is done cooking, drain and let cool.
5. Add cooled pasta to a large bowl with hummus sauce. Stir until pasta is coated with sauce.
6. Add in chopped vegetables, tuna, feta cheese, salt and pepper and gently 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