

Pioneer Towers September Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	OFFICE CLOSED HOLIDAY	ALL DAY— ANNUAL FIRE INSPECTION	12PM— BOARD MEETING (L)	9:30AM—SHOPPING 10:30AM—SHOPPING 10:30AM—YOGA (MR) 1:30PM—SHOPPING 7PM—BIBLE STUDY (L)		3PM— BINGO (MR)
7	8	9	10	11	12	13
	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 1:30PM—PROJECT HANDS DELIVERY 7PM—BIBLE STUDY (L)	2PM— TOWN HALL MEETING (MR)	3PM— BINGO (MR)
14	15	16	17	18	19	20
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING		2PM— HABITAT HEALTH (KAISER) MEETING (MR)	10AM-2:30PM— APPLE HILL 10:30AM—YOGA (MR) 7PM—BIBLE STUDY (L)	2PM— KARAOKE (MR)	3PM— BINGO (MR)
21	22	23	24	25	26	27
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING 7PM—GARDENING		2PM— MEDICAL & MEDICARE MEETING (MR)	10AM-2:30PM— THUNDER VALLEY CASINO 10:30AM—YOGA (MR) 7PM—BIBLE STUDY (L)		3PM— BINGO (MR)
28	28	30	<p><i>*Updates will be posted on the message boards in the Lobby*</i></p> <p>(DR): Dining room (GR): Garden Room (L): Library (MR): Meeting Room</p>			
	9:30AM—SHOPPING 11:30AM—LUNCH AT NO. 1 BUFFET 1PM—PROJECT HANDS 7PM—GARDENING	2PM— GLAMOUR GALS EVENT (MR)				



Holidays

September includes federal, national and traditional celebrations. It also recognizes National Healthy Aging Month, National Hispanic Heritage Month, National Recovery Month, and more. National Healthy Aging Month is observed to raise awareness on the physical and mental health of older adults and serves as a reminder that our minds and bodies change as we age.



September 1 – Labor Day: A federal holiday that is celebrated to honor and recognize American labor movement and contributions.



September 7 – National Grandparents' Day: This day celebrates and honors grandparents, providing them with an opportunity to spend time and show their love towards their grandchildren.



September 10 – World Suicide Prevention Day: This day is observed to raise global awareness on suicide prevention and reduce stigma.



September 11 – Patriot Day: This day is observed as a day of remembrance for the victims of the 9/11 attacks.



September 15 to October 15 – National Hispanic Heritage Month: This month honors Latinos and Hispanic Americans by recognizing their contributions, influences and achievements.



September 22 – Autumn Equinox: This day marks a variety of religious observances across the globe. For example, it marks the astronomical start of autumn in the Northern Hemisphere and is considered a time for harvest.



September 22 to 24 – Rosh Hashanah: Jewish New Year is celebrated, where Jews reflect on their faith during this time.



HEALTH TIPS FOR OLDER ADULTS

STAYING HEALTHY

HEART DISEASE
is the
#1 CONDITION
in older adults

Most older adults have
SEVERAL CHRONIC CONDITIONS

PLAN FOR THE FUTURE

Know your blood pressure



Be active every day.
Don't let getting older stop you!

Connect with others



Bring a list of all your medications and review it at every health visit

After a setback, physical therapy or cardiac rehab can help you get moving again



Ask for help if you are depressed, lonely or have trouble with daily tasks

Set your care goals & share them with your loved ones



✓ Talk about your end-of-life wishes

✓ Plan for when you may not be able to care for yourself or others

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

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.

Check-Ins

The Social Service Coordinator will reach out to residents at least once per year to conduct a check-in to ensure that personal information is accurate in case of an emergency and see what other services can be provided. You may expect a notice or phone call during your birthday month.



Project H.A.N.D.S.®

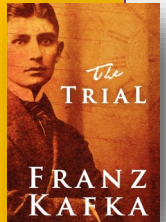
Project H.A.N.D.S.® (Helping Angels National Donated Support) volunteers meet on Mondays 1-3pm in the Library. Come help make and assemble gifts (diamond/gem stickers, care packages, handmade cards, and others) for women and children in need. To learn more, see your Social Services Coordinator or visit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



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

Book Club

September and October
The Trial
by Franz Kafka



USPS Post Office

The downtown Post Office has moved and opened at 1016 R St., in The Carlaw building across from Fox & Goose Public House.

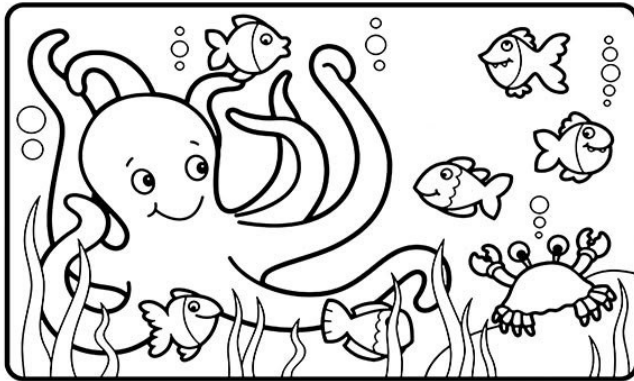
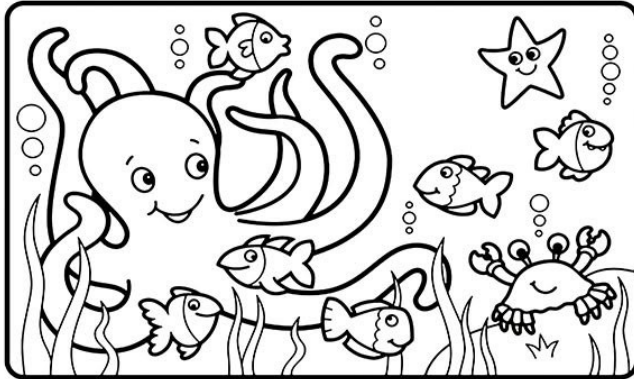


Incident Reporting

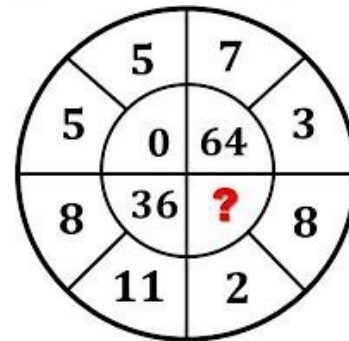
If you experience an incident at Pioneer Towers, please submit an incident report to Management. You can scan this QR code with your phone camera to submit one:



Find the 10 Differences



Brain Games



2	3	4	5
4	6	8	10
6	9	12	15
36	144	360	??

Recipe of the Month: Ground Beef Tacos

Ingredients:

1 tablespoon olive oil
 1 pound lean ground beef
 2 teaspoons chili powder, cumin, tomato paste
 1/2 teaspoon oregano, garlic powder, salt, black pepper
 1/2 cup water
 8 corn or flour tortillas
 Chopped lettuce, tomatoes, and red onions
 Shredded cheese

Steps:

1. Heat the olive oil in skillet over medium high heat.
2. Add the ground beef and cook until browned for about 5-7 minutes.
3. Drain the excess liquid if needed.
4. Add the chili powder, cumin, oregano, garlic powder, salt, pepper, tomato paste and water.
5. Stir to combine and continue cooking over medium-low heat until the sauce has thickened for about 3-5 minutes.
6. Serve warm over tortillas with lettuce, tomatoes, cheese, red onions, or any additional preferred toppings.



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