

Holidays

October includes federal, national, and traditional holidays. October also includes health, heritage, and other awareness months. For example, Global Diversity Awareness Month honors the positive impact of different cultures and customs on society. Other health awareness months include: ADHD Awareness Month, Breast Cancer Awareness Month and more.



October 1 – International Day of Older Persons: This day recognizes older persons for their contributions, achievements, and resilience.



October 1 to 2 – Yom Kippur: This is a Jewish holiday that celebrates repentance, forgiveness, and reconciliation with God.



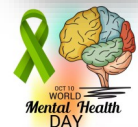
October 6 – Mid-Autumn Festival: This day commemorates and celebrates the end of the autumn harvest with food offerings made in honor of the moon. Many families reunite and have mooncake on this day.



October 10 – World Inclusion Day: This day celebrates and promotes togetherness of diverse individuals.



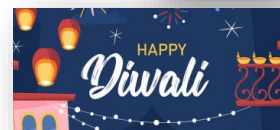
October 10 – World Mental Health Day: This day raises awareness on mental health and advocacy around the world.



October 13 – Indigenous Peoples' Day: This is a holiday in the United States that celebrates and honors Indigenous Americans and commemorates their histories and cultures.



October 20 – Diwali (Festival of Lights): This day is celebrated by Hindus, Jains, and Sikhs to commemorate the victory of light over darkness, good over evil.



October 31 – Halloween: This day is celebrated for a variety of reasons, including its origins in ancient Pagan practices, Christian feasts, and immigrant traditions. Many go trick-or-treating and dress up in Halloween costumes to celebrate.





Source: CDC

Immunizations to Protect Against Flu, COVID-19, and RSV



Public Health
Prevent. Promote. Protect.
Brown County
Health & Human Services

Disease	What immunizations are available?	Who is eligible for these immunizations?	What are the benefits?
Flu	A vaccine or nasal spray that targets 4 strains of seasonal flu	Everyone 6 months and older	Flu vaccines reduces the risk of illness, severe illness, hospitalization, and death
COVID-19	An updated formula that targets an Omicron subvariant <u>Options:</u> Moderna (mRNA), Pfizer (mRNA), and Novovax (protein)	Everyone 6 months and other	COVID-19 vaccines are safe and effective at protecting people from serious illness, hospitalization, death and long COVID.
RSV	RSV vaccine (older adults) RSV vaccine (pregnancy)	Adults aged 60 and older People who are 32-26 weeks pregnant during RSV season	RSV vaccines can help prevent severe illness, hospitalization, and death. Vaccination can help protect babies from severe illness, hospitalization, and death.
OR			
	RSV immunization (infants)	Infants entering or born during RSV season	Immunization against RSV from antibodies can help prevent severe illness, hospitalization, and death.

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 (previously known as Active Building), 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.

Remember to update your automatic payment when your rent changes. Automatic payments may be inactive if not updated for a year due to changes from Active Building to LOFT. The E-check option allows residents to make payments using their bank account in order to avoid additional fees. If you require assistance, please reach out to your Social Service Coordinator.

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

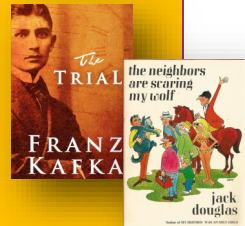


Book Club

October

The Trial

By Franz Kafka



November

The Neighbors Are Scaring My Wolf

By Jack Douglas

Band

For those that are interested in performing, show up on Thursday, October 9th from 1-3 pm at the meeting room for more details.

Bible Study

Bible Study is canceled until further notice. Thank you to those that have attended before.

Incident Reporting

If you experience an incident, please submit an incident report to Management here:



Active Aging Week

What is Active Aging Week?

Active Aging Week occurs on October 6th to October 12th to celebrate and promote the benefits of an active and healthy lifestyle for older adults. Many events take place during this time to encourage healthy engagement.

Safeway Vaccine Clinic

The annual Safeway Vaccine Clinic will be held on Wednesday, October 8th from 10:00 am to 12:30 pm in the meeting room. Safeway is unable to bill those with Kaiser insurance at this time. Therefore, members with Kaiser insurance are encouraged to go to Kaiser for their vaccines or would have to pay out of pocket in order to participate in this clinic. Sign-up at the lobby today!

Vaccines Offered:

Flu

Covid-19

Shingles

RSV

Prevna 20

Tdap



Yoga

Yoga is held every Thursday from 10:30 am to 11:00 am in the meeting room to enhance strength and balance.

Spirit Week

We'll be doing spirit week from October 6th to October 10th to celebrate Active Aging Week. We encourage residents to participate and have fun!

Monday, October 6th:
Crazy Hair Day

Tuesday, October 7th:
Fancy Attire Day

Wednesday, October 8th:
T-Shirt Day

Thursday, October 9th:
Hat Day

Friday, October 10th:
Favorite Era Day



Prom

We'll be hosting our first prom event on October 7th from 1-3 pm in the meeting room. Residents will be able to dance, listen to music, enjoy snacks, take photos, socialize with other residents, and more. We encourage residents to dress up in their formal wear for this event. Sign up at the lobby today!



Laughing Matters

Nature

What did the tree say to the month of October?
Take it or leaf it.

Rating

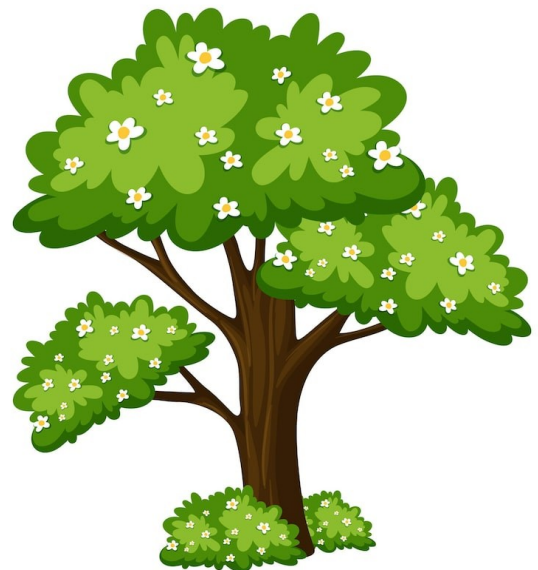
How would you rate the day that is one-third into October?
10/10.

Tree

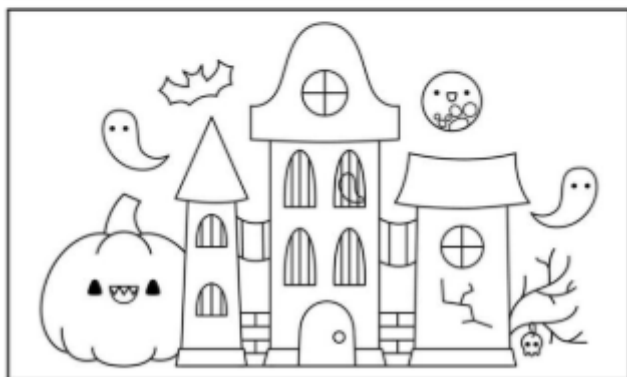
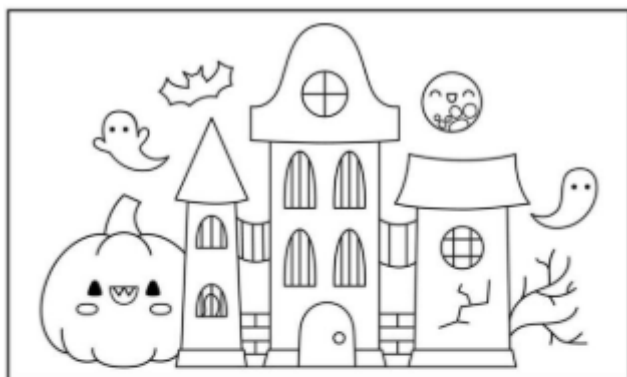
How did the tree get a new job?
It had the right qua-leaf-ications.

Door

What happens when one door closes?
The other door opens.



Find the 10 Differences



Brain Games

				23
				26
				32
				18
26	23	25	25	

 = _____
  = _____

 = _____
  = _____

Last Month's Answers: 720, 144

Recipe of the Month: Pumpkin Muffins

Ingredients:

1/3 cup melted coconut oil
 1/2 cup maple syrup or honey
 2 eggs, at room temperature
 1 cup pumpkin purée
 1/4 cup milk of choice
 2 teaspoons pumpkin spice blend
 1 teaspoon baking soda
 1 teaspoon vanilla extract
 1/2 teaspoon salt
 1 3/4 cups whole wheat flour
 1/3 cup old-fashioned oats

Steps:

1. Preheat oven to 325°F. Grease muffin tin with butter or nonstick cooking spray.
2. In a large bowl, add oil and maple syrup or honey together. Add the eggs, and beat well. Add the pumpkin purée, milk, pumpkin spice blend, baking soda, vanilla extract and salt.
3. Add the flour and oats to the bowl and mix until combined.
4. Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with about a tablespoon of oats
5. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.



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. Be cautious of surroundings and floors below when cleaning balconies.

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