

Pioneer Towers December Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	10AM-2:30PM— ROSEVILLE MALL 1PM—PROJECT HANDS		12PM— BOARD MEETING (MR)	9:30AM—SHOPPING 10:30AM—SHOPPING 10:30AM—YOGA (MR) 1:00PM—PRAISE BAND (MR) 1:30PM—SHOPPING		9AM— GARDENING 3PM— BINGO (MR)
7	8	9	10	11	12	13
	9:30AM—SHOPPING 11:30AM—LUNCH AT SIZZLER 1PM—PROJECT HANDS	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 1:00PM—PRAISE BAND (MR) 1:30PM—PROJECT HANDS DELIVERY	1:30PM— SHOW AND TELL (MR)	9AM— GARDENING 3PM— BINGO (MR)
14	15	16	17	18	19	20
	9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING		1:30PM— KAISER HABITAT HEALTH (MR)	10AM-2:30PM— RED HAWK CASINO 10:30AM—YOGA (MR) 1:00PM—PRAISE BAND (MR)	1:30PM— WHITE ELEPHANT (MR)	9AM— GARDENING 3PM— BINGO (MR)
21	22	23	24	25	26	27
	9:30AM—SHOPPING 10:30AM—SHOPPING 1:30PM—SHOPPING 1:30PM—PAINTING ORNAMENTS			HOLIDAY OFFICE CLOSED		9AM— GARDENING 3PM— BINGO (MR)
28	29	30	31	*Updates will be posted on the message boards in the Lobby* (DR): Dining room (GR): Garden Room (L): Library (MR): Meeting Room		
	9:30AM—SHOPPING 11:30AM—LUNCH AT FAR EAST CAFE 1PM—PROJECT HANDS					



Holidays

December is Safe Toys and Gifts Month, an annual observance dedicated to promoting the safety of toys and gifts for children.



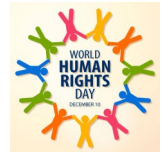
December 1 – World AIDS Day: This day raises awareness about HIV/AIDS, honors those who have passed away, and calls for action to end the epidemic.



December 3 – International Day of Persons with Disabilities: This day is observed to promote the rights and well-being of persons with disabilities.



December 10 – Human Rights Day: A holiday adopted by the United Nations in 1948 following the Universal Declaration of Human Rights.



December 14 to 22 – Hanukkah: A Jewish holiday celebrating Jews rising up against their Greek-Syrian oppressors in the Maccabean Revolt.



December 16 to 24 – Las Posadas: A religious festival celebrated in Mexico and parts of the United States during the Christmas season.



December 21 – Winter Solstice: A festival celebrated by Pagan and Wiccan faiths.



December 25 – Christmas: A Christian holiday that celebrates the birth of Jesus Christ and a time to give thanks.



December 26 to January 1 – Kwanzaa: A holiday often celebrated by African Americans to honor the ancestors, affirm the bonds between them, and culture.



Protect Yourself from the Cold

 **You are at risk if you work outside or in cold conditions** 

Dress Appropriately

Wear clothes meant for cold, wet, and windy conditions such as:

-  Loose-fitting layers
 -  Hats, socks, shoes, and gloves
 -  Outerwear that will keep you dry
- Extreme exposure to the cold can eventually lead to **hypothermia**.












Drink Warm Beverages & Take Breaks



-  Take frequent breaks in heated areas, if possible.
-  Drink plenty of warm, sweet beverages (sugar water, sports drinks).
-  **AVOID** caffeine (in coffee, tea, sodas, or hot chocolate) and alcohol.

Know the Warning Signs

Health Problems:

-  Trench Foot
-  Frostbite
-  Hypothermia
-  Hypothermia—**Don't ignore the signs!**
-  Uncontrollable Slurred Speech
-  Clumsiness
-  Fatigue
-  Confusion
-  Shivering

GRAPHICS COURTESY OF: JERRY MARSHALL, NICK CHEN, VUOL LEE, CAROL STALL, YAZMIN ALANS, AND SHAWN FROM MOON PROJECT.

Work in pairs so that you and a co-worker can spot danger signs in each other.

 **Follow these tips and stay safe in the cold.** 

Hypothermia is a medical emergency
Call 911



Getting help can be the difference between **life** and **death**.
You are at a higher risk if you take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular disease.



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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 (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.

Habitat Health by Kaiser

Kaiser now has a Program of All-Inclusive Care for the Elderly (PACE) called Habitat Health. Join us on Wednesday, December 17th at 1:30 pm in the meeting room to learn more about the program, play bingo with residents, and enjoy hot chocolate.

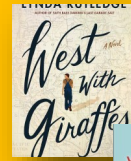


Check the bulletin boards in the Lobby for information and updates.

Book Club

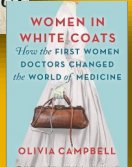
December

West With Giraffes
By Lynda Rutledge



January

Women in White Coats
By Olivia Campbell



White Elephant

Interested in joining us for our annual white elephant event? Submit your ticket to a staff member and bring your gift to sign up. Join us on Friday, December 19th at 1:30 pm in the meeting room.

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:



Toys for RHF Kids

Toys for RHF Kids is a holiday toy program that will run from November 3rd to December 12th. Be a part of the RHF tradition by making a monetary donation towards the campaign today! Your donation will help us delivery toys and gift cards to 1,500 RHF children this holiday season.



Make a donation and receive a special “Gift” as a reminder that you helped bring a smile to an RHF child. If you require assistance, please call or stop by the Social Service Coordinator office.

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. Residents made blankets and pillows to donate to those in need for this holiday.



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



Laughing Matters

Elves

What do Santa's helpers learn in school?
The elf-abet!

Greetings

How did the snowman greet the other snowman?
Ice to meet you!

Dancing

Where would you find a dancing snowman?
At a snowball.

Cereal

What cereal do people eat during the winter?
Frosted flakes.

Lights

What does the Christmas tree say to the lightbulb when it's sad?
Lighten up!



Find the 12 Differences



Brain Games

K	C	D	S	L	E	I	G	H	R
V	V	H	F	A	M	I	L	Y	E
U	K	J	R	N	G	F	J	B	I
L	F	I	C	I	X	I	A	J	N
B	Q	N	A	M	S	O	F	T	D
E	O	G	N	E	F	T	F	T	E
L	X	L	D	R	U	A	M	O	E
L	Q	E	L	R	R	F	F	A	R
S	R	U	E	Y	B	O	F	M	S
M	Y	P	S	N	O	W	M	A	N

Find: Bells, Candles, Christmas, Family, Gift, Jingle, Merry, Reindeer, Sleigh, and Snowman

Recipe of the Month: Beef Stew With Vegetables

Ingredients:

4 cups of cubed vegetables (carrots, butternut squash, parsnips, sweet potatoes)
 1 medium-sized onion
 2 tbsp olive oil
 1 1/2 lb boneless beef sirloin steak
 3/4 cup chicken broth
 3 bay leaves and thyme leaves
 1/2 tsp salt and pepper
 1/4 apple juice
 3 cups prepared mashed potatoes

Steps:

1. Preheat oven to 425°F.
2. Toss vegetables and onion with 1 tablespoon olive oil on baking sheet. Roast for 20 minutes or until vegetables are golden.
3. Meanwhile, cook and stir beef in 1 tablespoon olive oil in large skillet on medium-high heat 5 minutes or until beef is browned.
4. Add vegetables, chicken broth, bay leaves, thyme, pepper, salt, and apple sauce.
5. Bring to boil. Reduce heat to low; simmer 10 minutes or until sauce is slightly thickened.
6. Remove bay leaves from stew before serving. Serve over mashed potatoes.



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. 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