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.

Book Club

January
Women in White Coats
By Olivia Campbell

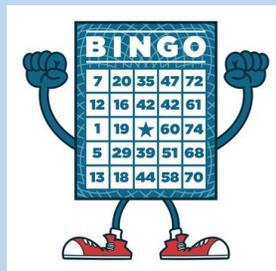**February**
Shy Creatures
By Clare Chambers

CalFresh

Interested in learning about how to apply or updates on CalFresh? Join us on Friday, January 23rd at 1 pm to learn more!

InnovAge

InnovAge is a Program of All-Inclusive Care for the Elderly (PACE). Join us on Wednesday, January 21st at 1:30 pm in the meeting room to learn more about the program and play bingo.

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:

Holidays

January celebrates the beginning of the New Year, recognizes different holidays and awareness months. For example, National Blood Donor month is celebrated to honor blood donors and raise awareness for blood donations. National Mental Wellness month is also recognized to promote self-care.

January 1 – New Year's Day: This day marks the beginning of the new year calendar.

January 3 – International Mind-Body Wellness Day: This day is celebrated to recognize the connection between mental, physical, and emotional health.

January 3 – Mahayana New Year: A Buddhist holiday that is celebrated on the first full moon of January.

January 4 – World Braille Day: This day raises awareness of the importance of braille as a means of communication for people who are blind or visually impaired.

January 13 – Korean American Day: This day honors people of Korean descent that made contributions to America.
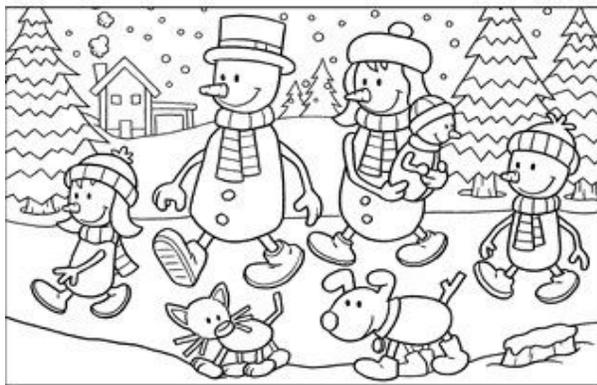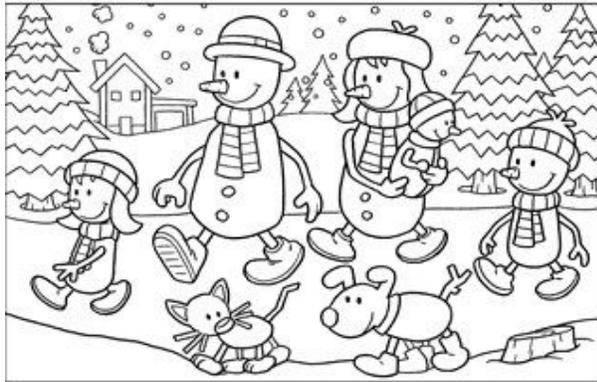
January 19 – Martin Luther King Jr. Day: This day celebrates the civil rights activist's birthday by watching his speeches, learning about others who helped expand voting rights or taking a virtual tour of the National Civil Rights Museum.
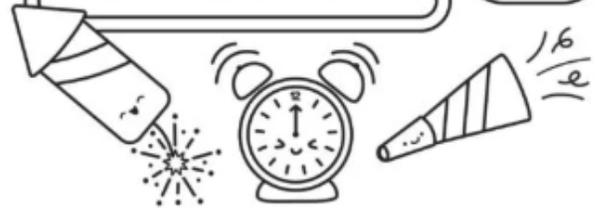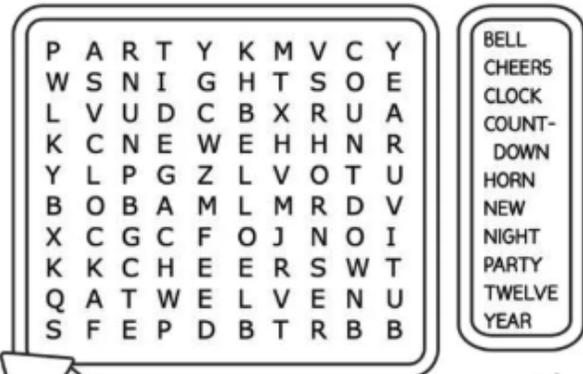
January 27 – International Holocaust Remembrance Day: This day commemorates Holocaust victims. On this date in 1945, the Auschwitz concentration camp was liberated by the Red Army.

Find the 10 Differences

Brain Games

HAPPY NEW YEAR!
— WORD SEARCH —

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P A R T Y K M V C Y
W S N I G H T S O U
L V U D C B X R U E A
K C N E W E H H N R
Y L P G Z L V O T U
B O B A M L M R D V
X C G C F O J N O I
K K C H E E R S W T
Q A T W E L V E N U
S F E P D B T R B B
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BELL
CHEERS
CLOCK
COUNT-DOWN
HORN
NEW
NIGHT
PARTY
TWELVE
YEAR

Recipe of the Month: Zucchini Pasta

Ingredients:

1/4 cup olive oil

10 garlic cloves, peeled and smashed

2 pounds assorted summer squashes and zucchini, halved lengthwise and sliced

Salt and pepper

12oz rigatoni

1/2 cup grated parmesan

Zet and juice of 1 lemon

1/2 cup basil or mint leaves

1/2 cup toasted nuts

Steps:

1. Add olive oil in a large skillet over medium low heat. Add the garlic and cook, stirring occasionally for 5 minutes.
2. Add squash and turn heat to medium-low. Season with salt and pepper, and cook for about 30 minutes.
3. While the squash is cooking, cook pasta in a large pot of boiling salted water. Drain, reserving ½ cup cooking water.
4. Add pasta to skillet with the pasta water and half the parmesan. Stir well, add the rest of the parmesan, zest, juice, and half the basil. Stir well to combine.
5. Serve topped with more parmesan, salt, pepper, walnuts, red pepper flakes, and basil leaves. Enjoy!

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

COMMON BLOOD TESTS AND THEIR PURPOSE

Blood tests are one of the most common tools doctors use to monitor health and detect disease early.
Here are a few important ones:

- **CBC (Complete Blood Count)** – Checks red cells, white cells, platelets → helps detect anemia, infections, or clotting issues

- **Blood Glucose** – Measures sugar levels → screens for and monitors diabetes

- **Lipid Profile** – Looks at cholesterol & triglycerides → assesses heart disease risk

- **Liver Function Tests (LFTs)** – Evaluate liver health → detect hepatitis, damage, or side effects of medications

- **Kidney Function Tests (KFTs)** – Check urea & creatinine → show how well kidneys are working

- **Thyroid Function Tests** – Monitor hormones (TSH, T3, T4) → identify thyroid imbalance

A simple blood test can reveal a lot about your health—sometimes even before symptoms appear.

Always discuss results with your healthcare provider, as interpretation depends on your overall health picture.

Pioneer Towers January Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
	Updates will be posted on the message boards in the Lobby (DR): Dining room (GR): Garden Room (L): Library (MR): Meeting Room			**1** **HOLIDAY OFFICE CLOSED**	**2**	**3** **9AM**—GARDENING **3PM**—BINGO (MR)
4	**5** **9:30AM**—SHOPPING **10:30AM**—SHOPPING **1PM—PROJECT HANDS** **1:30PM**—SHOPPING	**6**	**7** **12PM**—BOARD MEETING (MR)	**8** **9:30AM**—SHOPPING **10:30AM**—YOGA (MR) **11:15-11:45AM**—BOOK-MOBILE **11:30AM**—LUNCH AT CHILI'S **1:00PM**—PRAISE BAND (MR)	**9**	**10** **9AM**—GARDENING **3PM**—BINGO (MR)
11	**12** **9:30AM**—SHOPPING **10:30AM**—SHOPPING **1PM—PROJECT HANDS** **1:30PM**—SHOPPING	**13** **7PM**—BOOK CLUB (L)	**14** **2PM**—COUNCIL MEETING (MR)	**15** **10AM-2:30PM**—HARD ROCK CASINO **10:30AM**—YOGA (MR) **1:00PM**—PRAISE BAND (MR)	**16**	**17** **9AM**—GARDENING **3PM**—BINGO (MR)
18	**19** **HOLIDAY OFFICE CLOSED**	**20** **9:30AM**—SHOPPING **10:30AM**—SHOPPING **1:30PM**—SHOPPING	**21** **1:30PM**—INNOVAGE MEETING (MR)	**22** **9:30AM**—SHOPPING **10:30AM**—YOGA (MR) **11:30AM**—LUNCH AT LOS JARRITOS **1:00PM**—PRAISE BAND (MR)	**23** **1PM**—CALFRESH MEETING (MR)	**24** **9AM**—GARDENING **3PM**—BINGO (MR)
25	**26** **9:30AM**—SHOPPING **10:30AM**—SHOPPING **1PM—PROJECT HANDS** **1:30PM**—SHOPPING	**27**	**28**	**29** **9:30AM**—SHOPPING **10:30AM**—YOGA (MR) **12:00PM**—FOOD BANK **1:00PM**—PRAISE BAND (MR)	**30**	**31** **9AM**—GARDENING **3PM**—BINGO (MR)