

Pioneer Towers February Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1PM—DECORATING FOR LUNAR NEW YEAR 1:30PM—SHOPPING			12PM—BOARD MEETING (MR)	9:30AM—SHOPPING 10:30AM—SHOPPING 10:30AM—YOGA (MR) 1:30PM—SHOPPING		9AM—GARDENING 3PM—BINGO (MR)
8	9	10	11	12	13	14
9:30AM—SHOPPING 11:30AM—LUNCH AT TEA CUP CAFE 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	12PM—LUNAR NEW YEAR EVENT (MR)	9AM—GARDENING 3PM—BINGO (MR)	
15	16	17	18	19	20	21
9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING			1PM—SUTTER SENIORCARE PACE MEETING (MR)	10AM-2:30PM—RED HAWK CASINO 10:30AM—YOGA (MR)		9AM—GARDENING 3PM—BINGO (MR)
22	23	24	25	26	27	28
9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING	1PM—FALLS PREVENTION CLASS (MR)			9:30AM—SHOPPING 10:30AM—YOGA (MR) 11:30AM—LUNCH AT BLACK BEAR DINER OR OLIVE GARDEN		9AM—GARDENING 3PM—BINGO (MR)

Updates will be posted on the message boards in the Lobby
 (DR): Dining room (GR): Garden Room
 (L): Library (MR): Meeting



Holidays

February is Black History Month as it holds the birthdays of two important men in American history, President Abraham Lincoln and Frederick Douglass.



February 1 – National Freedom Day: On this date in 1865, President Lincoln signed the 13th Amendment which abolished slavery.



February 1 – Imbolc: This day celebrates the arrival of spring.



February 2 – Groundhog Day: Announcing whether a groundhog sees its shadow after it emerges from its burrow.



February 4 – Rosa Parks' Birthday: This day commemorates the life and legacy of Rosa Parks.



February 4 – World Cancer Day: This day raises awareness about cancer, encourages prevention, detection, and treatment.



February 12 – Lincoln's Day: This day honors the life and achievements of Abraham Lincoln, the 16th president of the United States.



February 14 – Valentine's Day: Celebration of love, friendship and admiration.



February 14 – Frederick Douglass' Birthday: This day honors the birth of abolitionist Frederick Douglass and his legacy.



February 15 to 16 – Maha Shivaratri: A Hindu festival that honors the god Shiva.



February 15 – Susan B. Anthony's Birthday: Women's suffrage leader who advocated for equal pay and the right to vote for women.



February 16 – Washington's Birthday: This day honors the life and achievements of George Washington, the first president of the United States.



February 17 to March 3 – Lunar New Year: This celebration marks the beginning of the new calendar year based on the lunar calendar.



HOW TO MANAGE BLOOD PRESSURE

High blood pressure (hypertension) can harm heart and brain health and usually has no symptoms. It damages blood vessels and can lead to serious health problems. It can cause other health problems, like: heart attack, stroke, dementia, heart failure, kidney disease/failure, and vision loss. It can even lead to erectile dysfunction in men and reduced sexual arousal in women.

✓ UNDERSTAND READINGS

Blood pressure is typically recorded as two numbers, written as a ratio like this:



117
76

SYSTOLIC • The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

DIASTOLIC • The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

Read as "117 over 76" millimeters of mercury.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120–129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130–139	or	80–89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking

✓ TRACK LEVELS



You can track your blood pressure at home with a validated blood pressure device. Some pharmacies, health clinics and fire stations have free monitoring stations. A high blood pressure diagnosis must be confirmed by a health care professional.

Learn more at heart.org/lifes8



TIPS FOR SUCCESS



EAT SMART

Lower your sodium, saturated and trans fats and added sugars. Eat a DASH-like pattern; eat meals with lots of vegetables, fruits, nuts, seeds, legumes, whole grains, healthy nontropical oils, lean protein such as fish, seafood, low-fat dairy and, if desired, lean poultry and meats. Limit sugary foods and drinks, red meats, processed meats, salty snacks, and foods that are highly processed.



MOVE MORE

Exercise can help lower high blood pressure levels. It can also improve your mood and clear your mind.



MANAGE WEIGHT

If you have overweight or obesity, even a weight loss of at least 5%, can lower or prevent high blood pressure.



NO NICOTINE

Every time you smoke, vape or use tobacco or nicotine pouches, the nicotine can cause a temporary increase in blood pressure.



SLEEP WELL

Short sleep (less than 7 hours) and poor-quality sleep are associated with high blood pressure.



ALCOHOL

Drink less or no alcohol to lower or prevent high blood pressure.

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.

Pens

Pens attached to a clipboard in the common areas are for residents to use for sign-up sheets. Please do not take these pens without permission. If you would like a pen, please reach out to a staff member or check the free cart. Thank you for your cooperation.

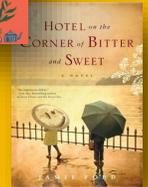


Book Club

February
Shy Creatures
By Clare Chambers



March
Hotel on the Corner of Bitter and Sweet
By Jamie Ford



Decorating for Lunar New Year

Interested in volunteering? Join us on Monday, February 2nd at 1 pm to help us decorate the common areas.

Incident Reporting

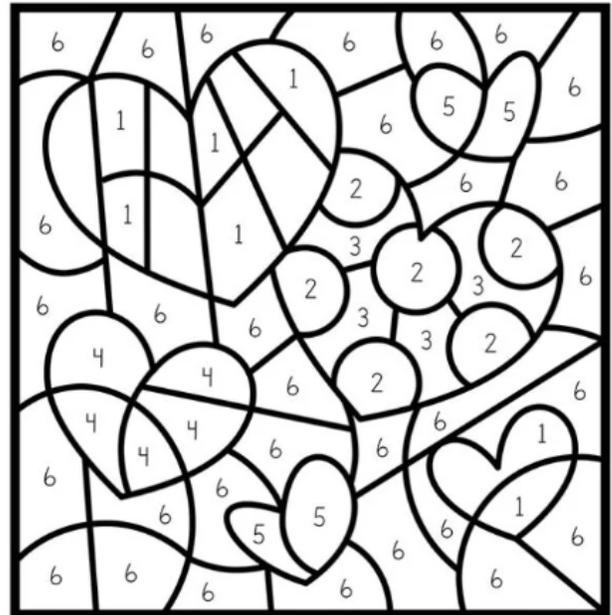
If you experience an incident at Pioneer Towers, please submit an incident report to Management. You can scan this QR code with your phone camera to submit one:



Find the 10 Differences



Color by Number



1– Red 2– Yellow 3– Purple
4– Green 5– Blue 6– Pink

Recipe of the Month: Peanut Butter Dipped Hearts

Ingredients:

1/3 cup peanut butter
1/3 cup vanilla protein powder
1/2 cup chocolate chips
1 tsp coconut oil
Sprinkles

Steps:

1. Line plate with parchment paper.
2. Add peanut butter and protein powder to a bowl and mix well.
3. Roll the dough into a ball and place on a parchment paper-lined plate. Slightly flatten the dough and place in the freezer for 30 minutes to an hour.
4. Cut out hearts using a cookie cutter and set back in the freezer for at least 1 hour.
5. Combine chocolate chips and coconut oil in a small bowl. Microwave for thirty seconds, stir, and repeat until smooth.
6. Dip each heart into the melted chocolate and place on another parchment paper-lined plate. Add sprinkles and set back in the freezer for another hour or two. 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