Pioneer Towers March Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	9:30AM—SHOPPING **10:30AM—**SHOPPING **1PM—**PROJECT HANDS **1:30PM—**SHOPPING			**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 SIZZLER OR IN-N-OUT **1PM—**PROJECT HANDS	**9:30AM—**SHOPPING **10:30AM—**SHOPPING **7PM—**BOOK CLUB (L)	**1:30PM—**RESOURCES FOR INDEPENDENT LIVING (MR)	**10:30AM—**YOGA (MR) **11:15-11:45AM—**BOOK-MOBILE (LOBBY)		**9AM—**GARDENING **3PM—**BINGO (MR)
15	16	17	18	19	20	21
	9:30AM—SHOPPING **11:30AM—**LUNCH AT CHILI'S THEN OLD FOLSOM **1PM—**PROJECT HANDS		**1:30PM—**CAPTION CALL (MR)	**9:30AM—**SHOPPING **10:30AM—**YOGA (MR) **12:00PM—**FOOD BANK **1:30PM—**PROJECT HANDS DELIVERY	**9AM TO 1PM—**PLANT SALE	**9AM TO 1PM—**PLANT SALE **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)		**9:00AM—**SHOPPING **10:30AM—**YOGA (MR) **11:00AM—**THUNDER VALLEY CASINO		**9AM—**GARDENING **3PM—**BINGO (MR)
29	30	31				
	9:30AM—SHOPPING **11:30AM—**LUNCH AT CAROL'S RESTAURANT **1PM—**PROJECT HANDS					

Updates will be posted on the message boards in the Lobby

(DR): Dining room (GR): Garden Room

(L): Library (MR): Meeting Room

Holidays

March is Women's History Month, which highlights contributions that women have made in history and in society. March also focuses on National Health Observances including: Nutrition, Colorectal Cancer Awareness, Developmental Disabilities Awareness, Kidney Cancer Awareness, Multiple Sclerosis Awareness, and more.

February 17 to March 19 – Ramadan: A holy month of fasting, prayer, and reflection for Muslims.

March 2 – Granting of U.S. Citizenship to Puerto Ricans: Congress passed the Jones Act, which gave Puerto Ricans U.S. citizenship and the right to elect representative to the House and Senate.

March 2 to 3 – Purim: Celebrates the rescue of Jews by Esther.

March 4 to 6 – Hola Mohalla: A Sikh festival featuring martial arts, poetry, and community gatherings. The festival of colors and love to celebrate the arrival of spring.

March 8 – Daylight Saving Time: Clocks will spring forward one hour.

March 8 – International Women's Day: Celebrates the achievements of women and calls for gender equality.

March 10 – Harriet Tubman Day: American abolitionist who helped others gain freedom as a conductor of the Underground Railroad.

March 17 – Saint Patrick's Day: This day commemorates the life of Saint Patrick and celebrates Irish heritage and culture.

March 31 – Cesar Chavez Day: Celebrates the birthday and achievements of the civil rights and labor movement activist.

What is Arthritis?

Arthritis includes more than **100** different conditions that affect joints and the surrounding tissue.

The most common form of arthritis in the United States is **Osteoarthritis**

Gout and **Rheumatoid arthritis** are also common forms of arthritis

Arthritis is a leading cause of **disability** in the United States.

Symptoms include

- Pain
- Aching

- Stiffness
- Swelling

in or around the joints

Who does arthritis affect?

Arthritis affects people of all ages but, **9 in 10 adults** with arthritis **are 45** years and older.

Arthritis **affects about 1 in 5 adults** in the United States— **That's 53.2 million people.**

How can people who have arthritis manage symptoms?

- Get an early and accurate diagnosis by talking to your doctor if you have joint pain and other arthritis symptoms.
- Increase physical activity, which helps reduce joint pain and stiffness.
- Maintain a healthy weight.
- Join a self-management education workshop.
- Take steps to minimize or prevent injuries to joints.

CDC

Learn More: www.CDC.gov/arthritis

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.

Book Club

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

April
The Gilded Age
By Mark Twain

Daylight Saving Time

Clocks will spring forward one hour on Sunday, March 8th.

Falls Prevention Class

Join our falls prevention class on Tuesday, March 24th at 1:00 pm to improve balance, strength, mobility, cognition and independence through movement to feel-good music.

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:

Wish of a Lifetime

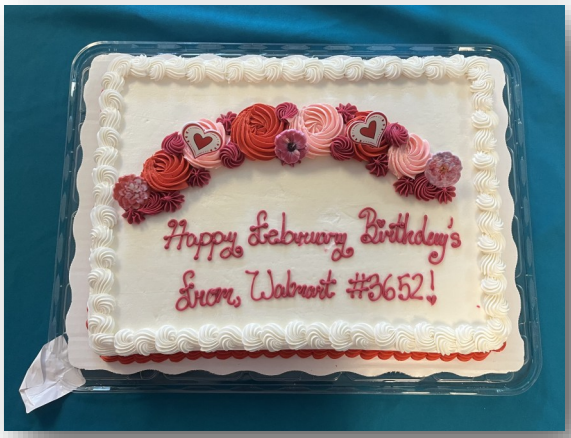
Thank you to Wish of a Lifetime by AARP for donating roses to our residents for Valentine's Day. This is an annual tradition that Wish of a Lifetime provides to our residents to spread connection, love and joy.

Lunar New Year Event

Shoutout to our volunteers: Amy, Ana, Brian, Carolyn, Chengling, Engui, Gloria, Helen, Huijuan, Ing-Mei, Jean-Marie, Jinzhi, Josephine, Kam, Karen, Kuei, Kyle, Lee, Patricia, Shen, Shouren, Toni, Weimin, Wenmei, Xiangguan, Xu, Yanru, Yijing, Yulan, Yunlan, Yunyi, Zelin, and Zheng Ying for assisting with our Lunar New Year event.

Birthday Cake

Walmart donates a birthday cake each month to thank our residents for shopping at their location with the shuttle service. Residents use the shuttle service on Mondays and Thursdays with our driver to buy groceries and go on field trips. Thank you Walmart!



Laughing Matters

Joke 1

What kind of shoes do all spies wear?

Sneak-ers.

Joke 2

Knock, knock.

Who's there

Lettuce.

Lettuce who?

Lettuce in. It's cold out here!

Joke 3

What's the best way to get straight A's in school?

By using a ruler.

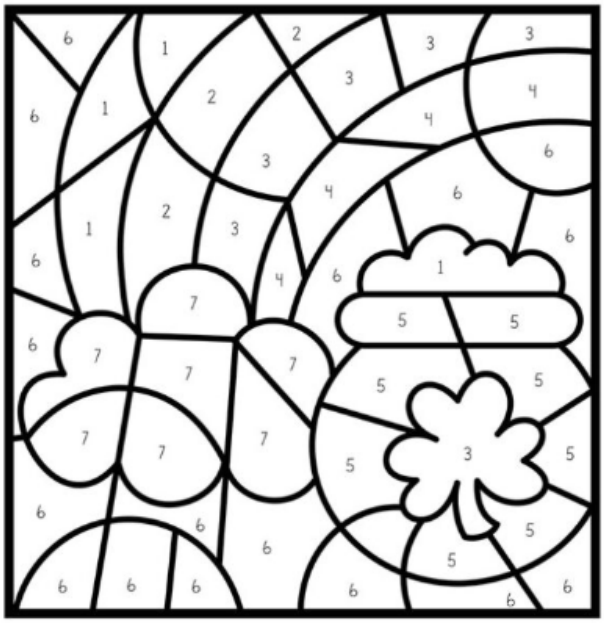
Joke 4

I told a chemistry joke once.

I didn't get much of a reaction.

Find the 10 Differences

Color by Number



1– Yellow 2– Black 3– Green
4– Orange 5– Blue

Recipe of the Month: Irish Potato Cakes

Ingredients:

2 cups leftover mashed potatoes, cold

1/2 cup flour

1/2 teaspoon salt

1/8 teaspoon pepper

1 egg

1 tablespoon chives, chopped

2 tablespoons butter

Steps:

1. Combine the potatoes, flour (starting with ⅓ cup), salt, and pepper in a small mixing bowl. Lightly mix with a spoon to combine.
2. Make a well in the center of the mixture, crack an egg into the well, and whisk, then fold it into the potato mixture.
3. Gently stir in the chives.
4. Add more flour to the mixture as needed, so that it can be easily formed into patties.
5. Melt the butter in a skillet over medium heat.
6. Form 4 patties with the potato mixture and place them into the skillet, cooking the patties until golden brown on each side, about 5 to 7 minutes per side.
7. Remove from the pan and serve with extra chives. 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