



**A monthly newsletter for residents, family, staff, and friends**

### **Administrator's Corner**

By Rich Saville

I don't think any of us are disappointed to see 2020 in our rear view mirror. As we turn the calendar to 2021, I am thankful for the general positivity, understanding, and gumption we all met, and continue to meet, this challenge with. I am happy to say we are working on a plan to have visitors back in our Home. Sometime toward the end of January or early February, we should be able to have visitors, in some way, shape, or fashion, back in the Home. We are still working on the plan and will share it with you all when it is ready to go, but there is a light at the end of this very long tunnel.

I would also like to thank everyone who helped make this Christmas, while completely different than it normally would be, a wonderful and meaningful time for us all. From our staff to our families and community partners, everyone jumped in and did what they could. Thank you to Jack White Realty, Target, and the Masons of Alpha Lodge 1 for their continued support during our holiday seasons.

I wish you all a wonderful New Year and hope it brings with it many of the things we have been missing so dearly over the last 10 months.



Family members showing support

## January Trivia

### January Trivia

What are the two January flowers?

What is January's gemstone?

What are the two zodiac signs for January?

What federal holiday is in January?

January 1<sup>st</sup> is both furthest away and closest day to December 31<sup>st</sup>? T/F

When is Elvis Presley's birthday?

### January Tidbits

\*January's birthstone Garnet signifies eternal friendship and trust

\*On January 1<sup>st</sup>, 1863, the Emancipation Proclamation was issued by Abraham Lincoln

\*January is National Soup Month

\*The original Roman calendar only had 10 months, January and February were not included, but added later.

\*January was named after the Roman God Janus. He had two faces which allowed him to look forwards into the coming year and backwards into the past year.

## New Year's Cheer Lattes

We will be delivering special coffee drinks to all the wonderful people who live and work at the Pioneer Home. This will take place on Thursday, January 14th. Activities staff will deliver your coffee to your room or office between 9:00 and 11:00 AM on January 14th.



To receive your beverage all you have to do is complete the order form and put it in one of the coffee delivery boxes located throughout the Pioneer Home.

You can select between Americano, a Mocha or a Latte'. We also have a variety of flavors to choose from.

## From Harry's Kitchen

### Harry's Pound Cake Recipe

1 LB. BUTTER (UNSALTED)  
8 OZ CREAM CHEESE  
6 LG EGGS  
1 TSP. VANILLA  
1 TSP SALT  
3 CUPS SUGAR  
3 CUPS FLOUR  
POWDERED SUGAR—FOR DUSTING  
CAKE

Mix all ingredients together

Preheat oven to 350 deg.  
Butter & dust pan the dust pan with flour.  
Bake at 350 deg for 1 hr 15 min or until tooth  
or knife pick comes out clean.  
Remove from oven and allow cake to cool in  
pan on rack for 10 to 15 min  
Turn cake out of pan onto cooling rack.  
After cake is completely cooled dust cake with  
powdered sugar.

Note baking time may be as long as 1 & 1/2  
hours until knife comes out clean.

### Ceramics Program

Come and join us for ceramics on  
Saturdays at 1:00pm in the 5<sup>th</sup> Craft Area.  
The tiles are done with a style called "Silk  
Screen".

We have a variety of objects and a  
nice selection of paints. There are solid  
colors and paints with crystals that make  
each creation your very own style.



## Resident Floor Meetings

We have two resident floor meetings each month. Residents who live on the south side have a meeting.

There's another meeting for residents who live on the north side. This is a great way to share your ideas and keep informed about the happenings around APH. Here's the schedule:

### South Side Floor Meeting

2nd Wednesday of Each Month

10:00 AM

2-South Wild Rose Café

### North Side Residents' Floor Meeting

4th Wednesday of Each Month

1:30 PM

Sunset View Living Room

## Cook's Corner By Freddie Erickson

Special thanks and appreciation to Freddie for sharing her delicious recipes in the Mukluk!

### Pineapple Upside Down Cake

- 1 White or yellow cake mix
- 1 1/2 cup brown sugar
- 1 Can whole sliced pineapple drained (save juice)
- 1 Can crushed pineapple (save juice to replace water)
- 1 Jar Marchino cherries
- 1 Cup pecan halves
- 1/3 Cup oil
- 2 Eggs

In one 9 X 13 cake pan grease it very good (even sides). Apply brown sugar on bottom of pan, arrange pineapple in pan with pecans around pineapple. Then put cherries in center of pineapple rings. Pour cake mix over the arrangement.

Bake 40 minutes at 350 degrees

When the cake stops jiggling cake is done.

Turn upside onto plate or cookie sheet while hot.

## Dates to Remember

January 1st  
New Year's Day

January 7th  
9:00 AM—11:00 AM  
New Year's Cheer Lattes

January 18th  
Martin Luther King Jr. Day Holiday



HAPPY NEW YEAR



**January Birthdays!**

**HAPPY BIRTHDAY**

- |                 |            |
|-----------------|------------|
| Joan Woolsey    | January 1  |
| Joseph Crusey   | January 2  |
| Helen Dunlap    | January 9  |
| Wayne Weiler    | January 9  |
| Alphonso Grassi | January 14 |
| Betty Rockne    | January 16 |
| Robert Barkas   | January 22 |
| Odette Burrier  | January 24 |



## Martin Luther King, Jr. Quotes

*"I Have a Dream" is a public speech that was delivered by American civil rights activist Martin Luther King, Jr. during the March on Washington for Jobs and Freedom on August 28, 1963, in which he called for civil and economic rights and an end to racism in the United States. He was awarded the Nobel Peace Prize in 1964.*

If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl, but by all means, keep moving.

Only in the darkness can you see the stars.

We are not makers of history. We are made by history.

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

The time is always right to do what is right.

Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.

Faith is taking the first step even when you don't see the whole staircase.

No one ever changed the world without first being labeled a "troublemaker."

Whatever affects one directly, affects all indirectly.

You are not only responsible for what you say, but also for what you do not say.

## Dietitian News by Heather English, RDN, LD

Happy New Year APH Residents, Family and Staff!

Welcome to 2021! With a new year usually comes new resolutions. These resolutions often are health related and it is easy to make large goals that could be hard to tackle. When setting goals, it is best to use the SMART approach.

By using this technique, you can create goals that are achievable and create less overall stress. Below you will find examples of health-related goals that fits the SMART criteria:

I will decrease the amount of falls this year by exercising three times a week with PT for 30 minutes to improve muscle strength and balance.

I will increase my whole grains intake to 3 servings a day to improve my cholesterol labs by June and get off medication by next year.

If you would like help setting health goals for 2021 please do not hesitate to ask for a consult! We can email([heather.english@alaska.gov](mailto:heather.english@alaska.gov)), talk over the phone or have a face-to-face conversation. You can ask a nurse for a consult with me or call directly at 907-343-7284.

Wishing you and yours a beautiful, healthy year ahead!

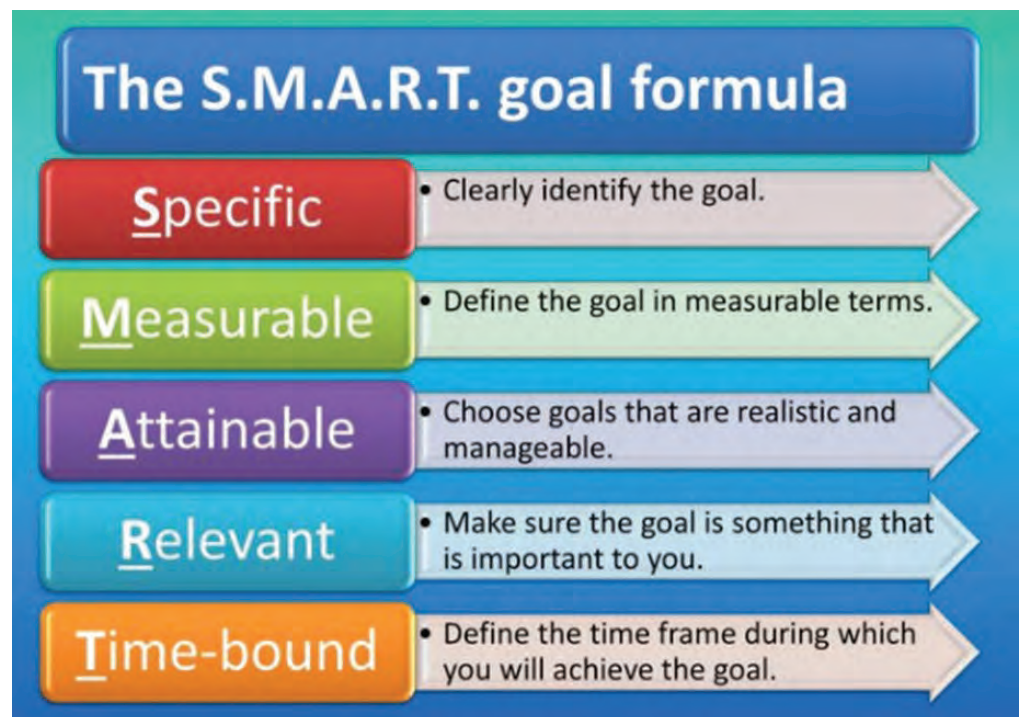


Photo source: [Beyond SMART: An Evidence-Based Formula for Goal Setting | Psychology Today](#)

## Activities Shopping Update

### Pioneer Home Shopping Program

The Pioneer Home Activities Department has developed a shopping program, as one way, in which residents can purchase items at Fred Meyer. We call this program the

#### **Basic Necessity Online Shopping Program (BNOSP).**

Residents will be able to order basic items/necessities online with a computer and with the help of an activities staff person. Once the items are ordered the activities staff will go to Fred Meyer and pick up the items for you.

#### **This is how the program works:**

- \*Residents schedule an appointment to meet with an activities staff person at the Information Center to order items on Thursday afternoon unless there is a holiday.
- \*Residents sign up for a Fred Meyer membership card called the “Rewards Card” if you don’t already have one.
- \*Staff will pick up the items each Monday, unless there is a holiday, and deliver them to your room.
- \*During the appointment/meeting you will have time to ask questions and staff will also review more of the details of the program.
- \*Fred Meyer charges may charge a \$4.95 service fee per order, but has waived this fee since March.
- \*The Pioneer Home Front Office has the appointment sign-up sheet.





## Helpful Tips

### Covid-19 Prevention Tips

- \*Wash hands often for at least 20 seconds.
- \*Feel free to use hand sanitizer around the home.
- \*Do your best to keep 6 feet between you and others while visiting.
- \*My mask protects you, your mask protects me.
- \*Do not leave the home for any reason other than an approved medical appointment or for a walk around the block.

My Mask Protects You,  
Your Mask Protects Me!



### Maintenance Moment

Well I hope everyone had a Merry Christmas, 2020 has been a crazy year and there have been many sacrifices that you all have gone through. There is a lot of stuff going on in this world right now and things that have happened this year that just makes most of us really think about what is our world coming too.

I know many of you are ready for the CoVid 19 stuff to be finished, (I know I am). Hopefully life can start returning to somewhat normal and we can open up our doors and let the your families and friends start visiting again, that would make me just as happy as many of you would be. . . I hope 2021 will be a better year for us all.

From all of the maintenance crew I would like to wish you all a Happy New Year and the best wishes for 2021.

Chuck



## Pioneer Home Bingo Games

Bingo is a very popular activity for many people throughout the United States. Here at the Pioneer Home we have bingo for residents living on the north side of our home and also on the south side of our home. We generally give out prizes to all the winners. Here's our schedule:

Tuesday at 9:30 AM  
Sunset View 2-North  
With Kelly

Tuesday at 9:30 AM  
5th Floor Tundra Lounge  
With Marilyn

## Social Work Corner

Happy New Year!  
By Robert

I know the heavy toll this last year has taken on us all, but 2021 is here with hope on the horizon. As I am still new here, I'd just like to take a moment to say that the spirit and resiliency I've observed in both residents and staff alike during my first month here has been an inspiring example of the very best that Alaska has to offer, and I am proud to be able to say that I am a part of your team. Thank you again.

Payment Assistance renewal applications mailed out last month and are due January 31, 2021. Please don't hesitate to contact me if you need any assistance with completing the application; I am available and happy to help. Also, PFD filing is now open and applications are due March 31, 2021. The earlier an application is received the sooner it is processed, so please let me know if you need any help applying for your PFD. I should also have an update in the near future regarding tax filing, so please stay tuned and watch this space.

My office is located in room #138 or you can reach me by phone at (907) 343-7250. Please call or stop by if there is anything

I can assist with;

I look forward to working with you. Take care!



## ACTIVITIES

### Activities Information

Hello Everyone! We've made some adjustments to our activities program in response to the coronavirus. I encourage everyone to read the weekly Spotlight of Activities program calendar for the latest schedule changes. There's also good information in each issue of the Mukluk.

Please let me know if you have any questions or suggestions regarding activities. Thank you!  
Robert Montague (343-7240)



### Activities Movies

Everyone is invited to the activities 3rd floor of the south side for **Movie Mondays** and **Wednesdays with Daphne**.

The movies start at 12:45 PM. We generally serve refreshments. Please tell the activities staff if you have a request and we will do our best to get that movie for you to watch. We get the movies from a variety of sources including Netflix so we have access to hundreds of choices.

Some residents have their own movies and share them for others to watch during one of the movie programs. Please remember to keep your 6' social distance.

### Welcome New Residents



**Vincent Denuptiis**  
**Claudia Otness**  
**Cindy Corey**



### APH

**Anchorage Pioneer Home**  
**923 West 11th Avenue**  
**Anchorage, Alaska 99501**

Phone: (907) 276-3414  
Fax: (907) 343-7272  
*Mukluk Contact: Robert Montague (907) 343-7240*

# Zoom Me a Story Students

## The Flowers That Wouldn't Bud

By Joseph

Once upon a time there were flower seeds.  
The seeds grew and were beginning to bud.  
But then, the flowers were suddenly afraid of blooming.

They decided that they were only going to take a peek. The flowers saw a beautiful world!  
Then they bloomed and were the most beautiful flowers in the universe.



## Student Artwork



"Stars Nighttime Sleepover"  
By Lydia



"Warm Home" wooden craft  
box decorated by Paul, Lydia  
& Joseph



## Christmas Thank You Addresses

We had many wonderful individuals, families, businesses and organizations who helped to make Christmas especially nice this year- Here's mailing addresses for sending thank you cards or letters for Christmas gifts this Holiday Season:

### Jack White Real Estate

3801 Center Point  
Suite 200  
Anchorage, AK 99503  
ATTN: Naomi Louvier  
Provided Christmas gifts for every resident in our home

### Masons Alpha Lodge 1

1200 East 9<sup>th</sup> Avenue  
Suite 102  
Anchorage, AK 99501  
Provided Christmas gifts for every resident in our home

### Target

1200 North Muldoon Rd.  
Suite F  
Anchorage, AK 99504  
ATTN: Carrie Justice  
Provided many Christmas gifts for residents in our home

## Resident Council News

### Resident Council Update

By Harry Stober

The position of Vice President is still open.

The following committees still need someone to chair them and people to serve on them:

- \*Development Committee
- \*Welcoming Committee
- \*Social Committee

We need some residents to work in Nifty Thrifty when we are able to re open it.

If you would like to fill any of the open positions please contact Harry Stober room 301.



The Anchorage Pioneer Home wishes to thank everyone who helped to make this Holiday Season especially nice. It was a difficult year due to the corona virus, but all of your kindness and loving gestures helped immensely.

We wish you the very best in the New Year and a

Happy New Year!



### January Trivia Answers

1. Snowdrop and Carnation
2. Garnet
3. Capricorn & Aquarius
4. Martin Luther King Jr. Day
5. True
6. January 8th



# In Loving Memory

## *In Loving Memory*

*Alice Green*  
07/21/1917– 12/07/2020

*Jeanne Bosdell*  
11/05/1945—12/19/2020

*Esther Haywood*  
04/19/1931—12/21/2020



## Activities Beading Group

Our beading group at APH meets every Wednesday 1:30-3:00 on the 2<sup>nd</sup> floor Rose Café and we invite anyone wanting to get creative and have a fun time. It's fine if you've never done beading or are experienced in beading. All you need to do is bring yourself, APH will provide all the tools and beads.

Kelly in activities will help you create a beautiful piece of jewelry, necklaces, bracelets, earrings, if you can imagine it, we can create it.

We hope to see you soon!





## Resident Monthly Feature

### Mr. Gust Bartman

By Myla Gatpandan, RN



The first month of the year - January: Deserting the old vibes. A perfect time to start all over again, new beginnings, new home, new life...as they always say.

Of all the celebrations in January, the most popular one is New Year's Day. How many of us check out the best and easiest cardio workout equipment out there to lose all the weight from the previous months. We want change. We look forward to new beginnings. Just like our resident spotlight of the month did a year ago: Mr. Gust Bartman.

Mr. Bartman has been with us at Anchorage Pioneer Home from Palmer Pioneer Home for a year now. He moved here to be close to his grandchildren.

Mr. Bartman was born in Ugashik, Alaska. This city's population in 2010 was 12, up from 11 in 2000. When he was born in 1924, Ugashik's population was at its peak; in 1900 the population was approximately 384 and in 1930, it was 84.

Mr. Bartman was orphaned at a very young age, and then adopted. He did not complete much schooling; he was a self-made man. He did not receive his diploma until 2015. He considers this his greatest accomplishment.

One of the few veterans at Anchorage Pioneer Home, Mr. Bartman proudly served in the US Army.

As an Alaskan Native, he enjoyed fishing and worked as a fisherman but for some reason, he is allergic to seafoods!

His culture is very important to him. Having a strong knowledge of the Yupik language, he taught the language to the younger generations. "Sharing and giving makes you plentiful".

Mr. Bartman also became a boxer and taught boxing at one point. "Win some and lose some." I always call him Mr. Gust, "brief, strong rush of wind."

Nowadays, Mr. Bartman's interests are playing puzzles with another elder, joining the activities, watching people around him, and watching TV. He enjoys being around people.



Mr. Bartman is a very sweet and quiet man.

He is ready to say "Quyana," which means thank you and so very appreciative with all that you do.

He is loved by all.

As we make decisions in the coming year, I hope we can learn from Mr. Bartman. He chose to move to Anchorage Pioneer to be closer to family.

Big and small resolutions, may GOD guide ours this coming year. Wishing all the residents of Anchorage Pioneer Home, management, Staff, family, and friends a Happy New Year! May you all experience success, good health, and love.

God Bless and Happy New Year!

Myla Gatpandan, RN



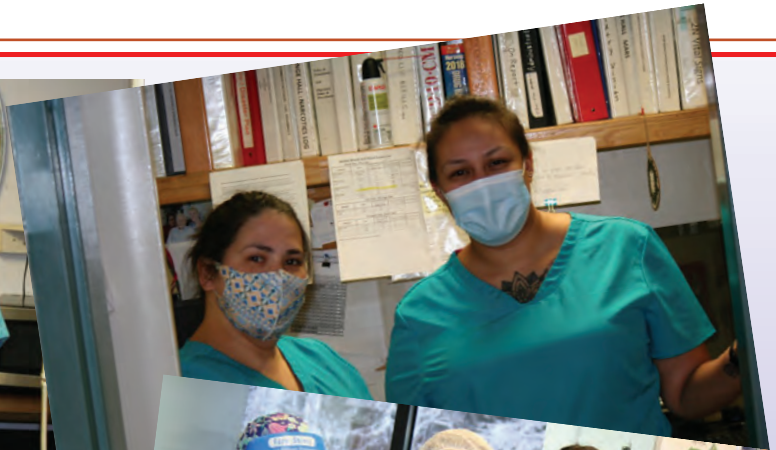
**Bring on the Cheer for a New Year!**













# Family Thank You!

