



The Prospector

Sitka Pioneers' Home

May 2018 Vol.38 No.5

Resident Birthdays

<i>Rose Miller</i>	<i>5-07</i>
<i>Donna Grunow</i>	<i>5-13</i>
<i>Robin Emmens</i>	<i>5-26</i>

Staff Birthdays

<i>Resty Fernandez</i>	<i>5-02</i>
<i>Michael Sibayan</i>	<i>5-05</i>
<i>May Rose Bagoya</i>	<i>5-11</i>
<i>Darcy Jones</i>	<i>5-26</i>
<i>Mylene Famini</i>	<i>5-29</i>
<i>Nikia Valley</i>	<i>5-30</i>

*We will recognize residents and staff
with May birthdays at the
Home Happenings celebration on
Friday, May 25th.*



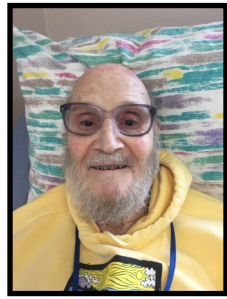
Scuttlebutt...

Graduates!

Dayna's son, Brandal Arnold, is graduating from MEHS. Lea's son, Leif VanCise, is graduating from SHS. Juanita's son, Jordan Diego, is also graduating from SHS. Kathy's son, Joey, is graduating from Walla Walla with his bachelor's in elementary education. Joey also has a minor in Physical Education and will be coaching a boys' basketball team! Congratulations to all the graduates and their families!



*Welcome
William
'Bill'
Davis*



William E. Davis, "Bill", was born to Roblin Davis and Margaret Evans on April 16, 1929 in Denver, Colorado. Bill and his siblings grew up in Denver. Bill married Nancy Yaw on August 8, 1962 and they have three children: Caroline Goodwin of Montara, California; William "Scott" Davis of Seattle, Washington and Roblin Gray of Juneau, Alaska and four grandchildren. Bill has traveled to Southeast Asia; Central Asia and through North and Central America. Bill has his BA, MA and Ph.D. He has worked as a Professor/Administrator at Alaska Methodist University in Anchorage, AK as well as a Senior Policy Analyst, Office of Technology - US Congress. Bill states that some of the most important events in his life were getting married; having children; climbing the three highest unclimbed peaks in North America and retiring to Sitka.

*We welcome Bill to Ocean View
neighborhood and the Sitka
Pioneer Home family!*

*Welcome
Harriet
Kinberg*

Harriet Adele Campbell was born to Leo Delos Campbell and Fanny Adele Barkhuft on February 20, 1926 in Lancaster, Ohio. Harriet was the Campbell's only child. Harriet grew up in Amsterdam, New York. Harriet is a High School graduate and has her Nursing Degree. In 1947 she moved to Alaska, where she met Marvin C. Kinberg, Jr. They were married in 1949 for 27 years. Harriet and Marvin had five children: Marie Wichman (deceased); Marvin C. Kinberg, III - Michigan; Kathleen Wilson - Maine; Deborah Kinberg - Nevada; Barbara Kinberg - Vermont. Harriet has 13 grandchildren and 13 great grandchildren. Harriet has worked as a Nurse and as the Lunch Lady for the Sitka School District. She retired in 1988. Harriet enjoys reading, walking, and visiting and especially enjoys when she can spend time with her family.

*We welcome Harriet to Ocean
View neighborhood and the Sitka
Pioneer Home family!*

National Nurses Week

During National Nurses Week and throughout the year, American Nurses Association (ANA) is proud to celebrate the role nurses play in delivering the highest level of quality care to their patients.

Join us during National Nurses Week, May 6–12, to celebrate nurses leading the charge for health and wellness!

Take a moment to thank a nurse this May!



Sharing & caring!

Sitka Elks Lodge "Mother of the Year" Celebration



Honored Mother for 2018:

To be announced...

Flowers for all mothers and refreshments served in the Main Lounge.

Saturday, May 12, 2017 @ 1:30pm

Games with Pacific High students
Join students to play a game!



*Fri. May 4, 2018 @ 9:30am
(Main Lounge)*

**Rummage
Sale**



*Fri. May 4, 2018 9:00am-3:00pm
Sat. May 5, 2018 9:00am-Noon
(Recreation Kitchen)*



**Garden Box
Planting**
Help plant the
Front Porch Garden

*Friday, May 11, at 1:30pm
(Main Lounge)*



Nachos!
Virgin margaritas!

*Saturday, May 5, 2018 @ 1:30pm
(Main Lounge)*

Mike Ito Concert





Raising the Flags

Galen helps raise the flags each morning, so when his family visits he has a special audience.

Herring eggs on kelp!

Nurse Sharon brought them in! Rolly and Martha prepared them and sharing it around!
Thank you!



Destroyer Blueprints

Bob and Ron are both helping Keith with the destroyer model and requested copies of the blueprints to hang in their rooms, so Xander (left) helped Bob tape it all together.

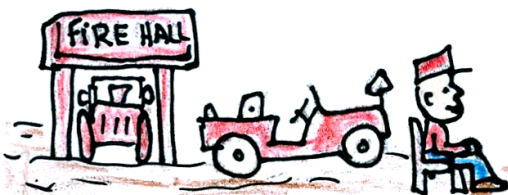
The Brothers Snusgood

by, Galen Insteness

The fire department gets a call from OLE'S FARM

"How do we get out to your place, ole?"
said The fire chief

"Yell," ole said,
"you might use that
LITTLE RED TRUCK you
got there at the
fire station!"

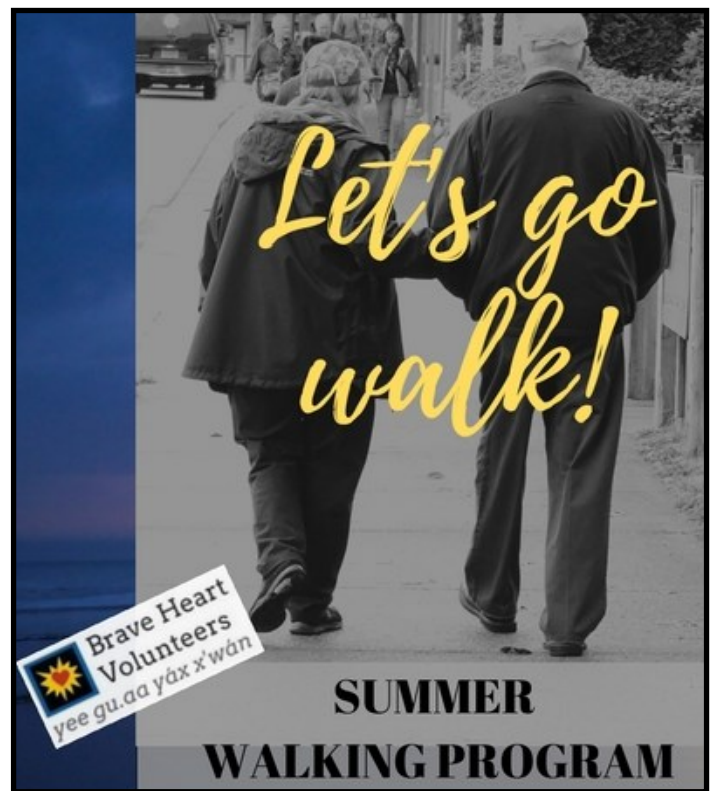


Thank You!!!

Karen Weaver, National Park Educator, shared a Power Point presentation of her home park, Palo Alto Battlefield National Park, in Texas. She has since moved back to Texas to work at that park, so we really appreciated learning about it before she left. Thank you, Karen!

Mike Ito put on a really fun concert with some local talent, Mike Sullivan, and Hank Moore, as well as his friend, Atsuo Tsunoda. During one song Mr. Ito had members of the audience ‘help’ him play the fiddle... they held the bow and he played the fiddle against it or he propped the fiddle in the crux of their neck and he played it from there! He also shared a song that showcased his yodeling skill in a ‘western yodel’ song. It was quite entertaining and we all really appreciated it. Thank you!

Blatchley students ‘Day of Caring’ was a big hit in the Home. They hosted a snack bar, joined us for exercise, played a game, and we enjoyed Bonnie’s music together! Thank you for a very enjoyable morning!



BENEFITS OF WALKING

THE MIND

- Mental Sharpness
- Increases the amount of blood flow to the brain.
- Joint Support

THE BODY

- Stop bone mass loss
- Strengthens muscles
- Improves Circulation
- Muscle toning/weight loss

THE SPIRIT

- Increases Happiness
- Connects you to the community you live in.
- Brings you to the present moment.
- Improves sleep

Want to get outside and enjoy the nice weather with a walking companion?

The antidotes to the three plagues (loneliness, helplessness and boredom) are dished out daily! The recipe includes:

1. Add a large dose of **companionship**.
2. Mix with plenty of **opportunities to give and receive care**.
3. Layer into a wide **variety of events**.
4. Enjoy with **spontaneous happenings** throughout!

MT. EDGECUMBE PRESCHOOLERS READ!





Blatchley Middle School- Day of Caring



Pacific High Games



Children, 4H Craft, and more children!



Seventh Day Adventist School Singing

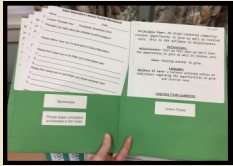


Eden Alternative Journey

Our Eden Alternative journey focus for April, May, and June...

Principle Ten:

Wise Leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.



Look for the new lesson in the green folders on each neighborhood!

Your input is valuable!

Meetings:

Resident Meeting: Wednesday, May 16th @ 1:00pm

Certified Eden Associates: Friday, May 25th @ 10:00am

Home-wide Eden Neighborhood Team Meeting:

Friday, May 11, 2018 @ 1:00pm in the Main Lounge

Agenda: Plant the Garden Box

*Look to the Certified Eden Associates for support: Dayna Arnold (CEE), Skye Workman (CEE), Patty Ady, Mona Allen, Shari Carroll, Chris Davison, Betty DeCicco, Dolores Doggett, Saori Handy, Kathy Inman, Rolly Jeske, Pat Kehoe-Pendell, Jill Kollerup, Minda Manuel, Lisa Partido, Grace Roller, Katy Rouse, Denise Salter, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young

Shout out to Brave Heart Volunteers!

They are continually making connections and taking companionship to another level!

Ethel had 'the best day' when Davie arranged to take her out in his Charter boat! Thank you, volunteers, for all the wonderful things you do to keep elder lives full. Sitka Pioneers' Home residents appreciate you!



Resident Meeting Minutes *Wednesday, April. 11th 2018 @ 1:00pm (Main Lounge)*

Attending:

Anna W, Ruth F, Betty D (with Khaz), Jean R, Brenda B, Melba V, Dottie K, Galen I, Joe R, Bonnie S, Marge W, Judy J, Jennie H, Fredi Y, Robin E (with Lydia), Dayna A, Administrator, and Skye W, RTI.

Food Forum:

Greg- out of town.

No comments or concerns were shared.

Old Business:

Upcoming events:

April— Day of Caring Blatchley student volunteers (20th), Wearable Arts Screening (20th), Home Happenings (27th).

May— Garden Planting (11th), Elks Mother's Day event (12th), Eden Warmth and Well-Being surveys as well as APH Satisfaction survey.

Agenda Items:

-New residents: Dr. Bill Davis (Ocean View), Merle Graham (Northern Lights).

-new staff: Administrative Assistant position has been filled. Start date is 4/17.

-Herring eggs were few and far between this year, but we did have a couple bags donated and Rolly will set up a time to cook them for those interested.

-orders: getting geared up for summer: ceramic supplies, helium, and chocolates.

-Gift shop has two new sandwich board signs to place at the front of the property.

New Business:

Special recognition to Galen for his cartoon 'the Brothers Snuzgood.' He was asked to be published in the Sons of Norway newsletter.

Administrator's update:

There are upcoming inspections. The licensing inspection will be next month with Trisha Skitt. Ombudsman inspection went well. New Administrative Assistant, Terri Moore, starts April 18th.

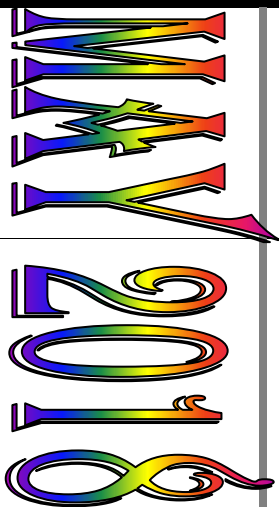



Respectfully submitted, Skye Workman, Recreation Therapist I

A May-related English Lesson...May and Might When Expressing Possibility

May & Might



In popular usage and speech, **may** and **might** are used interchangeably when referring to possibility and probability, but there is a slight difference between the two. **May** is used to express what is possible, factual, or could be factual.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							
12:45pm Plano Music	6 8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:30pm Bonnie 6:00pm Knitting	7 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics	8 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics	9 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music	10 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun	11 8:00am Visits 11:00am Exercise 11:15am Old Favorites	12 9:00am Visits 9:30am Catholic Service 10:00am Debby's Violin Class
12:45pm Plano Music	13 8:00am Visits 10:00am Fortress of the Bears Cutting 1:30pm Bingo 2:30pm Bonnie 6:00pm Knitting	14 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics	15 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics	16 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg 2:00pm Bingo: RHouse 5:30pm Celtic Music 6:00pm Draw / Paint	17 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun	18 8:00am Visits 11:00am Exercise 11:15am Old Favorites	19 9:00am Visits 9:30am Catholic Service 10:00am Debby's Violin Class
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1:00pm Violin Recital							
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Please contact the Activities Department if you would like a copy of our calendar! Note: Activities are subject to change