



The Prospector



Sitka Pioneers' Home

March 2019 Vol.41 No.3

Resident Birthdays

Patricia Williams 3-5
Iris Carter 3-14

Staff Birthdays

Peter Kennedy 3-1
Joseph Partida 3-3
Charlotte Candelaria 3-4
Jamie Hock 3-6
Sharon Corbett 3-12
Guada Nilo 3-13
George Chappell 3-19
Ferri Moore 3-24
Juanita Diego 3-25
Marilyn Wathen 3-26
Dayna Arnold 3-29

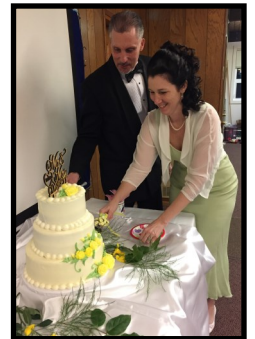
*We will recognize residents and staff
with March birthdays at the
Home Happenings celebration on
Friday, March 29.*

2018 Service Awards continued:

Guada Nilo— 15 years
Kathleen Rouse— 10 years

Congratulations and thank you for
your service!

Sharon Petersen got
married on February 24.
She and her husband,
Jim Corbett, had a lovely
service and enjoyed a
gathering afterwards with
friends and family.



Congratulations, Mr. and Mrs. Corbett!

Mary Ann Abrientos is back from a
family trip to the Philippines. It's been
fun to hear about the fun she had!



**The Fifth Annual
SPH Indoor Iditarod
Relay Race**



**Friday, March 8, 2019
@ 1:30pm
in the Main Lounge**

**Come enjoy the festivities to
kick off Alaska's biggest
annual sporting event!
We will have an Iditarod
inspired relay race with
sleds, supplies, "booties",
checkpoints, etc.**

**Be prepared to partici-
pate in this energetic
competitive event!**



**St. Patrick's Day
Horse Race**

**The annual Sitka Pioneer Home
Irish Derby will be held
on Friday, March 15, 2019**

**The race will commence at 1:30pm
in the Main Lounge.**

Each neighborhood will need to choose a Jockey and Trainer. The Jockey will move their horse around the track based on the roll of the dice. The Trainer is responsible for asking a spectator to roll their dice that will determine the number of spaces their Jockey will move their horse around the track.

The name of each neighborhood's Jockey and Trainer needs to be turned in to the Activity Department before the race starts as folks will want to know which horse to bet on.

The betting booth will be open from 11:00am until 1:00pm. Bets are 25 cents each with a limit of 2 dollars. Bets can be made for a horse to win, place, or show.

Everyone is encouraged to dress up in his or her most outrageous St. Patty's attire for the big race!

Sweetheart Special Dinner



"Minute to Win it!"

Don't Crack Up—Gather your eggs from the crowd into your basket!



Movin' on Up—Cycle the cups till the blue cup is back to the bottom!



Sort Your Cents—Sort the cups of pennies from least to most coins.



Rise Above the Rest—Create the tallest stack!



Catch of the Day—'Catch' the most 'fish'!



Calendar Updates!



1st @ 2:00pm—Flavor Challenge

Join Greg to see if you can tell the difference between Pepsi and Coke. Various soda floats will be offered.

1st @ 3:30pm—Show Tunes

Joe Hauer and Mina Brooks-Schmidt will share their musical talents with us as they perform some Broadway show tunes.

1st-15th @ various times—Mike @ Iko

Mike and Iko will be filling in while Bonnie is out of town. Check the calendar for specific dates and times.

17th @ 1:00pm Colorado Concert

Sarah Harrison, who is connected with Sitka Fine Arts Camp, is bringing her high school choir students from Colorado to perform.

22nd @ 1:30pm Omelet Demo

Greg will demonstrate how to make a delicious omelet and offer samples to the audience.

Something to Remember:



Daylight Savings
Spring Forward one hour
Sunday, March 10th

See the Activity Calendar for more daily events!

National Professional Social Work Month

SOCIAL WORKERS
leaders. advocates. champions.

National Professional Social Work Month in March 2019 is an opportunity for social workers around the nation and world and their supporters to educate the public about the invaluable contributions of the profession.

We will take this opportunity to honor Sitka Pioneers' Home Social Services Director, Sharon Stitz!





SPH Kitchen Crew, you made a most delicious and beautifully presented dinner for the Sweetheart themed event. A thank you note received from a resident quotes "I want to thank you for a very wonderful steak and shrimp dinner." Thank you for all your efforts to set the scene and prepare the meal. It was perfect!

Activities staff, thank you for organizing the Sweetheart event. Another quote from a resident reads "the room was decorated so nicely. Bless all of you for helping to make us all happy." Thank you, also, for the lovely table decorations around the Home. It really made our evening special!

Thank you Kammie Daniels and Dave Nicholls for entertaining us prior to the Sweetheart Special dinner this month. Your piano and violin music was beautiful and greatly appreciated by all who heard it.

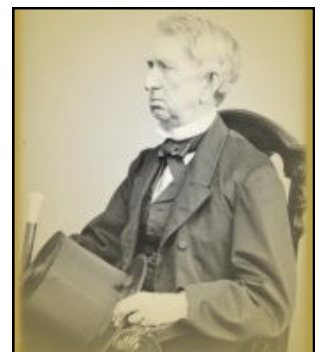
Joe Hauer, a guest musician of Sitka fine Arts Camp, performed classical piano music one day and will be back with Mina Brooks-Schmidt to perform some Broadway show tunes together. Thank you for coming in to share your talents with us!

Blatchley Middle School 'Discover your Potential Week' brought students to SPH. Thank you for sharing your time with us and including us in the conversation about what music means to us all. We enjoyed sharing and learning with you.

Seward's Day

Seward's Day is a legal holiday in the U.S. state of Alaska.

It falls on the last Monday in March and commemorates the signing of the Alaska Purchase treaty on March 30, 1867. It is named for then-Secretary of State William H. Seward, who negotiated the purchase from Russia.



Iris Carter knew the answer to the Final Jeopardy question on Feb. 20th which stumped the rest of the group watching as well as the Jeopardy contestants. The questions was: In Portuguese this bird is known as beijaflor or “flower kisser.” She answered, “What is the hummingbird?” Which was the correct response! Way to go, Iris!



Goodbye, Robert Gardner. Bob has moved to Anchorage Pioneer Home. We will miss his happy and humorous outlook on life, but we wish him well in this transition and we are glad he will be near his children.



We have enjoyed our family and friends this month! Lots of special visits and good times have been shared.



The banner (above center) was handmade by Becky and the spontaneous decision was made to give it to Ethel for her room. What a beautiful gift in the season of friendship and love.



Eden Alternative Journey

Our Eden Alternative journey focus for Jan, Feb, and March...

Principle Two:

An Elder centered community commits to creating a human habitat where life revolves around close and continuing contact with plants, animals and children. It is these relationships that provide a pathway to a life worth living.

Meetings:

Eden Gathering: Friday, March. 1 @ 1:30pm
Certified Eden Associates: Friday, March. 29 @ 10:00am

*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, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young

National Professional Social Work Month

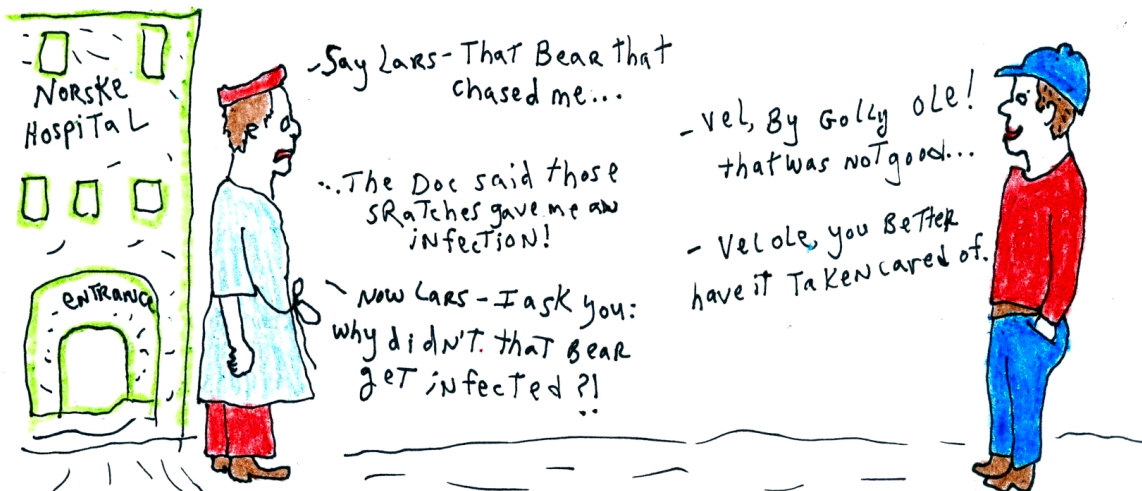
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The Brothers Snusgood

by Galen Insteness



Resident Meeting Agenda *Wednesday, Feb. 6, 2019 @ 1:00pm (Main Lounge)*

Attending:

Lupe A, Brenda B, Iris C, Ruth F, Alberta H, Jennie H, Sue H, Ethel L, Mary M, Dottie O, George P, John S, Bernice S, Bonnie, S, George T. Melba V, Anna W, Greg O, Kitchen Manager, Dayna A, Administrator, and Skye W, RTI.

Food Forum:

Greg is preparing for the sweetheart dinner on Feb. 15th. Ribeye steak has been ordered, shrimp, ambrosia salad, with a vegetable and dessert.

Old Business:

An attendee is interested in a sound system that has speakers around the room for better crowd hearing as well as hands -free microphone. Options will be researched.

Agenda Items:

New residents: George Porter and Ruth Wood

Upcoming events: Minute to win it games were postponed due to illness last month. Rescheduled for last week of Feb. Special dinner...decorations are pulled together, entertainment will be Kammie Daniels on violin and Dave Nichols on piano, refreshments will be served with entertainment.

New Business:

Soft serve ice cream machine was requested. Many attendees were interested. Options will be researched.

Administrator's update:

Dayna was unable to attend, but did leave a couple of notes.

The mail boxes have arrived and their use will be implemented in March.

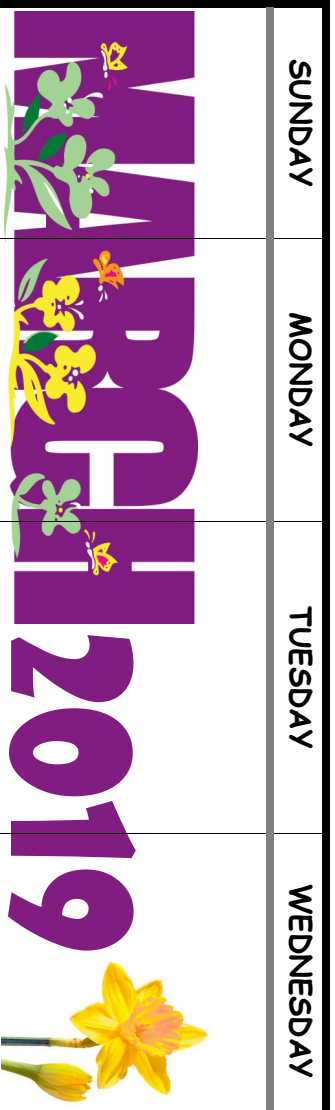


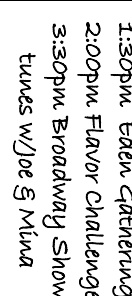
Clinton Lasley will be here on Feb. 20 for the day with the new Central Office Manager, Tina.

Respectfully submitted, Skye Workman, Recreation Therapist I

HEALTH NOTES *25 ways sugar is making you sick* by Sydney Loney

(Highlights from an article published in Readers Digest April 2018)

1. Too much sugary beverages
2. Eating more sugar may keep you up at night.
3. Energy drinks are loaded with sugar
4. Food labels hide sugar content.
5. Sneaky pseudonyms manufacturers use to fool you...fructose, honey, dextrose, corn syrup, etc.
6. Tendency to ignore expert advice.
7. Average consumption of sugar an American eats in one year is 13 five-pound bags.
8. Sugar can make you sad. It increases risk of new-onset depression.
9. It hurts your heart. Increases chance of heart disease.
10. "No added sugar" doesn't mean healthy. Some naturally occurring sugars are far more concentrated than what you'd find in a piece of fruit.
11. Excess sugar is linked to dementia. A molecular link has been found between sugary diet and early Alzheimer's.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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|------------------------|---|--|---|---|--|--|---|
| 12:45pm Piano Music | 3 8:00am Visits 10:45am Circle Time 11:00am Exercise | 4 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics | 5 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics | 6 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg | 7 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Strong & Steady | 8 8:00am Visits 11:00am Exercise 11:15am Mike and Iko | 9 9:00am Visits 9:30am Catholic Service 9:30am Sitka Strings |
| | 1:30pm Bingo 2:45pm Mike and Iko | 1:00pm Strong & Steady 1:30pm Movie & Popcorn 2:30pm Kinder Group 5:30pm Folk Music | 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music | 1:30pm Bingo: Rhouse 3:30pm 4th Baking 5:30pm Russian/Celtic 6:00pm Draw / Paint | 1:30pm Circle Time 2:00pm Gail Ferris Film 5:30pm Mike and Iko | 1:30pm Ukulele Relay Race | 1:30pm Ice Cream Social |

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|--------------------------------------|-----------------------------------|---|---|--|---|--|---|
| Daylight Savings (Spring Forward) | 17 Happy St. Patrick's Day! | 18 8:00am Visits 11:00am Exercise | 19 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics | 20 8:00am Visits 10:30am Protestant Service | 21 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun | 22 8:00am Visits 11:00am Exercise 11:15am Old Favorites | 23 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings |
| | 1:00pm Colorado high school Choir | 1:30pm Bingo 1:30pm Neighborhood Visits 2:45pm Bonnie | 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music | 11:15am Gospel Music 1:30pm Bingo: Rhouse 5:30pm Russian/Celtic 6:00pm Draw / Paint | 1:00pm Strong & Steady 2:00pm Gail Ferris Film 5:30pm Golden Oldies | 1:30pm Omelet Demo with Greg | 1:30pm Social/Outing |

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|---------------------------------|---------------------------------|---|---|---|--|---|
| 24/31 12:45pm Piano Music | 25 Seward's Day (Holiday) | 26 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics | 27 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music | 28 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun | 29 8:00am Visits 10:00am Eden Associates Meeting | 30 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings |
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*Please contact the Activities Department if you would like a copy of our calendar! * Note: Activities are subject to change