



The Prospector

Sitka Pioneers' Home

July 2019 Vol.41 No.7

Resident Birthdays

Anna Winters	7-01
Nelson Frank	7-06
Fredi Young	7-08
Terri Ballinger	7-12
Eunavae Ballou	7-15
Ron Repplinger	7-16
Mary Miller	7-25

Staff Birthdays

Alexandria Henricksen	7-12
Shirley Rieta	7-12
Susie Nicolas	7-20
Kelly Ferguson	7-21
Sharon Stitz	7-23
Josie Ancheta	7-24
Mary Ann Williams	7-25

We will recognize residents and staff with July birthdays at the Home Happenings Celebration.

Scuttlebutt:

Ron Mears retired after 19 years of service in Environmental Services! We wish you the best. You will be missed!

Kathy Inman took a trip to attend her nephew's wedding. What fun!



Independence Day Fun:

11:00am Patriotic Piano w/Bonnie (Main Lounge)

1:00pm Parade and Festivities (Meet at Barracks and Lincoln)

Thank you!!

Brave Heart Volunteers has supported us with volunteers for Senior Walking this winter and are continuing with walking hours this summer! Thank you for joining us to get some exercise and social time!

Sitka Emblem Club celebrated the Fathers of the Sitka Pioneers Home with carnations and a presentation about the significance of fathers in the world. They also presented a live arrangement of plants to Galen, the Father of the Year. Thank you, Sitka Emblem Club, for your continued support!

The Russian music group played tunes surrounding the Father of the Year event. Thank you for sharing your music; we always enjoy it!

Mark and Denise Klingler donated several king salmon heads and some roe. Klaudia and Michael Leccese donated about 25 pounds of fresh halibut. Thank you to everyone who thinks of the residents when collecting local treats!

Abel Ryan did a carving demonstration here through the SJ Museum Artist in Residence Program. Thank you, Abel, for sharing your art and experiences with us!

Alley Cats Acapella, a professional group that tours on cruise ships, came to Sitka and put on a performance for the Pioneer Home! They sing 50s do-wop and they were SO GOOD! Thank you, Alley Cats!

Ragtime with Richard Dowling of the Sitka Summer Music Festival played classical and ragtime pieces while sharing the history of the songs as he went. Thank you for the music and the lesson!

Chordplay, with Colin Herforth, is a local band who played on a Saturday afternoon this month. Thank you for coming by!

Michelle Putz put together an art show called “The Ugly Side of Plastics” that was displayed in the Recreation Kitchen this month. Thank you for your efforts to raise awareness about plastics pollution.

Greg's Ice Cream Making Demonstration

Measure and mix, add ice and salt, churn till stiff, then enjoy a cool and refreshing home-made vanilla bean ice cream with locally-made root beer from Baranof Island Brewing Company.

The first day of summer is the perfect excuse for just such a treat! Also, thank you, Elders Wyndam and Dillman of the church of Latter Day Saints, for your endurance and patience...it took over an hour of churning!



R-House Puzzles...Testing the New Couch...Abel- Mask Carving



Alley Cats Acapella...CNA appreciation posters...Ragtime



The following notice has been put together, by resident request, to be posted on the backs of room doors. We will be putting them up soon!



SPH Fire Response

Guidelines for Residents

- Remain where you are unless you are in danger from smoke or fire.
- If you are in your room, stay in your room.
- Staff will come to you, if necessary.
- Close your door if it is not already closed.
- If a door is closed, warm, and you suspect a fire on the other side, DO NOT OPEN THE DOOR.
- Staff will make an announcement when it is safe to move about the building.

Thank you for remaining calm.



Welcome
Janette 'Jan'
Nelson

Jan was born on March 22, 1939 in Williston, North Dakota, to Carl Haugen and Hilda Folrag. She has two siblings: Mariann Jacobson of Fargo, North Dakota, and Shirley Smith of Denver, Colorado. Jan and her sisters grew up on a farm in North Dakota. Jan worked as an accountant for Hames Corporation for almost 19 years. She also kept busy volunteering at the White Elephant and participated in local Gamma Semper Fi functions. Jan has one daughter, Tammy Antoniadis, who lives in Juneau. She also has two grandchildren and one great-grandchild that was born this June!

We welcome Jan to Ocean View
Neighborhood and the Sitka
Pioneers' Home family!

Reader's Digest

Harriet shares her Readers Digest “so someone else who lives here can enjoy it.” Thank you, Harriet!

Sitka Pioneers Home continues on its 18th year on the Eden Alternative journey!



Mark holds up an original drawing that he created for the new Mail Room. Thank you, Mark! It's so neat!

Fred and Nelson say “Gunalcheesh” for the salmon heads Mark and Denise Klingler donated! Everyone agreed that the eyeball is their favorite!



Joe & Jean, congratulations on 68 years of marital bliss! What a wonderful celebration with family and friends!

Our Eden Alternative journey focus for July, August, Sept...

Principle Four:

An Elder-centered community creates opportunity to give as well as receive care. This is the antidote to helplessness.

Meetings:

Eden Gathering:

Friday, July 5 @ 1:30pm

Certified Eden Associates:

Friday, July 19 @ 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

Celebrate the SPH Maintenance Crew—July 2019

Lights, heat, and water work, fresh paint, pictures hung, sidewalks clear, gardens and lawn well-kept...All because of the Maintenance Crew!

Thank you so much for all you do, Sitka Pioneer Home Maintenance!

Nobody does it better than you and you are appreciated.

We hope you enjoy your month! You very much deserve it!

The Brothers Snusgood

by Galen Insteness



Check out our mail boxes!
The Mail Room is up and running.



Save the Date!

SPH Carnival
—Friday, August 9, 2019

Allen Marine Boat trip
—Tuesday, September 17, 2019

Sitka Emblem Club presents:
Honored Father for 2019: **Galen Instenness**



Lots to celebrate! (from left) An awesome nursing team (**"Everyday we're shuffling"** t-shirts for nursing week), Marievic and Mary Ann completed the CNA Apprenticeship program, and service pins for Angie and Katie!



Music, Music, Music!

Sitka Summer Music Festival's

Cello Seminar Students

will perform

*Thursdays, July 11th and 18th
at 1:30pm in the Main Lounge*



Our Front Porch The front porch has been a popular gathering spot this spring. We have been enjoying ice cream cones, **cold soda, and fresh s'mores as the sun shines on our faces.** On Flag Day, the Sitka Elks Lodge hosted a Flag Ceremony that drew a large crowd of SPH residents. Musicians have utilized the acoustics of the space and residents enjoyed the music and fresh air! We foresee more games of Skip-Bo, family gatherings, and quiet reading times as summer comes and the porch warms up for longer each day.



Resident Meeting *Wednesday, June 5, 2019 @ 1:00pm (Main Lounge)*

Attending:

Vae B, Brenda B, Iris C, Betty D, Ruth F, Donna G, Alberta H, Jack H, Jennie H, Galen I, Bob J, Gladys M, Mary M, Ron R, Jean R, Joe R, John S, Bernice S Bonnie S, Melba V, Marge W, Ruth W, Fredi Y, Dayna A, Administrator, and Skye W, RTI.

Food Forum:

Greg was unable to attend. Ice cream making event coming in June! Comments for Greg included praise for waffle demo and tea party last month. Attendees had no concerns.

Old Business:

Soft serve machines are big! Need to figure out what space we actually have for one. No printable option for the GCI TV schedule.

Mail box location in room 135 (the old smoking room) will be up and running tomorrow! Stop by for opening ceremony at 11:00.

Resident fire alarm procedure...working on making signs for residents' rooms. descriptive signs for the display cases...request has been passed along to the volunteers. Residents bought a 13 inch globe...it is in the Main Lounge.

Agenda Items:

New residents: none

Upcoming events: Emblem 'Father of the Year' Celebration on Wed. June 12, Galen Insteness will be honored.

Michelle Putz is offering a "Plastics" art show. Would we like to host it for a week or two? Attendees approved hosting the show in the rec. kitchen.

Share a thank you note from BHV's Anna Roy.




New Business:

None.

Administrator's update:

New RN, Deb, is orientating. We are waiting to hear regarding the rate increase. There was a story about it on KCAW. Waiting to hear regarding contract for housekeeping and kitchen. We got to order some new items for the Home including: couches, washer and dryer in first floor laundry room, a couple of TVs, and refrigerators.

Respectfully submitted, Skye Workman, Recreation Therapist I

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:00am Visits 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	2 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	3 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:30pm Russian/Celtic	4 11:15am Patriot Piano w/Bonnie 1:00pm Parade & Festivities  <i>Independence Day</i>	5 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Eden Gathering	6 9:30am Catholic Service
7 12:30pm Piano Music	8 8:00am Visits 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	9 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	10 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg 1:30pm Bingo 5:30pm Russian/Celtic	11 8:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Exercise 1:30pm Cello Seminar 5:30pm Golden Oldies	12 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm	13 9:00am Medjeje Salmon Bake Outing 9:30am Catholic Service
14 12:30pm Piano Music	15 8:00am Visits 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	16 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 10:00am Medical Waiver Info Meeting 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	17 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:45pm Russian/Celtic	18 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Exercise 1:30pm Cello Seminar 5:30pm Golden Oldies	19 8:00am Visits 10:00 Eden Associates 11:00am Exercise 11:15am Old Favorites 1:30pm Neighborhood Visit	20 8:00am Visits 9:30am Catholic Service 1:30pm Slingspration
21 12:30pm Piano Music	22 8:00am Visits 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	23 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	24 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:30pm Russian/Celtic	25 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Exercise 5:30pm Golden Oldies	26 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Home Happenings	27 8:00am Visits 9:30am Catholic Service 1:30pm Ice Cream Social
28 12:30pm Piano Music	29 8:00am Visits 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	30 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	31 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:30pm Russian/Celtic			

Please contact the Activities Department if you would like a copy of our calendar!

Note: Activities are subject to change