



# The Prospector



Sitka Pioneers' Home

December 2019 Vol.41 No.12

### *Resident Birthdays*

<i>Bernice Stedman</i>	<i>12-6</i>
<i>Lupe Alvarez</i>	<i>12-7</i>
<i>Gerald McCutcheon</i>	<i>12-8</i>
<i>Joe Riederer</i>	<i>12-18</i>
<i>John Sandor</i>	<i>12-22</i>
<i>Neva Ogle</i>	<i>12-27</i>
<i>Shirley Fruitt</i>	<i>12-28</i>

### *Staff Birthdays*

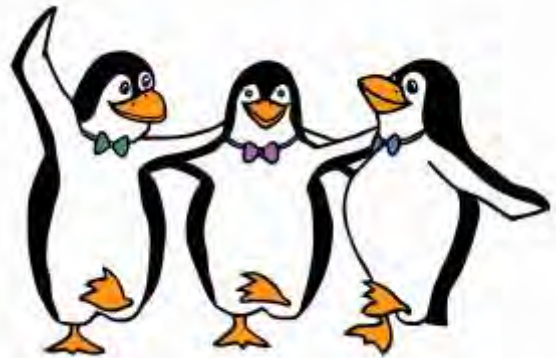
<i>Salote Lavulo</i>	<i>12-3</i>
<i>Kathy Inman</i>	<i>12-5</i>
<i>Edna Nicolo</i>	<i>12-9</i>
<i>Tam Cando</i>	<i>12-10</i>
<i>Marievic Ramil</i>	<i>12-10</i>
<i>Susie Allensworth</i>	<i>12-18</i>
<i>Debra Militello</i>	<i>12-23</i>
<i>Saori Handy</i>	<i>12-25</i>
<i>Mona Allen</i>	<i>12-31</i>

## Happy Birthday!

*December birthdays will be recognized at Home Happenings!*

### **Scuttlebutt:**

Jimmy Handy has accepted a groundskeeper job for the University of Hawaii on Oahu and has already left town to get started. Jimmy worked here for five years, first in the kitchen, then in maintenance and finally for NANA in Housekeeping. We will miss him, but we wish him the best. He is pictured above with "Jimmy 2.0" (made by Peter).



Exploring our artistic side...



Eating lunch with preschool students is so fun!



Getting into the music with Karaoke on Ocean View.





Our Eden Alternative journey focus for Oct., Nov., Dec...

## Principle Five:

*An Elder-centered community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.*

In November, the focus was on Principle Five and turtle eggs. You may wonder how turtle eggs came into the picture. Here's how:

In Eden Alternative philosophy a human habitat should value and celebrate variety and spontaneity as being vital to the habitat. Dr. Bill Thomas helps us relate to this idea through an Eden Story called *Turtle Eggs*, included in his book *In the Arms of Elders*. In this story the people at the village where Dr. Thomas is staying have a tradition of harvesting turtle eggs. They don't know exactly when the turtles will come, but when they do it is always at night and ALL the villagers participate in some capacity. This particular event is just one way that Dr. Thomas learns about the importance of the antidote to boredom. If you would like more information about this story or the book please contact Skye Workman, Eden Educator.

## Upcoming Meetings:

Certified Eden Associates: Friday, Dec. 6 @ 10:00am

Eden Gathering: Friday, Dec. 6 @ 1:30pm



## Sitka Pioneers' Home Resident Veterans:



This month we were honored to recognize the service of the 14 U. S. veterans currently residing in the Sitka Pioneers' Home. For the first time in many years we have representation from each branch of the military! Together they have proudly given 78 years of service to our country! At the event, we stood and recited the Pledge of Allegiance and sang the National Anthem, heard about each of the veterans, enjoyed the songs from each branch, and finished singing

God Bless America and enjoying refreshments. We took a special moment to thank staff members who have served as well as a resident who was in the British Royal Navy during WW II. We had many guests join us and it was a wonderful time honoring all who served.

**Happy Veterans Day  
and thank you!**





# November is Native American Heritage Month (NAHM)

## Native American Heritage Spotlight Presentations:



Skye shared a presentation about Yupik culture; Chuck Miller told Tlingit stories; and residents enjoyed attending the Honoring Elders Luncheon put on by the Sitka Tribe of Alaska.

Mt. Edgecumbe Preschool included Native American art and stories in their weekly visits including a paper bent wood box design and a Tlingit frog story with totemic frog art.



Native American history in U.S. Currency was highlighted during a presentation by Becky Tremain called "Culture through Coins" following Home Happenings this month. Becky researched and presented with Fredi Young on 7 different coins minted in the United States from as early as 1854 with the \$3.00 Indian Head U.S. Gold coin to the upcoming Elizabeth Peratrovich \$1.00 coin to be minted in January 2020! She included images of each coin (front and back), as well as the six designs that were submitted for the Elizabeth Peratrovich coin so we could each vote for our



favorite before being shown which one was selected. Apparently we have good taste, because our votes were nearly all placed on the one that will be minted! Special thanks to Klaudia Leccese and Fredi for loaning coins for the presentation.





## *Welcome Elizabeth "Leba" Shaw*

Elizabeth "Leba" Shaw was born on February 12, 1944, in Flint, Michigan, to Gordon Shaw and Florence Palmer. Leba had two siblings – John "Diddy" Shaw, who is deceased, and Gordon Shaw, Jr., in Michigan. Leba moved to Los Angeles in grade school. She graduated from Alhambra High School in 1961. She met and married Roger Lewis in August 1965. She continued her education receiving her BA in History in Santa Barbara; her Masters in Social Work at Portland State University; her Law Doctorate at Willamette University and her Masters of Public Health at the University of Washington. Leba worked as a Licensed Clinical Social Worker and Attorney-at-Law. When Leba retired she was the Deputy Attorney General for the State of Alaska. Leba has travelled all over including Mexico, China, Japan, USSR, England, Ireland, Canada. Leba has also bicycled across the U.S. multiple times. Leba and Roger's daughter, Sarah Lewis, resides in Juneau, raising their two grandchildren – Clare and Axel.

*We welcome Leba to North Star  
Neighborhood and the Sitka  
Pioneers' Home family!*

# Only you can stop the flu

### What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. The best way to prevent Flu is by getting a Flu vaccine each year.

### Flu Symptoms

Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever\* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)

\*It's important to note that not everyone with flu will have a fever.

### How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk.



*Welcome  
Donald  
"Don"  
Jones*

Donald was born on June 23, 1939, in Pennsylvania to Kenneth E. Jones and Ruth Caldwell. He had one sister, Patricia Ann. Don was raised in Pennsylvania and later lived in Alaska and Hawaii. Don enlisted into the Coast Guard in 1960 and served 6 years. He served in active duty on a cutter along the Atlantic coast, a river boat out of St. Louis, MO, and was a trained paramedic before becoming a recruiter and finally spending time in the reserves. Don moved to Alaska in 1990 where he worked in Social Services. Don has two children and a step daughter, Cherie Ann, who lives in Hawaii.

*We welcome Don to Sunset View  
Neighborhood and the Sitka  
Pioneers' Home family!*



*Welcome  
Melanie  
Hess*

Melanie was born on February 13, 1945, in Haines, Alaska, to James and Anna Bell Brovilette. She has one sibling, Joey Hinman. Melanie grew up in Haines. Melanie married twice, first to Ed Wabisca and then to Gary Hess. Throughout her life she has worked cleaning houses, as a camp cook, and a choker setter for logging. Melanie has travelled to Oregon in the past. Melanie has three grown children: Ed Hess, in Oregon; Tammie Rush, in Haines; and Darrin Hess. She has 10 grandchildren and one great grandchild.

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





## Embroidered HANDS

“Casting for an image for my 5th “Last” project, I came up with HANDS, the strong capable hands of a fisherman mending a net; it was to find a home at St. Peter’s. I described the image to Norm Campbell, who drew several views and came up with what I had in mind. I embroidered it and Norm matted and framed it.

Shortly after the drawing was made, I saw a photo of the hands of Amelia Gage preparing herring eggs for salad. It was so close to our image, we are providing THAT as an accompaniment.

—Nancy Ricketts

## SPH Art History Moment



There is a lot of history on the walls of the Sitka Pioneers’ Home. Here is one example: Tom Hughes moved here from Juneau last month and, upon his admission, he enlisted Pioneers’ Home staff to assist him in locating a picture that his mother painted while she was a resident at the Home. Tom described it as “A painting of an Eagle’s head.” We looked everywhere for the painting, and after several days, Gabby and Tom found it in the basement, across from the Beauty Shop. The framed piece of art has been moved, temporarily, to the wall in the Main Lounge, just outside of the North elevator alcove. Tom’s mother, Elizabeth (Chapman) Hughes resided in the Sitka Pioneers’ Home from Oct. 23, 1989, to May 13, 1991, before moving to the Juneau Pioneers’ home. Please stop by to check out her art!



# *Holiday Festivities Schedule*

**Wednesday, Dec. 4 @ 11:00am**

*Door Knocker Party*

with food, friends, and *Christmas Music* by Bonnie

**Thursday, Dec. 5 @ 10:00am**

*Paulla's Gift Tables*

**Friday, Dec. 13 @ 10:00am-4:00pm**

*SPH Christmas Bazaar*

**11:15am** *Christmas Music* by Bonnie

**Saturday, Dec. 14 @ 1:30pm**

*Sitka Rotary Club Christmas Party*

**Thursday, Dec. 19 @ 1:30pm**

*Mt. Edgecumbe Preschoolers Caroling*

**Friday, Dec. 20**

**1:30pm** *Christmas Party*

Announcements, a visit from Santa, and entertainment!

**Saturday, Dec. 21 @ 10:00am**

*Hames Piano Students– Holiday Recital*

**Sunday, Dec. 22 @ 12:30pm**

*Wileman Piano Students– Holiday Recital*

**Dec. 24 @ 11:00am—3:00pm**

*Christmas Open House Potluck*

**11:00pm** *Christmas Music* by Bonnie

**1:00pm** *Flutes with Dorothy and Sarah*

**Dec. 25 @ 10:00am**

*Christmas Service (Chapel)*

\*\*NOTE: Events listed are in the Main Lounge unless otherwise noted.\*\*

## *Thank you!*

There are so many wonderful people involved in bringing joy to the Elders and the Home on a regular basis and we are so grateful for each and every one of you! There are several people we would like to make special note of this month:

*Chuck Miller—Tlingit storytelling*

*Greta Healy—Classical Piano on Fridays*

*Pam Samuelson and Charlene Peterson—displays in the cases*

*Sitka Christian Center—Funded tuning for two pianos*

*Sitka Emblem Club—Veterans' Day Flag Folding*

*Mt. Edgecumbe Fitness Center—Donated a recumbent bike*

*AkPH Advisory Board—Met with residents, family, and staff*

*Fredi Young and Skye Workman—Pies for Open House*

*Greg Owen—Pumpkin soup for Open House*

*7th Day Adventist School—iPad lesson #2*

*Patty Daniels—Nail Care*

***You are appreciated for the time, energy, and compassion you share with the Home and the elders who reside here.***

## *Happy Thanksgiving!*

### Christmas Decoration Reorganization Transformation



Approximately 120 boxes of decorations were sorted and reorganized into clear totes. They have been labeled and will be distributed around the Home to be put up for the Holidays. Thank you to the team of patient and determined staff who took on this project!



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

**Attending:** Brenda B, Charlie D, Betty D, Jane E, Robin E, Ruth F, Donna G, Jennie H, Martha H, Galen I, Dottie K, Gladys M, Mary M, George P, Jean R, Maureen R, Bernice S, Bonnie S, Melba V, Anna W, Fredi Y, Greg O, NMS Manager, and Skye W, RTI.

**Food Forum:**

Lingcod and shrimp donated. Will use some shrimp at Thanksgiving. Attendees suggested boiling it. Thanksgiving meal will be served at lunchtime. Sign up guests please. New NMS staff: Susan Beebe and Joanne Littlefield, Housekeeping. Attendees have been really enjoying the moose meat. There was a request for tater tots.

**Old Business:**

None.

**Agenda Items:**

New residents: Tom Hughes and Don Jones.

New Staff: Frankie Bacon (PRN RN II), Tanya Mayville (PRN CNA)

Attendees agreed that Alaska Day events went well.

Upcoming events: Veteran Celebration Friday! Native American Heritage Month...check The Prospector for more details.

**New Business:**

Kudos to kitchen and housekeeping staff. Attendees noted the change in quality of the c-folds and toilet paper

**Administrator's update (Dayna unavailable; notes provided):**


The Alaska Pioneers Home Advisory Board will meet in Sitka for their annual meeting in Nov. Meeting with residents is scheduled for Thurs. Nov. 14. Nursing supervisor offices are relocating to R-House (Grace) and Ocean View (Sharon C) neighborhoods.

**Respectfully submitted, Skye Workman, Recreation Therapist I**

**The Brothers Snusgood**

by Galen Insteness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:00pm Karaoke 2:30pm Classical String Trio	2 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie	3 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	4 8:00am Visits 10:30am Protestant Service 11:00am EVS Door Knocker Party 11:15am Christmas Music 1:30pm Bingo 5:30pm Russian/Celtic	5 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 10:00am Paula's Gift Tables 1:00pm Strong & Steady 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies	6 8:00am Visits 10:00 Eden Associates 11:00am Exercise 11:15am Old Favorites 1:30pm Eden Gathering	7 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View
8 1:00pm Karaoke	9 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie	10 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	11 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg 1:30pm Bingo 3:30pm 4H Cooking 5:30pm Russian/Celtic	12 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Debby & Jim	13 8:00am Visits 10:00am - 4:00pm SPH Christmas Bazaar 11:15am Christmas Music	14 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Sitka Rotary Club Christmas Party
15 1:00pm Karaoke	16 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie	17 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	18 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:45pm Russian/Celtic	19 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm MEPS Caroling 1:45pm Dash of Delicious 5:30pm Golden Oldies	20 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Christmas Party	21 9:30am Catholic Service 10:00am Hames' Piano Holiday Recital 1:30pm Singpiration
22 12:30pm Wileman Piano Holiday Recital 1:00pm Karaoke	23 8:00am Visits 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie	24 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am—3:00pm Christmas Open House Potluck 5:30pm Folk Music	25  8:00am Visits 10:00am Christmas Service 11:15am Christmas Music 5:30pm Russian/Celtic	26 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:45pm Dash of Delicious 5:30pm Golden Oldies	27 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Penguin Awareness Event	28 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Craft on Ocean View
29 1:00pm Karaoke	30 8:00am Visits 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie	31 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:30pm New Years Eve Party 5:30pm Folk Music				

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

Note: Activities are subject to change