



The Prospector

Sitka Pioneers' Home

February 2020

Vol.42 No.2

Resident Birthdays

Elizabeth "Leba" Shaw 2-12
Melonie Hess 2-13
Mary Ann Armstrong 2-18
Ruth Finsley 2-26

Staff Birthdays

Mary Schlessman 2-9
Frankie Bacon 2-11
Tony Kell 2-20
Roland Puebla 2-25
Andrea Adams 2-26
Grace Roller 2-28

February birthdays will be recognized at Home Happenings!

Happy Birthday!

Staff Scuttlebutt:

Service awards:

Florimel Ganitano 10 years,
 Annabel Waldron 10 years (actually at 13 now),
 Susie Nicolas 15 years,
 Juanita Diego 20 years,
 Jill Kollerup 20 years,
 Kelly Ferguson 25 years,
 Lisa Partido 25 years,
 Marievic Ramil 25 years.

Wow! What an amazing group of staff! Thank you for all your work and the experience and knowledge you share each day!







Eden Alternative Journey

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

Principle Six:

*Meaningless activity corrodes the human spirit.
The opportunity to do things that we find
meaningful is essential to human health.*

The January gathering we read Caleb's Basket and outlined what fills our basket...both individually and as a Home. In the story, it is said that Caleb was the wisest of all the Elders. He lived alone and many sought his company for answers to difficult questions. A young man, Samuel, wishing to find wisdom, found Caleb and they spent many seasons together. Samuel became impatient waiting for Caleb to share wisdom with him. Finally Caleb did. He related life to filling his basket. He first filled it with rocks, pebble, sand then finally water. Asking each time if the basket was full. Then Caleb shared this: "[Our] long talks are like the large stones in my basket. They have filled some of our time together. Our long walks, our silent days and weeks, our wordless communion with the world and each other have filled the spaces around the talks. They have been our pebbles, sand and water. Now the basket is full...True wisdom, Samuel, belongs to those who can fill the empty spaces between life's great events with meaning."

Upcoming Meetings:

Certified Eden Associates: Friday, Feb. 28 @ 10:00am
Eden Gathering: Friday, Feb. 7 @ 1:30pm

Leap into a Leap Day Craft and Discussion



*Friday, February 21, 2020
11:15am in the Main Lounge*

February is Volunteers Month!



We have so many volunteers who share their time and talents with the Pioneer Home throughout the year, it's time to let them know how much we appreciate all they do for us!

Be sure to thank all our fantastic volunteers as you see them, especially in month of February, but throughout the rest of the year too!



Greeting Cards!!!

There is a bin of Valentine's Day cards available for staff and residents to choose from for their loved ones. It is located on the coffee table in the Main Lounge. The envelopes are not matched up, but they are available in the second bin.

We look forward to offering a selection of cards for the following holidays this year:

St. Patrick's Day
Easter (April 12)
Mother's Day (May 10)
Father's Day (June 21)
Halloween
Thanksgiving (November 26)
Christmas

Also available in the Recreation Kitchen year-round are a selection of:

Get Well
Sympathy
Baby
Congratulations (graduation included)
Thank You
Birthday
Anniversary

Please come by to pick out cards as you see a need in your life!

Valentine's Day Lunch

February 14, 2020

11:30am in the Gold Miner Diner

Valentine's Day lunch will be offered by the wonderful kitchen staff with special décor and menu as well as a dessert potluck to add to the festivities. Please see Greg and the kitchen crew if you have any questions about guest accommodations and other details.



Share the Love

Chocolate Tasting and Trivia

Valentine's Day is often connected with chocolate, so that's exactly what we plan to do...connect with chocolate.

We will learn about chocolate from cocoa bean to the most fancy truffles and chocolate creations you've ever heard of!

And, of course, there will be chocolate to taste!

**Join us on *February 14, 2020*
@ 1:30pm in the Main Lounge**

**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.

STAY HOME if you are sick!



Welcome Maria "Sally" Tambag

Maria Sally Tambag was born on October 23, 1927 in the Philippines, which is where she grew up. She has three siblings: Estela who lives in the Philippines; Florence Ridgeway, who resides in London, England and Lydia Benavidez, who resides in Rome, Italy. Sally was married and has since been widowed. She has no children. Sally came to Sitka, Alaska many years ago and worked for years as a custodian at Baranof Elementary School.

We welcome Sally to Northern Lights Neighborhood and the Sitka Pioneers' Home family!



Welcome Elmo Mills

Elmo was born on December 31, 1953. Elmo is a long-time Sitka and is well-known around town; especially at the local basketball games. In fact, we was recently awarded a plaque for being such an incredible fan (to all teams) and he has a designated seat for the games. Elmo is Mormon and attends services each Sunday. He is also a big fan of the Seattle Seahawks and watches all the games.

We welcome Elmo to Garden Park Neighborhood and the Sitka Pioneers' Home family!

Sitka Fire Department Ice Removal

SFD made a special appearance at the Home this month to remove a large section of ice from the roof that was endangering passersby on the sidewalk below. Special thanks to the local volunteer team at the SFD!



Resident Meeting *Wednesday, Jan. 8, 2020 @ 1:00pm (Main Lounge)*

Attending: Mary Ann A, Vae B, Iris C, Betty D, Ruth F, Alberta H, Jack H, Ralph H, Martha H, Galen I, Dottie K, Gladys M, George P, Jean R, Bernice S, Bonnie S, Fredi Y, Dayna A, Administrator, Greg O, NMS Manager, and Skye W, RTI.

Food Forum:

Request for turkey, pumpkin pie and the fixings for next new years dinner.

Old Business:

GCI update: Dayna has call them again. Some residents have compiled data and Dayna has composed a letter.

Agenda Items:

New residents: Elmo Mills (Garden Park)

New staff: Sombaht Zumwalt (LPN) and Andrea Adams (RN II)

Upcoming events: Cookies and Cocoa Social, Chinese New Year, National Activity Professionals Month.. Check out The Prospector and postings for more details.

Recreation Kitchen is back in operation! Stop by to check it out.

New Business:

None.

Administrator's update:





We have a new white 8 passenger van that will replace the older blue one. There have been confirmed cases of the Flu and precautions have been taken as recommended by the CDC. Please wash your hands frequently and if you don't feel well stay away from common areas.

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

The Snusgood Brothers

by Galen Insteness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							1 9:30am Catholic Service 9:30am Sitka Strings 1:00pm Craft on Ocean View
							
2 1:00pm Karaoke 2:30pm Classical String Trio	3 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie	4 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	5 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg 1:30pm Bingo 5:30pm Russian/Celtic	6 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 Golden Oldies	7 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Eden Gathering	8 9:30am Catholic Service 9:30am Sitka Strings 1:30pm Ice Cream Social	
9 1:00pm Karaoke 2:30pm Classical String Trio	10 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie	11 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	12 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:45pm Russian/Celtic	13 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 Golden Oldies	14 8:00am Visits 11:00am Exercise 11:15am Old Favorites Valentine's Special Lunch 1:30pm Share the Love (Chocolate)	15 9:30am Catholic Service 9:30am Sitka Strings 1:30pm Singspiration	
16 1:00pm Karaoke 2:30pm Classical String Trio	17 Presidents' Day (Holiday) 1:30pm Bingo	18 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	19 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:45pm Russian/Celtic	20 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 Golden Oldies	21 8:00am Visits 11:00am Exercise 11:15am Leap Day Craft 1:30pm Neighborhood Visits (Cover CNA Mtg)	22 9:30am Catholic Service 9:30am Sitka Strings 1:30pm Craft on Ocean View	
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Please contact the Activities Department if you would like a copy of our calendar!

Note: Activities are subject to change