



The Prospector

Sitka Pioneers' Home

March 2021

Vol.43 No.3

★ **HAPPY** ★
BIRTHDAY!

Resident Birthdays

None this month

Staff Birthdays

Kelley Whitson	3-1
Joseph Partido	3-3
Kathy Ingallinera	3-7
Sharon Corbett	3-12
Guada Nilo	3-13
Terri Moore	3-24
Juanita Deigo	3-25
Marilyn Wathen	3-26

DATES to REMEMBER

March 6—Iditarod Starts

**March 14—Daylight Saving Time
Spring Forward!**

March 17—St. Patrick's Day

March 20—Spring Begins!

MAY YOUR TROUBLES
 ☘ **BE LESS** ☘
 and your
Blessings
be **MORE**.....
 AND NOTHING BUT
HAPPINESS
 come through your
 ☘ >>> **door**
 ☘ IRISH BLESSING

Resident Meeting *Wednesday, Feb. 10, 2021 @ 1:00pm (Main Lounge)*

Attending: In addition to the residents, Greg O, NMS Manager, Dayna A, Administrator, and Skye W, RTI.

Food Forum:

Valentine menu– Hawaiian Luau theme on the Thursday before Valentine’s Day. Kalua pork, pineapple upside down cake on the menu! Requests for more hummus and ‘smoky’ dogs to be available.

Old Business:

Jan. meeting minutes read.

Agenda Items:

New residents: David Miller, Alice and Francis Dundas

New staff: Kelly Whitson, Recreation ALA– part time,
Perry Comas, Maintenance Foreman

Siblings Roy and Lis Puebla are heading to the Philippines to get married in a big double wedding! Congratulations to them both and their soon-to-be spouses!

Juliet Castillo is now full-time in Food Services.

New Business:

Upcoming events: cooking demo with Greg (Fried Bread), home happenings.

In-person visits to start on Feb. 23, 2021. They will be held just on Tuesdays for now.

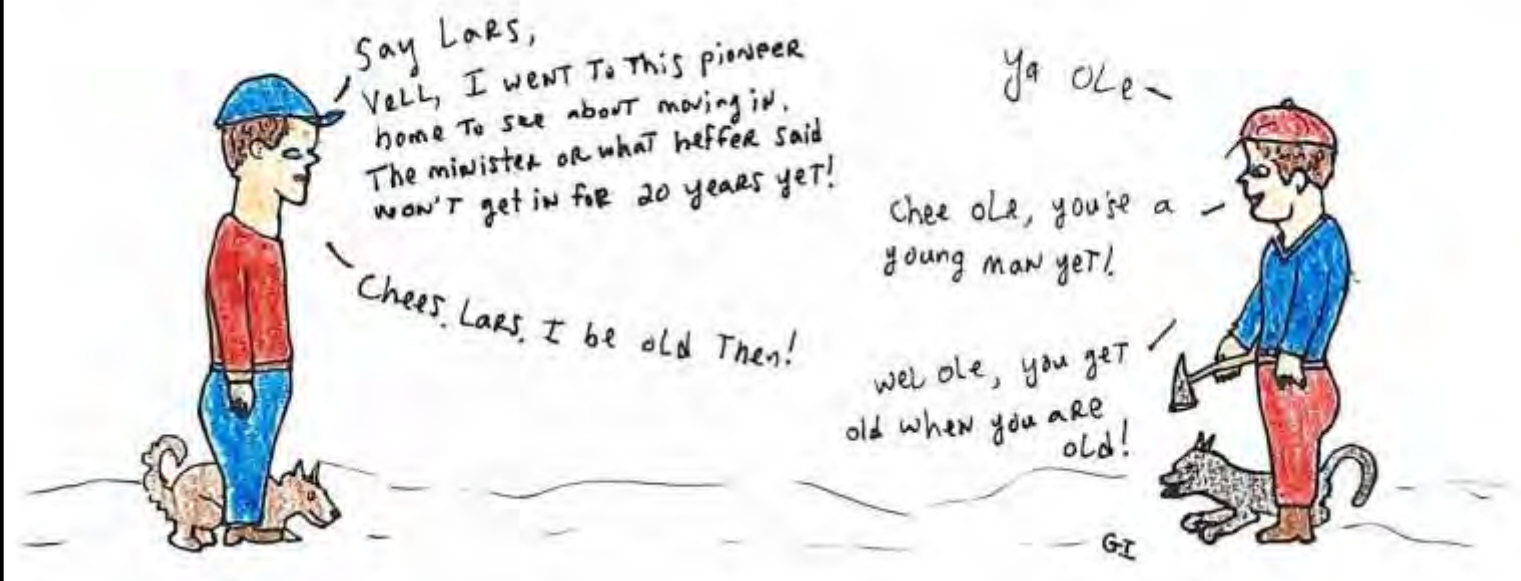
Administrator's update:

The Nurse Manager position is posted as well as RN III and RN II.

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

The Snusgood Brothers

by Galen Insteness





Journey/Moments

Our continued Eden Alternative education brings us to...

Principle Two: A caring, inclusive and vibrant community enables all of us, regardless of age or ability, to experience well-being.

Assignment: Please read the following about Domains of Well-being.

well-being *n.* A contented state of being.

Well-being is the path to a life worth living. It is what we all desire. It is the ultimate outcome of a human life. What are the components of well-being? What do we need to experience contentment? A task force of culture change leaders, convened by The Eden Alternative® identified seven domains of well-being.

Identity – being well-known, having personhood, individuality, wholeness, having a history

Connectedness – state of being connected; alive; belonging; engaged; involved; not detached; connected to the past, present and future; connected to personal possessions; connected to place; connected to nature

Security – freedom from doubt, anxiety, or fear; safe, certain, assured; privacy, dignity, and respect

Autonomy – liberty, self-governance, self-determination, immunity from the arbitrary exercise of authority, choice, freedom

Meaning – significance, heart, hope, import, value, purpose, reflection, sacred

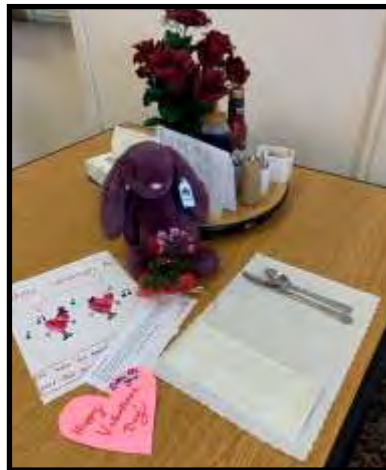
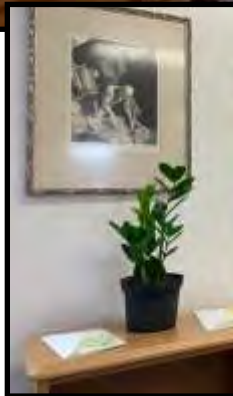
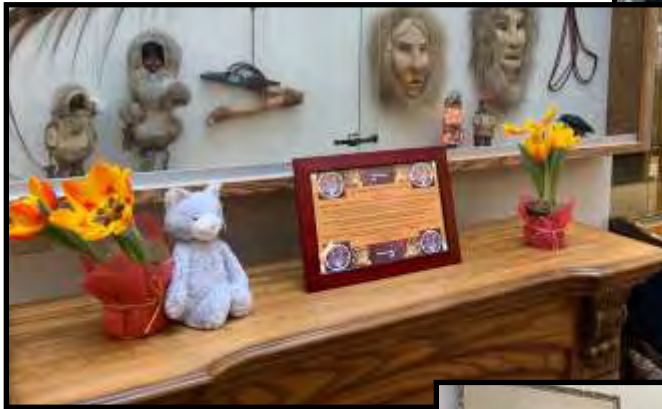
Growth – development, enrichment, unfolding, expanding, evolving

Joy – happiness, pleasure, delight, contentment, enjoyment

Valentine's Gifts—

Jessica Hames organized, with contributions from the 'People of Sitka', a wonderful Valentine's surprise for each resident! Thank you for the super plush stuffies, super cute live plants, suncatcher, and wonderfully heartfelt valentine cards! This includes a donation of art kits and puzzles from **Sitka True Value** for the enjoyment of each person residing at Sitka Pioneer Home. **4H, Sitka Girl Scouts, Mt. Edgecumbe Preschool, MEHS Culture class, and CLOUD teen group** each put together a batch of homemade Valentine's cards to hand out. Everyone went above and beyond to share their love this February!

Thank you!!



Birthdays Honored— Celebrating with neighborhood parties and scheduled family visits may be different, but still so special!

MaryAnn prepares to cut a cake ordered by her friend in Juneau, and Ruth enjoyed a visit from her daughter on her 97th birthday!

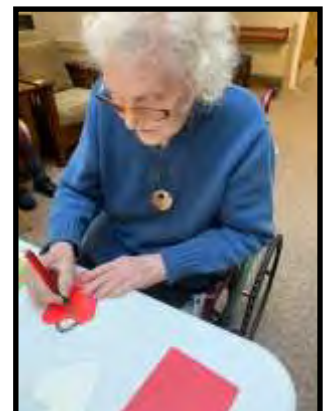


~~~~~  
**Happy Valentine's Day!**

Did someone say "LUAU?!" This Valentine's Day we decided to enjoy a bit of tropical flare with a Hawaiian themed lunch and a surprise hula dance by the staff and Galen even joined in!



These busy bees made dozens of Valentine's notes...this reveals a few of the 'secret' admirers of our amazing volunteers and Pioneer Home friends.



# **Upcoming Special Events**

## *Fridays at 1:30 in the Main Lounge*

**March 5**

### *Mouse Tea Party and more!*

Please join in this Tea Party, with cheesy snacks, mouse-themed facts and trivia followed by a mouse-themed movie.

**March 12**

### *St. Patrick's Horse Derby*

Get ready to bet on your favorite derby horse at our Annual St. Patrick's Horse Race! The horses will be ready to run based on participant's roll of the dice. There are obstacles along the way and it is always a spirited event!

**March 19**

### *Greg's Cooking Demo and Trivia*

Greg will prepare biscuits and gravy for a hearty and delicious snack!

**March 26**

### *Home Happenings*

The end-of-the-month introduction of new staff and residents, birthday recognition, and all-around celebration of the happenings in our lives!

---

## **Social Work Month 2021—Social Workers Are Essential**

Social Work Month in March is a time to celebrate the great profession of social work. The theme for Social Work Month 2021 is **Social Workers Are Essential.**



Social workers are essential to community well-being. As practitioners, social workers are trained to help people address personal and systemic barriers to optimal living. They are employed to effect positive change with individuals, families, groups and entire communities.

During Social Work Month take time to learn more about the many positive contributions of the profession and celebrate all the social workers you know.



*Emma enjoys a video chat with her daughter using our iPad and Bluetooth headset. What a difference this has made for many residents!*


*Bristol, the dog, loves her Pioneer Home friends and Ron is one of her favorites.*



## **New Residents**

Alice and Francis Dundas  
Kathrine 'Kay' Dickson  
Theodore Mossburg

*Please welcome these ladies and gentlemen to Ocean View neighborhood and the Sitka Pioneers' Home!*

| SUNDAY                                                                                                                        | MONDAY                                                                                                                        | TUESDAY                                                                                                    | WEDNESDAY                                                                                                                                                                  | THURSDAY                                                                                                  | FRIDAY                                                                                                                                                  | SATURDAY                   |
|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
|                                                                                                                               | 1<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Piano Music<br><b>1:00pm Bingo</b><br><b>PM Mail / Newspaper</b>  | 2<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>The Weekly "What's up?"<br><b>PM Mail / Newspaper</b>  | 3<br><b>AM Visits</b><br>10:30am Church<br><b>11:00am Exercise</b><br>11:15am Gospel Music<br><b>1:00pm Bingo</b><br><b>PM Mail / Newspaper</b>                            | 4<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>1:00pm Movie & Popcorn<br><b>PM Mail / Newspaper</b>  | 5<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Old Favorites<br>1:00pm<br>Tea Party<br><b>PM Mail / Newspaper</b>                          | 6                          |
| 7<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Piano Music<br><b>1:00pm Bingo</b><br><b>PM Mail / Newspaper</b>  | 8<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>The Weekly "What's up?"<br><b>PM Mail / Newspaper</b>                     | 9<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>The Weekly "What's up?"<br><b>PM Mail / Newspaper</b>  | 10<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Gospel Music<br>1:00 Resident Meeting<br><b>1:30pm Bingo</b><br><b>PM Mail / Newspaper</b>                    | 11<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>1:00pm Movie & Popcorn<br><b>PM Mail / Newspaper</b> | 12<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Old Favorites<br>1:30pm<br>St. Patrick's<br>Horse Race<br><b>PM Mail / Newspaper</b>       | 13                         |
| 14<br><b>DAYLIGHT SAVING TIME</b><br>Begins<br><b>SPRING FORWARD!</b>                                                         | 15<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Piano Music<br><b>1:00pm Bingo</b><br><b>PM Mail / Newspaper</b> | 16<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>The Weekly "What's up?"<br><b>PM Mail / Newspaper</b> | 17<br><b>AM Visits</b><br>10:30am Church<br><b>11:00am Exercise</b><br>11:15am Gospel Music<br>St. Patrick's Luncheon<br><b>1:00pm Bingo</b><br><b>PM Mail / Newspaper</b> | 18<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>1:00pm Movie & Popcorn<br><b>PM Mail / Newspaper</b> | 19<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Old Favorites<br>1:30pm Cooking Demo<br>(Biscuits and Gravy)<br><b>PM Mail / Newspaper</b> | 20<br><b>SPRING BEGINS</b> |
| 21<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Piano Music<br><b>1:00pm Bingo</b><br><b>PM Mail / Newspaper</b> | 22<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Piano Music<br><b>1:00pm Bingo</b><br><b>PM Mail / Newspaper</b> | 23<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>The Weekly "What's up?"<br><b>PM Mail / Newspaper</b> | 24<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Gospel Music<br><b>1:00pm Bingo</b><br><b>PM Mail / Newspaper</b>                                             | 25<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>1:00pm Movie & Popcorn<br><b>PM Mail / Newspaper</b> | 26<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>11:15am Old Favorites<br>1:30pm Howe Happenings<br><b>PM Mail / Newspaper</b>                      | 27                         |
| 28<br><b>FULL MOON</b>                                                                                                        | 29<br><b>SEWARD'S DAY</b><br>(Holiday)<br>11:15am Piano Music                                                                 | 30<br><b>AM Visits</b><br><b>11:00am Exercise</b><br>The Weekly "What's up?"<br><b>PM Mail / Newspaper</b> | 31<br><b>AM Visits</b><br>10:30am Church<br><b>11:00am Exercise</b><br>11:15am Gospel Music<br><b>1:00pm Bingo</b><br><b>PM Mail / Newspaper</b>                           |                        |                                                                                                                                                         |                            |
|                                                                                                                               |                                                                                                                               |                                                                                                            |                                                                                                                                                                            |                                                                                                           |                                                                                                                                                         |                            |

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

Note: Activities are subject to change