



A monthly newsletter for residents, family, staff, and friends

Thank you for the time you allowed me at the Resident Council meeting last month. The timing of your invite was fortuitous as it gave me an opportunity to address the proposed rate increase and answer many of your questions. For those who missed it, there is a proposed change to the Pioneer Home Regulations that would increase the rates to live here by 8.5%. This percent increase is based on the total amount of Social Security Cost of Living Increases since the last Pioneer Home rate increase about 7 years ago.

The public comment period has begun and will continue through September 21st. You can make comment via regular mail, email, or fax and we will have an in person teleconference setup on September 21 in the West Lounge between 9:00am and 11:00am. If you are signed up to speak by 10:00am you will have a chance to be heard, even if it goes past 11:00am.

Rate increases are never easy to deal with and tend to cause a great deal of stress. Further details can be found in the notice you received in the mail. Copies of that notice are also available in our first floor information center. Please know we are here to help you and will assist you in any way we can to ensure your voice is heard throughout this process. If you have questions or need help with the public comment don't hesitate to come see me, Jerri, Mikki.

Thank you, Rich

Resident Council News

Dianne Boyer

Our car wash on August was a success! We raised \$195 for our treasury. Thank you to Pat Bernard, Pat Ross, Arlene Pannone, Diane Holman, Verna Espenshade and our APH "car wash" volunteers.

Your Resident Council Board welcomes Helen Dunlap, our new Resident Council Treasurer. We're sure all will support Helen in her new position.

Thank you to Administrator Rich Saville who addressed the Resident Council meeting on August 21. He explained the proposed rate increase and very graciously answered questions from the members. If anyone has any questions regarding this, please see Rich (or Jerri or Mikki). He will be more than happy to talk to you about any concerns you may have.

A reminder – "NIFTY THRIFTY" – your Resident Council thrift store – is open the 2nd and 4th Monday of each month in Room 439 from 10 AM until 2 PM. We have a wide variety of items to choose from at reasonable prices. It's never too early to think about Christmas gifts. And, if you have anything you wish to donate, please see Ellen Helgason in 426 or Dianne Boyer in 336.

Speaking of Christmas, the APH Spirit Committee's Holiday Bazaar will be held Saturday, November 14, on the 1st floor. The Resident Council will have a table at the bazaar at which we will sell handmade items donated by residents, family, friends, and staff. Katsumi Kenaston in 217 will be working with Dianne on this. Donations will be greatly accepted. All proceeds go to the Resident Council treasury.

The Senior Citizens Safety Committee will hold a special meeting on Friday, September 11, at 1 PM in the West Lounge, with Committee Chair Louis Palmer presiding, at which time they will discuss the proposed carports and smoking shelter. All residents and family members are welcome.

Our next meeting will be Friday, September 18, at 1 PM in the West Lounge. The guest speaker will be Dietary Manager Kerith Thomas, accompanied by Dietician Linda Corbett. Hope to see you there!

Maintenance Moment Chuck Gielow, Foreman

Well here we are again, summer is fading, the fall is going, the leaves are changing, and old man winter is thinking about showing up. I hope everyone had a great summer.

The maintenance crew is very busy doing our transition from the warmer summer weather to fall and looking ahead to winter since it shouldn't be that far off. We've had a very busy year thus far and we still have months to go. There has been a lot of room work going on for the last few months so a big "HELLO!" goes out to our new residents. We hope that you are getting along well and having no problems.

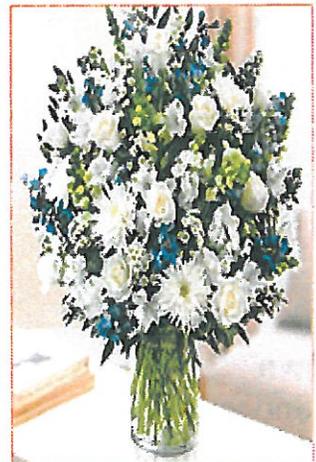


We have a crew here Monday – Friday from 7:00am - 4:00pm and 1 person here both on Saturday and Sunday from 8:00am - 4:00pm. When we get calls on the weekends it may take a little longer due to only 1 person on shift and he has a lot of responsibilities to cover. After those normal business hours messages can be left and we will address them the next day. In cases of emergency, get in contact with a nursing station. They can contact us and we can get people here. My office phone is 343-7253. The other number in the maintenance shop is 343-7230. Chuck

REMEMBERING OUR FRIENDS

Sandra Wierzbicki

May your soul rest in peace. You will be missed by your family, friends and the Anchorage Pioneer Home staff.



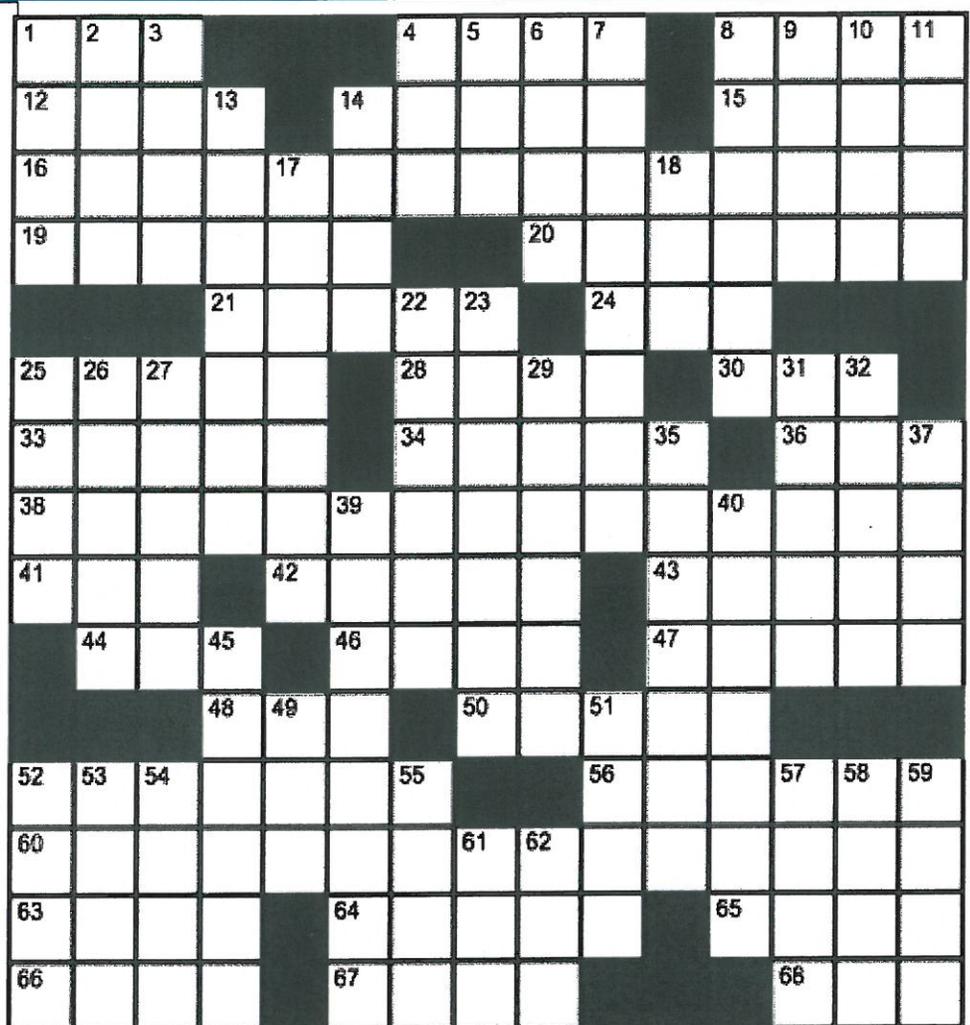
Across

1. Nave bench
 4. One-liner, e.g.
 8. Abounding
 12. Western blue flag, e.g.
 14. Scrawny
 15. "I had no ___!"
 16. Verb forms that express completed action (2 wds)
 19. Observation
 20. In a short and concise manner
 21. Fissure
 24. Oolong, for one
 25. Conscious
 28. Assistant
 30. Large amount of money
 33. Bony branch
 34. Display
 36. Blanched
 38. Use of nerve gas (2 wds)
 41. "My boy"
 42. Eurasian juniper
 43. Blood carrier
 44. Not divisible by two

46. All there
 47. What ___ thou here?
 48. Appear
 50. Avarice
 52. Projections that protect boot soles
 56. Four-day New Year festival
 60. The EM in EMALS
 63. Baptism, for one
 64. Corpulent
 65. Drag
 66. Fly high
 67. Intelligence
 68. Crash site?

Down

1. Snowman prop
 2. "-zoic" things
 3. Bit of smoke
 4. Bump



5. Away
 6. Jersey, e.g.
 7. Enumeration follower (2 wds)
 8. Carpentry tool
 9. Doing nothing
 10. Experience
 11. "Duck soup!"
 13. Adhesive substance
 14. Apple variety
 17. Partial paralysis
 18. Anger
 22. Plant having roots which yield nutritious starch
 23. Rudyard ____, English author
 25. Parentheses, e.g.
 26. "Yippee!"
 27. Change, as the Constitution
 29. Depressing experience

31. Cognizant
 32. Pub game
 35. Exchange (2 wds)
 37. "Cool!"
 39. Like some stomachs (2 wds)
 40. Network of species' feeding relations (2 wds)
 45. Word with belly or toe
 49. Feline pet
 51. Halftime lead, e.g.
 52. Half a matched set
 53. Assortment
 54. ___ carotene
 55. Brain area
 57. Above
 58. 100 kuru
 59. Decorated, as a cake
 61. Cage for hawks
 62. Balaam's mount

September Birthdays!

1st	Jo Thompson
11th	Elsie White
14th	Ellie Fretz
19th	Janet O'Neil
20th	Marjorie Kortkamp
27th	Ethel Bottcher
28th	Wilson Condon
29th	Mary Patterson
29th	Louise Maakestad
29th	Evelyn Burns
30th	Whitey Morton
30th	Charlotte Jaynes



HAPPY BIRTHDAY

Alaska State Fair

We have one trip to the fair still to come. We will be going on Thursday, September 3rd. If you have not gone yet or would like to go again, be sure to sign up! Admission is paid for by our friends at Jack White Real Estate and sack lunches are provided if you do not wish to eat Fair Food!



Resident Council Board Members

President: Dianne Boyer
 Vice President: Louis Palmer
 Treasurer: Helen Dunlap
 Secretary: Pat Mahoney

Resident Council

Your Resident Council meets the 3rd Friday of every month at 1:00pm in the West Lounge.

This month's meeting will be on **September 18th**

Come out and see what is happening and then enjoy ice cream social right after.

Pioneer Poke Hours

Mon/Wed/Fri 10:00am—2:00pm
 Saturday Noon—3:00pm

Resident Floor Meetings

All residents are invited to attend the resident floor meetings held each month. This is a great way to share your ideas and keep informed about the happenings around APH. Here's the schedule:

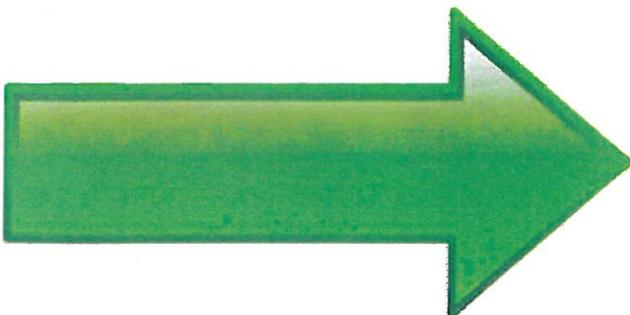
1st Wednesday of Each Month
 10:00 AM
 Sunset View

2nd Tuesday of Each Month
 1:30 PM
 2-South Wild Rose Café

3rd Tuesday of Each Month
 1:30 PM
 3-South Resident Lounge

Hope to see you there!

THIS MONTH'S CROSSWORD ANSWERS



1	P	E	W	4	J	O	K	E	8	R	I	F	E						
12	I	R	I	13	S	14	G	A	U	N	T	15	I	D	E	A			
16	P	A	S	T	17	P	A	R	T	I	C	18	I	P	L	E	S		
19	E	S	P	I	A	L	20	T	E	R	S	E	L	Y					
				21	C	R	A	22	C	23	K	24	T	E	A				
25	A	26	W	27	A	K	E	28	A	29	I	D	E	30	W	31	A	32	D
33	R	A	M	U	S	34	S	P	O	R	T	35	T	36	W	A	37	N	
38	C	H	E	M	I	39	C	A	L	W	A	R	40	F	A	R	E		
41	S	O	N	42	S	A	V	I	N	43	A	O	R	T	A				
		44	O	D	45	D	46	S	A	N	E	47	D	O	E	S	T		
				48	A	C	T	49		50	G	R	E	E	D				
52	H	O	54	B	N	A	I	55	L	56	D	I	W	57	A	L	59	I	
60	E	L	E	C	T	R	O	61	M	62	A	G	N	E	T	I	C		
63	R	I	T	E	64	O	B	E	S	E	65	B	O	R	E				
66	S	O	A	R	67	N	E	W	S	68	P	A	D						

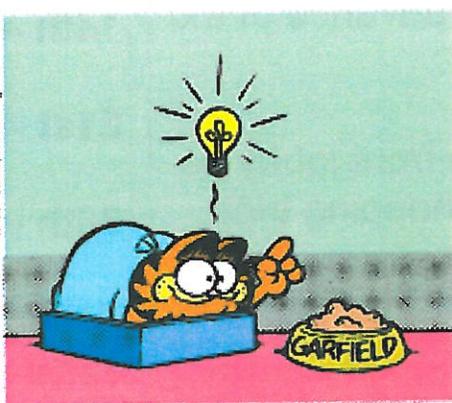
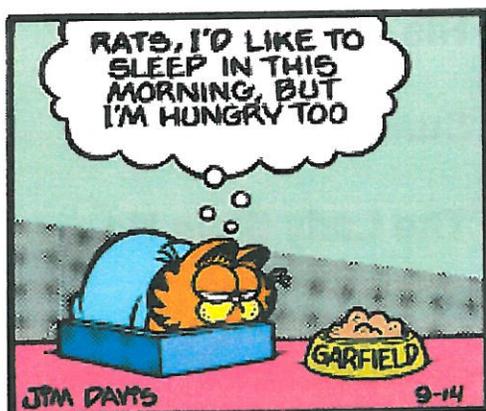
Social Work Corner

We will have a social work student intern with us over the next school year.

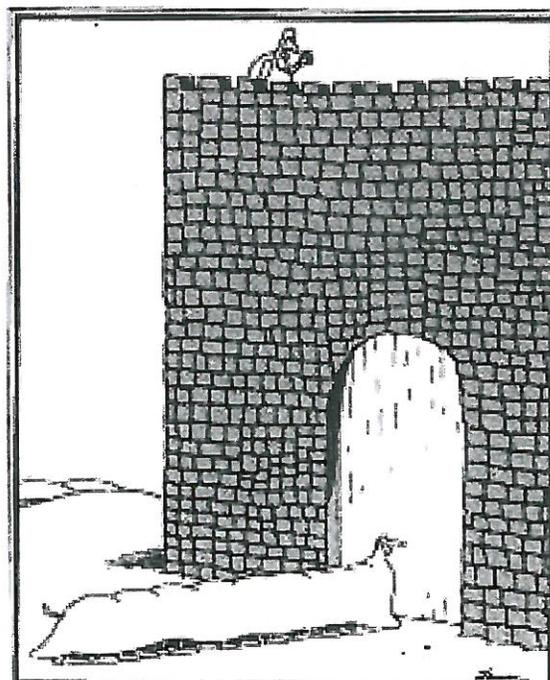
Miriam Bohnert moved to Alaska from Missouri in 2013 following her husband, an Air Force officer stationed at JBER. She is currently pursuing a Master's degree in Social Work at the University of Alaska Anchorage and will be spending this school year at Anchorage Pioneer Home as a student intern. Miriam looks forward to getting to know the residents of APH over the coming year, as well as the opportunity to work with and learn from the staff.



She will be working with Mikki out of her office. Please stop by and say hi!



"The ringing in your ears—I think I can help."



"Open the gate! It's a big winner dog!"

ACTIVITIES

September Shopping Trips

3rd — No Shopping—State Fair

10th — Fred Meyer, Muldoon

17th — No Shopping—90 plus lunch

24th — Walmart, East

Remember, you can sign up at the front office up to two weeks in advance of the trip.

A reminder to meet in the front lobby no later than **12:30 PM** for shopping trips that you are signed-up for.



Everyone is invited to the 3rd floor of the south side for **Classic Movie Mondays** and then again on most **Tuesdays evenings** for newer releases.

Coming Attractions:

Mondays at 1:30pm

14th — His Girl Friday

21st — Sunny

28th — The Lady Says No

Tuesdays at 6:15pm

22nd — Rescue Dawn

29th — The Imitation Game

Welcome New Residents



**James Scott
Carol Scott
Charles "Scotty" Scott
Janet MacClarence
John MacClarence**

To Our Home!!!

APH

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