



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

Our Division Director, Clinton Lasley, will be at the home to have a conversation with our elders and their families regarding the Governor’s proposed budget and potential rate increases. Joining him will be the Governor’s Deputy Director of Public Relations, Marilyn Stewart. Please come be a part of this discussion in the **Tundra Lounge on Friday March 1st at 1:00pm.**

Thank you all for your patience and understanding as we transitioned our physical therapy area to the old West Lounge on the 5th floor. As with all things new or changing there was an adjustment period, but John has it all set up and I think it is working out well. For your safety, please **DO NOT** use the equipment if a physical therapy staff member is not present.

Thank you to everyone who has been attending our food forums. These are held on the third Wednesday of every month in the Sunset View dining room at 10:30am. They are your opportunity to provide feedback first hand regarding our food service as well as receive helpful information and sometimes even fresh baked cookies or snacks. The next one will be on **Wednesday the 20th of March.**



Resident Council News

First we wish to remind all residents of the Anchorage Pioneer Home that they are automatically a member of the Resident Council.

Several important issues have been addressed at recent Council Meetings and I will list some of them here for the benefit of those who missed the meetings

TRANSPORTATION

Wednesdays are free on People Mover for Seniors. Day and Monthly Passes are available at a discount.

Anchor Rides is available for door to door service but you need to sign up first.

Call 343-6543

There is no charge if the trip is for medical purposes but you must make a reservation 24 hr in advance and be willing to arrive early and return late

The charge is \$3.50 per trip for non medical trips

Again the **HELP WANTED SIGN IS STILL OUT**

We still are looking for someone to fill the position of Treasurer

We also need people to work in the Nifty Thrifty Store

If you are willing to work we will find something for you to do.

NIFTY THRIFTY

Because of staffing issues the schedule for NIFTY Thrifty has been cut back. The store will be open the first Monday of every month from 8am to 11am & from 1pm to 4pm. The store accepts donations of new or near new items only (no clothes). A collection drum is located close to the store.

LAUNDRY

It is important to mark clothes with your name. Even if you do your own

Laundry. All too often clothes have been left hanging in a laundry room for days.

Elder Income Verification Requirement

It is important that those paying the full amount each month have the information on file in the event that they need assistance in the future.

Next Council Meeting March 15 at 1:00pm

Spotlight on Resident's Rights

Each month we will be highlighting 1 or 2 of the Resident's Rights (located in Alaska Statute 47.33) guaranteed to all residents of assisted living homes in Alaska. The entire list was part of the packet you received when you moved in - if you would like another copy please let us know! These rights are also posted on the first floor of the South building by the main elevators (on the Information Center side). If you have questions regarding any of your rights please feel free to see Rich, Jerri, Mila, Mikki, Grace, or your nurse manager and we would be happy to discuss them with you.

AS 47.33.300. RESIDENTS' RIGHTS. (a) Subject to (c) of this section, a resident of an assisted living home has the right to

- (1) live in a safe and sanitary environment;
- (2) be treated with consideration and respect for personal dignity, individuality, and the need for privacy, including privacy in
 - (A) a medical examination or health-related consultation;
 - (B) the resident's room or portion of a room;
 - (C) bathing and toileting, except for any assistance in those activities that is specified in the resident's assisted living plan; and
 - (D) the maintenance of personal possessions and the right to keep at east one cabinet or drawer locked;

Remembering Our Friends

Mert Weaver

Minnie Kimura

Rita Foy

Margaret Peterson

Janet O'Neill

Lois Pickens

Mary Schenker

Jerry Roach

Ardis Stanley

Ruth Jacobsen



Across

1. Established
6. Cards with 1 symbol
10. Tale
14. Not inner
15. Awestruck
16. Margarine
17. Grave marker
18. Tall woody plant
19. A storage chest
20. Advertisement creator
22. Always
23. Couch
24. Decadent
26. Glove
30. Russian fighter

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23					24	25				
26	27	28	29		30				31					
32					33			34		35		36	37	38
39				40				41	42					
43						44	45				46			
				47		48		49			50			
51	52	53						54		55				
56						57	58				59	60	61	62
63						64					65			
66						67					68			
69						70					71			

31. Mineral rock
32. Murres
33. Breezed through
35. Modify
39. Add together
41. Imitate
43. Peel
44. Wander
46. Creative work
47. Shade tree
49. To make a fool of (archaic)
50. Pause
51. Hogfish
54. Christmas season
56. Rope fiber
57. Contempt
63. Buckeye State

Down

1. Pear variety
2. Car
3. Stair
4. Evasive
5. Sketches
6. Inventor
7. Hauling
8. Type of sword
9. Record player
10. Companion
11. Quick
12. Adjust again
13. French for "Our"
21. Ancient empire
25. German for "Madam"
26. Mire

29. Bigger than a teaspoon
34. Voracious eaters
36. The thin fibrous bark
37. Decorative case
38. A musical pause
40. Ailments
42. European blackbird
45. Amazing adventure
48. Potpourri
51. Of which person
52. Rehabilitation
53. Chum
55. Banana oil, e.g.
58. Hawkeye State
59. Wan
60. Wanes

Social Work Corner

PERMANET FUND DIVIDENDS

Get It Sooner!

Alaskans who complete their application online and select direct deposit are eligible for inclusion in the first distribution! Those who complete eligible paper applications or opt for receiving a paper check by mail will be included in the second distribution in October. **Don't forget to file before March 31st, 2019!** Please ask your POA if they are filing for you, if you need assistance please see our social worker Mikki.



AARP TAX AID DAY— March 5th

Residents will be by appointment only, please see Mikki to reserve your spot and review information you need to bring. AARP will complete any simple tax return FREE of charge.

Staff may drop off their tax information and meet with the tax aids, but residents will have preference for appointments.

Pioneer Home Payment Assistance Renewal

Any resident receiving payment assistance is required to reapply and show financial documents every year. Applications have been mailed and are due the end of February. Any level III resident on payment assistance is required to apply for the Medicaid Waiver program. If you have questions see Mikki or contact Central Office 1-888-355-3117.

Mikki will be out of town February 22-March 4th.

Anchorage Museum Art Class

Anchorage Museum will be hosting an Art Class Demo on March 11th at 10:30 in the tundra lounge. All residents and their family are welcome to attend.

The museum will be offering an Art Class Series starting April 3-May 22 from 10:30-noon at the museum. Come to the demo in March and see what it's all about! You can sign up for the series if you want to.

Birthdays!

JANUARY

1st	Louise Woolsey
2nd	Ruby Lemke
2nd	Joe Crusey
9th	Helen Dunlap
10th	Caroline Miller
12th	Carmen Longoria
16th	Betty Rockne
19th	Colleen Davidson
24th	Odette Beurrier

MARCH

1st	Earle Ausman
2nd	Gladys Rosier
6th	Ruth Hausman
7th	Thomas Willis
8th	Laura Hunter
9th	Avis Dunkin
11th	Lenore Ortland

HAPPY BIRTHDAY

FEBRUARY

1st	Carol Arneson
1st	Ernie Cusack
5th	Kay Vinson
9th	Marilyn McRae
13th	Rose Schaefer
13th	Gordon Nightingale
19th	Maria Wallis
19th	Lisa Domier
22nd	Ellie Brimanis
24th	Alice Winthrop
24th	Harry Stober
25th	LuDean Knight
27th	Lyda Rodgers
28th	Verna Espenshade
22nd	Clara Rondeau-Kelly
24th	Nobu Terasawa
30th	Jean Kaufman

Food Service Information and Updates

While we might still have a *few* months before our weather warms up, please remember one of the most important things you can do for your body and your mind is to drink water. Dehydration is not only a summer-time problem but can happen anytime of the year. Water, especially in such fluctuating temperatures like we're seeing now, is your best friend for life!

The Food Service Department is looking for Resident Recipes! Please feel free to drop off one of your favorite recipes or an idea for an item that you'd like to see on the menu at APH with any member of the Food Service Department or at the Food Service drop-box located outside of the office on the 5th floor. We have received some great recipes and suggestions and have had a fun time incorporating them into our menus. Many thanks to all that have participated already!

ACTIVITIES

March Shopping Trips

7th — Fred Meyer - Dimond

14th — Walmart - South

21st — Fred Meyer - Dimond

28th — Walmart - South

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 **Movie Mondays** and on **Wednesdays** for **Man Cave Movies**.

Coming Attractions:

Mondays at 1:00pm

4th — Mary Poppins

11th — The Magic of Ordinary Days

18th — The Statue of Liberty

25th — No movie

Man Cave Movies

Wednesdays at 1:00pm

6th — Foyle's War Saga

13th — Foyle's War Saga

20th — Foyle's War Saga

27th — Foyle's War Saga

Welcome New Residents



Lydia Rodgers

Avis Dunkin

Elna Evans

Laura Hunter

Arlene Heacox

Jeanette Kent

Rosemary Nasko

Margaret De Stefano

Melba Thomas

Barbara Hixssen

Teddy Lemaire

Robert Gardner

Wayne Weiler

Earle Ausman

To Our Home!!!

APH

Anchorage Pioneer Home

923 West 11th Avenue

Anchorage, Alaska 99501

Phone: (907) 276-3414

Fax: (907) 343-7272

Mukluk Contact: Robert

Montague (907) 343-7240

Resident Council Board Members

President: Jan and Bill MacClarence

Vice President: Harry Stober

Treasurer: Vacant

Secretary: Carol Scott

Resident Council

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

This month's meeting will be on **March 15th.**

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

Pioneer Poke Hours

Mon, Tue, Thu **9:30am—3:00pm**

Fri: **10:30-2:00** Closed Wednesday

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:

2nd Tuesday of Each Month

1:30 PM

2-South Wild Rose Café

4th Wednesday of Each Month

10:00 AM

Sunset View

Hope to see you there!

**THIS MONTH'S
CROSSWORD**



B	A	S	E	D		A	C	E	S		Y	A	R	N
O	U	T	E	R		R	A	P	T		O	L	E	O
S	T	E	L	A		T	R	E	E		K	I	S	T
C	O	P	Y	W	R	I	T	E	R		E	V	E	R
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M	I	T	T		M	I	G		O	R	E			
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W	R	A	S	S	E		Y	U	L	E				
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S	A	G	O		E	W	E	R		E	L	B	O	W
E	B	O	N		Y	A	Y	S		R	E	S	T	S