

MUKLUK



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

Happy 100th Birthday to Jean Kaufman!! Jean, aka Buttons the Clown, celebrated 100 in style on Saturday, March 30th here at the Pioneer Home! In attendance were many many friends, family from Nova Scotia, 2 Anchorage Mayors, Shriner's Clownettes, and even Mr. Whitekeys stopped by to sing her a couple of songs. Here are some photos of the party!



Resident Council News

There will be significant changes taking place with the Resident Council over the next few months.

Jan and Bill MacClarence have made the decision to move out of the Alaska Pioneer Home in Anchorage. Their departure creates additional vacant positions on the Resident Council's Executive Board. They had been serving as Co-presidents with Bill serving as acting Treasurer. We wish to thank them for their service and wish them good luck in wherever the road of life takes them.

The remaining members of the Executive Board of the Resident Council felt that in light of the fact that few residents seem willing to fill open positions on the Executive Board or serve on or chair committees that a change was in order. A special meeting was held on March 29th, 2019 with the sole topic of starting the process of amending the bylaws to go from monthly meetings to quarterly meetings and to give the residents a voice in the choice of officers. These changes to the bylaws will be voted on at the next Resident Council meeting on April 19, 2019.

If you are a resident of the Alaska Pioneer Home in Anchorage you are a member of the Resident Council. If you would like to become further involved in the council's work please contact Harry Stober or Carol Scott.

Over the last few months we have had success with two raffles to raise funds. We will be raffling off a bed cover at the Ice Cream Social just before Mother's Day. Ticket will be \$1.00 each or 6 for \$5.00.

There are new hours for the Nifty Thrifty Store. It is now open every Monday from 12 noon to 2:00pm.

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

(3) possess and use personal clothing and other personal property, unless the home can demonstrate that the possession or use of certain personal property would be unsafe or an infringement of the rights of other residents;

(4) engage in private communications, including

(A) receiving and sending unopened correspondence;

(B) having access to a telephone, or having a private telephone at the resident's own expense; and

(C) visiting with persons of the resident's choice, subject to visiting hours established by the home;

Remembering Our Friends

Kay Vinson

Diane Holman

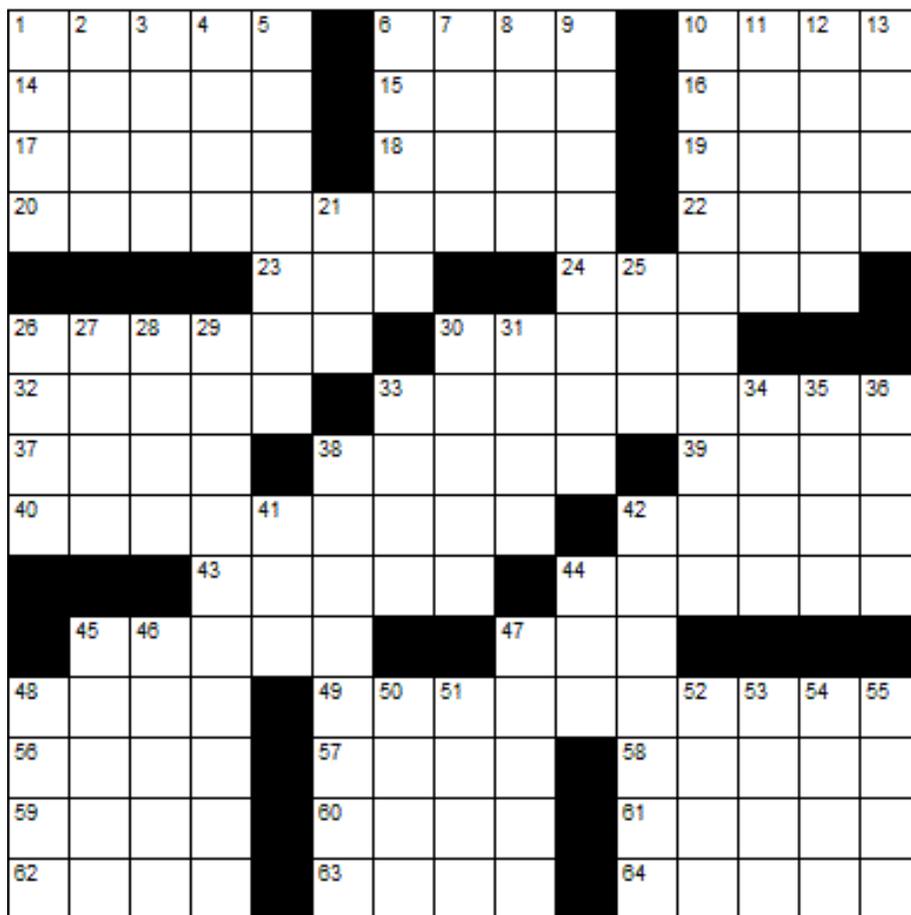
Susan Wong

Joyce Galleher



Across

- Sir, in India
- Winter precipitation
- Baroque composer
- Cost
- Sheltered nook
- Skilled
- Heretofore (2 words)
- Lion sound
- Fly high
- Sensible
- Smooch
- Beer barrel
- Pup
- Record player
- Anagram of "Tutor"
- Made of oak wood
- Baleen
- Remnant
- Anagram of "Fires"
- Diva's solo
- Enticement
- Tribes
- France's longest river
- A chip of stone
- Directly (archaic)
- Watch chain
- Smack
- Incentive
- Hubs
- Analogous
- AM/FM device
- Chocolate cookie
- Story



Down

- Box
- Backside
- Hello
- Frosts
- Foreshadow (archaic)
- Scrawny one
- Backwards "Boon"
- Egg-shaped
- Lycanthrope
- The B in the NBA
- Agitated
- Fastener
- Not his 21. "The Matrix" hero
- Ordinance
- Spasm
- Shower
- Small dam
- By mouth
- 1 less than 10
- Where the sun rises
- Wounds 41. Bamboozle
- Nightclub
- Governor (abbrev.)
- Cursed
- Harness racer
- Monetary penalties
- Notch
- Alright

Birthdays!

HAPPY BIRTHDAY

1st Carol Scott
1st Freddie Erickson
2nd Mickie Hinman
7th Mary Jones
7th Max Kersbergen

14th Arlene Pannone
16th Cynthia Toohey
19th Esther Haygood
21st Myrna Sells
26th Arlene Heacox

Food Service Information and Updates

Food Service will be hosting its monthly Food Forum on Wednesday, April 17th at 10:30 in the Sunset View dining room. All elders, family and friends are invited to attend.

Food Service will also be hosting a festive Easter luncheon on Easter Day, 4/21/19 at the noon meal. We will be serving your choice of Leg of Lamb or Baked Ham, Fruit Salad, Deviled Eggs, Dijon Roasted AK Red Potatoes, Lemon Glazed Fresh Asparagus, Dinner Rolls with Butter and Carrot Cake with Cream Cheese Frosting.



ACTIVITIES

April

Shopping Trips

4th — Fred Meyer, Dimond

11th — Walmart, Eagle River

18th — Fred Meyer, Dimond

25th — No shopping - Fish Hatchery

Remember, you can sign up at the front



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

15th — Jesse Stone

22th — Butch Cassidy and the Sundance Kid

29th — Alaska the Land Beyond

Welcome New Residents



Robert Nesvick

Rosemary Wheeler

Martin Ondra

Marjorie Sappah

Johnnie Northcott

APH

Anchorage Pioneer Home

923 West 11th Avenue

Anchorage, Alaska 99501

Phone: (907) 276-3414

Resident Council Board Members

President: Vacant
 Vice President: Harry Stober
 Treasurer: Vacant

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 **April 19th.**

Pioneer Poke Hours

Mon, Tue, Thu **9:30am—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:

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

4th Wednesday of Each Month
 10:00 AM
 Sunset View

THIS MONTH'S CROSSWORD



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

April Activities

Chugach Mountain Range Cloggers - 2nd Friday of every month during the 5th floor ice cream social.

Hippity Hoppity Lattes - Tuesday the 16th at 10:00am in the 1st floor information center

Bingo w/the Air National Guard - Saturday the 20th at 10:00am in the Tundra Lounge

Easter Pictures - Easter Sunday (21st) photographer Andy Romang will be here from 10:00am - 2:00pm in the first floor lobby taking photos. This is free of charge and open to all residents, family members, and staff.

Fish Hatchery Tour - Thursday the 25th at 12:30 PM. There is no cost and

Maintenance Moment

Spring appears to be wanting to stay and push old man winter out, good riddance I say. We now have new washers for resident laundry rooms on 2nd and 3rd floors, we got rid of the noisy washer on the 4th floor and now life is good again.



The maintenance crew should be getting out and getting the deck cleaned very soon and I am sure people are ready to get out there and plant.

Very soon we will be turning on the sprinklers and we are already working on the mowers.