



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

I know this is a stressful and uncertain time for many of you with regard to the proposed rate increases. We are currently in the middle of the public comment period for those proposed changes. This period will end on June 28th, 2019. Please be sure your comments are submitted and heard.

There are numerous ways you may do that:

- 1) There will be a telephonic public comment hearing on Tuesday, May 28th at the Anchorage Pioneer Home. It will be held from 1:00pm-4:00pm in the 5th floor Tundra Lounge. If you would like to speak please be there and signed up to no later than 2:30pm. Anyone signed up by that time will be heard, even if the hearing has to run long.
 - 2) If you would prefer not to speak during this hearing, you may submit a written comment to:
Department of Health & Social Services
Division of Alaska Pioneer Homes
RE- Regulation Change
P.O. Box 110690, Juneau, AK 99811
 - 3) Additionally, comments may be submitted by fax at (907) 465-4108 or by electronic mail at alaskapioneerhomes@alaska.gov.
- All comments must be received no later than 5:00 p.m. on 6/28/19.

May and June Activity Highlights

May 24th: Veterans Memorial Day Social — 2:00 PM in the 5th Floor Dining Room. Quilts of Valor will be here to present some of our Veteran's handmade quilts in honor of their service.

May 30th: Scenic Drive to Beluga Point - 12:30pm. See Activities to sign up

June 11th: Papa Lattes — 10:00am in the first floor Information Center

June 14th: Annual Father's Day BBQ and Iron Skillet Chili Cook-off — Cook-off at 10:30am; BBQ to follow at noon on the 3rd floor deck (weather permitting - alternate site 5th floor dining room). The cook-off is open to all elders, family members, volunteers, and staff. If you would like to enter please see Bob in activities. Bring your chili and then stick around for the BBQ sponsored by the Mason's of Alpha Lodge 1 at Noon.

June 26th and 27th: Annual Beach Lake BBQ. Each year we head out to Beach Lake in Chugiak and have our selves a fire and a cook-out! If you would like to sign up for either day please see Bob in Activities.

Social Work Corner

As we draw closer to the public comment period regarding rate changes I know finances are a concern for many. Here is some information regarding rental assistance. There are two different assistance programs that will help residents remain living at APH even if you cannot afford the monthly rate; Home and Community Based Medicaid Waiver and Pioneer Home Payment Assistance Program.



The resource limitation for the Payment Assistance Program is \$98,000 for a resident with a spouse living in the community and \$10,000 per individual if there is no spouse or the spouse also lives in a care facility.

The Medicaid Waiver program (mostly for level 3 residents) has an individual resource limit of \$2,000 for the applicant and \$126,420 for a spouse living in the community.

If you have questions about your eligibility or how to apply please contact Mikki in social work 343-7250.

Resident Council News

A lot has happened with the Anchorage Pioneer Home Resident Council (APHRC) since the MUKLUK was last published.

A meeting of the full council was held on Friday April 19, 2019. A number of items were discussed that all residents of the APH need to be aware of.

It was noted by the Secretary, Carol Scott, the position of President was now vacant and that as per Robert's Rules of Order the Vice President assumes the Office of President. Harry Stober was installed as President.

The nominating committee nominated Carmen Hayes to assume the office of vice president. No other nomination were received. She was approved without objection and will fill out the term.

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

Rich Saville the Administrator for the Anchorage Home gave a report on the expansion of the 3 levels of care to 5 and the proposed rate increases.

All of our voices need to be heard in Juneau on this issue.

Oral or written comments may be submitted at a hearing to be held on May 28, 2019. It will be a teleconference with the 6 Pioneer Homes from 1pm to 4 pm. All are encouraged to attend and to participate.

Nifty Thrifty is doing well. It is open every Monday from 12 noon to 2pm. If we get more Volunteers we will consider extending hours and or days per week the store is open.

The APHRC bylaws were amended changing the meetings from monthly to quarterly (February, May, August, and November).

The next Council Meeting will be on Friday AUGUST 16, 2019 at 1 pm in the Tundra Lounge

Across

- 1. Small units of measure
- 6. Remain
- 10. Airhead
- 14. Consumed
- 15. Rectum
- 16. Type of sword
- 17. Bouquet
- 18. Leave in a hurry
- 19. Terror
- 20. A young unmarried woman
- 22. Bothers
- 23. Humdinger
- 24. Enclose in
- 26. Weight to be borne
- 30. Central
- 31. Japanese apricot
- 32. Leer at
- 33. Once more
- 35. Kingly
- 39. Malign
- 41. Frugality
- 43. Anagram of "Fires"
- 44. Stigma
- 46. Algonquian Indian
- 47. Bovine
- 49. Mineral rock
- 50. Cravings
- 51. Convulse
- 54. Purges
- 56. Warmth
- 57. Image breaker
- 63. Hindu princess
- 64. Anagram of "Note"
- 65. Bog hemp
- 66. Therefore
- 67. Nights before
- 68. Practical
- 69. Biblical garden
- 70. Catches

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69					70					71				

Down

- 1. Extinct
- 2. Unusual
- 3. "Smallest" particle
- 4. Quick note
- 5. Escargot
- 6. Standards
- 7. Add
- 8. Twofold
- 9. High regard
- 10. Inadequacy
- 11. A drama set to music
- 12. Discharges
- 13. Brusque
- 21. Poison plant
- 25. Infamous Roman emperor
- 26. Plenty
- 27. Brute

- 28. Winglike
- 29. Loyalty
- 34. Fatigue
- 36. Pierce
- 37. So be it
- 38. Caustics
- 40. Flying saucers
- 42. Doctrine
- 45. Diadem
- 48. Bleach
- 51. Half of six
- 52. Listened to
- 53. Cooktop
- 55. Scour
- 58. Sheltered nook
- 59. Tardy
- 60. Dogfish
- 61. Sediment
- 62. T T T T

Birthdays!

HAPPY
BIRTHDAY

MAY

3rd Ruth Brooking
5th Lenore Clinton
7th Phyllis Thompson
12th Bobbye Curry
13th Gloria Mongin
20th James Fraser
21st Teddy Lemaire
29th Ruth Bohms
30th Reidun Hansen
31st Dorothy Douglass

JUNE

5th Bev Neely
12th Dany Swank
14th Grace Cates
14th Ruth Spinner
27th Pat Bernard
28th Marge Sappah

Food Service Information and Updates

We are looking 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!

Our Father's Day Festive Meal will take place on Sunday, June 16th at lunch. We will be serving a Summer Fruit Salad, BBQ Ribs or Baked Ham, Baked Potato with Sour Cream, Corn on the Cob, Dinner Roll with Butter, Cherry Pie with Ice Cream. Reservations are required and can be made at 343-7229.

The monthly Food Service Food Forums are held the third Wednesday of each month at 10:30 am in the dining room on Sunset View. All residents, friends and family members are invited to attend. The next Food Forum will be held on Wednesday, May 15th at 10:30. Hope to see you there!

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

(5) close the door of the resident's room at any time, including during visits in the room with guests or other residents;

(6) at the resident's own expense unless otherwise provided in the residential services contract, participate in and benefit from community services and activities to achieve the highest possible level of independence, autonomy, and interaction with the community;

(7) manage the resident's own money;

(8) participate in the development of the resident's assisted living plan;

(9) share a room with a spouse if both are residents of the home;

Remembering Our Friends

Lone Janson

Maria Wallis

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



ACTIVITIES

May/June

Shopping Trips

- 23rd — Walmart, South
- 30th — No shopping, scenic drive
- 6th — Fred Meyer, Eagle River
- 13th — Walmart, South
- 20th — Fred Meyer, Dimond
- 27th — No shopping, Beach Lake

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

- June 3rd - Barefoot Contessa
- 10th — Parenthood
- 17th — California
- 24th — Carousel

Man Cave Movies

Wednesdays at 1:00pm

- May 29 — Singing in the Rain
- June 5th — Housesitter
- 12th — “the end”
- 19th — Foyle’s War: They Fought in the Fields
- 26th — Foyle’s War: Enemy Fire

Welcome New Residents



John Nelson Iola Peretti
Billy Badger Myrtle Olsen
Marian McDonald
Dan Ver Ploeg

Welcome 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

Resident Council Board Members

President: Harry Stober
 Vice President: Carmen Hayes
 Treasurer: Vacant
 Secretary: Carol Scott

Resident Council

Your Resident Council meets the 3rd Friday of February, May, August, and November at **1:00pm in the Tundra Lounge**

The next meeting will be on **August 16th, 2019.**

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

THIS MONTH'S CROSSWORD



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!

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