

ACTIVITIES

Activities Information

Hello Everyone! We've made some adjustments to our activities program in response to the coronavirus. I encourage everyone to read the weekly Spotlight of Activities program calendar for the latest schedule changes.

Please let me know if you have any questions or suggestions regarding activities. Thank you!
Robert Montague (343-7240)



Everyone is invited to the 3rd floor of the south side for **Movie Mondays** and **Wednesdays with Daphne**.

The movies start at 12:45 PM. We generally serve refreshments. Please tell the activities staff if you have a request and we will do our best to get that movie for you to watch. We get the movies from a variety of sources including Netflix so we have access to hundreds of choices.

Some residents have their own movies and share them for others to watch during one of the movie programs. Please remember to keep your 6' social distance.

APH

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Welcome New Residents



Larry Keeler September 3rd

Welcome to our Home!



October 2020

Anchorage Pioneer Home



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

Administrator's Corner

By Rich Saville

The Department has updated their guidance in regards to visitation in the Pioneer Homes. Last month I reported the community spread needed to be a 14 day average of 5 or fewer new cases per 100,000 population. This has been revised to allow for a 14 day average of 10 or fewer new cases per 100,000. Currently Anchorage's 14 day average per 100,000 population is 16. We are getting closer, but not quite there yet.

Last month we said goodbye to our long time social worker, Mikki. I know she is missed but we are excited to see her accepting new challenges! We are currently working through the hiring process to fill her position and hope to have someone on board by the end of October.

We were also able to hire our new admissions coordinator, Makayla Guild last month. You may remember her as our social work intern last year. While we work on hiring our new social worker, she can assist you with questions you would have normally taken to Mikki. Makayla's office is just down the hall from the front office on the first floor, room 116.



Shopping Update

Pioneer Home Shopping Program

The Pioneer Home Activities Department has developed a shopping program, as one way, in which residents can purchase items at Fred Meyer. We call this program the **Basic Necessity Online Shopping Program (BNOSP)**.

Residents will be able to order basic items/necessities online with a computer and with the help of an activities staff person. Once the items are ordered the activities staff will go to Fred Meyer and pick up the items for you.

This is how the program works:

- *Residents schedule an appointment to meet with an activities staff person at the Information Center to order items on Thursday afternoon unless there is a holiday.
- *Residents sign up for a Fred Meyer membership card called the "Rewards Card" if you don't already have one.
- *Staff will pick up the items each Monday, unless there is a holiday, and deliver them to your room.
- *During the appointment/meeting you will have time to ask questions and staff will also review more of the details of the program.
- *Fred Meyer charges may charge a \$4.95 service fee per order, but has waived this fee since March.
- *The Pioneer Home Front Office has the appointment sign-up sheet.



Dietitian News

Hello APH Residents, Family and Staff,

Flu season is approaching and it is an important time to focus on nutrition! Hippocrates says "let food be thy medicine and medicine be thy food". There are many foods we can eat to help improve our immune system to help prevent illness. Vitamins A, C, D, E, and folate as well as minerals iron, selenium and zinc are critical for immune health. You can get all these nutrients by making sure at meal times:



Heather English

- Half of your plate is fruit and vegetables
- Quarter of your plate is lean meat, nuts and seeds
- Quarter of your plate includes whole grains
- 2-3 glasses of milk or soy milk per day

Exercise and hydration also play important roles with immune health. It is recommended to exercise 30 minutes per day and to drink 6-8 glasses of fluid per day. Probiotics found in yogurt improves gut function which strengthens the immune system. If you have questions feel free to call your friendly dietitian at 907-343-7284.

Eat well and stay healthy friends!



Covid-19 Prevention Tips

- *Wash hands often for at least 20 seconds.
- *Feel free to use hand sanitizer around the home.
- *Do your best to keep 6 feet between you and others while visiting.
- *My mask protects you, your mask protects me.
- *Do not leave the home for any reason other than an approved medical appointment or for a walk around the block.

Famous Quotes in History

- *Listen to your elder's advice. Not because they are always right, but because they have more experience of being wrong
 - Unknown
 - *The man on the top of the mountain didn't fall there
 - Vince Lombardi
 - *Life is not about waiting for the storm to pass, but learning to dance in the rain
 - Unknown
 - *Start where you are. Use what you have. Do what you can.
 - Arthur Ashe
 - *Don't watch the clock, do what it does - keep going
 - Sam Levenson

October Birthdays!

HAPPY BIRTHDAY

Damiene Hoehn	October 1
Alice Sullivan	October 6th
Andy Klein	October 7th
Phyllis Miller	October 7th
Florence Millara	October 10th
Donna Morgan	October 15th
Katsumi Kenaston	October 16th
Delores Carloni	October 22nd
Lloyd Jacklin	October 22nd
Tony Susook	October 24th
Robert Magnus	October 27th
Ebba Tweed	October 28th
Lynn Chambers	October 29th



In Loving Memory

- *LaRae Eldridge
- *Regina Levy
- *Dinah Meyer
- *Nanci Biggerstaff
- *Sue Harris
- *Frederick Louvring
- *Nellie Lord



Maintenance Moment

Hello everyone:

October is one of my favorites, the weather cools down, the leaves fall off the trees or are already off and college football is usually on the TV (Michigan-Go Blue).

Getting outside and raking, putting stuff away for the winter, getting the last mow for the year in. For the maintenance crew that means hoses, sprinklers, all summer stuff needs a home for about 6 months. We have been getting stuff ready for the long nights as well with the lighting, Boilers, heaters, all that must be ready for the constant use. Snowblowers, ice melt, shovels, all that stuff needs to come out and be ready for use. Then of course Halloween and the upcoming holidays are all on our minds as well. I hope everyone had a good summer and made the most of the sunlight when it was here.

I will say it again as I do most mukluks, if you are in need of maintenance, call 343-7230 for the shop or 343-7253 for the maintenance supervisor. You can always let your nurses know you need something and they can let us know whether a phone call or email.

Have a good fall season and please stay safe.

Chuck



October Trivia Questions

1. The First Jack-o-Lanterns were made out of what?
2. How heavy is the heaviest pumpkin ever recorded in the world?
3. What makes leaves change to either a red or purple color?
4. What state in the USA is home to the largest corn maze in the world?
5. What weed pollen causes the most common fall allergies?



Come and join us for ceramics on Saturdays at 1:00pm in the 5th Craft Area. The tiles are done with a style called "Silk Screen". We have a variety of objects and a nice selection of paints. There are solid colors and paints with crystals that make each creation your very own style.



Resident Floor Meetings

We have two resident floor meetings each month. Residents who live on the south side have a meeting. There's another meeting for residents who live on the north side. This is a great way to share your ideas and keep informed about the happenings around APH. Here's the schedule:

South Side Floor Meeting

2nd Wednesday of Each Month
10:00 AM
2-South Wild Rose Café

North Side Residents' Floor Meeting

4th Wednesday of Each Month
1:30 PM
Sunset View Living Room

This and That Section

Trivia Answers

1. Turnips
2. 2,634.6 lb pumpkin that was grown in Belgium (Guinness World Record)
3. Sugar is trapped in the leaves causing red and purple colors
4. California. In Dixon, Ca., Cool Patch Pumpkin hold the record for the largest corn maze at 60 acres. It's common for people to call 911 because they can't find their way out.
5. Ragweed



A Little Chuckle by Ashaya 8 yr's old



Joke: Q: What do they sell at the Antarctic McDonalds?
A: Chillllliiii dogs and Burrrrrrrr - gers!

Voting Update

As many of you know, the official voting day for the upcoming election is on Tuesday, November 3rd. Because of the corona virus the Pioneer Home will not be a polling site this year. However, residents can vote via absentee ballot and have their ballot mailed directly to them.

Many residents have already completed an absentee ballot application and were sent a Primary Election ballot and will also receive (in the mail) the General Election ballot. If you have already completed an absentee ballot application you do not need to complete another application as long as you checked the box for both elections. If you have not completed an absentee ballot application please contact Robert Montague 343-7240 at least 15 days before the November 3rd elections—the sooner the better.

Pioneer Home staff will not be taking residents to the polling site at Inlet View Elementary, but people can get there via private transportation. For more information you can also contact the Division of Elections at 522-8683.

Poem of the Month October



Autumn

The leaves are falling
one by one.

The sunny days
will soon be gone.

Yellow, orange, brown and green,
the colours of
Autumn can be seen.

The wind, the rain,
the sun shines through.
It's colder now
for me and you.



My mask protects you, your
mask protects me!

Fa La La Lattes

We will be delivering special coffee drinks to all the wonderful people who live and work at the Pioneer Home. This will take place on Thursday, October 1st. Activities staff will deliver your coffee to your room or office between 9:00 and 11:00 AM on October 1st.



To receive your beverage all you have to do is complete the order form and put it in one of the coffee delivery boxes located throughout the Pioneer Home before October 1st.

You can select between Americano, a Mocha or a Latte'. We also have a variety of flavors to choose from.

Cook's Corner By Freddie Erickson

Special thanks and appreciation to Freddie Erickson who has offered to share her recipes in the Mukluk.



Freddie's Cornbread

- 1—Can whole kernel corn (drained)
- 1-Can of cream style corn
- 1-Pint of sour cream
- 2-Eggs
- 3-Sticks of butter
- 2-Boxes of Jiffy cornbread mix

Bake at 450 degrees for 40 minutes (ungreased pan)
You can add chilies or jalapenos if you wish

Dates to Remember

October 1st
9:00—11:00 AM
Special Coffee Delivery

October 19th
Alaska Day State Holiday

October 31st
Halloween Day



This Day in History October

- 1st: The Television series "The Twilight Zone" premiered (1959)
- 5th: The World Series was broadcast on radio for the first time (1921)
- 14th: Martin Luther King Jr was awarded the Nobel Peace Prize (1964)
- 15th: "I Love Lucy" premiered on television. (1951)
- 19th: The Senate passed a bill making Martin Luther King's Birthday a national holiday. (1983)
- 19th: The Revolutionary War ended. (1781)
- 21st: Thomas Edison invented the incandescent electric lamp. (1879)
- 23rd: 25,000 women marched in New York City demanding the right to vote. (1915)
- 24th: Anna Edison Taylor is the first person to survive going over Niagara Falls in a barrel. (1901)
- 26th: The Erie Canal opens, connecting Lake Erie to the Hudson River. (1825)
- 26th: The "Gunfight at the OK Corral" occurs. Wyatt Earp, his two brothers, and "Doc" Holliday, have a shootout with the Ike Clanton gang. (1881)
- 28th: France presented the U.S. with the Statue of Liberty (1886)

Resident Council News

There have been some changes in the makeup of the executive board of the Resident Council.

President—Harry Stober

Vice President—Position Vacant

Secretary—Esther Miller

Treasurer—Johnnie Northcott

Positions that need to be filled:

Nifty Thrifty Store: We need two or three people to help. Carol Scott is filling in and doing what she can as a temporary fill in.

Other Vacant Positions:

Vice President
Welcoming Committee
Development Committee
Social Committee

If you would like to serve on or chair a committee please let us know.



Zoom Me a Story Students

The Seedlings by Joseph (9 years old)

Once upon a time, there was a nursery of seedlings. One of the seedlings was the largest, and there was a seedling that was the smallest. They were all competitive.

One day the largest became lazy and stopped growing. The smallest seedling was **WORKING HARDER** and he grew rapidly. He had a huge growth spurt.

When they became trees, the largest was the smallest and the smallest was the largest.

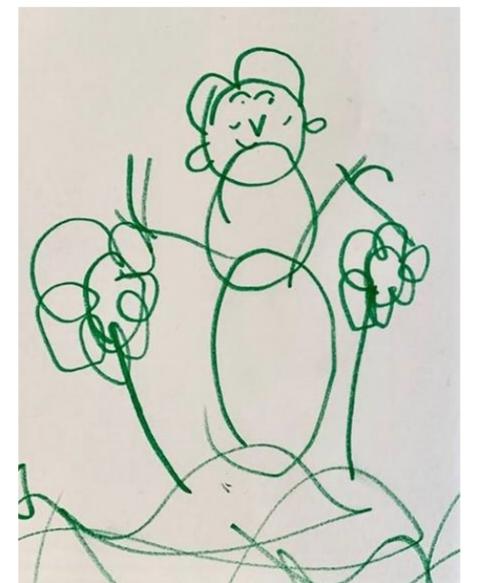
Special Note: Joseph, Paul, and Lydia also volunteer every Friday at 11:00 am to read, sing, and play piano for our Delaney Garden residents via Zoom!



Student Artwork



The Fierce Vikings by Paul (7years old)



Snowman and Flowers
By Lydia (3 years old)