



The Prospector

Sitka Pioneers' Home

June 2015 Vol.35 No.6

Resident Birthdays

| | |
|------------------------|------|
| <i>Tom True</i> | 6-3 |
| <i>Galen Insteness</i> | 6-12 |
| <i>Melba Van Horn</i> | 6-17 |
| <i>Jim Davis</i> | 6-29 |

Staff Birthdays

| | |
|-------------------------|------|
| <i>Nathan Bernhardt</i> | 6-4 |
| <i>Marc Vidad</i> | 6-8 |
| <i>Keith Gibson</i> | 6-13 |
| <i>Barb Sturm</i> | 6-15 |
| <i>Lea Cariaga</i> | 6-17 |
| <i>Allison Kaylor</i> | 6-19 |
| <i>Sharie Manuel</i> | 6-23 |
| <i>Judy Molina</i> | 6-24 |
| <i>Shari Carroll</i> | 6-25 |
| <i>Jess Holden</i> | 6-27 |
| <i>Cecilia Mirasol</i> | 6-28 |

We will celebrate all June birthdays at Home Happenings on Friday, June 26th.

Scuttlebutt...

We had several Sitka High Graduates this year! Congratulations to Audrey Nevers' son, Justin, and Joe & Lisa Partido's son, Mark! Leah Van Cise's son, Tristan, was the Salutatorian for the class of 2015! What an awesome achievement! Congratulations to each of them and their families!

Josie Ancheta's son, J.R. Ancheta, and daughter, Aiza Miguel, just graduated from UAF! J.R. has a Bachelors of Science degree in Liberal Arts and Aiza earned a degree in Civil Engineering, Magna Cum Laude! Congratulations, Josie. Your kids are awesome!



Cheryl Duncan is retiring! June 1st marks the last day of her 27 1/2 year career as a Certified Nursing Assistant here! Cheryl's calming gentle nature will be truly missed by residents and staff. Thank you for your many years of service and best wishes for your retirement!



May Day—Basket—making



Cinco de Mayo Fiesta—our nearly 30 year old piñata's last hurrah!



Comfort Food Contest—"Mother's Favorites"



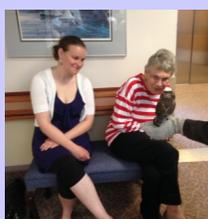
Elk's Mother's Day Celebration—Honoring Fredi Young and all our wonderful Mothers!



Fortress of the Bear—Outing



Raptor Center—Home Visit





**Help celebrate our
crazy ways,
Dress up funky on
Fulton Day!**



**June 9th @ 1:30pm
In the Main Lounge**

**In honor of Fulton Thompson, on his birthday,
and the unique wardrobe he wore with pride!**

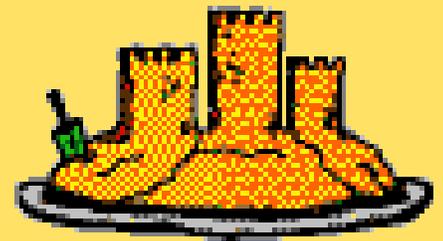
Eden Reregistration Party!

*Get geared up for a Luau themed beach party to
celebrate our recent Eden reregistration!*

*Friday June 12th, 2015 @ 1:30pm
— Main Lounge*



Games, drinks, fun!



Father's Day Extravaganza!

FRIDAY JUNE 19TH, 2015

9-11am—Free Barbering (Beauty Shop)

11:30am—Steak and/or Hotdog lunch (Recreation Kitchen)

1:30pm—Men's Drive (meet at Barrack's Street Door)

EDEN MOMENTS

A new garden is in the works! Skye is gathering supplies (and helping hands) to build a garden bed for the front porch. It will be a table height, wheelchair accessible structure featuring many edibles. Residents are encouraged to assist with care and harvesting. How exciting!!

Don't judge each day by the harvest that you reap, but by the seeds you plant.

Robert Louis Stevenson
British writer

Eden Principle 2:
An Elder-centered community commits to creating a Human Habitat where life revolves around close and continuing contact with plants, animals, and children. It is these relationships that provide the young and old alike with a pathway to a life worth living.

Thank YOU!

Sitka Elks Lodge for the wonderful Mothers Day celebration they hosted for the ladies of our home. Fredi Young was our honored "Mother of the Year"! Thank you very much for, once again, sponsoring this annual event.

Jill has become famous for her gorgeous and delicious trifles that she makes for our Elks "Mother of the Year" Party! What a thoughtful way to celebrate the day! Thanks, Jill! You really know how to make us feel special! ~The Mothers

Raptor Center came to us with two owls recently. "Tootsie," the Saw-whet Owl, and "Owllison," the Horned Owl, were so fun to look at and learn about. Thank you for bringing in the birds and sharing your knowledge of them with us! We look forward to your next visit.

Fortress of the Bear let us stop by and see the bears (all eight of them!) free of charge this month. Thank you for letting us visit the bears every summer. It's so fun to watch them grow!

Gene McGuire, our Kitchen Manager, is always coming up with ways to help out with providing food for our special activities! He had treats ready for our May Day gathering, loaded nachos for Cinco de Mayo, helped out with the latest Comfort Food Contest, and was happy to host a pizza party for National Pizza Party Day. Gene also inspired our "Pizza and a Movie" gathering recently (which was a blast and his homemade pizzas were delicious). Gene, and the rest of the kitchen staff, are also helpful when we need a last minute ingredient or two for our baking/cooking groups. Thank you, Gene, for all you do to enhance the quality of life we all experience in this home!

Nursing Assistants Appreciation



**Celebrate Certified Nursing Assistants Week
June 11-18th, 2015**

This is an important time to recognize the work of our CNAs, who have dedicated their lives to caring for others, and to learn from the skills they have gained in that time.

*We will be honoring the excellence of our
Certified Nurse Assistants at the
Home Happenings celebration on Friday,
June 26th, 2015.*

Welcome Thomas "Tom" True

Thomas Jesse True was born June 3, 1949 in Portland, OR to Charles True and Gail Gipson. Tom has a brother, Glenn, living in Portland and a brother, Scott, who is now deceased. He married Shelley McLaughlin on May 24, 1975 and they moved to Alaska in 1978. They have two sons, Nicholas, living here in Sitka, and Micah who lives in Edmonton Alberta Canada. Tom received a Masters Degree in Zoology, but spent his career working for the US Immigration and Naturalization Service, from where he retired in 2008. Thomas likes many different kinds of games such as BINGO, dominos, checkers, cards and puzzles. He also likes reading and discussions. Tom enjoys outdoor activities such as walking and picnics and going for a ride to the store. Thomas is a bit shy, but once he is more settled in you'll find he has a good sense of humor and would like to participate in a variety of social activities.

*Welcome Tom to R-House Neighborhood
and the Sitka Pioneer Home family!*

Resident Meeting Minutes

Wed. May 20, 2015 @ 1:30pm in the Rec. Kitchen

Attending: Fredi Y, Sue H, Donna G, Dorothy K, Martha H, Maureen R, Jim D, Al G, Mary E, Henriette O, Susie S, Rebecca T, Recreation Assistant, Gene M, Kitchen Manager, Skye W, Recreation Therapist I.

Meeting minutes from April were approved as read.

Food Forum:

- Gene spoke about the menu for the next three Thursday BBQs.
- Gene initiated the idea for "Pizza and a Movie" that will be held May 27th, @ 1:30pm with his homemade pizza being served for all in attendance.

Agenda Items:

- Home happenings is on Friday, May 29th @ 1:30pm, honoring our Nurses.
- The walking picnics will be back on the calendar starting in June. They are scheduled for Tuesdays at 11-1pm and include a bag lunch from our kitchen.
- June 9th is a new Pioneer home holiday called Fulton Day in honor of our dear friend, Fulton Thompson. June 9th was his birthday, and in honor of his eccentric wardrobe and creativity all are encouraged to dress up a little crazy!
- We are having our Eden Re-registration Party on June 12th with a Luau theme.
- Father's day will be celebrated on Friday June 19th with free barbering for our men, a steak and/or hotdog lunch in the rec. kitchen and a drive in the afternoon, just for our guys!
- Home happenings for June will be honoring the CNA staff.

New Business:

- No new business.

Phil's update:

- Dayna attended in Phil's absence. Phil is planning on returning in a couple more weeks. The domestic water remodeling is in progress.

Respectfully submitted, Skye Workman, RT I

