



# The Prospector

Sitka Pioneers' Home

May 2015 Vol.35 No.5

### *Resident Birthdays*

<i>Dolores Anderson</i>	5-02
<i>Percy Hope</i>	5-02
<i>Richard Witham</i>	5-02
<i>Clarence Wanamaker</i>	5-10
<i>Donna Grunow</i>	5-13
<i>Maurice "Pug" Nelson</i>	5-23
<i>Steve Johnson Sr.</i>	5-23

### *Staff Birthdays*

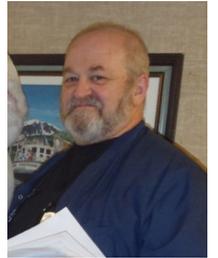
<i>Resty Fernandez</i>	5-02
<i>Mayjoy Castro</i>	5-03
<i>Patti Hudson</i>	5-05
<i>Michael Sibayan</i>	5-05
<i>Philip Welsh</i>	5-06
<i>Antonia Chong</i>	5-10
<i>May Rose Bagoya</i>	5-11
<i>Pam Petra</i>	5-21
<i>Darcy Jones</i>	5-26
<i>Charlene Peterson</i>	5-26
<i>Mylene Famini</i>	5-29

*We will celebrate all May birthdays at Home Happenings on Friday, May 29th.*



### **Scuttlebutt...**

George Burnstein, our new RN II, is fitting right into his position as the new night time nurse. Please welcome him if you haven't already!



Keith Gibson is leaving his full time position as a Graveyard Shift Nurse. Keith plans on staying as an on-call RN, but is hoping to focus on his art more in the near future. We wish you the best in your transition to day-time living!



Please welcome our new Recreation Assistant, Rebecca Tremain. Rebecca comes to us from Sitka Counseling with more than 8 years of experience as the program coordinator there. We are so excited to have her join our Activity Team!



# April happenings, 2015!



Jigging for herring on a sunny day! Gene fried them up and they were shared around the home. Martha and Clarence thanked us with big smiles!



Nan baked some Moldavian Easter cookies with a couple of volunteers.



"Giggles" the Clown visited; Naida helped sing Happy Birthday; and we had some puppet fun!



# May Day! Wreath & Basket-making Party



In true May Day style, come and create a flowered wreath or basket to leave on a door or present to a friend.



Friday May 1st, 2015 @ 1:30pm — Main Lounge



## Cinco De Mayo Fiesta!

Music,  
Margaritas,  
Nachos,  
Piñata!



Tuesday May 5th, 2015 @ 1:30pm — Main Lounge



## Comfort Food Contest “Mother’s Favorites”

Bring a “mother’s favorite” dish...main dish, salad or dessert.

Taste all the favorites and maybe find *your* new favorite dish!

Friday May 8th, 2015 at 11:00am — Gold Miner Diner

# *Our Writings* April 9<sup>th</sup> 2015

With inspiration from Alice Rose Crow, Maar'aq, Island Institute Resident Fellow

## **Desert Cross Stitch** By Fredi Young

Through many moves it has been packed carefully in bubble wrap and placed lovingly in a safe place near me. It was hung in my bedroom when we settled again, and I had a warm feeling in my heart knowing it was still with me in a convenient location.

This treasure is a large cross stitch desert picture in a white painted frame, done in 1993. My dear friend Wanda had spent 93 hours in its making, using pink for the distant hills, shades of green for the giant cacti, and light tan for the floor of the dry desert. I cherish this work of art more than almost any other of my possessions- Wanda is gone, but she left me a beautiful legacy as a memory of her forever.

## **Tree Climbing** By Naida Ziegler

I still like to climb up trees. I try not to fall often. It feels so good to be on top of a tree without falling to the ground. I love to be up trees and play up trees and look down on the world without falling to the ground. My daughter is tired of taking me to the hospital for injuries I got falling out of a tree. She is tired of telling her old mother to stop falling out of the tree. The tree outside my window looks tempting. God help me to stop climbing trees and still be alive.

## **My Jewelry** By Nancy Denny

As I opened my bedroom door there on my computer table was a small USPS box. Excitement and happiness fell over me, wondering who is it from, what's inside the box!? I quickly opened the box. There was a black velvet bag. Inside is a bright sparkly diamond necklace and long dangly diamond earrings, the kind only royalty would wear. For me on my birthday from my youngest son and his wife who live in Georgia.

It's meant to be worn every day, not to be kept locked up in a safe, unseen. Someday my child will look at it and remember; my Mom wore this beautiful necklace and earrings every day!

## **My bed and blankets** By Winifred Gail

My bed had all these blankets to prop up my head and feet. They were thick and soft and felt so nice. They were keeping me from touching the metal on the bed and I was so snug and confined, but if I just moved a finger something went off. I moved and it made this terrible noise and it was so annoying that I had to stay still and not move. I slept so good that when I woke up my sore foot didn't hurt anymore and everyone told me I had been snoring.

## **My Best Friend** By Melba VanHorn

The color is blue. It is my best friend, best pal. I couldn't get around without it. My walker. I got it from my father when he was in the hospital and had passed away. Then I fell one day and needed it ever since. It goes with me wherever I go. I'd lose my balance without it. I depend on it. We keep going—me and my best friend.

## EDEN MOMENTS

Gene, Rolly, Skye and the more “experienced” fishing crew of Sue H, Galen I, Dottie K, and Erma N all went herring fishing at Eliason Harbor. We caught 15 herring which were brought home and immediately tossed in flour and fried up by Gene for an afternoon snack or saved for the dinner service. Those who enjoy this sort of treat sure got their fill that day! What a nice way to include residents on a mission to provide for the home!



Our Eden Re-registration party on June 12th, 2015 will be a Luau theme gathering with games, refreshments, dress-up options, and more! Everyone is encouraged to get geared up for this celebration honoring the continuation of our Eden journey!

## WELCOME Susan “Susie” Sturm

Susan Nadine was born in Petersburg, AK on January 21, 1934, to Marvin C. Kinberg, Sr. and Alpha Barclay. She was one of five children, Marvin Jr, Kathleen Nelson, Rose Reed and Thomas. Susie was raised in Sitka and graduated from Sitka High School. Susie has 8 children: Valerie Nelson, James Sturm, Lyndene Downie, Dawn Gluth, Jeff Wheeler, Madeline, Stella Sturm, and Leslie Young.

She is also the proud grandmother to 31 grandchildren and 29 great-grandchildren.

Susie worked on the Alaska State Ferries for 16 years and is writing a book about her experience from “Pots and Pans to Purser.” Some of Susie's favorite foods are strawberries and venison. She likes roses and the color blue. Susie likes to watch the Dr. Oz show and listen to Raven Radio. She also enjoys country western music and reading poetry.

*Please welcome Susie to Ocean View neighborhood and the Sitka Pioneer Home family!*

# Easter Party 2015





During National Nurses Week and throughout the year, American Nurses Association is proud to celebrate the role nurses play in delivering the highest level of quality care to their patients. The National Nurses Week 2015 theme "Ethical practice. Quality care." recognizes the

importance of ethics in nursing and acknowledges the strong commitment, compassion and care nurses display in their practice and profession. The theme is an important part of ANA's 2015 Year of Ethics outreach to promote and advocate for the rights, health and safety of nurses and patients.

**Our Excellent Nurses:**

George Burnstein  
James Bruce  
Shari Cerreta  
Delia Estrada

Kelly Ferguson  
Sue Fithen  
Mel Ganitano  
Keith Gibson

Sandra Huber  
Patti Hudson  
Pat Kehoe-Pendell  
Lisa Partido  
Charlotte Vanchura Candelaria

*We will be honoring the excellence of our nurses at the Home Happenings celebration on Friday, May 29th 2015.*



**Sitka Elks Lodge  
"Mother of the Year"  
Celebration**

Honored Mother for 2015:

*Fredi Young*

Flowers for all mothers and refreshments served in the Main Lounge.

**Saturday May 9th, 2015 @ 1:30pm**

**Sitka Tribe of Alaska brought about 20 gallons of herring eggs on branches for our elders. Thank you STA for your support with our cultural favorites!**

**Thank you Patty Ady for sharing your awesome custom bird houses with us! Can't believe you and Rod made them all! They are really great!**



**Alice Crow, an artist and writer from Spenard, Alaska, joined us weekly through April for writing workshops. Thank you so much for inspiring the writer in each of us!**

**Thank you Dayna and family for providing us with lots of herring eggs to enjoy for the year! Those branches were so full!**



**Nicholas King played the piano for us one afternoon. What a treat! He has come for two years and we sure look forward to the potential for future visits! Thank you, Nicholas!**

**Thank you to everyone who donated for or shopped at the rummage sale this month! We were able to bring in quite a sum with the quality items that were sold!**

**Thank you to the Easter bunny for hopping around the whole building sharing treats with everyone!**



## **Resident Meeting Minutes**

**Date:** Wed. April 15, 2014    **Time:** 1:30pm    **Place:** Rec. Room

**Attending:** Fredi Young, Sue Hottinger, Donna Grunow, Galen Insteness, Bertha Johnson, Dorothy Klingler, Gene McGuire, Kitchen Manager, Phil Welsh, Administrator, Skye Workman, Recreation Therapist I.

**Meeting minutes from March were approved as read.**

### **Food Forum:**

Gene is planning BBQ lunches through the summer on Thursdays. The next Comfort Food Contest is May 8th at 11:00am with a "Mother's Favorites" theme. The new pizza oven is up and running and just in time for National Pizza Party Day on May 15th, so plan on pizza for lunch on that day!

### **Agenda Items:**

Home happenings is on Friday, April 24th @ 1:30pm, honoring our Administrative Assistants, Marie and Patty.

We have two new residents on Ocean View, Maureen Roberts and Susie Sturm. We have a new graveyard shift RN II, George Burnstein, who is finishing up his orientation. Keith Gibson is leaving his full-time position here to fulfill his creative dreams. Keith plans on continuing his work here in an on-call position. We have filled the Recreation Assistant position and are delighted to introduce, Rebecca Tremain, who will start on April 27th.

Rummage sale is this Friday 9am-3pm and Saturday 9am-noon in the Recreation Kitchen.

Cinco de Mayo Fiesta will be held in the Main Lounge at 1:30pm on Tuesday May 5th. Come by for music, Margaritas, nachos, and a piñata!

The Elk's "Mother of the Year" Celebration will be on Saturday, May 9th at 1:30pm in the Main Lounge.

### **New Business:**

A midnight snack bar was suggested. Gene reminded those in attendance of the current snack options offered 24/7 in the main dining room and on each neighborhood. Gene will make sure there are bowls and spoons available for the cereal option in the Gold Miner Diner. Additional snacks can be sent to a particular neighborhood for specific residents as needed.

### **Phil's update:**

Maintenance is busy remodeling the North Elevator alcove on second floor. Domestic water lines in the basement are going to be replaced soon. There will be handicap access to 2N, 3N and the well area soon. The bid has gone out and parts are being ordered for the project. Regarding the state budget and how it has affected our home, the Governor has cut 5% (about \$400,000) of our budget and Phil was able to find a way to offer the cut without affecting anyone's lives directly. Phil will be gone for the last couple weeks of April and into the first week or so of May.

**Respectfully submitted,**

**Skye Workman, RT I**

