



# The Prospector



Sitka Pioneers' Home



June 2018 Vol.38 No.6

## Resident Birthdays

<i>Galen Insteness</i>	6-12
<i>Judy Johnstone</i>	6-15
<i>Brenda Bean</i>	6-16
<i>Melba Van Horn</i>	6-17
<i>John Nielsen</i>	6-20

## Staff Birthdays

<i>Nathan Bernhardt</i>	6-4
<i>Marc Vidad</i>	6-8
<i>Keith Gibson</i>	6-13
<i>Sharie Manuel</i>	6-23
<i>Judith Molina</i>	6-24
<i>Shari Carroll</i>	6-25
<i>Jess Holden</i>	6-27
<i>Cecilia Mirasol</i>	6-28



*We will recognize residents and staff  
with May birthdays at the  
Home Happenings celebration on  
Friday, June 29th.*



## Scuttlebutt...



John Ricaporte has been hired as the new Environmental Services Journey I. Please welcome him to the crew!



Mary Schlessman is back as an on-call RN II. She worked here a before and we are happy to have her back on the nursing team! Welcome home, Mary!

Mark's son, Kyle Vidad, is graduating from East Anchorage High School with Magna Cum Laude honors. Congratulations to Kyle and his family!



Bernice Kamalu has moved back to Hawaii to help out her family. We miss the sunshine that she brought into her work every day, but we wish her the best.



## Sitka Sound Science Center



### Touch Tank Tour

Urchin, anemone, and sea stars! Oh my!!



Nancy got a special tour of the Ricketts Lab upstairs, named for her father!

*...A fun way to finish off the outing... soft serve ice cream, of course!*



## Sunshine!



### Quilt Show tour



### Ready for the Royal Wedding



### Authentic Turkish Coffee



**NURSING  
ASSISTANTS**

a caring  
touch that  
means  
so much



## **Celebrate Nursing Assistants' Week June 14-21, 2018**

This is a wonderful time to recognize the hard work of our awesome CNAs.

*Take a moment to thank a Nursing Assistant this June!*

### ***Sitka Summer Music Festival Trio***

*Concert in the Main Lounge on  
Wed. June 13, 2018 1:00pm*



**Sitka Emblem Club presents:**

## **Father's Day Celebration**

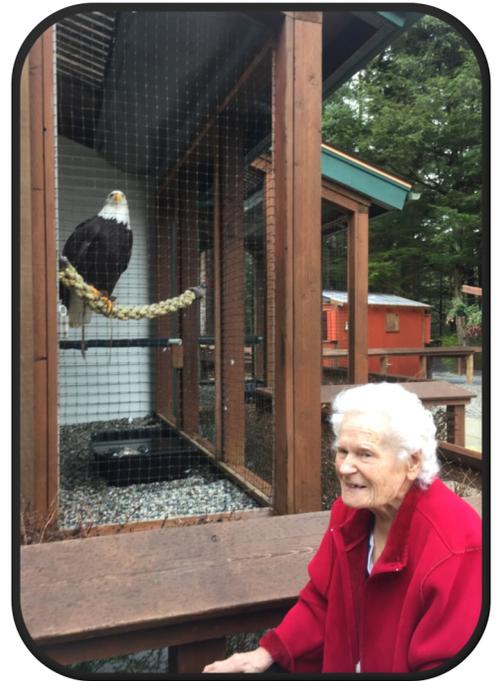
Honored Father for 2018:

*To be announced...*

Refreshments served in the Main Lounge.

**Saturday, June 16, 2018 @ 1:30pm**

# Alaska Raptor Center (Outing and in-Home visits)



## The Brothers Snusgood

by, Galen Insteness



GI



**Governor's Denali  
Peak Performance Award  
Nominee 2018:**

**Leah VanCise**

**Congratulations, Leah! We are  
so proud of you!**

## Honoring Centenarian Cora Mosher

Governor Walker has made a Proclamation for May 2018 to be recognized as Older Americans Month in Alaska and with the help of the Alaska Commission on Aging, he has made a special commendation for each of the centenarians living in the State of Alaska.

We, at the Sitka Pioneers' Home, are proud to say that we had the honor of presenting this award to long-time Alaskan, Cora Mosher, this May. When asked about her longevity, Cora replies, "I take one day at a time."



*A bird has made the birdhouse at the  
back garden its home. Lucky for the  
bird, Crackers is off duty!*



*Thank you, Becky, for the photos!*

# Thank You!!!

## Alaska Raptor Center

- Site visit with eagle presentation
- Home visit with owls and falcon

## Sitka Sound Science Center

- Touch tank experience

## Robertson's Gallery and Custom Framing

- Framing donation for centenarian

## Dorothy and Sarah

- Mother's Day flute concert

## Pacific High Students

- Game sessions

## Mt. Edgecombe Preschool students

- Circle Time fun through the school year

## Rummage Sale Donors

- Donating items and making purchases at the Rummage Sale

## Jeren, Turkish Exchange Student

- Turkish coffee presentation

## DVDs for Vets Donation

- 22 DVD/Blu-Ray movies

## Debby LeVeck- Violin Teacher

- Student recital held here

## Brooklyn and Sable

- Sunday piano concerts

## Front Porch Garden is planted!



~ ~ ~  
**Squash**

~ ~  
**Mint**

~ ~  
**Sage**

~ ~ ~



Fred and Skye went to the beach on a minus tide to check out the clam situation and enjoy the fresh sea air.



What a nice spontaneous outing!

# Sitka Elks Lodge Mother's Day Celebration

2018 Mother of the Year:

*Eunavae Ballou*



Happy Mother's Day!





# Eden Alternative Journey

ALTERNATIVE®

Our Eden Alternative journey focus for April, May, and June...

## Eden Alternative Principle Ten:

*Wise Leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.*

### Meetings:

- Resident Meeting: Wednesday, June 6 @ 1:00pm
- Registry Renewal Call: Friday, June 1 @ 9:00am
- Certified Eden Associates: Friday, June 29 @ 10:00am

### Home-wide Eden Neighborhood Team Meeting:

Friday, June 1, 2018 @ 1:00pm in the Main Lounge

Agenda: Review Principle Ten. Review lesson packets. Plan a celebration and talk about the upcoming cycle of the Eden Alternative Ten Principles.

**\*Look to the Certified Eden Associates for support: Dayna Arnold (CEE), Skye Workman (CEE), Patty Ady, Mona Allen, Shari Carroll, Chris Davison, Betty DeCicco, Dolores Doggett, Saori Handy, Kathy Inman, Rolly Jeske, Pat Kehoe-Pendell, Jill Kollerup, Minda Manuel, Lisa Partido, Grace Roller, Katy Rouse, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young**

## Ethel Lund Village Health Occupations Program

**Mt. Edgumbe Kids Examine Medical Careers**  
By ABIGAIL BLISS  
Sentinel Staff Writer

Mt. Edgumbe High School senior Stormy Simeon has harbored a longstanding interest in pursuing a career in the medical field. By participating in the 2018 Ethel Lund Village Health Occupations Program (VHOP), she said, she gained insight into the opportunities available to her, and the realities of hospital work.

Simeon, a 16-year-old from Juneau, just finished her junior year at MEHS. She told the Sentinel she's been interested in pursuing a career in dermatology, motivated by the lack of resources available in her community.

After two years participating in the VHOP program, she says she has a better understanding of the options available to her, and a wider set of interests within the medical field.

"It's definitely widened my view on different careers in the medical field," she said.

Godard said her work in this exhibit uses the models and jewelry to capture aspects of Thling culture, and depict her understanding of the situation. (Photo provided)

The health occupations program sponsored by SEARHC, invites Alaska Native or American Indian high school students to spend almost a week behind the scenes at the Mt. Edgumbe Hospital, offering a more nuanced understanding of the many professions housed under the hospital's roof.

Its location right next door to the Mt. Edgumbe High School campus meant the hospital is particularly convenient place for the students to learn about medical careers.

This year, a total of 17 students, one of the largest groups in VHOP's history, took part in the program, which was held April 23-26. They represented hometowns from throughout the state including Angoon, Aniak, Barrow, Fort Yukon, Klawock, Kotlik, Hoonah, Inesau, Newhalen, Savoonga, St. Paul Island, and Tyonek.

Guided by chaperones from SEARHC's Alaska Crossings program, the students toured the hospital, took an overnight trip to Biorika Island, and met with Ethel Lund, a SEARHC and VHOP founder.

As the students gathered information throughout their stay, they were also encouraged to share their own lives. Each student participant had the opportunity to deliver a presentation to the board of directors.

Simeon said she found the experience instructive, and plans to use what she learned to hone in on education and professional opportunities moving forward.

For her, a highlight of the program was...

Continued on Back Page

High school students participating in SEARHC's 2018 Ethel Lund Village Health Occupations Program (VHOP), held April 23-26, pose with Desiree Jackson, SEARHC Director of Community Engagement, starting from the bottom left, are Desiree Jackson, Latasha Philenonoff, Terrance Johnson, Ashlyn Strom, Jennie Reynolds, Ashley Johnston, Caleb Knudson, Serenity Standler, Valerie Maselle, Roy Hayes, Daisy Hunt, Stormy Simeon, Leslie Carle, Kira Frommherz, Chuck Miller, Kristen Bales, Desiree Jamestown, Paige Goodwin, and Lijo Wilson. (Photo provided to the Sentinel)

A group of 17 Mt. Edgumbe High School students took part in the program this year to learn about medical careers. This year's lucky group got to visit the Pioneer Home and meet with Ethel Lund, a SEARHC and VHOP founder!

## **Resident Meeting Minutes *Wednesday, May 16th 2018 @ 1:00pm (Main Lounge)***

### **Attending:**

Anna W, Ruth F, Betty D, Jean R, Brenda B, Melba V, Dottie K, Joe R, Marge W, Judy J, Jennie H, Fredi Y, Robin E (with Lydia), Fred H, Vance K, Vae B, Rose M, Mary M, Bill D, Ethel L, Jack H, John S, Maureen R, Greg O, Kitchen Manager, Dayna A, Administrator, and Skye W, RTI.

### **Food Forum:**

Greg is back from his trip to Malaysia. He will make coconut curry inspired by his trip. Cod, rockfish and rhubarb has been donated. Greg harvested fiddlehead ferns to prepare and serve. Greg made homemade bagels for breakfast and continues providing homemade bread daily.

### **Old Business:**

Upcoming events:

May — Mother's day celebration, outings, will reschedule outing to see the bears.

June — Father's Day (17th), Nursing Aide Month, Home Happenings (29th).

August — Allen Marine boat cruise 11am-3pm (31st)

Surveys are complete, data has been compiled.

### **Agenda Items:**

-New residents: Harriet Kinberg.

-staffing update: Bernice of environmental Services is moving; yesterday was her last day.

-Supply Orders: 15 window-mounted hummingbird feeders.

-Gift shop is open with summer hours. Betty is managing the shop this year.

### **New Business:**

A suggestion was made to make a copy of the agenda available for the attendees.

### **Administrator's update:**

Licensing inspection is this week. Saori and Gabby are finishing up the CNA apprenticeship program for this year and applications are being accepted for next year. May is Nursing appreciation month. There is a bulletin board to post notes for the nurses. There have been some plumbing and door lock fixes recently. The Legislature has passed a budget and there will be no major cuts for the Pioneer Homes. There has been another capitol project assessment and we are looking forward to hearing back about possible upcoming projects.

**Respectfully submitted, Skye Workman, Recreation Therapist I**

**SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

# June 2018

3	<p>12:45pm Plano Music</p> <p>8:00am Visits <b>11:00am Exercise</b> 1:30pm Bingo 2:30pm <b>Bonnie</b> 6:00pm Knitting</p>	4	<p>8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics</p> <p>1:00pm <b>Exercise</b> 1:30pm Movie &amp; Popcorn 5:30pm <b>Folk Music</b></p>	5	<p>8:00am Visits 10:30am Protestant Service 11:15am <b>Gospel Music</b></p> <p>1:00pm <i>Resident Mtg</i> 1:30pm Bingo: <b>RHouse</b> 5:30pm <b>Celtic Music</b> 6:00pm Draw / Paint</p>	6	<p><b>Flag Day</b> 8:00am Visits 9:00am <b>Shopping</b> 9:30am Storytelling 10:00 Biblical Fun</p> <p>1:00pm <b>Exercise / Outing</b> 3:30pm 4th - Bubbles 5:30pm <b>Golden Oldies</b></p>	7	<p>8:00am Visits 9:00am <b>Eden Renewal Call</b> 11:00am <b>Exercise</b> 11:15am <b>Old Favorites</b></p> <p>1:30pm <b>Eden Gathering</b> (Principle Ten)</p>	8	<p>8:00am Visits 9:00am <b>Catholic Service</b></p> <p>1:00pm <b>Ice Cream Social</b></p>	9	<p>8:00am Visits 9:00am <b>Catholic Service</b></p> <p>1:30pm <b>Ice Cream Social</b></p>
10	<p>12:45pm Plano Music</p> <p>8:00am Visits <b>11:00am Exercise</b> 1:30pm Bingo 2:30pm <b>Bonnie</b> 6:00pm Knitting</p>	11	<p>8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics</p> <p>1:00pm <b>Exercise</b> 1:30pm Movie &amp; Popcorn 5:30pm <b>Folk Music</b></p>	12	<p>8:00am Visits 10:30am Protestant Service 11:15am <b>Gospel Music</b></p> <p>1:00pm <i>SSMF Concert</i> 2:00pm Bingo: <b>RHouse</b> 5:30pm <b>Celtic Music</b> 6:00pm Draw / Paint</p>	13	<p>8:00am Visits 9:00am <b>Shopping</b> 9:30am Stories 10:00 Biblical Fun</p> <p>1:00pm <b>Exercise / Outing</b> 5:30pm <b>Golden Oldies</b></p>	14	<p>8:00am Visits 9:00am <b>Exercise</b> 11:15am <b>Old Favorites</b></p> <p>1:30pm <b>Men's Outing</b></p>	15	<p>8:00am Visits 9:00am <b>Catholic Service</b></p> <p>1:30pm <b>Emblem Club Father's Day Celebration</b></p>	16	<p>8:00am Visits 9:00am <b>Catholic Service</b></p> <p>1:30pm <b>Emblem Club Father's Day Celebration</b></p>
17	<p>12:45pm Plano Music</p> <p>8:00am Visits <b>11:00am Exercise</b> 1:30pm Bingo 2:30pm <b>Bonnie</b> 6:00pm Knitting</p> <p><b>HAPPY FATHER'S DAY!</b></p>	18	<p>8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics</p> <p>1:00pm <b>Exercise</b> 1:30pm Movie &amp; Popcorn 5:30pm <b>Folk Music</b></p>	19	<p>8:00am Visits 10:30am Protestant Service 11:15am <b>Gospel Music</b></p> <p>1:30pm <i>Natural History Film</i> 2:30pm Bingo: <b>RHouse</b> 5:30pm <b>Celtic Music</b></p>	20	<p><b>Summer Begins</b> 8:00am Visits 9:00am <b>Shopping</b> 9:30am Storytelling 10:00 Biblical Fun</p> <p>1:00pm <b>Exercise / Outing</b> 3:30pm 4th - <i>Ice Cream making</i> 5:30pm <b>Golden Oldies</b></p>	21	<p>8:00am Visits 9:00am <b>Exercise</b> 11:15am <b>Old Favorites</b></p> <p>1:30pm <b>Front Porch Social or Indoor Game</b></p>	22	<p>8:00am Visits 9:00am <b>Catholic Service</b></p> <p>1:30pm <b>Stingspiration</b></p>	23	<p>8:00am Visits 9:00am <b>Catholic Service</b></p> <p>1:30pm <b>Stingspiration</b></p>
24	<p>8:00am Visits <b>11:00am Exercise</b> 1:30pm Bingo 2:30pm <b>Bonnie</b> 6:00pm Knitting</p> <p>12:45pm Plano Music</p>	25	<p>8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics</p> <p>1:00pm <b>Exercise</b> 1:30pm Movie &amp; Popcorn 5:30pm <b>Folk Music</b></p>	26	<p>8:00am Visits 10:30am Protestant Service 11:15am <b>Gospel Music</b></p> <p>1:30pm Bingo: <b>RHouse</b> 5:30pm <b>Celtic Music</b> 6:00pm Draw / Paint</p>	27	<p>8:00am Visits 9:00am <b>Shopping</b> 9:30am Storytelling 10:00 Biblical Fun</p> <p>1:00pm <b>Exercise / Outing</b> 5:30pm <b>Golden Oldies</b></p>	28	<p>8:00am Visits 10:00am <b>Eden Associates Meeting</b> 11:00am <b>Exercise</b> 11:15am <b>Old Favorites</b></p> <p>1:30pm <b>Home Happenings</b> (GNAS)</p>	29	<p>8:00am Visits 9:00am <b>Catholic Service</b></p> <p>1:30pm <b>To be Announced</b> (Weather Dependent)</p>	30	<p>8:00am Visits 9:00am <b>Catholic Service</b></p> <p>1:30pm <b>To be Announced</b> (Weather Dependent)</p>

\*Please contact the Activities Department if you would like a copy of our calendar! \* Note: Activities are subject to change