



# The Prospector

Sitka Pioneers' Home

September 2018 Vol.38 No.9

## Resident Birthdays

<i>Marta Ryman</i>	9-3
<i>Raymond Jackson</i>	9-11
<i>Betty DeCicca</i>	9-18
<i>Shirley Anderson</i>	9-21

## Staff Birthdays

<i>Minda Manuel</i>	9-3
<i>Melchor Subillaga</i>	9-3
<i>Delores Doggett</i>	9-27
<i>Halden Calumag</i>	9-29

*September birthdays will be recognized at Home Happenings!*



## Scuttlebutt...

Gabby Cherrier married Giovannie Kelly on August 21st. They enjoyed a quiet ceremony and celebration with plans to hold a bigger reception next summer.



Dayna Arnold took a trip to escort her college freshman, Brandal, to Fort Lewis College in Durango Colorado.

Kathy Inman is also taking a trip to visit family including helping her son, AJ, get set up for his next year of diesel mechanic school.





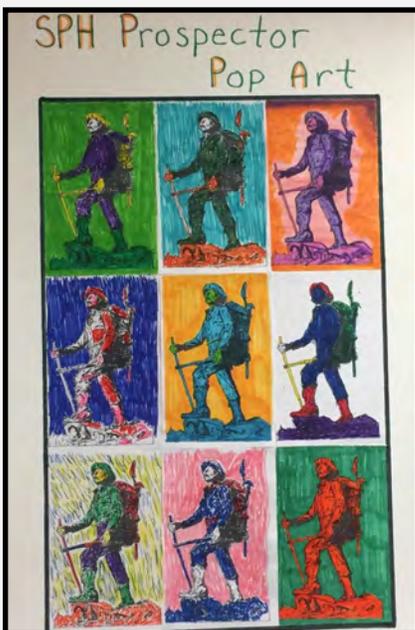
# National Watermelon Day Games



Watermelon toss game (above) and all game winners (below) from left: Team George and George won the watermelon toss. Vance had the closest guess for the number of 'watermelon seeds' in the jar. Anna won the watermelon eating contest!



## Andy Warhol Pop Art Craft on his 90th birthday anniversary



## *Welcome Neva Ogle*



Neva George was born in Utica, Kansas, on December 27, 1927, to Thomas Ava George and Caroline Johnson. She spent her early childhood on a farm in Utica and then her family moved to El Dorado Springs, Missouri. Neva graduated High School and shortly after that married Homer Ogle, Jr., her High School sweetheart! Neva and Homer had a son, George Ogle. Homer was in the U.S. Coast Guard and the family traveled a lot throughout the country. They moved to Alaska in 1965. Neva was the Post Master in Yakutat for years. She helped set up and manage the very first bank in Yakutat. She was also the Notary in town. The family commercially fished. They also purchased a local grocery store and ran it for years. Homer passed in 2007 and their son, George, passed away in 2011. Neva continued to reside in Yakutat until she joined the Sitka Pioneer Home. Neva enjoys games, animals, and visitors. She likes to read magazines and watch TV. Neva also enjoys music.

*Please welcome Neva to Ocean View Neighborhood and the Sitka Pioneer Home family.*



## Contact us anytime!



Main Line: 1(907)747-3213

Recreation: 747-2103

Skye Workman is involved with coordinating resident activities, Beauty Shop appointments, clothing/miscellaneous supply orders, and volunteering.

Social Services: 747-2104

Sharon Stitz is a contact for admissions, Home tours, and answers questions about payment assistance, billing, special services, etc.

Supply Tech: 747-2109

Patty Ady keeps the Resident Trust Accounts in order and procures supplies for the Home (including some toiletries).

Medical Records: 747-2111

Mona Allen updates the medical charts and keeps them organized as well as managing the schedule for appointments.

Environmental Services: 747-2102

**Katie Rouse is the 'Queen of Clean.'** She and her team keep the Home clean and tidy. She is also the contact for guest room reservations.

Food Services: 747-6545

Greg Owens and his team make sure everyone gets fed and ensure that their mealtime is enjoyable. They have punch cards for staff and guest meals and are happy to work on special requests for the residents.

Maintenance: 747-2101

Peter Kennedy is in tune with everything related to the safety, security, and care of the building and grounds. Please report any maintenance concerns right away!

**We are happy to hear from you!**

# SJ Museum Artist-in-Residence – Lily Hope



Thank you, Lily, for sharing your Ravenstail weaving with us. It is so impressive that you will have put over a thousand hours of loving time into the piece you showed us (Lily had 300 hours into it already). Lily also showed us the yarn that she dyed and spun. What a treat to have her visit.



## National Banana Split Day

Martha says, "I'll take one, please!"

The build-your-own banana split bar was a success with many sweet smiles shared.

The traditional ingredients were offered along with fresh homegrown raspberries as a special addition!



## Mt. Edgecumbe Preschool

Mt. Edgecumbe Preschool students will visit again this school year for stories, singing, coloring, painting, puzzles, balloon toss, and more!

**Join them on Mondays at 10:45am (before exercise)  
And Thursdays at 1:30pm (after exercise)**

Their kindergarteners are excited to come back too, so they will come by **once a month on Tuesdays at 2:30pm** (after Movie and Popcorn).

(It's hard to believe we have been watching some of these kids grow up for the last 3 years!)

## **23rd Annual National Assisted Living Week**

***Sept. 9<sup>th</sup>-15<sup>th</sup>, 2018***

**This week was founded by the National Center for Assisted Living (NCAL) in 1995 as a way to promote assisted living to the public.**

The 2018 theme is "Capture the Moment."

Assisted living communities across the country are encouraged to organize activities and events during National Assisted Living Week that celebrate these deep connections between staff and residents.

**Artist Presentation** date/time to be announced

*Portrait Lesson / Discussion featuring a local artist (Main Lounge)*

**Slideshow & Popcorn** Tues: Sept. 11th @ 1:30pm

*A reel of slides shared by resident photographer Jack Hermle. (Main Lounge)*

**'Capture the Moment' Photography Lesson/Practice** Wed: Sept. 12th @ 11:00

*Learn from a photographer and practice some techniques (Main Lounge)*

**'Capture the Moment' Photo Shoot** Wed: Sept. 12th @ 2:30pm

*Take your moment to shine as the photographer for a fun photo shoot (Main Lounge)*

**'A Reflective Moment' Stories** Thurs: Sept. 13th @ 9:30 am

*Share a story about your favorite moment captured on film. (R-House Lounge)*

**'Capture the Moment' Reveal!** Fri: Sept 14th @ 1:30pm

*Enjoy the photo display from the photo shoot and share your favorite story from the week, we will recap on all the week's events. (Main Lounge)*

## Sitka Pioneers' Home residents

agree that happiness is:

**Seeing...** the prospector statue, stars, sunshine, moon, smiles, a mountain top!

**Hearing...**music, laughter, a waterfall, humpies jumping, waves crashing on the shore, sizzling steak, hummingbirds buzzing by, silence!

**Feeling/Touching...**velvet, a warm blanket, baby skin, doggy fur, shuffling cards, bubble bath, bread dough, hair brushed, a hug, massage!

**Smelling...**steak, Sitka rose, popcorn, bread baking, garlic, turkey dinner, newborn baby, pine forest, spruce, campfire smoke, fresh cut wood, a candy store, soap!

**Tasting...**Vanilla, chocolate, garlic, strawberry, cinnamon, bacon, smoked salmon, mint, a red apple!



### **Smoked salmon special**

**Greg put some donated salmon in the smoker and turned it into 'red gold!' It was delicious. Thank you!**



## **Basketry @ the Manager's House**

This is an open group. It is not an instructed class, but more of a gathering spot for those who have some experience in basketry and would like to get together to work on a project.

Please contact Skye Workman, 747-2103, for more information.

## **Relaxation Day**

*Enjoy the options of massage, paraffin wax treatment, food soak, and aroma therapy in a 'give and take' setting.*

Friday, September 7th @ 1:30pm in the Main Lounge



Some birthdays are more exciting than others...someone's birthday was made special with a surprise bouquet of balloons and a homemade card/note on her door in the morning...that was followed by singing, cake and ice cream at lunch! How nice!

A short walk across the street will take you to the Baranof Fish Market where you can take a photo with this lovely specimen of a fish. Galen and Skye walked over there one sunny day to check out the “catch of the day.”



# THANK YOU!!!



The Maintenance crew would like to say thank you to Dayna, Greg, Patty and Terri for a wonderful lunch. They were treated especially in honor of all the work they do keeping the Home safe, secure, and cared for.

Ranger Jessica gave a wonderful presentation about Ford's Theatre in Washington DC. She was very knowledgeable about the site and the happenings in surrounding the assassination of President Lincoln. She has since gone back to DC, but we thank her for her time and the information she shared.



Chef Lexie led a 4H and SPH group in cooking Salmon Sliders and Black Cod Skewers during the 4H Seafood Camp this month. The group worked very hard, had a lot of fun, and the food was wonderful!

Carolyn Riederer Annerud donated four beautiful panoramic puzzles with a custom image of the O'Connell Bridge with downtown Sitka in the background. They are gorgeous. One is for us to keep and three are being donated to be sold in the gift shop. Thank you, Carolyn, for this generous contribution to Gift Shop inventory!





## THE DAWN REDWOOD

—30th anniversary

According to *The Gardens of the Sitka Pioneers' Home* pamphlet by Ann Janzen, the Dawn Redwood planted at the Sitka Pioneers' Home links us with a time long before ours and a place far away. The Daily Sitka Sentinel reported on September 9, 1988, that "An American flyer who was shot down during

WWII found living [dawn redwoods] in the Szechwan province of China and brought seeds back to the U.S." Janzen wrote that the American was lucky to have brought back both male and female cones that had been pollinated. Sixty years previous to that, it was thought to have been extinct and only known in fossil form. The U.S. Forest Service gave seedlings to various areas of Alaska and Fred Geeslin, who was assistant superintendent of the Alaska Native Service at Mt. Edgecumbe, planted ten seedlings in 1950. It took a lot of tender loving care to nurse them through the climatic variations of Southeast Alaska.

Cuttings were taken and rooted, and one of these young trees was planted at SPH in 1988. The Master Gardener for SPH at the time, Jerry Snelling (pictured above) said, "I think it's pretty neat when you find something that was supposed to only exist in fossils, and now it's living here." SPH resident, John Sandor (pictured right), lit up when he recognized the tree as he had been involved with the Forest Service and the Juneau Chapter of American Foresters during the time that the trees were being dispersed and planted. Mr. Sandor was active in forming the Alaska



Chapter and Sections of American Foresters (around 1980), serving as chairman in Juneau for a term and remaining a member for many years. Mr. Sandor felt, at the time, that it was important that the local Chapter protected the [dawn redwood] and had hoped that the Sitka Pioneers' home appreciated the gift. Mr.

Sandor shared recently that he has great delight in seeing that the tree, now approximately 30 feet tall, is being cared for on the Sitka Pioneers' Home property saying, "I will continue to keep a watchful eye on it."

## **Resident Meeting Agenda *Wednesday, August 8, 2018 @ 1:00pm* (Main Lounge)**

### **Attending:**

Vae B, Brenda B, Betty D, Ruth F, Jackie G, Fred H, Sue H, Martha H, Galen I, Joe R, Jean R, George T, Melba V, Marge W, Anna W, Greg O Food Services Manager, Dayna A, Administrator, and Skye W, RTI.

### **Food Forum:**

We are thankful for donations of Rockfish and Sockeye. Some has been added to the freezer, some smoked, and some turned into soup. There are also King Salmon heads for fish head soup. Fried bread is on the standing menu every six weeks. There was a request for jarred salmonberries to eat and sell. Greg will use a frozen donation of salmonberries to try jarring some. Greg has been ordering fresh fruit as well as using the Home's garden supply of raspberries, snow peas, lettuce and potatoes as they are ready for harvest. The attendees complimented the Kitchen's efforts in providing food that fits their diet specifications.

### **Agenda Items:**

Upcoming events:

August– Ford's Theatre, Lily Hope, Banana Split Event, Relaxation Day, 4H Seafood Camp, Jimmy Carlisle, Allen Marine boat cruise.

September- Bonnie will be gone for 3 weeks...looking for coverage for some of her music slots. Elaine Strelow will fill the Wednesday Gospel Music slot.

National Assisted Living Week (theme: 'Capture the Moment'). Activity ideas were presented.

October– Alaska Day: Skye will be organizing entertainment with Melinda, of Sitka Studio of Dance. If there are performers that you would like to invite to perform at the Tea Party, please contact Skye.

### **New Business:**

Proposal to put together gifts for Misha and Connor was approved by the group.

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

Staffing analysis results should be ready mid-September. There is possibility of housing AmeriCorps Volunteer(s) here. Flu vaccines will be facilitated by Safeway/Carrs pharmacy this year. Open recruitments: 2 Environmental Services, 1 Assisted Living Aide. Dayna will be out of town the last week of August.

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



# Eden Alternative Journey

ALTERNATIVE®

Our Eden Alternative journey focus through September is...

## Celebration!

*Continue celebrating this month. There are many reasons to celebrate. Spend some time thinking about little ways to celebrate each day! Lessons will start again in October.*

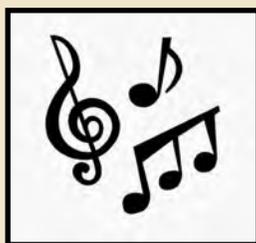
### Meetings:

Resident Meeting: Wednesday, September 5 @ 1:00pm

Certified Eden Associates: Friday, September 28 @ 10:00am

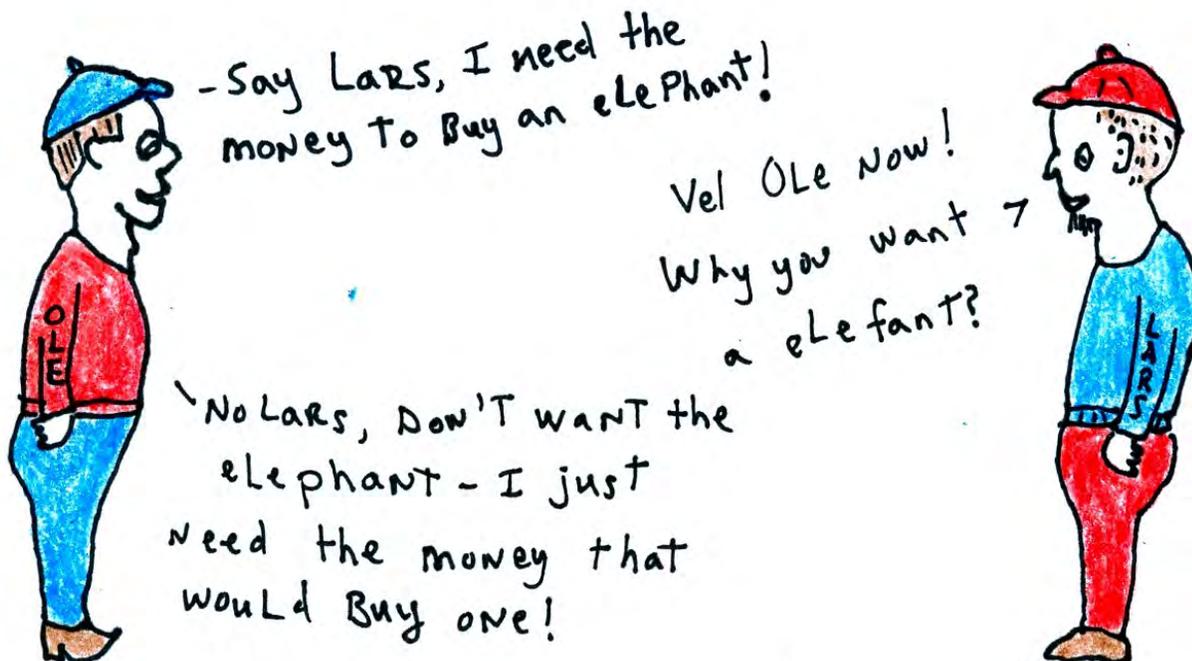


A Sitka Pioneers' Home Choir may be forming...and the audience is so happy about that!



## The Brothers Snusgood

by, Galen Insteness



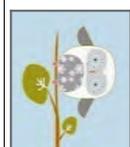
-Say LARS, I need the money To Buy an elePhant!

Vel OLe now!  
Why you want a elefant?

No LARS, Don'T want the elephANT - I just need the money that would Buy one!

GI

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>September</h1>			 <p>Forget-me-not</p>			 <p>Sapphire</p>
<h1>2018</h1>						<p>8:00am Visits 9:30am Catholic 1:30pm To be Announced</p>

<p>12:45pm Plano Music</p> 	<p>2</p>  <p>1:30pm Bingo</p>	<p>3</p> <p>8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics</p> <p>1:00pm Exercise 1:30pm Movie &amp; Popcorn 5:30pm Folk Music</p>	<p>4</p> <p>8:00am Visits 10:30am Protestant Service 11:15am Gospel Music</p> <p>1:00pm Resident Mtg 1:30pm Bingo: RHouse 5:30pm Music</p>	<p>5</p> <p>8:00am Visits 10:30am Protestant Service 11:15am Gospel Music</p> <p>1:00pm Resident Mtg 1:30pm Bingo: RHouse 5:30pm Music</p>	<p>6</p> <p>8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun</p> <p>1:00pm Exercise 5:30pm TBA</p>	<p>7</p> <p>8:00am Visits 11:00am Exercise</p> <p>1:30pm Relaxation Day</p>	<p>8</p> <p>9:00am Visits 9:30am Catholic Service 1:00pm To be Announced</p>
<p>9 National Assisted Living Week...</p> <p>12:45pm Plano Music</p> 	<p>10</p> <p>8:00am Visits 10:45am Circle Time 11:00am Exercise</p> <p>1:30pm Bingo</p>	<p>11</p> <p>8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics</p> <p>1:00pm Exercise 1:30pm Slideshow &amp; Popcorn with Jack 2:30pm Kinder Group 5:30pm Folk Music</p>	<p>12</p> <p>8:00am Visits 10:30am Protestant Service 11:00am Photography Lesson/practice</p> <p>1:30pm Bingo: RHouse 2:30pm Photo Shoot 5:30pm Music</p>	<p>13</p> <p>8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun</p> <p>1:00pm Exercise 1:30pm Circle Time</p>	<p>14</p> <p>8:00am Visits 11:00am Exercise</p> <p>1:30pm 'Capture the Moment' Reveal</p>	<p>15</p> <p>9:00am Visits 9:30am Catholic Service</p> <p>1:30pm Sing/Inspiration</p>	
<p>16</p> <p>12:45pm Plano Music</p> 	<p>17</p> <p>8:00am Visits 10:45am Circle Time 11:00am Exercise</p> <p>1:30pm Bingo</p>	<p>18</p> <p>8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics</p> <p>1:00pm Exercise 1:30pm Movie &amp; Popcorn 5:30pm Folk Music</p>	<p>19</p> <p>8:00am Visits 10:30am Protestant Service 11:15am Gospel Music</p> <p>1:00pm Natural History Film 2:00pm Bingo: RHouse 5:30pm Music</p>	<p>20</p> <p>8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun</p> <p>1:00pm Exercise 1:30pm Circle Time 5:30pm TBA</p>	<p>21</p> <p>8:00am Visits 11:00am Exercise</p> <p>1:30pm Gail Ferris Presentation</p>	<p>22</p> <p>9:00am Visits 9:30am Catholic Service</p> <p>1:00pm Ice Cream Social</p>	
<p>23/30</p> <p>12:45pm Plano Music</p> 	<p>24</p> <p>8:00am Visits 10:45am Circle Time 11:00am Exercise</p> <p>1:30pm Bingo 2:30pm Bonnie</p>	<p>25</p> <p>8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics</p> <p>1:00pm Exercise 1:30pm Movie &amp; Popcorn 5:30pm Folk Music</p>	<p>26</p> <p>8:00am Visits 10:30am Protestant Service 11:15am Gospel Music</p> <p>1:30pm Bingo: RHouse 5:30pm Music</p>	<p>27</p> <p>8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun</p> <p>1:00pm Exercise 1:30pm Circle Time 5:30pm Golden Oldies</p>	<p>28</p> <p>8:00am Visits 10:00 Eden Associate mtg. 11:00am Exercise 11:15am Old Favorites</p> <p>1:30pm Home Happenings</p>	<p>29</p> <p>8:00am Visits 9:30am Catholic</p> <p>1:30pm To be Announced</p>	

\*Please contact the Activities Department if you would like a copy of our calendar!\*

Note: Activities are subject to change