



The Prospector

Sitka Pioneers' Home

December 2018 Vol.38 No.12

Resident Birthdays

<i>Bernice Stedman</i>	<i>12-6</i>
<i>Lupe Alvarez</i>	<i>12-7</i>
<i>Joe Riederer</i>	<i>12-18</i>
<i>John Sandor</i>	<i>12-22</i>
<i>Gladys MacIntyre</i>	<i>12-25</i>
<i>Reggie Davis</i>	<i>12-25</i>
<i>Neua Ogle</i>	<i>12-27</i>
<i>Fred Hope</i>	<i>12-30</i>

Staff Birthdays

<i>Salote Lavulo</i>	<i>12-3</i>
<i>Marilou Arce</i>	<i>12-4</i>
<i>Kathy Inman</i>	<i>12-5</i>
<i>Edna Nicolo</i>	<i>12-9</i>
<i>Marievic Ramil</i>	<i>12-10</i>
<i>Susie Allensworth</i>	<i>12-18</i>
<i>Ron Mears</i>	<i>12-23</i>
<i>Saori Handy</i>	<i>12-25</i>
<i>Mona Allen</i>	<i>12-31</i>

*We will celebrate December birthdays
at the Home Happenings celebration
on Friday, December 21st.*

Staff Scuttlebutt...

New Staff!

We welcome Jennifer Corak as an on-call RN II. She has been a nurse for many years and is also currently working at Sitka Community Hospital. Alexandria Henrickson is a new CNA and she has just joined the Sitka Pioneers' Home family as an on-call CNA I. Please welcome them both as you see them around the Home.

Wedding Bells:

Susie's step son, Travis Allensworth, is getting married to Skye's cousin (by marriage), Valerie Chinalski, on Dec. 22, 2018. Skye looks forward to supporting the couple as a bridesmaid in the wedding.



Sitka Pioneer Home Veterans' Celebration:

Each veteran living or working at the Sitka Pioneers' Home was honored for their service this month. Resident veterans chose to share information about their time in the service that was presented during the event. Among the residents there is a combined 54 years of service. Veterans and Tribal Elders were also invited to the Sheet'ka Kwaan Naa Kahidi Community House for a special luncheon. SPH resident Mary Miller (left) is pictured above.



Thanksgiving Open House

Many preparations were involved in making the "Pie and Cider" open house a success. Fredi and Bill made 9 pecan pies! Young 4H members worked with residents to make 15 pumpkin pies! Two of these were donated to the Community Thanksgiving Meal. Many musicians played their instruments. Bonnie started off the event on the piano. Mike and Iko were next with the piano and a variety of woodwinds. Julie, Ted, and Lauren finished off the day

with some folk and polka tunes!
We are so grateful for all who were involved!

What a day!



*Welcome
Charlie Daniels*

Charles Benjamin Daniels, Jr., was born in Sitka, Alaska on June 14, 1929, to Charles B. Daniels, Sr., and Mary Walton. Charlie, as he likes to be called, was one of eight Daniels children and was the "baby" of the family. His siblings, in birth order, were: Daisy, Martha, Elizabeth, Margaret, Irene, Louise and Benjamin. He also had a half-brother named Richard. Charlie was only two years old when his mother passed away. His father remarried later and Charlie says his big sister Martha was like a mother to him. Charlie graduated High School at Sheldon Jackson Campus. He loved school and was a member of the school choir. When the choir was invited to sing at a Presbyterian Convention in Seattle, Washington, he got to go. He says they traveled back and forth by boat, with the girls traveling on one boat and the boys on another. Along the way South they stopped at some southeast Alaska towns and sang at the local churches. Charlie is Tlingit and a member of Sitka Tribe of Alaska. Charlie's father fished for a living and Charlie joined him on the boat - the "Empress" and fished for many years. Charlie has lived most of his life in Alaska, but did travel to Seattle, Los Angeles, New Orleans and Chicago. Charlie is a Veteran and served in the Army from 1951 to 1953 at Fort Richardson in Anchorage, Alaska. Charlie then worked on the tugs for Samson Tug and Barge for many years. He says he enjoys being on the water.

*Please welcome Charlie to
Garden Park Neighborhood
and the Sitka Pioneer Home.*

*Welcome
Iris Carter*

Iris Barbara Nickell was born to Ira Nickell and Ardith King on March 14, 1927, in Lebam, Washington. Iris had two siblings, older sister Betty Jane Nickell and younger sister Nellie Ardith Nickell, both now deceased. The family grew up in towns all over Washington state, as their father was a logger. Iris graduated from Wishkah High School in 1945 and she was Salutatorian of her graduating class! Some of Iris's careers were as a waitress, working in a laundromat, library and paper mill and as a grocery checker. Iris married Warren "Max" Carter on December 22, 1944. Together they had five children: Susan Carter, Daniel Carter, Steven Carter, Albert Carter and Barbara Louise Carter Sturm. Susan and Steven have passed, but Barbara resides here in Sitka while Daniel and Albert live in Washington state. Warren passed in 2014. Iris has 13 grandchildren and 26 great-grandchildren! Iris says that some of the important events in her life were having her children; spending three days at Fort Riley with her husband Max; and her 50th Wedding Anniversary. Iris considers her children her support system as well as her friend Roberta Modrell.

*Please welcome Iris to
Garden Park Neighborhood
and the Sitka Pioneer Home.*

Native American Heritage Month (NAHM)

Presentations of culture, crafts, stories, and music were all part of recognizing Native American and Alaska Native culture this month.



Happy Thanksgiving





Holiday Festivities Schedule

Dec. 5 @ 11:00am

Door Knocker Party

with Christmas music from Flute & Friends

Dec. 11 @ 12:40pm

Baranof Elementary School Singing

Dec. 11 @ 3:00pm

4H Baking Holiday Cookies (Rec. Kitchen)

Dec. 12 @ 10:00am

Paulla's Gift Tables

with Christmas music from Flute & Friends

Dec. 14th @ 10:00am-6:00pm

SPH Christmas Bazaar

Dec. 15 @ 1:30pm

Sitka Rotary Club Christmas Party

Dec. 20 @ 1:30pm

Preschool Carols with Mrs. Claus

Dec. 21

12:00pm Stocking 'Stuffers' Potluck

1:30pm Home Happenings Announcements

2:00pm Christmas Party

Dec. 25 @ 10:00am

Christmas Service (Chapel)

NOTE: Events listed are in the Main Lounge unless otherwise noted.

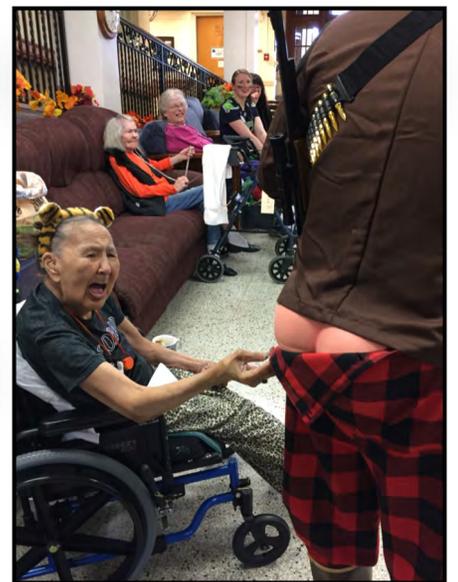
A Brain and Jigsaw Puzzle Connection

By, Shirley Anderson

I read many books and I would like to share a few sentences from Soft Wired by Michael Merzenich Professor of neuroplasticity at University of California, San Francisco. "We are in a brain plasticity revolution. That revolution begins with the clear understanding that the brains machinery is constantly being rewired and revised substantially under our control throughout our lifetime. The brain is a learning machine and if it's not learning, it is dying. Content acquisition is not learning. Actual learning of new skills increases blood flow to areas of the brain which then become stronger." Professor Merzenich outlines some brain fitness rules in his book. One rule is: Take on new activities and acquire new skills. He says "Jigsaw puzzles represent a simple, classical form of challenge...that requires your close, focused attention, and that you must make fast decision based on shape and color and visual textures to be successful." So, for the sake of your brain's fitness, try a puzzle now and then!



Halloween



Coming Soon! Resident Mailboxes!



A receptacle for receiving incoming mail will be installed in the near future (as soon as they arrive on the barge). Each resident will have his/her own assigned mailbox and key.

This is in effort to add consistency, security, and privacy to the mail delivery system.

In addition to personal boxes, package boxes will also be available.

Please direct any questions or concerns to Dayna.

2018 Fall Art-Walk Various works of art created in the Home were displayed and sold.



Lydia's Birthday Party



You're invited to join Lydia for a celebration of her 6th Birthday!

**Thursday, December 6, 2018
at 2:00pm in the Main Lounge**

November Happenings 2018



Happy 101st birthday Cora!!



Pinochle pals!

What are you thankful for?

Jack is thankful for great music!



Dottie and Jesslyn are thankful for puppies!



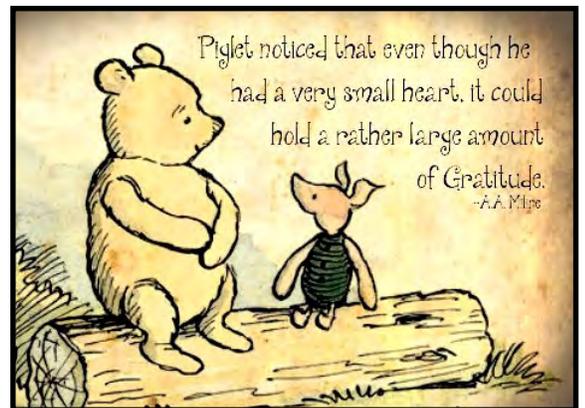
Mary and Jayden are thankful for puzzles!



We are thankful for the Veterans!



Galen and Anna are thankful for friendship!



Piglet noticed that even though he had a very small heart, it could hold a rather large amount of Gratitude.
-A.A. Milne

THANK YOU!!!

•Don Sineti– Thank you for the wonderful concert of sing-a-longs and sea shanties. It is always such a pleasure!

•Jonathan Kriess-Tompkins and Roger Schmidt– Thank you for another great cello and trombone concert! It's fun to see you becoming more and more comfortable playing together!

•Mark Sixbey and Chuck Miller– Thank you, Mark, for sharing your work on keeping Tlingit Culture Alive in Sitka. It's so great seeing the young people learning the traditional culture. Chuck, your stories were wonderful! We can't wait for the next time you come by to share some traditional stories!

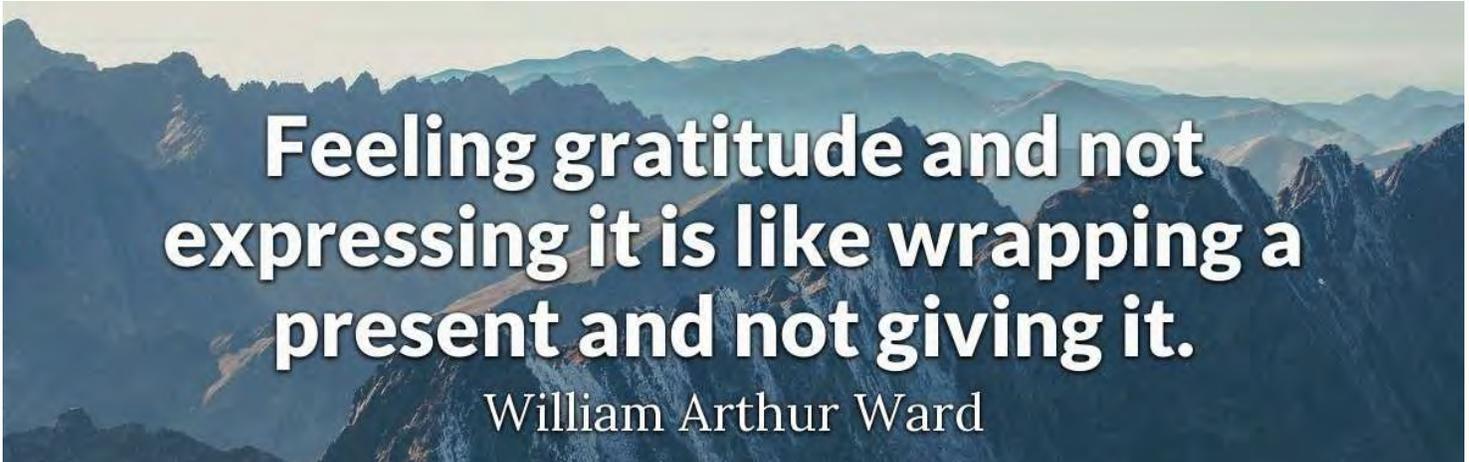
•Kim Elliott– Thank you for sharing your art with us. We thoroughly appreciated and enjoyed all of the various pieces you brought to show including your regalia, carving, silver, salve, resin work, and fish skin jewelry too!

•Gail Ferris– Thank you for keeping our minds on the great outdoors with the videos of your kayaking adventures. It's always fun to see where you will take us next!

• Fredi Young and Bill Hill– Thank you for the Pecan Pies! Fredi, the pecan pie tradition that you started here so many years ago is just wonderful!

• John– Thank you for being the 'Movie and Popcorn prep guy.' You have been coming in weekly to make popcorn, arrange seating and help gather folks for the Tuesday movie and we love it! Thank you for your help!

•Thanksgiving Open House musicians— Thank you to Bonnie for your wonderful tunes on the piano! Thank you Mike and Iko for the after-lunch jazzy pick up! Thank you Lauren, Julie, and Ted for keeping us in the festive mood for the afternoon! You each set a perfect musical mood for the event!



Feeling gratitude and not expressing it is like wrapping a present and not giving it.

William Arthur Ward



Eden Alternative Journey

ALTERNATIVE®

Our Eden Alternative journey focus in Oct. through Dec. is...
Principle One: *The three plagues of Loneliness, helplessness and boredom account for the bulk of suffering among our Elders.*



I spy companionship, spontaneity, and giving and receiving care! The three plagues can't keep us down!

(P.S. Is that a cow wearing a Green Bay Packers hat?!)

Join the Eden Gatherings and look at the lesson packets to keep up with all of the Eden Alternative training that is available!
Green lesson packet folders are on each neighborhood!

Meetings:

Certified Eden Associates: Thursday, December 27 @ 10:00am
Eden Gathering: Friday, December 7 @ 1:30pm

*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, Jill Kollerup, Minda Manuel, Lisa Partido, Grace Roller, Katy Rouse, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young

The Brothers Snusgood

by Galen Insteness



Resident Meeting Agenda *Wednesday, Nov. 7, 2018 @ 1:00pm (Main Lounge)*

Attending: Charlie D, Betty D, Ruth F, Donna G, Jack H, Sue H, Galen I, Bob J, Dottie K, Mary M, Joe R, Jean R, Bernice S, Melba V, Marge W, Anna W, Fredi Y, Dayna A, Administrator, Greg O, Food Services Manager, and Skye W, RTI.

Agenda Items:

New Resident: Charlie Daniels

New Staff: none

Upcoming events:

November–

- Native American Heritage Month: Presentations by Mark Sixbey and Kim Elliot, Cultural Circle Time with MEPS– incorporating traditional crafts, songs, and stories of the Native American people
- 100th anniversary of Armistice Day Celebration. Resident veterans will be recognized/honored.
- Thanksgiving Pie and Cider Open House: pumpkin and pecan pies, hot apple cider, pumpkin soup, and special musical entertainment.
- Fall Art Walk (5-7pm, Bonnie will play piano, refreshments)

December– holiday decorations, Door knocker party, Christmas party, Open House, New Years' Eve party

Old business:

Feedback about The Prospector display in directory on first floor. Many didn't notice, but thought it was a good idea and wanted to see it.

A performance by SNEP dancers has been requested. Skye is working on this.

Food Forum:

Greg reviewed some notes from the NANA Expectations meeting. He asked for feedback and voted on a few of the items that had been suggested during the meeting. There is a sign up sheet for Thanksgiving guests. Greg used local wild apples to make a syrup for Wild Apple iced tea.

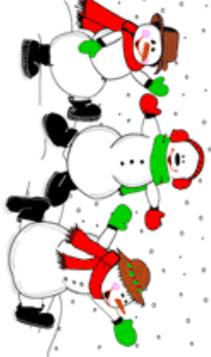
New Business:

An attendee requested that names be added to the photos in the Veterans' display.

Administrator's update:

The annual Administrators' meeting will be held in Sitka this December. Agnew Beck will give their summary. A Medicaid audit last month went very well. Dayna has been appointed Tribal Liaison for DHSS. Dayna met with the new SEARHC Administrator. Grace taught her first Teepa Snow training related to dementia care. Dayna requested that resident council think about putting \$5000 toward hiring an AmeriCorps volunteer for the Home.

Respectfully submitted, Skye Workman, Recreation Therapist I

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:30pm Piano Music 1:30pm Wileman Music Studio Piano Recital	2 8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	3 8:00am Visits 9:00am Bazaar Baking 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 2:30pm Kinder Group 3:00pm 4H Apple Crisp 5:30pm Folk Music	4 8:00am Visits 10:30am Protestant Service 11:00am Door Knocker Party 11:50am Christmas Music with Flute and Friends 1:30pm Bingo: RHouse 5:30pm Russian/Celtic	5 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 2:00 Lydia's B-day Party 5:30pm Golden Oldies	6 8:00am Visits 11:00am Exercise 11:15am Old Favorites 11:30am Lupes B-day Party 1:30pm Eden Gathering	7 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:00pm 1st-Xmas Decorating 8th-ice Cream Social
9 8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Piano Music	10 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 12:40pm Baranof Sing 1:00pm Strong & Steady 1:30pm Movie & Popcorn 3:00pm 4H Holiday Cookies	11 8:00am Visits 10:30am Protestant Service 11:00am 10:00am Paula Gift Tables 11:15am Christmas Music with Flute and Friends 1:30pm Bingo: RHouse 5:30pm Russian/Celtic	12 8:00am Visits 10:30am Protestant Service 11:00am 11:15am Christmas Music with Flute and Friends 1:30pm Bingo: RHouse 5:30pm Russian/Celtic	13 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 5:30pm Golden Oldies	14 8:00am Visits 10:00am-6:00pm Christmas Bazaar 11:15am Old Favorites	15 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Rotary Christmas
16 8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Piano Music	17 8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	18 8:00am Visits 9:30 Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 2:30pm Kinder Group 5:30pm Folk Music	19 8:00am Visits 10:30am Protestant Service 11:00am 11:15am Christmas Music with Flute and Friends 1:00pm Resident Mtg 1:30pm Bingo: RHouse 5:30pm Russian/Celtic	20 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Preschool Carols 5:30pm Golden Oldies	21 8:00am Visits 11:00am Exercise 11:15am Old Favorites 12:00pm Stocking 'Stuffers' Potluck 1:30pm Home Happenings 2:00pm Christmas Par-	22 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Inspiration
23 8:00am Visits 11:00am Exercise 1:30pm Piano Music	24 8:00am Visits 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	25  10:00am Christmas Service	26 8:00am Visits No Church Service today 11:15am Gospel Music 1:30pm Bingo: RHouse 5:30pm Russian/Celtic	27 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 10:00 Eden Associate mtg 1:00pm Exercise 5:30pm Golden Oldies	28 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Movie & Popcorn -New Years' Eve	29 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:00pm To be Announced
30 8:00am Visits 11:00am Exercise 1:30pm Piano Music 2:30pm New Year's Eve Party 2:45pm Bonnie	31 	2 1 8	 Flower: Poinsettia Birthstone: Turquoise			

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