



# The Prospector

*Celebrating 40 Years!*  
*Anniversary Edition*

Sitka Pioneers' Home

February 2019 Vol.41 No.2

### *Resident Birthdays*

<i>Dottie Johnson</i>	<i>2-4</i>
<i>Mary Ann Armstrong</i>	<i>2-18</i>
<i>Harriet Kinberg</i>	<i>2-20</i>
<i>Ruth Finsley</i>	<i>2-26</i>

### *Staff Birthdays*

<i>Pat Kehoe-Pendell</i>	<i>2-10</i>
<i>Audrey Nevers</i>	<i>2-7</i>
<i>Tony Kell</i>	<i>2-20</i>
<i>Grace Roller</i>	<i>2-28</i>

*We will celebrate February birthdays at the Home Happenings celebration.*



SPH Staff are Awesome!

### **Service Pins Awarded in January:**

Resty Fernandez- 15 years  
Marchelle Rodrigo- 15 years  
Sharon Stitz- 10 years (with the state)  
Kate Rouse- 10 years  
Lucinda Williams- 10 years  
Mary Ann Williams- 5 years

### **Perfect Attendance in 2018:**

Josie Ancheta  
MayRose Bagoyo  
Juanita Diego  
Delores Doggett  
Mylene Famini  
Saori Handy  
Darcy Jones  
Minda Manual  
Elvie Matalong  
Cecil Mirasol  
Susie Nicolas  
Marievic Ramil  
Shirley Rieta  
Sharon Stitz  
Evelyn Uy  
Leah Van Cise



# February is Volunteers Month!



We have so many volunteers who share their time and talents with the Pioneer Home throughout the year, it's time to let them know how much we appreciate all they do for us!

Be sure to thank all our fantastic volunteers as you see them, especially in month of February, but throughout the rest of the year, too!



## Ground Hog's Day

Yes! Punxsutawney Phil is the only true weather forecasting groundhog. The others are just impostors. How often is Phil's prediction correct? 100% of the time, of course!

On February 2, Phil comes out of his burrow on Gobbler's Knob - in front of thousands of followers from all over the world - to predict the weather for the rest of winter.

According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.

*What do you think?*

*Will the little guy see his shadow this year??*

*Look for a shadow display in the Main Lounge on Friday, Feb 1, 2019*

*Try to identify as many images as you can!*

# The Prospector *Celebrating 40 Years!*

At a glance, the first edition of the Sitka Pioneers Home newspaper doesn't look like much, but as you read through the articles of the 4 page (single sided) document printed on legal size sheets, you find that it is packed with tidbits of history. It's fun to take a step back in time to look for the similarities and differences in our publication and culture based on this snapshot of 40 years ago.

Excerpts from Vol. 1, No. 1 February, 1979:

"This month, we are printing our first newspaper in over two years. We look forward to a regular publication and hope that each of you in the Home will help us make this a good paper... We would like to take this opportunity to thank Sitka Sentinel who will be publishing our paper for us. The newspaper is typed at the Pioneer Home by a staff person and then sub-mitted to the paper for printing."

"We are going to press without a name for our newspaper. Let's make a big effort to have a name before the next issue comes out."

If you are interested in seeing a copy of the first edition it will be posted in the Main Lounge for the month.

## *Sweetheart Special Dinner*

**Friday, February 15, 2019**

**Entertainment and Refreshments— 4:00pm**

**Rib Eye Steak and Shrimp Dinner — 5:00pm**



The Sweetheart Special Dinner will be offered by the wonderful Kitchen staff with special décor, table arrangements, and menu to add to the festivities.

**The meal is \$15.00 for guests. Please RSVP.**

See Greg or Skye if you have any questions about guest accommodations or other details.

# SPH Residents Receive Community Recognition



**SWEARING IN** Galen Insteness (at left) was recently installed as Sergeant in Arms for Pioneers of Alaska, Sitka Igloo. POA Grand President, Jim Casement, of Cordova, came to town for the annual meeting in January and performed the installation. Galen will now keep order during meetings, take care of the flags, and assist the President and Grand President as needed.



**CELEBRATING LIFELONG LEARNING** Nancy Ricketts, with her friend John Straley, spoke about learning as a life-long experience and the impact that this way of thinking has had on her over the years. Ricketts volunteered at Baranof Elementary School as a reading tutor with first graders for 23 years and was honored during the dedication of her latest embroidery piece. She hopes this piece will inspire learners of all ages. It shows Aladdin's lamp with light

pouring out of it in front of an open book. Ricketts was also part of a project put together by Doug Osborne recently. She was featured throughout a four minute film entitled Sitka Culture of Health. Ricketts' involvement was to showcase opportunities for older people in Sitka to enjoy life in healthy ways.



**FACEBOOK FAMOUS** Nelson Frank made it onto a local Facebook page, "Sitka Chatters," recently. Nelson enjoys getting outside and visiting with passersby. He was given a pair of plastic canvas crafted boots by Cyndi. Cyndi's mother made the post and said that "She makes boots for the people she likes. Today she booted [Nelson] at the Pioneer Home."

*Welcome  
George Porter*

George was born on October 6, 1935 in Perth Amboy, New Jersey to Peg (Margaret). He had a stepfather, John Lane. George has one stepsister living in California, who was only discovered a few years ago. George grew up in New Jersey and Florida. George graduated High School and joined the U.S. Coast Guard at 17 years of age. He moved to Alaska in 1956 after being stationed in state.

George married Gail C. Porter in 1959 and they will be celebrating 60 years this year, on May 23! George retired from the U.S. Coast Guard after 20 years of service. He was also a Tug Boat Captain with Samson Tug and Barge; a Sea Pilot and worked for the Alaska Marine Highway System for 10 years. George and his wife, Gail, have two children: Margaret Kraft of Ketchikan and Lynn Stewart, in Sitka. He has two grandchildren and two great-grandchildren. Some important life events for George are his marriage; building a cabin by hand; building a boat; and providing a beautiful life for his family. George has lots of stories to share and enjoys visitors.

*Please welcome George to  
Northern Lights neighborhood  
and the Sitka Pioneer Home  
family!*

*Welcome  
Josephine 'Ruth' Wood*

Josephine "Ruth" Oden was born on February 2, 1927 in Tajunga, California to Joseph Ivan Oden and Grace Amanda Clark. Ruth had three siblings - Jesse, James, and Leroy. The Oden family grew up in the Mojave Desert area of Southern California. In 1946, she married Walter L. Wood and they had five children: Laura Ary of Shelton, Washington; Janis Ary of Lacey, Washington; Ilene Wood of Juneau, Alaska; Tim Wood of Sacramento, California; Karen Bauer of Juneau, Alaska; and Jon Wood of Seattle, Washington. Ruth was a homemaker as her children grew up, then worked in a bakery until she retired. Ruth enjoyed many camping trips with Karen and her son-in-law around the Western states. Ruth is a practicing Jehovah's Witness and chooses not to celebrate birthdays or holidays.

Ruth has 16 grandchildren and more than 32 great and great great-grandchildren. Ruth enjoys watching Seattle football and baseball teams and working crossword puzzles.

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



## Greeting Cards!!!

This is a reminder that a donated collection of greeting cards are available for holidays as well as other greeting needs!

There is currently a bin of Valentine's Day cards available for staff and residents to choose from on the coffee table in the Main Lounge. The envelopes are not matched up, but they are available in a secondary bin.

The cards are offered for FREE in the following categories:

### Holidays:

**St. Patrick's Day**

**Easter (April 21)**

**Mother's Day (May 12)**

**Father's Day (June 16)**

**Halloween**

**Thanksgiving (November 28)**

**Christmas**

### Other Greetings:

**Get Well**

**Sympathy**

**Baby**

**Congratulations**

**Thank You**

**Birthday**

**Anniversary**

Come by to pick out your cards in the Recreation Kitchen anytime!



*Mike and Iko Sullivan filled in with their energetic music while Bonnie was out of town. Thank you for coming in; it is always a pleasure to listen to you!*

*Gail Ferris has been bringing videos from her kayaking and beach adventures and explorations. It is fun to experience her perspective from the comfort of our easy chairs. Thank you, Gail, for bringing the beach and ocean to us!*

*Kevan O'Hanlon, a 4H leader, has set up another series of events that bring children to the Home. This month she planned several baking events for the residents and 4H students to work on together. Thank you, for continuing to find ways for SPH and 4H to collaborate.*

*Judi Blankenship's puffins are on display in the Main Lounge. Thank you for loaning your collection for our enjoyment! Thank you, also, to Pam Samuelson and Charlene Peterson for setting up the display!*



Our Eden Alternative journey focus for Jan, Feb, and March...

## Principle Two:

*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 a pathway to a life worth living.*

### Meetings:

Certified Eden Associates: Friday, Feb. 22 @ 10:00am

Eden Gathering: Friday, Feb. 1 @ 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, Pat Kehoe-Pendell, Jill Kollerup, Minda Manuel, Lisa Partido, Grace Roller, Katy Rouse, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young

## Sentiments From a Senior Generation on Relationships

—You know that tingly feeling you get when you really like someone?

That's common sense leaving your body.

—Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

—At my age "Getting Lucky" means walking into a room and remembering what I came in there for.

*Happy Valentine's Day!*

## The Brothers Snusgood

by Galen Insteness



## **Resident Meeting Minutes *Wednesday, Jan. 9, 2019 @ 1:00pm (Main Lounge)***

### **Attending:**

Bonnie, S, Anna W, Iris C, Donna G, Melba V, Jennie H, Mary M, George T. Fredi Y, Galen I, Sue H, Betty D, Jean R, Brenda B, Ruth F, Joe R, Dottie K, Greg O, Kitchen Manager, Dayna A, Administrator, and Skye W, RTI.

### **Food Forum:**

Greg has a special Thursday Taco Buffet coming up. Special items continue to be added to the menu as they are requested. In response to a resident question regarding ice cream availability; ice cream can be requested at anytime in place of other desserts offered.

### **Old Business:**

None.

### **Agenda Items:**

Outline of upcoming events was shared.

Mike and Iko will fill in for Bonnie while out of town for 2 weeks in Jan.

Activity Professionals week in January. Minute to win it games on tap.

### **New Business:**

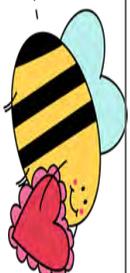
Account status: Doing well and need to spend. Residents are still willing to help out with paying for an AmeriCorps Volunteer. Ceramics shop will be ordering mud.

Special dinner...sweetheart theme with roses. Ribeye steak, shrimp, ambrosia salad, and chocolate covered strawberries were menu items that were suggested.

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

As per residents' current interest, there is no formal resident council set up. Therefore spending requests go through the Gift Shop Manager, Betty. There is a form being made for resident council funds requests for tracking. SPH Auxiliary has set aside a line item for funding and a grant writer is willing to help out with looking for and applying for grant monies toward an AmeriCorps Volunteer for SPH. New staff, Anna Cook, has joined EVS as a Journey I. The 3rd floor dryer, for resident use, may need to be replaced. The PFD website had a big glitch so paper applications have been made available with Social Services.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="font-size: 4em; margin: 0;">FEBRUARY 2019</h1>						
3	4	5	6	7	8	9
12:45pm Piano Music (cancelled)  3:00pm Girl Scout Valentine Craft	8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 2:30pm Kinder Group 5:30pm Folk Music	8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Resident Mtg 1:30pm Bingo: RHouse 5:30pm Russian/Celtic 6:00pm Draw / Paint	8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 2:00pm Gail Ferris Film 5:30pm Golden Oldies	8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Eden Gathering	9:00am Visits 9:30am Catholic Service 9:30am Sitka Strings 1:30pm Ice Cream Social
10	11	12	13	14	15	16
8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo: RHouse 3:30pm 4H Baking 5:30pm Russian/Celtic 6:00pm Draw / Paint	Happy Valentine's Day! 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 5:30pm Golden Oldies	8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30 Neighborhood Décor 4:00pm Entertainment 5:00pm Sweetheart Special Dinner	8:00am Visits 10:00am Eden Associates Meeting 11:00am Exercise 11:15am Old Favorites 1:30pm Home Happenings	9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Outing/Social
17	18	19	20	21	22	23
12:45pm Piano Music  Presidents' Day (Holiday)	1:30pm Bingo 2:45pm Bonnie	8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30 Minute to Win it 2:30pm Kinder Group 5:30pm Folk Music	8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30 Minute to Win it 5:30pm Russian/Celtic 6:00pm Draw / Paint	8:00am Visits 9:00am Shopping 9:30am Storytelling 10:15 Blatchley Concert 1:00pm Strong & Steady 1:30pm Circle Time 2:00pm Minute to Win it 5:30pm Golden Oldies	8:00am Visits 10:00am Eden Associates Meeting 11:00am Exercise 11:15am Old Favorites 1:30pm Home Happenings	9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Outing/Social
24	25	26	27	28	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">           February Birthstone  <h2 style="font-size: 2em; margin: 0;">Amethyst</h2> </div> <div style="text-align: center;"> <h2 style="font-size: 2em; margin: 0;">Flower: IRIS</h2>  </div> </div>	
8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo: RHouse 5:30pm Russian/Celtic 6:00pm Draw / Paint	8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Exercise 1:30pm Circle Time 2:00pm Gail Ferris Films 5:30pm Golden Oldies			

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

Note: Activities are subject to change