



# The Prospector



Sitka Pioneers' Home

April 2019 Vol.41 No.4



## *Resident Birthdays*

*Maureen Roberts 4-4*

## *Staff Birthdays*

*Lisa Partido 4-02*

*Jeilen Antolin 4-12*

*Angie Adzuara 4-14*

*Sheila Olson 4-16*

*Glady Taccad 4-22*

*Nikki Beach 4-26*

*Maryanne Abarientos 4-27*

*Brian Weddel 4-27*

*Mary Joy Malassab 4-28*

*We will recognize residents and staff  
with April birthdays at the  
Home Happenings Celebration.*



## **Scuttlebutt:**

Annabel Rawley is getting settled in as an on-call CNA and is currently working nights. Welcome, Annabel!

Brenda Reynolds joined us as an on-call CNA and has now accepted a full time CNA position. Congratulations, Brenda!

Teresita 'Tess' Manuel is the new Environmental Services Journey I. She starts on April 1st, so please welcome her when you see her!

Sharon Corbett has two very special new members of her family. A nephew, Logan, born in Connecticut on Sharon's birthday (March 12), and a niece, Lucy, born in Sitka the very next day! Congratulations to this very excited Auntie!

Fredi Young went to Spain this month! She took the trip with her daughter, Peggy, and a Spanish class from UAF. Fredi has always wanted to go to Spain and we are so happy she got to!

# Eden Moments



Reggie and Ron catching some rare Sitka sunshine.



Nelson and Joe enjoying a mid-morning chat.



Pat supervising Marc working on some spring décor for North Star Neighborhood.



We joined 4H Club in making some treats for a bake sale.



Martha shows off new artwork from her granddaughter.

Sharon C. bought a pizza peel for Becky to use with Recreation's new mini oven.





# Eden Alternative Journey

ALTERNATIVE®

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

## Principle Three:

*Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship.*

### Meetings:

Eden Gathering: Friday, April 5 @ 1:30pm

Certified Eden Associates: Friday, April 26 @ 10:00am

\*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

## 2019 St. Patrick's Horse Race Winners



**1st- Ocean View  
'Tillie'**

**2nd- North Star  
'Shamrock'**

**3rd- Garden Park  
'Brown Beauty'**

## The Brothers Snusgood

by Galen Insteness



GI

# 2019 St. Patrick's Horse Race Action!





*Welcome  
Shirley  
Truitt!*

Shirley Guilford was born in Cheyenne, Wyoming on December 28, 1932 to George Guilford and Laura Bloomer. She had one brother, Richard Guilford. She was raised in Weiser, Idaho and moved to Vancouver, WA in middle school. She graduated from high school and earned a Bachelors degree from Whitworth College. She married Gilbert Truitt on May 26, 1962. Together they have three children: Philip Dale Truitt, George Kenneth Truitt and Laura Sharon Truitt. They also have seven grandchildren: Kristina, Joe, Natalya, Madison, Mariss, Sydney and Elena. Shirley was a Home economics teacher, tax prep and Wycliffe Bible Translator. Shirley participated in Young Life as a member and a volunteer.

*We welcome Shirley to Northern Lights Neighborhood and the Sitka Pioneers' Home family!*



*Welcome  
Cecilia  
Borbridge!*

Cecilia Victoria Soxie was born on October 15, 1926 to Arthur and Victoria Soxie in Unalakleet, AK. Cecilia was one of three children, with a sister named Virginia, who is deceased, and a sister named Janet, who resides in Sedro Wolly, Washington. Cecilia is Inupiaq Eskimo and she and her sisters grew up in Unalakleet. Cecilia graduated from Sheldon Jackson High School here in Sitka. She married Theodore Borbridge in 1945 and they had four children: James Borbridge, Alan Borbridge, Kay Simmons - all of Sitka, and Donald Borbridge of Hilliard, OH.

Cecilia has 12 grandchildren.

*We welcome Cecilia to North Star Neighborhood and the Sitka Pioneers' Home family!*

# The Fourth Annual SPH Indoor Iditarod Relay Race



**Team 'A' won!  
Rolly 'mushed' the  
team with Martha,  
Mary, and Galen  
as Sled Dogs and  
they completed the  
race in a record  
3min 23sec!**

## ***Omelet Demonstration by Greg***

*Friday, April 5, @ 2:00pm in the Main Lounge*

Greg will demonstrate how to make a delicious omelet. Attendees will get to taste and will be given the opportunity to try making one!

*So, how do you like your omelet?*



## **2019 Rummage Sale!**

**Friday, April 12, @ 9am-5pm  
In the Rec. Kitchen**

Anyone wishing to donate items to be sold  
please see Katie R or Skye W

## ***Volunteer Luncheon!***

*Thursday, April 18, @ Noon  
In the Gold Miner Diner*

Join us for a Pizza Party with the Volunteers! We were so excited to spend this time with the volunteers. Those who can't make it for the Pizza Party are welcome to join us another time, so come on by!

## ***Earth Day Planting Party***

*Monday, April 22, @ 11:15am in the Main Lounge*

*Help plant the Front Porch Garden Box*

We will plant a selection of edibles including herbs and vegetables. This variety of garden goodies will be fun to plant, grow, and harvest from the comfort of our own front porch!





**PEPSI VS. COKE?**  
 Challenge accepted!  
 The overall consensus is that SPH staff and residents prefer Coke.

**SCHOOL DAYS** Preschool has never been so fun as it is when you get to visit your Pioneer Home friends!



**JUST PUFFIN'** It is the end of an era at the Sitka Pioneer Home as the smoking room closed on March 1st. Residents hosted a Puffin' Party with cake and ice cream for all to enjoy.

**SKIP-BO...and SNACKS?** Ruth and Sharon get started with a round of Skip-Bo as Lydia looks for a snack and some pets. We sure love our furry friend!



**ON BROADWAY**  
 Sitka Fine Arts  
 Camp guest musician, Joe Hauer, accompanies local high schooler, Mina Brooks-Schmidt, as she sings Broadway show tunes here. We are so lucky!

## **Resident Meeting Agenda Wednesday, March 6, 2019 @ 1:00pm (Main Lounge)**

### **Attending:**

Lupe A, Brenda B, Betty D, Ruth F, Alberta H, Fred H, Martha H, Mary M, Jean R, Joe R, Bernice S, Melba V, Marge W, Anna W, Greg O, Kitchen Manager, Dayna A, Administrator, and Skye W, RTI.

### **Food Forum:**

Sweetheart dinner was a success. Special menu planned for St. Patrick's Day. Request for less hamburger and hotdog buffet days; add more flank steak buffet days. An attendee requested milkshakes. Another request was made for barley for breakfast. Please continue to see Greg as you think of any food-related requests.

### **Old Business:**

An attendee is interested in a sound system that has speakers around the room for better crowd hearing as well as hands-free microphone. Options will be researched. Soft serve ice cream machine was requested. Many attendees were interested. Options will be researched.

### **Agenda Items:**

Upcoming events: Iditarod Relay Race, St. Patrick's Horse Race, Omelet Demo, Kids will be on Spring Break...this change has been adjusted on the calendar.

### **New Business:**

An attendee requested a Half Day of Bingo. Many others were in agreement. Plans are in the works for a Bingo Marathon.

An attendee requested herring for lunch when the herring come.

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

RN II David has resigned. A full-time CNA I is being processed for hire. An EVS Journey I is being processed for hire. Dayna updated the group regarding the progress of the legislative session related to the proposed Governor's budget.

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



*Tama Bevan is a licensed Massage and Energy work therapist who has been working with SPH residents for over 9 years. Her services enhance the quality of life for people at any age and any stage.*



*Tama has a special room set up on the 3rd floor for in-house therapies and has just redecorated for springtime. We are so lucky to have Tama around! Thank you for being a part of the Sitka Pioneers' Home extended family!*

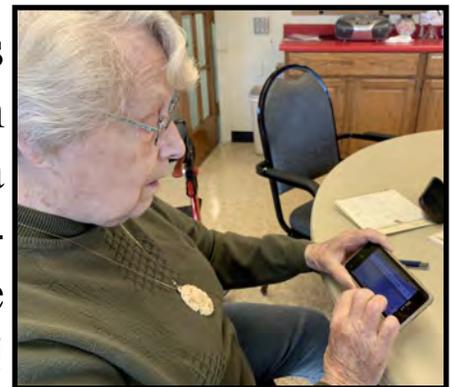
## **DISCOVER YOUR POTENTIAL** Students of Blatchley Middle

School took a week of special classes involving ways to incorporate their interests and talents for services or employment. The class that came to see us was about musical interests. Students shared musical projects and interviewed residents about the importance of music in their lives.



**MARTHA'S FAVORITE...**A plate of venison (with the bone for the marrow, of course) brought in by Skye.

Betty's granddaughter, Eden, has been hoping to be the first person to receive a text from her Grandma. Well, after a quick lesson Betty sent her first text! Congratulations, Grandma Betty! We know your teenage granddaughter is proud of you and so are we!



Becky's pepper plant (left) and lemon tree (right) are loaded with blooms! Come see them in the Rec. Kitchen!

**14 MILES— ADVICE FROM ELDERS** Be looking for a film starring some SPH Elders! There has already been a sneak peek on Facebook!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Flower: Sweet Pea</b> 	<b>1</b> 8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	<b>2</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	<b>3</b> 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo: RHouse 5:30pm Russian/Celtic	<b>4</b> 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	<b>5</b> 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Eden Gathering 2:00pm Quilet Demo	<b>6</b> 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Social/Outing	
<b>7</b> 8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	<b>8</b> 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	<b>9</b> 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg 1:30pm Bingo: RHouse 5:30pm Russian/Celtic 6:00pm Draw / Paint	<b>10</b> 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	<b>11</b> 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	<b>12</b> 8:00am Visits 9:00am-5:00pm Rummage Sale 11:00am Exercise 11:15am Old Favorites 1:30pm April Trivia	<b>13</b> 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Ice Cream Social	
<b>14</b> 8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	<b>15</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	<b>16</b> 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo: RHouse 5:30pm Russian/Celtic 6:00pm Draw / Paint	<b>17</b> 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 12:00pm Pizza Party 1:00pm Strong & Steady 1:30pm Circle Time 5:30pm Golden Oldies	<b>18</b> 8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 12:00pm Pizza Party 1:00pm Strong & Steady 1:30pm Circle Time 5:30pm Golden Oldies	<b>19</b> 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Easter Party	<b>20</b> 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Singpiration	
<b>21</b> 8:00am Visits 10:45am Circle Time 11:00am Exercise 11:55am Earth Day 1:30pm Bingo 2:45pm Bonnie	<b>22</b> 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	<b>23</b> 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo: RHouse 5:30pm Russian/Celtic 6:00pm Draw / Paint	<b>24</b> 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	<b>25</b> 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	<b>26</b> 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Home Happenings	<b>27</b> 9:00am Visits 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Social/Outing	
<b>28</b> 8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:45pm Bonnie	<b>29</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	<b>30</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	<b>APRIL 2019</b>				<b>Birthstone: Diamond</b> 

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