



The Prospector

Sitka Pioneers' Home

August 2019 Vol.41 No.8

Resident Birthdays

<i>Bonnie Stedman</i>	<i>8-7</i>
<i>Leslie Pellett</i>	<i>8-11</i>
<i>Jean Riederer</i>	<i>8-17</i>
<i>Martha Howard</i>	<i>8-28</i>
<i>Bob James</i>	<i>8-30</i>

Staff Birthdays

<i>Jennifer Corak</i>	<i>8-8</i>
<i>Jill Kollerup</i>	<i>8-19</i>
<i>Gabby Kelly</i>	<i>8-21</i>
<i>Marife Plaisance</i>	<i>8-22</i>
<i>Cory Chapman</i>	<i>8-27</i>
<i>Rolly Jeske</i>	<i>8-29</i>
<i>Leah VanCise</i>	<i>8-29</i>
<i>Rosalinda Ganitano</i>	<i>8-30</i>

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

Scuttlebutt:

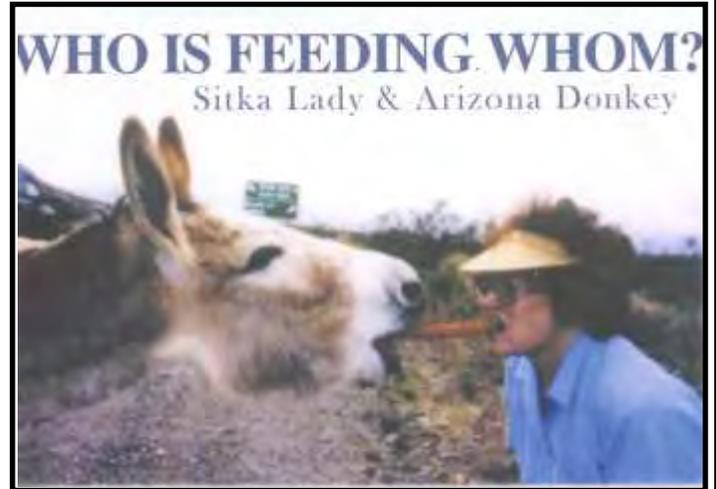
Siblings, Roland and Flordelis "Lis" Puebla, have joined the NMS Housekeeping team! Welcome aboard!

There have been some really nice summer days this month. Let's take a moment to appreciate Peter's creativity in beating the heat. The SPH Maintenance Foreman has converted a 1971 VW Beetle into a hot tub! Wow!



Postcards made for SPH Gift Shop

SPH elder, Dottie O, had this picture taken of her, and a donkey, in Arizona many years ago and always dreamed of making it into a postcard. She told the SPH Gift Shop and they worked with her to get it done! They are for sale now, so stop by to check it out!



Musical Remembrance

One of our very dedicated and kindhearted volunteers, Steve Warren, has passed away. Steve came to the Sitka Pioneers Home for years to play his guitar and sing for the residents. He encouraged and inspired



many of the other current musicians to come to the Home and share music here. He started out playing Folk Music once a week and over the years increased his schedule to different genres four times a week! He was well-known for being able to play (and sing the words to) any song that was requested. We held a Music Remembrance in his honor and a group of twelve musicians came together to share some of Steve's favorites including "I Think You're Wonderful," "The Water is Wide," and "Parting Glass." Fun and thoughtful stories and memories were shared between musical interludes. We will miss you, Steve. As Debby shared on her homemade sign, "Thank you for the music."

The Fish Head Song

By Barnes & Barnes

Released: 1980

*“Fish heads, fish heads,
Roly-poly fish heads,
Fish heads, fish heads,
Eat them up, yum!”*



Thank you to The Klinglers for the fish heads! We have been *eating them up... Yum!!*



Thank you to Skye's parents for donating 10 pounds of fresh halibut. Thank you, Rolly, for deep frying it for us to enjoy!

Welcome Agnes "Aggie" Sawyer

Agnes "Aggie" Sampson was born on February 14, 1926 to Edward Sampson and Alfreda Cope Lewis in Princeton, NJ. Aggie had two brothers: Edward Jr. and Harold. The Sawyer children were raised in Princeton and spent summers in Northeast Harbor, ME. Aggie graduated from Westover Boarding High School in Connecticut and received a BA in Sociology from Russell Sage College in Troy, NY. Aggie married Donald L.A. Sawyer in 1948. They had five children: Karen O'Brien of Texas; Copey McEntee of Virginia; Mim McConnell of Sitka, AK; Lunn Sawyer of Maine; Anna Letaw of Maryland. Aggie has 12 grandchildren and 11 great-grandchildren. Aggie worked as a nursery school teacher and in retail at a workshop in Maine where the items sold were made by people with disabilities. Aggie has lived most of her life on the East Coast - from Maine all the way to Florida. Aggie has traveled to the Shetland Islands, England, Italy, Canada, and Mexico.

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

Eden Moments



Happy Birthday! Becky presents a piece of cake and balloons to Terri during music with Bonnie.

And speaking of birthdays...this young volunteer, Elizabeth (right), will celebrate her first birthday on September 2nd!



Bonnie stopped by North Star to sing with Deena. We will miss Bonnie and her music while she is out of town for a couple of months.

Reggie, Galen, and Joe found some sunshine by the sea shore. Looking good guys!



Thank you Sitka Rotary Club for a very substantial donation to purchase a defibrillator for the Home!



Our Eden Alternative journey focus for July, August, Sept...

Principle Four:

An Elder-centered community creates opportunity to give as well as receive care. This is the antidote to helplessness.

Meetings:

Eden Gathering: Friday, August 2 @ 1:30pm

Certified Eden Associates: Friday, August 16 @ 10:00am

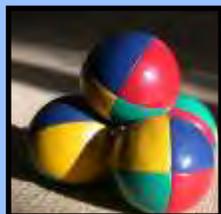


SPH Carnival
An Eden Alternative Renewal Celebration
Friday, August 9, 2019
1:00pm-3:00pm in the Main Lounge



Join in the fun for games and food...

DUNK TANK! BALL TOSS! MINI GOLF!



**Corn dogs! Popcorn!
Ice Cream Bars!**



The Brothers Snusgood

by Galen Insteness





Goldfish Challenge Winners

Ron (left) and Brian (right) guessed within 100 crackers of the nearly 3500 crackers that were in the jar. They chose pizza lunch from Mean Queen for their prize.

Congratulations!

A Snapshot Into SPH History— A Baby Born...Here?

Sharon O'Toole, a visitor and friend of a current Sitka Pioneers' Home elder shared her unique connection to the Home, recently. Here's her story: *"My grandmother, Theresa Grossman, opened the Arcade Restaurant in Sitka in 1934. In June 1935, she bought the old Pioneers' Home Hospital. Her land was near where the 1st National Bank is and she paid a man \$2000 to move the building to her property. To move it she had to have it sawed in half to take it around the church. My parents, Dermott and Dorothy 'Dorie' O'Toole lived in Tenakee Springs and in 1939, when my mother was about 9 months pregnant with me, she came to Sitka and stayed with my grandmother. At the end my mother had to have an emergency C-section and, since there was no hospital in Sitka, the only place for that was the new Pioneers' Home, which was only for men in those days. Dr. Bill Charteris was the doctor. I was put into a storage closet and one day when I was [left] alone and crying, an old man came in and closed the door, which immediately locked. People became frantic when they realized they had no keys to the door. Inside I became quiet and they didn't know what happened to me. A locksmith was called and he soon had the door opened to find that I just seemed happy to have someone nearby. Ernest Gruening had just been appointed Governor of the Territory of Alaska and was in Sitka being given a tour of the recently built Pioneers' Home. On passing my mother's room, he remarked 'there's a woman in there,' whereupon he was introduced to my mother with the explanation of the circumstances, that there was no hospital in Sitka."*

— Sharon O'Toole

(Born in Sitka Pioneers' Home on December 13, 1939)



Huckleberry picking in the garden out back.



NSRAA's Medvejie Salmon Bake

An Allen Marine boat ride starts off the trip.



Then, tour of the hatchery facilities and pose for a photo!



Next, check on the salmon fillets...they're done, time for lunch!



Finish up the outing with some s'mores before heading back to the boat.



Thank you!!

Sitka Summer Music Festival Cello Seminar students performed twice during their time here. The music was lovely and it's always so fun to learn about the students and the music they choose to play.



Abel Ryan came back for another carving demonstration through the SJ Museum's Native Artist Residency Program. Thank you, Abel!

Mike and Iko's Jazz Hour brought a nice variety to our music routine. Thank you, for expanding our musical experience!

Outer Coast Summer Seminar (OCSS) students hosted a BBQ picnic and put on a talent show where students and Elders showcased their skills. The kids really knew what they were doing and it was fun to meet them. Thank you OCSS students!



Calendar Updates

Mondays (after exercise) The Weekly “What’s up?”

A discussion opportunity about the upcoming events for the week and other leading stories that arise.

(Main Lounge)

Mondays (at 3:00pm) A Skylight Snack

Rolly invites you to join her for a simple snack in a social atmosphere.

(Main Lounge)

Thursdays at 1:30pm Dash of Delicious

Becky will host this cooking/baking session.

(Main Lounge)

Fridays at 11:15am Creative Connection

Skye will lead an art lesson/project to stretch your creative side.

(Main Lounge)

Students of Outer Coast Summer Seminar presented:

A Talent Show

In addition to the OCSS students who performed talents, there were a number of SPH elders who shared... *Vera’s crochet, Galen’s artwork and cartoons, Susie’s poetry, and Nancy (left) showed her embroidery.* Thank you for sharing your talents!



A Desire to Sing

By Susie Sturm

Lying content on the dawn of spring
Thinking of what the morrow will bring,
Comes to the heart a desire to sing
Of love and nature and everything.

Resident Meeting *Wednesday, July 10, 2019 @ 1:00pm (Main Lounge)*

Attending: Vae B, Iris C, Ruth F, Donna G, Alberta H, Ralph H, Bob J, Gladys M, Mary M, Jean R, Bernice S, Bonnie S, Marge W, Pat W, Ruth W, Fredi Y, Greg, O, Kitchen Manager, Dayna A, Administrator, and Skye W, RTI.

Food Forum:

Food donations this month included: King salmon, halibut, salmon eggs, and salmon heads. Attendee requests included: oyster stew and barley for breakfast as well as adding a pinch of sugar in the spaghetti sauce. Next cooking demo will be milkshakes.

Old Business:

Resident fire alarm procedure...signs are being printed and placed soon.

Thank you note from Michelle Putz for hosting "The Ugly Side of Plastics" Art show.

Agenda Items:

New resident: Jan Nelson (OV)

July event addition: Artist Demo on 7/15 at 2:00pm and Outer Coast Summer Seminar BBQ Picnic.

Save the Date: Uncommon Music 8/2, Carnival 8/9, Allen Marine Cruise 9/17

New Business:

Have you been checking your mail?

Administrator's update:

Quick visit from Deputy Commissioner Albert Wall, and Central office staffer, Megan Baughman over 4th of July holiday. Ron Mears retired. Two EVS staff gave notice and will not be working through the contract transfer. There will be some changes in some products such as: c-folds, toilet paper, and soaps as the NANA contract takes over housekeeping services for the Home.

Respectfully submitted, Skye Workman, Recreation Therapist I



Bowling Fun!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 						
4 12:30pm Piano Music	5 8:00am Visits 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 3:00pm A Skyflight Snack	6 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	7 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg 1:30pm Bingo 5:30pm Russian/Celtic	8 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm Dash of Delicious 5:30pm Debby & Jim	9 8:00am Visits 11:00am Exercise 11:15am Creative Connection 1:00-3:00pm SPH Carnival	10 9:30am Catholic Service 1:00pm TBA
11 12:30pm Piano Music	12 8:00am Visits 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 3:00pm A Skyflight Snack	13 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	14 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:45pm Russian/Celtic	15 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm Dash of Delicious 5:30pm Golden Oldies	16 8:00am Visits 11:00am Exercise 11:15am Creative Connection 1:30pm Milkshakes with Greg	17 9:30am Catholic Service 1:30pm Singpiration
18 12:30pm Piano Music	19 8:00am Visits 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 3:00pm A Skyflight Snack	20 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	21 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:30pm Russian/Celtic	22 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm Dash of Delicious 5:30pm Golden Oldies	23 8:00am Visits 11:00am Exercise 11:15am Creative Connection 1:30pm Neighborhood Visits (CNA Mtg)	24 9:30am Catholic Service 1:00pm Ice Cream Social
25 12:30pm Piano Music	26 8:00am Visits 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 3:00pm A Skyflight Snack	27 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music	28 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:30pm Russian/Celtic	29 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm Dash of Delicious 5:30pm Golden Oldies	30 8:00am Visits 10:00 Eden Associates 11:00am Exercise 11:15am Creative Connection 1:30pm Home Happenings	31 9:30am Catholic Service 1:00pm TBA

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

Note: Activities are subject to change