



The Prospector

Sitka Pioneers' Home

September 2019 Vol.41 No.9

Resident Birthdays

| | |
|------------------|------|
| Marta Ryman | 9-3 |
| Betty DeCicco | 9-18 |
| Shirley Anderson | 9-21 |
| Vera Evans | 9-27 |

Staff Birthdays

| | |
|-------------------|------|
| Minda Manuel | 9-3 |
| Melchor Subillaga | 9-3 |
| Delores Doggett | 9-27 |
| Greg Owens | 9-27 |
| Halden Calumag | 9-29 |

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

Scuttlebutt:

Please welcome Juliet Castillo and Elpi Manuel to the Sitka Pioneers Home NMS team. Juliet has joined Food Services, and Elpi is in Housekeeping.

Skye has returned from a trip to pick up a car in Oregon. She had a great time driving all over OR and up to Seattle to deliver the car to the barge. The icing on the cake was a spontaneous gift of tickets to the Mariners vs. Blue Jays game on the last day of the trip where she was seated 7th row from the field just outside the right foul post!



Left: Pat went out on delivery to hide some rocks that they painted on Saturdays at Ocean View Neighborhood.

Below Left: Jimmy finished up volunteer hours for his Master Gardner certification by cleaning the headstones at the Pioneer Home Cemetery. He also picked berries and made pies for the SPH Elders!

Below Right: Brave Heart Volunteer, Kim (at left), served ice cream for the social this month. Here, she sits with some happy customers.



The Brothers Snusgood

by Galen Insteness

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.

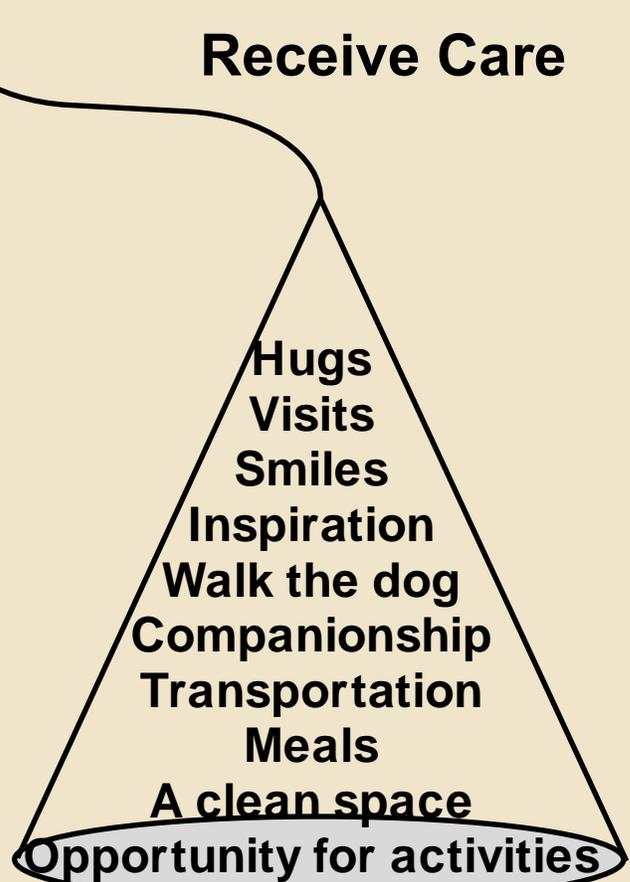
At the August Eden Gathering we created two lists inspired by Principle Four. We asked ourselves these questions: ***In what ways do we give care in our daily lives? In what ways do we receive care in our daily lives?*** We found there was a lot of similarity in both of the lists we made, as well as good balance between the two, which is important. So let's check the scales...

*Remember: in Eden Alternative Care is defined as *helping another to grow.*

Give Care



Receive Care



Upcoming Meetings:

Eden Gathering: Friday, Sept. 6 @ 1:30pm
Certified Eden Associates: Friday, Sept. 27 @ 10:00am

Welcome
Linda
O'Neill

Linda was born on May 21, 1949 to Bill O'Neill and June Erickson. She has one older brother, Lance O'Neill. Linda has lived her entire life in Ketchikan. She graduated from Ketchikan (Kay-High) High School. Linda worked for 30 years at Madison Lumbar and Hardware in Ketchikan. Linda says she hasn't really traveled much, but has been to Florida and California. Linda has two daughters - Irish Croy who lives in Ketchikan and Breanna Kathleen who lives in Washington State. She has one grown grand daughter, Paris Victoria. Linda used to go out dancing and was a member of the Elks and Moose Club. She enjoys reading magazines and watching game shows.

We welcome Linda to Ocean View
Neighborhood and the Sitka
Pioneers' Home family!

Welcome
Carolyn Carle
and "Mushy" the cat

Carolyn was born in Dillingham, Alaska on August 5, 1948 and grew up in Seward, Alaska. She had two brothers and one sister. Carolyn graduated from Seward High School and joined the U.S. Navy right after graduating. She has one son, Shon. Carolyn worked for some time at the Sitka Cold Storage. Her son Shon lives in Hawaii with his wife, and Carolyn's grandson, Uriah. Carolyn loves socializing. She enjoys going to the Senior Center and participating in activities. She looks forward to all the activities offered here and is very happy to have her cat Mushy here with her. Mushy is 14 years old and likes people, but also likes his space, so let him come to you. Carolyn says she is happy as long as she and Mushy are together.

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

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)
Wednesdays @1:30pm (to start us off at bingo)
Thursdays at 1:30pm (after exercise)

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

24th Annual National Assisted Living Week

Sept. 8th-14th, 2019

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 2019 theme is “A Spark of Creativity.”

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 Wed. Sept. 4th @ 4:00-5:00pm (*Main Lounge*)
Doll making Lesson / Discussion featuring Alaskan artist Neva Mathius

‘A Creative Moment’ Stories Thurs: Sept. 12th @ 9:30 am
Share a story about what inspires you creatively. (R-House Lounge)

Soap-making with the 7th Adventist School Fri: Sept 13th @ 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)

Rock Painting Crew On Ocean View





Dunk Tank!





Thank you!!

Dixie Peterson donated her collection of hand crafted dolls made by her mother. One can be seen sitting in the Main Lounge. We can't wait to display them all!

Also pictured, at right, is another fun display by Pam and Charlene. Thank you for decorating the cases with a variety of themed collections!



Julie Platson has been filling in through August on most Wednesdays and Thursdays for our musical enjoyment. Thank you, Julie!

Kim and Bob Hunter served ice cream for the social in August. Thank you for bringing your smiling faces and for serving generous scoops! We look forward to seeing again in September.

Joe Hauer and Wyatt Underhill from the Sitka Fine Arts Camp, performed a concert here. Joe had played the piano for us in Feb, but this time he brought his friend Wyatt to play the violin with him. What a treat!

Mish Bekeris and Connor Fulton have been playing here on Sundays for several years, but when they left Sitka to go to college they weren't able to come in. This, however, did not keep them from SPH forever! They still dedicate his Sunday afternoons whenever they are in town and this summer was no different! Thank you, Misha and Connor!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|---|
| 1 12:30pm Piano Music 1:00pm Karaoke | 2  1:30pm Bingo | 3 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music | 4 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg 1:30pm Bingo 4:00pm Artist- Neva 5:30pm Russian/Celtic | 5 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Mike & Iko | 6 8:00am Visits 11:00am Exercise 11:15am Creative Connection 1:30pm Eden Gathering | 7 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |
| 8 12:30pm Piano Music 1:00pm Karaoke | 9 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 3:00pm A Skylight Snack | 10 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music | 11 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:30pm Russian/Celtic | 12 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 13 8:00am Visits 11:00am Exercise 11:15am Creative Connection 1:30pm Neighborhood Visits (CNA Mtg) | 14 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |
| 15 12:30pm Piano Music 1:00pm Karaoke | 16 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 3:00pm A Skylight Snack | 17 8:00am Visits 11:00am - 3:00pm Allen Marine Cruise 5:30pm Folk Music | 18 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:45pm Russian/Celtic | 19 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 20 8:00am Visits 11:00am Exercise 11:15am Creative Connection 1:30pm Cooking Demo w/Greg | 21 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Singspiration |
| 22 12:30pm Piano Music 1:00pm Karaoke | 23 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 3:00pm A Skylight Snack | 24 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music | 25 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music w/Al and Ann Hass 1:30pm Bingo 5:30pm Russian/Celtic | 26 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 27 8:00am Visits 10:00 Eden Associates 11:00am Exercise 11:15am Creative Connection 1:30pm Home Happenings | 28 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Ice Cream Social |
| 29 12:30pm Piano Music 1:00pm Karaoke | 30 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 3:00pm A Skylight Snack |     <h1 style="font-size: 4em; margin: 0;">September 2019</h1>   | | | | |

*Please contact the Activities Department if you would like a copy of our calen-

dar!*

Note: Activities are