



The Prospector

Sitka Pioneers' Home

November 2019 Vol.41 No.11



Resident Birthdays

| | |
|-----------------------|--------------|
| <i>Ethel Lund</i> | <i>11-04</i> |
| <i>Dottie Olson</i> | <i>11-13</i> |
| <i>Clint Miller</i> | <i>11-16</i> |
| <i>Marge Ward</i> | <i>11-17</i> |
| <i>Nancy Ricketts</i> | <i>11-28</i> |

Staff Birthdays

| | |
|----------------------|--------------|
| <i>Mel Ganitano</i> | <i>11-10</i> |
| <i>Evelyn Uy</i> | <i>11-10</i> |
| <i>Iris Klingler</i> | <i>11-13</i> |
| <i>Sandra Huber</i> | <i>11-19</i> |
| <i>Roger Sibayan</i> | <i>11-22</i> |

November birthdays will be recognized at Home Happenings!

Scuttlebutt:

Please welcome these staff:
On call nurses: Sandra Huber, Marjorie Magbanua, and Frankie Bacon.

On call CNA, Tanya Mayville.
NMS Housekeepers, Susan Beebe and Joanne Littlefield.
We are so pleased to have you join the Sitka Pioneers Home family.

Susie Allensworth's son, Tristan got married! Congratulations to Tristan, Riley, and the whole family!



Eden Moments



Dottie invited George the Poodle to lay on her bed...he was happy to oblige!

A pet pass has been issued to Trixie, Lois Verbaan's snuggly border collie.



Our Eden Alternative journey focus for Oct., Nov., Dec...

Principle Five:

An Elder-centered community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.

Upcoming Meetings:

Eden Gathering: Friday, Nov. 1 @ 1:30pm

Certified Eden Associates: Friday, Nov. 8 @ 10:00am

In our most recent discussion about Principle Four, relating to the balance of giving and receiving care, the group decided to make a list of categories to check and see how we, as a Home, are doing. The categories that we discussed were:

- Birthday celebrations
- Welcoming
- Special life events
- Crafts
- Children
- Special events (ie. Carnival)
- Pets
- Entertainment
- Meetings



The group determined that there was good balance in each category for ways that each of the care team experiences opportunities to give and receive care. Well done!

The first activity relating to Principle Five was making rose hip puree and jam...the rose hips needed to be harvested and used, so a spontaneous opportunity for cooking presented itself!

Sitka Pioneer Home Veterans:

The purpose of Veterans' Day is to honor our veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. It is also a good time to celebrate the young men and women currently serving our country.

Veterans' Day Celebration

Friday, November 8, 2019

At 1:30pm in the Main Lounge.

The Sitka Emblem and Elks Club

Flag Folding Ceremony

Monday, November 11, 2019

at 4:30pm in the Main Lounge.

Residents:

- Carolyn Carle
- Charlie Daniels
- Nelson Frank
- Joseph Griffin
- Robert James
- Vance Kendall
- Dorothy Klingler
- George Porter
- Ronald Repplinger
- Joseph Riederer
- John Sandor
- Patricia Williams

Staff:

- Susie Allensworth
- Keith Gibson
- Tony Kell



Thanksgiving Open House

The community will be invited to join us for homemade treats...

Wednesday, November 27, 2019

@ 11:00am-3:00pm

in the Main Lounge.



National Health Information Technology

This year is the 13th anniversary of National Health IT Week. This week is dedicated to raising awareness of Health Information Technology's power to improve the health and health care of patients all across the nation, and at lower cost. National Health IT Week celebrates the efforts that have been made—and are being made—in the transformation of how care is delivered and paid for and how patients engage in their own health and health care.

Help us honor the excellence of our own Medical Records Technician, *Mona Allen*, through the month of November!

November is Native American Heritage Month (NAHM)

Upcoming Events:

Native American Heritage Spotlight

Spotlight presentations around the theme of celebrating Native American Culture. Various presenters/storytellers will be featured.

Tuesdays at 11:00am (Main Lounge)



Native American Folklore/Stories and Discussion

Thursdays at 9:30am (R-House Lounge)



Native American Heritage Circle Time by Mt. Edgecumbe Preschool

Thursdays at 1:30pm (Main Lounge)

Veterans and Native American Heritage Month Luncheon

Tuesday Nov. 26, at 11:30am-2:00pm (Harrigan Centennial Hall)

Native American Culture of Coins

History and development of US currency honoring Native American culture.

Friday, Nov. 22 at 2:00pm (Main Lounge)

Annual SPH CHRISTMAS BAZAAR

The 2019 bazaar will be Friday, December 13th. The Recreation staff are seeking helpers for craft projects, baking, and painting ceramics. If you want to help, please let one of us know. If you already have a project in mind we may have the supplies you need. Proceeds of the sale go to the Resident Council Recreation fund. Staff, friends, and families are also welcome to donate craft items for the Bazaar.



*Welcome
Thomas
“Tom”
Hughes*

Thomas Chapman Hughes “Tom” was born on August 14, 1930, in Juneau, Alaska, to Thomas Hughes and Elizabeth Chapman. Tom was an only child and grew up in Juneau.

Tom attended Mechanics School and has worked in commercial fishing, logging, driving a cab, and as a mechanic. One of Tom’s most memorable times was being in the middle in the North Atlantic Ocean while in the service. Tom has traveled throughout the United States and Great Britain. Tom has four adult children: Morris Barclay, Leroy Hughes, Ruby Hughes and Richard Carle. He has 22 grandchildren and over 30 great-grandchildren.

*We welcome Tom to Ocean View
Neighborhood and the Sitka
Pioneers’ Home family!*

Alaska Pioneer Homes Advisory Board Visiting Sitka

*Advisory Board members
will be in Sitka for their
annual meeting this year.*

*Members will meet
with SPH residents:*

*Thursday, November 14, 2019
at 1:00—2:00pm
in the Main Lounge.*

**Only
you can
stop the flu**

Cold versus **Flu**

| COLD SYMPTOMS INCLUDE: |  | FLU SYMPTOMS INCLUDE: |
|-------------------------------|---|-----------------------------------|
| SORE THROAT |  | SORE THROAT |
| RUNNY NOSE |  | RUNNY NOSE |
| COUGHING |  | COUGHING |
| HEADACHES |  | HEADACHES |
| BODY ACHES |  | BODY ACHES |
| SNEEZING | | ACHING MUSCLES/ JOINTS |
| WATERY EYES | | FEVER |
| | | CHILLS |
| | | HIGH FEVER |

Halloween Neighborhood Diorama Contest

Favorite Overall...
Northern Lights!



Most spooky...
Ocean View!



Most Funny...
North Star!



Most Creative...
R-House!



Well done, teams.
They turned out awesome!

Cooking rose hips for jam is hard work...



...but so worth it!



Fall Trees painting project



Alaska Day 2019



Keystone Kops swear in and visit residents at SPH.



We participated in and attended the Parade!
John rode in the Shriners vehicle and Nancy was a SPH Walkette!



Inside the Home, the Lounge was bustling with guests.

Thank you!!



The Alaska Day Tea Party was a success and the entertainment was wonderful. Thank you to each person who took the time to perform for us! Another big round of applause goes to the Ceoltoiri Celtic Group, the New Archangel Dancers, The Hames family (with Andrew, Kristin, Justin and Morgan), the Sitka Studio of Dance, and the Seattle Pipes and Drums. Thanks are also in order for Klaudia Leccese, the Master of Ceremonies! The kitchen crew made delicious cookies and scones; thank you! The parade crew with Dayna Arnold, Clinton Lasley, Terri Moore, and Heidi Hamilton made it possible for a large group of residents to have a comfortable parade side experience. Thank you! Extra thanks to all the staff and volunteers who were behind the scenes throughout the day making sure that each resident had the best Alaska Day!

Thank you to the 9th Army Band for an energetic concert! You rocked!

Thank you, 7th Day Adventist School for molding soap with us and teaching us about iPads! Neat stuff!

Thank you, Sitka Rotary Club, for another fun Pumpkin Carving event!



Jacob Strubbe of the F/V Southern Wind donated pounds of lingcod. Thank you for the yummy fish!



Resident Meeting Wednesday, Oct. 9, 2019 @ 1:00pm (Main Lounge)

Attending: Brenda B, Carolyn C, Betty D, Ruth F, Alberta H, Jack H, Jennie H, Dottie K, Mary M, Dottie O, George P, Jean R, Bernice S, Melba V, Marg W, Anna W, Ruth W, Fredi Y, Dayna A, Administrator, Greg O, NMS Manger, and Skye W, RTI.

Food Forum:

Greg was in Fairbanks for work last month. Moose donated from Kake. Preparations for Alaska Day, tea and cookies. Kitchen is fully staffed, which was a goal with the transfer of the contract.

Old Business:

None.

Agenda Items:

New resident: Gerald McCutcheon

New Staff: Marjorie Magbanua (PRN RN II), Sandra Huber (PRN RN II)

Alaska Day plan- tent at Barracks street (with Clinton and Dayna), parade involvement, tea and cookies, entertainment, dresses, etc.

Upcoming events: Sitka Rotary Pumpkin carving (19th), Don Seneti (31st, 1:30pm), and Halloween potluck and party (31st, 2:30pm)

New Business:

A resident asked for information on how to adjust the thermostat for the new heating system. When it is finalized, a "How to" cheat sheet will be provided.

Administrator's update:

With weather getting colder be aware of slippery surfaces outside and be sure to wear appropriate clothing. It's cold! The annual Administrators' meetings went well with a focus on keeping up on Policies and Procedures. The Alaska Pioneers Home Advisory Board will meet in Sitka for their annual meeting in Nov.

Respectfully submitted, Skye Workman, Recreation Therapist I

The Brothers Snusgood

by Galen Insteness



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|--|--|
|  | | | | | | |
| DAYLIGHT SAVINGS (Fall back) 1-00pm Karaoke 2:30pm Classical String Trio | 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie | 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 1:00pm Exercise 1:30pm Movie & Popcorn 5:30pm Folk Music | 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg 1:30pm Bingo 5:30pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm NAHM Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm SPH Veterans' Celebration | 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |
| 10 1-00pm Karaoke 2-30pm Classical String Trio | Remember Our Veterans' Day 1:30pm Bingo 2:45pm Bonnie 4:30pm Flag Folding Ceremony | FULL MOON 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 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 5:45pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Advisory Board Meeting 2:00pm Dash of Delicious 5:30pm Golden Oldies | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Neighborhood Visits (CNA Mtg) | 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Singspiration |
| 17 1:00pm Karaoke 2:30pm Classical String Trio | 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie | 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 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 5:30pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm NAHM Circle Time 1:45pm Dash of Delicious 5:30pm Debby & Jim | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Home Happenings 2:00pm Native American Culture Thought Coins | 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Craft on Ocean View |
| 24 1:00pm Karaoke 2:30pm Classical String Trio | 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie | 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 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 5:30pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm NAHM Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Discussion/Trivia | 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |
| 25 1:00pm Karaoke 2:30pm Classical String Trio | 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie | 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 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 5:30pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm NAHM Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Discussion/Trivia | 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |
| 26 1:30pm Classical String Trio | 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie | 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 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 5:30pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm NAHM Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Discussion/Trivia | 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |
| 27 1:30pm Classical String Trio | 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie | 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 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 5:30pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm NAHM Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Discussion/Trivia | 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |
| 28 1:30pm Classical String Trio | 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie | 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 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 5:30pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm NAHM Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Discussion/Trivia | 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |
| 29 1:30pm Classical String Trio | 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie | 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 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 5:30pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm NAHM Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Discussion/Trivia | 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |
| 30 1:30pm Classical String Trio | 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie | 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 11:00am NAHM Spotlight 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 5:30pm Russian/Celtic | 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Exercise 1:30pm NAHM Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies | 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Discussion/Trivia | 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View |

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

Note: Activities are subject to change