



The Prospector



Sitka Pioneers' Home

January 2020

Vol.42 No.1

Resident Birthdays

<i>Deanna Price</i>	<i>1-2</i>
<i>Jack Hermle</i>	<i>1-2</i>
<i>Ralph Houston</i>	<i>1-7</i>
<i>Susie Sturm</i>	<i>1-21</i>
<i>Jennie Willard</i>	<i>1-29</i>
<i>Jennie Hinch</i>	<i>1-31</i>

Staff Birthdays

<i>Carrie Calvin</i>	<i>1-3</i>
<i>Delia Estrada</i>	<i>1-8</i>
<i>Annabel Waldron</i>	<i>1-8</i>
<i>Mary Soltis</i>	<i>1-14</i>
<i>Patty Ady</i>	<i>1-17</i>
<i>Xander Lozano</i>	<i>1-17</i>
<i>Brenda Reynolds</i>	<i>1-17</i>
<i>Katie Rouse</i>	<i>1-17</i>
<i>Lucy Williams</i>	<i>1-24</i>
<i>Avelina Castillo</i>	<i>1-28</i>

January birthdays will be recognized at Home Happenings!

New staff:

Sombaht Zumwalt has being hired as a full time LPN and Andrea Adams joins the nursing team as well as a full time RN II! Please give these ladies a warm welcome!

Staff Gratitude:

Heidi Hamilton joined the Juneau Central Office team as the Division's Health Practitioner last September. Heidi has been to the Sitka Home twice in her new role and continues making her rounds visiting all the homes around the State. She was inspired to forward a "thank you" to all the Sitka Pioneers' Home staff and sent 8 boxes of fresh Grandma Tillie's Bakery cinnamon rolls on Monday morning. The smell was amazing and many staff and residents enjoyed the warm treat! Thank you



Heidi and thank you to all SPH staff for your continued dedication to the Home. Your hard work and commitment to the residents is commendable.

Eden Moments

Sharing moments of friendship, laughter, love, and learning with a spirit of giving and gratitude filled the Home this month!



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

Principle Six:

*Meaningless activity corrodes the human spirit.
The opportunity to do things that we find
meaningful is essential to human health.*

The December gathering we had a discussion about holiday/Christmas traditions. It was interesting to learn about each other and the various ways that we celebrate the holidays. Here are some topics that came up:

Songs: Favorite seasonal song

Santa vs. no Santa

Presents: Christmas Eve vs. Christmas morning

Attending Church service

Tree decoration...including a pickle ornament!

Tree toppers: Star vs. Angel and who put it on the tree?

Stockings: What would you find? Orange/apple, nuts, candy cane...

Gifts: Favorite gift received or given...or any gift traditions?

Upcoming Meetings:

Certified Eden Associates: Friday, Jan. 31 @ 10:00am

Eden Gathering: Friday, Jan. 3 @ 1:30pm



Before...

**Recreation
Kitchen
Remodel
During...**



After!



Thanksgiving meal was put on by this amazing crew! Thanks again!

Thank you, NMS House-keeping, for kicking off the Holiday Season with the Door Knocker Party!



The Ocean Wave Quilt donation warmed our hearts!



Here Comes Santa Claus...and Sugar Plum Mary!





Welcome Genevieve "Gennie" Willard

Gennie was born in Angoon, AK on January 29, 1944 to George B. Johnson and Mary B. John. She grew up in Angoon and has 10 siblings: George B., Grace, Arnold and Gloria – all deceased. Stanley and Annie – still in Angoon; Lorena in Klawock and Lenard, Velma and Georgia in Juneau. Gennie graduated from High School in Lawrence, KS. She married Richard Willard in Angoon around 1964. Together Gennie and Richard had four children: Dorothy and Wendy, who reside in Juneau; Ricardo, who is deceased, and Gilbert, who lives in Anchorage. Richard passed away in the 1990's and Gennie never remarried. She has two grandchildren. During her working career Gennie worked for the Alaska Laundry in Juneau and also in housekeeping. Her family says she loves to clean and always had a spotless house!

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

**Only
you can
stop the flu**

What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. The best way to prevent Flu is by getting a Flu vaccine each year.

Flu Symptoms

Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)

*It's important to note that not everyone with flu will have a fever.

How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. **STAY HOME** if you are sick!



*Welcome
Rosa
Miller*

Rosa was born on July 20, 1926 in Karheen, Alaska (on Prince of Wales Island) to James Miller and Bessie Edwards. She said her mother gave birth to her at a cannery in Karheen and her middle name is Lorraine – after the doctor who delivered her! Rosa is the eldest of 13 siblings. Rosa and her youngest sister, Marlee Isturis, are the two who remain. Rosa grew up in Juneau, Alaska and has eight children: Ralph, Toni and Fran Houston – with Ralph living here at the Sitka Pioneer Home; Lee, Kevin, Roxie, Dorinda and Frankie Miller. Rosa worked many years for the State of Alaska as a tax examiner and retired from that job. Rosa is the Mother of the Clan and Tribal Leader for the Aak’w’kwaan. Her family were the original settlers in Juneau from Auke Bay to Seymore Canal. She has numerous grandchildren, great-grandchildren and great-great-grandchildren.

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

Upcoming Special Events:

Cookies & Cocoa Social

*Join us for a smorgasbord of
homemade cookies and specialty
Hot Chocolate and all the fixings!*

**January 10 @ 1:30pm
(Main Lounge)**

Chinese New Year Party

Year of the Rat! Let’s celebrate!

**January 24 @ 1:30pm
(Main Lounge)**

Home Happenings

Honoring the Activity Department

**January 31 @ 1:30pm
(Main Lounge)**

National Activity Professionals’ Week— January 19-25, 2020

National Activity Professionals’ Week is sponsored by the National Association of Activity Professionals. The week was created to give honor and recognition to those dedicated individuals who contribute so significantly to residents’ quality of life.

**Let’s celebrate the Activity
Department through January!**

An Assortment of Holiday Decorations

2019

North Star tree with presents

Main Display Nativity



Ocean View Tree



Skye and Galen pose with the tree they decorated in the Main Lounge



Thank you!

To all of the wonderful people involved in bringing joy to the Elders and the Home, we are so grateful for each and every one of you! We would like to especially recognize:

NANA Housekeeping staff— Door Knocker Party

Paulla Hardy— Gift Tables

Flutes with Dorothy and Sarah— Music at the resident's Christmas Party and Open House

Sitka Rotary Club— Christmas party

Mt. Edgecumbe Preschool & Mrs. Claus— Caroling

Kristin Hames' students— Holiday Piano Recital

Jamie Wileman's students— Holiday Piano Recital

SPH Auxiliary members— Christmas Party gifts and treats

Sitka Studio of Dance— Christmas Party entertainment

Santa Claus with Sugar Plum Mary (the Elf)— Photos and greetings at the resident's Christmas Party

Bonnie Cottrell— Christmas music for events throughout the month

Betty DeCicco, Fredi Young, Faye Nutting, Doreen ??, Shelley McLaughlin-True, Vera Evans, Becky Tremain, Rolly Jeske, and the ceramics team— Christmas Bazaar volunteering and donations

Jacob Freiman— Clarinet concert during Open House

Pioneers of Alaska, Men's and Women's Igloo #1 in Nome, Men's Igloo #6 and Women's Igloo #6 in Juneau, and Igloo #4 in Fairbanks— Donations towards funding the Christmas Poke

Patty Daniels— Donated nail care and hair cuts in Dec.

Ocean Wave Quilters— An assortment of locally crafted quilts for the residents and the Home.



Christmas Day Service

Spiritual leaders from around town came together to celebrate Christmas with the residents!

Resident Meeting Wednesday, Dec. 11, 2019 @ 1:00pm (Main Lounge)

Attending: Robin E, Ruth F, Alberta H, Jack H, Ralph H, Galen I, Dottie K, Gladys M, Jean R, Nancy R, John S, Bernice S, Bonnie S, Marg W, Fredi Y, Dayna A, Administrator, Greg O, NMS Manager, and Skye W, RTI.

Food Forum:

Christmas meal will be prime rib and shrimp with side dishes and dessert. Please sign up guests. TP and C-Folds will be adjusted as stock runs out. We have no venison in stock, but moose continues to be on the menu weekly. Egg nog is also available.

Old Business:

Update about GCI: Dayna has been in contact with them about the service here and suggested compiling data regarding the issues we are having with the cable TV service. Dayna offered to compose a letter to GCI once we have some documentation.

Agenda Items:

New residents: Elizabeth Shaw, Melonie Hess, Genevieve Willard, Rosa Miller.

Staff update: Tam Cando has resigned and is moving.

Thanksgiving Open House was enjoyed.

Upcoming events: Holiday events...check The Prospector and postings around the building for more details.

New Business:

Attendees agree that kitchen staff is great and accommodating.

Administrator's update:

Thanks to Skye for a big effort to reorganize and put up decorations. New Brave Heart Volunteers Director, Jill Johnson. Two new RNs to start after Christmas.

Respectfully submitted, Skye Workman, Recreation Therapist I



JANUARY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5 1:00pm Karaoke 2:30pm Classical String Trio</p>	<p>6 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie</p>	<p>7 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music</p>	<p>8 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:00pm Resident Mtg 1:30pm Bingo 5:30pm Russian/Celtic</p>	<p>9 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies</p>	<p>10 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Cookies & Cocoa Social</p>	<p>11 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Ice Cream Social</p>
<p>12 1:00pm Karaoke 2:30pm Classical String Trio</p>	<p>13 8:00am Visits 10:45am Circle Time 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie</p>	<p>14 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music</p>	<p>15 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:45pm Russian/Celtic</p>	<p>16 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies</p>	<p>17 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Neighborhood Visits (Cover CNA Mtg)</p>	<p>18 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Singspiration</p>
<p>19 1:00pm Karaoke 2:30pm Classical String Trio</p>	<p>20 Martin Luther King Jr. Day 1:30pm Bingo 2:45pm Bonnie</p>	<p>21 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music</p>	<p>22 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:45pm Russian/Celtic</p>	<p>23 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies</p>	<p>24 8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Chinese New Year Party</p>	<p>25 9:30am Catholic Service 10:00am Sitka Strings 1:30pm Craft on Ocean View</p>
<p>26 1:00pm Karaoke 2:30pm Classical String Trio</p>	<p>27 8:00am Visits 11:00am Exercise The Weekly "What's Up?" 1:30pm Bingo 2:45pm Bonnie</p>	<p>28 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music</p>	<p>29 8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo 5:45pm Russian/Celtic</p>	<p>30 8:00am Visits 9:00am Shopping 9:30am Stories 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 1:45pm Dash of Delicious 5:30pm Golden Oldies</p>	<p>31 8:00am Visits 10:00 Eden Associates 11:00am Exercise 11:15am Old Favorites 1:30pm Home Happenings</p>	<p>4 9:30am Catholic Service 10:00am Sitka Strings 1:00pm Craft on Ocean View</p>  

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

Note: Activities are subject to change