

# MUKLUK



**A monthly newsletter for residents, family, staff, and friends**

What has been an unpredictable summer has gotten back on track in August with... rain. Oh well, the sun was great while it lasted!

Congratulations to our recent Iron Skillet chili and pie winners! Jean Weaver took the Chili prize and Mary Spaeth, Megan Porter, Patty Wilkinson, Debra Stanley, Flory Vinson took home the skillets for the different categories of pies. Thank you to everyone who participated and I can't wait till next year!

August is State Fair month at APH. Jack White Real Estate has once again graciously donated admission tickets for Pioneer Home residents. This year we will be making 3 trips out to the annual harvest festival in Palmer:

- Friday, the 24th — North Side residents
- Tuesday the 28th — South Side residents
- Thursday the 30th — anyone who hasn't gone yet,



We will begin boarding at 9:45am and should return to the Home by 4:00pm that afternoon. Sign up sheets will be available in the front office so come on down and get your name on the list for one of these days and then start your training for the turkey legs and elephant ears!





## News From Food Service

Beginning in August, we will begin offering a new entrée, vegetable, and dessert preparation once a week. Please be sure to let us know what you think of them and if we should offer them again, or try something else.



### August Festive Meal

August 29, 2018

Summer Fruit Salad



Seafood Newburg *with* Shrimp,  
Scallops, Lobster *and* Gremolata  
Garnish

Steamed Wild Rice

Sea Salt Roasted Fresh Asparagus



Cheddar Bay Biscuits



Blueberry Pie *with* Vanilla Ice  
Cream

After more than ten years the time has come to adjust the price of our guest meals for purchase. Please know that starting August 15<sup>th</sup> guest meal prices will change to the following:

Breakfast \$6.00

Lunch \$8.00    Dinner \$7.00

Thank you all for your feedback and continued support. There are exciting changes on the horizon for our food service programs and we are looking forward to discussing them more with you.

## REMEMBERING OUR FRIENDS

*Sibyl Carle      Paula Mahle*

*Linda Berg*

*May your soul rest in peace. You will be missed by your family, friends and the Anchorage Pioneer Home staff.*





## Resident Council News Elders in Action

The Anchorage Pioneer Home Resident Council (APHRC) still has the "HELP WANTED" sign out.

Open Positions: **Treasurer** (This position includes a seat on the Board.)

All four standing committees, Welcome, Social, Development, and Action need members to serve on them. If you are interested in working with any of these committees, please contact one of the board members. (Jan or Bill MacClarence, Harry Stober, or Carol Scott.)

Positions working in the Nifty Thrifty Store are also available.

### **BEACH LAKE BBQ**

Two outings were held at Beech Lake. The food was great! The music was toe tapping fun. Everyone had a good time. We wish to thank the employees and volunteers of APH that made both BBQ's great events for all who attended. The Resident Council contributes \$400 each year to support these events.

### **Open Door Office Hours**

Co-President Bill MacClarence is available in the APHRC office, room 419, every Monday between 1pm and 2pm for anyone who wishes to talk about any topic that you might want brought to the attention of the APHRC.

**The APHRC monthly meeting** was held on July 29th. Guests were: Beth Goldstein -The Office of Elder Fraud and Assistance - Three key tips - 1. You can't win a sweepstakes that you haven't entered and 2. You should **NEVER** have to pay to receive a prize. 3. Never open an attachment from someone that you don't know.

Richard Saville - Administrator Anchorage Pioneer Home - Rich talked about food and reassured residents that Nana's contract has been renewed for five years. As part of that contract, there will be monthly food forums, Chef demonstrations where the chef cooks a dish in front of us, and recipes from residents will be solicited.

Continued...



**Across**

- 1. Meeting place
- 6. Slave
- 10. Angers
- 14. Turf
- 15. Iridescent gem
- 16. Ark builder
- 17. Killed
- 18. Not yours
- 19. Venician magistrate
- 20. Supposition
- 22. Small island
- 23. Car
- 24. Expedite
- 26. Nobleman
- 30. Central
- 31. Sharp high-pitched cry
- 32. \_\_\_ vera
- 33. Portent
- 35. Blockheads
- 39. High level of respect
- 41. Impressive
- 43. Wrongs
- 44. Prod
- 46. Modify
- 47. Snake-like fish
- 49. Employ
- 50. Specks
- 51. Abounding in stars
- 54. A musical pause
- 56. Strip of wood
- 57. Einstein's theory
- 63. Double-reed wood-wind
- 64. Computer symbol
- 65. New Zealand native
- 66. South American weapon
- 67. Voucher
- 68. Prevent legally
- 69. Auctioned
- 70. Male offspring
- 71. Remains

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**Down**

- 1. To vex
- 2. Paris airport
- 3. Harvest
- 4. Pearly-shelled mussel
- 5. Devilfish
- 6. Not often
- 7. A part of a broadcast serial
- 8. Hindu princess
- 9. Sarcous
- 10. Disinclined
- 11. Perch
- 12. American symbol
- 13. Gloss
- 21. The quality of being funny
- 25. Adjutant
- 26. Where the sun rises
- 27. Countertenor
- 28. Lion sound
- 29. Stationery
- 34. Emetics
- 36. Extinct flightless bird
- 37. Leave out
- 38. Collections
- 40. End \_\_\_
- 42. Seize
- 45. Pilfer
- 48. Words to a song
- 51. Untidy people
- 52. Forbidden
- 53. Coral island
- 55. Occasions
- 58. Reflected sound
- 59. Widespread
- 60. Greek letter
- 61. "Iliad" city
- 62. Puppy sound



## August Birthdays!

# HAPPY BIRTHDAY

1st Sybil Skelton  
3rd Diane Holman  
9th Susan Wong  
11th Joyce Galleher  
13th Julia Coburn  
16th Ellen Helgason  
17th Ruth Matthews

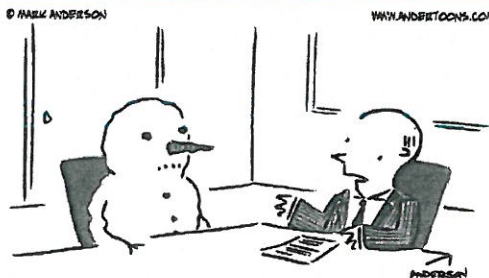
19th Tilford Cobb  
22nd Lois Shake  
23rd Barbara Hostetter  
26th Mack Constantine  
27th Joan Moffit  
28th Mary Welsh  
29th Lou Palmer

## Maintenance Moment

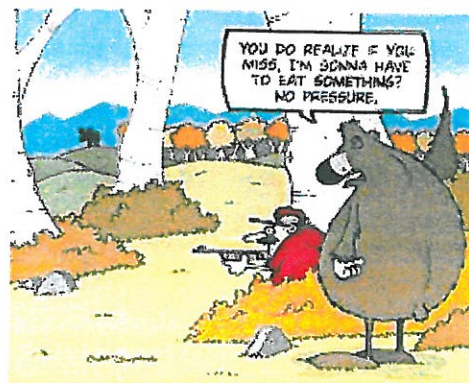
Hello all, I hope everyone has had a good summer so far, it is quickly winding down and it will be getting cooler soon. We have had a pretty busy summer (actually most of the year so far), in the next few weeks we will be checking room heaters and other stuff to make sure we are ready for the winter, we should not have to bother anyone unless there is work that needs to be done on the heaters, let's hope for NO problems.



I would like to remind everyone that we do our best to take care of your needs, sometimes we may not get there right away due to other priorities but please don't hesitate to check on something that you need done if you haven't seen 1 of the maintenance crew, we can be reached at 343-7230 or my office at 343-7253. Enjoy the rest of the summer and fair.



"Bad news, they scheduled the trial for mid August. I'm trying to get it moved up to January, but it's not looking good."



YOU DO REALIZE IF YOU MISS, I'M GONNA HAVE TO EAT SOMETHING? NO PRESSURE.



## Resident Council Board Members

President: Jan and Bill MacClarence  
 Vice President: Carol Scott  
 Treasurer: vacant  
 Secretary: Harry Stober

## Resident Council

Your Resident Council meets the 3rd Friday of every month at 1:00pm in the West Lounge.

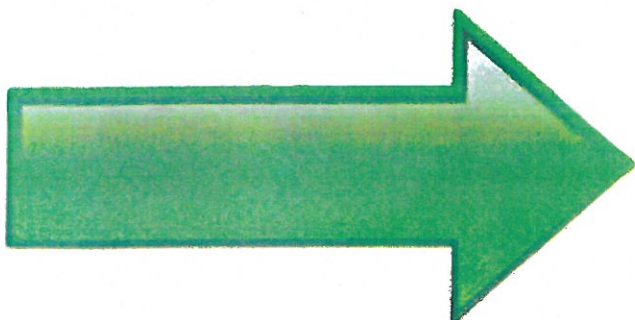
This month's meeting will be on August 17th.

Come out and see what is happening and then enjoy ice cream social right after.

## Pioneer Poke Hours

Mon/Wed/Fri 10:00am—2:00pm  
 Saturday Noon—3:00pm

## THIS MONTH'S CROSSWORD ANSWERS



## Resident Floor Meetings

All residents are invited to attend the resident floor meetings held each month. This is a great way to share your ideas and keep informed about the happenings around APH. Here's the schedule:

2nd Tuesday of Each Month  
 1:30 PM  
 2-South Wild Rose Café

4th Wednesday of Each Month  
 1:30 PM  
 Sunset View Living Room

Hope to see you there!

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## Resident Council News continued

Amanda Lofgren - Division Director, Alaska Pioneer Homes - Amanda informed us that her husband is being transferred to Colorado and that she will be leaving to join him in September. We will all miss her.

It was announced that Diane Boyer had submitted her resignation from the numerous positions she held with the APHRC. A Plaque of Appreciation was presented to her thanking her for her five plus years of service

The **Banana Boat Event** was held Friday, July 27th. The event was moved inside because of the weather. Surprisingly, that move seemed to make the event more fun. We had great music from the Button Box Gang, the banana splits were delicious and five attendees won Fred Meyer gift cards. The event had record attendance at 80. Thanks to Bobbye Curry for her very effective party planning!

**NIFTY THRIFTY** will be closed for the month of August for restocking and renovation. It will reopen on September 10th under new management and with new hours. Cheryl Ponder and Ruth Spinner will be managing the Nifty Thrifty under Jan MacClarence's supervision. The store will be open every Monday from 12:00 p.m. - 2:00 p.m. Look forward to exciting new changes!

The Nifty Thrifty needs the support of all of the Anchorage Pioneer Home residents in order to be successful. Please look around your rooms and donate any of the following items that you can spare - small tables, lamps, nightstands, wall hangings, knick-knacks, jewelry, art, small electronics in good condition, trays, children's toys, picture frames, fine accessories and unopened toiletries. There is a donation bin in the fourth floor sitting area closest to Nifty Thrifty. If you need help transporting donations, housekeeping will help you.

Nifty Thrifty will need more volunteers to staff more frequent openings. Still, two hours is a manageable block of time. Please let Jan, Cheryl or Ruth know if you would like to volunteer. We are going to have fun doing this. Please come play with us.



## ACTIVITIES

### August Shopping Trips

23rd — Fred Meyer, Dimond

30th — No shopping — State Fair

Remember, you can sign up at the front office up to two weeks in advance of the trip.

A reminder to meet in the front lobby no later than **12:30 PM** for shopping trips that you are signed-up for.



Everyone is invited to the 3rd floor of the south side for **Movie Mondays** and then again on **Wednesdays w/Daphne**.

**Coming Attractions:**

**Mondays at 1:00pm**

27th — Harvey

**Wednesdays at 1:00pm**

29th — Charade

## Welcome New Residents



**Rosemary Czerwinski**  
**Esther Ronne**  
**Paula McCormick**  
**Dick McCormick**  
**Nellie Lord**  
**Bill Stolt**

**To Our Home!!!**

## APH

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