

ACTIVITIES

Activities Information

Hello Everyone! We've made some adjustments to our activities program in response to the coronavirus. I encourage everyone to read the weekly Spotlight of Activities program calendar for the latest schedule changes. There's also good information in each issue of the Mukluk.

Please let me know if you have any questions or suggestions regarding activities. Thank you!
Robert Montague (343-7240)

Welcome New Residents



Timothy Dozette
Patricia Hussey
Russell Jackson



Activities Movies

Everyone is invited to the activities 3rd floor of the south side for **Movie Mondays** and **Wednesdays with Daphne**.

The movies start at 12:45 PM. We generally serve refreshments. Please tell the activities staff if you have a request and we will do our best to get that movie for you to watch. We get the movies from a variety of sources including Netflix so we have access to hundreds of choices.

Some residents have their own movies and share them for others to watch during one of the movie programs. Please remember to keep your 6' social distance.

APH

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April 2021

Anchorage Pioneer Home



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

Administrator's Corner

By Rich Saville

I thought it was supposed to be Spring? The snow doesn't seem to want to let us be, but I'm not letting that get me down because I know we are well on our path back to "normal."

Thank you, everyone for being patient with the visitation process. We are going slowly with the hopes of not having to take steps backward. Now that the vaccine is available to everyone over 16 in the community, my hope is we will continue to be able to open back up and not have to worry about this stuff so much. We are hopeful we will be able to get back to doing things like having ice cream socials on the fifth floor with a band, going to Beach Lake and the State Fair, and just generally living and enjoying life.

Speaking of the snow, thank you to our amazing maintenance team for keeping up with it! Moving snow takes a lot of effort and we appreciate all the hard work they put in to keep all of us safe in our parking lots and sidewalks.

We are winding down our in-house vaccination efforts, however, if you have not received it yet and change your mind, please let us know! We can assist you to receive it from a pharmacy or provider in the community. The more elders and staff we have that get the vaccine, the more we will be able to open up and keep our Pioneer Home family safe.



Activities Shopping Update

Pioneer Home Shopping Program

The Pioneer Home Activities Department has developed a shopping program, as one way, in which residents can purchase items at Fred Meyer. We call this program the

Basic Necessity Online Shopping Program (BNOSP).

Residents will be able to order basic items/necessities online with a computer and with the help of an activities staff person. Once the items are ordered the activities staff will go to Fred Meyer and pick up the items for you.

This is how the program works:

- *Residents schedule an appointment before 9:00 AM on Thursday to meet with an activities staff person at the Information Center to order items on Thursday afternoon unless there is a holiday.
- *Residents sign up for a Fred Meyer membership card called the "Rewards Card" if you don't already have one.
- *Staff will pick up the items each Monday, unless there is a holiday, and deliver them to your room.
- *During the appointment/meeting you will have time to ask questions and staff will also review more of the details of the program.
- *Fred Meyer may charge a \$4.95 service fee per order, but has waived this fee since March.
- *The Pioneer Home Front Office has the appointment sign-up sheet.



Dietitian News by Heather English, RDN, LD

Did you know that April 19th is National Garlic Day?! Garlic is so yummy and very good for our bodies! This well-known herb called *Allium Sativum* is an annual plant that grows around 2 feet tall. It is native to central Asia and grows wild in Italy and southern France. Garlic takes about 90 days to grow to maturity and can be grown from one clove. It has been used all over the world for thousands of years for a myriad of ways!



This delightful herb is a great immune supporter. One study even found that it can reduce colon cancer risk by 35% when regularly included in a diet that also contains fruits and vegetables. The study only included raw or cooked garlic, not supplements or dry powder. Another study found that frequent intake of garlic may reduce the frequency of colds in adults!

Garlic not only scares away vampires but also scares away bacteria because it is a powerful antibiotic! One study in the *Journal of Antimicrobial Chemotherapy* found that garlic is 100 times more effective than two popular antibiotics in fighting campylobacter bacterium. Because of its antimicrobial properties it is also beneficial for protecting your food from food borne illness. Of course, it is still ideal to use safe food handling practices but how nice that garlic gives us added protection!

Most of the studies on garlic seem to show that raw garlic has the most health benefits and microbial power. There are studies that used both raw and cooked garlic and still provided benefits. So, the moral here is garlic is our friend and should be consumed daily however you like! Lucky for you this herb is regularly used in your meals here at the Pioneer Home!

As always if you ever have questions about food and nutrition you can always reach out! You can call my desk phone at 907-343-7284 or email me at Heather.English@alaska.gov. Hope you all have a lovely month and enjoy the seasonal changes ahead! Take care and stay safe friends!

1: <https://health.clevelandclinic.org/6-surprising-ways-garlic-boosts-your-health/> nd Clinic

2: <https://www.medicalnewstoday.com/articles/265853#history>



April Birthdays!

HAPPY BIRTHDAY

Carol Scott	April 1
Vicente Guerrero	April 1
Freddie Erickson	April 1
Mildred Hinman	April 2
Tim Dozette	April 3
Lottie Davey-Beyer	April 6
Gladys Coster	April 8
Jeanette Kent	April 11
Milo Mujagic	April 13
Arlene Pannone	April 14
Richard Patch	April 21
Marian McDonald	April 29
Ruth Cressy	April 29



May all your future years be free from disappointment, care or strife and that every birthday, you will be a little more in love with life.

Healthy Helpful Tips

Covid-19 Prevention Tips

- *Wash hands often for at least 20 seconds.
- *Feel free to use hand sanitizer around the home.
- *Do your best to keep 6 feet between you and others while visiting.
- *My mask protects you, your mask protects me.
- *Do not leave the home for any reason other than an approved medical appointment or for a walk around the block.

Maintenance Moment

Hello All:

April is upon us and spring and summer are right around the corner.

Construction on the 4th floor is supposed to start and hopefully there won't be too much disruption to you all, there will be noise and temporary water shut offs and any other issues that come up with construction projects, we will do our best to keep anyone informed as to progress.

Main subject for maintenance this month is plumbing. We have been having some issues with the plumbing in the building again and most of this is the sewer line. We have been getting a lot of wipes in the pipes again and just as a reminder, please don't flush wipes in the toilets, I know it's convenient but it reeks havoc on 40 year old pipes. A couple of years ago now we had all of the sewer pipes lined and there was a few day shutdown, not fun for you all and way less fun for the maintenance crew. Please Don't Flush Wipes Down the Toilets – even disposal wipes. Your help in this matter would be greatly appreciated.

Maintenance can be reached at 343-7230 (shop phone) and 343-7253 for Chucks office phone. Have a great month and I hope for an easy early spring.

Chuck



Ceramics Program

Come and join us for ceramics on Wednesdays and Saturdays with Marilyn at 1:00pm in the 5th Craft Area. The tiles are done with a style called "Silk Screen".

We have a variety of objects and a nice selection of paints. There are solid colors and paints with crystals that make each creation your very own style.



Resident Floor Meetings

We have two resident floor meetings each month. Residents who live on the south side have a meeting and residents on the north side also have a monthly meeting.

This is a great way to share your ideas and keep informed about the happenings around APH. Here's the schedule:

South Side Floor Meeting

2nd Wednesday of Each Month
10:00 AM with Bob
2-South Wild Rose Café

North Side Residents' Floor Meeting

4th Wednesday of Each Month
10:00 AM with Kelly
Sunset View Living Room



Pioneer Home Bingo Games

Bingo is a very popular activity for many people throughout the United States. Here at the Pioneer Home we have bingo for residents living on the north side of our home and also on the south side of our home. We generally give out prizes to all the winners. Here's our schedule:

Tuesday at 9:30 AM
Sunset View 2-North
With Kelly

Tuesday at 9:30 AM
5th Floor Tundra Lounge
With Marilyn

Social Work Corner

By Robert Hardcastle

Spring is on the way!

The deadline for filing taxes this year has been extended until May 17, 2021. I am still in communication with Jan from AARP and she is hopeful we will be able to set up assistance for filing this year's taxes before the extended deadline. I have been asked to get an estimate of how many people will be signing up, so if you worked with Jan/AARP last year or would like her assistance with filing your taxes this year, please let me know.

I can also provide assistance applying for (or troubleshooting issues with) Medicaid, Medicare, Social Security, as well as other local services such as AnchorRIDES, GCI Lifeline, etc. Please let me know if there is something I can assist with, and if I do not already know the answer I will be happy to help you find one.

My office is located in room #138 or you can reach me by phone at (907) 343-7250 or by email at robert.hardcastle@alaska.gov. You can also let nursing staff know that you would like to speak with me and they can send me an email.

I look forward to hearing from you! Thank you, take care!

Sincerely,

Robert Hardcastle
Social Services
Anchorage Pioneers' Home
(907) 343-7250



Lifetime Achievement Award Volunteer Bonnie Tisler

Lifetime Achievement Award Announcement

The Alaska Master Gardeners Anchorage has recently announced the newest recipient of the AMGA Lifetime Achievement - Bonnie Tisler.

Bonnie Tisler was born and raised in Anchorage to one of the original pioneering families. Her father was a potato and stump farmer and her mother, Catherine Weimer, was always gardening. Bonnie raised her own family in Washington State, living a subsistence lifestyle. They grew all of their food ("except the beer" says Bonnie) in a one acre vegetable plot.

Bonnie's mother was one of the founders of the Anchorage Senior Center and donated plants to the gardens. In 2004, Bonnie took over management of the gardens at the Center. Nothing was written down so Bonnie started cataloging the plants. She recognized the raspberries, poppies and a few others from her mother's gardens.

Bonnie started composting the cut grass and leaves in the back of the Center and was able to produce fabulous compost to use in the gardens. The Center property is large and Bonnie didn't let any of the leaf litter go to waste. She continues to recycle to this day. She has been observant to changes of the landscape at the Center and is always eager to enhance the grounds for the future.

(continued)



Hippity Hoppity Lattes

We will be delivering special coffee drinks to all the wonderful people who live and work at the Pioneer Home. This will take place on the 2nd Thursday of each month. Activities staff will deliver your coffee to your room or office between 9:00 and 11:00 AM for those of you who sign up.



To receive your beverage all you have to do is complete the order form and put it in one of the coffee delivery boxes located throughout the Pioneer Home.

You can select between Americano, a Mocha or a Latte'. We also have a variety of flavors to choose from.

Cook's Corner By Freddie Erickson

Special thanks and appreciation to Freddie for sharing her delicious recipes in the Mukluk!

Freddie's Berry Cobbler Recipe

Ingredients

10oz. Blueberry (frozen)
10oz. Strawberry (frozen)
10oz. Raspberry (frozen)
1pk Jell-O- Raspberry (large)
1 cup Sugar
1 Stick of butter
1 cup of water
1 White cake mix
Grease pan (9x13 cake pan)

Directions

Add berries in bottom of pan. Make sure they are mixed good. Sprinkle, sugar, Jell-o & dry cake mix over berries. Then one cube of butter in little cut up squares. One cup water over all. Bake at 350 degrees till mixture is boiling. Serve with ice cream



April Dates to Remember

April 2nd
Good Friday

April 4th
Easter Sunday

April 8th
9:00 - 11:00 AM
Hippity Hoppity Lattes



Billy Badger Photos



Resident Council News

Resident Council Update

By Harry Stober

The position of Vice President has been filled with Bruce Baker.

The following committees still need someone to chair them and people to serve on them:

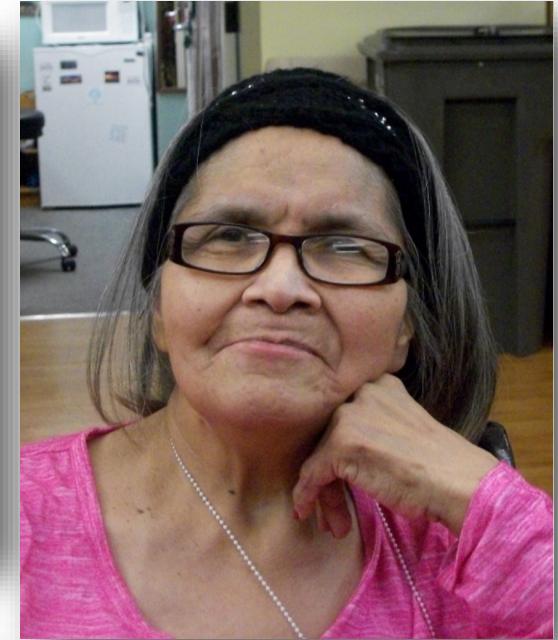
- *Development Committee
- *Welcoming Committee
- *Social Committee

We need some residents to work in Nifty Thrifty when we are able to re open it. We are also looking forward to sponsoring some of the activities when we can have larger groups assemble.

If you would like to fill any of the open positions please contact Harry Stober room 301.



Resident Photos



This Day in April History

April 2, 1513 - Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present day St. Augustine, now the oldest city in the continental U.S.

April 6, 1896 - After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.

April 9, 1865 - After over 500,000 American deaths, the Civil War effectively ended as General Robert E. Lee surrendered to General Ulysses S. Grant in the village of Appomattox Court House. The surrender occurred in the home of Wilmer McLean. Terms of the surrender, written by General Grant, allowed Confederates to keep their horses and return home. Officers were allowed to keep their swords and side arms.

April 12, 1861 - The American Civil War began as Confederate troops under the command of General Pierre Beauregard opened fire at 4:30 a.m. on Fort Sumter in Charleston, South Carolina.

April 13th - Birthday - Thomas Jefferson (1743-1826) was born in Albemarle County, Virginia. He was an author, inventor, lawyer, politician, architect, and one of the finest minds of the 1700's. He authored the American Declaration of Independence and later served as the 3rd U.S. President from 1801 to 1809. He died on July 4, 1826, the same day as his old friend and one-time political rival John Adams.

April 15, 1912 - In the icy waters off Newfoundland, the luxury liner Titanic with 2,224 persons on board sank at 2:27 a.m. after striking an iceberg just before midnight. Over 1,500 persons drowned while 700 were rescued by the liner Carpathia which arrived about two hours after Titanic went down.

April 23rd Birthday - William Shakespeare (1564-1616) was born at Stratford-on-Avon, England. Renowned as the most influential writer in the English language, he created 36 plays and 154 sonnets, including Romeo and Juliet, Hamlet and The Merchant of Venice.

Larry Keeler's Chicken Adobo Recipe

Chicken Adobo Recipe

Ingredients

2 tablespoons coconut oil
15 cloves chopped garlic
2 teaspoons of whole black peppercorns
1 teaspoon of ground pepper
1/2 teaspoon red pepper flakes
4 pounds bone-in, skin-on chicken
1 cup coconut milk
1/2 cup coconut vinegar
1/2 cup soy sauce
8 bay leaves
1 cup water



Directions

1. In dutch oven heat coconut oil then add garlic, peppercorns, pepper and red pepper flakes and cook 5 minutes.
2. Add chicken skin side down. Cook 5 minutes.
3. Add bay leaves, coconut milk, coconut vinegar, soy sauce and 1 cup of water. Bring to boil then lower heat. Cook chicken about one hour until tender.
4. Raise heat and cook another 15 minutes until sauce thickens and into a silky gravy.
5. Serve over a bed of rice.

Special thanks to Larry
for sharing this recipe!



Resident Feature

Billy Badger

Spring time, Easter, and April Fool's Day, these are a few of my favorite celebrations in April. April showers promises to bring May flowers. In Alaska, the days are getting longer, and the winter chills are fading away.

Many celebrate Easter, as Christians remember the Rising of our Lord Jesus Christ! Meanwhile, kids and adults dress up in their most colorful outfits and enjoy family get together for Easter Egg Hunting.

Let's not forget April Fool's Day! All over the world, people come up with pretty elaborate practical jokes and hoaxes, then shout, "April Fool's!"

Our very own Pioneer Home resident Mr. Badger has pulled some tricks during his early years by pulling main power switches on houses! If Anchorage Pioneer Home gets a black out on April fool's day, you'll know who the culprit is.

Our resident highlight this month is Mr. Billy Orlen Badger from Cooter, Missouri. Mr. Badger remembers his childhood in Indiana with his eldest brother, LA, and his sister, Wanda. Like most who can't afford toys, Mr. Badger grew up playing with sticks and stones. He used sticks as weapons, clubs, or whatever his imagination makes out of simple sticks. You can make a lot of things with a simple stick! With this childhood experience, Mr. Badger was mechanically inclined and worked on cars and tinkered with improvements.

Due to prejudice, Mr. Badger moved from the South. He joined the military, which shaped his growing up years to be the man he is today.

Franklin D. Roosevelt influenced Badger for bringing a better life for so many Americans. By the same token, Mr. Badger served and was faithful to his country. Mr. Badger retired from the US Army and was part of the Nike Missile System.



(Billy Badger Continued)

He was Chief Warrant Officer 4 (CW4) in the United States Army. He was officially appointed by the Secretary of the Army. The senior level experts of both the technical and tactical aspects of leading in their field.

You are so appreciated and many for sure are so grateful for your service and sacrifice to serve every American in this country. You and your family have used your life in a way that blesses so many others. Thank you!

He eventually brought his family to the land of opportunity, to our beloved State of Alaska to be in tune with nature. Mr. Badger also shared his life for Alaskans and was one of the pioneers that worked for ***Alyeska*** Pipeline.

Mr. Badger met his wife, Sharon, in grade school. He survived his wife two years ago, which has been the lowest point of his life. They were blessed with five sons - Mark, Jeff, Chris, Phil, and David.

The saying, "Whatever the tree is, so is the fruit" is really true with the Badger family.



Nike Missiles Alaska

Mr. Badger is a very quiet, soft-spoken gentleman, with a radiant priceless smile. He is one of the nicest residents in Pioneer Home. You'll recognize his children who are also all soft-spoken and sweet, just like Dad. They all work together for their Dad. How I wish that my children will do the same when I get to Mr. Badger's age. They are readily available to fly anytime to visit and spend as much time with their Dad. They are very much involved with their Dad's care. We are very fortunate to have a loving and caring family in our midst.

While I do not know Mr. Badger personally that well, I see how his children are towards him. I know for sure that he is kind, smart, ambitious, loving, caring, a good provider and a loving Dad.

Exodus 20:12

Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.

God Bless!

Myla Gatpandan, RN

Harry's Bean Salad Recipe

Special thanks and appreciation to Harry for sharing his delicious recipe in the Mukluk!

Ingredients

2/3 Cup Vinegar (Red Wine Vinegar)
1/3 Cup Salad Oil (Extra Virgin Olive Oil)
3/4 Cup White Sugar
1 Tsp. Salt
1/2 Tsp. Black Pepper
1/2 Tsp. White Pepper
1 Med. Onion (Yellow, White, Red. Your choice or mix)
1 Med. Bell Pepper (Green, Yellow, Red, Orange, [Other colors if you can find them.], etc. Your choice or mix)
3 Green Onions
3 cloves Garlic (To flavor oil – vinegar mixture.)
3 Cans (1 lb.) Beans (Green, Italian, Wax, Black, White, Red, Kidney [light and dark], Garbanzo, [What ever other types of beans you like.], etc.)



Directions

Drain and rinse the beans with cold water and drain. Chop the onion and bell pepper.

Combine vinegar, oil, sugar, salt and pepper in a sauce pan. Add the cloves of garlic to the oil vinegar mixture. Heat and stir until sugar is dissolved. Bring almost to a boil.

Cool mixture. Remove garlic cloves. Mix beans, onion, and bell pepper in a large bowl. Pour oil-vinegar mixture over bean mixture and allow to stand for several hours. Chill. (Best if you chill over night in frig.)

ENJOY!

Note: If you expand the size of the recipe expand the number of types of beans. Adjust the amount of onion and bell pepper to your taste.

In Loving Memory

In Loving Memory

Sybil Skelton
08/01/1925—03/26/2021

Barnabas Vince
07/03/1931—02/28/2021

Myrna Sells
04/21/1926—02/20/2021

Luvia Knight
02/25/1929—03/19/2021

Activities Beading Group

Our beading group at APH meets every Wednesday 1:30-3:00 on the 2nd floor Rose Café and we invite anyone wanting to get creative and have a fun time. It's fine if you've never done beading or are experienced in beading. All you need to do is bring yourself, APH will provide all the tools and beads.

Kelly in activities will help you create a beautiful piece of jewelry, necklaces, bracelets, earrings, if you can imagine it, we can create it.



Happy Easter Sunday

Easter Sunday Festive Meal

Sunday, April 4th
Noon Meal

*Fruit Salad
Deviled Eggs*

*Chicken Cordon Bleu Rolls or
Maple Glazed Baked Ham
Dijon Roasted Local Red Potatoes
Lemon Glazed Fresh Asparagus
Dinner Roll with Butter*

Carrot Cake with Cream Cheese Frosting



(Bonnie Tisler continued)

Bonnie had years of gardening experience when she joined the Alaska Master Gardeners Anchorage in 2012, after a gentle nudge from Julie Riley.

In 2013, when Master Gardeners Judy Christianson and Mary Shier (both past recipients of the award) retired from maintaining the gardens at Anchorage Pioneer Home, volunteers and supplies were needed. Bonnie's mother was a resident of the Pioneer Home and always enjoyed the gardens so Bonnie started, and continues to support the AMGA Pioneer Home service project to this day.



Bonnie has opened the gardens at the Anchorage Senior Center numerous times for AMGA summer garden tours and is always ready to answer questions. She helped the AMGA secure the Senior Center for a past Statewide Master Gardeners Conference. She continues to mentor new and old AMGA members.

Bonnie is also active with the Anchorage Weavers and Spinners Guild, including being a longtime volunteer at the Alaska State Fair. She is a long time member of the Anchorage Chapter of Gold Prospectors Association of America and the Pioneers of Alaska, teaching classes on Anchorage history and gold prospecting, and has served on OLE committees.

Bonnie is an exemplary model of the volunteer spirit of the Master Gardener program.

Congratulations Bonnie!

