



February 2018

Providing elder Alaskans a home and community,
celebrating life through its final breath.

Volume 2, Issue 2

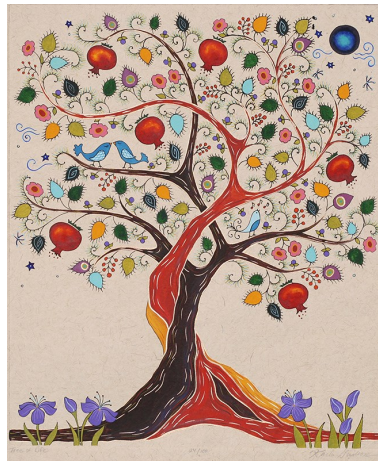
Administrator's Corner

Greetings from snowy Juneau! We definitely have our fair share of snow this winter and Spring is just around the corner. I look forward to all that Spring brings....new growth, more colors, a chance for Spring cleaning, more day light, and hopefully more sunshine.

Students from Thunder Mountain High school who are Rotaract members joined our elders for a wonderful Valentine's Day tea time, complete with live music from our very own activity staff Myra Kalbaugh. The elders also enjoyed the monthly "Happy Hour" live music with Tom, Clay, and Heather.

"Rise and Shine", our twice a week 30-minute morning exercise program is on its 4th week and is still popular among elders and staff. Story Time with Marsha and Loom Knitting and Crocheting with Lisa are two new activities that we've recently introduced.

We'll see some action on the flooring project around the 2nd week of April 2018. The contractor is estimating at least 3 days to replace the flooring per room. Expect more communication in the next few weeks about this.



The mission of the Alaska Pioneer Homes is "Providing elder Alaskans a home and community, celebrating life through its final breath". When I think about this mission, my heart fills with gratitude to all the staff - the true heroes who deliver this mission with love

and compassion. I would like to take a moment to recognize all the staff of the Juneau Pioneer Home and all the staff from Ketchikan, Sitka, Fairbanks, Palmer, and Anchorage Pioneer Homes from laundry, house-keeping, janitorial, food services, admin, social services, care coordination, medical records, direct care (nursing, certified nursing aides and assisted living aides), activities, risk management, continuing education,

and maintenance. Thanks for all the love, compassion, happiness, and the warmth that you spread in the Homes every day.

I had a chance to spend time with one of our elders who recently celebrated her birthday. When I asked for words of wisdom, here's what she shared with me "Live one day at a time, and give thanks to God". She didn't charge me for this, and so I am freely sharing this with you too. Have a wonderful day everyone!

Gina

FEBRUARY HIGHLIGHTS AND VISITORS



Grace visiting w/
TMHS “Rotaract Club”



Roberta w/ Valley Baptist Children



Chase, Denali Bank
Volunteer



Lenore w/ Rachelle, Denali
Bank Volunteer



Jim with “Bodhi”



Hazel w/Head Start Children

NEW ACTIVITY

RISE & SHINE EXERCISE



FEBRUARY MARCH BIRTHDAY(S)

February

Hazel Nowlin

Feb 20

Phyllis Woodman

Feb 26

March

Jane Mackinnon

March 5

Jewel Haffner

March 12

Ben Haffner

March 12

Jennie Rikken

March 31

Activities, Activities, Activities....

ACTIVITIES AT- A- GLANCE

Rise & Shine Exercise

Tues & Thurs
9:30am

Singing w/Jacque & Jack

Mon & Thurs—10:30am

Bingo

Mon, Tues, Fri & Sun

1:30pm-2:30pm

Board & Cards Games

Everyday @ 3pm

Bread Making / Tasting

Tues, 10:30am / 3:00pm

Tea Time

Wed, 2:00pm

Fun & Fit / Exercises

Monday—Sunday

4:00pm

Pioneer's Choice

6pm

Music with Dale

Every other Tues, 6pm

Piano Tues with T.J.

Every other Thurs, 6pm

Ice Cream Social

Fridays @ 1pm



Arts & Crafts



Painting



Bingo



Sewing Bee



Loom Knitting



Scrabble Game



Visiting Pet

WELCOME NEW RESIDENT



Concesa "Cece"
Cabrigas

CeCe was a teacher in the Philippines before moving to California in 1982. Cece and her husband Vic moved to Juneau in 2000. Family is very important to CeCe.

CeCe enjoys singing, dancing, playing bingo, getting her finger nails done and meeting new people. Cece loves to be pampered and loves to wear earrings and lipstick.

CeCe has nine children, three in AK, one in WA, four in California and one son that has passed away. She has many grandchildren and great grandchildren.

Vic was the first to come to America and it took 25 years to bring the whole family here.

PFD DEADLINE

MARCH 31, 2018

If your loved one needs help filling out PFD forms, please let Laura Minne know by calling 907-780-6422 ext. 240.

QUOTE OF THE MONTH



Eleanor's Funnies

Why is it that when someone tells you that there are one billion stars in the universe you believe them, but if they tell you it is wet paint you have to touch it to check?

Home Projects



Beginning in April we will be re-flooring the Juneau Pioneer Home. This project will require us to temporarily move elders out of their rooms for approximately 3 days. More information during the next Residents Council Meeting.

Thanks you for all your cooperation!

Maintenance

STAFF CORNER

—STAFF PROFILE— MARK JIMMERSON



Mark is the Food Service Manager for the Juneau Pioneer Home.

He is very proud of his kids, Patrick and Valeria, who excel in academics, band and orchestra, scouting, etc.

Mark has worked at the Juneau Pioneer Home since 2005 and claims it's the best job he has ever had because of the satisfaction he gets from being a part of the Pioneer Home Family.

He loves the summer when he can catch Dungeness Crab, Salmon, Halibut, Cod and a lot of sunshine.

Mark lived in Russia for 6 years and survived!!

Mark just recently got engaged!

**Congratulations
Mark and Jean
on your Engagement!!!**



FEBRUARY BIRTHDAY

Cathy Bohulano—Feb. 1

Susan Fritz—Feb. 14

Zenaida Hill—Feb. 22

Michelle Domingo—Feb. 25

MARCH BIRTHDAY

Josephine Zanoria—March 4

Heidi Hamilton—March 5

Elizabeth Ramseth—March 19

Demy Carandang—March 20

“Kudos”

Board

(More information to follow)

Could this be you???

