

Ketchikan Pioneer Home

141 Bryant Street
Ketchikan, AK 99901



NOVEMBER 2018
Volume 17, Issue

Greetings from the Administrator



October provided us with many more opportunities to get outside and enjoy our beautiful surroundings. The maple trees we planted along Bryant street were appreciated more this month than they have been since we planted the saplings ten years ago. The mild weather gave us a chance to watch the leaves turn colors and since the wind



storms stayed away until this week we were able to watch the pretty leaves all month long. The nice weather we enjoyed all summer and now into autumn has provided so many opportunities to get out and enjoy our beautiful surroundings but it has also caused some concern over the dry conditions and the city has notified us that due to the low lake levels KPU is running diesel power until further notice. This means an increased cost in the electricity we use so please help us do our part and close windows and turn off lights whenever possible.

Our Division Director Clint Lasley (pictured here with elders and preschool students), was able to come to the



Home at the beginning of October and took every opportunity to meet residents, staff, and family members while he was here. We even let him take a quick break so

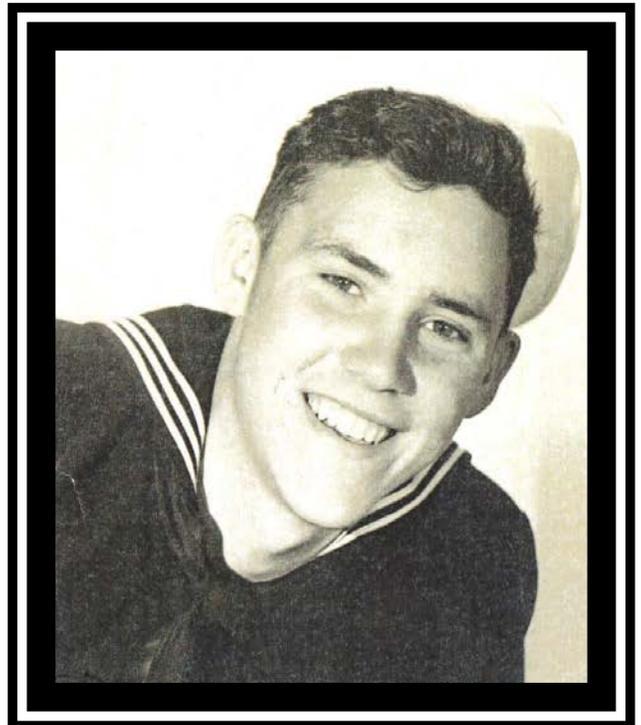
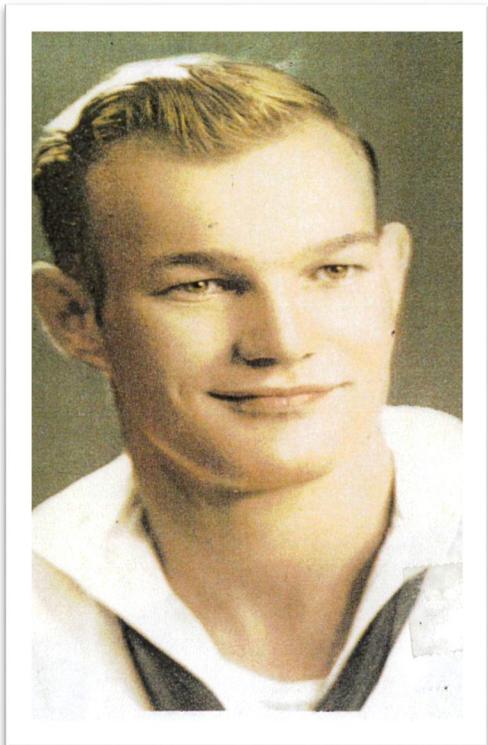
he could watch the Grandma's and Grandpa's during their story time with the preschool students and he had a chance to sneak in a quick game of BINGO. If you did not get a chance to meet him he will be back to see us again soon.

Congratulations also to Dr. Jay Butler who has graciously agreed to step in as the new Commissioner for Health and Human Services. We hope to invite Dr. Butler to tour our home and meet the elders the next time he visits Ketchikan.





Seven veterans call KPH home and we are honored to have them as part of our family. Our veterans enjoy sharing their stories and memories while serving. It is a good reminder of the sacrifices these fine men have endured. Happy Veterans Day to all the men and women who have and currently serve in our military. Thank you for your service.



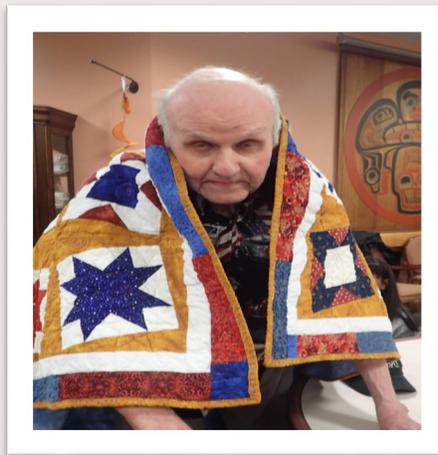
Upper Right: Thomas Williamson (US ARMY)
Above: Emery "Bud" Hurley (US NAVY)
Lower Right: Warren Elliott (US NAVY)



Here are our KPH Veterans that were presented with QUILTS OF VALOR (photos from 2016).
ABOVE: Don MacMillan (US Air Force) George Gardner (US ARMY)

Our deepest sympathies to the families of Mr. MacMillan and Mr. Gardner for their recent loss.

BELOW: Jay Farrell (US ARMY), Dick Graham (US MARINE), Clarence "Clancy" Price (US ARMY)



The Palmer Pioneer Home (photo above) first opened in 1971. In May 2004, the Alaska Legislature approved **development of the state's first veteran's Home**. After extensive remodeling and program development to meet U.S. Department of Veterans Affairs (VA) requirements, the facility was renamed the Alaska Veterans and Pioneers Home in 2007. Seventy five percent of the 79 beds in the Home are designated for veterans, and 25 percent are available for non-veterans.

Halloween Fun brings

NOVEMBER SPECIAL EVENTS

11/9

Veterans Day Ice
Cream Social

(130p)



11/13

Ornaments with
Garden Club

(6pm)



11/15

Family Dinner Night

(5pm)



11/25

Nutcracker Tea Party

(300p)



11/29

SPA NIGHT

With Teri & Tami

(530pm)



out the kid in ALL of us!



*Newspaper &
Coffee @ 9:30
Mon – Fri &
Sat @ 10:00

*Exercise every
Tuesday and
Thursday @
10:30

*Gospel Sing
Along every
Tuesday @ 1:30

*Pastor Keith
visits every
Mondays @ 3pm

*BINGO is every
Wednesday
@ 1:30

*Java Memory
Care Tuesdays
@ 3:30

*Haida Dance
Sundays @ 2:00

*Ice Cream
Social every
Friday @ 1:30

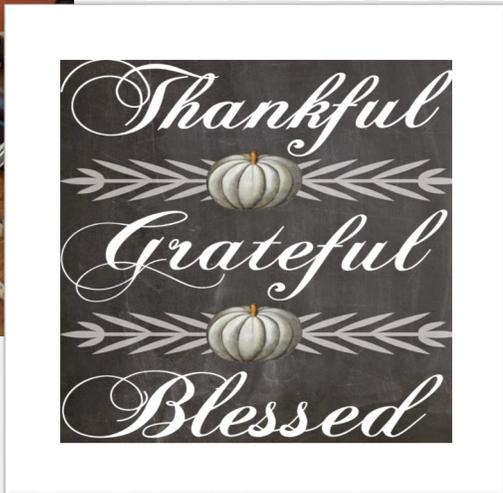
Home

where you treat your friends like family and your family like friends

Welcome to the KPH Family

MYRTLE THOMPSON

Myrtle was born in Mayville, ND and she enjoys ministry activities and socializing with people. She likes to read and was an excellent cook! Myrtle has written a cookbook with all her favorite recipes and has written biographies on her family members and her late husband Orvin. Please join us in welcoming Ms. Myrtle!!



FAMILY DINNER

NOVEMBER 15TH 5:00PM

M E N U

Vegetable Soup, Roasted Turkey with Mashed Potatoes & Gravy, Stuffing & Cranberry Sauce, Green Beans, Homemade Rolls and Pumpkin Pie

Happy
Thanksgiving

Staying Strong & Fit through the Holidays



Our residents have an opportunity to attend weekly exercise classes on Tues & Thurs at 10:30am. The National Institute of Health recommends four types of exercise for Seniors for optimum health and wellbeing: Strength, Balance, Stretching and Endurance. Classes are instructed by a local group fitness instructor, Andrea Hanchey and our pre-school students often join in on the fun! This is just another FUNtastic weekly activity we have at the Pioneer Home.



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We are so saddened to lose our dear friends this month. Our residents, along with their families, have become a bright spot in so many of our days. We find comfort in the memories we created together and wish their families peace during this difficult time.

We will miss you Don MacMillan, Dorothy Fish, George Gardner and Robert Gore.

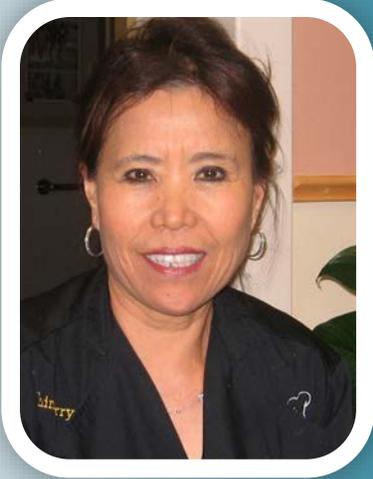
SHIN BERKEY

Celebrating 30 Years of Service to the State of Alaska

EMPLOYEE SPOTLIGHT



Shin Berkey started as an on-call housekeeper in 1987 and quickly moved to full time and then transferred to the kitchen where she has been cooking for more than 25 years. Shin is compassionate and loves to get to know our residents. She often spends her lunch hours with an



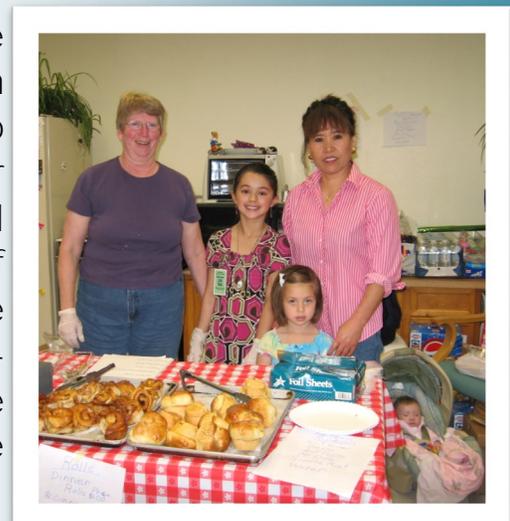
elder. Co-workers love the delightful aroma of the fresh bread and baked muffins that Shin makes for our home.



Shin has become famous for her baked treats and her soups made from scratch. Shin's daughters and grandchildren have also been a part of the KPH family throughout the years.



Earlier this month, Shin was presented a letter of recognition and certificate acknowledging 30 years of service to the people of the State of Alaska. Division Director Lasley was able to present the award letter from the Governor and thank her for her years of dedicated service. We are so thankful she has continued to take such great care of the elders and the residents.



Happy Retirement Olivia

WE WOULD LIKE TO RECOGNIZE OLIVIA APARICI FOR 12 YEARS OF SERVING OUR ELDERS AT THE KETCHIKAN PIONEERS HOME. OLIVIA HAS BEEN A CNA SINCE 2006 AND ALWAYS COMES TO WORK WITH A BIG SMILE AND EVEN BIGGER HEART. HER COMPASSION AND LOVE FOR OUR RESIDENTS IS APPARENT. SHE IS DESCRIBED AS SOMEONE WHO IS "SO NICE AND ALWAYS THERE WHEN YOU NEED HER" BOTH AT WORK AND BEYOND. OLIVIA SHARES HER IDEAS WITH FELLOW TEAMMATES AND ALSO GIVES USEFUL FEEDBACK IN WORK MEETINGS. WE ARE GRATEFUL FOR OLIVIA'S DEDICATION TO OUR RESIDENTS, FELLOW CO-WORKERS AND THE FAMILIES OF KPH. WE WISH YOU THE BEST ON YOUR FUTURE ENDEAVORS AND HOPE YOU ENJOY YOUR RETIREMENT.



STAFF BIRTHDAYS

11/7: *Jennifer Thompson*

11/8: *Julia Ward*

11/15: *Edwin Lopez*

11/19: *Mark Schiller*

11/12: *Helen Kintana*

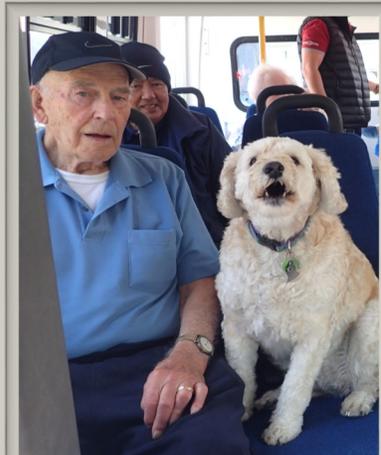
11/18: *Ronald Serote*

11/25: *Jennifer Simon*

11/30: *Oscar Lorenzo*



Mary 11/10



Ernie 11/20

Agnes 11/20



Nancy 11/24

November 2018

Newspaper and Coffee Monday—Friday at 9:30 in the Sun Room.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Our Salon is open every Thursday with beauticians Vicki & Dody</p> <p>Knitters meet on Wednesdays at 12:30.</p>				<p>1 9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>12:30 Ukulele practice</p> <p>2:00 Third floor baking</p>	<p>2 9:30 Newspaper & Coffee</p> <p>10:45 3rd Floor Pre school Activity</p> <p>1:30 Ice Cream Social</p>	<p>3</p> <p>10:00 Coffee Time, Third Floor</p> <p>1:30 Group Crossword puzzle with Lesley and Jim in Gardenview</p> <p>Mary Durgan's Birthday</p>
<p>4 Daylight Savings Time Ends (turn your clocks back 1 hour)</p> <p>2:00 Church Service, 3rd Floor</p> 	<p>5 9:30 Newspaper & Coffee</p> <p>Foundation Lunch</p> <p>1:30 Third Floor Games</p> <p>3:00 Pastor Keith visits</p>	<p>6 9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>1:30 Gospel Sing Along</p>	<p>7 9:30 Newspaper & Coffee</p> <p>10:30 Library Time with the Preschool.</p> <p>1:30 Bingo</p>	<p>8 9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>12:30 Ukulele practice</p> <p>2:00 Third floor baking</p> <p>5:30 Spa Night with Teri and Tami</p>	<p>9 Special Veteran's Day Ice Cream Social</p> 	<p>10 10:00 Coffee Time, Third Floor</p> <p>1:30 Group Crossword puzzle with Lesley and Jim in Gardenview</p>
<p>Veteran's Day</p> <p>2:00 Church Service, 3rd Floor</p> <p>12:00-3:00 Haida Dance Group Rehearsal in the Great Room. Everyone welcome.</p>	<p>12 9:30 Newspaper & Coffee</p> <p>1:30 Resident Council</p> <p>3:00 Pastor Keith visits</p>	<p>13 9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>1:30 Gospel Sing Along</p> <p>3:30 Java Memory Club</p> <p>6:00 Make Ornaments with the Garden Club.</p>	<p>14 9:30 Newspaper & Coffee</p> <p>10:30 Library Time with the Preschool.</p> <p>1:30 Bingo</p>	<p>15 9:30 Newspaper & Coffee</p> <p>10:30 Library Time with the Preschool.</p> <p>12:30 Ukulele practice</p> <p>5:00 Family & Friends Dinner</p>	<p>16 9:30 Newspaper & Coffee</p> <p>10:45 3rd Floor Pre-school Activity</p> <p>1:30 Ice Cream Social</p>	<p>17 10:00 Coffee Time, Third Floor</p> <p>1:30 Group Crossword puzzle with Lesley and Jim in Gardenview</p>
<p>18 2:00 Church Service, 3rd Floor</p> <p>2:00-3:00 Haida Dance Group Rehearsal in the Great Room. Everyone welcome.</p>	<p>19 9:30 Newspaper & Coffee</p> <p>1:30 Third Floor Games</p> <p>3:00 Pastor Keith visits</p>	<p>20 10:30 Exercise Class</p> <p>1:30 Gospel Sing Along</p> <p>Annual Pie Auction 5:30—7:00</p>  <p>Invite your friends and family to this fund raising event.</p>	<p>21 10:30 Preschool craft time.</p> <p>11:00 Low Vision Support Group</p> <p>1:30 Bingo</p> <p>2:30 Monthly Birthday Party</p>	<p>22 Thanksgiving Day</p> 	<p>23 9:30 Newspaper & Coffee</p> <p>1:30 Ice Cream Social</p>	<p>24 10:00 Coffee Time, Third Floor</p> <p>1:30 Group Crossword puzzle with Lesley and Jim in Gardenview</p> <p>Nancy Kossmann's Birthday</p>
<p>25 2:00 Church Service, 3rd Floor</p> <p>3:00 Ketchikan Theater Ballet Nutcracker Tea.</p> 	<p>26 9:30 Newspaper & Coffee</p> <p>1:30 Third Floor Games</p> <p>3:00 Pastor Keith visits</p>	<p>27 9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>1:30 Gospel Sing Along</p> <p>3:30 Java Memory Club</p>	<p>28 9:30 Newspaper & Coffee</p> <p>10:30 Library Time with the Preschool.</p> <p>1:30 Bingo</p> <p>2:30 Lady Bugs Preschool visits!</p>	<p>29 9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>12:30 Ukulele practice</p> <p>2:00 Third floor baking</p> <p>5:30 Spa Night with Teri and Tami</p>	<p>30 9:30 Newspaper & Coffee</p> <p>10:45 3rd Floor Pre-school Activity</p> <p>1:30 Ice Cream Social</p>	<p>Agnes Royer's Birthday! November 20th</p> <p>Ernie DeBoer's Birthday! November 20th</p>