

Ketchikan Pioneer Home

141 Bryant Street
Ketchikan, AK 99901



MARCH 2019
Volume 16, Issue 3

Greetings from the Administrator

In February we were able to introduce many of you to Tina Cochran, Administrative Operations Manager for the Division who works in our Juneau Central Office. Tina is new to our Division so please help us as we welcome her to our AKPH community. Clinton Lasley, the Division Director was also able to visit our home and spend time with the staff and residents.

I know many of you have had questions related to the FY2020 budget Governor Dunleavy released on February 13th. In response to this proposed budget the AKPH leadership team has been meeting to determine what we will need to do in order to continue to provide services while also meeting the expectations outlined in the budget. Our Division Director has since sent a letter to each of our Elders or their representative outlining the proposal of changing from three levels of care to five levels of care and raising the rates that each resident pays.

There is a lot that has to happen between now and the time these changes would become effective and we will post details of opportunities for public comment. If you have not received the letter from our Director, please contact our office and we can email you a copy of the letter or provide you with an additional copy. We are also happy to provide any information that we have related to these proposed changes and how they may impact you or your loved one.

Lastly, thank you for your continued patience as we limp along in both the activity department and the maintenance/environmental services department as we work to recruit and hire replacements for those managers. We hope to have the Foreman position filled by March 4th and the Activity position is undergoing a reclassification which adds unfortunate delays to the process. Our hope is that we will be able to access a wider pool of applicants in future years. I will be sure to update everyone when I have more information. In the mean time please remember that Alma and Lance are helping to fill the gaps as much as possible while still wearing their current hats. We appreciate you all.

Julie Sande

MARCH Birthdays

**Anna Ruaro (3/26)
Happy 98th!**



**Warren Elliott (3/24)
Happy 90th**



**Kay Smith (3/4)
Happy 80th!**



**Barbara Hassell (3/16)
Happy 89th**

**Ilona Brady (3/18)
Happy 96th**



Happy 84th (3/7)!
WELCOME CAROLYN WILSIE

STAFF BIRTHDAY SHOUT OUTS

**Rachel Breithaupt
3/3**

**Margaret Clark
3/7**

**Joeshp Fiorucci
3/19**

**Divine Bumagat
3/20**

**Kristine Dela Cruz
3/24**



In mid-February the KAYHI ROTARY INTERACT presented a check to us for \$4871 from their Annual Pie Auction fundraiser held last November. The funds raised will help support some of resident activities throughout the year. This year's auction was one of the most successful to date! Thank you

KAYHI ROTARY INTERACT



**ALASKAN
& PROUD**
An Independent
Alaska Company

Now collecting A&P receipts

(dated March 2018—Present)

We receive 1% of total receipts in form of store credit

Helps offset monthly activity expenses such as ice cream socials and holiday events

FAMILY & FRIEND DINNER

MARCH 21ST

530PM

Call 228-3351 to make your Reservations

MULLIGATAWNY SOUP

CORNED BEEF & CABBAGE

ROASTED POTATOES

DINNER ROLLS

CARROT CAKE

Learning for Dementia

Although many of the folks who live at the KPH have zero confusion or memory loss, some of the Elders here do have memory loss or cognitive impairment. At times, it can be disruptive to other Elders of our home or our guests. We work hard to individualize the care we provide to meet an Elder's needs in the least restrictive way we can. If an Elder wants to leave the building, we do our best to help them safely take a walk or go for a ride. If there is not a family member or staff member who is able to walk with them or take them for a ride, then we try to redirect them to something enjoyable inside the building. We can offer activities, snacks, social time with staff or other Elders, or even a trip outside at a later time. If the Elder is insistent and is growing agitated, they may try to open the door which will sound an alarm for any elder wearing a wander guard. The alarm on the door is a system that is designed to alert us that an Elder is attempting to leave – it is not designed to keep an Elder locked inside. As an Assisted Living Home we are not licensed to keep any one against their will. We do try everything in our power to redirect or distract them attempting to leave and if that doesn't work then we allow the Elder to leave and alert family or their representative that they are out of the building.

HELPFUL TIPS / BEST PRACTICES

When approaching someone who appears agitated:

- Approach slowly from the front and gently get the Elders attention
- Communicate on Eye Level
- Use light touch on the upper arm or hand if allowed
- Smile and be friendly / Use Humor if appropriate
- Speak calmly and reassure them that everything is ok and they doing really well
- Identify yourself
- Set a positive social tone and invite them to go with you for a snack or coffee
- Use simple words / Avoid rushing
- Avoid quizzing the Elder or drawing attention to their confusion
- Validate the world or time where they think they are – avoid lying but if they want to go see their mother – let them know you are happy to go with them in a different direction

We have access to some great resource material so please let us know if you would like to borrow something from our staff resource room and let us know if you would like another topic covered in future newsletters.

FEBRUARY RECAP

Baking & decorating cookies in preparation for the various VDAY Celebrations

Elizabeth Peratrovich Celebration with pre-school families

VDAY cards received from community members, school district students and fellow residents.

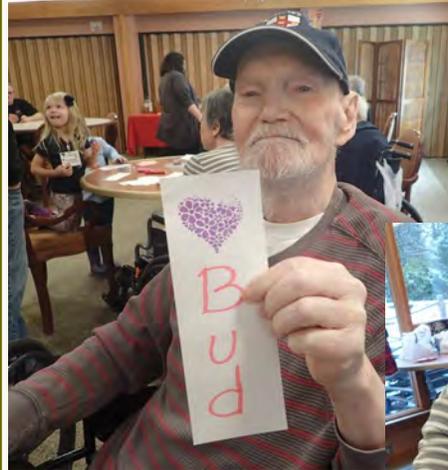
Families & Friends visiting and sharing some extra LOVE

VDAY Resident Dinner was a great success—residents were able to look through their bags of Valentine card and sweet notes

Holy Name Pre-School Lady Bugs visit to make VDAY cards and decorate more cookies

Baking Mini Pizzas using ingredients from our hydroponic garden

Gerlyn welcomes Baby Mateo!





God must have sent you into my life so there would always be **LOVE** in My heart!

Pick.Click.Give. to Ketchikan Pioneer Home Foundation

MARCH

Exercise Class is every Tues & Thurs
(Great Room)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Our Salon is open every Thursday with Beauticians Vicki & Dody

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



<p>3</p> <p>2:00-3:00 Haida Dancers (Great Room)</p> <p>2:00 Church Service (3rd Floor)</p>	<p>4</p> <p>Foundation Lunch</p> <p>3:00 Pastor Keith visits (Sun Room)</p> <p>HAPPY BIRTHDAY KAY SMITH</p>	<p>5</p> <p>FAT TUESDAY</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>1:30 Gospel Sing Along</p> <p>2:15 MARDI GRAS Parade</p>	<p>6</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Library Time w/PreK</p> <p>1:30 Bingo</p> <p>ASH WEDNESDAY (Father Pat Visit)</p>	<p>7</p> <p>Happy Birthday Carolyn Wilsie</p> <p>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 w/ Teri & Tami</p>	<p>8</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 3rd Floor Activities w/Prek</p> <p>1:30 Ice Cream Social (Stan the Music Man)</p>	<p>9</p> <p>10:00 Coffee Time 3rd Floor</p> <p>1:00 Group Crossword puzzle with Lesley & Jim in Gardenview</p> <p>2:00 Wearable Art Parade</p>
<p>10</p> <p>DAYLIGHT SAVINGS TIME BEGINS</p> <p>2:00-3:00 Haida Dancers (Great Room)</p> <p>2:00 Church Service (3rd Floor)</p>	<p>11</p> <p>3:00 Pastor Keith visit (Sun Room)</p>	<p>12</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>1:30 Gospel Sing Along</p>	<p>13</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Library Time w/PreK</p> <p>11:00 Catholic Mass</p> <p>1:30 Bingo</p>	<p>14</p> <p>PI Day!</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>12:30 Ukulele practice</p>	<p>15</p> <p>9:30 Newspaper & Coffee</p> <p>SPRING BREAK begins (NO SCHOOL)</p> <p>1:30 Ice Cream Social (Stan the Music Man)</p>	<p>16</p> <p>10:00 Coffee Time 3rd Floor</p> <p>Happy Birthday Barbara Hassell</p>
<p>17</p> <p>2:00 Church Service (3rd Floor)</p> <p>2:00-3:00 Haida Dancers</p> <p>HAPPY ST. PATRICK'S DAY!</p>	<p>18</p> <p>HAPPY BIRTHDAY ILONA BRADY</p> <p>3:00 Pastor Keith visit (Sun Room)</p>	<p>19</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>1:30 Gospel Sing Along</p>	<p>20</p> <p>SPRING BEGINS!!</p> <p>Low Vision Support Group Meets (Sun Room)</p> <p>1:30 Bingo</p> <p>2:30 Monthly Birthday Party with the Pioneers of Alaska</p>	<p>21</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>12:30 Ukulele practice</p> <p>5:30 FAMILY DINNER</p>	<p>22</p> <p>9:30 Newspaper & Coffee</p> <p>1:30 Ice Cream Social (Stan the Music Man)</p>	<p>23</p> <p>10:00 Coffee Time 3rd Floor</p>
<p>24 / 31</p> <p>March 24: Warren Elliott Bday!</p> <p>2:00 Church Service (3rd Floor)</p> <p>2:00-3:00 Haida Dancers</p>	<p>25</p> <p>SEWARDS DAY</p> <p>Admin Offices Closed</p> <p>3:00 Pastor Keith visits (Sun Rm)</p> <p>Pre-School BACK IN SESSION</p>	<p>26</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>1:30 Gospel Sing Along</p> <p>Happy Birthday Ann Ruaro</p>	<p>27</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Library Time w/PreK</p> <p>11:00 Catholic Mass</p> <p>1:30 Bingo</p>	<p>28</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 Exercise Class</p> <p>12:30 Ukulele practice</p> <p>2:30 Lady Bug Class Performance @ Holy Name School</p>	<p>29</p> <p>9:30 Newspaper & Coffee</p> <p>10:30 3rd Floor Activities with Pre-school</p> <p>1:30 Ice Cream Social & Piano Bar with Diane Slagle.</p>	<p>30</p> <p>10:00 Coffee Time</p>

Winds of March, we welcome you, there is work for you to do. Work and play and blow all day, blow the winter cold away" - Anonymous