

# Ketchikan Pioneer Home

141 Bryant Street  
Ketchikan, AK 99901



AUGUST 2019  
Volume 16, Issue 8

## Greetings from the Administrator

By now each of you have received notice that the proposed regulation considering new rates for the Alaska Pioneer Homes has been signed and will go into effect September 1<sup>st</sup>. 2019. I know through conversations with many of you that this news may have come as a surprise. I have also heard the painful stories of how these changes may impact many of you. Our Division Director, Clinton Lasley, has sent every elder or representative a notice which details the change in regulation, accompanying rate structure, and new assessment tool. While it is true that the public comment was overwhelmingly against such an increase, the Division of Alaska Pioneer Homes has been asked to face the harsh reality that it is no longer able to offer services at rates that do not reflect the actual cost of providing those services. The new rates are reflective of those actual costs and the new assessment tool aims to consistently measure the amount of services being provided. Unfortunately these changes will increase an elders rates and it may also relect a higher level of care. Updated residential service contracts are being mailed out to everyone which indicates the level of care for each elder using the new assessment tool and with the accompanying rate.

In addition to increasing the rates and changing the assessment tool, the Pioneer Homes have also implemented a number of cost saving measures: contracting out services, eliminating positions, holding positions vacant, and relying on more philanthropic funds for equipment and supplies previously paid for through our budget.

Ours is a long and proud history of having served elder Alaskans for more than 100 years, many of whom lacked the financial means or family support to continue to be able to live on their own. Over those years the Pioneer Home system has evolved to better reflect the needs of the elders in each of our communities while also changing the care delivery models and rates over time. In the 30+ years I have been a part of the system, as a volunteer, college intern, social worker, and administrator it is always difficult to witness the fear or worry that comes with some of these changes – including those that were announced this week. It is my sincere hope that the decisions that are being made by leadership on a state, department, or division level – are being made to help ensure that the Pioneer Homes will be viable in the years to come, so we can continue to care for the elders who helped to build our great state, now and in the years to come.

*Julie Sande*

# NAIL SPA SATURDAYS

## 3pm in Sun Room

### (2nd Floor)



ENJOY  
EVERY  
MOMENT

# ATTENTION

## OFFICE SWAP!

Our maintenance department has been working hard to keep up as we have relocated some offices.

The new Social Worker's office will be located on the first floor (next to Administrator office) and the Activity Office has moved down the hall on the second floor (take RIGHT off the elevator or stairwell). The "old" Activity Office next to the kitchen has become the Nana Management Service office, the contractor who provides food service, environmental services and laundry. Please let us know if you have any problems locating folks as we play a bit of office switcheroo. Please keep in mind that office phone numbers all **REMAIN THE SAME:**

Activities: 228-3372 OR 821-**0488 (Alma's Cell)**

Social Worker: 228-3365

Nana Management (Arlene): 228-3357





# CELEBRATING 4TH OF JULY



# PICNIC



**August 23**  
**11am-1pm**  
**WARD LAKE**



## AUGUST BIRTHDAYS

### RESIDENTS....

**Jay Farrell : 8/4**

**Irene Nichols: 8/7**

**Bud Hurley: 8/9**

**Jane Smith: 8/11**

**Frank Perez: 8/13**

### STAFF....

**Chantel Gordanier: 8/10**

**Jason DeLeon: 8/11**

**Jocelyn Pabilona: 8/16**

**Elena Pingul: 8/18**

**Carmelita Manabat: 8/23**

**Orrin Chenhall: 8/27**

**Shiena Macadaan: 8/29**

**Ana Scott: 8/29**

**Elsie Coy: 8/30**



# **WE'RE HIRING!**

We have heard from many of you about the vacancies we currently have in some departments and apologize for the inconvenience or delays in response time. The **Administrative Assistant I** (Front Office Reception/ Medical Records) position, **Protective Specialist III** (Social Worker), and several **Nurse** positions are currently posted. We have extended them in hopes of having a healthy pool of qualified individuals to choose from and unfortunately the minimum qualifications are very specific and we are often unable to consider everyone that applies. In the meantime your continued patience is very much appreciated and please spread the word if you know of anyone interested. Here is the **WORKPLACE ALASKA** link for vacant positions in Ketchikan.

[https://www.governmentjobs.com/careers/alaska?location\[0\]=ketchikan&sort=PositionTitle%7CAscending&page=1](https://www.governmentjobs.com/careers/alaska?location[0]=ketchikan&sort=PositionTitle%7CAscending&page=1)

⇒ **Administrative Assistant I (PCN 02-7602)**

⇒ **Nurse I (PCN 06-N09004)**

⇒ **Nurse I/II (PCN 06-6240)**

⇒ **Nurse II-Part Time (PCN 06-N09005C)**

⇒ **Protective Service Specialist III (PCN 02-7623)**



# THANK YOU

ON BEHALF OF OUR ENTIRE KPH TEAM AND THE ELDERS WE SERVE, THANK YOU KETCHIKAN! THE ANNUAL SUMMER GARAGE SALE IS THE PRIMARY FUNDRAISER FOR THE ACTIVITIES DEPARTMENT AND ITS REVENUE IS VITAL TO ENSURE WE HAVE THE RESOURCES TO PROVIDE THE SUPPLIES, EVENTS AND SPECIAL OUTINGS THAT OUR ELDERS ENJOY EVERYDAY. OUR DEDICATED VOLUNTEERS AND STAFF SPENT DAYS COLLECTING & PRICING TREASURES, SETTING UP & ORGANIZING SALES TABLES, ROLLING NEARLY 750 LUMPIAS, AND BOXING UP/ TRANSPORTING UNSOLD ITEMS. WE COULD NOT HAVE DONE THIS WITHOUT YOUR HELP.

NOW—HERE IS WHAT YOU HAVE ALL BEEN WAITING FOR—THE AMOUNT DEPOSITED (BEFORE EXPENSES).....**\$7653!**

# AromaTouch Hand Technique



MINDY ROWSER, LICENSED MASSAGE THERAPIST AND DOTERRA ESSENTIAL OIL EDUCATOR, PRESENTS THE CONCEPT OF AROMATOUCH HAND TECHNIQUE

## WHY TOUCH?

The benefits of physical touch, and the physiological releases that come with it, go beyond social bonding and can manifest positively in your mental and physical health. In this article we would like to introduce you to the concept of AromaTouch Hand Technique which Mindy Hamlin Rowser, LMT will be demonstrating and teaching to our caregivers and family members at the Pioneer home starting this Fall. Given human touch increases happiness and longevity, two things we strive to provide to our residents, the regular practice of this technique will only serve to improve the quality of life for our residents and their loved ones.

## TO FEEL BETTER

With a simple 2 to 5-minute hand technique we can induce the release of oxytocin, the “feel good” hormone. It inspires positive thinking and maintains an optimistic outlook on the world. We can reduce social anxiety and stress. Physical touch increases levels of dopamine and serotonin, two neurotransmitters that help regulate your mood as well as help your body relieve stress and anxiety. We can boost the immune system as well as produce a deep connection.

## THE CONNECTION TO SCENTS

You can also choose to incorporate other, particular essential oils into this treatment. Our sense of smell is 5,000 times more powerful than any of our other senses and studies have demonstrated the direct connection between memory and smell. Think of walking through your grandmother’s garden as a child and smelling her flowers, then many decades later that scent brings you right back to your memories with her. Rosemary, for example, is well known to help with memory among many others. This is not only a great way to reconnect with family who haven’t been present with us the way they used to, but is also a powerful tool to invoke memories that without smell are lost to us.

## GET IN TOUCH

As our loved ones age, we strive to engage and communicate with them in meaningful ways but we don’t always know how. The AromaTouch Hand Technique is a valuable tool to connect with your loved one no matter what age. Mindy Hamlin Rowser, a Ketchikan native, travels the country as a certified instructor of the more advanced AromaTouch Technique. We’re excited to have her right here at home to demonstrate and perform the HAND TECHNIQUE for our residents. We will begin training sessions in October on Tuesdays and Thursdays. If you can’t make a live training, you can visit her website: [essentialninja.com/essential-oils/massage-therapy/](http://essentialninja.com/essential-oils/massage-therapy/) to learn more and reach out for questions at:

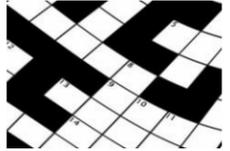
[mindy@essentialninja.com](mailto:mindy@essentialninja.com)

WEDNESDAYs 1230pm KNITTERS Group (SR)

THURSDAYs SALON DAY w/Dody & Vicki

THURSDAYs 1230pm UKULELE PRACTICE (SR)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AUGUST</b>	<b>IS....</b>			1	2	3
American Adventures Month Audio Book Month Family Meal Month Happiness Happens Month National Golf Month National Sandwich Month	Learn Japanese Month Fantasy Football Month National Parks Month Wild Blueberry Month Psoriasis Awareness Month	National Eat Dessert 1 <sup>st</sup> Month National Panini Month Read-a-Romance Month International Pirate Month	BIRTHSTONES: Peridot or Olivine FLOWERS: Gladiolus COLORS: Orange & Red	<b>930am Newspaper &amp; Coffee</b> <b>1030am Exercise Class (GR)</b> <b>200pm Garden Club</b>	<b>930am Newspaper &amp; Coffee</b> <b>w/ guest Readers</b> <b>130pm ICE CREAM SOCIAL</b>	130pm Group Crossword Puzzle with Lesley & Jim (GV) 
4	5	6	7	8	9	10
<b>200pm Church Service (3<sup>rd</sup> Flr)</b>  <b>HAPPY BIRTHDAY JAY FARRELLI</b>	<b>930am Newspaper &amp; Coffee</b> <b>300pm Pastor Keith Visit (SR)</b>  <b>12pm FOUNDATION MEETING</b>	<b>930am Newspaper &amp; Coffee</b> <b>1030am Exercise Class (GR)</b> <b>130pm Gospel Sing Along (3<sup>rd</sup> Flr)</b>	930am Newspaper & Coffee <b>ALLEN MARINE CRUISE</b> (leave KPH at 12pm) <b>Happy Birthday IRENE</b> 	<b>930am Newspaper &amp; Coffee</b> <b>1030am Exercise Class (GR)</b> <b>200pm ITALIAN SODAS ON THE DECK!</b>	<b>930am Newspaper &amp; Coffee</b> <b>130pm ICE CREAM SOCIAL</b> <b>Happy Birthday BUD HURLEY</b>	<b>NATIONAL BANANA SPLIT DAY</b>  130pm Group Crossword Puzzle with Lesley & Jim (GV) <b>3pm NAIL SPA (SR)</b>
11	12	13	14	15	16	17
<b>200pm Church Service (3<sup>rd</sup> Flr)</b> 530pm 3 <sup>rd</sup> Floor Movie Night  <b>HAPPY BIRTHDAY JANE SMITH</b>	<b>930am Newspaper &amp; Coffee</b> <b>130pm RESIDENT COUNCIL MEETING</b> <b>200pm MOCKTAIL MONDAY</b> <b>300pm Pastor Keith Visit (SR)</b>	<b>930am Newspaper &amp; Coffee</b> <b>1030am Exercise Class (GR)</b> <b>130pm Gospel Sing Along (3<sup>rd</sup> Flr)</b>  <b>HAPPY BIRTHDAY FRANK PEREZ</b>	930am Newspaper & Coffee <b>1100am Catholic Mass</b> <b>130PM BINGO (GR)</b>	<b>930am Newspaper &amp; Coffee</b> <b>1030am Exercise Class (GR)</b> <b>200pm Garden Club</b>	<b>930am Newspaper &amp; Coffee</b> <b>w/ guest Readers</b> <b>130pm ICE CREAM SOCIAL</b> 	130pm Group Crossword Puzzle with Lesley & Jim (GV)  <b>3pm NAIL SPA (SR)</b>
18	19	20	21	22	23	24
<b>200pm Church Service (3<sup>rd</sup> Flr)</b> <b>530pm 3<sup>rd</sup> Floor BINGO</b> 	<b>300pm Pastor Keith Visit (SR)</b> <b>HOT &amp; SPICY FOOD DAY!!</b>  <b>WORLD PHOTO DAY</b>	<b>930am Newspaper &amp; Coffee</b> <b>1030am Exercise Class (GR)</b> <b>130pm Gospel Sing Along (3<sup>rd</sup> Flr)</b>	930am Newspaper & Coffee <b>130PM BINGO (GR)</b> <b>230pm MONTHLY BIRTHDAY PARTY (Pioneers of AK)</b>	<b>930am Newspaper &amp; Coffee</b> <b>1030am Exercise Class (GR)</b>  <b>200pm BAKING w/ARLENE</b>	<b>WARD LAKE ANNUAL PICNIC</b> <b>11am-1pm</b> 	130pm Group Crossword Puzzle with Lesley & Jim (GV) <b>3pm NAIL SPA (SR)</b> 
25	26	27	28	29	30	31
<b>200pm Church Service (3<sup>rd</sup> Flr)</b>  530pm Movie Night (3 <sup>rd</sup> floor)	<b>930am Newspaper &amp; Coffee</b> <b>300pm Pastor Keith Visit (SR)</b>  <b>Women's Equality Day</b>	<b>930am Newspaper &amp; Coffee</b> <b>1030am Exercise Class (GR)</b> <b>130pm Gospel Sing Along (3<sup>rd</sup> Flr)</b>	930am Newspaper & Coffee <b>1100am Catholic Mass</b> <b>130PM BINGO (GR)</b>	<b>930am Newspaper &amp; Coffee</b> <b>1030am Exercise Class (GR)</b> <b>200pm Garden Club</b> <i>1<sup>st</sup> Day of SCHOOL (K-12<sup>th</sup> Grade)</i>	<b>930am Newspaper &amp; Coffee</b> <b>130pm ICE CREAM SOCIAL</b> 	130pm Group Crossword Puzzle with Lesley & Jim (GV) <b>3pm NAIL SPA (SR)</b>