Ketchikan Pioneer Home

141 Bryant Street
Ketchikan, AK 99901

SEPTEMBER 2019
Volume 16, Issue 9

Greetings from the Administrator

Summer is coming to a close and we have had much celebrate at the KPH. We enjoyed warm weather for much of the season and family members from all over the globe came to town to see their loved ones. We hosted some fun events and took advantage of the new roof deck furniture and thanks to some amazing community partners we enjoyed some pretty thrilling activities throughout Ketchikan.

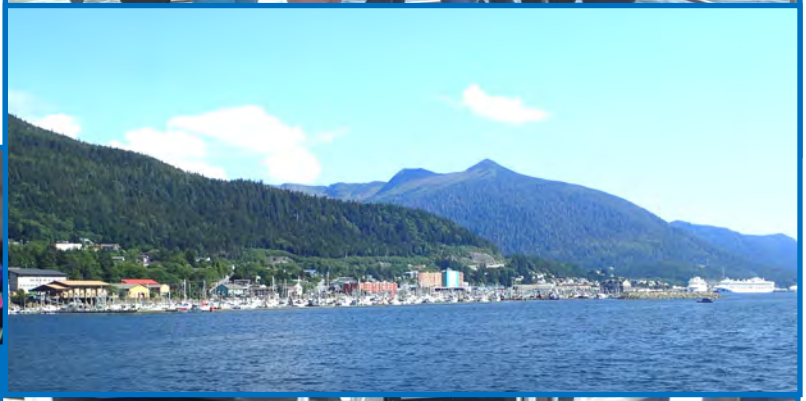
It's also been a tumultuous time of change as we experienced regulation and rate increases and staff transitioned to contract employees. We also experienced unexpected inconveniences like the elevator failure during the biggest monsoon on record for the month of August. Then just when we said the staff shortages could not get worse –they got worse. Throughout all of it I could not be prouder of the staff or more grateful for the grace under pressure that the residents exhibited even during difficult days and conversations. I continue to be so proud of the people I get to work with and the elders we are honored to serve.

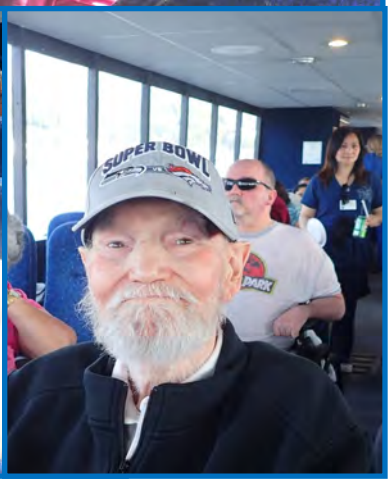
On a happy/sad note our beloved Lead Cook (and my mom) of 32 years, Shin Berkey will be retiring on September 30th. We are happy that she gets to move on and focus her energy doing the things she wants to do but will miss her presence here immeasurably. On a positive note she will remain on-call so when we go into cinnamon roll withdrawals we hope she will come back and help us out. She has been insistent about not wishing to have a retirement party so instead we are hosting a paint-n-sip party that evening. Shin always says that when employees leave she doesn't get sad because the KPH is such a great place to be that they always manage to come back. On that note we will plan to send her off with happy thoughts for good days and look forward to seeing her again.

Julie Sande

julie.sande@alaska.gov

Lets CRuiSe





On August 7th, the Ketchikan Pioneers Home & Peacehealth Long Term Care Unit had the opportunity share in a day cruise tour with ALLEN MARINE TOURS. It was an absolute perfect day to enjoy a 2-hour excursion near Ketchikan with family and friends. We are grateful to the KPH & Peachealth staff as well as the businesses who made this event so successful:

ALLEN MARINE TOURS CREW: Not only were the crew friendly & professional, they made every effort to ensure our safety in bringing our elders from the dock to the vessel (it was LOW TIDE!)

HOLLAND AMERICA & PRINCESS CRUISES BUS PORT OPERATIONS: The staff and drivers were extremely helpful, caring and patient with transporting elders from KPH to & from the Ketchikan Dock.

NANA MANAGEMENT SERVICES: Thank you for preparing the delicious food to share!

WE STILL HAVE FUN....

Even with NO SUN!!

Although our annual summer picnic did not take place at Ward Lake as planned, we went ahead made our own picnic in the KPH Great Room! On August 23rd, Elders from Rendezvous Senior Services, Peacehealth Long Term Care and Southeast Senior Services were all in attendance to share a meal and enjoy each other's company.– even had LIVE MUSIC! Thank you to all the local businesses who donated food and paper products to support this picnic. We were able to not only serve our 43 current KPH residents but an additional 40 elders throughout the Ketchikan community. We appreciate the volunteers and the staff from all the organizations who assisted in transportation, set up and clean up! Special shout out to Marguerite Auger (Peacehealth Long Term Care) and Licha Kelley-King (Rendezvous Senior Services) for assisting with the planning!

SEPTEMBER BIRTHDAYS

Bernice Frisby: 09/06

Nan Robb: 09/08

Margaret Antonsen: 09/29

Ellen Cowan: 09/30

KPH STAFF....

Alma Parker: 09/08

Carlo Cadiente: 09/25

Jeanett Carey: 09/26

Grandparents Day is September 8th

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/ to learn more and reach out for questions at:

mindy@essentialninja.com

Pioneers of Alaska Igloo 7

TEA PARTY

Saturday, September 21st

200pm Great Room