

Ketchikan Pioneer Home

141 Bryant Street
Ketchikan, AK 99901



MARCH 2020
Volume 17, Issue 3

Greetings from the Administrator

Happy March to our KPH community! Believe it or not the tiny crocus' in the garden are starting to sprout their little heads and even though I know we probably have a few more bad weather days in our future, I still find their arrival to be so uplifting.

Lots of big news in the way of changes on the Division front as Clint Lasley our Division Director, Tina Cochran - Admin Operations Manager, and Emily Palmer – Program Manager are moving on to other endeavors, the good news is that they will remain in the Department or will continue to work with the Department. Watch for more news as their positions are posted and filled, and if you get a chance to thank them for their service please drop them a line. In the meantime, the Division Nurse Practitioner, Heidi Hamilton has agreed to fill in as the Acting Director and we are grateful for her dedication to the elders.

We have been receiving regular updates from the CDC on the Coronavirus and we recognize that this new bug can make individuals with chronic respiratory conditions or comprised immune systems critically ill. With that in mind we want to take every precaution to keep our elders healthy so please read more information in this newsletter about how the KPH is working to prevent illness.

We also know from experience that strictly enforcing our employee sick leave expectations when staff experience any symptoms greatly improves our chances of keeping elders healthy but it also means we can become very short staffed. We will ask the residents to post on their social media page and will update information that is posted in public spaces as things change and we may ask for your patience if we need to slide staff from one department to help out another if we get short. Patience, patience, patience please. For now you will see lots of new signs and reminders on proper handwashing techniques and requests for visitors to refrain from coming in the building if you are not healthy. One thing I love about Alaskan communities and Ketchikan in particular is how well we take care of one another when things don't go as expected.

On a happier note, the KPH was thrilled to have Lt. Governor Meyer stop by to visit his friend Norma and wish her a belated birthday. The Lt. Governor has been a faithful friend and visitor when he is in Ketchikan so it was nice to see him again. He was able to personally thank our local Rotarians for all of their hard work on replacing the carpet and thank Tessa Salazar for her impressive donation to the council from her Kids Cookies for a Cause.

Happy Spring everyone!

JULIE SANDE, Administrator

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Anne Marie Ruaro came to Ketchikan to meet up with her husband who was commercial fishing in the late 1930's. Her parents Mke and Christina Funner were already in Ketchikan managing the hospital laundry department. She came with 2 children Kathy and Pete. During the fishing days Annie worked in the canneries and loved it! She would recall the long hours they worked and how much fun it was. She later worked for many years for the Rollogs as a checker at the Federal Market located on Mission street. Annie was asked her to move over to Tongass Trading grocery store, which is now the Curio store 2 on Dock street. When that store closed, she then went to work for Wingren's which is now Annabelle's. Later, she worked for Tatsuda's when they opened their new store where it is located now. It was more convenient for her because she was close to home. She retired for a time but missed being around people so she went to work for Bayside grocery which was located by Creek St bridge. She also helped her husband Pete dispatch for the Ingersoll White cab co., which they acquired in the 40's. She so loved working in the stores and being around people. Annie and Pete were married 64 years and had 4 children Kathy, Pete, Jerry (deceased) and Debbi. 12 grandchildren, 21 great grandchildren, and soon to be 3 great great grandchildren. She has led a wonderful life and people remembered her as always walking whether it was raining, snowing, or blowing.





Kay S.
March 4



Carolyn W.
March 7



Barbara H.
March 16



Ilona B.
March 18

March Birthdays

STAFF BIRTHDAYS:

- Daisy C. (NMS) March 1
- Divine B. (CNA) March 20
- Holly K. (CNA) March 1
- Samantha C. (Adm) March 31
- Danny M. (NMS) March 4



Annie Ruaro - March 26

Celebrating 100!





FEBRUARY Filled with Family, Friends, FUN





ALASKA

**ADMINISTRATIVE
OFFICES CLOSED**

March 30th

Seward's Day



ST PATRICKS DAY HISTORY.....

St. Patrick, the patron saint of Ireland, was not IRISH. He was born in Scotland or Wales (depending on the source) as Maewyn Succat between 373 and 385 A.D. He later took the Latin name Patricus—Patrick is the English version—when he became a priest. At the age of 16, he was captured by Irish raiders and brought to Ireland as a slave. During this time, he became deeply religious and began to have visions. Six years later, he escaped and settled in France. After having visions of bringing Christianity to the Irish people, he returned to Ireland in 432 A.D and stayed there till his death on March 17th 461 A.D. Legend has it that Patrick pounded a drum and banished all the snakes from Ireland. There are no snakes in Ireland today.

Please be aware all staff & visitors must now enter through FRONT DOOR only. No parking is permitted in the back lots. We have a sign in sheet & sanitizer at the front counter. The questions below are part of the sign in process. If you have any symptoms or have been around someone who has COVID-19 please stay home.

Have you traveled Internationally within the last 14 days to restricted countries?

Do you have signs or symptoms of a respiratory infection (fever, cough, and sore throat)?

Have you had contact with someone with or under investigation for COVID-19?



THE STATE
of **ALASKA**
GOVERNOR MIKE DUNLEAVY

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March 4, 2020

Dear Alaska Pioneer Home elders and families,

As you are aware, there has been a lot of news stories about the coronavirus. The Pioneer Homes continue to follow our infection control protocol to help prevent the spread of all contagious diseases in the homes, including the flu. These are the same protocols recommended by the Center for Disease Control and the state's Division of Public Health for contagious diseases, including coronavirus. Please help us protect the health of the elders in the homes by not visiting when you have a fever, cough, or generally do not feel well.

As an added precaution, the Division of Public Health is sending updated recommendation on how health care facilities can help prevent the spread of infections, including the coronavirus. The homes will be following all recommendations from Public Health and these will likely change over time. It is likely that the homes will start asking all visitors to sign in and answer a few questions before visiting anyone in the home.

For more information on the coronavirus, please read the enclosed document. Other sources of reliable information include the following:

- * State of Alaska Public Health website -
<http://dhss.alaska.gov/dph/Epi/id/Pages/Human-Coronavirus.aspx>
- * Centers for Disease Control website –
<https://www.cdc.gov/>

Sincerely,

Heidi Hamilton, ANP

Heidi Hamilton,
Advance Practice Registered Nurse II



What you need to know about the Novel Coronavirus

What is novel coronavirus?

The Alaska Department of Health and Social Services is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus named COVID-19. This virus was first detected in China in December 2019; it spreads from person-to-person and has the potential to cause severe illness and uncommonly death. Four well-known strains of coronaviruses regularly circulate in human populations globally and are a frequent cause of upper respiratory infections; COVID-19 is new so it's called the novel coronavirus.

How does the COVID-19 virus spread?

There are still many things that are unknown about this new virus. At this time, spread of the virus is believed to happen in the following ways:

- When an infected person coughs or sneezes next to others
- Through close contact (e.g., hugging, kissing, shaking hands)
- Possibly by touching a surface or object that has the virus on it and then touching the mouth, nose, or possibly eyes

How severe is the COVID-19 virus?

Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia and uncommonly death. Persons at increased risk for severe illness include older adults and persons with underlying medical conditions.

What are the symptoms?

Symptoms are likely to appear 2–14 days after exposure, and include fever, cough, and shortness of breath.



What is the current travel guidance from CDC?

See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC for recommendations for travel to China.

How can I prevent contracting or spreading respiratory infections?

Steps you can take to prevent contracting flu and the common cold will also help prevent contracting the COVID-19:

- Wash hands often with soap and water; if not available, use hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- If you're sick, stay home and avoid close contact with others and cover your mouth and nose with a tissue or sleeve when coughing or sneezing

There is no vaccine currently available to prevent COVID-19 infections.

For more information, contact the Alaska Section of Epidemiology: (907) 269-8000 or after hours (800) 478-0084.