

# Ketchikan Pioneer Home

141 Bryant Street  
Ketchikan, AK 99901



SEPTEMBER 2020  
Volume 17, Issue 9

## Greetings from the Activities Director



HOWDY!! Norma & Alma  
enjoying Western Week  
8/17-8/21

*“All at once, summer collapsed into fall” - Oscar Wilde*

Well, I'm certain we can all agree we pretty much swam into fall. Our wet summer season, compounded with the many challenges of COVID have really forced the Activities Department to come up with new, creative and innovative ways to keep Elders active and connected with family while keeping their health and safety as a priority. We still scheduled our standard “go to” activities such as BINGO and Ice Cream Social but now we have focused on offering these activities in their neighborhood floors rather than gathering in one confined large space. In essence, our Activities have become more mobile; on most days you can see us pushing a cart filled with items to do mochas, arts & crafts, games or gardening. We continue to connect with our families through ZOOM, FaceTime or Google Duo as well as having scheduled in person visits in our designated space. We will always be mindful of and flexible with the changes that occur when community and statewide directives are enforced.

In August, we explored the opportunities offered through the VIRTUAL world. We recently attended the Tongass Historical Museum and Totem Heritage Center Virtual tour of *INTO THE WIND: Aviation as Southeast Alaska's Lifeline*. The guided tour allowed our Elders to see the exhibit as if they attended in person. We heard whispering from the Elders as they reminisced of their days traveling in Southeast Alaska. They pointed out familiar faces—some of those individual that currently live at KPH.... SO COOL! We want to thank the Tongass Historical Museum & Totem Heritage Center for their generosity in offering us the tour.

In addition to the tour, we had two sessions of virtual art classes instructed by local business owner AJ Pierce of *VIBRANCE-A Creative Space*. The watercolor and acrylic fluid pour painting classes were done via ZOOM and provided our Elders a chance to get creative. We not only loved seeing their prideful smiles looking at their finished product, we were happy to support a local business. We look forward to working with *VIBRANCE* again - check them out in the Plaza! They offer some great classes!

As we move forward to the last quarter of the year, we can anticipate that our holiday festivities will look different; from Halloween to Christmas, we know that things will not be the same as previous years. But rest assured that the KPH Activities team will make the best of every situation and come up with fun-filled festive ways to keep our loved ones happy and engaged. We encourage the sharing of new ideas, activities and other ways that keep our Elders feeling connected to the community.

Please visit our Facebook page **KETCHIKAN PIONEER HOME RESIDENT COUNCIL** to get a glimpse of what we have been doing. You can always reach me via email at [alma.parker@alaska.gov](mailto:alma.parker@alaska.gov) OR call the activities department phone at 228-3372.



Nancy with her acrylic fluid pour paint project

Best,

*Alma M. Parker*



# September Celebrations



**Janie  
9/30**

**STAFF  
BIRTHDAYS**

**ALMA P. (ACTIVITIES) 9/8**  
**RANIE (NMS) 9/16**  
**HANAH (CNA) 9/19**  
**CARLO (NMS) 9/25**  
**JEANETT (CNA) 9/26**



## **GRANDPARENTS DAY**

September 13

Celebrating our  
**OUT OF THIS WORLD**  
Grandparents

**Welcome to  
the KPH Team**  
**Pamela LaFortune,  
Nurse II**  
**Lizel Ognés,  
Assisted Living Aide**  
**Charlene Meeks,  
Nurse II**  
**Dearly Villaflor,  
CNA I**

# National Assisted Living Week 9/13-9/19

**Monday 8/14: MOCHA & MUFFINS Monday**

**Wednesday 8/16: BANANAS for BOWLING**

(Banana Splits & Bowling Game)

**\*\*COSTUME CONTEST—Best Outer Space Costume\*\***

**Friday 8/18: HAPPY MEAL FRIDAY Lunch!**

## Remembering **PHYLLIS**



Phyllis loved to be involved in many of the activities in the home. Her vibrant and outgoing personality ac-

companied with her sense of humor and keen eye for fashion jewelry, made Phyllis a popular friend at KPH. One of the most memorable moments was when Phyllis was crowned Queen of the Senior Senior Prom—she danced like no one was watching and she LOVED every minute. We will miss her smile, the friendship and all the hidden “treasures” we would find in her walker. Rest in Peace Queen Phyllis!





# WESTERN WEEK WRAP UP



**We had a hootin' & hollering time during our Western Week celebration. We wrangled horses, learned a line dance, attended a chuck wagon luncheon, mined for gold and drank from a watering hole! We wish we could share the videos so you can hear the laughter and pure enjoyment of both Elders and staff enjoying this week! Thank you to Molly Munhoven for loaning us her 3 horses from her personal bunk bed stable! Those horses were a huge hit!**





**NATIONAL ASSISTED LIVING WEEK**

September 13 - September 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>STAFF BIRTHDAYS</b> ALMA P (Activities): 9/8 RANIE (NMS): 9/16 HANAH (CNA): 9/19 CARLO (NMS): 9/25 JEANETT (CNA): 9/26	 <b>BIRTHSTONE:</b> Sapphire <b>FLOWER:</b> Aster <b>COLOR:</b> Brown <i>"All at once summer collapsed into fall"</i> -Oscar Wilde	<b>NEWS</b> 930a Tuesday TALK (3 <sup>rd</sup> ) 1100a Puzzle Time (3 <sup>rd</sup> ) 230pm MOVIE MATINEE (2 <sup>nd</sup> Floor Quiet Room)	930am WALK ABOUT WEDNESDAYS 1030am-1130am Video Chats Visits 130pm BLACKOUT BINGO (GR)	9am BEAUTY SALON w/ DODY & VICKY 1030a-1130a: Video Chat Visits 200pm ARTS & CRAFT (2 <sup>nd</sup> )	1030a-1130a Video Chats Visits 100pm ICE CREAM 130pm NEIGHBORHOOD BINGO (3 <sup>rd</sup> )	<b>Morning Gardening</b> 1030a-1130a Video Chat Visits Nail Care - Clip/File/Polish (2nd)
6	7	8	9	10	11	12
<b>HAPPY BIRTHDAY BERNICE</b> 1030a-1130a Video Chat 230pm MOVIE MATINEE (2 <sup>nd</sup> Floor Quiet Rm)	 <b>LABOR DAY</b> Administrative Offices CLOSED	930am Tuesday TALK (SR) 1100a Puzzle Time (3 <sup>rd</sup> ) 230pm MOVIE MATINEE (3rd) HAPPY BIRTHDAY NAN!!	930am WALK ABOUT WEDNESDAYS 1030am-1130am VIDEO Chat Visits 130pm NEIGHBORHOOD BINGO (GR)	9am BEAUTY SALON w/ DODY & VICKY 1pm-2pm Video Chats Visits 200pm ARTS & CRAFT (3 <sup>rd</sup> )	1030a-1130a Video Chats Visits 100pm ICE CREAM 130pm NEIGHBORHOOD BINGO (3 <sup>rd</sup> )	10am-11am & 1p-2p Schedule Family Visits Nail Care - Clip/File/Polish (3rd) MOVIE MATINEE (3 <sup>rd</sup> )
13	14	15	16	17	18	19
Celebrating our "OUT OF THIS WORLD" Grandparents! <b>HAPPY GRANDPARENTS DAY</b>	 <b>MOCHA and MUFFINS MONDAY!!</b> 1030am-1130am VIDEO CHAT VISITS 3pm Good News Group (SR)	930a Tuesday TALK (3 <sup>rd</sup> ) 1030a-1130a Schedule Family Visits 130pm Resident Council Meeting (GR)	930am WALK ABOUT WEDNESDAYS 1030am-1130am Video Chats Visits Go BANANAS for BOWLING!! 130pm: (2 <sup>nd</sup> ) and 300pm: (3 <sup>rd</sup> )	9am BEAUTY SALON w/ DODY & VICKY 1030a-1130a: Schedule Family Visits 200pm ARTS & CRAFT (2 <sup>nd</sup> )	 1030a-1130a Video Chats Visits <b>FRENCH FRY HAPPY FRIDAY</b> 130pm NEIGHBORHOOD BINGO (3 <sup>rd</sup> FLOOR)	10am-11am & 1p-2p Scheduled Family Visits <b>SODA FLOAT Saturday &amp; Movie Matinee (2<sup>nd</sup>)</b>
20	21	22	23	24	25	26
930am Holy Name Catholic Mass Livestream 1030a-1130a Video Chat 1p-3p: Scheduled Family Visits	<b>MOCHA MONDAY</b> 1030am-1130am VIDEO CHAT VISITS 3pm Good News Group (SR)	930am Tuesday TALK (SR) 1030a-1130a: Schedule Family Visits 230pm MOVIE MATINEE (2 <sup>nd</sup> - QR)	930am WALK ABOUT WEDNESDAYS 1030am-1130am Video Chats Visits 130pm NEIGHBORHOOD BINGO (GR)	9am BEAUTY SALON w/ DODY & VICKY 1030a-1130a: Schedule Family Visits 200pm ARTS & CRAFT (3 <sup>rd</sup> )	1030a-1130a Video Chats Visits 100pm ICE CREAM 130pm NEIGHBORHOOD BINGO (3 <sup>rd</sup> FLOOR)	Morning Gardening 10am-11am & 1p-2p Schedule Family Visits Nail Care - Clip/File/Polish (2nd)
27	28	29	30	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Contact Activities Office</b></p> <p>907.228.3372 OR <a href="mailto:alma.parker@alaska.gov">alma.parker@alaska.gov</a></p> <p>To arrange Video Chats or Scheduled Family Visits</p> </div>		
930am Holy Name Catholic Mass Livestream 1030a-1130a Video Chat 1p-3p: Scheduled Family Visits	<b>MOCHA MONDAY</b> 1030am-1130am VIDEO CHAT VISITS 3pm Good News Group (SR)	930a Tuesday TALK (3 <sup>rd</sup> ) 1030a-1130a: Schedule Family Visits <b>HAPPY BIRTHDAY MARGARET!</b>	930am WALK ABOUT WEDNESDAYS 1030am-1130am Video Chats Visits 130pm NEIGHBORHOOD BINGO (GR) <b>HAPPY BIRTHDAY JANIE</b>			