

## ACTIVITY CALENDAR

### NOVEMBER

- 11/1 Massage  
Therapist Here  
9:30-12:30
- 11/1 Election Re-  
view
- 11/2 Exercise  
Class 10:30 a.m.
- 11/2 Gospel  
Singing 1:30 p.m.
- 11/2 Knitting  
7:00 p.m.
- 11/2 VOTING
- 11/3 Catholic  
Mass 11:00 a.m.
- 11/3 Massage  
Therapist Here  
9:30-12:30
- 11/3 BINGO 1:15  
p.m.
- 11/3 Tea Party  
2:30 p.m.
- 11/3 Games and  
Crafts 6:00 p.m.
- 11/4 Exercise  
Class 10:30 a.m.
- 11/4 Slide Show  
with Ray Troll 1:30  
p.m.
- 11/4 Movie and  
Popcorn 5:30 p.m.

- **CALENDAR  
CONTINUED  
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# Ketchikan Pioneer Home

VOLUME 8, ISSUE 11

NOVEMBER 2010

## Greetings from the Administrator

It has been a blustery October with many community wide power outages. We were proud and relieved to find that our generator ran without issue. Thanks to our amazing maintenance department the residents are safe and warm in our Home. We did have a few small trees blow down on our roof deck but other than adding some excitement to our days there was no

structural damage. October is one of our favorite months at the



Campbell Rose Sande aka "Medusa" Las Vegas, Halloween 2010

KPH as we enjoy visits from the Lady Bug class and their parents

along with our own pre-school kiddos who provide us with lots of love and laughter.

We are gearing up for the holidays so please come by and see as we begin planning for our festivities!



*Julie Sande,  
Administrator 228-3362  
or 617-5005*

## LOOKING FORWARD

Don't forget that "Home for the Holidays" is available through our wonderful men and women of our local fire departments. If given enough advance notice, they can try to help coordinate transportation for residents to go to a loved ones home for holiday meals. The deadline for Thanksgiving reservations is Tuesday, November 23, 2010. Please contact Vanessa at 228-3365 to make your reservation now.





**“For each moment with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends -”**

**Ralph Waldo Emerson**

## FIRST FAMILY DINNER OF THE SEASON



The first family dinner of the season is scheduled for November 18th at 5:00 p.m. We are so excited to gather this month and officially greet Hilary Koch our Activity Director and Joel Kotrc

our Food Service manager. The menu includes: Roasted Turkey, Mashed Potatoes, Green Beans, Baby Carrots, Sweet Potatoes, Green Salad and Stuffing! The cost is \$10.00 per guest and please

make sure to make your reservation by November 15th. Please also note if your family prefers a smaller dining area or the Great Room and we will do the best we can to honor your request. 228-3372

## PUMPKIN CARVING WITH THE LADYBUGS

One of our favorite Halloween activities is when our Holy Name Lady Bug class comes to visit us and help us carve our pumpkins. With a little help from their parent volunteers

we manage to carve enough pumpkins to decorate our Home! Thanks so much to Miss Diana and the Lady Bug class for helping to get us into the Halloween Spirit!



Resident Bob Gore and Lady Bug friends get ready to carve their pumpkin!

## BAKING FOR OUR GUESTS

The residents baked a surprise treat for our young guests before the Halloween Ice Cream Social. Using a delicious recipe from the Fiddlehead



Restaurant Cookbook the residents created a chocolate cake from scratch which turned out beautiful and yummy! What a fun way to treat our young visitors!

# HALLOWEEN ICE CREAM SOCIAL

Staff and residents had a great time together for the Halloween Ice Cream Social on the Friday before Halloween. Many of the local elementary school students were out of school for conferences so we were able to

host some of our very favorite ghosts and goblins! We played games and snacked on yummy sweet treats. The residents and kids agreed that the doughnut eating contest was the messiest and the most fun!



Resident Anna Dundas shows off her fun costume!



## KPH FOUNDATION NEWS

The KPH Foundation is a non-profit organization whose mission is to help provide for the needs of the residents in ways that enhance the quality of their lives.

If you would like to make a donation to the Ketchikan Pioneer Home Foundation please mail it to: 141 Bryant Street Ketchikan Alaska 99901.



Pumpkins carved by the Residents and the Lady Bug Class

- Bob Sivertsen
- Alaire Stanton
- Nerissa Buendia
- A. Fred Miller
- Bessie Comiskey
- Idonna Hanson
- Bill Moran
- Wally Kubley
- Ed Zastrow
- Cleo Weston
- Ann Thompson
- Terry Wanzer
- Mona O'Dell
- Fred Monrean
- Sherrie Slick
- Tessa Delong



**With a little help from the Pied Piper “our” preschool class began their Costume parade through the halls to trick or treat for the residents. Special thanks to local artist and musician Dave Rubin for sharing his talents!**



# Happy Halloween



# KPH EDUCATION WEEK

Thanks to social worker Vanessa Ohlson, the residents have some of the best trained staff around!

Vanessa regularly offers CPR certification and re-certification classes for all of our staff and we currently have 34 staff members certified!

Vanessa also made sure all of our mandatory education requirements were offered during our annual Education Week. The trainings included: Blood Borne Pathogens, Fire Safety, ADRD and Related Disorders, Resident Rights, Disaster Evacuation Plans, MSDS just to name of few.  
WAY TO GO KPH!



## ROTARY INTERACT PIE AUCTION

The two community Rotary groups coordinated by the youth interact group of the Ketchikan High School will be hosting their second annual pie auction on our behalf. This event will be on

November 23rd from 5:30-7:30 p.m. and will be the perfect opportunity to buy your pies for Thanksgiving while also supporting a great cause. The money raised will be used to directly support the activities of the residents so please

support the residents! If you are able to bake a pie for the auction please contact Hilary @ 228-3372.



The residents and staff would like to offer Ray and Terry Lapinski a special congratulations on their 60th wedding anniversary! The lovely couple were able to celebrate their special day with friends and family while enjoying the most beautiful cake!





# KPH

Ketchikan Pioneer Home  
141 Bryant St.  
Ketchikan AK 99901

**The mission of the AK Pioneer Homes is to assist older Alaskans to have the highest quality of life by providing assisted living in a safe home setting which promotes positive relationships, meaningful activities, and physical, emotional and spiritual growth.**

- 11/05 Library Time with the Preschoolers 10:30 a.m.
- 11/05 Ice Cream Social 1:30 p.m.
- 11/05 Good Word Fellowship 2:00 p.m.
- 11/06 3rd Floor Exercise 10:30 a.m.
- 11/08 Resident Council 1:30 p.m.
- 11/09 Exercise Class 10:30 a.m.
- 11/09 Gospel Singing 1:30 p.m.
- 11/09 Knitting 7:00 p.m.
- 11/10 Catholic Prayer Group 10:30 a.m.
- 11/10 BINGO 1:30 p.m.
- 11/10 3rd Floor Games and Grafts 6:00 p.m.
- 11/12 Library Time with Preschool 10:30 a.m.
- 11/12 Good Word Fellowship 2:00 p.m.
- 11/13 Cinderella Matinee at the High School
- 11/16 Exercise Class 10:30 a.m.
- 11/16 Gospel Singing 1:30 p.m.
- 11/16 Karaoke 6:00 p.m.
- 11/17 BINGO 1:15 p.m.
- 11/17 Pioneer Igloo Birthday Party 3:00 p.m.
- 11/17 3rd Floor Games and Crafts
- 11/18 Family Dinner 5:00 p.m.
- 11/19 Library Time with the Preschoolers 10:30 a.m.
- 11/19 Ice Cream Social 1:30 p.m.
- 11/19 Good Word Fellowship 2:00 p.m.
- 11/20 Yarn Bee at the Library 3:00-5:00
- 11/23 Exercise Class 10:30 a.m.
- 11/23 Gospel Singing 1:30 p.m.
- 11/23 Rotary Pie Auction 5:30-7:00 p.m.
- 11/24 Catholic Mass 11:00 a.m.
- 11/24 Thanksgiving Play at Holy Name 2:00 p.m.
- 11/24 3rd Floor Games and Crafts 6:00 p.m.
- 11/26 Ice Cream Social and Left Over Pie Potluck
- 11/30 KIC Elder Dinner



## RESIDENT BIRTHDAYS

11/02/1918 Virgene Harvey  
11/25/1929 Suzanne Pierce

## STAFF BIRTHDAYS

Ivy Puertollano 11/05  
Judy Freels 11/06  
Jennifer Thompson 11/07  
Helen Kintana 11/12  
Flora Lopez 11/15  
Jennifer Simon 11/25  
Oscar Lorenzo 11/30



*“May all your future years be free from disappointment, care or strife, that every birthday you will be a little more in love with life.”*

*unknown*

# KPH ACTIVITY DEPARTMENT NEWS

This month we had the pleasure of welcoming new Activity Director, Hilary Koch, and Activity Aide Kristine Delacruz to our home. With a full activity crew, we are excited to begin our busy Fall activity season with the residents.

This has been a perfect opportunity to evaluate some of the activities that we like and want to continue and

to discuss some that are perhaps less popular. Hilary, Kristine, and Jenny really want to hear your feedback as they begin to plan the busy Holiday season.

If you get a chance please stop by the Activity Office or send them an email and let them know what you think!

[hilary.koch@alaska.gov](mailto:hilary.koch@alaska.gov)



## Missing You

We were so sorry to lose our dear friend Thelma "Friday" Lind this month. Friday was a retired dietician and Veteran of our country. Friday has been with us for many years and at one point was our "official new resident greeter". She will be remembered for her endearing grace and her love for her family as well as her kind hearted ways.

**Ketchikan Pioneer Home**  
**141 Bryant Street**  
**Ketchikan, AK 99901**