

## ACTIVITY SCHEDULE

SEPTEMBER

- \*Newspaper & Coffee @ 9:30 Mon-Sat
- \*Tongass Music Circle Monday @ 3:00
- \*Summer Sing-a-long every Tuesday @ 1:30
- \*Yoga for everyone Tuesday @ 3:00
- \*Every Sunday @ 1:30 local Church Service on the 3rd Floor
- \*BINGO is every Wednesday @ 1:30
- \*Exercise with Debra every Monday and Wednesday 10:30
- \*Popcorn and a Movie every Thursday @ 5:30 p.m.
- \* Tongass Neighborhood Sensory Care @ 3:00
- \*Ice Cream Social every Friday @ 1:30 p.m.
- \*Knitting Group meets in the Sun Room on Tuesdays and Wednesdays

September



# Ketchikan Pioneer Home

VOLUME 11, ISSUE 9

SEPTEMBER 2013



## GREETINGS FROM THE ADMINISTRATOR

Though it is still gorgeous outside this week, there is definitely a slight chill in the air and with it comes the promise of Fall rains and our October storms.

Though we will miss the sunny days it has been a summer of "epic" proportions and the staff out did themselves trying to make the most of the great

weather for the residents. Our days have been action packed with roof deck picnics, field trips, boat rides, trips to the Lake and gardening in our green house.



We have also been busy with our Licensing in-

spection and Medicaid compliance audit. In addition to that, we are looking forward to a visit from the Alaska Pioneer Home Executive Team, including our Division Director, Ken Truitt and my fellow administrators. They will be in the building on September 24 and 25 so please help me welcome them to our great Home!

*Julie Sande, Administrator*  
[julie.sande@alaska.gov](mailto:julie.sande@alaska.gov)

## LOOKING FORWARD

The Pioneer Home will be hosting a square dance on September 15th at 5:30 p.m. in the Great Room. There will be live music and lots of homemade refreshments so please come and join us, no experience necessary and wheelchairs are welcome!



# ALLEN MARINE ADVENTURE



Belinda Reno and Judy Hanson enjoy a nice visit during the tour.

The Allen Marine Tours and Holland America Princess Tour groups were so kind to us again this year by offering our residents another opportunity to be on the water.



Hilary Koch gets a much needed moment to rest with resident Margot Shay

The residents enjoyed a day of beautiful scenery, great weather, and wonderful company.

The residents came home so excited to tell the rest of us about all of the wildlife they saw on their adventure: whales, eagles, salmon and more! Our friend Judy said it best: "I'm so tired, but it was worth it." Thanks again to Allen Marine Tours and Holland America Princess.



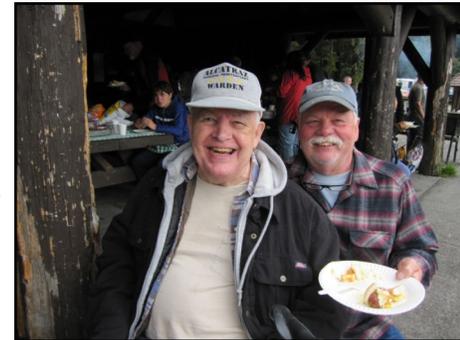
*"I know nothing with any certainty, but the sight of the stars makes me dream."*

Van Gogh

# SENIOR PICNIC

The weather may not have been dry and dusty but at least we didn't get wet at the City Wide Senior Picnic at Ward Lake! The residents enjoyed catching up with old friends and neighbors while eating some of their

favorite picnic foods. Thanks so very much to Nana Management Services and the Kitchen Crew for BBQing for the masses. Thanks also to all of the Ketchikan senior & disability agencies for another year of amazing collaboration.



# WARD LAKE BECOMES ACCESSIBLE

We are so grateful for the improvements to the Ward Lake trail. Ward Lake continues to be a high point to so many of us in the community as a quick way

out and enjoy nature. With the new widened and graded areas along with improved bridge access, the trail is now accessible for everyone!





# BACK TO SCHOOL

It is that time of year again! The residents have spent a quiet summer without our preschool and we are so excited to welcome our teachers and students back to the building.

The residents are looking forward to our weekly story time with the kiddos on Fridays at 10:40 a.m. We also love arts and crafts with

the students and the way they make the Holidays so much fun. We can't wait to hear all about their summer break, see how much they've grown, and meet all of the new students.

**HAPPY SCHOOL YEAR PRE-SCHOOL STUDENTS! WE'RE SO GLAD YOU ARE HERE!**



Mr. Lewis reads aloud to our young friends during story time.

## KPH FOUNDATION NEWS

- Bob Sivertsen**
- Alaire Stanton**
- Nerissa Buendia**
- Idonna Hanson**
- Bill Moran**
- Ed Zastrow**
- Cleo Weston**
- Ann Thompson**
- Terry Wanzer**
- Mona O'Dell**
- Fred Monrean**
- Sherrie Slick**
- Ray Hendricks**

The Ketchikan Pioneer Home Foundation is a nonprofit organization formed solely for the purpose of assisting residents with equipment and special purchases that they might otherwise not be able to provide.

We are so grateful to the KPH Foundation for their work on

our behalf. This fall the Foundation will be offering two C.N.A scholarships for a student enrolled in the Certified Nurse Aide program at UAS!

Thanks you so much to our Foundation members!



Resident Dolores Houts and NMS manager Amy Detienne enjoy a visit on the Allen Marine ride



## MISSING YOU

We were deeply saddened to lose our dear friend Carl McBride this month. It has been an honor caring for Carl and getting to know his family. Carl will be remembered for his love for his family, his gentle manner and his twinkling blue eyes. There was a lovely memorial service for Carl in the Great Room attended by his friends, family and caregivers. As always, we rely on the comfort of our memories during this difficult time.



# KPH

KPH

141 Bryant St.

Ketchikan AK 99901

(907)225-4111 fax 225-4115



**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.**

- 9/2 Labor Day (No Activities today)
- 9/5 Sensory Care @ 3:00 p.m.
- 9/6 Library time with preschool 10:40 a.m
- 9/9 Resident Council Meeting 1:30 p.m.
- 9/12 Sensory Care @ 3:00 p.m.
- 9/13 Library time with preschool 10:40 a.m.
- 9/15 Square Dance @ 5:30 p.m.
- 9/17 Massage with Jeff Fitzwater
- 9/19 Sensory Care @ 3:00 p.m.
- 9/20 Library time with preschool 10:40 a.m.
- 9/25 Lady Bugs Preschool visit
- 9/25 Karaoke Tonight 6:00 p.m.
- 9/26 Sensory Care @ 3:00 p.m.
- 9/27 Library time with preschool at 10:40 a.m.
- 9/27 All City Bingo at New Horizons



## WELCOME TO OUR HOME

The staff and residents would like to welcome our old friend Earle Palmer to the Ketchikan Pioneer Home! Earle is a long time resident of Ketchikan and recently moved back to our community from Sitka. Please stop by and say hello to Earle!



## Happy Birthday

### RESIDENTS

- Gladys Klose 09/04/1923
- Shirely Cowley 09/05/1939
- Victor Hanson 09/10/1935

### STAFF

- Lita Calderon 9/5
- Tony Rowan 9/8
- Loretta Wolfe 9/25
- Jeanette Carey 9/26
- Jessie Thompson 09/26



*“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

# MORE LAZY DAYS OF SUMMER FUN!

