

# Ketchikan Pioneer Home

141 Bryant Street  
Ketchikan, AK 99901



OCTOBER 2018  
Volume 16, Issue 10



## Greetings from the Administrator

September has been action packed with more amazing sunny weather, visitors, and the preschool ramping back up.

SE Conference was in Ketchikan and we were able to show off the KPH to visitors and I was able to attend some of the events. The speakers were informative and the report on SE specific challenges and successes is always enlightening.

We had visitors from the Alaska Community Foundation tour the Home and I was able to attend the fundraiser for the Ketchikan Community Foundation and thank the board members and community supporters for the grant money which was used to purchase the Hydroponics garden.

Congratulations to Administrative Operations Manager Clint Lasley who was appointed as the new Division Director for the Pioneer Homes this month. Clint will be visiting the KPH October 3rd and 4th so please come by and say hello.



*Julie Sande*



*Save the Dates*

## OCTOBER EVENTS

**Oct 11th 5:00pm**

Family & Friends Dinner

**Oct 18th**

**ALASKA DAY**

(Administrative Offices Closed)

**Oct 19th 6:00pm**

SENIOR BINGO Night

**Oct. 24th 2:30pm**

Holy Name  
Lady Bugs Visit

**Oct 31st**

**HAPPY HALLOWEEN**

- 10:30am Preschool Trick or Treat Parade
- 3:30 HALLOWEEN PARTY

# SENIOR MOMENTS

## OCTOBER BIRTHDAYS

CLANCY  
PRICE  
10/4

ELINORE  
JACOBSEN  
10/8

KAY  
LINNE  
10/17

EILEEN  
CASEY  
10/23

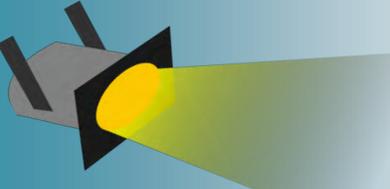
LAVERNE  
MEARS  
10/28



Did you know there was a Fish & Game study years ago to determine how non-indigenous frogs got to Ketchikan. Well resident Ernie DeBoer has quite the explanation! While travelling between his hometown of Carnation, WA and Ketchikan, Ernie wanted to bring fuzzy caterpillars and frogs back to Alaska to share with his grandchildren. We are told by his granddaughter Cindy that Ernie took a 5 gallon bucket filled with these creatures and boarded the Alaska Airlines plane headed to Ketchikan. After showing them to his grandchildren, they released all the frogs near Ward Lake and Baranof area.

And that folks - is the rest of the story.....





# EMPLOYEE SPOTLIGHT

Darlita Naval began her Pioneer Home adventure in 2005. For over 13 years, she has provided compassionate and attentive care for our KPH residents in all the neighborhoods.

Darlita loves working with our elders while sharing stories about each other's life experiences. Co-workers describe Darlita as very organized, a great advocate for the elder's needs and is respectful towards both residents and staff. We are surely going to miss Darlita's positive attitude and hard work ethic. Her final day with Ketchikan Pioneer Home is October 30th and then a couple days after, she is off to the Philippines for birthday and retirement festivities. Please join us to wish Darlita a very Happy Birthday (10/29) & joyful Retirement!!



**RACHEL BREITHAUPT's** vibrant personality and caring spirit shines throughout the halls of the Ketchikan Pioneer Home. Since 2016, Rachel has been our home's Social Worker and primary point of contact for residents and their families.

She was born in Columbus, Ohio but grew up in Anchorage—so Rachel is an Alaskan at heart. Rachel earned a BA in Psychology from the University of Alaska Fairbanks and went on to earn a MA in Secondary Education from Loyola Marymount University in Los Angeles. She was a middle school teacher in the Los Angeles area for three years before moving to Austin, Texas. It was in Austin where she discovered Social Work through her work for a nonprofit. Rachel's love of learning continued and she also obtained a MA in Social Work from the University of Texas in Austin in 2015. In August of that same year, she moved to Ketchikan and worked as a Children and Family clinician at Gateway/Akeela before moving on to KPH as our Social Worker.

In her spare time, Rachel loves to swing dance with Boomball Dance hall and Zumba with Jodi at the Rec Center. Rachel says *"I am so happy to be back in Alaska, I missed the ocean and the trees so very much in LA and Austin. I also hate the heat, so this is a much better fit. I am excited to see Abe graduate from high school at the illustrious Kayhi."*

We are thankful to have Rachel as part of the KPH team!



# Learning & Living



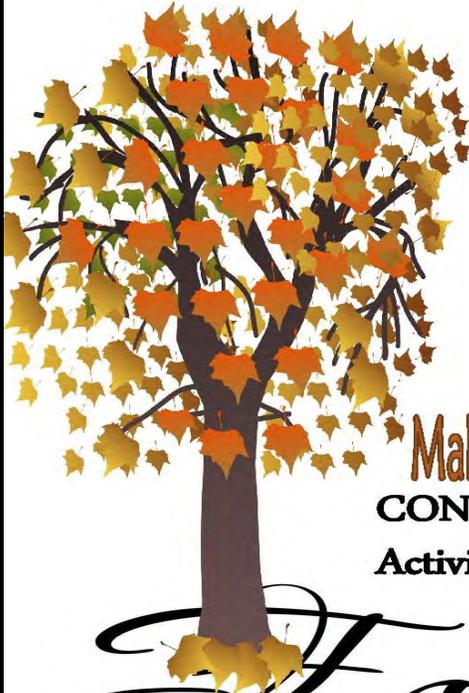
With Pre-school in full swing, we are reminded the value of having our partnership with the Fawn Mountain Elementary. Inter-generational learning environments are important to both the development of children and the quality of life of the nursing home residents. At the same time, residents are teaching the children about respect, understanding and celebrating other cultures. We are fortunate to have these opportunities available to our residents and our community.

Ketchikan Pioneer Home



# Family Dinner Night

## October 11th 5pm



### MENU

- Carrot Ginger Soup
- Meat Lasagna
- Green Beans
- Garlic Bread
- Coconut Cream Pie
- \$12 per person

Make Your Reservations by 10/5

CONTACT:

Activities Department 228-3372

# Family

like branches on a tree,  
we all grow in different  
directions yet our roots remain as one.

## JOIN US

OCTOBER 31 3:30pm

Great Room

Residents, Families,  
Children & Staff



## STAFF BIRTHDAYS

10/2

Hilary Koch

10/4

Marilyn Kozecke

10/6

Sue Mickelson

10/17

Lewie DeLeon

10/19

Gerlyn Cachero

10/23

Misty Beene

10/29

Darlita Naval

10/30

Elizabeth Utz

\*Newspaper &  
Coffee @ 9:30  
Mon – Fri &  
Sat @ 10:00

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\*Exercise every  
Tuesday and  
Thursday @  
10:30

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\*Gospel Sing  
Along every  
Tuesday @ 1:30

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\*Pastor Keith  
visits every  
Mondays @ 3pm

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\*BINGO is every  
Wednesday  
@ 1:30

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\*Java Memory  
Care Tuesdays  
@ 3:30

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\*Haida Dance  
Sundays @ 2:00

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\*Ice Cream  
Social every  
Friday @ 1:30  
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## COOKING DEMO WITH ARLENE

FROM BAKING HOMEMADE  
BLUEBERRY MUFFINS TO  
BANANAS FOSTER, OUR  
RESIDENTS HAVE AN OP-  
PORTUNITY TO LEARN



COOKING TIPS AND DELICIOUS  
RECIPES FROM OUR VERY  
OWN ARLENE WILLIAMS.  
ARLENE IS THE FOOD SERVICE  
MANAGER SINCE APRIL 2017  
AND HAS BEEN IN THE FOOD  
INDUSTRY FOR 15 YEARS.  
SHE HAS A DEGREE IN FOOD  
& NUTRITION IN BUSINESS FROM GEORGE FOX UNIVERSITY.

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## LET THE RHYTHM MOVE YOU....



# ADOPT A GARDEN

The KPH Maintenance Department was able to take advantage of the continued sunny weather and catch up on some landscaping which was difficult to get to with so many construction projects to manage this summer. The yard is looking much better but we still have some areas that desperately need to be adopted by a loving family so if you know a family that would like to take over one of our beds or plant some bulbs please send them our way.



## TONGASS HISTORICAL MUSEUM VISIT



ABOVE: KPH Staff and residents Harold and Catherine enjoying the museum tour

RIGHT: Helen and **Jane** admire “**Old Groaner**” a bear shot by Bruce Johnstone

