

Ketchikan Pioneer Home

141 Bryant Street
Ketchikan, AK 99901



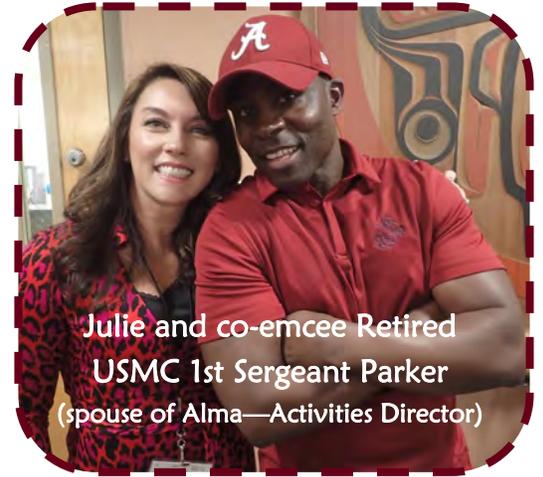
DECEMBER 2019
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Greetings from the Administrator

I was honored to have retired USMC 1st Sergeant Dennis J. Parker co-emcee with me for the KPH Veterans Day celebration. He was able to offer a personal perspective about the sacrifices that the men and women of the armed services make for our nation while also asking us to think about the sacrifices that their families make too. In addition to Mr. Parker, the residents enjoyed presentations from Representative Dan Ortiz, Borough Mayor Rodney Dial, City Mayor Bob Sivertsen, KHS choir and Revilla High School students. KPH is my favorite place to be on Veterans Day and this year was made even more special by the touching way each of our guests honored our Veterans.

It's hard to believe but we are nearing our six month mark for transitioning our environmental, housekeeping, and laundry services to contract employees and I would love to hear from you about how it has been going. Tandra Thompson our new social worker and I will be spending time with each of the elders to check in on how things are going but if you want your suggestions to be anonymous please just put a note in the suggestion box located on the 2nd floor.

The holiday season offers us an excuse to reflect on what we are most grateful for and this year it seems more important than ever to count our blessings. Every day I get to see firsthand how many acts of kindness occur in the lives of our elders and I am so grateful for the incredible team of staff, volunteers, and friends who work so hard to make the lives of our elders better. I also get to see the way the elders help care for each of us and for our preschool kiddos too and realize how blessed we are to have elders who are willing to share their wisdom and their stories with us. Happy Holidays Ketchikan, thanks for helping us have a great year.



Julie and co-emcee Retired
USMC 1st Sergeant Parker
(spouse of Alma—Activities Director)



City Mayor & KPH Foundation President
BOB SIVERTSEN sits with KPH Elder and
Veteran JIM DIAMOND.

JULIE SANDE, Administrator

julie.sande@alaska.gov



SUNDAY, December 22nd 1:00pm at the PLAZA

Kids Cookies for a Cause started in 2011 when Tessa Salazar wanted to raise money for the poor. She kept a change bucket at her house to collect change from family and friends and thought she should sit at the Plaza during the holiday bazaars collecting donations. Her mother recommended that maybe she should offer her patrons a cookie in exchange for a donation...and this Kids Cookies for a Cause began. Her father wanted to encourage her efforts and offered to have Taquan Air match 100% of her donations.

Tessa's fundraiser has grown every year and could not happen without the help of her family and friends as so many, not only make monetary donations, but also provide the baked goods she offers at her table. Tessa puts a lot of thought into choosing her charity each year.



This year Tessa's Holiday Treat Table will support the Ketchikan Pioneer Home Activities Fund. Tessa has been volunteering at KPH since she started going there once a month with her Holy Name Pre-School class. She has continued volunteering over the years and is so excited to support our local seniors this year. This year Tessa will not be back from school until the day before the event so thankfully her family & friends are stepping



up in her place to help bake items for the Holiday Treat Table. KPH will also be hosting special baking events in preparation for the big sale. We encourage KPH families to share their favorite recipes so we may prepare them for the upcoming Holiday Treat Table. For more information on how you can help with the event, please visit

KIDS COOKIES FOR A CAUSE Facebook page. To

share KPH Elder's Recipe Favorites, please contact 228-3360 (Alma Parker, KPH Activities Director). We look forward to seeing you at the PLAZA!

**REMINDER NO SCHOOL
HOLIDAY BREAK 12/23-1/3**



JOIN US

**FESTIVE FAMILY &
FRIEND DINNER
DECEMBER 19th 500pm
\$20 Per Person**

*Vegetable Soup
Maple Glazed Ham
Scalloped Potatoes
Seasonal Vegetables
Roll and Butter
Seasonal Bread Pudding*

**To make reservations
Call 228-3372**

No Later Than December 16th

**HAPPY
BIRTHDAY**



Lorraine Perry: December 5th

Barbara Johansen: December 14th

Norma Copeland: December 27th



GIFT IDEAS FOR OUR KPH ELDERS.....

Digital Picture Frames	Warm Socks	Throw Blankets
Bathrobes	IPADS	Knitted Hats
Weighted Blankets	Scarves	Slippers w/Traction

Thankful Time Together



HOLIDAY PREP HAPPINESS

Our home is starting to look a lot like Xmas! We are blessed with our own “elves” who helped with home decorating, pie auctions, frosting cookies and even a sneak presentation of 2019 Nutcracker. Thank you to all those who have come to make our home festive and filled with love, joy, laughter and the spirit of giving! The saying is true.... “There is no place like HOME”—especially our Home!



Alzheimer's Communication

1. Never **Argue.**
Instead **Agree.**
2. Never **Reason.**
Instead **Divert.**
3. Never **Shame.**
Instead **Distract.**
4. Never **Lecture.**
Instead **Reassure.**
5. Never say **"Remember."**
Instead **Reminisce.**
6. Never say **"I Told You."**
Instead **Repeat.**
7. Never say **"You Can't."**
Instead say what they **Can Do.**
8. Never **Demand.**
Instead **Ask.**
9. Never **Condescend.**
Instead **Encourage.**
10. Never **Force.**
Instead **Reinforce.**



HOLIDAY PICTURES WITH CHARLEY STARR

DECEMBER 11th
130p-230p &
400p-500p



Choose from Individual or Family Photos
Open to KPH Families & Staff
Prices Vary - Photo Packets will be available

Pre-School Partnership Continues to THRIVE



The youthful giggles and the cheerful singing of children bring such happiness to our KPH Elders. From our weekly Arts & Crafts activities to the Dance & Sing time, our Elders enjoy every moment with



the onsite Pre-School students. We keep adding more creative activities that engage both the student and elder; Teddy Bear Picnic, Garlands Galore, Native Dance



& Indigenous Celebrations and so much more! Such precious moments to share together and we are so blessed to have them.

