

Ketchikan Pioneer Home

141 Bryant Street
Ketchikan, AK 99901



APRIL 2020
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Greetings from the Administrator



Happy April to our KPH community! Hope everyone is remaining safe and sound with their loved ones. I want to assure each of you that the KPH staff are considered essential services and so the staff have continued to report to work and have been working so hard on behalf of our Elders. In addition to the daily mandates which we are rolling out as we receive them, the staff implemented the KPH guidelines for extra cleaning precautions back in February and the KPH COVID Response plan was deployed the first week in March. No system is perfect but we have been working very hard to ensure the safety of each of your loved ones.

As most of you know, in an effort to reduce the risk of this virus to our Elders we have asked them to remain at the KPH and we are no longer allowing visitors. In addition staff are wearing masks and gloves while caring for the Elders and we are not allowing groups of more than 10 people to gather. If it should become necessary Elders may be quarantined per floor or to their neighborhood or room but we hope that will not be necessary as we want to provide as much freedom as we can to help maintain the quality of each of their days.

I have fielded some questions from the community about why we are still “allowing” Elders to leave our Home and my response has been that we only have a few Elders who are choosing to leave. While we can discourage it and provide education about the Virus we cannot stop Elders who wish to leave from leaving. We also do not chemically or physically restrain our Elders. Please keep in mind that the staff are doing so many wonderful and creative things each day and their focus is and should be on caring for our Elders – please call my direct line or email me if you have any questions about our COVID response or if you wish to discuss our policy.

On a happy and hopeful note, I am thrilled to announce that Sue Mickelson has accepted the Administrator position and will be working closely with me over the next 30 days as we transition the home under her leadership. Sue’s broad range of experience in supervision, team management, project implementation, and mentorship of direct caregivers will be such an asset to the team. If you or anyone you know is interested in the Assistant Administrator position please keep an eye on this recruitment link <https://www.governmentjobs.com/careers/alaska> - we anticipate it could be posted any day. Wishing everyone a safe and healthy Spring!

JULIE SANDE, Administrator
julie.sande@alaska.gov

April Birthdays



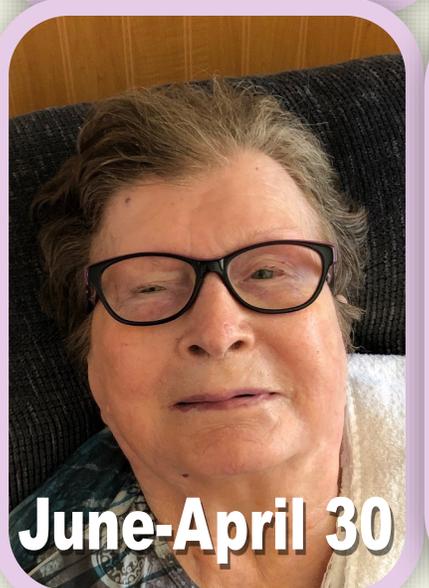
Liz - April 9



Virgil - April 27



Catherine-April 22



June-April 30



Bonni-April 18



Jean-April 26

The month of April kicks off with the silliness and lightheartedness of April Fool's Day, but the mood quickly shifts as Tax Day approaches. Internationally, April is just as important. Whether it is Earth Day, Freedom Day in South Africa, or Buddha's Birthday, the month of April holds many other memorable events across the globe.

The two zodiac signs associated with the month of April are Aries and Taurus. People born from April 1st to April 19th are members of the Aries sign. The Aries can be identified by their innate determination and passion. For those born from April 20th to April 30th, they are born under the Taurus sign. The earthly Taurus is recognized by realistic, pragmatic and practical nature.

Anne Celebrates 100



APRIL STAFF BIRTHDAYS:

SHERMAINE (C.N.A): 4/9

APRIL (C.N.A): 4/10





In preparing for a worst case scenario the KPH Leadership team is working to create a list of community members who may be interested in volunteering if we drop below our minimum staffing levels. Please review this link if you or anyone you know is interested in becoming a temporary nurse aide and please also watch for our continuous recruitment post-

ings for on-call Assisted Living Aides or Certified Nurse Aides:

<https://educate.ahcancal.org/products/temporary-nurse-aide>

<https://www.governmentjobs.com/careers/alaska>

PFD Filing deadline extended to

APRIL 30, 2020

All 2020 PFD filing season applications submitted by April 30, 2020 will be considered timely. The easiest way to file an application is to apply online: <https://pfd.alaska.gov/>

You will only be required to answer questions that are necessary and you get an immediate confirmation number when you submit it. Eligible online applications that select direct deposit as their payment method will be paid in the **FIRST** October payment, **October 1, 2020**.

The 2020 PFD paper application is now available to print from the **FORMS** tab on our website for those who are unable to file online. Mailed in 2020 PFD applications **MUST** be postmarked by April 30th in order to be considered timely.

Families must complete the PFD on behalf of their loved one. KPH Staff do not complete this form for your elder.

SCHEDULE

FaceTime or Video Chat

Contact the

KPH ACTIVITIES OFFICE

907-228-3372 or 907-228-3360

Monday-Friday

930am-1100am

These times are planned into our daily activity schedule. If you have a specific time/day for us to call, please let us know.

Saturdays: 900am-1100am

(set up by the WED of same week)

Sundays: 130pm-230pm

(set up by the WED of the PRIOR week)



Self Care Ideas

1. **Take 3 deep breaths.** Combat stressful shallow breathing by stopping to take a breather.
2. **Full body stretch.** This is a great way to slow down and become more in tune with your body.
3. **Declutter.** You don't have to organize an entire office for this method to work. Start small and declutter your desk space to reduce stress levels.
4. **Open the blinds.** Did you know even five minutes of sunlight first thing in the morning boosts your Vitamin D levels and balances your cortisol (stress) levels?
5. **Put on a face mask.** And not just for women. Great for your skin, and relaxing for the mind.
6. **Keep a journal.** Stream-of-consciousness writing will clear your head of mental clutter and gain clarity.
7. **Take a nap.** A 15-minute power nap can reduce a ton of stress.
8. **Read a positive book and relax the mind.** Even just two pages a day can do you some good.
9. **Go outside.** A walk around the block or nature is great for mental health.
10. **Keep phones out of your bedroom.** Encourage better sleep in a space that is for your relaxation.
11. **Eat a healthy snack.** Sometimes, all you need is a better food choice and little more nourishment.
12. **Laugh.** Laughing is an underrated stress reliever. Watch a funny comedy show or video clip, or spend time with a hilarious friend.
13. **Aromatherapy.** Diffuse essential oils to quickly boost your mood.
14. **Take a bath.** Light a candle and soak in the tub.
15. **Have tea or coffee.** What is most important about this method is you should do this without being on a screen. Have a cup while sitting in peace, watching the sunset for example.
16. **Put positive notes around your house.** Remind yourself you are powerful!
17. **Listen to a great playlist.** Play one of your favorite songs, or try listening to meditative music.
18. **Recite positive affirmations.** Here's an example, "I am grateful to be alive, and I am capable of achieving more than I believe."
19. **Color.** Coloring books for adults are very popular, and they are known to be very therapeutic.
20. **Detox your social media.** Are the accounts you are following on social media positive, or are they toxic for your mental health? Unfollow and unsubscribe from what does not benefit you.
21. **Buy yourself flowers.** You don't need a special occasion to improve your mood with this method.
22. **Do a guided meditation.** Shift your energy in just 5-10 minutes.

Living with Social Distancing



The Activities team has been coming up with creative ways to maintain a sense of normalcy during this time of uncertainty.

It has been wonderful to connect families with

their elders through IPADS & FaceTime. At times we see visitors saying “hello” from parking lots or



through windows. Larger



group activities have been reorganized into smaller sessions that maintain 6ft distance

such as neighborhood BINGO or neighborhood bible study. We have in-

creased our one-on-one connections by reading



together, playing games, or individualized hair & nail care. We cannot

forget about beverage & snack deliveries of

Ice Cream, m o c h a s , chips, coca cola floats and even McDONALDS! We are making the



best of what we can do and it seems to be working!





Staying Connected