

# Ketchikan Pioneer Home

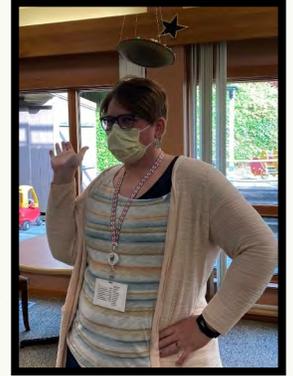
141 Bryant Street  
Ketchikan, AK 99901



OCTOBER 2020  
Volume 17, Issue 10

## Greetings from Hospitality Services

Hello All! My name is Arlene Corrao and I am the General Manager of Hospitality Services which includes Housekeeping and Food Service. I have lived and worked in Ketchikan since April of 2017, which means I have had the privilege of living through the two wettest summers in Ketchikan history!



In 2005 I graduated from George Fox University with a degree in Food and Nutrition in Business, and for the next 12 years I worked for a wide variety of colleges and universities overseeing student dining and catering. I really enjoyed the time spent with students and helping them grow into young professionals through employment training and mentoring programs. This experience also gave me opportunities to explore the trends in food service and exercise my creativity! In 2017 I decided it was time for new challenges and a change of scenery, so I moved from Idaho to Alaska and was hired to oversee the Food Service Department at the Ketchikan Pioneer Home.



At KPH I have the pleasure of serving our residents with healthy and creative meals, as well as maintaining a clean, fresh living environment. This could not be done without the amazing staff that work in both departments! They are dedicated and energetic people who care deeply for all of the elders. Above all else we focus on the safety of every resident, which has become even more important now as we deal with the COVID pandemic.

Housekeeping sanitizes all public door handles, handrails, and other high-traffic areas five or more times every single day. This helps prevent the chances of any germs spreading in the home. In addition to the daily cleaning duties, housekeeping also has scheduled weekly, monthly, and yearly deep cleaning tasks to keep the building at the highest level of cleanliness possible.

Mealtimes are always a highlight in the home. Food Service staff prepares nutritious and delicious food throughout the day and they take pride in every meal they serve.

**One elder tells me all the time, "Want to gain weight? Move into the Pioneer Home!"**

As the seasons change, so do the menus, and we are looking forward to serving hearty home-made soups, fall desserts, and warm drinks to help us as the cold settles in.

As much as I take pride in my work, it is not all business for me! I have a lot of fun working with the Activities department planning extra special events such as **International Coffee Day**, **"Thirsty Thursdays"**, **monthly festive meals**, **baking activities**, and a wide variety of special food celebrations. I am honored to serve as Hospitality Services Manager at the Ketchikan Pioneer Home, and thrilled to be part of a team that cares so deeply for the elders of this community!



*Arlene Corrao*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			<b>STAFF BIRTHDAYS</b>			1	2	3
						10/5 Julia E. (CNA) 10/6 Sue M. (Administrator) 10/16 Melly C. (Asst. Administrator) 10/17 Lewie D. (CNA)	9am BEAUTY SALON w/ DODY & VICKY  1030a-1130a: Schedule Family Visits 200pm INTERNATIONAL COFFEE DAY with ARLENE (GV)	930a-1100a Video Chats Visits <b>100pm ICE CREAM</b> 130pm NEIGHBORHOOD BINGO (3 <sup>rd</sup> ) 230pm CROSSWORD CROWD (2 <sup>nd</sup> GV Lounge)
4	5	6	7	8	9	10		
 930am Holy Name Catholic Mass Livestream 1230p-3p: Scheduled Family Visits	 <b>MOCHA MONDAY</b> 930am-1100a VIDEO CHAT VISITS 330pm Good News Group (SR) <b>"NATIONAL BE NICE DAY"</b>	930am Tuesday TALK w/Jenny (SR) 1030a-1130a: Schedule Family Visits 200pm FLAVORS OF FALL - Baking w/Jenny (2nd)	930am-1100am VIDEO Chat Visits 130pm NEIGHBORHOOD BINGO (GR) 230pm NAIL CARE - Clip / File / Polish (3 <sup>rd</sup> ) 	9am BEAUTY SALON w/ DODY & VICKY 1030a-1130a: Schedule Family Visits 200pm FLAVORS OF FALL - Baking w/ARLENE (3rd) <b>HAPPY BIRTHDAY ELINORE</b>	930a-1100a Video Chats Visits <b>100pm ICE CREAM</b>  130pm NEIGHBORHOOD BINGO (3 <sup>rd</sup> ) 230pm CROSSWORD CROWD (2 <sup>nd</sup> GV Lounge)	 <b>Morning Gardening</b> 1030am-1130am & 100p-230p Schedule Family Visits		
11	12	13	14	15	16	17		
930am Holy Name Catholic Mass Livestream 1230p-3p: Scheduled Family Visits 	<b>MOCHA MONDAY</b> 930am-1100a VIDEO CHAT VISITS 330pm Good News Group (SR) 	930a Tuesday TALK w/Alma (3 <sup>rd</sup> ) 1030a-1130a: Schedule Family Visits 130pm Resident Council Meeting (GR)  <b>National M&amp;M Day</b>	 <b>NATIONAL FOSSIL DAY</b> 930am-1100am VIDEO Chat Visits 130pm NEIGHBORHOOD BINGO (GR) 	 9am BEAUTY SALON w/ DODY & VICKY 1030a-1130a: Schedule Family Visits 2:00pm PESTO PARTY PREP w/Jennifer (2 <sup>nd</sup> ) 	930a-1100a Video Chats Visits <b>100pm ICE CREAM</b> 130pm NEIGHBORHOOD BINGO (3 <sup>rd</sup> FLOOR) 230pm CROSSWORD CROWD (2 <sup>nd</sup> GV Lounge) <b>National Boss Day</b>	<b>Morning Gardening</b> 1030am-1100am & 100p-230p Schedule Family Visits 		
18	19	20	21	22	23	24		
930am Holy Name Catholic Mass Livestream 1230p-3p: Scheduled Family Visits National Chocolate Cupcake Day 	<b>ADMINISTRATIVE OFFICES CLOSED</b> <b>Alaska Day!</b>  <b>ALASKA</b>	930am Tuesday TALK w/Jenny (SR) 1030a-1130a: Schedule Family Visits 200pm HALLOWEEN ARTS & CRAFT w/Jenny (3rd) 	 <b>NATIONAL APPLE DAY</b>  930am-1100am VIDEO Chat Visits 130pm NEIGHBORHOOD BINGO (GR) 230pm NAIL CARE - Clip/File/Polish (2 <sup>nd</sup> )	9am BEAUTY SALON w/ DODY & VICKY 1030a-1130a: Schedule Family Visits  200pm FLAVORS OF FALL Thirsty Thursday w/Arlene (3 <sup>rd</sup> )	 930a-1100a Video Chats Visits <b>100pm ICE CREAM</b> 130pm NEIGHBORHOOD BINGO (3 <sup>rd</sup> FLOOR) 230pm CROSSWORD CROWD (2 <sup>nd</sup> GV Lounge) <b>HAPPY BIRTHDAY EILEEN!</b>	<b>Morning Gardening</b> 1030am-1130am & 100p-230p Schedule Family Visits NATIONAL BOLOGNA DAY 		
25	26	27	28	29	30	31		
930am Holy Name Catholic Mass Livestream 1230p-3p: Scheduled Family Visits  <b>HAPPY BIRTHDAY VAL!!</b>	<b>MOCHA MONDAY</b> 930am-1100a VIDEO CHAT VISITS 330pm Good News Group (SR)  <b>NATIONAL PUMPKIN DAY</b>	930a Tuesday TALK w/Alma (3 <sup>rd</sup> )  <b>time to talk</b> 1030a-1130a: Schedule Family Visits	930am-1100am VIDEO Chat Visits 130pm NEIGHBORHOOD BINGO (GR)  <b>HAPPY BIRTHDAY DON &amp; LAVERNE</b>	9am BEAUTY SALON w/ DODY & VICKY 1030a-1130a: Schedule Family Visits  230pm: HALLOWEEN COSTUME PET PARADE	930a-1100a Video Chats Visits <b>100pm ICE CREAM</b> 130pm STAFF & RESIDENT HALLOWEEN COSTUME PARADE 	1030am-1130am Schedule Family Visits <b>HALLOWEEN LUNCHEON</b> 130pm Trick-or-Treating Candy Shoot 		

# HELPING FROM AFAR!

There are many volunteers and donations that occur behind the scenes every month. The generosity of these individuals and groups help create, foster and support activities throughout the home. In September we had a big donation of halibut which we served for dinner one evening (and probably more dinners in the future). The KTN PUBLIC LIBRARY made 45 art kits for us to have ready for Fall/Halloween. Every month we receive creatively decorated handmade "theme" cards from a group of ladies who scrap book together and we deliver them each month to every Elder. Lastly, Alma P. had a September birthday fundraiser that generated nearly \$1300 in donations to designate for "VIRTUAL" learning & activities. As much as we want to see our volunteers in person, we still have the opportunities to do things that can be done "offsite". If you have an idea to share or want to volunteer from afar, please contact the activities department at 228-3372.



## Fundraiser for KTN PIONEERS HOME FOUNDATION

Fundraiser for Ketchikan Pioneers Home Foundation by Alma Manabat Parker • Public

The fundraiser has ended, but you can still support the cause Alma cares about.



**Fundraiser Ended**  
You reached your fundraising goal!  
Congratulations!

\$1,290 raised





Elinore 10/8



# OCTOBER CELEBRATIONS



Eileen 10/23



Val 10/25



Laverne 10/28



Don 10/28

## STAFF BIRTHDAYS

10/5 Julia E. (CNA)

10/6 Sue M. (Administrator)

10/16 Melly C. (Asst. Administrator)

10/17 Lewie D. (CNA)

## Great Job NORMA



*Thank You*

*Norma*

**Norma Kile**

**15 Years of State Service**

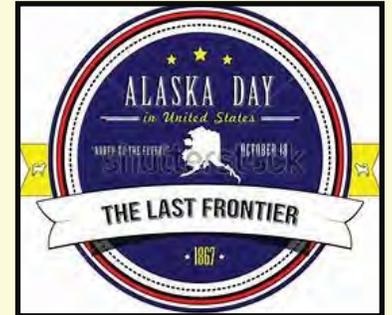
# HALLOWEEN Events

10/29 - Pet Costume Parade

10/30 - Resident/Staff Costume Parade

10/31 - Halloween Luncheon & Candy Shoot

ADMINISTRATIVE  
OFFICES  
CLOSED



ALASKA DAY  
October 19th



Those we love don't go away,  
they walk beside us everyday.  
Unseen, unheard, but always  
near, so loved,  
so missed, so very dear.  
— Anonymous



We will miss you **ILONA**



## 3-2-1 BLAST OFF!

Assisted Living Week (9/13-9/19) was a BLAST!! The 2020 theme for the week was "CARING IS ESSENTIAL". We celebrated by providing fun activities throughout the week to show our residents how much our staff cares for their health and well being each and every day. From honoring our Elders on Grandparents Day to Banana Splits & Bowling; from Happy Meal Friday and all the fun activities in between; the week was definitely OUT OF THIS WORLD!





THE STATE  
of **ALASKA**  
GOVERNOR MIKE DUNLEAVY

Department of  
Health and Social Services

ALASKA PIONEER HOMES  
Pioneer Homes Advisory Board

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Juneau, Alaska 99811-0690  
Main: 907.465.4416  
Fax: 907.465.4108

RESOLUTION OF SUPPORT, HOPE AND CARE FOR STAFF AND RESIDENTS OF THE ALASKA PIONEER HOMES AT THE 6 MONTH POINT OF COVID-19 PANDEMIC

A resolution of support, hope, and care for the staff and residents of the Alaska Pioneer Homes by the Alaska Pioneer Homes Advisory Board

To the residents and staff of the Alaska Pioneer Homes, we resolve that

WHEREAS, there are six statewide Pioneer Homes operated by the Department of Health and Social Services to the benefit of long time Alaska residents desiring the quality of life offered in assisted living; and

WHEREAS, the Pioneer Homes have served Alaska's pioneers since the first opening of the Sitka Pioneer Home in 1913 to the interest and benefit of many of the great pioneers of the first half of the 20<sup>th</sup> century including homesteaders, miners, bush pilots, and the fathers and mothers who turned Alaska into the great state it is today; and

WHEREAS, the 627 staff of the Alaska Pioneer Homes provide for the quality of life deserving of the 438 residents as well as the health and well-being of each resident; and

WHEREAS, since closing to visitors in March 2020 because of concerns for COVID-19 and the risk to the elderly, the Alaska Pioneer Homes have strived to protect the residents and maintain a quality of life and family contact during these trying times; and

WHEREAS, each home administrator has managed access to their Pioneer Home over the last six (6) months based on their local communities' rate of infection; and

WHEREAS, COVID-19 is an insidious disease vector that found its way into the Anchorage, Fairbanks and Palmer Veterans Pioneer Homes to infect 15 residents and 11 staff, leading to prompt response and isolation in protection of others during this continued pandemic; and

WHEREAS, the staff is taking every step possible to protect the residents and their peers in thorough cleaning of the property and monitoring the health and well-being of the residents and peers during this period of isolation and infection control; and

WHEREAS, the COVID-19 pandemic continues to require special effort and due diligence by the staff, in addition to managing and supporting the concerns of the residents;

We, the Alaska Pioneer Homes Advisory Board, express our support, care and hope to all in and associated with the Alaska Pioneer Homes and look to a bright future when COVID-19 is behind us and life for all can return to the warm and welcoming environment offered by the six (6) Alaska Pioneer Homes.

Approved by the Alaska Pioneer Homes Advisory Board on September 11, 2020

A handwritten signature in cursive script that reads "Bob Pawlowski".

Bob Pawlowski

Chair, Alaska Pioneer Homes Advisory Board