

# Ketchikan Pioneer Home

141 Bryant Street  
Ketchikan, AK 99901

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## From the United Kingdom to Ketchikan...Meet CNA II - JULIA

Well HALLO There (with British accent)...I will not share just how far back my story begins but it is fair to say that I have been in the health care field for over 30 years; with 4 years of those years here at the Ketchikan Pioneer Home. My name is Julia Ward and I am a CNA II working in the Gardenview neighborhood. Most of my work training has been in the mental health settings but then found my ideal field after gaining a diploma in Health & Social Welfare. I later earned a Dementia and Alzheimer's Educators certification. I also have experience in early education and as a special needs coordinator in between my nursing journey.

A few years ago, I completed the State of Alaska's Dementia Care Apprenticeship program to further enhance my skills when caring for our loved ones. Most recently I just finished the TEEPA SNOW training program which allows me to be an onsite educator to my fellow KPH team members. This valuable training is centered on focusing on the person rather than their illness and creating positive approaches to care.

Our KPH Elders thrive in the home; they are happy and loved. We make efforts to learn more about them, understand their needs to care for them appropriately. With the ongoing COVID restrictions that limit in person contact with family members and friends, the CNAs try fill in as "substitutes" the best we can. We enjoy listening to everyone's stories and how they all know each other due to their connection of growing up here in Ketchikan.

Born and raised in the UK, life was pretty much normal for me until I took a trip to Seattle to meet my pen pal



Jim in 2007. Jim Ward, now my husband, swept me off my feet and planted me on the back of his motorcycle and we never looked back. We hit the road and zig zagged our way across America, in between flying back and forth to the UK for 5 years before settling down in Ketchikan.

In my spare time I love to read anything to do with history and am obsessed with anything to do with alternative medicines. I surely miss my adult children, Matt, Ben and Jess and it's hard not seeing my grandbabies - Harvey, Avalyn Rose, Zachary, Matilda Mae, Mila Noelle. My hopes for the near future are a COVID free world, to see my family and to hit the longest open road on our bike!



*Hope everyone has a great Christmas and that 2021 brings an end to this crazy crisis!!*

- JULIA



# Holiday Greetings



*from the Alaska Pioneer Home Advisory Board*

2020 is a year that did not provide the clear vision of 20/20. It began positively with the strong work by the legislature to show support for the Pioneer Homes and stabilize the rates, thus alleviating concerns of residents. Also, a new Division Director, Heidi, took the helm to steer the Pioneer homes into the future. And we saw changes to the Board, as long time Chair Rosemary Hagevig termed out and moved to the Alaska Commission on Aging while Ron Siebels vacated the Veterans Representative seat and left with a special place in his heart for the Homes. We welcomed Deidra Neeley as the new Veterans Representative to the Board. Yet, with all these positives, the Division and Homes faced the COVID-19 pandemic as a new and what would become a challenge that would dominate the year. Through great efforts, the staff and residents worked together to protect each other in the 6 Homes. However, COVID-19 did find its way into 3 homes, requiring even greater efforts to mitigate its tragic impact. Sadly to say residents' lives were lost in Anchorage and Fairbanks during the outbreaks. And staffing challenges occurred in both Anchorage and Fairbanks, requiring sharing staff. Yet with these challenges, the Division and Home Administrators took on the Herculean effort to maintain a quality of life for the residents, while keeping everyone as safe and healthy as possible. So many measures were added to the homes routines that meant due diligence by each member to keep clear account of the risks imposed by the ongoing pandemic.

Today, as we look to the end of the year and the hope for a COVID-19 vaccine available to the Homes residents and staff in the near future, we, the Alaska Pioneer Home Advisory Board, look forward to advising the Governor in supporting the Pioneer Homes. When we see the end of the pandemic and restrictions, we look forward to joining you once again with our annual site visits and personal site visits. All the Board members truly appreciate the time with the residents and their valuable input, as well as their personal warmth and welcoming. We look forward to a future with the continued quality of life that our homes provide and the value they bring to their communities and families.

May the holiday season bring health and well-being and the new year be filled with promise and great memories.

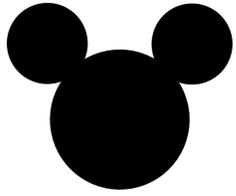
Alaska Pioneer Home Advisory Board

*David Blacheter, Deidra Estrada, Gordon Glaser, Phil Hokenson, Kathy Horsford, Bob Pawlawski (chair), Gordon Severson & Brenda Shelden*

# Magical World of KPH



# When you wish upon a star...



This was such a magical day— these photos are

just a glimpse of the amazing staff that work so hard to bring **HAPPINESS** and **LOVE** to the KPH Elders.

From our very own **PRINCE CHARMING** (who personally hand delivered a flower to **EVERY** lady in the home) to our beautiful **MARY POPPINS** (who shared a spoonful of sugar to help the medicine go down); **DISNEY DAY** filled our halls with some much needed laughter, smiles and pure joy!

.....this is the **MAGIC** that happens!!



# The Wonders of Window Visits



Even through the glass windows, we feel the LOVE. These visits are becoming even more valued and important as the holiday season falls upon us. We are still requiring masks to be worn for the entire visit and that we abide by the 20 minute time limit so that we can ensure all families get a chance to see their loved one. We know the torrential rainfall makes these visits more difficult and we are trying to make it more comfortable for BOTH sides of the window. We recently got two more propane heaters donated by ALASKA & PROUD market and a canopy from WALMART. We are looking at more technology to improve hearing the conversations made through the cracks of opened windows.

PLEASE NOTE:

**We are changing the WINDOW visit protocol until the “in person” visits are back in effect.** At this time, Activities (call 228-3372) will schedule the video chats AND window visits on each floor during normal business hours on a weekly basis. Again, this is temporary until we are able to do the IN PERSON visits again.

**3<sup>rd</sup> Floor :**

**M/W/F from 1030am-1130am**

**Saturdays: 930am-11am and 200pm – 300pm**

**2<sup>nd</sup> Floor:**

**Sun/Tue/Thur: 900am-1000am**

**Saturdays: 930am – 11am and 200pm-300pm**

**Any visits AFTER 4pm will need to be scheduled by calling the specific CNA station:**

**2nd Floor: 228-3359**

**3rd Floor Fireweed: 228-3363**

**3rd Floor Tongass: 228-3366**





## DECEMBER

### BIRTHSTONE

Turquoise - Representing prosperity, success and good fortune

### FLOWER

Narcissus - Symbolizing Re-birth & Respect

### ZODIAC SIGNS

11/22-12/21: Sagittarius - Characteristics of optimistic & extroverted

12/22-01/19: Capricorn - Characterized as professional and organized

Happy December  
Birthday



12/23 Jenny D.  
12/27 Norma



# A Noteworthy Nostalgic November



In November we honored our Veterans, celebrated 99 years of Ernie, wore the color orange, made homemade donuts, enjoyed jam in our jammies and played the classic monopoly on Monopoly day! These are just a few things that filled up our November to keep us busy. We have continued to lift spirits up with creative activities. It is always nice when we capture smiles of both Elders and staff participating in what we do!



It's beginning to look a lot like Christmas around here!! Our Elders have been helping the KPH staff make our home feel festive with the holiday spirit. Normally we have many groups coming into the home to help us with decorating but this year things are a bit different. Most of our volunteers have been able to help decorate from afar or outside the home or in designated spaces. Luckily our Elders have wanted to join in the fun and pitch in. We also have family members who have decorated small personalized trees for their loved one to keep in their rooms. We have community members asking how they can help; from decorating to making donations of gifts. The outpouring of support is tremendous! We thank all of Santa's helpers and angels from afar that continue to brighten up our days.

*Happy Holidays*

**ADMINISTRATIVE OFFICES  
CLOSED**

**Fri, December 25th**

**Fri, January 1st**

*Please contact neighborhood  
CNA station to arrange for hol-  
iday visit on these specific  
days.*

## **WISH LIST for Elder's Gift Bags**

**BODY WASH**

**CHAPSTICK**

**HAND LOTIONS**

**COSTUME JEWELRY**

**WARM SOCKS (SLIP PROOF)**

**SMALL BOX OF CHOCOLATE**

**SHAMPOO**

**LIP STICK**

**BODY LOTION**

**WARM SLIPPERS**

**HOLIDAY CANDY**

**HOLIDAY COOKIES**





