



*November 2018*

**Providing elder Alaskans a home and community,  
celebrating life through its final breath.**

*Volume 2, Issue 4*

### Winter Activities for Our Elders



It's cold outside but that doesn't mean

that everything becomes boring inside our home. We will continue to keep our elders stay active and engaged in life, no matter what the weather outside might be.

Here are our weekly active schedule:

Rise & Shine is 30 minutes, light exercise program focusing from head to toe that includes Tai Chi movement to improve balance. This twice a week exercise program includes strengthening the muscles, improve balance, and endurance.

Fun & Fit is an afternoon more upbeat exercise. It includes air balloon tennis, bounce the ball, bowling and toss games. These exercises focus on cognitive, motor and visual skills.

### NEW IN THE NEIGHBORHOOD

#### MOCHA TO GO

A GREAT WAY TO  
START OFF THE  
WEEK!

A BIG HIT FOR ELDERS  
AND STAFF EVERY  
OTHER MONDAYS AT  
8:30am.



Jayshree and Megan, Central Office Staff make and serve mocha.



### Our Votes Count!

JPH Residents, Betty, Marion and Howard cast their early ballot for the Primary Election.

### KEY DATES

Wednesday, Nov. 21<sup>st</sup> - Thanksgiving Luncheon

Thursday, Dec. 20<sup>th</sup> - Rotary Christmas Caroling

Friday, Dec. 21<sup>st</sup> - Christmas Luncheon



## OCTOBER

**Bea Long**

**Oct. 7**

## NOVEMBER

**Betty Daugherty**

**Nov. 6**

**Erma Norlund**

**Nov. 12**

**Lois Bates**

**Nov. 15**

**Betty Smith**

**Nov. 22**

**Irene Andreas**

**Nov. 22**

**Marion Rider**

**Nov. 24**

**Lenore Honsinger**

**Nov. 28**

## ACTIVITIES AT- A- GLANCE

**Rise & Shine Exercise**

Tues & Thurs

9:30am

**Singing w/Jacque & Jack**

Mon & Thurs—10:30am

**Bingo**

Mon, Tues, Fri & Sun

1:30pm-2:30pm

**Board & Cards Games**

Everyday @ 3pm

**Bread Making / Tasting**

Tues, 10:30am / 3:00pm

**Tea Time**

Wed, 2:00pm

**Fun & Fit / Exercises**

Monday—Sunday

4:00pm

**Pioneer's Choice**

6pm

**Music with Dale**

Every other Tues, 6pm

**TJ on Piano**

Every other Thurs, 6pm

**Ice Cream Social**

Fridays @ 1pm

## SAVE THE DATE(S)

For those who have  
RSVP.



**THANKSGIVING  
LUNCHEON**

**ON**

**WEDNESDAY**

**NOV. 21<sup>ST</sup>**

**11:30am—1:00pm**



**CHRISTMAS  
LUNCHEON**

**ON**

**FRIDAY**

**DEC. 21<sup>ST</sup>**

**11:30am—1:00pm**

# HEAD START HALLOWEEN PARADE & TRICK OR TREAT



# HALLOWEEN COSTUMES & DOORS



Jewel, Myra, Ben & Myra



Witches Table



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## HONORING OUR JPH VETERAN RESIDENTS



Lonnie Anderson  
(Navy/Korean War, 1951-1957)

Robert Dupere  
(Army/National Guard, 1948-1982)

Eleanor Feero  
(Airforce, 1952-1954)

George Foster  
Airforce, 1944-1946

Benjamin "Ben" Haffner  
(Army, 1953-1962)

Malcolm Hursh  
(Army, 1952-1955)

Robert Isaac  
(Army Air Corp, 1941-1946)

David Koko  
Marine, 1966-1968

Frank "Denny" Merritt  
(Army, 1944-1946)

Robert Quist  
(Army, 1946-148)

Howard Rider  
(Army, 1943-1946)

Betty Smith  
(Women's army Corp, 1943-1945)



# STAFF CORNER

## Halloweeneers

### OCTOBER

**Unard Bohulano**

**Oct. 2**

**Abigail Pennington**

**OCT. 15**

**Marja Miller**

**Oct. 20**

**Sherry Chuidian**

**Oct. 21**

**Loretta Harris Hansmann**

**Oct. 23**

**Charisse Mariano**

**Oct. 24**

**Carolina Decena-  
Quintana**

**Oct. 26**

### NOVEMBER

**Hillia Valdeconza**

**Nov. 11**

**Haddy Saine**

**Nov. 22**

**Hannah Cinco**

**Nov. 27**

