

September 2012



From our Administrator

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Late August and early September usually brings everyone in Alaska to visit our Fair city. Like all Alaskans we have used our summer to build and remodel, and have taken the time to recreate as well. This has truly been a wonderful summer for all of us; I can say that as well despite some personal flooding issues. With the handrail project, maintenance storage shed/garage, air conditioning project, new call system upgrade, and a couple of upcoming projects including the exterior siding/windows and Cordova arctic entry we can really see a physical upgrade to the facility and the commitment that the State has to the residents who call the Alaska Veterans and Pioneers Home their "home".



Joshua Shaver

We have really enjoyed having our friends from the Anchorage Pioneer Home visit us twice in the last month and also enjoyed our time together at Beach Lake in July. Our food services department has been adding new events and activities such as an evening snack time, happy hour along with the regular festive meals which have always been first class. Look forward to some new exciting menu changes as the leadership is working closely with NANA, our food service contract to constantly improve. Also, please remember that we have an agreement in place that if any hunters or those who fish would like to donate their harvest for the resident's enjoyment to drop it off at Mat Valley Meats for processing at no charge to you.

Another area that I would like to renew would be our aesthetic focus, or decoration themes. We are a veteran's home, and a pioneer home. I have been soliciting donations/loans of items for display in our home that are both military, Alaskan, and Alaska native themed. Expect to see some hunting trophies and other items start to appear on our walls. If you know anyone who has an item to add to our displays please contact leadership.

Activities

- 4th & 25th @10:00 Sit & Stitch
- Tuesdays @9:15 Manicures
- Tuesdays @ 1:15 Bingo
- Fridays @ 2:30 Sundae Social
- Saturdays @ 1pm Movie & Popcorn
- 9/19 @ 9:30am Coffee Group
- 9/20 @ 9:30am Reminisce

We would like to welcome a few new employees



Ruth Amarok
CNA



Brianna Garwick
CNA



Revecca Kuznetsov
CNA



Linda Gardner
RN

1959 September History

September 14 – Luna 2 becomes the first man-made object to crash on the Moon.

September 17 – The first *Navy Navigation Satellite System* Transit 1A is launched but fails to reach orbit.

September 23 – The M/S Princess of Tasmania (Australia's first passenger RO/RO diesel ferry) makes its maiden voyage across the Bass Strait.

September 26—Typhoon Vera hits central Honshū, Japan, killing an estimated 5,098, injuring another 38,921, and leaving 1,533,000 homeless. Most of the victims and damage are centered in the Nagoya area. And the first official large unit action of the Vietnam War took place when two companies of the ARVN 23d Division were ambushed by a well-organized Vietcong force of several hundred identified as the "2d Liberation Battalion".



Ed Willis
generously used his
home grown
vegetables for a
wonderful display
during our Festive
meal.

Thank you Ed!!!!

Dietary News from our Kitchen

The dietary department at the AVPH will be rolling out a new menu in September. As with any change, please let us know what you think. The more immediate and specific the feedback, the better we will know if we need to keep it on the menu or replace it with something preferred. Please let your servers know what you think, or find the Food Service manager to discuss with. While Food Forums are a great place to communicate ideas, they only happen once a month. Please do not feel you have to wait to tell us what you think.

Also, starting in October, we will be serving a Brunch on the First Sunday of the Month. The Brunch will be served from 8:00 AM- 2:00 PM and will provide a buffet style service with a more relaxed and structured meal time. We look forward to providing this monthly event.

We will be providing a signup sheet for guest to help us better prepare and plan for this service, but do not hesitate to join us if you find the time.

Finally, just a reminder to the before mentioned food forum..we hold a food service forum on the second Thursday of the Month at 10 AM to discuss what we are doing well and what we might do better. We appreciate any feedback that might better guide us in meeting and exceeding your expectations. Hope to see you there!

Thank you.

Way to go Francis!

Francis Jones making a Buttermilk pie for the Alaska State Fair. He took first place with his buttermilk pie!!!





Love and laughter are the most important medicines in the world.

I can prove it with 3 words, Veterans Pioneer Home. Now how would I prove that?

Well, I live here and this is my home. I came here busted up, physically and mentally. A runner and an alcoholic, I had forgotten how to care, blind in one

eye, deaf, lonely, etc. And above all, I had forgotten how to love.

Well, its right here, these people care. RNs, Nurses, CNAs, Doctors, Social Worker, Maintenance staff, Housekeeping staff, Kitchen staff, etc, etc, etc.

And of course there are my fellow residents. There is a lady here, she recently turned 100 years old, can you imagine the stories she could tell, they all could tell? This is where the history really is, forget the books, these people wrote it.

Think they don't remember things? Ask any of them the name of their first love, their first car, start a conversation and you might be surprised.

For me, becoming a real part of this home started with a flower, sound odd? I guess it does. I gave this woman a rose, for what I have no idea, something...what to do, something right, who knows? Well she couldn't talk but there was a certain look, a light in those eyes that brought some memory back. A lousy rose, can you imagine that?

Well that was the start of my getting well. We are now at 28 roses and going for more. I do it for 1 reason, **Love!** That's it, pure and simple.

Want to learn? Come on in, the door is open. I'm just starting to learn. Some of the employees have been here a long time, but guess what? They love their job. I saw a maintenance guy the other day walking through the TV room stop to hug some woman sitting there. Was that in his job description? I don't think so. The Pioneer Home employees care about their people.

I guess it all breaks down to 2 things: Can you give? Can you love?

I couldn't awhile back, but -----I can now!

—Written by a caring resident

September Birthdays

Pat Osgood
Jack Gannon
John McCaslin

Ruth Estelle
Darlene Tanner
Homer Morris



Helen Lamb
Denise Teal
Joan McQueen
Monica Hoffman
Angela Bottom
Sonya Maxwell

Antonia Shearer
Riza Arenas
Jimilyn Scott
Ladd Holobinko
Kath Sleen
Theresa Andersen

Ruth Estelle
100 Years
Young!!



This is the first issue of our monthly newsletter. We hope to use this letter as a means of keeping everyone involved and informed about the activities going on in and around our home.

This newsletter is everyone's letter. Please let us know if you have anything you would like to share or have any suggestions, comments, or concerns.

Our goal is to have it available the beginning of each month. Copies will be located in the T.V. room and at the front desk,

Recipe Corner

Raspberry Sauce

- **2 packages** (6 ounces or 1 1/3 cup each) Driscoll's Raspberries
- **1/4 cups** granulated sugar
- **1 1/2 teaspoons** cornstarch

Chocolate Graham Crust

- **10** whole chocolate graham crackers, broken into pieces
- **1/2 cups** pecans, toasted
- **1/3 cups** granulated sugar
- **5 tablespoons** butter, melted

Cheesecake

- **4 packages** (8 ounces each) cream cheese, at room temperature
- **2/3 cups** granulated sugar
- **1/2 cups** sour cream
- **1 tablespoon** cornstarch
- **4** large eggs
- **1/3 cups** Grand Marnier or orange flavored liqueur
- **1 teaspoon** vanilla extract

Raspberry Cheesecake Topping

- **2 packages** (6 ounces or 1 1/3 cup each) Driscoll's Raspberries
- **2 tablespoons** confectioners' sugar



Raspberry Sauce

Puree raspberries in a blender or food processor until smooth. Press through a mesh sieve to remove seeds. Pour puree into a measuring cup and add enough water to make 1 cup, if necessary. Whisk raspberry puree, sugar and cornstarch in a small saucepan until blended. Bring to a boil over medium-high heat and cook, stirring constantly, 1 to 2 minutes or until slightly thickened. Remove from heat and let cool.

Chocolate Graham Crust

Preheat oven to 350°F. Pulse graham crackers, pecans and sugar in a blender or food processor to make fine crumbs. Add 2 tablespoons raspberry sauce and melted butter; pulse or stir until combined. Press mixture onto bottom of 9 x 3-inch springform pan with removable bottom. Bake 10 minutes. Cool completely. Reduce oven to 325°F.

Cheesecake

Combine cream cheese, sugar, sour cream and cornstarch in a large mixing bowl. Beat with an electric mixer on medium speed 2 minutes. Beat in eggs one at a time. Stir in Grand Marnier and vanilla; pour into prepared crust. Set the springform pan on a piece of wide heavy-duty aluminum foil. Fold the foil carefully up the sides of the pan without tearing it. Set the pan in a large baking dish or roasting pan and place on oven rack. Pour in enough boiling water to reach halfway up sides of the springform pan. Bake 1 hour at 325°F. Turn off oven and prop the door ajar with the handle of a wooden spoon. Let cool in the oven for 1 hour. Remove from oven and cool completely. Remove from springform pan. Heat remaining raspberry sauce in a microwave-safe bowl on high (100 percent) power 30 seconds, or just until warm. Spread evenly over top of cheesecake; refrigerate 1 hour.

Raspberry Cheesecake Topping

Top cheesecake with remaining raspberries and dust with confectioners' sugar.