

*April*  
2020

# Alaska Veterans and Pioneers Home

250 E. Fireweed Avenue, Palmer Alaska 99645



# SPRING



Josh Shaver  
Administrator

Friends and Elders,

I will use my space this month to give you all the latest information regarding the current AVPH and Division response to the COVID-19 epidemic:

- No visitors allowed in the building currently outside of specific approved end of life issues and vital providers.
- All entrants to the building are being monitored.
- Telehealth systems are being arranged with multiple providers, including the VA.
- The State is currently working on acquiring Wi-Fi and wireless devices so residents can connect with their families, including Skype and Facetime.
- Outside appointments are limited to essential and emergency.
- The Division of Alaska Pioneer Homes is requesting elders to hunker down much like the requests occurring statewide. This means we are asking elders not to go out of the building for reasons that are non-emergency.
- While we are currently at a comfortable level of Personnel Protective Equipment (PPE), there is a concern statewide and nationwide that items may become scarce, so we are conserving as much as possible.
- Food, housekeeping and paper supplies are flowing without any disruption.

The important information I want to share with you is that the response to the COVID-19 situation is ever changing and we are doing all we can do to ensure elders and staff remain as healthy as possible, and that the home continues to operate. Please feel free to call me with any concerns or ideas you may have. I am overwhelmed with gratitude over the level of support and outreach we have received from all of you and the community. I fully plan to take advantage of every offer of help with it is needed.

Happy Spring!

Josh Shaver  
Administrator



Thank you  
students of  
Machetanz  
Elementary  
for your  
donation of  
art to  
brighten up  
our home.



- We continue to provide daily in-room visits and supplies for all residents during this social isolation period. Be sure to fill-out “Activity Room Service” request form by your door so we can better serve your needs.
- We have 2 cell phones available for residents use as a way to keep in touch with family. Also, if you need to connect via Facetime/Skype see recreation staff for assistance.
- Recreation staff will continue to shop for resident’s needs, every other Thursday. In April, 04/02, 04/16. Please give your shopping list to any recreation staff the day before these trips.
- We can still use more donations of DVD’s, coloring pencils and books. Drop these off at the front lobby. Thank you so very much for your continued support and positive thoughts.

(Most photos in this newsletter were taken before social –physical distancing.)

Some of our home happenings this month were bowling (an all time favorite), Happy Hour/Social Hour which was done by a cart hall to hall, room to room this month. It was full of food options, drinks and music to boogie with. We had a food fest going away party for Justin one our best cooks. He will be deeply missed. Residents are keeping busy with puzzles, games, cards and small visiting groups.



Our first blooming flower for Spring. We got a total of 8 blooms out of it.





## *Volunteer Appreciation Week*

National Volunteer week is the official time to recognize and celebrate the efforts of volunteers at the local, state and national levels. It's celebrated in the US and Canada.

This year we celebrate National Volunteer Appreciation week April 19-25. Volunteers offer their time year round in service to others along with their talents, creativity, spirit, enthusiasm, energy, love and compassion.

Our facility is very blessed with the many dedicated volunteers that provide so much companionship and assistance to our many residents. Under the current circumstances we want all of our volunteers to know how much we miss you. We send our love and appreciation to each and every one of you for all you do and are still doing from a distance. The pictures here show only a small sample of all the volunteers that touch our lives. Thank you from the bottom of our hearts.

# Resident Spotlights

## Darrell Murray - Ted Franco - Larry Senseney



*Darrell has been playing harmonica since he was six years old, his playlist are endless! You name it he can play it, if he doesn't know it he will learn it. Darrell served 6 years in the Navy. Ted Franco started singing later in life and is a great addition to singing along with almost all of Darrell's songs. He is a 2 year Army Veteran. Larry Senseney started playing drums early in his life . When he joined the military in 1954, he had to switch to playing bongo drums so he could travel with them all over the world. He accompanies almost all visiting music groups at the home. He served 24 years in the Airforce. We are fortunate to have such talented residents that are constantly touching our lives with their music.*

**Music in Motion**  
Music in Motion

# *Resident Spotlight*

## *Elaine Mitchell*



*Elaine Mitchell started playing piano at the age of 6 at home. Her mother played, but from early on Elaine realized she learned by sound not written music. She played in high school and other places but later in life most of her music talent was shared in Tanana and Nenana Alaska. Eighty-one years later she entertains our residents and also plays and sings with other music and church groups that come to our home. We are blessed to be touched by her talent and performances.*

### *Keeping the Flame Alive*



*That small flame burning within us all  
Provides our hearts with a warm soft glow  
When it burns a bit too bright  
Just trim the wick to subdue the light*

*This flame that keeps the soul from growing old  
When the flame is fanned we take risks untold  
What fuel is used to feed these flames  
Our passions, desires, hopes, and dreams*

*All too soon we loose the zest  
Our flame extinguished and put to rest  
We struggle, surely as we must  
Fore stall the return to ashes or dust*

*So while you have time, let your flame burn bright  
Let no one or thing, obscure your light  
Be the beacon in the dark you were intended to be  
Display the beauty of your flame for all to see.*

*Schafer 2007*

*In memory of Bob- permission from family*



# April Word Search

H	Y	N	O	G	A	R	D	P	A	N	S	Y	B
Y	Y	R	B	L	Q	A	C	N	P	Q	U	D	L
W	G	D	A	I	U	T	U	L	R	I	P	R	A
L	D	O	R	S	E	W	E	E	R	D	E	F	E
H	Q	E	N	A	E	P	A	W	U	H	A	T	Y
T	U	L	I	P	N	S	R	O	T	I	E	U	W
A	L	A	C	Y	A	G	D	A	I	Y	P	I	E
E	T	Q	U	D	N	S	E	U	S	E	T	O	R
R	H	O	A	H	N	H	T	A	T	W	E	A	S
B	A	I	S	T	E	G	N	U	S	P	E	W	N
S	S	F	N	U	S	U	N	F	L	O	W	E	R
Y	Q	U	E	E	L	I	L	R	L	N	S	Y	O
B	D	O	R	I	A	D	R	I	E	Y	I	H	S
A	Y	W	B	L	C	K	L	I	S	U	R	D	E
B	L	A	C	K	E	Y	E	D	S	U	S	A	N



Babys Breath

Hydrangea

Rose

Black Eyed Susan

Iris

Snapdragon

Daffodil

Lily

Sunflower

Daisy

Petunia

Sweet pea

Heather

Queen Annes Lace

Tulip

