



 2012

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Activities

- Mondays @ 9:30 Social Group
- Tuesdays @ 9:15 Manicures
- Tuesdays @ 1:15 Bingo
- Fridays @ 2:30 Sun-
dae Social
- Saturdays @ 1pm
Movie & Popcorn
- 8th @ 12:00
Pioneers Birthdays
- 9th & 23rd @ 10:00 Sit
& Stitch
- 11th @ 6:30 Quilts
of Valor
- 17th @ 5:00
Oktoberfest Festive
Meal
- 25th @ 9:30
Jelly Making
- 30th @ 9:15 Pump-
kin Carving
- 31st @ 2:00
Halloween Party!!

From our Administrator



Palmer is absolutely beautiful in the fall; the yellow leaves and fall colors make every drive and look out the window a reminder of seasons past. One thing we tend to lose sight of is that in the journey of life we all get to go through the stages and seasons. Whatever our age, we all have some of the shared memories of back to school, raking leaves, and fall holidays. These are the things that remind us that we are much more similar than different and provide a common backdrop no matter our age, cultural background, or geographical origin.



Joshua Shaver

As many of you know my family was one that was affected by the recent floods. Three of our veterans were able to share with me their personal stories of flood-loss in years past. It's interesting how these events can be tragic but also humorous in perspective and I couldn't help but chuckle with Mr. Jones as he mentioned how they had the family cow tied to the bumper of the family car during their evacuation and Mr. Willis chimed in that the family chickens were able to fly up into the tree.

This again shows why it is such a privilege to work in a place where we can not only serve the elders, but also share in one another's lives.



We would like to welcome a new employee



Jane Campbell

Housekeeping



A word from our Maintenance team

The long awaited Cordova Arctic Entry is an imminent reality. The work will begin the second week of October, Monday morning, and will continue through the end of the month. Work is expected to begin approximately 8am and end early evening each day. We do not believe the contractors will be working on the weekends. Please bring any concerns you have to our maintenance and activities staff. Our nursing staff can also relay any concerns you may have.



About Alaska Day

Originally a Russian territory, Alaska was sold to the United States in 1867. The United States bought the Alaskan territory for \$7,200,000—about two cents per acre. On March 29, 1867, U.S. Secretary of State, William Henry Seward, and Baron Eduard de Stoeckl, the Russian Minister to the U.S., completed the treaty that ceded Alaska to the U.S. The official transfer of land occurred on October 18, 1867, in Sitka, with a ceremony that included 250 U.S. troops, 100 Russian troops, and the raising of the American flag for the first time over the Alaskan territory.



The first official U.S. census (1880) reported a total of 33,426 Alaskans, all but 430 being of aboriginal stock. The Gold Rush of 1898 resulted in a mass influx of more than 30,000 people to the new state. Since then, Alaska has contributed billions of dollars' worth of products to the U.S. economy.

Alaska Day, also known as Alaska's birthday, is celebrated annually on 18 October in Sitka, Alaska, commemorating the date Alaska joined the United States. Alaska Day was first celebrated in 1949 with the unveiling of a bronze statue named "The Prospector," which still stands as a tribute to Alaska's pioneers. Today, festivities span several days with dance performances, costume balls, races, memorial services, among other events.

Read more: [Alaska Day: Alaska — Infoplease.com](http://Infoplease.com)



Dietary News from our Kitchen



One of the first exciting changes to our food service offerings, a regular made to order omelet bar. Featuring Chef Dave, who will accept orders in French as well as English (just kidding)!



The Dietary department at

the Alaska Veterans and Pioneer Home has rolled out its new menu. We are half way through the six week cycle and hope you are enjoying some of the new items. We do seek any feedback you can share to help us always be improving.

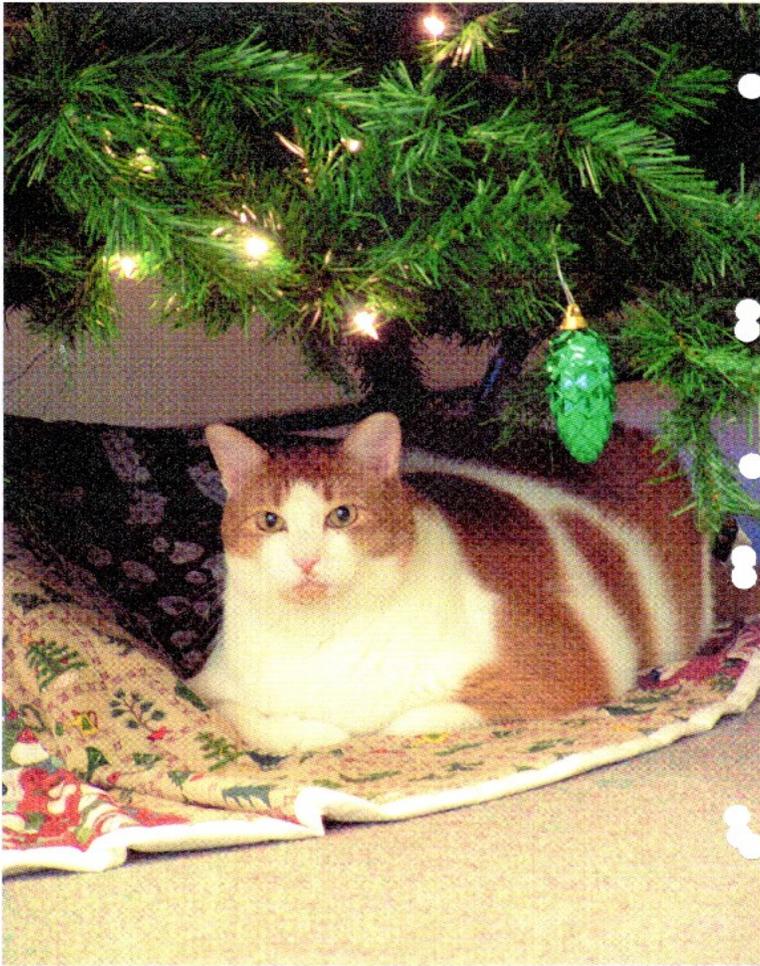
The Sunday Brunch being held on the first Sunday of each month is a great time for good food and great conversation. If you have not attended a Sunday Brunch, we hope to see you here. It will continue to operate from 8 AM until 2 PM for a relaxed buffet service that will include the omelet station as well as a waffle station.

We have started a new egg and omelet cooking station which will rotate through each dining room once a week. We hope you are enjoying this new service and are always open to suggestions on items you may wish to see offered as a selection for the omelets. Other activities we are planning with this cart in the future are pasta bars, salad bars, potato bars and any other suggestions brought forward to help guide us in continuing to offer more selections that can be presented and prepared in the dining rooms.

Finally, besides communicating directly with the food service staff daily, the food forum as well as the food service committee is a great place to more formally bring your ideas forward. Our goal in the food service department is to provide a high quality and nutritionally balanced menu with the choice you desire. Your input is extremely valuable to help guide us.

Happy Halloween!

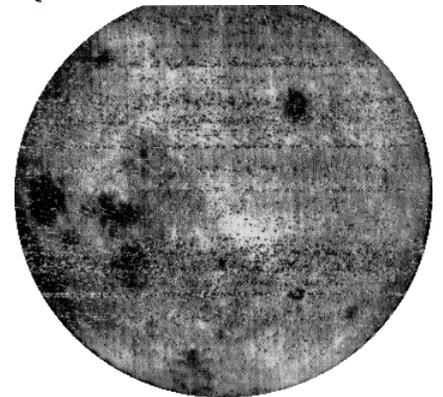




Pumpkin the Cat is enjoying his retirement at the Swanson home. He likes to go outside and thinks that my husband, Mike, is the cat's meow. He is a man's cat after all these years, I never knew that.



1959 October History



2nd - Rod Serling's "Twilight Zone" premieres on CBS-TV

4th - USSR Luna 3 sent back 1st photos of Moon's far side

4th - LA Dodgers set World Series attendance record at 92,394

10th - Pan Am begins regular flights around World

13th - The United States launches Explorer 7.

21st - In New York City, the Solomon R. Guggenheim Museum (designed by Frank Lloyd Wright) opens to the public



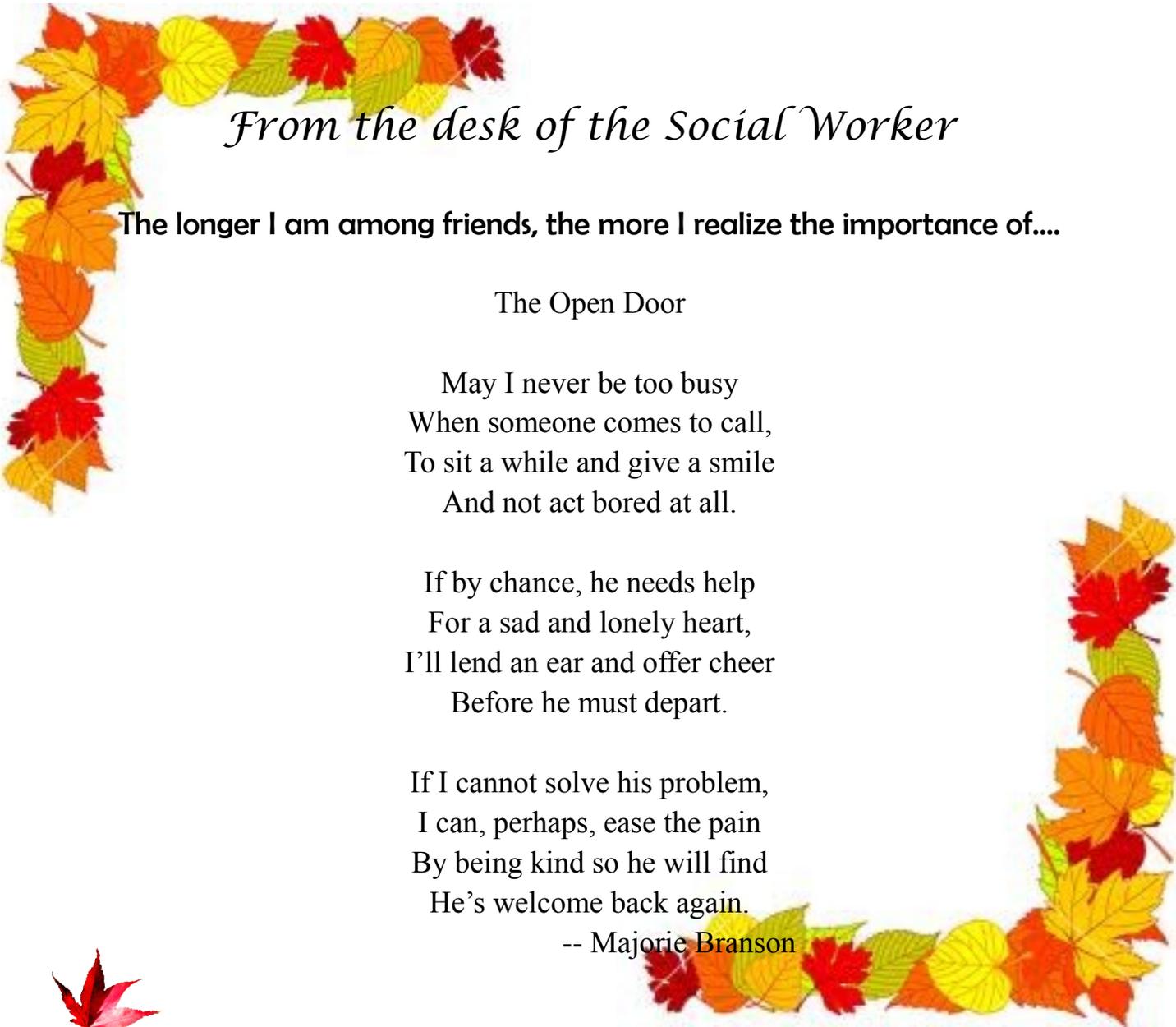


October Birthdays

Bernerd Whalen
Christene Link
Phil Plack
Peggy Clough
Henry French



Revecca Kuznetsov
Charlotte Fleharty
Lisa Cruthers
Stephany Braman
Brenda Bower
Romell Macasu
Brandy Rummel



From the desk of the Social Worker

The longer I am among friends, the more I realize the importance of...

The Open Door

May I never be too busy
When someone comes to call,
To sit a while and give a smile
And not act bored at all.

If by chance, he needs help
For a sad and lonely heart,
I'll lend an ear and offer cheer
Before he must depart.

If I cannot solve his problem,
I can, perhaps, ease the pain
By being kind so he will find
He's welcome back again.

-- Majorie Branson

Recipe Corner



Potato-Leek Soup With Bacon

Recipe courtesy Food Network Magazine



Directions

Preheat the oven to 400 degrees F. Make the croutons: Melt 1 tablespoon butter, then mix with the paprika in a bowl. Add the bread cubes and toss. Spread on a baking sheet and bake until golden, 8 to 10 minutes.

Ingredients

- 2 tablespoons unsalted butter
- 1/2 teaspoon smoked paprika
- 1 1/2 cups cubed crusty bread
- 4 slices bacon, chopped
- 2 large leeks, white and light green parts only, thinly sliced
- 2 cloves garlic, chopped

- 4 cups low-sodium chicken broth

- 2 medium russet potatoes, peeled and cut into 1/2-inch pieces

- Kosher salt and freshly ground pepper
- 1/2 cup heavy cream

- 1 1/2 cups frozen peas (do not thaw)
- 1/4 cup chopped fresh parsley

Meanwhile, cook the bacon in a large saucepan over medium heat until crisp, about 8 minutes. Transfer with a slotted spoon to a paper towel-lined plate. Discard all but about 1 tablespoon fat from the pan. Add the remaining 1 tablespoon butter, then add the leeks and garlic; cover and cook until soft, about 5 minutes. Add the broth, 2 cups water, the potatoes and 1/4 teaspoon each salt and pepper; cover and bring to a boil over high heat. Reduce the heat to medium and simmer, partially covered, until the potatoes are tender, about 10 minutes.

Puree half the soup in a blender (remove the filler cap to let steam escape), then return to the pot. Add the cream and bring to a simmer. Add the peas and cook until tender, about 3 minutes. Season with salt and pepper. Serve topped with the croutons, bacon and parsley.

