

February
2018

Alaska Veterans and Pioneers Home

From our Administrator

Activities

February 1 @ 9:30
OLV Students visit

February 4 @ 2:00
Superbowl Party

February 11 @ 1:00
Root Beer Floats

February 13 @ 6:00
Mat-Su Orchestra

February 16 @ 2:00
Valentine's Day Party
& Ice Cream Social
with Music by "Tony
Bucat"

February 19 Holiday
President's Day

February 21 @ 5:00
Festive Meal with
Entertainment by
"Dave Wintz &
Friends".

February 22 @ 1:15
Trip to American
Legion #35

February 24 @ 1:30
Happy Hour and
Snacks



Peg enjoying the snowman her daughter and granddaughter made.

"Give me the scorn of the stars and a peak defiant;
Wail of the pines and a wind with the shout of a giant"
– Robert Service

The wind has definitely been "shouting like a giant" this last week, and causing power to flicker as well and some adventures on the road for our drivers and those of us on a bicycle. It was another eventful month here at the AVPH; we currently have the highest number of veterans (54) in our history. We also are continuing to serve our local Pioneers as well and have been able to admit a mix of veterans and pioneers this month.



Sunrise from Mountain View neighborhood

It was my pleasure and privilege to share my talented family: mother-in-law Julie, daughter Avigail, and wife Noelani for the AVPH January luau.



Thanks also to the food service department for making such an amazing meal, nursing staff for ensuring that all elders who wished to participate (69 of 71) were able to, housekeeping for the setup, tear down and clean up, activities staff who are the grease that make all the parts work together, and family and volunteers who participated as well! It was another successful festive meal. I'm looking forward to our Valentine's Day party on February 21st.

Coming up in the month of February we are expecting our annual VA survey and on February 2nd we will be saying goodbye to Nurse Kathy Morgan who has so faithfully served the elders of AVPH and will be retiring. Make sure to let her know you appreciate her.



January Festive Meal



January is a wonderful time to escape to Hawaii and we were able to do that, at least for one night, during our January Festive Meal. We had delicious Hawaiian food and entertainment by “Kailua Hula Ohana” Hawaiian dancers. Josh Shaver, our administrator, even entertained us by playing the ukulele.

Here is a message from Vicki Stroup, the Social Work Intern who has been working with Adriana. It's been great getting to know her and we thank her for all she has done for us in the short time she has been here. Good luck in your future adventures Vicki!

To All AVPH Staff and Residents:

I wanted to say thank you to everyone for making my time here a welcoming and wonderful learning experience. I would also like to say a special thank you to Adriana for agreeing to take on an intern. My experience here has been invaluable and will be very helpful as I move on to new adventures in the future. I have enjoyed my time here more than words can express. Thank you all for your time, patience, and support!

Sincerely,

Vicki Stroup



From Our Activities and Volunteer Coordinator

Our residents, leading programs and volunteering their time!

We are so very lucky to have many of our residents volunteer their time and talent in our home throughout the year. Residents such as Elaine Mitchell who plays piano and leads a sing along twice a week, Al Roig who recites poetry during reading hour on Saturdays, Keith Blalock helping by folding 150 monthly activity calendars, Larry Senseney who plays his Bongos during music events, Dave Brown who sings everyone's favorite songs twice a week, Jim Clark volunteering his time in our memory unit and as Santa, and lastly Mary Karen Fleshman who helps the activity staff by posting the daily activity boards. I also want to thank our Resident Council Board members Ed Willis, Norman Bean, Mary Karen Fleshman, and Barney Furman for donating their time and commitment by leading a very successful Resident Council group.

Many of these residents were veterans, former teachers, homemakers, legislators and social workers. Volunteerism isn't just beneficial for those being helped — research shows that *volunteering* confers mental and physical health *benefits* for those doing the helping. AVPH is always looking for volunteers! If you are interested in sharing your time and talent in the home, see any staff in the recreation department.



The Art Class with Madonna was a big hit. Residents had a great time making arts and crafts for Valentine's Day.



Happy hour is a fun time to relax and enjoy some socializing.



Chair Yoga is such a popular activity that it will be going from once a week to twice a week starting in February. Not only is it a great way to keep in shape but it is also a lot of fun.



★ HAPPY ★ BIRTHDAY!



February Birthdays

Residents

2/07 Stanley Parrott

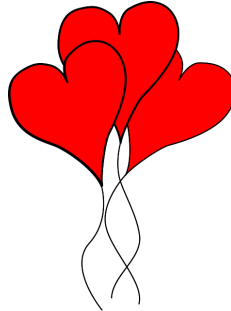
2/07 Annemiek Brunklaus

2/10 Ray Thompson

2/13 Jan Moore

2/14 John Hayden

2/22 Hilda Wells



Employees

2/01 Jane Lehn-Moore

2/03 Darcy Rehkopf

2/15 Debra Trudell

2/24 Erika Hunt

Welcome New Residents



**Gary "Red"
Robertson**

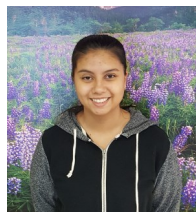


**Richard
Schultz**



**Audrey
Jobson**

New Employee



**Ann Marie Degagne
CNA**

