

May
2017

Alaska Veterans and Pioneers Home

From our Administrator

Activities

May 4 @ 6:00

Olga's Students visit

May 7 @ 1:00

Scenic Drive

May 11 @ 10:00

Willow Elementary School
Band

May 13 @ 11:30-1:00

Mother's Day Lunch

May 16 @ 10:30

Trip to the Anchorage Zoo
and Lunch

May 23 @ 1:00

College of the Ozarks

May 24-25 @ 10:00-3:00

Rummage Sale and Silent
Auction

May 28 Holiday!

Memorial Day!

May 28 @ 12:00

Trip to the Memorial Wall

May 31 @ 1:15

Trip to American Legion #35

Greetings! –

As you can see from the photo of my first trip up the Butte this year I am already excited for summer, but wind and showers continue to remind us that it is still spring. I am still getting great feedback about this last month's festive meal from the food, entertainment, decorations and staff support it was truly a team effort.



Josh Shaver

Lifting for Health

According to the CDC, adults over 65 can greatly benefit from moderate muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulder muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms. The AVPH exercise room has just the right mix of machines and weights to meet these needs.

Elder and family satisfaction surveys have gone out, I would encourage you to provide us an honest critique so that we can continue to progress and improve in every area.

In case you have noticed a couple extra maintenance workers, the fire system replacement project is still in process. Have a great month everyone!

A Message from Nursing

Health Information Update

Due to regulatory requirements, all resident's must have an Annual History and Physical conducted by a healthcare provider. AVPH will schedule the appointment and provide transportation to the appointment. Families will be notified of the appointment date/time. Families may go with or meet their family member at the appointment. Please contact Karen Atherton RN IV if you have any questions, Thank you, Karen



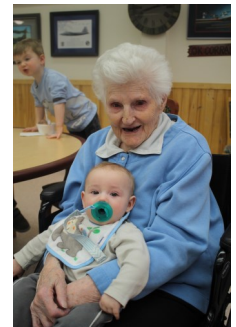
Last Frontier Honor Flight



Nurse Angie Dawson with resident Dorothy Dittman in Washington D.C.

This past month I was privileged to be a guardian for Dorothy Dittman on the Last Frontier Honor Flight. It was a special time visiting, monuments, memorials and honoring our Veterans. I would encourage all Veterans to apply if they have not yet gone on this trip. I would also encourage staff to apply to be a guardian. What an honor it was for me to accompany Dorothy. If you would like more information feel free to talk to me or Celia about it.

Volunteer Appreciation



April was a busy month with a lot going on. One of the events that was special this month was the Volunteer Appreciation Party. This gave us an opportunity to thank our volunteers who we could not do without. Their time and efforts enhance the lives of everyone here.

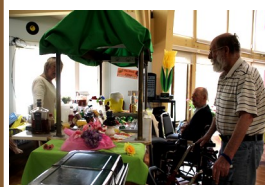
April Festive Meal



Everyone had a wonderful time at the April Festive Meal! The food was excellent and the music by “The Moccasin Stompers” was so fun it got people out dancing.



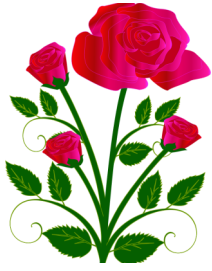
The Chair Yoga Class that meets twice a week is well attended and everyone who participates seems to have a lot of fun.



Residents enjoyed a tasty lunch and a Spring Fashion Show at the Moose Lodge. Two of our activities staff were even models for the show.



Once again Happy Hour was a wonderful time to relax and socialize with each other.



May Birthdays

Residents

05/02 Audrey Jobson

05/02 David Ingalls

05/09 Erby Brown

05/23 Norman Bean

05/27 Claude "Bud" File

Employees

05/05 Karen Atherton

05/05 Alicia White

05/12 Michelle Libis

05/15 Sheila Longley

05/20 Mellissa Davis

Spring Rummage Sale

May 24 & 25 10:00-3:00

Donations can be dropped off at Front Desk or in Activities Office.

All proceeds benefit the residents activities & events throughout the year.

There will not be a Festive Meal in May or June but we will be having special Mother's Day and Father's Day Lunches instead.

Mother's Day Lunch

5/13/18

11:30 AM - 1:00 PM

Adults: \$15:00 | Kids: \$7:00

New Employee



Beverly Lacasse
Housekeeping



Fresh Fruit Salad
Garden Salad
Halibut Olympia
Prime Rib of Beef
Roasted Yukon Gold Potatoes
Zucchini and Yellow Squash
Cheesecake with Strawberry Topping