

May
2020

Alaska Veterans and Pioneers Home

From our Administrator



Activities

Mondays and Fridays

Patio Strolls

Tuesdays and Fridays

9:30-11:30 Call ahead to
Schedule Video Chats and
Phone Calls

Sundays @ 6:00

Online Church Services

May 5th @ 5:30

Travelling Margaritas SL

May 7th and 21st @ 1:00

Rec. Staff shopping
Walmart

May 8th @ 1:30 Mother's
Day "Social Tea and
Treats"

May 10th @11:30 Special
Mother's Day Lunch

1:00 Piano w/Elaine

May 16th Armed Forces
Day

1:30 Traveling Drinks &
Snacks

May 25th Memoria Day

11:30 BBQ Lunch

Greetings from the Administrator

Welcome back sunshine, goodbye snow.

COVID-19 updates:

By now you should have received the latest update from the Division Director, Heidi Hamilton. The important highlight is that while the State of Alaska has thus far been doing very well to contain the spread of COVID-19. Elders are the most vulnerable population to the effects of COVID-19. For that reason while other sectors of the communities will be phasing in openings, healthcare facilities such as AVPH will be one of the last to return to a normal pre-virus operation. This means visitation, restrictions of elders normal community visits, and other non-essential traffic into the home will still be restricted. Any change in this approach will flow through State of Alaska leadership and part of a coordinated plan for all health facilities.

One of our more recent elders, Mr. Donald Shaginoff recently shared some of his history with me and here are a few of the highlights:

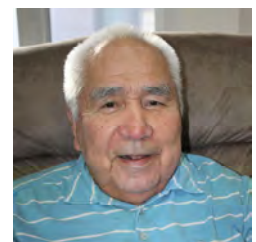
Don was born in what was then the "Sutton Dump" where his mother's cabin was located. His mother had TB and stayed in the Seward sanitarium for 10 years. His schooling included the Haskell Indian School in Lawrence Kansas and he graduated from Palmer High School in 1960.

He had some adventures in life. He spent time in San Francisco with his brothers, setting out on a 100 mile walking trip in Alaska, and being rescued by his dog on a stranded boat in Coyote Lake.

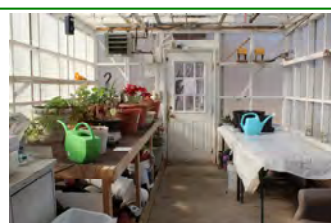
During his working career he was a firefighter, pilot, oil-field worker and driver. Don is still very involved in the Chickaloon Village.



Josh Shaver



Signs of Spring



Make **Grandma** Smile this

Mother's Day



Info from Recreation Department

Dear families and friends,

I hope you are safe and well! Our FaceTime/Skype calls have been going very well. Everyone seems to enjoy them, and while sometimes it may seem like your loved one doesn't know what is happening, we want you to know that after you hang up, they are smiling ear to ear and say how great it was.

As you know we have canceled all outside entertainment/volunteers but more activities will slowly come back next month. These will be led by recreation staff, some volunteer residents & live streaming services.

While we are trying to keep it as normal as possible, we do have to abide by current restrictions. Residents should be 6 feet apart when in a room. We can't sit more than 1- 2 residents at a table. This has been the hardest for them all. They are looking for their regular seat and table mates!

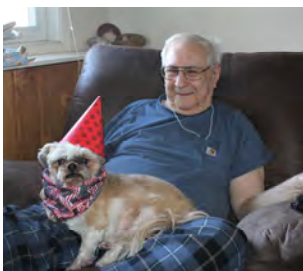
We continue to have sing-a-longs, simple art projects, word games and exercise. On warm and sunny days we've been taking residents on outdoors strolls (1 at a time w/staff). We are also trying to keep the religious connections by offering church services via live stream on Sundays.

We have also been doing a lot of video calls to keep everyone connected. Video conferencing (such as FaceTime and Skye) is a new technology; we ask that you please bear with us as this is new for us too. We would love to FaceTime/Skype everyone every day but that would be our entire day. We try to call when your loved one is most alert. Timing for some might not be possible. (e.g. sleeping, cares being given, etc.)

We have a couple of suggestions for when you connect. First, we've been telling them it's a bad strain of the flu. A virus sounds scary. They understand the flu. Try not to talk about it too much. They will worry about you! Next, this FaceTime thing is odd for them. FaceTime is not their era. It might take a bit for them to understand what is happening. So, what should you do? Speak clearly and loudly. Smile! SMILE BIG! And laugh, just laugh, it's just as contagious as a smile! Try to keep the conversation light. Also, it's hard for some to recall conversations or past events. Reminisce, talk about vacations you use to take, discuss family traditions - keep the conversation fun! Show them your home or a new piece of furniture.

Most importantly, please enjoy your call and know that we are to help.

To schedule a day/time for a video chats, call the recreation department at 761-6530.

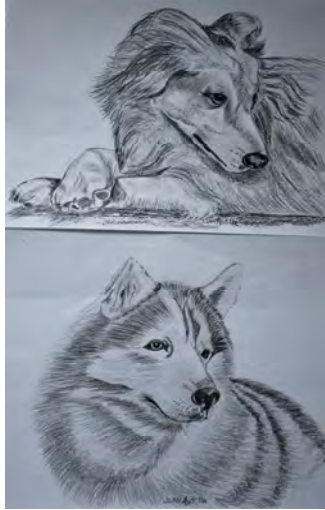


Rich celebrating his friend Woodrow's 11th Birthday. Who do you think had more fun?



Resident Spotlight

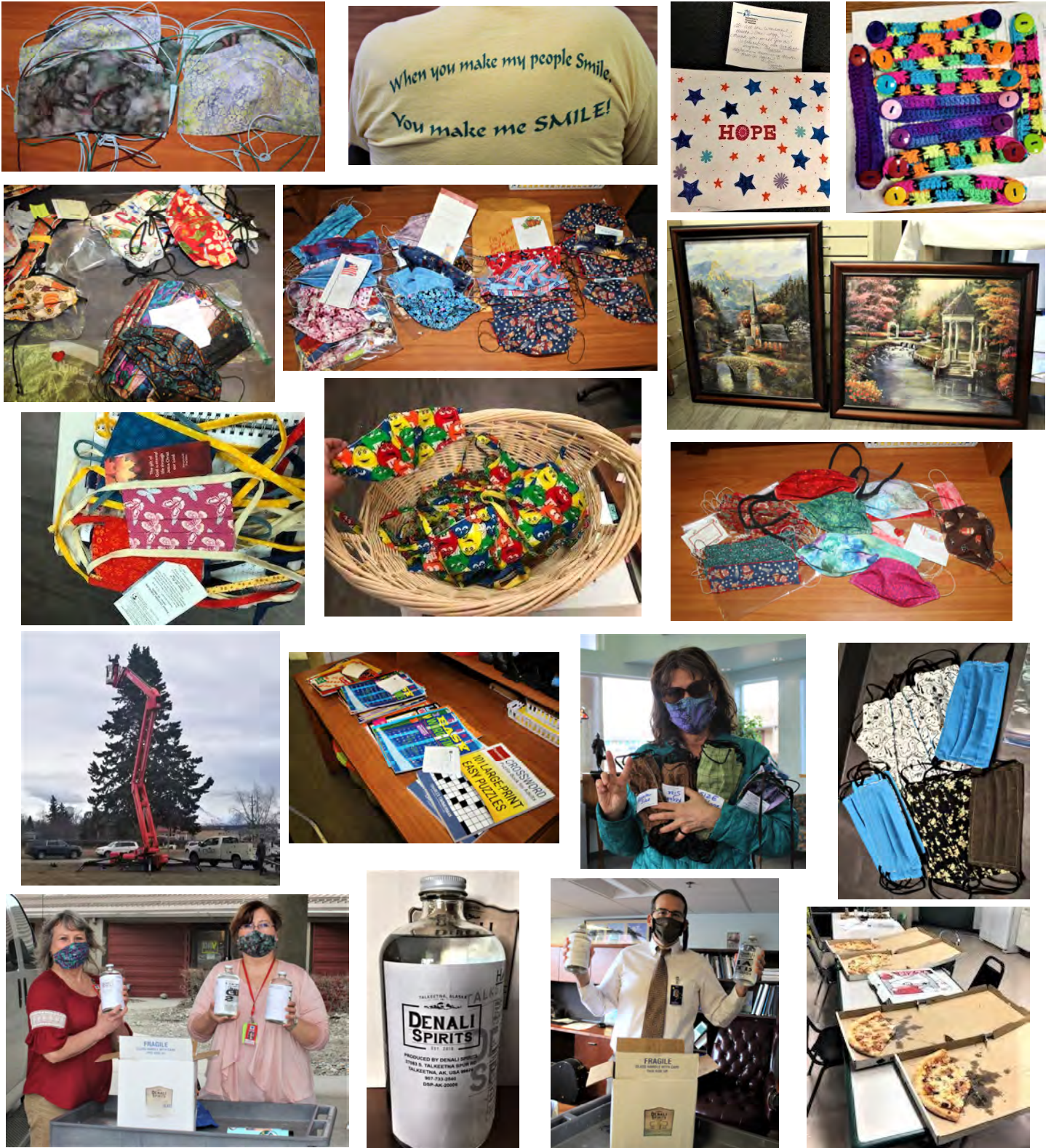
John Antilla



John (left side) and his brother Brian (right side) came to Alaska in 2002. Their plan was to stay for two years, travel around and explore various places. Eighteen years and many adventures later, they are both living here at AVPH. John joined the Marine Corps and served for 8 years. He was originally from Massachusetts but spent a big part of his life in Vermont, working for the city of Burlington for 29 years. He has always enjoyed many forms of creativity and art. The above samples are just a few of his amazing work. He finds it a comforting and relaxing way to spend time. This year he decided to start gardening again and planted tomato plants. He is able to see and spend time with his brother every day. Now that Spring and warmer weather is here, one of his favorite things is taking strolls around outside the home with his brother.

A Great Big Heart-Felt Hug and Thanks to All For Your Time and Donations!!!

(you know who you are, too many to name!)



Easter Gratitude and Celebration



Radio and online Easter Services.



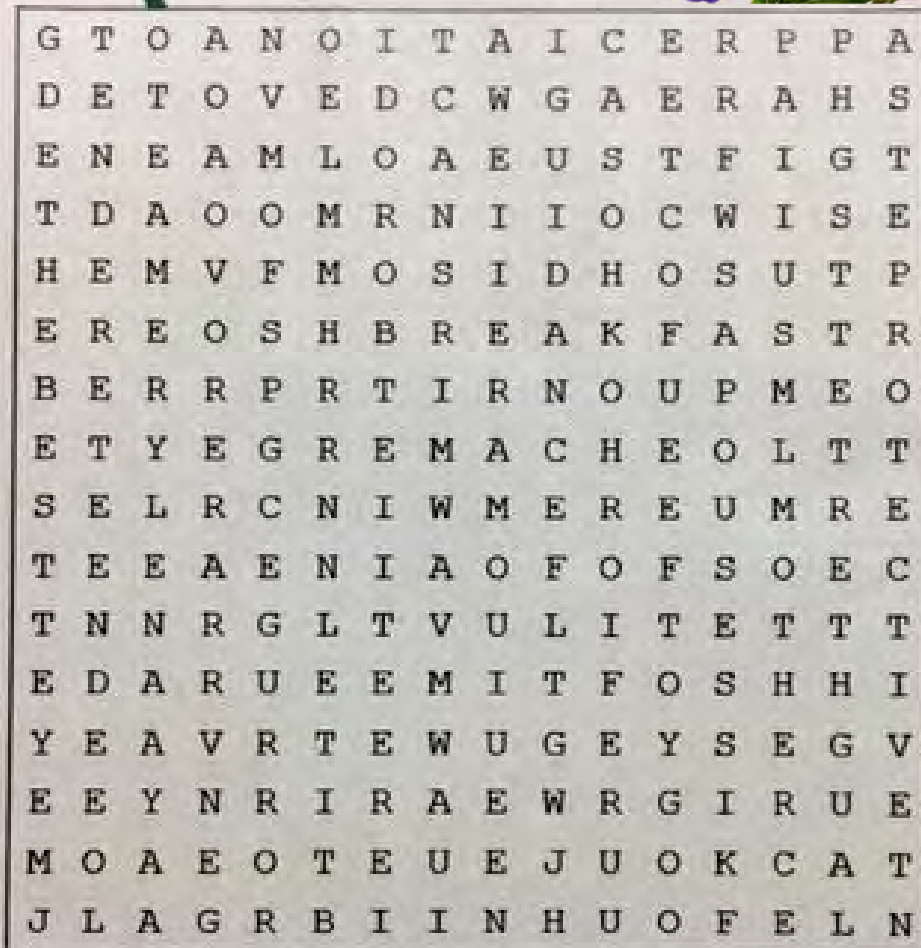
Tracy thank you for sharing your sweet bunnies with us. Kristina thanks for your help with the sharing. Soooo soft!





Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE

