

**November
2018**

Alaska Veterans and Pioneers Home



Activities

- **November 4**
Daylight Savings Time ends Set clocks back 1 hour
- **November 6 @10:00&1:00**
Trip to the Polls
- **November 11 @ 2:00 pm**
Veterans Day Ceremony
- **November 12 Holiday**
- **November 15-16 @ 10-4**
Fall Bazaar & Auction
- **November 17 @ 1:30**
Happy Hour
- **November 21 @ 5:00pm**
Festive Meal and Entertainment by "Moccasin Stompers"
- **November 22 @ 11:30am**
"Thanksgiving Day" Lunch
- **November 29 @ 1:30**
Trip to American Legion

Reminder

Please bring a copy of New Medicare Cards and any new insurance cards to Colleen in Medical Records

From our Administrator

Trick-or-Treat: The snow is here!



Another beautiful and warm month has come to an end with a resounding blast of snow and cold. Many of us love the snow and have been eagerly awaiting its arrival and like most years the trick or treaters will be putting their costumes on over their snow gear.

We had another amazing festive Oktoberfest meal, the food was awesome and the Polka entertainment provided by Ziggy and Friends was amazing! We were sad to hear that after over 20 years of volunteering at this and the Anchorage home that Ziggy will be retiring out of state. We will miss him, but it's good to know that the 'And Friends' part of the band will go on.

Safety reminder: Don't let the snow and ice put a damper on your health this winter. SIMA, the nonprofit organization representing the snow removal industry, has some tips on safe winter walking.

TIP #1: Wear proper footwear. Proper footwear should place the entire foot on the surface of the ground and have visible treads. Wear ice cleats when necessary.

TIP #2: Accessorize to see and be seen. Wear a bright coat or scarf so that drivers can easily see you.

TIP #3: Plan ahead. While walking on snow or ice outdoors, walk consciously. Look up and see where your feet will move next to anticipate ice or an uneven surface. Occasionally scan from left to right to ensure you are not in the way of vehicles or other hazards.

TIP #4: Anticipate ice. Be wary of thin sheets of ice that may appear as wet pavement (black ice).

TIP #5: Avoid shortcuts. Shortcuts are for those in a hurry, but are a bad idea with snow and ice on the ground.



We also had a wonderful heritage week celebration this past month and everyone, from elders, visitors and staff did an amazing job to make this a fun week. Let's plan on doing this again next year!

November is a big month, as a Veterans and Pioneer Home, we always expect a lot of guests and well-wishers to honor our many former servicemen and women on Veterans Day on Sunday, November 11th this year. I want to send out an early and heartfelt thank you to all who have served.



**The Alaska Veterans and Pioneers Home
Veterans Day Ceremony
Sunday, November 11 at 2:00 PM**

Please join us to honor our Veterans at the Veterans Day Ceremony. A roll call of our Veterans and branches of service will be read.

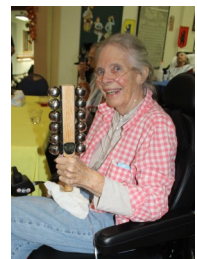
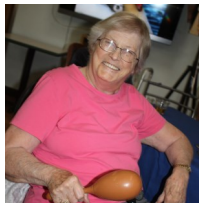
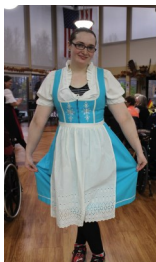
This is a wonderful time to thank our Veterans and let them all know how much we appreciate them and their service to our country.

There will be refreshments served after the ceremony



At the October Resident Council Meeting, Ron Siebels and Josh Rebak from the Military Order of the Purple Heart, presented the residents with a gift of a computer. It was a very generous gift which the residents are very thankful for!

October Festive Meal



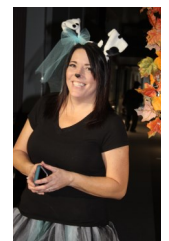
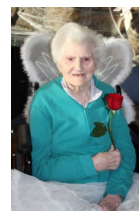
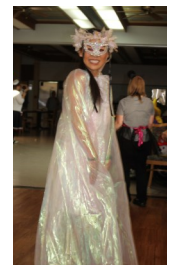
“Ziggy and Friends” provided the entertainment at October’s Festive Meal. We clapped along, played percussion instruments and danced to the lively tunes. We also enjoyed a German Octoberfest themed meal. It was a toe tapping good time!

Heritage Celebration Week



October 8-12 we enjoyed a week of Heritage celebrations. The first day was Heritage Display Day and the displays stayed up all week. We also had a Heritage Dress Day, a Heritage Potluck, a Heritage Dessert Day and a Heritage Open Mic Day. It was very interesting learning about others cultures and traditions and it was great to try all the food and desserts too!

Halloween Costume Parade and Party



The Halloween Costume Parade and Party was well attended by residents, family, friends, and staff. There were tricks and treats, costumes and candy. This is just a small sample of the many great costumes worn at the party.

Have a Nice Day

By Stan Parrott

Only good can come from pleasant thoughts

So take advantage of this fact

And throw any bad thoughts away.

Remember always take advantage

Of every opportunity to have a nice day.

Pleasant thoughts are not expensive

While bad thoughts can cost you plenty.

So- just throw the bad away

And tell yourself the good is here to stay.

A smile is contagious.

So take every opportunity

To make someone else's day.

Just smile and wish them well,

Be pleasant, it's contagious

And Gee Whiz, what does it cost?

Nothing so to speak

Except perhaps a warm feeling within

That will help you keep

A pleasant friendly grin-

For the next person you encounter

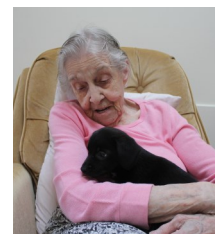
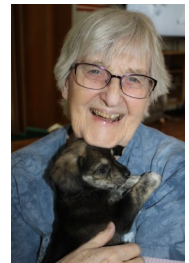
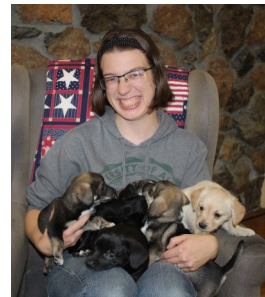
And what a nice place to be

Where everyone is Happy

So-Have A Nice Day



Puppy Love



What a fun time when a volunteer brought in a basket full of puppies for some "Puppy Love"!

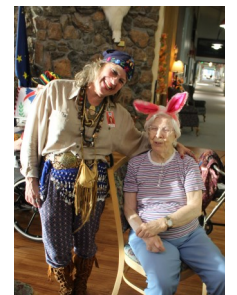
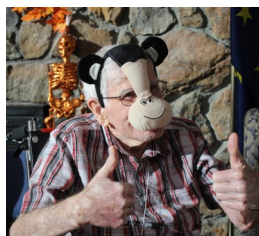
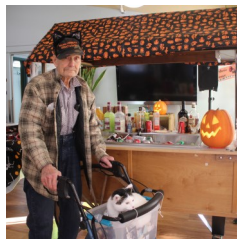


Art Class with Madonna

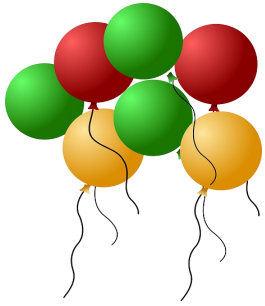


The residents enjoy the opportunity to be creative during the Art Classes with Madonna on Saturdays @ 1:30.

Happy Hour



The Halloween themed Happy Hour was a lot of fun and a good time to visit and enjoy each others company. The Kitchen provided some yummy snacks and there was some music and story telling too.



HAPPY BIRTHDAY



November Birthdays

Residents

11/11 Martin Ondra

11/12 Bruce Langmaack

11/13 Bill Brokaw

11/25 Hallie Dixon

1/28 Bea Turner

11/30 John Peirce

Employees

11/01 Vallarie Rodakowski

11/02 Madonna Gerber

11/05 Susan Fithen

11/10 John Dawson

11/11 Caitlin Hensel

11/21 Brandy Romer

11/22 Cindy Morrow

11/25 Joanne Ingraham

11/26 Emily Ekstrand

11/26 Felicidad Gelting

11/27 Richard Byers

11/28 Angila Chatterley

11/28 Joshua Shaver

Welcome

New Resident



Darrell Boggess

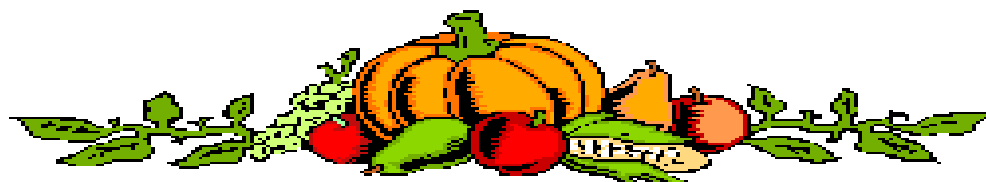
New Employees



**Monica Owen
CNA**



**Charlotte Chappell
Kitchen**



HAPPY THANKSGIVING!