

January
2020

Alaska Veterans and Pioneers Home

250 E. Fireweed Ave, Palmer, Alaska



From our Administrator



Joshua Shaver

Roaring into 2020!

I was explaining to some younger relatives that 100 years ago our nation experienced an economic, technological and social boom that was known as the roaring twenties. Another trend of the 1920' was mass migration from the South to the North and West. A few of you were born or were small children during the original 20's and now get to see what the 2020's hold. We certainly hope our nation continues to prosper in the foundation that our elders such as you have laid down. With some climate changes we may see some more northward migration into Alaska as well.

Resolution time:

- Be sure to apply for your PFD and file taxes (see social services for help)
- Exercise and eat healthy (see the activity calendar for Yoga and walking groups, also make use of the gym).
- Exercise your mind – reading, puzzles, writing are all great ways to keep your mind sharp
- Be kind to one another and the best version of you this year has to offer.

A friendly reminder for family members, please dial the resident's direct phone line or call our front desk directory. The floor RN cell phone needs to be available for emergencies only.



Christmas Around The Home



Saturday Social - Happy Hour



Eagle River Lions Club



Jan and Mike Sherry and the Knitters Group



←
Mat-Su Treble Makers
Teeland M.S. Swing
Choir
→



Palmer
Colony
Christmas



There was a lot happening at AVPH during Colony Christmas in Palmer. We hosted the Gingerbread Houses competition, the Reindeer train and other fun activities.

Jack White R.E. Christmas Party



For over 20 years, Jack White Real Estate has been hosting a wonderful Christmas party for our home. They generously give each resident a personalized gift and this year they gifted the home 4 TV headsets which will be used on an everyday basis. Adele Morgan provided live music and entertainment. We appreciate their thoughtfulness and generosity.

Residents enjoyed a New Year's Eve "Tom and Jerry" Party hosted by the Elks Club. What a fun way to say good bye to 2019 and welcome a new decade!



Resident Spotlight **Wayne Merrill**

Wayne has been wood burning for only about two years. He had made the walking sticks before and then decided to add details to them. His latest project is wood burning the Lazy Susans used on the dining room tables at AVPH.



Happy Activity Professionals Week 2020!!

National Activity Professionals Week was created to acknowledge the contributions Activity Professionals play in providing an enriched quality of life for adults residing in retirement communities, nursing facilities, assisted-living facilities, memory-care facilities, and senior centers. This year, National Activity Professionals Week is January 21-24.

We thank our recreation team at AVPH. Celia, Joanne, Melody, Mitch, Madonna and Melonna.