



Alaska Veterans & Pioneers Home

THE GOLDEN TIMES



ISSUE NO. 7—AUGUST, SEPTEMBER & OCTOBER 2010

Summer

& Fall

November Events:

- *Wed. 10th—Shopping Trip to Wal-Mart*
- *Thurs. 11th—Veterans' Day*
- *Wed. 17th—Festive Meal & Entertainment*
- *Thurs. 18th—Thanksgiving Crafts*
- *Wed. 24th—Nutcracker Ballet in Anchorage*
- *25th—Thanksgiving Day*
- *Mon. 29th—Sing-A-Long in Mt. View T.V. Room*

**Attention: If you are planning on dining with a resident, please contact the kitchen at ext. # 543 or Recreation at ext. # 538.
Thank you!**

Colors of Summer at AWP...



Palmer Senior Center Groundbreaking 8-04-10



Despite the chilly, blustery day, the Palmer Senior Center groundbreaking ceremony was a remarkable success. Several AVPH residents made their way there with staff by wheelchair or on foot as the new site location was close by. Also, in attendance were many state and local dignitaries. These included Alaska Governor Sean Parnell, State of Alaska Legislators and State of Alaska Senators. In addition, the Palmer Senior Center Board President and former Palmer Mayor, John Combs engaged in friendly greetings and conversation with the residents and other guests following the groundbreaking ceremony. The Palmer Senior Center wishes to acknowledge a very generous contribution of \$1,000,000 for construction, bestowed upon them by Mat-Su Health Foundation. On behalf of Mat-Su Health Foundation, their Executive Director, Elizabeth Ripley was present to make the contribution presentation and to address our growing senior population. The Mat-Su Borough leads the State of Alaska in senior population growth and leads the Nation in senior population growth. Mat-Su Health Foundation strongly supports our Alaskan seniors and supports the diverse services the Palmer Senior Center offers the Valley senior residents. They believe the \$1,000,000 construction contribution for the new Palmer Senior Center, is a well placed investment for our community and its seniors. AVPH residents enjoyed their participation at the event and resident June Leibing who was heavily involved with the Palmer Senior Center for many years was also present for the ceremony. This event is a marker for Palmer residents of growth, unity and strong community involvement and sharing. We look for this new structure to facilitate many more years of this for our seniors and their families and friends.

Bakers Bunch 9-09-10



AVPH residents along with staff enjoyed a busy, fun-filled afternoon preparing and baking apple pies from fresh apples picked from our own trees in AVPH's backyard. Pictured above are residents Kay Losiewski, Montean Hobbs, Thelma Thomlinson and Francis Jones (He wasn't afraid to be outnumbered as the only male in the room! Now that proves his love for baking)! AVPH Administrator, Lynda Garcia shows how diversified her job can be and joins in with a spirit of fun and a smile. Celia from Activities heads the baking event and Linda from Housekeeping happily joins the group conversation and lends a helping hand. It was a delightful time spent together!



Next on the menu...Homemade APPLE BUTTER! Yummm! Theresa from Activities and AVPH Administrator Lynda Garcia make mouth-watering apple butter with residents Kay Moor and Helen Jackson. 9-27-10



AK State Fair Prize-Winning Baking!

1. From scratch...



2. To oven...



3. To AK State Fair



Above—Francis's homemade bread which won a 3rd place ribbon. Nicely done Francis!



Francis Jones, a proven home baker, utilizes the AVPH mini-kitchen often. Here he prepares and bakes a raspberry pie. Nothing goes to waste as he creates raspberry syrup and a cinnamon crisp with the extra pie crust dough and filling. Theresa from the Activities Department assists him. Francis also won a third place ribbon on his homemade bread! Congratulations Francis!

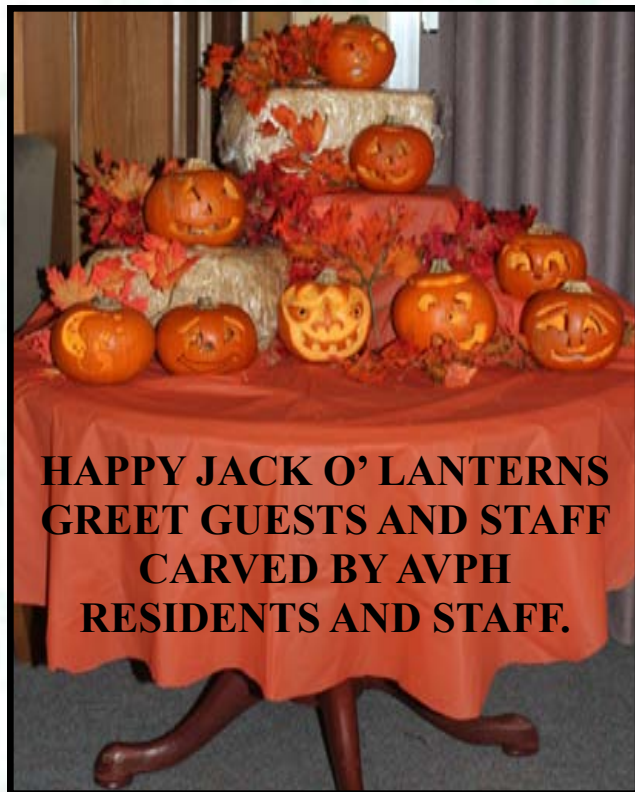
Pinnacle Mountain Café 9-23-10



Pinnacle Café visits have evolved into an ongoing summer/fall tradition for the our out-to-lunch excursions. The vast menu offers fresh, homemade delights. The residents and staff savor a favorite... the hot, delicious fries, cut from locally grown spuds.

Think Pink!

October was **Breast Cancer Awareness Month** and AVPH was proactive on getting the word out to our home and community about the risks of breast cancer. The display table consisted of informational brochures and acknowledgment of breast cancer survivors' hard won battle with breast cancer. We will continue to be a part of this cause within our community...



HAPPY JACK O' LANTERNS GREET GUESTS AND STAFF CARVED BY AVPH RESIDENTS AND STAFF.

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... Coming home