At Your Leisure

ARIZONA STATE
VETERAN HOME
4141 N. 3RD STREET
PHOENIX, AZ 85012

November 2009

Resident Of the Month

This month we are pleased to announce the most popular, well-known and vivacious resident here at the home as our Resident of the Month (drum roll please) Stewart Mathews! Stewart came into this world in the lovely town of Brooklyn, New York. His father worked for the CIA. Stewart has an interest in intelligence, history and political ideas. He states he follows no definitive political. He is pleased to have met John McCain and Janet Napolitano. Ask him about current issues and he will give you an earful!

Some accomplishments Stewart has achieved include graduating from college without having graduated high school (at the University of Colorado). Stewart minored in history and majored in business. With trivia and history, Stewart has quite a reputation for knowing his stuff! He enjoys American Civil War history and his family fought for the Confederates. There will be a trivia competition November 14th at the Veterans Home and Stewart promises to be a tough one to beat!

Stewart is very pleased to be the father of a son named Shawn who also has a military history and learned music while on active duty. Stewart would love to live with his son, and makes visits to see John whenever possible. Stewart states he loves life and wants to be remembered for being honest. He dislikes bullies.

Stewart has many hobbies and interests. He loves writing, poetry, reading, and learning new things. He collects coins and pins and has quite a collection. Stewart's favorite sports teams are the Denver Broncos and the St. Louis Cardinals. He is always up for an all-American game of baseball or football as well as other sports including NASCAR racing which he looks forward to attending whenever possible.

One of Stewart's favorite hobbies is photography and scrap-booking. He takes great efforts to document activities and the lives of other residents, staff and volunteers at the ASVH as well as those he comes in contact with socially. He has many photograph albums and has donated some to the recreation department to be viewed and loved by all residents. He is very kind and loving, enjoying the opportunity to recognize others, give gifts, or teach and talk to others to show he cares.

Stewart is a Vietnam Vet and tells us he "loves this place. It is much better than a nursing home." He desires to continue to live and love life the way he currently does. He states he will, "live just as long as I can." We're right there with you through the years Stewart, and congratulate you on being November's, "Resident of the Month

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Candy Covarrubiaz
Editor

Family Council

Please join the families of the ASVH at the monthly Family Council Meeting that occurs every third Saturday of the month at 10:00 a.m. in the Training Center. This a time for the families of the ASVH to come together to try and resolve issues, express concerns, share ideas on how to improve the lives of our veterans, as well as be a support system for each other.

We welcome you to participate and help define the Family Council. The next meeting will be November 21, 2009 and our guest speaker will be Donnalene Dzatko, General Manager for Home Instead Senior Care.

If you would like more information about the Family Council or you are a family member who is not receiving the Family Council letter please give us a call at 602-248-1550 and we would be more than happy to assist you.

Thank You,

Family Council

Volunteer Information

VOLUNTEERS ARE NEEDED FOR ON-GOING ACTIVITIES:

Tuesday & Saturday Music/Sensory Group:	10:00 – 11:30 a.m.
Thursday Bingo:	1:30 – 3:15 p.m.
Friday Afternoon Card Games:	1:30 - 3:30 p.m.
Morning Park Walks:	9:00 - 11:00 a.m. (any day)

SPECIAL TASKS:

We need a volunteer to string our fishing poles.

Volunteers are needed to provide and cut metal squares to be hung on the bulletin boards so residents may hang magnets on them. Approximate size is 8" x 10".

For further info on recreation volunteer programs contact Leslie Goin at 602-248-1575 or lgoin@azdvs.gov Please check out our calendar of events on our web site www.asdvs.gov Volunteers are welcome at any of our activities.

NEXT VOLUNTEER ORIENTATION

Is Saturday November 21st at 10:00 a.m.- Contact Michelle Doherty to attend our next volunteer orientation at 602-512-2954 or mdougherty@azdvs.gov

Wish List

Thank you for your interest in making a donation to the Arizona State Veteran Home. Donations may be brought directly to the home at 4141 N. 3rd Street, Phoenix, AZ 85012. Checks may be made payable to: Veterans Donation Fund, and mailed to the home, attention: Leslie Goin. For further information you may contact Leslie at 602-248-1575

- Ice Cream Sundae Toppings (syrups, sprinkles, pick up your favorite next time your are in the grocery store!)
- Non-Alcoholic Beer
- Soda Pop (variety of flavors, regular and sugar free) Brand New T-Shirts with funny attention grabbing sayings or pictures (Medium, Large, X-large, XX-Large)
- Brand New Socks
- Brand New Lounge Pants, soft cotton blends (Medium, Large, X-large, XX-Large)
- Brand New Button Down Sweaters (Medium, Large, X-large, XX-Large)
- Base Ball Caps
- Warm Knit Ski Caps Gift cards to local fast food restaurants
- Chocolate Candy Bars
- Pins (such as Flags, funny sayings, pictures etc to wear on baseball caps)
- Badges that can be sewn on vests
- Organizations to host a meal at our facility for one hallway of residents (25 Veterans). Your group could either bring in a meal cooked at your post or order in from a fast food restaurant.
- Hospital grade Television Sets (please call Leslie before ordering to make sure we order TV's that are compatible with our call light system.
- Bottles of Flavorings for Shaved Ice
- Cigarettes for indigent Veterans
- Stock Cars: 1/24 size and Decorations for our new Stock Car Track (trees, buildings, etc)
- Tricycles – Adult Size
- Fishing Poles and Gear (We need to upgrade our old fishing gear with entirely new equipment)
- Digital Cameras and tripods
- Monocular on a tripod
- Mural Design for 2 large van/buses
- Leather Vests (Medium, Large, X-large, XX-Large)
- Patches to be sewn on leather vests representing the Military Branches

Donations

Cooties Pup Tent 14

Washington Garden Club

VFW Post 7507

American Legion Auxiliary Sun City West Unit 94

Clyde E. Cessna

VFW Post 3513

Leonard Lazoff

Military Order of the Cooties, Aux.14

American Legion Post 2

Florence Baptist Church

L & B Inn, Florence

Coolidge/Florence Elks Lodge 2350

Coolidge Cleaners

Garrett Motors

Coolidge Family Dollar

Coolidge M&M Feed

AZ. Dept. of American Legion Auxiliary

Arizona National Guard, Team Sun Devils

B.P.O.E.

Robert Ferris and Raleigh Brumfield

Legion Riders Post 27

American Legion Auxiliary, Cave Creek

Mike and Marty Lawson

JoAnn Farrer

Dan Campbell

Orchid Society of Arizona, Inc.

Margot Heskett

Apache Trail ASDAR

David and Chris Frappier

Warehouse Food Pantry

Old Pueblo, Florence

Coolidge Chamber of Commerce

Harlows

Tate's East Valley Ford

Big Wes's Coffe House

Debby Kopchak

Women's Auxiliary to the M.O.C.

Mona Constance

Home Depot, Chandler, AZ

Rick Moore, Music Department

Resident Birthdays

Henry M Buretz	11/01
Gerald R Bradford	11/02
Daniel D Silashki	11/03
John Sayre	11/03
Flynn C Kelly	11/05
Walter A Meyer	11/05
Ralph M Hayman	11/08
Joseph A Totusek	11/14
Robert J Biship	11/14
Jack C Wiechert	11/15

Larry G Paige	11/15
Michael R Peed	11/15
George H Jamieson	11/16
Leo D Murray	11/21
Lee H Rodgers	11/22
Chester L Venter	11/22
Paul T McDonald	11/22
Charles A Barkley	11/24
Francis McDonald	11/26
Deborah Stripling	11/30

VFW Employee of the Year

The Arizona State Veteran Home would like to thank the VFW for allowing this opportunity to recognize and honor Mrs. Lori Mills as the Arizona State Veteran Home as their Employee of the Year. Lori started at the Arizona State Veteran Home as a Certified Nursing Assistant in 1995 and was promoted to their Staffing Coordinator in 2001. A staffing coordinator is probably the hardest job there is in a nursing home. Lori has to keep a 200 bed nursing home staffed 24 hours a day, 7 days a week. She has to walk a the tight rope between the hard line of requiring people to come in and work their shift and the soft line of asking these people for a favor by filling in a vacant shift. When asked how she does it, she just replies "I love a challenge and find it very rewarding to get all the slots filled when someone calls in sick".

The Veterans rely on Lori Mills to do an outstanding job. She is not allowed to do anything less than a perfect job, since 200 veterans count on her everyday to keep the nursing home fully staffed. The nursing staff themselves say that Lori is a person they respect and that she has developed such a good rapport with all of them that they understand the need to pitch in when she calls.

Her supervisors say that Lori is one of the reasons this home runs so efficiently. They credit her with the ability to keep the nursing staff happy and committed to their schedules. Lori's love for a challenge makes her the best suited person for this demanding and stressful job. She always rises to the occasion, working a varied schedule to ensure that her job gets done. Lori's husband Les needs to also be recognized as he is extremely understanding of her need to take phone calls all hours of the day and her need to be at work some weekends to ensure all shifts are covered.

The Arizona State Veteran Home is proud to count Lori as one of their employees and is grateful for her outstanding organizational skills, her easy going approach to a stressful job and her diligence in assuring that the Veterans in this home receive the quality of care that they deserve through her role as Staffing Coordinator.

Important ASVH News

Administrator Thomas Creager just announced that Arizona State Veteran Home (ASVH) has opened a twenty five bed wing designed to provide rehabilitative services to veterans.

Seven days a week Physical therapy, Occupational therapy and Speech therapy are available and provided in the Home's rehab gym. Therapeutic activities include muscle electrical stimulation to assist with returning function, ultrasound to decrease pain, diathermy to increase healing and therapeutic exercise. The Home's experienced Social Service Staff provide help with returning veterans to their homes following rehabilitation.

The Arizona State Veteran Home (ASVH) is the 200 bed Medicare certified skilled nursing facility located at 4141 N. Third Street, Phoenix, Arizona. This is the State owned Home located a short walk across the parking lot from Veterans Administration Medical Center. Both ASVH and the VA Medical Center provide health care to the veteran population of Arizona.

Veterans Day

We welcome everybody to join us here at the ASVH at 11:00a.m. to celebrate Veteran's Day. There will be a ceremony and Arizona Governor Janice K. Brewer will be in attendance.

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 11am Catholic Mass (VA) 11am Protestant Services (D-1) 2pm Blue Bingo and Ice Cream LH	2 10am Coffee House 2pm Bingo with Sun City Elks LH	3 10am Strength Training D-2 2pm Story Telling LH	4 10am Cameo Club Performs LH 2pm Neighborhood Council 4pm Sun City Elks Dinner Outing	5 9am Bible Study LH 11am Rosary LH 2pm Happy Hour! Games and Food LH	6 11:40 am Concert Leon Littleton C-2 2pm Bingo Party with KT Consulting LH	7 10am Bingo LH 11:15am Pet Visits –HOV 11:20am Concert Mary Stuart D-1 2pm American Red Cross
8 11am Catholic Mass (VA) 11am Protestant Services (D-1) 2pm Blue Bingo and Ice Cream	9 10am American Legion Sing A Long 2pm Phoenix Elks Bingo	10 10am Strength Training D-2 2pm Food Committee LH	11 9:30am Band Begins Playing (Front Portico) 9:30am –1:30pm Veterans Day Parade & BBQ	12 9am Bible Study LH 11am Rosary LH 2pm Blue Ticket Bingo LH 6:15pm Poker & Game Night LH	13 10:45 Concert: Todd Hagan D-2 2pm Happy Hour Games and Food LH	14 10am Bingo LH 11:15am Pet Visits -HOV 2pm trivia Competition w/ Kristin LH
15 11am Catholic Mass (VA) 11am Protestant Services (D-1) 2pm Blue Bingo and Ice Cream LH	16 10am Coffee House 2pm Concert Leon Littleton and Ice Cream Social LH 7pm American Legion Bingo LH	17 9am Outing Apache Junction for lunch & Bingo 10am Strength Training D-2 2pm Story Telling	18 10am Craft Group 2pm Ice Cream Social with ST micro-electronics	19 9am Bible Study LH 10:15 am Strength Training D-2 2pm Blue Ticket Bingo	20 11:40am Concert: Dave Swaim C-2 2pm Happy Hour Games and Food LH	21 10am Bingo LH 11:15am pet Visits-HOV 2pm Song Writing "we are thankful"
22 11am Catholic Mass (VA) 11am Protestant Services (D-1) 2pm Blue Bingo and Ice Cream LH	23 10am Phoenix Art Museum Slide-show 2pm Phoenix Elks Bingo LH	24 10am Strength Training D-2 12pm Bring in Lunch for residents	25 10am Craft Group C-2 2pm Birthday Party with Frank Mackay LH	26 9am Bible Study LH 11am Rosary LH 2pm Blue Bingo Ticket LH	27 10:45am Concert: Frank Mackay D-2 11:20 Concert Hired Hams 4pm Phx Elks Fish Fry outing	28 10am Bingo LH 11am Cooties Pup Tent #14 Visit Units 2pm Winter and Christmas Sing A Long LH
29 11am Catholic Mass (VA) 11am Protestant Services (D-1) 2pm Blue Bingo and Ice Cream LH	30 10am Tri West Holiday Party LH 2pm Phoenix Elks Bingo					

Holiday Decorations Guidelines

Christmas Trees: Please be sure they are artificial and no more than 2 feet tall. Please do not decorate with any electric lights; you may use lights if they are battery operated. An amaryllis bulb is a nice substitute for a Christmas tree.

Hanging Decorations: The Fire Marshall limits the amount of wall space that can be covered so we ask that no decorations are hung on the ***walls, doors or ceilings***. Our doors are the first line of defense against a spreading fire so we must leave them clear of any decorations. Please feel free to decorate bulletin boards or to bring in picture frames or other small items for their dresser or tray table.

Menorahs: We are not allowed any open flames, Electric Menorahs will be provided at each Nurse's Station. Personal Menorahs in rooms should be battery operated. We are not allowed to have wax candles in the facility.

Thank you all for making this 2009 Holiday Season a safe and happy one for the Residents of ASVH. Family and Friends are always welcome to celebrate the Holidays with us at our numerous parties. Here are a few of the upcoming Holiday events: Nov. 18th 2:00 pm STMicroelectronics Ice Cream Social; Nov. 26th 11:00 am Thanksgiving Day Appetizers; Nov. 30th 10 am Tri West Holiday Party; Dec. 1st 10:30 am Holiday Concert with the Valley Voices; Dec 2nd 5:00 pm American Legion Post 2 Holiday Meal; Dec. 6th 12 noon American Legion Riders Barbecue; Dec. 8th 1:30 pm Vietnam Veterans Chapter 1011 gift bag hand distribution; Dec. 9th 5:00 pm Phoenix Elks Post 335 Holiday Dinner; Dec. 10th 2:00 pm Holiday Caroling and Games by Go Vig Sr. Care; Dec. 12th 2:00 pm Holiday Party by 187th Airborne RCT Grand Canyon Chapter; Dec. 15th 2:00 pm Phoenix Elks gift distribution; Dec. 16th 2:00 pm Monthly Birthday Party; Dec. 19th 2:00 pm Riders USA Holiday Party; Dec. 24th 2:00 pm Resident's Winter Holiday Variety Show (not to be missed!).

Recreational Therapy Department Spotlight

By Leslie Goin

The Volunteer program has expanded its services to include Concierge Services. This includes being a greeter at our front door, answering telephones on weekends/early evenings and accompanying Veterans to medical appointments next door at the hospital. Taking a Veteran to a ball game sounds like a lot of fun, but assisting one of America's Heroes to a Dr's appointment surprisingly turns out to be way more rewarding. As one of our volunteers, Madylon stated "The best day of my week is the day I spend here at the Veteran's Home". There are moments when the greeter at the front door is the most important person in our Veteran's lives. As the Veteran comes out front to start the day, this greeter is the one who offers a ray of sunshine in their smile. It is the greeter who offers an encouraging word to a family member to keep visiting even if the Veteran may no longer recognize them. We must never under estimate the impact of a kind word or smile. Greeters at our front door set the tone for a joyous day. A familiar face at the medical appointment often is enough support to help our Veterans 'Keep On Keeping On'. If you would be willing to help out with this new and vital program please call Ray Nevarez at 602-370-5793 or rnevarez@advs.gov

We want to honor one of our long standing volunteers Keith Collier this month. Keith assists with the Bible Study every Thursday morning and has been a volunteer for over 7 years. Not only is his commitment amazing since he shows up week after week, but it is truly an accomplishment considering the fact that Keith is now in his 90's!

We realize how important volunteers are to the success of the Arizona State Veteran Home. In order to further expand our program we have put together a team to coordinate our Volunteer Program. Please welcome Ray Nevarez as the Concierge Services Coordinator and Michelle Doherty as our Volunteer Trainer.

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Thomas Creager

Administrator