



KODIAK SENIOR CENTER

NEWSLETTER

April 2024

302 Erskine Ave
Kodiak, Alaska
(907) 486-6181

www.kodiakseniorcenter.org

Director's Door

Hello All! In this month's newsletter, you will find our annual program survey again. If you didn't have time to submit feedback last month, we would love for you to contribute your thoughts this month. The deadline is April 30, 2024. We provide these surveys each year to make sure the services being delivered make a positive difference in seniors' lives. We, the staff and the Board of Directors, take your answers seriously and read through each response. We want to make sure our services are assisting you to stay healthy so you can remain living independently. Please know we also take feedback at any time throughout the year – written or in person; just know our doors are always open.

State of Alaska grants are due this time of year, for FY25. We rely on four State of Alaska grants to help support our programs; these include Nutrition, Transportation and Support Services (NTS), Adult Day Services (ADS), Senior In-Home (SIH) and National Family Caregiver Support Program (NFCSP). One of our competitive grants this year is for our Island Cove Adult Day Program.

All Island Cove program services and activities are designed so that participants will receive physical, emotional, and cognitive impairment support and are delivered in a person-centered manner that promotes optimum mental and physical functioning in a safe and secure environment. The target population for adult day services are persons of any age who have Alzheimer's Disease or related dementias (ADRD), persons 60 years of age or older who experience functional impairments, and adults 18 years of age or older with similar disabilities and service needs to older Alaskans who are at risk of institutionalization. If you know someone who would benefit from Island Cove, please contact us to learn more.

As the snow and ice get closer to melting away, and flowers start to come up, we can look forward to warmer weather and more light! As Doug Larson said, "Spring is when you feel like whistling even with a shoe full of slush." Please come by and visit us at the senior center and join in on all the fun.

Hope to see you soon!

Amy

News from the Board

Happy Spring! Attached to this newsletter you will find our annual survey. If you didn't have time last month to complete it, please take the time to fill this out and give feedback. While we wait for the annual survey results, the Board of Directors is reviewing their annual action plan. This plan guides the Board in keeping on track with a plan for the year and tracks those plans so achievements can be made. Happy spring to each of you. Thank you for your membership and general support.

Board Members:



Bill Oliver, President

Susan Brockman, Vice President

Tina Hoen, Secretary/Treasurer

Charles Barber

Ralph 'Skip' Bolton

Joyce Gregory

Nenita Nicolas


Betty Walters

Dr. Alan Wolf

This agency is supported through funding from the Division of Senior and Disabilities Services, American Seafoods Company, CHARR, City of Kodiak, Kodiak Island Borough, Providence Alaska Foundation, & Rasmuson Foundation. We also greatly appreciate the generous donations recently made by Leonard & Carolyn Heitman, Bear Garden Fisheries & Pioneers of Alaska.



The senior center is located at 302 Erskine Ave.
(907) 486-6181 | www.kodiakseniorcenter.org

April 2024

Mon	Tue	Wed	Thu	Fri
1. Baked Ham Au Gratin Potatoes Spring Vegetables Dessert Soup & Salad	2. Chicken Adobo Steamed Rice Stir Fry Vegetables Dessert Soup & Salad	3. Pork Loin Chops Potato Wedges Applesauce Chef's Choice Vegetables Dessert Soup & Salad	4. Hot Turkey Sandwich Mashed potatoes & Gravy Peas & Carrots Dessert Soup & Salad	5. Salisbury Steak Egg Noodles Chefs Choice Vegetables Dessert Soup & Salad
8. Roast Pork Macaroni & Cheese Brussel Sprouts Dessert Soup & Salad	9. Beef Stroganoff Buttered Noodles Green Beans Dessert Soup & Salad	10. Spring Luncheon Cornish Game Hens Wild Rice Asparagus Special Dessert No Soup or Salad	11. Spaghetti w/ Meatballs Zucchini Garlic Toast Dessert Soup & Salad	12. Seafood Pasta Delight Mixed Vegetables Dessert Soup & Salad
15. Oven Fried Chicken Scalloped Potatoes Sweet Corn Dessert Soup & Salad	16. Meatloaf Mashed Potatoes & Gravy Broccoli Florets Dessert Soup & Salad	17. Pulled Pork Sandwich Sweet Potato Fries Coleslaw Dessert Soup & Salad	18. Baked Manicotti Italian Style Vegetables Garlic Bread Dessert Soup & Salad	19. Fish & Chips Broccoli Salad Dessert Soup & Salad
22. Stuffed Cabbage Rolls Mashed Potatoes Green Beans Dessert Soup & Salad	23. Coconut Shrimp French Fries Carrot & Cabbage Slaw Dessert Soup & Salad	24. Lemon Chicken Fried Rice Asian Vegetables Egg Rolls Dessert Soup & Salad	25. Birthday Luncheon Swedish Meatballs Buttered Noodles Vegetable Medley Dessert Soup & Salad.	26. Rockfish Tacos Spanish Rice Mexican Corn Dessert Soup & Salad
29. Hawaiian Pork Macaroni Salad Corn on the Cob Dessert Soup & Salad	30. Chicken Salad Sandwich Chips Tomato Bisque Soup Dessert Salad			

1% milk, full strength fruit juice, salad and bread served daily. Menu subject to change without notice.

April 2024

Mon	Tue	Wed	Thu	Fri
1 Yoga 9:30 am With Veronica	2	3 Qigong/Tai Chi 9:30 am Games 1 pm	4	5 Foot Clinic 10 am to 12 pm Whippersnapper 1 pm
8 Yoga 9:30 am With Veronica Safeway App. 1 pm	9 Social Security Tele- conference at Job Ser- vice 9 am to 11:45 am Chinese Brush Intro- duction 1pm	10 Qigong/Tai Chi 9:30 am Trivia 12:30 pm Games 1 pm	11	12 Foot Clinic 10 am to 12 pm Whippersnapper 1 pm
15 Yoga 9:30 am With Tracy Movie and Popcorn 1 pm 'Summer Vacation'	16 Nat'l Healthcare Decision Day event 10 am -4 pm Presentation at 12:30 pm	17 Qigong/Tai Chi 9:30 am Games 1 pm	18 Food Bank Distri- bution 1:30 pm Caregiver Support group 1 pm	19 Foot Clinic 10 am to 12 pm Whippersnapper 1 pm
22 Yoga 9:30 am With Tracy	23 Social Security Tel- econference at Job Service 9 am to 11:45 am Book Club 1pm	24 Qigong/Tai Chi 9:30 am Games 1 pm	25 Birthday Lunch  Bingo 1 pm	26 Foot Clinic 10 am to 12 pm Whippersnapper 1 pm
29 Yoga 9:30 am With Tracy	30			

April 2024

**Social Security
Teleconference**
See page 5

BINGO
Every Sunday 6 pm at Senior
Center (\$) Hosted by VFW
Bingo April 25 Thursday
See page 5

Safeway App.
See Page 4

Chinese Brush Painting
See Page 4

Yoga
9:30 am

Trivia
See page 5

National Healthcare
10 am- 4 pm
Presentation 12:30 pm
See page 5

Caregiver Support
See Page 4

Book Club
1pm
See page 4

Birthday Lunch
Thursday April 25
See page 4

Foot Clinic
Call for an appointment!

Kodiak Senior Center
486-6181
info@scoki.org

Bulletin Board

Popcorn and a Movie!



April 15, 2024
Summer Vacation 1 pm



Safeway App Workshop



April 8th, Join us at 1pm. Find out how to earn points!

Caregiver Support Group

Do you care for someone with Dementia? Join us monthly for support, resources, and connection with others walking your similar journey

Every 3rd Thursday of the Month
1:00PM AT THE SENIOR CENTER



Trust
Alaska Mental Health
Trust Authority

This month we will meet on
April 18th at 1PM

Chinese Brush Painting

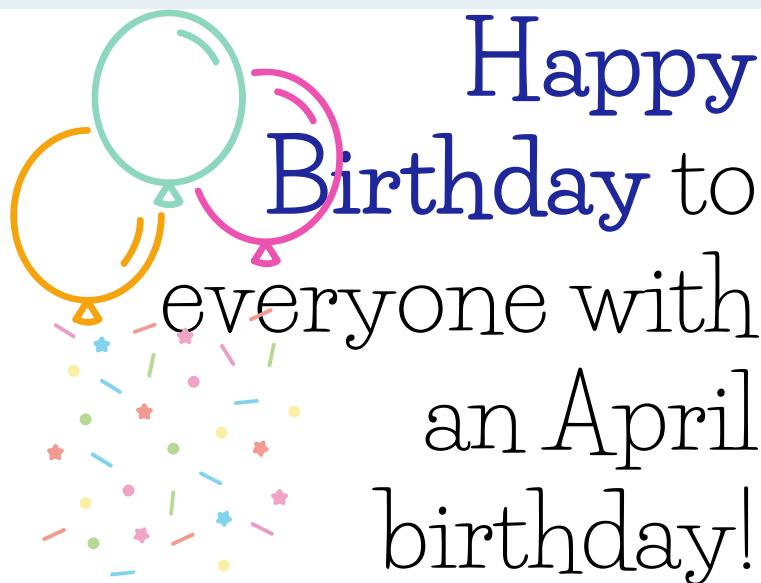


Tuesday April 9 at 1pm
Join Janet Bane for Chinese Brush Introduction

Trivia is back!

Wednesday April 10th at 12:30
Come have lunch and test your knowledge, and maybe win a free lunch ticket!

We will have Trivia once a month on the second Wednesday.



Join us for lunch on **Thursday April 25th** to celebrate those with April birthdays! We'll eat and sing together, and share happy blessings to those with April birthdays!

All those present with an April birthday will be entered to win a free lunch ticket!
We will continue this monthly on the last Thursday of each month.



Book Club Chat!

Tuesday April 23rd at 1PM
We have had LOTS of requests to have a book club at the Senior Center. Join us to share your favorite book and brainstorm ideas on what you want the book club to look like!

You can see the full Moon in April on Tuesday, April 23. It reaches its brightest point at 7:49 P.M. Traditionally, we call this Moon the Pink Moon, and it symbolizes the beginning of spring.

Happy Spring!



Reminders

Social Security Administration

A representative from the Social Security Administration is available on

April 9th and 23rd from 9am-11:45.

Please go to the Job center building (public assistance office) early at 8am and sign in for an appointment.

BINGO

VFW Post 7056 Auxiliary is hosting BINGO at the Senior Center on Sundays. Doors open at 5:30. Split the Pot game at 6:15 and Regular Bingo at 6:30. Must be 21!

We will also have bingo for seniors on April 25th at 1pm. This will continue monthly on the 4th Thursday of the month.



Food Distribution

Food bank distribution this month is
April 18th at 1:30 PM.

Applications available at the Senior Center

National Healthcare Decision Day is Tuesday, April 16.

Join KANA, Senior Citizens of Kodiak, Hospice & Palliative Care, Providence Elder House, Alaska Legal Services, and the Independent Living Center at the Senior Center. Notaries will be available, and refreshments provided.

10 am-12:30 pm Alaska Legal Services will be available for 1-on-1 services.

12:30 pm-1:30 pm Presentation from Hospice Nurse Practitioner Erin Carter on going through an Advance Health Care Directive.

1:30-4 pm booths will be available from the different agencies for information for our local Elders and Seniors.

For more information please call KANA Elder Services at (907) 486-1368 or the Senior Citizens of Kodiak at (907) 486-6181

C.A.R.E Closet Now Open!

Free, helpful tools for those experiencing dementia

Compassion | Awareness | Resources | Education

Inside PKIMC, Suite A101

This new Lending Closet is available to all caregivers & community members experiencing Alzheimer's or other cognitive changes.

All supplies are free to borrow!

[Browse the CARE Closet](#)

Please scan the code to look at our selection & reserve your items.



hpck.org

Or visit the HPCK office to select your items today!

907-512-0600

Dignity for Kodiak Project
MADE POSSIBLE BY THE ALASKA MENTAL HEALTH TRUST SUPPORTERS

Music Players

Games & Puzzles

Safety Tools

Books & More!

Trust
Alaska Mental Health
Trust Authority

A Guide to Medicare & Medicaid

From the NCOA: The National Council on Aging

Medicare is a health insurance program for people 65 and older and some people under 65 who have certain disabilities or conditions.

Medicaid is a state-run federal health care program for people of all ages with low income and limited resources. Created in 1965 Medicare and Medicaid are two separate government-run health insurance programs designed to provide essential health care coverage for specific populations. If you've ever wondered about the differences between these two programs – and how they can help you and those you care about – you're in the right place. Below, we explore the coverages, eligibility rules, and costs of Medicare versus Medicaid.

? What's the difference between Medicare and Medicaid? **Medicare** is a federal health insurance program for people 65 and older and younger people with certain disabilities or health conditions. It provides coverage to about 65 million Americans, including 57 million older adults and 8 million younger people with disabilities. Some people qualify for both Medicare and Medicaid. These people are known as dual eligible. You automatically qualify for **Medicare** benefits when you turn 65. Those under 65 qualify for Medicare if:

- You've received Social Security Disability Insurance (SSDI) benefits or certain Railroad Retirement Board (RRB) disability benefits for at least 24 months
- You have amyotrophic lateral sclerosis (ALS).
- You have end-stage renal disease (ESRD) and meet certain other conditions.

Medicaid is funded jointly by the federal government and the states. It pays for a broad range of medical services and limits out-of-pocket cost for eligible adults, families, older adults, children, pregnant women, people with disabilities, and those receiving Supplemental Security Income (SSI). Roughly 1 in 4 Medicaid enrollees are older adults and people with disabilities.

Federal law requires state to cover certain groups of people (e.g. pregnant women and children) whose income fall below a certain level. However, states have their own Medicaid rules, and may use different methods to determine eligibility based on income and other factors.

? What services do Medicare and Medicaid cover? Both **Medicare** and **Medicaid** cover inpatient and outpatient care, which includes hospital stays, doctor visits, emergency services, and preventive care. Medicaid also covers long-term care services, such as in-home and nursing home care. With Medicare, you have the option to secure additional types of coverage and benefits by purchasing a Medicare Advantage plan (Part C—not available in Alaska), prescription drug coverage (Part D), or a supplement plan (Medigap). Some states may include additional benefits under their Medicaid program.

? What are the costs of Medicare and Medicaid? Most people with **Medicare** pay for a portion of their health care expenses. These expenses are called “out-of-pocket” costs and include premiums, deductibles and copayments/coinsurance. Your Medicare out-of-pocket costs depend on the type(s) of plans and coverage you have. If you have low income, you may be able to get help paying your Medicare out-of-pocket costs through Medicaid.

Medicaid depend on your income and the state where you live. Like with Medicare, Medicaid cost can include premiums, deductibles, and copayments/coinsurance. These costs typically apply to all Medicaid enrollees – but they're minimal. Out-of-pocket costs cannot be charged at all for certain groups (e.g., children) and specific health care services (e.g., emergency services).

A Guide to Medicare & Medicaid, cont.



How do I enroll in Medicare or Medicaid?

With **Medicare**, there are specific opportunities to enroll once you become eligible:

- The most common time to enroll is during the Initial Enrollment Period (IEP), which is the three months before, the month of, and the three months after your 65th birthday.
- If the IEP is missed, enrollment is also possible during the General Enrollment Period (GEP) January 1 through March 31st each year.
- There is also the annual Open Enrollment Period (October 7th through December 7th each year) which allows you to join, switch, or drop a Medicare Advantage or Part D prescription drug plan.

If you receive SSDI benefits due to a disability, you do not have to apply for Medicare, since you'll be automatically enrolled after two years on SSDI.

For Medicare Parts A and B, there are three ways to apply:

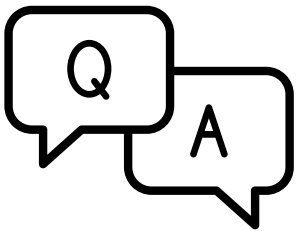
- Apply online at ssa.gov, the Social Security Administration website.
- Call Social Security customer hotline at 1-800-772-1213.
- Visit your local Social Security office in person.

When it comes to **Medicaid**, you can submit an application at any time, all year long. You can apply for Medicaid with state Medicaid agency (Department of Health & Social Services) or through Health Insurance Marketplace. Depending on the state where you live, you may be able to apply for Medicaid online, in person, or by phone.

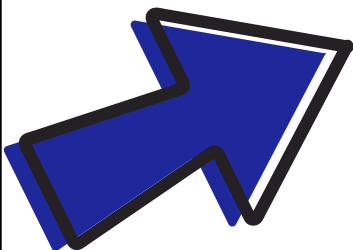


Where can I get advice on Medicare and Medicaid?

Medicare and Medicaid can be complicated. But if you qualify for one or both of these programs, don't let confusion stand in your way of the benefits you deserve. Below are several resources where you can find clear, impartial guidance on Medicare and Medicaid Enrollment.



- Your local State Health Insurance Assistance Program (SHIP) is federally funded to provide free, unbiased counseling on Medicare. Senior Citizens of Kodiak has a Certified SHIP counselor on the premises. Please call 907-486-6181 if you have questions.
- NCOA has partnered with licensed Medicare advisors who meet our strict Medicare Standards of Excellence (SOE). These trustworthy brokers have met strict guidelines to ensure you can be confident in the enrollment choices you make. Each one has gone through our intensive training and certification process, enabling them to provide in-depth Medicare education and practical decision making support. Talking to these advisors cost you nothing.
- Visit NCOA's Medicare for Older Adults resource library where you'll find current, in-depth information on Medicare cost, coverage options, and how to enroll.



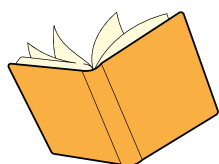
The Caring Islander

The Kodiak Senior Center has partnered with Hospice and Palliative Care of Kodiak to resume Caregiver Support meetings for those caring for someone with Dementia. These meetings take place at the Senior Center on the third Thursday of each month from 1-2pm and we would love to have you join us! The purpose of this group is to provide caregivers with an opportunity to connect with others walking a similar path. Together as a group, we provide resources and support for one another in a safe space.

For those that have been unable to join us so far, we wanted to share some of the excellent resources that have come up already!

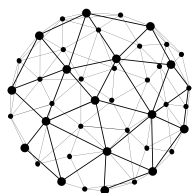


Recommended Reading



- “Speak, Memory”, interview in The Sun where Lynn Casteel Harper discusses new ways of understanding dementia
- Book: “Uncertain – The Wisdom & Wonder of Being Unsure”, by Maggie Jackson.
- Book: “Everything Left to Remember” by Steph Jagger

Recommended Resources



- Instagram Page: Creative Connections Dementia
<https://www.instagram.com/creativeconnections dementia/>
- SCOK’s Resource Guide - online at <https://kodiakseniorcenter.org/wp-content/uploads/2023/10/Resource-Guide-Spring-2023.pdf>



Events Around the State

- Alzheimer’s Resource of Alaska Calendar of Events: <https://www.alzalaska.org/calendar/>



In-Home Caregiver Services in Kodiak

- Kodiak Senior Center (907) 486-6181
- Angel’s Touch (907) 512-7192
- Beacan of Hope (907) 942-1922
- Terra Cupp (907) 942-5499



Activities for Adults with Dementia



- Activities help avoid "Empty Day Syndrome" and helps behaviors such as wandering
- Select and modify activities according to the individual's ability level
- Use both visual and verbal instruction (model the activity; explain slowly, one step at a time)
- Simplify or break the activity into smaller components for success
- Repeat well-liked activities; provide activities that offer positive results

Kodiak Senior Center Recent Highlights

In March, we celebrated St. Patrick's Day with a delicious meal of Corned beef and Cabbage, good company, Irish music played by the Whippersnappers and lots of festive green (No one got pinched!) We also had wonderful crafts led by Gail Otto and Barbara Zimmerman - we love our volunteers!



Health Wire

Water Workout Benefits

High-intensity interval training (where you speed up for short bursts, then slow down) in a pool was as effective as “land-based” HIIT, according to an analysis of 18 studies. (Water exercises included pool walking, aerobics, cycling, and strength training.) Water takes the pressure off joints, so it can be helpful for people with arthritis.

Try This For Pain Relief

People with chronic pain often miss out on drug-free treatments.

While those ages 65 and up might go to physical therapy for pain, they're less apt to use effective therapies like exercise (including yoga), talk therapy, meditation, and massage. If you often have pain, ask your doctor which might be best for you.



A Positive Attitude May Increase Longevity

Less than 10 percent of the participants in a study who had the most optimistic views about growing older died over nine years, while the most pessimistic faced a 45 percent risk of death. At the study's start, 5,483 adults were surveyed about their health, lifestyle, and perspectives on aging. Researchers then tracked their longevity.

New activities, those that give a sense of purpose, and being social can improve your outlook on aging, the American Heart Association say.



Your Brain Loves Whole Grains

Older adults who ate three daily servings of whole grains like whole wheat bread, oatmeal, quinoa and popcorn had slower declines in thinking and memory compared with those who ate one serving or less, according to a study. (The participants were African American.) Whole grains may reduce inflammation and keep the immune system healthy.

Another Reason to Get More Sleep

Skimping on sleep by 1 1/2 hours a night hiked insulin resistance (trouble absorbing blood sugar) by more than 20 percent in older women, a Columbia University study found. Getting less than 7 to 9 hours of shut eye a night may, over time, contribute to a higher risk of diabetes.

Lower Blood Pressure Fast

A Study found that seven days of very low consumption of salt reduced systolic blood pressure (the top number) by 6 points, comparable to the effects of some meds. Participants got a week of meals and snacks containing 500 milligrams of sodium per day, far less than the American Heart Association's recommended limit of 2,300 daily mg.

News from Island Cove

We have welcomed several new participants to Island Cove in the past month, and we are really enjoying everyone's company. In March, Island Cove participants shared their stories with each other in honor of "World Book Day" on March 7 and "Write Your Story Day" on March 14. We also had fun celebrating for St Patrick's Day, and painting rocks - if you see one around the trails - you know who to thank! Keep or re-hide:)



Adult day services provide relief for family members, reduce isolation for the adult and offers a fun and stimulating place to spend a few hours in safe environment.

**CONTACT US FOR MORE INFORMATION
OR TO SET UP A TOUR**

Adults participate in activities to regain strengths, do memory work, and stay connected to what is happening in the community and the world.

For information call: 486-2203 or visit our website at:

www.kodiakseniorcenter.org

Island Cove Activities Calendar:

ACTIVITIES		APRIL 2024		CALENDAR		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8-10 BREAKFAST and Socialized 10-11 EXERCISE LUNCH 2-3 APRIL FOOLS (GUESS TELLING)	2 8-10 BREAKFAST TRIVIA 10-11 EXERCISE LUNCH 2-3 TABLE GAMES	3 8-10 BREAKFAST and NEWS for THE DAY... 10-11 BINGO LUNCH 2-3 CARD GAMES	4 8-10 BREAKFAST 10-11 EXERCISE w/ the GROUP 1-3 MOVIE THURSDAY..	5 8-10 BREAKFAST TRIVIA 10-11 BINGO with PRIZE 2-3 SING-A-LONG	6 8-10 BREAKFAST and Socialized LUNCH MOVIE DAY
7 9-10 BREAKFAST and Socialized LUNCH TABLE GAMES	8 8-10 BREAKFAST and READING NEWS 10-11 EXERCISE LUNCH 2-3 GROUP COLORING	9 8-10 BREAKFAST Socialized 10-11 EXERCISE BRAIN GAMES LUNCH 2-3 RING TOSS	10 8-10 BREAKFAST and TRIVIA 10-11 BINGO LUNCH 2-3 TABLE GAMES	11 8-10 BREAKFAST 10-11 EXERCISE w/ the GROUP 1-3 MOVIE DAY	12 8-10 BREAKFAST NEWS 10-11 BINGO with PRIZE 2-3 SING-A-LONG	13 8-10 BREAKFAST and TRIVIA LUNCH MOVIE DAY
14 9-10 BREAKFAST and TRIVIA LUNCH GROUP GAMES	15 8-10 BREAKFAST and Socialized 10-11 EXERCISE LUNCH 2-3 GROUP PAINTING	16 8-10 BREAKFAST NEWS 10-11 EXERCISE LUNCH 2-3 BEAN BAG	17 8-10 BREAKFAST and NEWS for THE DAY... 10-11 BINGO LUNCH 2-3 DOMINO	18 8-10 BREAKFAST 10-11 EXERCISE w/ the GROUP 1-3 MOVIE DAY	19 8-10 BREAKFAST TRIVIA 10-11 BINGO with PRIZE 2-3 SING-A-LONG	20 8-10 BREAKFAST and Socialized LUNCH MOVIE DAY
21 9-10 BREAKFAST and Socialized LUNCH TABLE GAMES	22 8-10 BREAKFAST and READING NEWS 10-11 EXERCISE LUNCH 2-3 EARTH DAY GARDEN PROJECT	23 8-10 BREAKFAST Socialized 10-11 EXERCISE WORD GAMES LUNCH 2-3 BALLON GAMES	24 8-10 BREAKFAST and NEWS for THE DAY... 10-11 BINGO LUNCH 2-3 CARD GAMES	25 8-10 BREAKFAST 10-11 EXERCISE w/ the GROUP 1-3 MOVIE THURSDAY	26 8-10 BREAKFAST NEWS 10-11 BINGO with PRIZE 2-3 SING-A-LONG	27 9-10 BREAKFAST and TRIVIA LUNCH MOVIE DAY
28 9-10 BREAKFAST and TRIVIA LUNCH GROUP GAMES	29 8-10 BREAKFAST and Socialized 10-11 EXERCISE LUNCH 2-3 GROUP (WISH DAY)	30 8-10 BREAKFAST NEWS 10-11 EXERCISE LUNCH 2-3 CONNECT 4	31 8-10 BREAKFAST and TRIVIA 10-11 BINGO LUNCH 2-3 TABLE GAMES			



Free Tax Preparation and E-file

By IRS-Certified AARP Tax Aide
Volunteer

Serving Taxpayers with income less than \$60,000 per year
or Taxpayers age 50 and over, all for basic tax returns

Where: **Kodiak Job Service**, 211 Mission Road, Check in at **Room 110** (first right after entrance)

When: **Wednesdays and Thursdays 10:00 a.m. to 1:00 p.m.**
Starting February 14th and Ending April 12th

First Come First Served

Two Visits Required: One for intake; second to review and file return

Questions? Call Jackie at **509-850-0065** (local call & toll free)

WHAT TO BRING:

1. **Social security cards or ITIN documentation** for you, spouse and all dependents
 - Volunteers need to see the actual social security card, a photocopy or a picture of the card or Form SSA-1099
2. **Picture ID** for taxpayer (and spouse on a joint return)
3. W-2s and all other income information and tax information documents
4. Bank routing and account numbers for direct deposit of any refund (checkbook or voided check)
5. 2022 Tax return if available

Fun & Games

Did you see a young girl or an old man first?



If you can see the old man with his head bowed down, lost in contemplation, it means that you are mature in your thoughts. You are well-travelled and have experience the world's ups and downs. You are calm and humble and have grown as a wise soul.

However, if saw the young girl in the illusion, it means that you are a child at heart. You see the world with the curiosity of a child and have not let go of your innocence. Not only this, but you still find joy in the simplest things in life.

Take a look for yourself – which image jumps out to you?

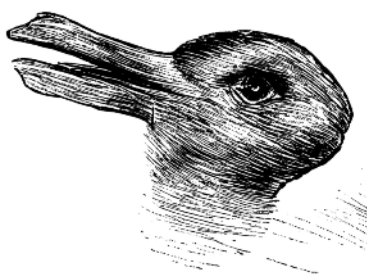
Source: NY Post

WHAT
DO YOU
see?

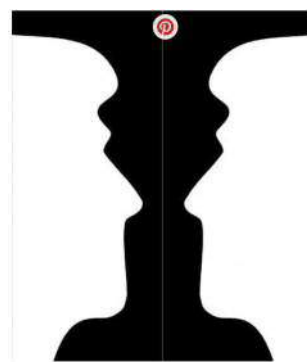
More Optical Illusions



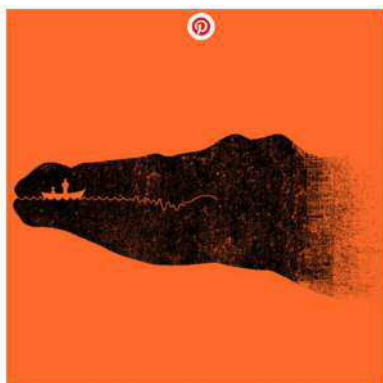
Young woman or old?



Duck or Rabbit?



Faces or Candlestick?



Crocodile or Boat?



Man with binoculars, car or the
letter A?

Final Thoughts

DID YOU KNOW?

The Senior Center has NUStep and LifeFitness exercise equipment available for seniors to use! Equipment is in a private area, available for use Monday-Friday between 8:30-5.

To use, it's as easy as 1-2-3!

1- Stop by make sure your membership is current (\$25 /year)

2- Sign a waiver form

3- Once those are done, just come by when you're ready to exercise and be sure to sign-in!



Equipment not your thing? It's okay! We have fun group classes as well. Join fellow seniors on Mondays at 9:30am for chair yoga or Wednesdays at 9:30am for Qiyong/Tai Chi - all levels welcome!

Get your newsletter sent by email!

It's in Color! Print only what you need! Best of all, you can get it before it's mailed out!

Contact the Senior Center with your email address, and we'll get you on our list OR you can sign up yourself using the form link on our website (www.kodiakseniorcenter.org)

We also wanted to let you know that we have been getting a lot of emails sent back to us, so we will be using Mailchimp to send out emails!

Events In The Community!

KODIAK ELDERS COFFEE-TEA HOUR

Transportation available for Beneficiaries.
For more information to arrange a ride, please call (907) 486-7352.

KANA Elder Services coordinates coffee-tea hours for **all Kodiak seniors age 55 and up**, with a different activity each time!

April 10th: 10:30-12:30 Join KANA Elder Services and Laurie Murdock from the Senior Center for a chat about Medicare. Emerald Heights, 182 Alimaq Dr on the top floor.

April 24th: 10:30-12:30 Join KANA's Elder Services and Director of Rehabilitation Services for a chat and activity about balance. Koniag Building at 194 Alimaq Dr.



Elder storytime takes place the first Friday of every month at the Kodiak Library at 10:30.

This is a chance for our Elders to read a story to our young families. If ever you are interested in being a reader, please call Cassie Keplinger, KANA Elder Services Director at (907)486-1368.

Welcome Spring





2024 KODIAK SENIOR CENTER ANNUAL SURVEY

Mission Statement: To Enhance the Lives of Older Adults

We have developed the Kodiak Senior Center's Annual survey in order to get feedback on how we are doing. Your response will help us identify our strengths, and determine what areas we can focus on to improve our services. We would greatly appreciate your input. **Please complete by April 30th, 2024. If you would prefer to complete the survey online, you can find it on our website www.kodiakseniorcenter.org**

In the past year, how often have you connected with the Kodiak Senior Center's services (this could include meals, activities, transportation or information/referral).

- ☐ Every Day ☐ 2-3 times/week ☐ Once/week ☐ Every other week ☐ Monthly

How would you rate the facilities at the Kodiak Senior Center?

- ☐ Excellent ☐ Good ☐ Fair ☐ Poor

How could we improve the facilities at the Kodiak Senior Center?

How would you describe the staff at the Kodiak Senior Center? (choose all that apply)

- ☐ Friendly ☐ Knowledgeable ☐ Unfriendly ☐ Unhelpful

Please let us know how our staff can improve in assisting you with your needs:

How important is the Kodiak Senior Center to you specifically?

- ☐ Very Important ☐ Somewhat Important ☐ Somewhat Unimportant ☐ Very Unimportant

Tell us about you!

- | | | | |
|---|--|------------------------------|----------------------------------|
| <input type="radio"/> American Indian or AK Native | <input type="radio"/> Hispanic or Latino | <input type="radio"/> Male | <input type="radio"/> Prefer not |
| <input type="radio"/> Black or African American | <input type="radio"/> Asian | <input type="radio"/> Female | <input type="radio"/> to state |
| <input type="radio"/> Native Hawaiian or Other Pacific Islander | <input type="radio"/> White | | |

MEALS: In this section, we are looking for feedback about services such as congregate meals, curbside meals, and home-delivered meals.

Please rate any of the meal services you have used in the section below.

Congregate meals: ☐ Excellent ☐ Good ☐ Fair ☐ Poor ☐ Not applicable

Curbside meals: ☐ Excellent ☐ Good ☐ Fair ☐ Poor ☐ Not applicable

Home-Delivered meals: ☐ Excellent ☐ Good ☐ Fair ☐ Poor ☐ Not applicable

Do you have any suggestions and/or words of appreciation regarding your meal service?

If you have used congregate meal service, please answer the following:

This service has helped me to live independently. ☐ Yes ☐ No ☐ Not applicable

This service has improved my nutrition and health. ☐ Yes ☐ No ☐ Not applicable

This service has improved my quality of life. ☐ Yes ☐ No ☐ Not applicable



2024 KODIAK SENIOR CENTER

ANNUAL SURVEY- PAGE 2

If you have used curbside (drive-up) meal service, please answer the following:

- This service has helped me to live independently. ☐ Yes ☐ No ☐ Not applicable
- This service has improved my nutrition and health. ☐ Yes ☐ No ☐ Not applicable
- This service has improved my quality of life. ☐ Yes ☐ No ☐ Not applicable

If you have used home-delivered meal service, please answer the following:

- This service has helped me to live independently. ☐ Yes ☐ No ☐ Not applicable
- This service has improved my nutrition and health. ☐ Yes ☐ No ☐ Not applicable
- This service has improved my quality of life. ☐ Yes ☐ No ☐ Not applicable

OTHER SERVICES: In this section, we are looking for feedback about services such as activities/events, transportation and Information/referral.

Please rate any of the services you have used in the section below.

- Small Group Activities: ☐ Excellent ☐ Good ☐ Fair ☐ Poor ☐ Not applicable
- Exercise Classes ☐ Excellent ☐ Good ☐ Fair ☐ Poor ☐ Not applicable
- Large Events at Lunchtime: ☐ Excellent ☐ Good ☐ Fair ☐ Poor ☐ Not applicable
- Transportation (KATS) ☐ Excellent ☐ Good ☐ Fair ☐ Poor ☐ Not applicable
- Information/Referral ☐ Excellent ☐ Good ☐ Fair ☐ Poor ☐ Not applicable

In the last year, has the Kodiak Senior Center's exercise equipment, classes, special events, & other activities improved your health?

- ☐ Yes ☐ No ☐ Not applicable

In the last year, have services such as yoga or tai chi classes at the Kodiak Senior Center helped you stay more active?

- ☐ Yes ☐ No ☐ Not applicable

In the last year, has staff at the Kodiak Senior Center referred you to helpful services when needed?

- ☐ Yes ☐ No ☐ Not applicable

If so, which services have you been referred to? (Choose all that apply)

- ☐ Medicare ☐ Social Security ☐ PFD ☐ Senior Benefits
- ☐ Medicaid ☐ Adult Public Assistance ☐ Housing ☐ Other: _____

Would you recommend any of our services to a friend or loved one?

- ☐ Yes ☐ No ☐ I'm not sure

If no, please share why:



2024 KODIAK SENIOR CENTER

ANNUAL SURVEY- PAGE 2

GENERAL FEEDBACK: When answering the questions below, please reflect any SCOK services you have used in the past year (this could be meals, activities, exercise, information/referral or transportation).

Have our services helped you to remain in Kodiak?

☐ Yes ☐ No

Have our services helped you enhance your ability to age safely in place?

☐ Yes ☐ No

If yes, please share any specific examples:

Has using our services altered your lifestyle by helping you stay healthy and safe?

☐ Yes ☐ No ☐ I'm not sure

If yes, please share any specific examples:

Do you think the programs offered at the Kodiak Senior Center are adequate for all seniors, regardless of race or gender?

☐ Yes ☐ No ☐ I'm not sure

If no, please share why and include any suggestions for additional programs:

Would you use the Kodiak Senior Center if it were open on the weekday evenings and/or Saturday and Sunday?

☐ Yes ☐ No

If yes, please specify days and times: _____

Please let us know what types of activities you're interested in seeing offered at the Senior Center (choose all that apply, and type in new ideas in "other")

☐ Arts/Crafts ☐ Exercise ☐ Musical performances or groups
☐ Games ☐ Support Groups ☐ Other: _____

Final Comments (please feel free to share your name if you would like to - NOT required:

THANK YOU for completing this annual survey. Please return or mail to the senior center by April 30th. Please fold the following page over the survey, so that the address is showing for return to the senior center. Secure with tape and mail, or drop off at the senior center or email your survey to info@scoki.org

Senior Citizens of Kodiak, Inc.
302 Erskine Ave.
Kodiak, AK 99615

Place
Stamp
Here

KODIAK SENIOR CENTER
302 ERSKINE AVENUE
KODIAK, AK 99615
