



KODIAK SENIOR CENTER

NEWSLETTER

March 2024

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

www.kodiakseniorcenter.org

Director's Door

News from the Board

We are super excited for Spring here at the senior center! The birds chirping in the morning bring such a calming feeling, reminding us to slow down and breathe in the cold fresh Kodiak air. We will continue to offer activities like yoga, tai chi, games, bingo, foot clinic, and workshops like water coloring, flower arranging, Safeway app lessons and other fun, new things. Be sure to check out our events calendar to know what's going on and join in on the fun. Thank you to all of our amazing staff and outstanding volunteers that make these events possible. If you ever have an idea or suggestion on expanding options at the senior center or would like to volunteer to teach a class or offer a service, please contact us, and let us know.

For Valentines day, we had 104 seniors join us for congregate meal, and another 75 receive a lunch either by home delivered or curbside pickup. Each year we choose and honor a Valentines Day King & Queen, which is always a surprise to them. This year we were happy to honor Nick & Pat Szabo. Thank you, Nick & Pat, for being great community members! Our special lunch this month will be St. Patrick's Day on March 15th from 12 noon – 1PM. Please dress up in your best green outfit, grab a friend and swing by the senior center for lunch and live Irish music by the Whipper Snappers.

Daylight savings is on Sunday, March 10, 2024 so remember to spring your clocks forward. Don't forget to apply for your PFD by March 31, 2024. Please think about donating to Senior Citizens of Kodiak when you apply. We appreciate your consideration and your support! Lastly, our annual survey can be found at the end of this newsletter – please take the time to give feedback, as we are always looking for ways to better serve our seniors.

Thank you all, and Happy Spring!

Amy



The Board of Directors would like to welcome our newest member, Ralph 'Skip' Bolton, who was appointed to the board on February 23, 2024. We now have a full board of nine members. Please take the time to fill out our annual survey. This year, we will be offering the survey virtually, as well as on paper. Please visit our website to learn more about taking the survey online. If you would like a paper copy, we have them included in the newsletter, or they are available at the senior center. Thank you for taking the time to provide feedback.



**Our mission is to enhance the lives
of older adults.**




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 Betty Walters, Mila Van Atta, VFW, Don & Ilva Fox, Floyd Anderson, Linda & Walter Sargent, Leo & Beth Kouremetis, Thomas Schwantes.



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

March 2024

Mon	Tue	Wed	Thu	Fri
				1. Baked Ham Oven Roasted Potatoes Spring Vegetables Dessert Soup & Salad
4. Herbed Chicken Pasta Alfredo Chef's Choice Vegetables Dessert Soup & Salad	5. Roast Pork Potato Wedges Applesauce Mixed Vegetables Dessert Soup & Salad	6. Fish & Chips Coleslaw Dessert Soup & Salad	7. Beef tips in Mushroom Gravy Egg Noodles Green Beans Dessert Soup & Salad	8. Roast Turkey Stuffing & Gravy Cranberry Sauce Squash Dessert Soup & Salad
11. BBQ Chicken Pasta Salad Corn on the cob Dessert Soup & Salad	12. Swedish Meatballs Buttered Noodles Broccoli & Cauliflower Dessert Soup & Salad	13. Spaghetti with meat sauce Zucchini Garlic Bread Dessert Soup & Salad	14. Ham & Cheese Hoagie Lettuce, Tomato, Onion Chips Tomato Bisque Soup Dessert Salad	15. St. Patrick's Day Corned Beef & Cabbage Boiled Potatoes Carrots Special Dessert No Soup or Salad 
18. Coconut Shrimp French Fries Broccoli Salad Dessert Soup & Salad	19. Chicken ala King Brussel Sprouts Biscuits Dessert Soup & Salad	20. Pork Loin Chops Mashed Potatoes & Gravy California Style Vegetables Dessert Soup & Salad	21. Egg Salad Sandwich Chips Carrots & Celery Dessert Soup & Salad	22. Baked Ziti with Sausage Italian Style Vegetables Garlic Bread Dessert Soup & Salad
25. Senior Center & Island Cove Closed for Seward's Day	26. Beef Pot Roast Browned Potatoes Glazed Carrots Dessert Soup & Salad	27. Tacos de Carnitas Spanish Rice Refried Beans Dessert Soup & Salad	28. Oven Fried Chicken Buttered Noodles Broccoli & Cauliflower Dessert Soup & Salad	29. Good Friday Baked Fish Wild Rice California Style Vegetables Dessert Soup & Salad

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

March 2024

Mon	Tue	Wed	Thu	Fri
	Daylight Saving Time Begins Sunday March 10th Remember to set your clock Forward!			1. Foot Clinic 10 am -12 pm
4. Chair Yoga 9:30am Movie 1pm The Boy who Har- nessed the Wind	5.	6. Qigong/Tai Chi 9:30 am Games 1pm	7.	8. Foot Clinic 10 am -12 pm Whippersnapper 12:30 pm
11. Chair Yoga 9:30 am	12. Social Security Teleconference at Job Service 9am to 11:45 am Beaded Craft 1 pm	13. Qigong/Tai Chi 9:30 am Games 1pm	14.	15. Foot Clinic 10 am -12 pm Whippersnappers 12:30 pm Special Music “Irish Jigs”
18.	19.	20. Qigong/Tai Chi 9:30 am Games 1 pm	21. Food Bank Distri- bution 1:30 pm Caregiver Support Group 1 pm	22. Foot Clinic 10 am -12 pm Whippersnapper 12:30 pm
25. Island Cove & Senior Center Closed for Seward’s Day	26. Social Security Teleconference at Job Service 9am to 11:45 am	27. Qigong/Tai Chi 9:30 am Game 1pm	28. Birthday Lunch  Bingo 1pm	29. Foot Clinic 10 am—12pm Easter Craft 1pm Whippersnapper 12:30 pm

**We will be closed on
Monday March 25
for Seward’s Day**

Events

Birthday Lunch

Celebrate all of
March Birthday
See page 4

BINGO

Every Sunday 6 pm at
Senior Center (\$) Hosted
by VFW
Bingo March 28th at 1pm
See page 5

Foot Clinic

Call for an appointment!

Beaded Craft

All are welcome
No sign up required
See page 4

Easter Craft

All are welcome
No sign up required
See page 4

Kodiak Senior Center
486-6181
info@scoki.org

Bulletin Board

Popcorn and a Movie!



March 4th, 2024

The Boy who Harnessed the Wind
Showing at 1pm



Beading with Friends



Join Gail Otto on March 12th at 1pm and learn how to bead your own bracelets/necklaces. No experience or sign up required - all are welcome!

Safeway App Workshop



March 25th, Join us at 1pm. Find out how to earn points!

Easter Crafts!

Join Barbara Zimmerman on March 29th at 1pm for your choice of Easter Crafts. Bring a friend! We will use natural dyes and learn some fun egg coloring techniques, or you can create a yarn decoration for a friend or family member.

Food Distribution

Food bank distribution this month is scheduled for
March 21 at 1:30 PM.

Applications available at the Senior Center
Call 486-6181 for more information

Happy
Birthday to
everyone with
a March
birthday!



Join us for lunch on **Thursday March 28th** to celebrate those with March birthdays! We'll eat and sing together, and share happy blessings to those with March birthdays!

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

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

WE'RE HIRING!

**Chore & Respite Worker
Relief Cook**

Rewarding Work With Great People!
Stop by the Kodiak Senior Center to fill out an application!

Reminders

Social Security Administration

A representative from the Social Security Administration is available on

March 12 & 26 from 9am-11:45.

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

Pick. Click. Give

It's time to apply for the 2024 Alaska Permanent Fund Dividend. Please select Senior Citizens of Kodiak, Inc. and donate part or all of your PFD. Your donation makes a difference! We are also happy to help you complete your application.



Don't forget to set your clocks forward!



Daylight savings is on **Sunday, March 10, 2024** so remember to spring your clocks forward!

Medicare Open Enrollment

Medicare enrollment for Part A & Part B is open January 1 through March 31.



Questions?

Certified Medicare Counselors are available to assist you with your Medicare issues.

Call 1-800-478-6065

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 March 28th at 1pm. This will continue monthly on the 4th Thursday of the month.

The Whippersnappers are back this month!



Be sure to come to lunch on Friday March 15 for a special performance of Irish tunes!

HAPPY EASTER

The Kodiak Senior Center & Island Cove will be closed on March 25th in honor of Seward's Day. On Sunday March 31st Island Cove will be closed for Easter.



The Caring Islander

Tips for Communicating with Someone with Memory Loss Excerpt from IONA

Everyone needs to feel that they're understood, secure and cared for, and not alone.

For individuals living with memory loss due to Alzheimer's disease or another type of dementia, however, these emotional needs can become more necessary and yet be harder to communicate effectively. They may experience anger, confusion, sadness, stress, and feelings of isolation as their sense of self, connection with others, and abilities change.

Remember, communicating with someone with memory loss is very different from other forms of communication. If you're caring for someone with memory loss, these five communication tips may help.

1. When speaking with the person try to avoid correcting, arguing, or using logic. Instead, accept their reality, validate their feelings, provide reassurance, and redirect them to another topic or activity.

Here's an example from the Alzheimer's Association:

Patient: "I didn't write this check for \$500. Someone at the bank is forging my signature."

Don't: (argue) "What? Don't be silly! The bank wouldn't be forging your signature."

Do: (respond to feelings) "That's a scary thought." (reassure) "I'll make sure they don't do that." (distract) "Would you help me fold the towels?"

2. Break questions and tasks down into multiple parts if needed. In doing so, you'll avoid overwhelming the person.

3. Keep background noise to minimum. This helps to hold their attention and limits distractions.

4. Limit choices.

5. Communicate through touch. Touch can be an important form of communication because it can express affection, comfort, and reassurance. Additionally, in the late stages of dementia, the person may not be able to communicate verbally, and touch may be one of the few ways they can communicate.

And, of course, another way to support a loved one with memory loss is to practice self-care.

This means learning to forgive your loved one, as well as yourself, for all of the ups and downs that happen during the memory loss journey. Remember: there is no such thing as the perfect caregiver.

Looking for more tips and resources? Find this article and more at

<https://www.alzalaska.org/caregiving-news-tips/>

Kodiak Senior Center Recent Highlights

The Kodiak Senior Center was bustling with activity in February. Along with yoga and tai-chi, we enjoyed welcoming Shelly Lawson, who led a watercolor class for seniors. Participants were encouraged to paint their own winter scene (or whatever they felt inspired to paint!) Later in the month, we celebrated seniors in Kodiak over the age of 80 with our annual Valentine's luncheon. It was a wonderful month!



Health Wire

Exercise to Dodge Depression

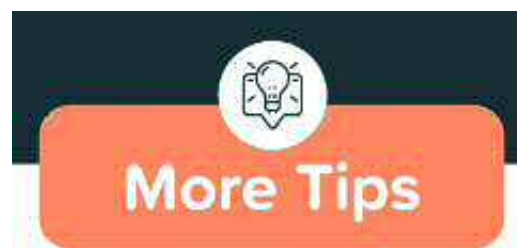
Physical activity may help ward off depression. Scientists tracked 4,106 older people for ten years. Those who reported doing exercise equal to roughly 100 to 150 minutes of moderate exercise (like brisk walking) per week had a 43 percent lower risk of depression than those who did no exercise. **WHAT TO DO:** Walk, bike, dance, swim, golf, play pickleball. Although something else about the people who exercise could explain their lower risk, there's plenty of evidence that exercise can protect your mental and physical health.

AT THE SENIOR CENTER: Be sure to check out our activity calendar, we often have yoga and tai chi classes throughout the month, and our exercise equipment is here for you to use as well!

New Nutrition Guide for Seniors



Maintaining good health and enjoying a balanced diet can be quite a task as we age. Nutrition plays a crucial role in the well-being of senior citizens. A well-rounded and rich diet ensures seniors have the essential nutrients for optimal bodily function. Moreover, healthy eating habits can significantly reduce the risk of age-related ailments like osteoporosis, heart disease, and type 2 diabetes.



- Raw/undercooked meat, seafood and eggs
- Raw oysters, mussels and clams
- Unpasteurized milk and fruit juice
- Soft cheeses including brie and feta
- Sprouted greens
- Unwashed fruits and vegetables
- Unpasteurized pates and meat spreads

You can read more and find a new nutrition guide for seniors at caring.com: <https://www.caring.com/resources/nutrition-guide-for-seniors/>

News from Island Cove

Island Cove celebrated several National holidays in February that some of you may not have heard of before! On February 7, we celebrated "Send a card to a friend day" - we designed our own cards, wrote notes inside and sent them off to a friend or family member. On February 13, we enjoyed a parade for Mardi Gras, and beaded our own necklaces. We were also happy to welcome staff from the Alutiiq Museum, who brought their traveling display to share with our participants. Quyanaa (thank you) to the Alutiiq Museum staff for coming to visit!



Have you considered adult day services for someone you know?

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



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)

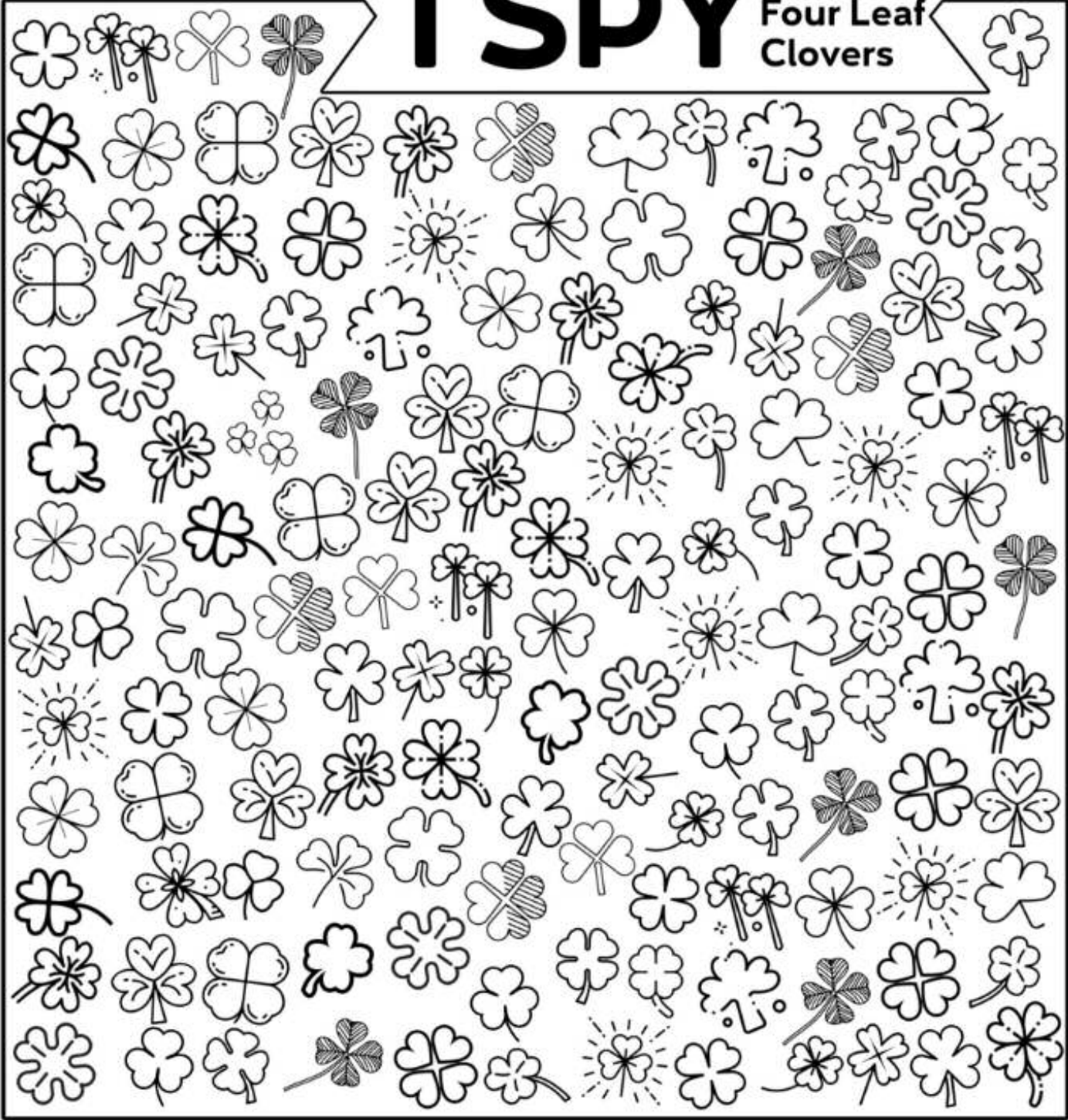
WHAT TO BRING:

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

I SPY

Four Leaf
Clovers



2		4		4		5		4		5		7		4		6		5	
1		6		7		1		3		6		7		4		7		5	
3		3		4		6		2		7		5		9		6		3	

Final Thoughts!

VOLUNTEERS NEEDED

We are so grateful to our volunteers who come and lead exercise classes, teach workshops, and provide assistance to seniors in Kodiak. We are always open to new workshops or classes to offer!

If you or someone you know is interested in volunteering, please reach out to us. We're also looking for help at the front desk during our lunch hour, and love to have helpers with our newsletter stuffing each month!

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. Start the new year out great, AND help the Senior Center keep costs down.

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!

March 13th 10:30-12:30 Celtic Knots with Marti Murray
March 27th 10:30-12:30 Farm-to-table lunch with Gayla Pedersen

All events are in the Koniag Conference Room upstairs in the Koniag Bldg on Near Island at 194 Alimaq Drive.

Kodiak College & Hospice and Palliative Care of Kodiak Present:

Planning for Life's Changes

Part 4 of 4-Part Series

March 6th

No need to register!

6:00 – 8:00 PM

Kodiak College

Benny Benson Building Room 129

HOSPICE & PALLIATIVE CARE OF KODIAK hosts

Grief Recovery Method SPRING GRIEF GROUP

8 WEEK GROUP BEGINS MARCH 21, 2024

Thursdays from 5:30-7:30pm at Providence Pyramid Conference Room

Learn more and register at hpck.org
or call 907-512-0600



THE KODIAK ARTS COUNCIL PRESENTS

THE PLAY THAT GOES WRONG

By Henry Lewis, Jonathan Slayer, &
Henry Shields

Directed by: Mike Wall & Jared Griffin

SATURDAY, MARCH 2 @ 7 PM
SUNDAY, MARCH 3 @ 2 PM
FRIDAY, MARCH 8 @ 7 PM
SATURDAY, MARCH 9 @ 7 PM
SUNDAY, MARCH 10 @ 2 PM

Gerald C Wilson
Auditorium

TICKETS AT KODIAKARTS.ORG

Presented by special arrangement with Dramatists Play Service, Inc. New York



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
