



KODIAK SENIOR CENTER NEWSLETTER

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

May 2024

www.kodiakseniorcenter.org

Director's Door

News from the Board

Yay for the busy month of May! In Kodiak there are so many fun activities, events and celebrations going on from high school graduation to Crab Fest alongside nicer weather for us to go out and enjoy things like hiking, fishing, and gardening. At the Senior Center, we have a lot of things going on to add to your must do list!

We will have our annual art show this month! Island Cove Adult Day participants have already been working on art projects to display – If you have art to share, please drop it off at the senior center between May 6th – May 10th. We will then display artwork between May 13th – May 24th with an artist reception on Friday, May 24th from 1-3pm. Find out more information in this newsletter and be sure to check out our events calendar for other fun things going on.

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The theme for May 2024 is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. I am proud to be a part of a senior center that connects and collaborates with so many other individuals and organizations, to provide the best possible service for our seniors.

We will have a Cinco de Mayo celebration on Friday, May 3rd; we will honor Moms during our Mother's Day Luncheon Friday, May 10th; and observe Spring during our Spring Picnic Friday, May 17th! We also have our Birthday Luncheon scheduled for Thursday, May 30th where we will celebrate all those with a May birthday.

Thank you to everyone who took the time to fill out our annual survey – we will share the feedback in the next newsletter. I hope you all have a lovely May, and we can get out to enjoy our wonderful island turning green.

The Board of Directors appreciates everyone who submitted feedback to us through our annual surveys. Please know the staff and Board of Directors will review each response at our next meeting. This will help us evaluate our outcomes and look at ways to improve our services. Our next meeting will be held at 1 pm on Tuesday, May 21st.

At the end of April, the Board of Directors met and set SCOK's annual meeting date for Friday, June 21st. Be sure to join us for a delicious meal, our annual report, entertainment, and door prizes.



Please note the Kodiak Senior Center & Island Cove will be closed on Monday, May 27th in honor of Memorial Day.



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
Joyce Gregory
Betty Walters





Ralph 'Skip' Bolton
Nenita Nicolas
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 & Spouses Association of Kodiak. We also greatly appreciate the generous donations recently made by our members.

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

MAY 2024

Mon	Tue	Wed	Thu	Fri
		1. Roast Turkey Stuffing with Gravy Peas & Carrots Dessert Soup & Salad	2. Spaghetti with Meat Sauce Green Beans Garlic Toast Dessert Soup & Salad	3. Cinco de Mayo Enchilada Casserole Spanish Rice Black Beans Dessert Soup & Salad
6. Baked Ham Au Gratin Potatoes Glazed Carrots Dessert Soup & Salad	7. Oven Fried Chicken Rice Pilaf Chef's Choice Vegetables Dessert Soup & Salad	8. Sweet & Sour Shrimp Fried Rice Asian Vegetables Egg Rolls Dessert Soup, Carrots & Celery	9. Pork Loin Chops Potato Wedges Applesauce Vegetable Medley Dessert Soup & Salad	10. Mother's Day Luncheon Chicken Cordon Bleu Wild Rice Asparagus w/ Hollandaise Special Dessert / Salad No Soup Today
13. Beef Stew Crusty Bread Dessert Salad No Soup Today	14. Chicken Fajitas Sautéed Peppers & Onions Red Beans & Rice Guacamole Dessert Soup & Salad	15. Parmesan Baked Cod Scalloped Potatoes Broccoli & Cauliflower Dessert Soup & Salad	16.. Baked Ziti w/ Sausage Zucchini Garlic Bread Dessert Soup & Salad	17. Spring Picnic Hamburger or Hotdog Lettuce, Tomato, Onion Potato Salad Fruit Cocktail No Soup or Salad
20. Beef Tips w/ Mushroom Gravy Buttered Noodles Mixed Vegetables Dessert Soup & Salad	21. Teriyaki Chicken with Pineapple Jasmine Rice Stir Fry Vegetables Dessert Soup & Salad	22. Ham & Cheese Hoagie Pasta Salad Dessert Soup & Salad	23. Pork Tenderloin Mashed Potatoes & Gravy Green Beans Dessert Soup & Salad	24. Fish & Chips Coleslaw Dessert Carrots & Celery Soup
27. Senior Center Closed in Honor of Memorial Day 	28. Pesto Chicken Pasta Alfredo Sweet Peas Dessert Soup & Salad	29. Egg Salad Sandwich Chips Tomato Bisque Soup Dessert Carrots & Celery	30. Birthday Luncheon Country Fried Steak Egg Noodles / Gravy California Style Vegetables Dessert Soup & Salad	31. Lamb Gyros Rice Pilaf Steamed Vegetables Dessert Soup & Salad

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

May 2024

Mon	Tue	Wed	Thu	Fri
		1 Games 1 pm	2	3 Cinco De Mayo Lunch Foot Clinic 10 am to 12 pm Beaded Craft 1 pm
6 Movie and Popcorn 'Irish Wish' 1pm Yoga with Tracy 9:30am	7	8 Trivia 12:30 Games 1 pm	9	10 Mothers Day Lunch Foot Clinic 10 am to 12 pm Flower Crochet 1pm
Drop off Art May 6-10				
13 Yoga with Tracy 9:30am	14 Storytelling Workshop 1pm Social Security Tele- conference at the Job Service 9 am to 11:45	15 Elder Mentor Program Info Session 11-1:30 pm Games 1 pm	16 Food Bank 1:30 pm Care Giver Support 1 pm	17 Spring Picnic Foot Clinic 10 am to 12 pm
Art Show May 13-24				
20 Yoga with Tracy 9:30am	21 Book Club 1pm	22 Games 1 pm	23 Bingo 1 pm	24 Foot Clinic 10 am to 12 pm Artist Reception 1-3 pm
Art Show May 13-24				
27 Senior Center and Island Cove Closed Memorial Day 	28 Social Security Tel- conference at the Job Service 9 am to 11:45 am Assistive Technology Show & Tell 1PM	29 Games 1 pm	30 Birthday Lunch 	31 NO FOOT CLINIC

May 2024

May is Older Americans Month. All events in Blue help celebrate this year's theme, "Powered by Connection"

Arts & Crafts

Registration for these classes is encouraged—call or email us! See page 4 for more info.

BINGO

Every Sunday 6 pm at Senior Center (\$) Hosted by VFW Bingo Thursday is at 1pm and is FREE to play. See page 4 for more info

Trivia

See page 4 for more info

Caregiver Support Group

No registration necessary, see page 4 for more info

Book Club

1pm
See page 4 for more info

Birthday Lunch

Thursday May 30
See page 4 for more info

Foot Clinic

Call for an appointment!

Kodiak Senior Center

486-6181
info@scoki.org

Activities at the Senior Center

Beaded Craft



Join us on Friday May 3rd at 1 pm for a beaded craft with Gail Otto

Popcorn and a Movie!



May 6th, 2024
Irish Wish showing at 1 pm



Trivia



Wednesday May 8th 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.

Flower Crochet Class



Friday May 10 at 1PM
Join Barbara Oatman while she demonstrates how to crochet one of her beautiful flowers. All skill levels welcome!

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 our Caregiver Support group will meet on May 16th at 1PM



We will have a Cinco de Mayo celebration lunch on Friday May 3rd; a Mother's Day Luncheon on Friday May 10th; and a Spring Picnic Friday May 17th. Join Us!!



Book Club Chat

Tuesday May 21st at 1 pm

We didn't have many in attendance last month, so if you'd like to see this get going - please join us! Feel free to bring a book you're currently reading to share about. We'll also make some bookmarks together and plan for our group!

BINGO

We will have bingo for seniors on May 23rd at 1pm. This will continue on the 4th Thursday of each month.

Happy Birthday to everyone with a May birthday!



Join us for lunch on **Thursday May 30th** to celebrate those with May birthdays! We'll eat and sing together, and share happy blessings to those with May birthdays!

All those present with a May birthday will be entered to win a free lunch ticket!

We will continue this monthly on the last Thursday of each month.



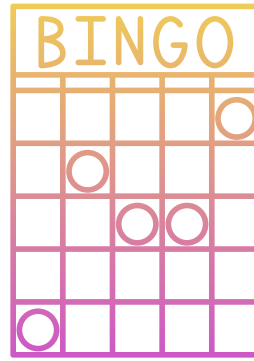
Reminders

Social Security Administration

A representative from the Social Security Administration is available on

May 14th and May 28th from 9am-11:45.

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



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!



Food Distribution

Food bank distribution this month is

May 16th at 1:30 PM.

Applications available at the Senior Center

APRIL SHOWERS
Bring
MAY FLOWERS

May is Older Americans Month 2024 Theme: *Powered by Connection*

Join us for several events at the Senior Center to celebrate and learn more about making connections in our community.

May 14 from 1-2pm: Join fellow seniors for a storytelling workshop. We'll learn a bit about crafting a meaningful story from Ellamy Tiller.

May 15 from 11-1:30: Elder Mentor Program Info Session: Learn more about how you can become an elder mentor for children or for a senior companion.

May 24 from 1-3pm: Join us as we connect with the contributing artists for this year's Senior Art Show.

May 28 from 1-2pm: Come take a look at some of the assistive technology available from Sarah at the Independent Learning Center.

SCOK'S ANNUAL SENIOR ART SHOW

Save the date!

We will be accepting art work between May 6-10th.

Art will be on display at the Kodiak Senior Center between May 13-24th

Please Join us for an Artist Reception on May 24th from 1-3pm

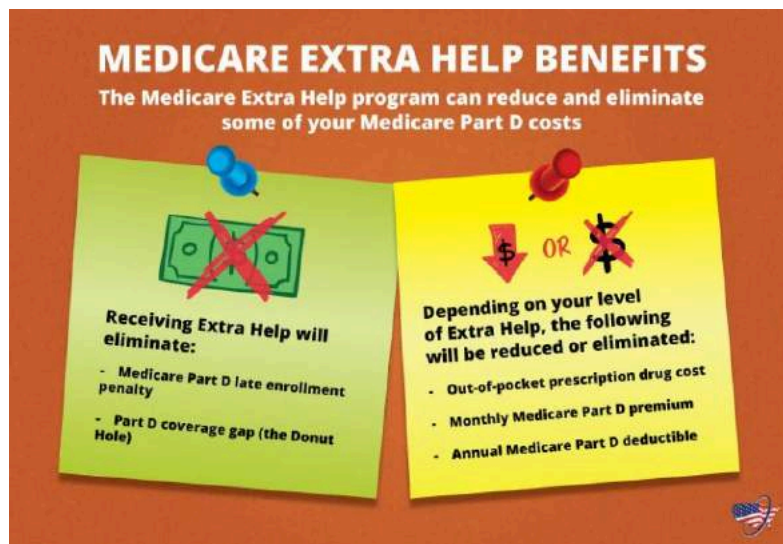


The Senior Center and Island Cove will be closed on Monday, May 27 for Memorial Day. This Memorial Day, let us remember those heroes who courageously gave their lives.

Medicare Minute

Medicare Minute: What is Extra Help? Extra Help Basics

Article Source: [Medicare Interactive.org](https://www.MedicareInteractive.org)



Want the short answer? Extra Help is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. It is also known as the Part D Low-Income Subsidy (LIS).

Extra Help Eligibility

1. If your monthly income is \$1,903 or less in 2024 (\$2,575 for couples) and your assets are below specified limits, you may be eligible for Extra Help. See chart for more information. These limits include a \$20 income disregard that the Social Security Administration (SSA) automatically subtracts from your monthly unearned income (e.g., retirement income).

Even if your income or assets are above the eligibility limits, you could still qualify for Extra Help because certain types of income and assets may not be counted, in addition to the \$20 mentioned above.

2. If you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements. You should receive a purple-colored notice from the Centers for Medicare & Medicaid Services (CMS) informing you that you do not need to apply for Extra Help.



Extra Help Income and Asset Limits 2024

Extra Help is a federal program that lowers your Medicare prescription drug coverage (Part D) monthly premium and any deductible, coinsurance, and copayments. You may qualify if you have limited income and assets.

You have	Your eligibility requirements	Your costs
Medicare only	Income Limit Individual: \$1,903/month Couple: \$2,575/month	\$0 premium ³ and deductible \$4.50 generic copay \$11.20 brand-name copay
	Asset limit² Individual: \$17,220 Couple: \$34,360	
Medicare and a Medicare Savings Program (MSP) only	You are automatically enrolled in Extra Help	
Medicare and Medicaid with or without an MSP	You are automatically enrolled in Extra Help	\$0 premium ³ and deductible Income above 100% FPL \$4.50 generic copay \$11.20 brand-name copay Income below 100% FPL⁴ \$1.55 generic copay \$4.60 brand-name copay

¹ Income limits are based on the 2024 Federal Poverty Level (FPL). Limits are higher for each additional relative living with you for whom you are responsible. Income and asset limits on this chart are rounded to the nearest whole dollar. There is a \$20 income disregard (factored into the income limits above) that the Social Security Administration automatically subtracts from your monthly unearned income.

² Asset limits include \$1,500 per person for burial expenses.

³ You pay no premium if you have a basic Part D drug plan with a premium at or below the Extra Help premium limit for your area.

⁴ You pay \$0 copays if you are institutionalized or receive home and community-based services.

Medicare Minute, continued

Extra Help Benefits

The Extra Help program (also called the Part D Low-Income Subsidy) offers the following benefits:

- Pays for your Part D premium up to a state-specific benchmark amount
- Lowers the cost of your prescription drugs
- Gives you a Special Enrollment Period (SEP) once per calendar quarter during the first nine months of the year to enroll in a Part D plan or to switch between plans (You cannot use the Extra Help SEP during the fourth calendar quarter of the year (October through December). You should use Fall Open Enrollment during this time to make prescription drug coverage changes.)
- Eliminates any Part D late enrollment penalty you may have incurred if you delayed Part D enrollment

Depending on your income and assets, you may qualify for Extra Help. To receive such assistance, your prescriptions should be on your plan's formulary and you should use pharmacies in your plan's network. Remember that Extra Help is not a replacement for Part D or a plan on its own: You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help assistance. If you do not choose a plan, you will in most cases be automatically enrolled in one.

Making an Extra Help Decision When You Have Other Forms of Prescription Drug Coverage

If you are eligible for Extra Help and already have other creditable drug coverage, you should evaluate your costs and coverage when deciding whether to enroll in Part D and Extra Help or to keep your current drug coverage. Be sure to ask your former employer or union if you can get a Part D plan without losing the retiree benefits you want to keep, and check if disenrolling from retiree drug coverage makes you ineligible for other retiree health benefits. If you cannot have Part D and your retiree benefits, or if keeping both is not cost-effective, think carefully about whether you should get a Part D plan, especially if your retiree plan also covers your spouse or dependents. If you later want Part D, you will have a two-month SEP after you lose creditable coverage.

Finally, those with Medicaid and certain kinds of employer, union, or retiree drug coverage may in some cases not be enrolled in Extra Help or can ask not to be. Contact your local Medicaid office to learn how to decline Part D without losing your Medicaid coverage. If you later want Part D, you can enroll at any time without penalty if you are still enrolled in Medicaid or eligible for Extra Help.



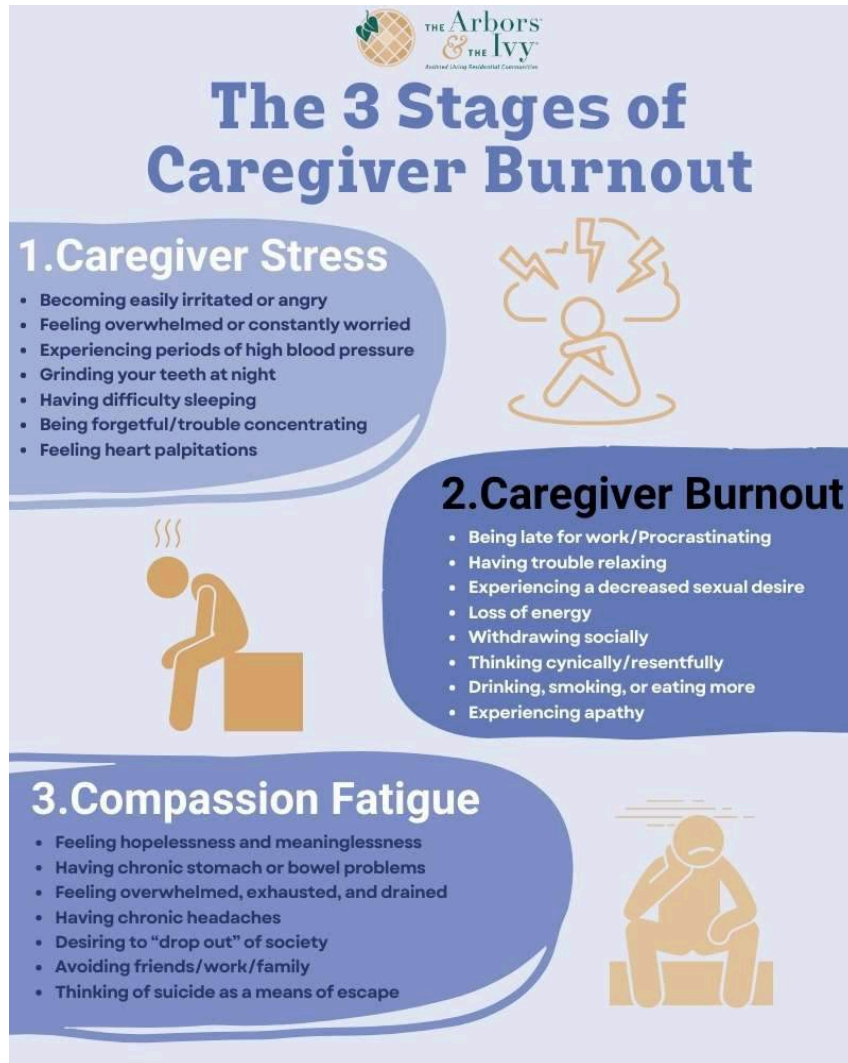
THANK YOU

The Senior Citizens of Kodiak was recently awarded a \$1,500 grant from the Spouses Association of Kodiak to help cover the cost of the oven we had to unexpectedly replace this year. We also received a \$500 grant from American Seafoods.

Thank you for your generous support!

The Caring Islander

At this month's Caregiver Support group, we discussed Caregiver burnout and shared some tips with each other on how to relieve stress. Take a look at the Stages of Caregiver burnout, and if you find that you fit into one of these three stages, maybe try some of the breathing techniques or self care tips listed below.



The 3 Stages of Caregiver Burnout

1. Caregiver Stress

- Becoming easily irritated or angry
- Feeling overwhelmed or constantly worried
- Experiencing periods of high blood pressure
- Grinding your teeth at night
- Having difficulty sleeping
- Being forgetful/trouble concentrating
- Feeling heart palpitations

2. Caregiver Burnout

- Being late for work/Procrastinating
- Having trouble relaxing
- Experiencing a decreased sexual desire
- Loss of energy
- Withdrawing socially
- Thinking cynically/resentfully
- Drinking, smoking, or eating more
- Experiencing apathy

3. Compassion Fatigue

- Feeling hopelessness and meaninglessness
- Having chronic stomach or bowel problems
- Feeling overwhelmed, exhausted, and drained
- Having chronic headaches
- Desiring to "drop out" of society
- Avoiding friends/work/family
- Thinking of suicide as a means of escape



Breathing Techniques to Reduce Stress

Diaphragmatic breathing

- Slow, long breaths can help the vagus nerve let the brain know it's time to relax.

Exhale longer than inhale

- Try exhaling for double the length of your inhalation.

Box breathing

Step 1: Breathe in, counting to four slowly.

Feel the air enter your lungs.

Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Step 3: Slowly exhale through your mouth for 4 seconds.

Step 4: Repeat steps 1 to 3 until you feel re-centered.

Self-Care for Caregivers

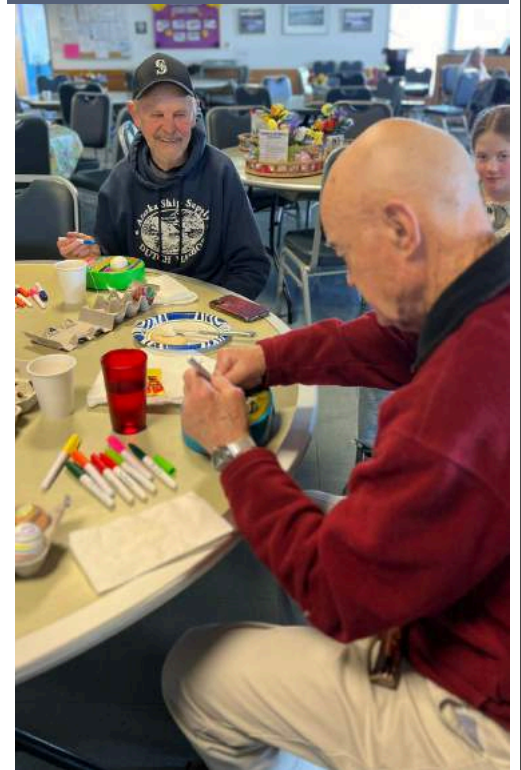
- Get organized. Make to-do lists, and set a daily routine.
- Ask for help. Make a list of ways others can help. For instance, someone might pick up groceries or sit with the person while you do errands.
- Take breaks each day, and spend time with your friends.
- Keep up with your hobbies and interests.
- Join our Caregiver Support group -- we meet on the third Thursday of every month at the Senior Center.
- Eat healthy foods, and exercise as often as you can.
- See your doctor regularly. Be sure to tell your health care provider that you're a caregiver, and mention if you have symptoms of depression or sickness.



Kodiak Senior Center Recent Highlights

In April, we brought back some old activities like Trivia, and started some new ones, like egg decorating with the help of our Kodiak youth. We also welcomed 45 community members for National Healthcare Decision Day. Thank you to our volunteers and partners for helping make all of this happen!

Did you miss Alaska Legal Services while they were here for National Healthcare Decisions Day? If so don't worry - they'll be back! Starting in June, they will be here on the 2nd Monday of each month between 11am and 1pm, offering one on one services on a first come first serve basis. During this time, they can start wills, Miller Trusts or guardianships; start and execute powers of attorney and advanced healthcare directives; and collect info and signed authorizations to appeal delay of public benefits.



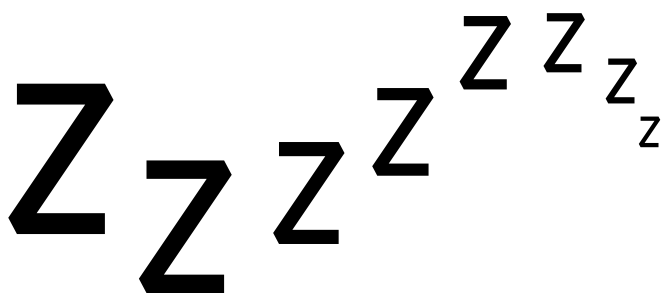
Health Wire

The following health spotlights were found in the April 2024 Issue of *Computer Reports On Health*



Friends & Memory

Seeing friends and being physically active helped slow thinning of the brain area where Alzheimer's disease likely begins - according to a study that tracked older adults for seven years. The most active study participants fit in movement and/or contact with friends and family several times a week.



How sleep may boost mood

Getting 1 to 2 hours less sleep than needed hiked anxiety and depression, and reduced feelings of happiness, in a review of 154 studies involving 5,717 people. The researchers say it's important to focus on getting sufficient slumber, which is about 7 to 8 hours a night.

Diabetes and the way you walk.

How fast do you walk? Walking at 2 to 3 miles an hour (which is considered an average pace) could reduce the risk of type 2 diabetes by 15 percent, instead of strolling slowly, according to a review of 10 studies. Walking even more briskly lowered the odds by 24 percent.

mindful eating

An Anti-Breast Cancer Diet?

We know diet can play a role in some cancers. In one recent study, breast cancer survivors who closely followed the Mediterranean diet (which is rich in produce, whole grains, healthy fats, beans, and nuts) were 41 percent less likely to see their cancer recur over five years than those who didn't stick to the eating strategy.

Good news on colon cancer

Colorectal (or colon) cancer screening cuts the 10-year risk of cancer by 50 percent, says an analysis of studies. Previous research found it cut the risk by just 25 percent. For screening info, go to [cdc.gov/cancer](https://www.cdc.gov/cancer) and search for "colorectal cancer" or ask your provider for more information.

Hearing Aids for a longer life



People with hearing loss who wore hearing aids consistently were 24 percent less likely to die over 10 years than those who wore the devices some of the time or not at all, a study finds. Regular hearing aid users lived longer than others regardless of age, degree of hearing loss, income, weight, or medical history. The researchers say untreated hearing loss may increase isolation and frailty and make it harder to communicate with healthcare practitioners.

News from Island Cove

Last month, we had a lot of fun at Island Cove. We celebrated National Pet Day with a visitor from Humane Society Board Member Jan Haaga and her 14 year old chihuahua, Ella. Ella brightened up our day for sure, and I'm sure she didn't mind the snuggles either! We also worked on a group art display for the upcoming Senior Art Show. Come see our display at the Senior Center between May 13-May 24.

As a reminder, Island Cove is open 7 days a week, and our staff work hard to offer a safe environment where participants can do activities to regain strength, practice memory work and socialize with one another.



Island Cove Activities Calendar:

ACTIVITIES		MAY 2024					CALENDAR	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
			1 8-10 BREAKFAST NEWS OF THE DAY 10-11 BINGO LUNCH 2-3 CARD GAMES	2 8-10 BREAKFAST 10-11 EXERCISE LUNCH 1-3 MOVIE DAY	3 8-10 BREAKFAST 10-11 BINGO WITH PRIZE LUNCH CINCO DE MAYO ACTIVITY 2-3 SING-A-LONG	4 9-10 BREAKFAST and SOCIALIZED LUNCH MOVIE DAY		
5 9-10 BREAKFAST and SOCIALIZED LUNCH TABLE GAMES	6 8-10 BREAKFAST 10-11 EXERCISE & WORD GAMES LUNCH COLORING ART 10:00 AM	7 8-10 BREAKFAST NEWS FOR THE DAY 10-11 EXERCISE LUNCH 2-3 TABLE GAMES	8 8-10 BREAKFAST TRIVIA 10-11 BINGO LUNCH 2-3 RING TOSS	9 8-10 BREAKFAST 10-11 EXERCISE LUNCH 1-3 MOVIE DAY	10 8-10 BREAKFAST MOTHERS DAY STORY 10-11 BINGO WITH PRIZE LUNCH 2-3 SING-A-LONG	11 9-10 BREAKFAST and TRIVIA LUNCH MOVIE DAY		
12 9-10 BREAKFAST and TRIVIA MOTHERS DAY LUNCH GROUP GAMES	13 8-10 BREAKFAST 10-11 EXERCISE & WORD GAMES LUNCH 2-3 PAINTING	14 8-10 BREAKFAST NEWS FOR THE DAY 10-11 EXERCISE LUNCH 2-3 RING TOSS	15 8-10 BREAKFAST NEWS OF THE DAY 10-11 BINGO LUNCH 2-3 BEAN BAG	16 8-10 BREAKFAST 10-11 EXERCISE LUNCH 1-3 MOVIE DAY	17 8-10 BREAKFAST SPRING PICNIC 10-11 BINGO WITH PRIZE LUNCH PIZZA DAY PARTY 2-3 SING-A-LONG	18 9-10 BREAKFAST and SOCIALIZE LUNCH MOVIE DAY		
19 9-10 BREAKFAST and SOCIALIZED LUNCH TABLE GAMES	20 8-10 BREAKFAST 10-11 EXERCISE & WORD GAMES LUNCH 2-3 COLORING	21 8-10 BREAKFAST NEWS FOR THE DAY 10-11 EXERCISE LUNCH 2-3 TEA PARTY INVITE THE FAMILY	22 8-10 BREAKFAST TRIVIA 10-11 BINGO LUNCH 2-3 DOMINO	23 8-10 BREAKFAST 10-11 EXERCISE LUNCH 1-3 MOVIE DAY	24 8-10 BREAKFAST 10-11 BINGO WITH PRIZE LUNCH 2-3 SING-A-LONG	25 9-10 BREAKFAST and TRIVIA LUNCH MOVIE DAY		
26 9-10 BREAKFAST and TRIVIA LUNCH GROUP GAMES	27 8-10 BREAKFAST CLOSED FOR HOLIDAY - "MEMORIAL DAY"	28 8-10 BREAKFAST NEWS FOR THE DAY 10-11 EXERCISE LUNCH 2-3 CONNECT 4	29 8-10 BREAKFAST NEWS OF THE DAY 10-11 BINGO LUNCH MAKE PAPER AIRPLANE 2-3 TABLE GAMES	30 8-10 BREAKFAST 10-11 EXERCISE ART SLIM PROJECT LUNCH 1-3 MOVIE DAY	31 8-10 BREAKFAST 10-11 BINGO WITH PRIZE LUNCH SMILE DAY 2-3 SING-A-LONG	9-10 BREAKFAST and SOCIALIZED LUNCH MOVIE DAY		

CONTACT US FOR MORE INFORMATION OR TO SET UP A TOUR

For information call: 486-2203 or visit our website at: www.kodiakseniorcenter.org

2024 Social Security Schedule

Video Service Delivery (VSD) is available at the Kodiak Job Center during the dates listed below:

January 9 & 23	February 13 & 27	March 12 & 26
April 9 & 23	May 14 & 28	June 11 & 25
July 9 & 23	August 13 & 27	September 10 & 24
October 8 & 22	November 12 & 26	December 10 & 24

Tuesdays, 9:00 AM – 11:45 AM

Come early to sign-in at 8:00 AM

You may call the Social Security Office at 1-866-772-3081
(Anchorage) or
1-800-772-1213 (National Number).

Online services are available at www.socialsecurity.gov to:

- Apply for Social Security benefits or Medicare;
- Get a retirement benefit estimate;
- Use benefit planner to calculate your retirement, disability, and survivors benefits;
- Change your address, telephone number, or direct deposit information;
- Request a replacement Medicare card.

You may visit the Social Security Office at:
222 W 8th Avenue, Room A11
Anchorage, Alaska 99513

Fun & Games



Spring Word Search



- BLOSSOM
- BLOOM
- FLOWERS
- RAIN
- SHOWERS
- EASTER
- SPRING BREAK
- GRASS
- HATCH
- BIRDS
- SUNSHINE
- SEASON
- MARCH
- APRIL
- MAY

N	L	M	O	R	D	Y	S	M	B	M	O	O	L	B
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C	H	E	F	A	M	C	L	Y	O	G	D	R	E	S
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F	I	S	E	A	R	A	K	S	L	E	I	O	E	L
B	L	O	S	S	O	M	C	B	J	W	B	M	O	B


Final Thoughts



Did You Know?

The Kodiak Senior Center has a variety of equipment available to loan out for free! If you see something you need, give us a call or stop by and we'll let you have a look.

Wheelchairs
Walkers
Commode with wheels
Toilet Risers
Canes
Crutches
Standing walker with brakes
Scooters

 Need more information? Stop by the Senior Center M-F between 8:30am and 5:00pm or contact us via phone (907) 486-6181 or email info@scoki.org

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!

May 8th 10:30-12:30 Join KANA Elder Services at the Kodiak Marketplace for a plant activity with KANA's prevention team.

May 29th 10:30-12:30 Join KANA's Elder Services - location TBD. Cheri Biddle will give a history presentation on the Sami people.



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.

Arctic Care is a collaborative effort between KANA, community partners, and US uniformed services, providing no-cost medical, dental, optometry, and veterinary services to Kodiak and the surrounding villages.

ARCTIC CARE UPDATE



Online Scheduling Will Be Open
APRIL 19 | 5:00PM

Scheduling and more detailed information can be found at:

kodiakhealthcare.org