



KODIAK SENIOR CENTER

NEWSLETTER

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

February 2025

www.kodiakseniorcenter.org

Director's Door



What an interesting winter we have had so far with all of this rain. In February, we start gaining more than 4 minutes of light each day and it's such a joyous feeling.

Speaking of joyous, we absolutely love when our congregate room is full of seniors visiting, laughing, sharing stories and smiles with each other and us.

One of our biggest events held at the senior center is our annual Valentines Day Luncheon. We will honor those 80 and older, have a delicious lunch with special dessert, door prizes, entertainment by the whippersnappers and crown the 2025 Valentines king and queen. This year, we have 133 seniors who are 80 and up; 19 of them 90 and up. This event is scheduled for February 14, 2025 from 12 noon – 1:00pm. As always, for this event, lunch is on us for those 80 and older!

Senior Citizens of Kodiak's fiscal year is July 1 – June 30. In January, we have many half year grant reports due, and we wanted to share the numbers with you. So far, this fiscal year, we have provided 10,837 congregate, curbside, and home delivered meals to 556 Kodiak residents; adult day program services to 17 participants; Lifeline to 68 seniors; respite to 11 families; chore services to 17 seniors; information and referral to 219 seniors; and 9,320 rides through KATS to more than 250 Kodiak residents.

All of these services keep seniors living independently in Kodiak and we are proud to serve our community in such a profound way.

We are receiving a good number of memberships for 2025 and appreciate all of the support!

We also thank you all for giving donations so we can continue to provide our essential services.

Happy Valentines Day,
and Happy February!



July 1 - December 31, 2024

- 11** Families: Respite
- 17** Seniors: Chore Services
- 17** Participants: Adult Day Services
- 68** Seniors: Lifeline
- 219** Seniors: Information & Referral
- 9,320** KATS Rides to **250+** Residents
- 10,837** Meals to **556** Seniors

News from the Board

In next month's newsletter you will find the annual program survey which gives us and staff feedback on how we are doing as well as positive suggestions for improvements and new programs. We hope you complete the survey and return it to us. All Board members and staff review these completed surveys and discuss them for ways to improve. Thank you!

Senior Citizens of Kodiak, Inc.



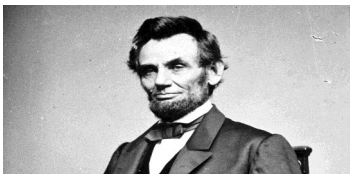


- BILL OLIVER, PRESIDENT**
- RALPH 'SKIP' BOLTON, VICE PRESIDENT**
- SUSAN BROCKMAN, SECRETARY/TREASURER**
- CHARLES BARBER, MEMBER**
- TINA HOEN, MEMBER**
- JOYCE GREGORY, MEMBER**
- NENITA NICOLAS, MEMBER**
- BETTY WALTERS, MEMBER**
- DR. ALAN WOLF, MEMBER**



Our mission is to enhance the lives of older adults.





This agency is supported through funding from the Division of Senior and Disabilities Services, Rasmuson Foundation, American Seafoods Company, City of Kodiak, Kodiak Island Borough, First National Bank of Alaska, Providence Alaska Foundation, & Kodiak CHARR. We greatly appreciate their support along with the generous donations recently made by CK Bower, Susan Brockman, Charles & Rosmarie Davidson, Midge Dillon, Duncan & Leslie Fields, Linda Freed & Alan Schmitt, Joyce Gregory, Anne Jacobson, Tim & MaryJane Longrich, Bob Lochman, Betty Walters, an anonymous contributor, and Kurt Pederson, *in memory of Marolyn Pedersen.*

February 2025

Mon	Tue	Wed	Thu	Fri
	 Born Feb. 22, 1732		 Born Feb. 12, 1809	
3. Beef Stroganoff Buttered Noodles Broccoli & Cauliflower Dessert Soup & Salad	4. Baked Ham Scalloped Potatoes Glazed Baby Carrots Dessert Soup & Salad	5. Chicken Ala King with Biscuits Green Beans Dessert Soup & Salad	6. Beef & Bean Tacos Spanish Rice Mexican Corn Dessert Soup & Salad	7. Coconut Shrimp Pasta Salad Chef's Choice of Vegetable Dessert Soup & Salad
10. Salisbury Steak Mashed Potatoes Mixed Vegetables Dessert Soup & Salad	11. Spaghetti w/ Creamy Mushroom Sauce Zucchini Garlic Bread Dessert Soup & Salad	12. Crusted Pork Chops Au Gratin Potatoes Vegetable Medley Dessert Soup & Salad	13. French Dip Sandwich French Fries Broccoli Salad Dessert Soup & Salad	14. Valentines Luncheon Chicken Cordon Bleu With Hollandaise Egg Noodles Asparagus Special Dessert No Soup Today 
17. Senior Center & Island Cove Closed to Celebrate Presidents Day. 	18. NEW MENU ITEM Turkey Burger w/ Sweet Pepper Relish Sweet Potato Fries Coleslaw Dessert Soup & Salad	19. Meatloaf Mashed Potatoes & Gravy Crinkle Cut Carrots Dessert Soup & Salad	20. Almond Chicken Fried Rice Egg Rolls Asian Vegetables Dessert Soup & Salad	21. Fish & Chips Cole Slaw Dessert Soup & Salad
24. Vegetable Pasta Bake Italian Style Green Beans Garlic Bread Dessert Soup & Salad	25. Beef Stew Crusty Bread Dessert Salad No Soup Today	26. Roasted Pork Loin Potato Wedges Green Beans w/ Mushrooms Dessert Soup & Salad	27. Birthday Luncheon Bison Burger w/ Chipotle Aioli, Lettuce, Tomato Sweet Potato Fries Corn on the Cob Dessert, Soup & Salad	28. Oven Fried Chicken Rice Pilaf Succotash Dessert Soup & Salad

1% milk, full strength fruit juice, salad and bread served daily.

February 2025

Mon	Tue	Wed	Thu	Fri
				
3 Safeway App Workshop at 1pm	4	5 Tai Chi at 9:30am Games 1 pm	6	7 Foot Clinic 10-12 pm Whippersnappers 1 pm
10 Yoga w/ Tracy 9:30 am (No Zoom option) Alaska Legal Service 10-12 pm	11 Social Security Teleconference at Job Service 9am to 11:45 am	12 Tai Chi at 9:30am Games 1 pm	13 Tax Preparation Begins!	14 Foot Clinic 10-12 pm Valentine's Day Luncheon,  music by the Whippersnappers!
17 Senior Center and Island Cove Closed In honor of President Day 	18 Caregiver Support Group 1 pm at the Library	19 Tai Chi at 9:30am Trivia 12:30 pm Games 1 pm	20 Food Bank Distribution 1:30 pm	21 Foot Clinic 10-12 pm Whippersnappers 1 pm
24 Yoga with Veronica 9:30 am Watercolor Class with Myra Scholze at Nerka Design at 1pm	25 Social Security Teleconference at Job Service 9am to 11:45 am	26 Tai Chi at 9:30am Games 1 pm	27 Birthday Lunch Bingo 1 pm 	28 Foot Clinic 10-12 pm Whippersnappers 1pm

February



Safeway App. Workshop

Details page 4

Foot Clinic

Please call for an appointment

Tax Preparation Flyer

Details page 6

Caregiver Support Group

Details page 4

Bingo Schedule

Hosted by VFW Bingo Thursday at 1 pm and is FREE to Play

More details for all events are found on pages 4 & 5 of the Newsletter

Kodiak Senior Center

486-6181

info@scoki.org

Activities at the Senior Center



HAPPY
Valentine's
DAY

Join us on Friday,
February 14th
Noon - 1PM for our
Annual
Valentine's Day
Luncheon



Happy Birthday
to everyone with a
February
birthday!

Safeway App Workshop Monday, February 3 at 1pm

Back by popular demand is Cyndi from Safeway to go over how to use the Safeway app and save money! She'll review the app and then answer any questions you may have. No sign up required. Bring a friend!

Join us for lunch on Thursday *February 27* to celebrate those with February birthdays! We'll eat and sing together, and share happy blessings to those with February birthdays!

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

We will continue Birthday Luncheon on the last Thursday of every month.



Alaska Legal Services- Drop In!

Monday February 10, 10:00am - Noon

Please note the change in time!

Alaska Legal Services is continuing to come once a month to offer one-on-one services on a first come first serve basis at the Senior Center.

During this time, they can help you start wills, Miller Trusts or guardianships; start and execute powers of attorney and advanced healthcare directives; collect info and signed authorizations to appeal delay of public benefits, or answer any questions you may have regarding legal documents.

Please note: If you plan to bring someone that does not speak English, please call Teka at (907) 512-0499 to schedule a separate appointment, or let us know in advance so Teka can arrange for a translator.



We will have bingo for seniors on **Thursday February 27 at 1:00 pm**, continuing each month on the last Thursday. This is free to enter.

Thank you so much to those organizations who make this event possible: Olson's Bookkeeping, VFW Post 7056 Auxiliary, Harborside Coffee, Henry's, Kodiak Island Brewing, Norman's Gifts, and Subway.

Art with Myra Scholze Monday February 24 at 1pm

Please join Myra from Nerka Designs for a watercolor tutorial, followed by an opportunity to practice and make some cards to send to friends.

Call 486-6181 to sign up, or sign up in person!



Senior Citizens of Kodiak, Inc.

WE'RE HIRING

Chore/Respite Workers
Adult Day Program Manager

Apply Now

Apply online at Alaskajobs, in person at the Kodiak Job Center or the Kodiak Senior Center, or send your resume to: info@scoki.org
Questions? Call (907) 486-6181

Announcements & Reminders

Social Security Administration

A representative from the Social Security Administration is available on

February 11 & 25 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 2025 Alaska Permanent Fund Dividend. Please select Senior Citizens of Kodiak, Inc. and donate part or all of your PFD. Your donation makes a difference!

Medicare General Enrollment continues through March 31st

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

Questions?

Give us a call at (907) 486-6181 to make an appointment with Laurie Murdock, Certified Medicare Counselor



Food Distribution

Food bank distribution this month is scheduled for

February 20 at 1:30 PM.

Applications available at the Senior Center

Call 486-6181 for more information

Caregiver Support Group

Our caregiver support group will be meeting on the Third Tuesday of every month at 1PM at the Kodiak Public Library

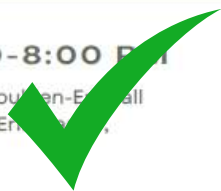
Join us February 18th at 1PM - whether you are caring for a loved one here in town or from afar, we'd love to provide you with some support and community connections.

PLANNING FOR LIFE'S CHANGES 2025 3-PART SERIES

PRESENTED BY HOSPICE & PALLIATIVE CARE OF
KODIAK IN COLLABORATION WITH KODIAK COLLEGE

THURSDAY, JAN 23 6:00-8:00 PM

Tips & Tricks for Getting Organized - Deb Houlden-Engvall
Advanced Healthcare Directives & POLST - Erin [unclear],
Palliative Nurse Practitioner, PKIMC



MONDAY, FEB 24 6:00-8:00 PM

The Gentle Art of Swedish Death Cleaning - Deb Houlden-Engvall
What Happens to My Body if I Die in Kodiak? - Jocene Warnecke,
Kodiak Funeral Chapel

WEDNESDAY, MAR 26 6:00-8:00 PM

Tips and Tricks for Getting Organized- Deb Houlden-Engvall
Power of Attorney & Wills -
Andrew Ott, Attorney - Kodiak Law Group, LLC
Tekka Lamade, Attorney - Alaska Legal Services

FREE AND OPEN TO ALL.
NO REGISTRATION NECESSARY
COME FOR ONE. OR ALL THREE
KODIAK COLLEGE
BENNY BENSON BUILDING ROOM 128
(907) 486-1237



This Peanuts comic strip was first published on February 12, 1978.





ALASKA DEPARTMENT OF LABOR
& WORKFORCE DEVELOPMENT



TAX PREPARATION AND E-FILE services in Kodiak

By IRS-Certified AARP
Tax-Aide Volunteers

WHEN: Mondays and Thursdays,
Feb. 13-April 10, 2025

WHERE: Kodiak Job Center,
211 Mission Road (Check in at
Room 110, first right after entrance)

APPOINTMENTS: 10 a.m.-noon

WALK IN: Noon-1 p.m.

Appointments or questions?

Call Jackie at (509) 850-0065 (toll free)

AARP Foundation
Tax-Aide

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. Any interest earned from checking and/or savings accounts, no matter how small and whether 1099-INT was issued
5. Bank routing and account numbers for direct deposit of any refund (checkbook or voided check)
6. 2023 Tax return if you were not seen by us last year

Kodiak Senior Center Recent Highlights



We started the year off at the senior center with some inspiration for seniors - if you weren't able to stop by and share what you're looking forward to, maybe take a moment to ponder this on your own. Many thanks to Linda Himelboom for coming by this month to help seniors with their digital questions, and to Lyndsey Knight for sharing about nutrition and healthy living. While we didn't capture many pictures, we got a lot done this month!

We ♥ our Volunteers



Thank you ... ♥

Thank you to all of those who donated gifts for Toys for Tots! Several large boxes of gifts were delivered to children in need in our community.

“Who’s Who!?” at the Senior Center

We are happy to continue to introduce the amazing staff we have here at the Senior Center.

Introducing.... Vicky Nero, Kitchen Aide & Adult Daycare Center (ADC) Aide at Island Cove

Something fun that you may not have known about Vicky

When talking to Vicky for this article, two things were abundantly clear - she is and always has been a very hard worker, and she has raised a family of whom she is rightfully very proud.

Vicky is originally from the Phillipines, but has spent time living and working in Kuwait, Hong Kong and Alaska. She was living in Kuwait during the Gulf War, working as a nanny. She made the difficult decision to leave the family she was working for, and evacuate to Jordan. With just two bags in her hands and a few friends by her side, she evacuated and made her way back to her family in the Phillipines. When her son was just one year old, she went to Hong Kong to work for another family, taking care of their children and helping with their housework.



She moved to Kodiak in 2011, and lives here with her husband and her youngest son, Johnson. She is thankful that they do most of the cooking and laundry for her as she spends most of her time either working or sleeping! She is very proud of all three of her children; her daughter Loida lives in Hong Kong and works as a nurse, her son Lloyd lives in the Phillipines and is a doctor, and Johnson works for the City of Kodiak. When Vicky can, she very much enjoys going back to the Phillipines to visit Lloyd and his five children, and Loida and her two children. Of the seven grandchildren, four are boys and the remaining three she fondly refers to as her “tres marias”.

How long has Vicky worked at the Senior Center?

Vicky has been working at the Senior Center since 2019. She was hired as a Kitchen Aide, and soon after she started, she also began working on the weekend as an ADC Aide at Island Cove Adult Day.

In her role in the Kitchen, Vicky comes early each morning to make the salads for home delivered, curbside and congregate meals. She helps portion out meals for home delivery, serves soup, and does dishes. Perhaps most important is Vicky’s wonderful presence in the kitchen. You can often hear her singing, laughing, or calling out loud welcoming greetings to those who come to eat or visit.

What does Vicky love about her job at the Senior Center?

Vicky loves working at the Senior Center. She enjoys making her co-workers laugh, and seeing everyone who comes in to eat!

Medicare Minute

Medicare General Enrollment continues through March 31st

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

MEDICARE ENROLLMENT PERIODS

There are many different **Medicare Enrollment Periods**

	INITIAL ENROLLMENT PERIOD (IEP)	GENERAL ENROLLMENT PERIOD (GEP)	SPECIAL ENROLLMENT PERIOD (SEP)	ANNUAL ENROLLMENT PERIOD (AEP)	MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD (MAOEP)
IS THIS FOR ME?	I'm Turning 65	I Missed Initial Enrollment Period	I have previous Employer-based coverage	I'm a Medicare Plan Enrollee	I'm an Advantage Enrollee
WHAT IS THIS FOR?	Enrolling in Original Medicare	Enrolling in Medicare Part A or Part B	Enrolling in Medicare Part A or Part B	Reevaluating Coverage & Making Changes	Making a One-time Change to my MA Plan
WHEN CAN I ENROLL?	3 months before my 65th birthday through 3 months after	January 1 - March 31	8 months from termination of my employer coverage	October 15 - December 7	January 1 - March 31

Questions?

Give us a call at (907) 486-6181 to make an appointment with Laurie Murdock, Certified Medicare Counselor

Stay away from Medicare Scams!



If you get a call saying you qualify for a new card - **HANG UP!** This is a scammer calling. Do **NOT** verify your Medicare number or other personal information.

Have you given out or confirmed your Medicare number over the phone? The Alaska Senior Medicare Patrol can help you protect yourself. Call them at the numbers below.

(907) 269-3680 or
1-800-478-6065

www.medicare.alaska.gov



SMP
Senior Medicare Patrol
Preventing Medicare Fraud

Health Wire

Little Meals that pack a big nutrition punch

Moderately active men over the age of 50 require 2,200 to 2,400 calories per day, an average, to get the fuel and nutrients they need, while women of a similar age and activity level need 1,800 calories. If you're not feeling very hungry, it can be tough to eat that much food. One solution is to have smaller portions spread out through the day and to make sure the food you eat is full of nutrition. Here's an example of what a health daily menu containing about 2,000 calories might look like.

Breakfast

Soft Taco Scramble

Scramble 1 egg and 2 egg whites with Monterey Jack cheese and 1/2 cup of fresh bay spinach. Wrap it in an 8-inch whole-wheat tortilla; add salsa. Drink: 3/4 cup of low-sodium vegetable juice.



Lunch

Quick Lentil Soup

Heat 1 cup of canned low-sodium lentil soup with 1-4 cup of cooked brown rice and 6 diced bay carrots. Serve with 1/2 cup of blueberries. Drink: 1 cup of dairy or plant milk.



Dinner

Grilled Chicken Pita

In a whole-wheat pita pocket, add 3 oz. of cooked chicken breast, a slice of cheddar, and mixed greens and tomato tossed with vinaigrette. Serve with an orange. Drink: 1 cup of dairy or plant milk.



Snacks

- > 1/4 Cup of roasted edamame
- > 1 wedge of aged goat cheese plus 2 tbsp. of dried tart cherries
- > 4 oz. of chocolate pudding with sliced strawberries



For more healthy food/snack ideas, go to [CR.org/snackhealthy](https://www.cancer.org/snackhealthy).

The Caring Islander

Lifeline

7 Quick Tips for Bath Safety for Older Adults

80% of all bathroom injuries are caused by falls, with the highest injury rates in the oldest age groups. Falls often cause serious injuries, and one in three older adults will experience at least one fall in their lifetime.¹ Ask your aging adults to follow these 7 quick tips for ways to help prevent bathroom injuries.

1 Install grab bars

Securely mount grab bars near the toilet, inside and outside the shower or bathtub to provide support when getting in and out.



2 Non-slip surfaces

Use non-slip mats on the bathroom floor, inside the shower or tub, and outside the bathtub to minimize slipping hazards.



3 Use a shower bench or chair

Consider using a shower chair or bench to sit while showering, especially if balance is a concern.



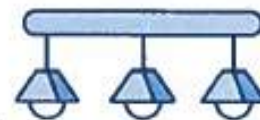
4 Install a raised toilet seat

Suggest to your aging adults to consider using a raised toilet seat to make standing up easier and to help reduce slips and falls.



5 Proper Lighting

Ensure good lighting throughout the bathroom, including nightlights, to improve visibility and reduce tripping risks.



6 Consider a walk-in shower or tub

If possible, install a walk-in shower or tub with a curbless entry to ease access if balance is a concern.



7 Use technology

Consider a subscription to the Lifeline Medical Alert Service that they can use to signal for help quickly in the event of a fall. Our fall detection technology can even place a call for help if they're incapacitated and unable to press the help button.



1. Center for Disease Control, "Nonfatal Bathroom Injuries Among Persons >15 Years - United States," MMWR, June, 2010, 60(22):729-733.

Contact us at (907) 486-6181 if you or someone you are caring for are interested in the lifeline service. There is a \$50 installation fee but no monthly cost to you.

News from Island Cove

If you stop into Island Cove, you are likely to hear happy chatter and laughter - we are thankful to have such a wonderful group of people with us every day!! Over the last couple of months, we have welcomed many visitors, including students from the Kodiak Christian School and family members are our participants.

A favorite activity is a mind game where a long word is given and everyone tries to find as many words as possible, within that word. In January, Island Cove Adult Day participants beat their “words within words” record today! They found 374 words within the word ‘Incommensurability’! Great job, Crew! Give it a shot - see if you can beat their record!



Daily Schedule

We have a variety of activities that rotate in and out of our daily schedule. We meet with participants regularly to find out what new things they might like to try. And there's always the sun room for relaxing!

Time	Activity
8:00 am	Opening Time!
8:00 - 10:00am	Breakfast, News and Morning Greetings
10:00-11:00am	Morning Activity: Exercise or BINGO
11:00-11:30am	Bathroom, get ready for lunch
11:30-12:00pm	Lunch
12:00-1:00pm	1st Afternoon Activity- rotating
1:00-1:30pm	Snack

ACTIVITIES FEBRUARY 2025 CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8-10 BREAKFAST and LUNCH MOVIE DAY
2 8-10 BREAKFAST and SOCIALIZED LUNCH TABLE GAMES	3 8-10 BREAKFAST 10-11 EXERCISE WITH THE GROUP 11-12 LUNCH 12-1 AFTERNOON ACTIVITY	4 8-10 BREAKFAST 10-11 EXERCISE WITH THE GROUP 11-12 LUNCH 12-1 TABLE GAMES DEAN BAG	5 8-10 BREAKFAST 10-11 BINGO 11-12 LUNCH 12-1 AFTERNOON ACTIVITIES DEAN BAG	6 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-12 LUNCH 12-1 MOVIE THURSDAY	7 8-10 BREAKFAST 10-11 BINGO with PRIZES 11-12 LUNCH 12-1 SING-A-LONG 1:30-2:30 CARD GAMES	8 8-10 BREAKFAST and TRIVIA LUNCH MOVIE DAY
9 8-10 BREAKFAST and SOCIALIZED LUNCH TABLE GAMES	10 8-10 BREAKFAST 10-11 EXERCISE WITH THE GROUP 11-12 LUNCH 12-1 AFTERNOON ACTIVITY	11 8-10 BREAKFAST 10-11 EXERCISE WITH THE GROUP 11-12 LUNCH 12-1 TABLE GAMES PEI MARCHING	12 8-10 BREAKFAST 10-11 BINGO 11-12 LUNCH 12-1 VALENTINE DIF. CARDS & CRAFTS	13 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-12 LUNCH 12-1 MOVIE THURSDAY	14 8-10 BREAKFAST 10-11 BINGO with PRIZES 11-12 LUNCH 12-1 SING-A-LONG 1:30-2:30 CARD GAMES	15 8-10 BREAKFAST and TRIVIA LUNCH MOVIE DAY
16 8-10 BREAKFAST and SOCIALIZED LUNCH TABLE GAMES	17 CLOSED FOR HOLIDAY PRESIDENT'S DAY	18 8-10 BREAKFAST 10-11 EXERCISE WITH THE GROUP 11-12 LUNCH 12-1 TABLE GAMES	19 8-10 BREAKFAST 10-11 BINGO 11-12 LUNCH 12-1 VALENTINE KCS HOBS VISIT	20 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-12 LUNCH 12-1 MOVIE THURSDAY	21 8-10 BREAKFAST 10-11 BINGO with PRIZES 11-12 LUNCH 12-1 SING-A-LONG 1:30-2:30 CARD GAMES	22 8-10 BREAKFAST and TRIVIA LUNCH MOVIE DAY
23 8-10 BREAKFAST and SOCIALIZED LUNCH TABLE GAMES	24 8-10 BREAKFAST 10-11 EXERCISE WITH THE GROUP 11-12 LUNCH 12-1 AFTERNOON ACTIVITY	25 8-10 BREAKFAST 10-11 EXERCISE WITH THE GROUP 11-12 LUNCH 12-1 CARD GAMES	26 8-10 BREAKFAST 10-11 BINGO 11-12 LUNCH 12-1 AFTERNOON ACTIVITIES	27 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-12 LUNCH 12-1 MOVIE THURSDAY	28 8-10 BREAKFAST 10-11 BINGO with PRIZES 11-12 LUNCH 12-1 SING-A-LONG 1:30-2:30 CARD GAMES	
SPECIAL NOTES • VITAL SIGN EVERY MONDAY at 9:00 TO 10:00 FEB.14 - VALENTINE'S DAY PARTY • VALENTINE EXCHANGE FEB.27 - BINGO UPSTAIRS FOR PRIZES						

Island Cove offers a safe, caring, and active environment for seniors and adults with special needs. The program supports participants’ independence, maintaining and increasing skill levels, while enhancing their quality of life. If you or someone you know may benefit from our program - we’d love to hear from you. We would be happy to set up a tour for you; and if you’re interested, we can offer a two-week trial period to determine if it is a good fit. Join our crew - the more the merrier!!

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

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

Fun & Games



G I P E L T S I H W Y S T N
 S H A D O W G R R B E N R X
 Z E T A N R E B I H N G F A
 V X R E H T A E W I W O O V
 T H R G N I R P S K A H R K
 O T C I D E R P W L T D E F
 M K W T R O D E N T U N C E
 R K C U H C D O O W S U A B
 A J W U W O R R U B X O S R
 M S N V E M E R G E N R T U
 H E R B I V O R E W U G M A
 B R H O M A M M A L P A P R
 P E N N S Y L V A N I A Z Y
 R K T R A D I T I O N M I G



BURROW	EMERGE	FEBRUARY
FORECAST	GROUNDHOG	HERBIVORE
HIBERNATE	MAMMAL	MARMOT
PENNSYLVANIA	PREDICT	PUNXSUTAWNEY
RODENT	SHADOW	SPRING
TRADITION	WEATHER	WHISTLEPIG
WINTER	WOODCHUCK	

Groundhog Day Word Search

What's up with this crazy holiday? We have some fun facts to fill you in on Phil.

- The groundhog wakes up from hibernation on February 2.
- If the groundhog sees its shadow when it emerges from its burrow, there will be six more weeks of winter. If it does not see its shadow, spring will arrive soon. YAY!
- This tradition started in Europe as Candlemas Day. Germans who settled in Pennsylvania in the 1700s brought the custom to America
- The Germans originally chose a hedgehog as their animal forecaster.

But Wait...There's more!

THANK
you

to our new and returning members.

Annual membership entitles people 60 and older to vote at the annual membership meeting, serve as Board members, receive the monthly newsletter and receive a 10% discount on special items with the SCOK logo. For those under the age of 60, an annual membership entitles you to the monthly newsletter as well as a 10% discount on special items with the SCOK logo. It also gives you the knowledge that you are helping to support our worthy programs.

You can print your Membership Application Online, use the one on the back of this newsletter, or we have them available at the Senior Center!

UNITED STATES PRESIDENTS



The whippersnappers are back practicing at the Senior Center on Friday afternoons! Come by and listen to some tunes.

Senior Testimonial

"I always feel a warm welcome when I come into the Center. The food is always delicious and there is good company to visit."



"Good job! Everyone was and always is very helpful and welcoming!"



If you would like to be featured in our Senior Testimonial section, fill out a comment card at the Senior Center or stop by and let us know in person! Comments can be anonymous if you'd like!



The Kodiak Senior Center & Island Cove will be closed Monday February 17th in honor of President's Day.

2025 Social Security Schedule

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

~~January~~ 14 & 28

February 11 & 25

March 11 & 25

April 8 & 22

May 13 & 27

June 10 & 24

July 8 & 22

August 12 & 26

September 9 & 23

October 14 & 28

November 11 & 25

December 9 & 23

Come early to sign-in at 8:00 AM

2nd & 4th Tuesdays, 9:00 AM – 11:45 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**



SENIORS CITIZENS OF KODIAK, INC. (SCOK)
MEMBERSHIP APPLICATION

Yes, I want to support SCOK in their commitment to provide services to people 60 and older and to make our island a good place to age.

NAME: _____ DATE: _____

MAILING ADDRESS: _____

HOME PHONE: _____ EMAIL: _____

How would you like to receive your newsletter? (Circle one): USPS OR EMAIL

DATE OF BIRTH: _____ AGE 60 OR OVER: YES OR NO

Please indicate if we may use your photo for publications: YES OR NO

ANNUAL MEMBERSHIP OPTIONS

Individual \$25 _____ Family \$35 _____ Contributing \$100 _____ Sponsor \$250 _____
 Benefactor \$500 _____

If Family, Please List Names & DOB Here: _____

Memberships are valid through the end of the calendar year. Annual membership gives you access to our exercise equipment and classes, and a 10% discount on special items with the SCOK logo. It also gives you the knowledge that you are helping to support our worthy programs. Only members 60 and older are entitled to vote at the annual membership meeting and serve as Board members.

SERVICES PROVIDED BY SCOK

Congregate Meals
Exercise Classes
Special Events
Monthly Newsletter
Exercise Equipment
Activities

Home Delivered Meals
Respite
Life Line
Island Cove Adult Day Program
Equipment to Loan

Curbside Meals
Chore Services
Outreach/Information
Support Groups
Lending Library
Assistance with Forms

VOLUNTEERING AT SCOK

We have a variety of volunteer opportunities, some of which require a background check. Please check off how you may be interested in helping, and we will contact you with more information:

_____ Answer phones _____ Help at Island Cove _____ Newsletter _____ Help with special events
 _____ Hosting a class or workshop (_____)

Please return with membership to: Senior Citizens of Kodiak, Inc. 302 Erskine Ave, Kodiak, AK 99615
 info@scoki.org or visit us on the web at kodiakseniorcenter.org. Thank you for your support!