



KODIAK SENIOR CENTER NEWSLETTER

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

January 2025

www.kodiakseniorcenter.org

Director's Door

News from the Board

Happy New Year - Is it really 2025?!

Since 2021, when I started working at the senior center, I have been able to witness many incredible moments here. These moments always involve our amazing staff and volunteers - their genuine care for people with their friendly, intuitive nature. Witnessing these moments warms my heart, especially this time of year when their compassion really shows during the holiday season. We wouldn't be able to provide the services we provide without them, so here is a shout out to the incredible humans I get to call my work family.

As we start a new calendar year, I would also like to take this time to thank all of YOU! From our grantors to our participants, everyone who contributed over the past year in either giving or receiving our services - thank you. It takes a village to create and maintain programs and you all are a part of our mission.

As I've mentioned before, I have learned in my tenure of being in the nonprofit world that there are two bottom lines to a nonprofit organization. One is the mission, and the other is financial. A nonprofit cannot survive on one without the other.

Some things you can do to help:

- Become a member!
- Donate when you receive a meal (suggested donation is \$10)
- Donate when you receive a service (any amount helps continue our services)
- Donate to any program you would like to help support
- Donate through Pick.Click.Give when filing for your Alaska PFD.

Thank you for your consideration and continued support to enhance the lives of older adults on Kodiak Island.

Cheers to a new year!

Amy



Happy New Year! January is the time we ask for everyone to renew their annual membership, as memberships are done on a calendar year. Memberships were recommended for us to do several years ago during one of our accreditation reviews. The funds from memberships assist us in carrying on our programs, which has increased drastically during the past few years. Thank you all for your support!



Senior Citizens of Kodiak, Inc. **BOARD OF DIRECTORS**

BILL OLIVER, PRESIDENT

RALPH 'SKIP' BOLTON, VICE PRESIDENT

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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, American Seafoods Company, City of Kodiak, Kodiak Island Borough, Providence Alaska Foundation, & Rasmuson Foundation. We greatly appreciate their support along with the generous donations recently made by VFW Ladies Auxiliary, Kerry Irons & Scott Smiley, Robert & Joan Brodie, *In Memory of Dottie Holm*: Dottie Holm's Family, Pat Branson & Gordon Gould, *In Memory of Marolyn Pedersen*: Nancy Kemp

January 2025

Mon	Tue	Wed	Thu	Fri
		1. Senior Center & Island Cove Closed to Celebrate the New Year 	2. Roast Pork & Sauerkraut Mashed Potatoes & Gravy Sweet Corn Dessert Soup & Salad	3. Oven Fried Chicken Wild Rice Chef's Choice Vegetable Dessert Soup & Salad
6. Baked Ziti w/ Meat Sauce Zucchini Garlic Bread Dessert Soup & Salad	7. Beef Tips with Gravy Scalloped Potatoes Mixed Vegetables Dessert Soup & Salad	8. Meatball Parmesan Sub French Fries Broccoli Slaw Dessert Soup & Salad	9. Chicken Cacciatore with Pasta Green Beans Dessert Soup & Salad	10. Fish Tacos Mexican Corn Rice & Beans Dessert Soup & Salad
13. Hawaiian Pork Macaroni Salad Corn on the Cob Dessert Soup & Salad	14. Roast Turkey w/ Stuffing & Gravy Peas & Carrots Cranberry Sauce Dessert Soup & Salad	15. Pesto Chicken with Pasta Italian Style Green Beans Garlic Bread Dessert Soup & Salad	16. Egg Salad Sandwich Chips Tomato Bisque Soup Dessert Salad	17. Baked Ham Au Gratin Potatoes Crinkle Cut Carrots Dessert Soup & Salad
20. Senior Center & Island Cove Closed in Honor of Martin Luther King Jr. Day	21. Pork Chops Mashed Potatoes & Gravy Sweet Peas Dessert Soup & Salad	22. New Menu Item Chicken Parmesan Sandwich Pasta Salad Carrot & Celery Sticks Dessert Soup & Salad	23. Birthday Luncheon Swedish Meatballs Egg Noodles Chef's Choice Vegetables Dessert Soup & Salad	24. Fish & Chips Coleslaw Dessert Soup & Salad
27. Sweet & Sour Shrimp Fried Rice Asian Vegetable Egg Rolls Soup & Salad Dessert	28. Beef Pot Roast Roasted Red Potatoes Glazed Baby Carrots Dessert Soup & Salad	29. Chicken Stir-Fry Jasmine Rice Stir Fry Vegetables Dessert Soup & Salad	30. Pork Loin Chop Au Gratin Potatoes Roasted Brussel Sprouts Dessert Soup & Salad	31. Italian Sausage Sandwich w/ Sautéed Onions & Peppers Tater Tots Winter Blend Vegetables Dessert Soup & Salad

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

January 2025

Mon	Tue	Wed	Thu	Fri
		1 Senior Citizen and Island Cove Closed in Honor of New Years Day	2	3 Foot Clinic 10-12 pm
6 Yoga 9:30 am	7	8 Tai Chi 9:30 am Games 1 pm	9 Digital Literacy By Appointment 9:30 am to 11:00 am	10 Foot Clinic 10-12 pm Whippersnappers 1 pm
13 Yoga 9:30 am Alaska Legal Service 11 am to 1pm	14 Social Security VSD Job Service 9am to 11:45 am	15 Tai Chi 9 :30 am Property Tax Exemptions due!	16 Digital Literacy By Appointment 9:30 am to 11:00 am Food Bank Distribution 1:30 pm	17 Foot Clinic 10-12 pm Whippersnappers 1 pm
20 Senior Citizen and Island Cove Closed in Honor of Martin Luther King	21	22 Tai Chi 9:30 am Games 1 pm	23 Digital Literacy By Appointment 9:30 am to 11:00 am Birthday Lunch  Bingo 1 pm	24 Foot Clinic 10-12 pm 12:45pm: Lindsay Knight Nutrition overview Whippersnappers 1 pm
27 Yoga 9:30 am	28 Social Security VSD Job Service 9 am to 11:45 am	29 Tai Chi 9:30 am Games 1 pm	30 Digital Literacy By Appointment 9:30 am to 11:00 am	31 Foot Clinic 10-12 pm Whippersnappers 1pm



Foot Clinic
Please call for an appointment

Digital Literacy
Come to get your questions answered about your Electronic devices, 1 on 1. For more information

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



Digital Literacy



Do you have Questions with your electronic devices? Linda Himelbloom from Kodiak College will be at the Senior Center to help answer those questions! 15 minutes slots are available - please call ahead (907) 486-6181 to reserve your spot.

**Thursday January 9, 16, 23, and 30th
9:30 am to 11 am**

Trivia

Wednesday, January 8th at 12:30pm

Come have lunch and test your knowledge, and maybe win a free lunch ticket!

Nutritional Class with Lindsay Knight

Friday, January 24, 2025 at 12:45PM

Lindsay Knight, owner of Kodiak Athletic Club and avid community member, will be joining us at the Kodiak Senior Center to speak about Nutrition!

Join us to learn more about health, fitness & nutrition at 12:45pm on Jan 24.



We will have bingo for seniors on **Thursday January 23rd at 1:00 pm**. 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.



Senior Fitness!

Yoga with Veronica is happening Mondays at 9:30am in January. Deb will also be back with Tai Chi on Wednesdays at 9:30am, beginning January 8th.

As a reminder, our exercise equipment is available for SCOK Members on a first come first serve basis - feel free to stop in Monday - Friday between the hours of 8:30am and 5:00pm. Not a member? Sign up today!

Keep in mind, there are several other options for seniors at the gyms and fitness centers in town. Some include:

- Deep Flow Yoga and Pilates Lite at Sunrise Studio
- Silver Sneakers at A Balanced Approach
- Water Fitness at the Pool
- Cross Fit Gym offers coached environment classes so there is the option for one on one.
- Senior classes at KANA Wellness Center

HAPPY BIRTHDAY

Join us for lunch on **January 23rd** to celebrate those with January birthdays! We'll eat and sing together, and share happy blessings to those with January birthdays!

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



Happy Birthday to everyone with a January Birthday!

Announcements & Reminders

Social Security Administration

A representative from the Social Security Administration is available on
January 14 & 28

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

Pick.Click.Give



The PFD Fund Dividend Application season is January 1st through March 31st each year. Applications will be available January 2. You can also apply for your PFD online.



Alaska Legal Services- Drop In!

Monday January 13, 11-1pm

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.



Senior Citizen Property Tax Exemptions Due January 15

Don't forget to turn in your applications!

Applications for property tax exemptions must be filed each year and are due by January 15th.

Forms are mailed by November 15th to qualified property owners who applied the prior year. Existing applicants who have not received one via mail by December 1st should contact the Assessing Department.

New applicants should bring two forms of picture identification to the Assessor's Office to apply for the exemption.

Food Distribution



Food bank distribution this month is
January 16th at 1:30pm.

To Sign Up, contact the Salvation Army or call us and we can help you with your application!



Renewal applications available at the Senior Center

SENIOR CENTER AND ISLAND COVE CLOSED MONDAY JANUARY 20TH



The Kodiak Senior Center and Island Cove Adult Day Program will be closed at 1 pm Tuesday, December 31st for New Year's Eve and closed all day Wednesday, January 1, 2025 for New Year's Day. Regular business hours will resume on Thursday, January 2, 2025. Happy New Year!

December Highlights at the Senior Center!

We had lots of fun for the holiday season, from decorating the senior center to creating floral bouquets to celebrating December birthdays... we look forward to making many more memories with you in 2025!



"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.... Tuk Larpkietseri, Cook

Something fun that you may not have known about Tuk...

We are sure that Tuk needs no big introduction, as many of you know her well - if not in person, through her food. Outside of work, she enjoys cooking and taking care of her plants, especially in the summer.

Although she doesn't have pets, she remembers fondly growing up around all kinds of pets including a bird that could talk and geese that liked to chase her around as a child!

She says she is happy to talk with anyone who would like to find out more about her.



How long has Tuk worked at the Senior Center?

Tuk started at the Senior Center in August of 2009 as the Assistant Cook. She transitioned into the position of Cook in 2011, and has been in that position for the last 13 years!

Tuk arrives early in the morning to begin cooking. She prepares and serves meals with a smile. In addition to serving those seniors who join us for congregate meals, she prepares meals that go out for home delivery, and those that are picked up at curbside. On an average day, we serve 40 meals at the senior center, 35 home delivered, and 30 at curbside. That's about 525 meals per week. If you do the math, that means Tuk has helped in the preparation of over 350,000 meals over the past 13 years.

She also does the ordering for the kitchen and works with other staff to maintain a clean, sanitary kitchen according to State of Alaska health service regulations and program guidelines.

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

Tuk says she just really enjoys cooking for Kodiak seniors, and making them happy with her food.

Medicare Minute

When does Medicare coverage start?

Medicare coverage starts based on when you sign up and which sign-up period you're in

Your first chance to sign up (Initial Enrollment Period) IEP

Generally, when you turn 65. This called your Initial Enrollment Period or IEP. It lasts for 7 months, starting 3 months before you turn 65, the month you turn 65 and ending 3 months after the month you turn 65

Avoid the penalty: If you miss your 7-month Initial Enrollment Period, you may have to wait to sign up and pay a monthly late enrollment penalty for as long as you have Part B coverage. The penalty goes up the longer you wait. You may also have to pay a penalty if you have to pay a Part A premium, also called "Premium-part A."

When your coverage starts

The date your coverage starts depends on which month you sign up during your Initial Enrollment Period. Coverage always starts on the first day of the month.

If you sign up:	Coverage starts:
Before the month you turn 65	The month you turn 65
The month you turn 65, or during the 3 months after	The next month

After your Initial Enrollment Period ends, you can only sign up for Part B and premium-Part A during one of the other enrollment periods.

General Enrollment Period: Between January 1 and March 31 each year: You can sign up between January 1 and March 31s each year. Your coverage will begin the month after you sign up. You might have to pay a monthly enrollment penalty, if you don't qualify for a Special Enrollment Period

Special Enrollment Period: A special enrollment period is only available for a limited time.

If you: Lost Medicaid coverage. Missed a chance to sign up because of a natural disaster. If your coverage is based on your or your spouses current employment large group coverage. If you volunteer and serve in a forgeign country. Have tricare. Missed a chance to sign up because you got inaccurate or misleading information from your health plan or employer. Were released from incarceration on or after 1/1/2023 (and missed a chance to sign up while you were incarcerated).



Questions? See Laurie to schedule your appointment or call 907 486-6181

2025 New Year Resolutions

Try a new healthy food each week

Write

Learn something new every day

Pick up a hobby Find a new favorite dessert

Read more books

Be more grateful - count your blessings

Be charismatic

Boost your brain

Enjoy the little things in life

Make a new friend once a month

Embrace your roots with a DNA ancestry test

Treat yourself to a new wellness activity once a month

Volunteer at your local museum, theater, church,
(or senior center!!)

What will yours be!?

Time to Start a Healthy you!!!

To be healthy, you can:

- **Get enough sleep:** Sleep is essential for your body to repair cells, restore energy, and perform important brain functions. Adults should aim for 7 to 9 hours of sleep per night.
- **Eat well:** A well-balanced diet can reduce your risk of heart disease, diabetes, high blood pressure, and stroke. Experts recommend eating fruits and vegetables every day.
- **Exercise regularly:** Exercise increases blood flow, which raises oxygen levels in your body and can lower your risk of heart disease.
- **Stay hydrated:** Drinking water helps regulate your body temperature.
- **Quit smoking:** Quitting smoking can reduce your risk of premature death and many other adverse health effects.
- **Limit alcohol and processed foods:** Limiting alcohol and processed foods can help you maintain a healthy lifestyle.
- **Reduce sitting time:** Try to reduce the amount of time you spend sitting.
- **Get outdoors:** Spending time outdoors can be part of a healthy lifestyle.
- **Take a multivitamin:** Taking a multivitamin can be part of a healthy lifestyle.
- **Get regular health checkups:** Getting regular health checkups can be part of a healthy lifestyle.

*new year.
new resolution*



The Caring Islander

If you are caring for a loved one and need assistance, we have lots of ways to help you including respite service, lifeline for your loved one, and counseling services for you. We will start our caregiver support group again in the coming months as we figure out what works best so if you have thoughts on what you'd like that to look like, please reach out! Whether you are caring for yourself or caring for yourself AND another, planning for life's changes is an important thing to consider. Consider attending one or all three of the workshops below.

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 Carter,
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
Teka 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



News from Island Cove

Looking back on the year, we have seen so much growth in the relationships built both among clients, and between clients and staff. We are so thankful for the time we get to spend with everyone at Island Cove. In December, we enjoyed the season of giving with a holiday party where we were able to welcome some family and friends. It was a joy to share the space with everyone! We've added an afternoon activity to our schedule that everyone really looks forward to - sitting around a big table and playing cards. The laughter and chatting among friends really shows they enjoy their game time!



Island Cove Activities

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!

MONTH: JANUARY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CLOSED FOR NEW YEAR	2 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 RING TOSS	3 8-10 BREAKFAST w/ PRIZE 10-11 BINGO 11-30 LUNCH 12-1-100 SING-A-LONG	4 9-10 BREAKFAST and Socialized LUNCH MOVIE DAY
5 9-10 BREAKFAST and TRIVIA LUNCH TABLE GAMES	6 8-10 BREAKFAST 10-11 EXERCISE w/ THE GROUP 11-30 LUNCH 12-1 AFTERNOON ACTIVITY	7 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 TABLE GAMES DOMINO	8 8-10 BREAKFAST NEWS FOR THE NEWS 10-11 BINGO 11-30 LUNCH 12-1 AFTERNOON ACTIVITIES	9 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 TABLE GAMES	10 8-10 BREAKFAST 10-11 BINGO w/ PRIZE 11-30 LUNCH 12-1-100 FRIDAY MOVIE	11 9-10 BREAKFAST and Socialized LUNCH MOVIE DAY
12 8-10 BREAKFAST and TRIVIA LUNCH TABLE GAMES	13 8-10 BREAKFAST 10-11 EXERCISE w/ THE GROUP 11-30 LUNCH 12-1 AFTERNOON ACTIVITY	14 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 MAJONG	15 8-10 BREAKFAST TRIVIA 10-11 BINGO 11-30 LUNCH 12-1 AFTERNOON ACTIVITIES	16 8-10 BREAKFAST Socialized 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 CARD GAMES	17 8-10 BREAKFAST 10-11 BINGO w/ PRIZE 11-30 LUNCH 12-1-100 SING-A-LONG	18 9-10 BREAKFAST and Socialized LUNCH MOVIE DAY
19 9-10 BREAKFAST and TRIVIA LUNCH TABLE GAMES	20 CLOSED FOR HOLIDAY MARTIN LUTHER KING	21 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 TABLE GAMES	22 8-10 BREAKFAST NEWS FOR THE NEWS 10-11 BINGO 11-30 LUNCH 12-1 AFTERNOON ACTIVITIES	23 8-10 BREAKFAST Socialized 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 TABLE GAMES	24 8-10 BREAKFAST 10-11 BINGO w/ PRIZE 11-30 LUNCH 12-1-100 FRIDAY MOVIE	25 9-10 BREAKFAST and Socialized LUNCH MOVIE DAY
26 9-10 BREAKFAST and TRIVIA LUNCH TABLE GAMES	27 8-10 BREAKFAST 10-11 EXERCISE w/ THE GROUP 11-30 LUNCH 12-1 AFTERNOON ACTIVITY	28 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	29 8-10 BREAKFAST TRIVIA 10-11 BINGO 11-30 LUNCH 12-1 AFTERNOON ACTIVITIES	30 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 CARD GAMES	31 8-10 BREAKFAST 10-11 BINGO w/ PRIZE 11-30 LUNCH 12-1-100 SING-A-LONG	
NOTES: <ul style="list-style-type: none"> * VITAL SIGN EVERY MONDAY at 9:00 to 10:00 AM * NEW GAMES and ACTIVITIES FOR 2025 * DON'T FORGET TO JOIN OUR 7*7 PARTIES IN THE AFTERNOONS! 						



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

2025 Social Security Schedule

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

<u>January 14</u> & 28	February 11 & 25	March 11 & 25
<u>April 8</u> & 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**

Fun & Games

Test your brain with these 10 riddles



- 1. Riddle: What has to be broken before you can use it?**
- 2. Riddle: I'm tall when I'm young, and I'm short when I'm old. What am I?**
- 3. Riddle: What month of the year has 28 days?**
- 4. Riddle: What is full of holes but still holds water?**
- 5. Riddle: What question can you never answer yes to?**
- 6. Riddle: What is always in front of you but can't be seen?**
- 7. Riddle: There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?**
- 8. Riddle: What can you break, even if you never pick it up or touch it?**
- 9. Riddle: What goes up but never comes down?**
- 10. Riddle: A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?**

answers on page 15!

But Wait...There's More!

Membership

Thank you to all of our members in the year 2024!

Our non-profit organization welcomes all donations. We have the membership form on the last page of this newsletter for 2025 dues!

Thank you for your support.



In Memory



We were so honored to be part of the celebration of life held for Dottie Holm in December at the Senior Center.


Thank you to her family for the donation made to the Senior Center in her honor.

Thank you to Nancy Kemp for your generous donation in memory of Marolyn Pedersen

A celebration of life will be held for our dear friend Floyd Anderson at the Senior Center on Saturday January 18 from 2pm-4pm. If you wish to bring a dish and/or story to share it would be welcomed.

On the Menu

We will have a couple of special lunches this month; we hope you will come and join us!!

➤ Wednesday, January 22 - New Menu Item!
Chicken Parmesan Sandwich Pasta Salad 

➤ Thursday, January 23 Birthday Luncheon!
Swedish Meatballs with Egg Noodles



Senior Testimonial

“Kodiak Senior Center is the best senior center in the world! I was at a conference last week where seniors were saying what they need in their community, and I just kept saying “we’ve got that!” If you don’t have it, you know where to get it. Laurie is a treasure, with all her knowledge and skill with Medicare. Everyone is friendly. The staff are very energetic & helpful!”



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!

ANSWERS TO THE 10 RIDDLES FROM PAGE 14

1. Answer: An egg
2. Answer: A candle
3. Answer: All of them
4. Answer: A sponge
5. Answer: Are you asleep yet?
6. Answer: The future
7. Answer: There aren’t any—it’s a one-story house.
8. Answer: A promise
9. Answer: Your age
10. Answer: He was bald.



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

Yes, I want to support SCOK in their commitment to provide services to people 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!