

KODIAK SENIOR CENTER

NEWSLETTER

April 2025

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

www.kodiakseniorcenter.org

Director's Door

News from the Board

Hello! In this month's newsletter, you will find our annual program survey again. If you didn't have time to submit feedback last month, we would love for you to contribute your thoughts this month. The deadline is April 30, 2025. We provide these surveys each year to make sure the services being delivered make a positive difference in seniors' lives. We, the staff and the Board of Directors, take your answers seriously and read through each response. We want to make sure our services are assisting you to stay healthy so you can remain living independently. Please know we also take feedback at any time throughout the year – written or in person; our doors are always open.

It's that time of year, where we ask you to provide feedback - Please take the time to fill out our annual survey. Just like last 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.

State of Alaska 'request for proposals' are coming out. We rely on four State of Alaska grants to help support our programs: covering about 1/3 of our costs. These include Nutrition, Transportation and Support Services (NTS), Adult Day Services (ADS), Senior In-Home (SIH) and National Family Caregiver Support Program (NFCSP). One of our competitive grants this year is for our NTS Program.



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

Nutrition, Transportation, and Support Services Grants fund non-profit agencies such as SCOK to provide meals (in congregate settings and home delivered meals) and nutrition and health education information to seniors. Grantees provide transportation services that enable seniors to maintain mobility and independence. These funds also support programs that promote active and involved lifestyles as we age.

As we move through the unknown in the nonprofit funding world, from the State to the Federal level, we thank all of you for your continued support in making sure we can continue to provide our essential services to the elders in our community.



Cheers to Spring!



Our mission is to enhance the lives of older adults.



This agency is supported through funding from ConocoPhillips Alaska, 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 William Barnes, Don Barber & Josefina Jocelyn, Earlene Beng, Telesforo Bangle, Art & Nancy Bors, Martine Chenet, Leonard & Carolyn Heitman, & Marcia Oswald.

April 2025

Mon	Tue	Wed	Thu	Fri
	1. Baked Ham Au Gratin Potatoes Spring Vegetables Dessert Soup & Salad	2. Chicken Adobo Steamed Rice Stir Fry Vegetables Dessert Soup & Salad	3. Pork Loin Chops Macaroni & Cheese Applesauce Chef's Choice Vegetables Dessert Soup & Salad	4. Rockfish Tacos Spanish Rice Mexican Corn Dessert Soup & Salad
7. Beef Stroganoff Buttered Noodles Green Beans Dessert Soup & Salad	8. Pulled Pork Sandwich Sweet Potato Fries Coleslaw Dessert Soup & Salad	9. Spring Luncheon Cornish Game Hens Wild Rice Asparagus Special Dessert No Soup or Salad	10. Spaghetti w/ Meatballs Zucchini Garlic Toast Dessert Soup & Salad	11. Seafood Pasta Delight Mixed Vegetables Dessert Soup & Salad
14. Roast Pork Potato Wedges Brussel Sprouts Dessert Soup & Salad	15. Baked Manicotti Italian Style Vegetables Garlic Bread Dessert Soup & Salad	16. Swedish Meatballs Buttered Noodles Vegetable Medley Dessert Soup & Salad	17. Hot Turkey Sandwich Mashed potatoes & Gravy Peas & Carrots Dessert Soup & Salad	18. Good Friday Fish & Chips Broccoli Salad Dessert Soup & Salad
21. Meatloaf Mashed Potatoes & Gravy Broccoli Florets Dessert Soup & Salad	22. Egg Salad Sandwich Chips Tomato Bisque Soup Dessert Salad	23. New Menu Item Linguine w/ Red Clam Sauce Sweet Peas Garlic Toast Dessert Soup & Salad	24. Birthday Luncheon Oven Fried Chicken Scalloped Potatoes Sweet Corn Dessert Soup & Salad.	25. Salisbury Steak Egg Noodles Mixed Vegetables Dessert Soup & Salad
28. Lemon Chicken Fried Rice Asian Vegetables Egg Rolls Dessert Soup & Salad	29. Hawaiian Pork Macaroni Salad Corn on the Cob Dessert Soup & Salad	30. Stuffed Cabbage Rolls Mashed Potatoes Green Beans Dessert Soup & Salad	NATIONAL ARBOR DAY IS CELEBRATED EVERY YEAR ON THE LAST FRIDAY IN APRIL. THE CUSTOMARY OBSERVANCE IS TO PLANT A TREE. ON THE FIRST ARBOR DAY, APRIL 10, 1872, AN ESTIMATED 1 MILLION TREES WERE PLANTED.	 

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

April 2025

Mon	Tue	Wed	Thu	Fri
	1	2 Tai Chi at 9:30 am	3	4 Foot Clinic 10 am-12 pm Games 1 pm
7 Yoga at 9:30 am	8 Social Security Teleconference at Job Service 9am to 11:45 am	9 Spring Luncheon Tai Chi at 9:30 am	10	11 Foot Clinic 10 am-12 pm Whippersnappers 1 pm Games 1 pm
14	15	16 Tai Chi at 9:30 am Trivia 12:30 pm Healthcare Decision Day 12:30 – 3:00 pm	17 Food Bank Distribution 1:30 pm	18 Foot Clinic 10 am-12 pm Whippersnappers 1 pm Easter Egg Dying 1pm Games 1 pm
21	22 Social Security Teleconference at Job Service 9am to 11:45 am	23 Tai chi at 9:30 am	24 Birthday Lunch  Bingo 1 pm	25 Foot Clinic 10 am-12 pm Whippersnappers 1 pm Games 1 pm
28 Yoga at 9:30 am	29 Lunch and Learn With Sarah Sterns 12:30 pm	30 Tai chi at 9:30 am		



Healthcare Decision

Day

Events will be held throughout the day. See Page 4 for more details.

Foot Clinic

Please call for an appointment

Tai Chi & Yoga

Free to members, no sign-up required.

Games

Join us for table games on Fridays in the library!

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



National Healthcare Decision Day is Wednesday, April 16.

Join KANA, the Senior Citizens of Kodiak, Hospice & Palliative Care, Providence Elder House, and the Independent Living Center at the Senior Center. Notaries will be available, “Fall risk” assessments and Benefits Checkups will be offered, and refreshments will be provided.

Schedule of Events

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

1:30-3:00 pm booths will be available from the different agencies for information for our local Elders and Seniors.

For more information call KANA Elder Services (907) 486-1368 or the Senior Citizens

of Kodiak (907) 486-6181

Egg Dying Fun!

Join Barbara Zimmerman on Friday, April 18th at 1pm for Easter Egg Dying fun. Bring a friend! We will use a variety of fun egg coloring techniques to decorate eggs to keep or share with a friend or family member! Last year was a blast, so if you missed it - be sure to come this year!



Happy Birthday to everyone with a April birthday!

Join us for lunch on Thursday *April 24th* to celebrate those with April birthdays! We’ll eat and sing together, and share happy blessings to those with April birthdays!

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

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

Exercise Classes at the Senior Center



We will have chair yoga on **Monday April 7th and 28th** at 9:30am and Tai Chi every **Wednesday** at 9:30 am. You do not need to sign up to attend, but we do encourage those who attend to keep their membership current!

As a reminder, our exercise equipment is available for SCOK Members on a first come first serve basis.



We will have bingo for seniors on **Thursday April 24th 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.

Announcements & Reminders

Social Security Administration

A representative from the Social Security Administration is available on **April 8th and 22nd from 9:00-11:45 AM.** Please go to the Job center building (public assistance office) early at 8am and sign in for an appointment.

Food Box Distribution

Food bank distribution this month is scheduled for **April 17th at 1:30 PM.**

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



Alaska Legal Services- No appointments in April

Teka from Alaska Legal Services will be taking a break from her monthly visit to offer one-on-one services for seniors at the Senior Center. She will return on **May 13 from 10:00 AM-12:00 PM** (first come first serve).

Alaska Legal Services 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.

If you need help before May, please call Teka at (907) 512-0499 to schedule a separate appointment.

Mt. Spurr Volcanic Activity – What Kodiak Needs to Know



This is a message from the Kodiak Emergency Operations Center from end of March 2025

Mt. Spurr is showing increased activity, and while an eruption is not certain, it's important for Kodiak residents to be prepared for possible impacts.

What This Could Mean for Kodiak:

Ashfall Possible – If the volcano erupts, winds could carry ash to Kodiak, affecting air quality, travel, and daily activities.

Flight Disruptions – Air travel could be delayed or canceled due to ash in the atmosphere.

Health Risks – Volcanic ash can irritate the lungs, especially for those with respiratory conditions.

How to Prepare Now:

- Have N95 masks or cloth coverings ready in case of ashfall.
- Store extra water, food, and essential supplies.
- Protect vehicles by keeping extra air filters and planning for possible road hazards.
- Follow official updates from the Alaska Volcano Observatory, NOAA, and local emergency management.

Stay alert, Kodiak!

The April Calendar is Full of Fun...Pick one or more to celebrate!



April 1 is All Fools' Day—otherwise known as “April Fools' Day” Where did this silly day come from? The origin of April Fools' Day is unknown, but theories say it started hundreds of years ago.

April 5 (first Saturday in April) is International Pillow Fight Day

April 17 is Blah, Blah, Blah Day (Not sure how we celebrate that!)

April 20 is Easter Sunday (May 5 is Orthodox Easter) Did you know that Easter's date is related to the full Moon? Easter Sunday always occurs on the first Sunday after the Paschal Full Moon. The Paschal Full Moon is specifically the first Sunday following the full Moon that occurs on or after the March or spring equinox.

April 22 is Earth Day Do you remember the first Earth Day? It was celebrated on April 22, 1970.

April 28 is National Arbor Day Arbor Day sprouted from the mind of a zealous tree lover named Julius Sterling Morton. A popular Arbor Day tradition is to plant a tree in honor or memory of a loved one.

“Other holidays repose upon the past; Arbor Day proposes for the future.”
–J. Sterling Morton.



Kodiak Senior Center Recent Highlights

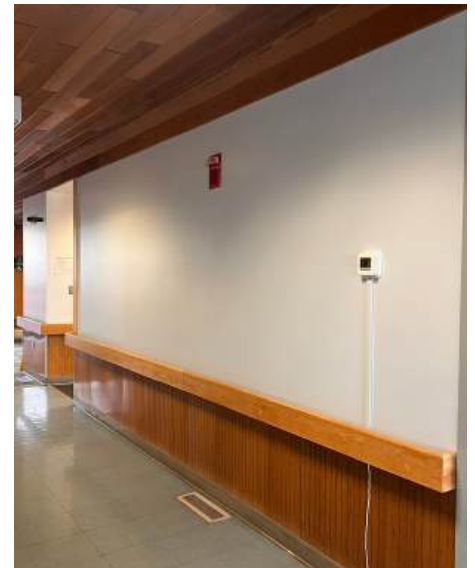


family
is
EVERYTHING

Did you know that seniors are welcome to bring family members to join them for lunch? It's always a joy to see families gathering together around the table and enjoying each other's company.



Another fun fact for the month is that the Senior Center is getting a bit of a facelift! Our staff asked seniors for input on what color might suit the walls, and the favorite pick was "Of the Wind"! We appreciate your patience, as it is a work in progress...stop by and check it out!



"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.... Sylvia Fernandez, CNA at Island Cove Adult Day Program

Something fun that you may not have known about Sylvia

Sylvia grew up in the Philippines with her family including her two sisters and a twin brother. She received her B.S in Commerce with a major in accounting, and prior to moving to Kodiak in 1992, she worked for 8 years as a Private Secretary for the municipal mayor.

In December of 1991, she married her childhood sweetheart, Elix Fernandez and six months later, they moved to Kodiak with their daughter Ellamae, and started work at the cannery. Sylvia worked the night shift at the cannery for 14 years, and loved her job there. She only decided to find work elsewhere after she discovered that her daughter, Kim, was allergic to cod. She went on to work as a caregiver at Consumer Direct and Bayview Assisted Living, and was later hired to work at Island Cove.



Sylvia is a proud mother and grandmother. In addition to her step-daughter Ellamae, who works as a manager at the Elder House, Sylvia has two other children. Her first born daughter, Kim, works at Alaska Airlines and her son John is a Special Education aide for KIBSD. Sylvia was thrilled to welcome her first grandson, Matteo, who is almost a year old!

When Sylvia is not at work or watching her grandbaby, she is an active member of her church, and enjoys relaxing at home. When she and Elix venture out, they enjoy going for drives out the road and fly fishing at the Buskin. Her favorite fish to catch? Salmon!

How long has Sylvia worked at the Senior Center?

Sylvia started working at the Senior Center in 2008. She started her employment part-time at Island Cove as a CNA, transitioned into full-time soon after, and we are so lucky to have had her helping the participants over the last 17 years!

Sylvia comes to work each morning at 8:00am (but usually earlier) Monday through Friday, ready to provide direct care to all of the participants of the Island Cove program. In addition to being a calming, steady presence with the clients, she also assists with communicating with family members of the clients when different situations arise. She creates the monthly schedule of activities each month, and takes turns leading the activities as well. She especially shines when she sings with clients, or plays her guitar for them. As Sylvia has been working at Island Cove for the longest out of the Island Cove staff, she serves as a mentor for her peers. She is so appreciated by all, clients and staff alike.

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

Sylvia says she really enjoys her job, she is happy to do it and feels lucky to have been hired to work here.

Medicare Minute

Get ready for the new Social Security identity checks: Here's How to Set-up a "My Social Security" account.

Roughly 40 percent of Social Security direct deposit fraud, according to the Social Security Administration, is the result of someone calling the SSA to change direct deposit bank information. For that reason, **the SSA is changing its protocol to tighten identity checks in order to eliminate the risk of fraud.**

No longer will it be sufficient to simply call the SSA to change bank account information by telephone.

Beneficiaries will either have to visit a SSA office in person or use two-factor authentication with SSA's "my Social Security" service. **If you haven't already created a "my Social Security" account, it's easy to set up and can provide a secure way to protect your identity online.**

How to set up a "my Social Security" account

In order to access the "my Social Security" service, **you will need to have a LOGIN.GOV or ID.me account** which you can create by visiting the [SSA website](https://www.ssa.gov/myaccount/) (https://www.ssa.gov/myaccount/)

The first step is to submit your email address. A link will be sent to you to proceed with creating your account. You will need to confirm your email within 24 hours receiving the link.

Next you will have to create a "strong password," one that is at least 12 characters long, including numbers and symbols, and one that you don't commonly use. Then you must choose an authentication method setup. You'll be given the following choices:

- **Security key:** A physical device, often shaped like a USB drive, that you plug in to your device.
- **Government employee ID:** PIV/CAC cards for government and military employees. Desktop only.
- **Authentication application:** Download or use an authentication app of your choice to generate security codes.
- **Text or voice message:** Receive your secure code by (SMS) text or phone call.
- **Backup codes:** A list of 10 codes you can print or save to your device. When you use the last code [the SSA] will generate a new list. Keep in mind backup codes are easy to lose.

Next you will be asked to **submit your telephone number which will be sent a security code.** When prompted, enter the security code. You will have 10 minutes to do so. Congratulations, you've created an account, but the process hasn't finished yet.

You will be asked next if you received an activation code, **this is different from the security code you previously received. Click 'No' and then next.**

Then you will have to **agree to the terms of service** before you will be taken to a page to verify your identity. You will want to have your Social Security card on hand to enter the information as it appears on that important document.

You will then be asked if you want to add an extra level of security before you can get your one-time activation code via text message or phone call. Finally, enter the activation code you are sent in the box and submit, agree to the terms of service again and viola, you can now access the "my Social Security" service.

Only you can use your "my Social Security" account and no one else can, not even with written permission. **If you need extra assistance creating your account, you can call the SSA at 1-800-772-1213.**

Health Wire

Now that spring has “sprung,” it is the perfect time to set your sights on healthy and active senior living. Being outdoors under the sun, surrounded by green plants, has a positive effect on human minds and bodies. Stress is reduced, and blood pressure lowers. And for most of us, the fresh air outside is beneficial after spending the winter months in our homes. So, what are some ways for seniors to implement healthy decisions into their daily routines this spring?

PUT SOME STEP IN YOUR SPRING

After getting the OK from your physician, begin taking regular walks. Start slow if it’s been a while since you’ve been active. See if you can gradually increase your walking time and speed as you get more comfortable with regular movement. Twenty to thirty minutes a day, five days per week is a good active senior living goal.

EAT WELL

Spring has always symbolized a new beginning, so why not renew your commitment to a healthy diet this season?

- Increase your intake of fruits and vegetables.
- Phase out the comfort foods of winter.
- Reduce your consumption of red meats and processed foods. Instead, choose lean poultry.
- Add fish with omega-3 fatty acids with a side of leafy green vegetables.
- Consume more of the healthy fats contained in olive oil and avocados.

With the proper fuel, you can make the most of spring and your senior wellness!



DRINK PLENTY OF FLUIDS

As we age, our sense of thirst diminishes, and our ability to metabolize fluids changes. Staying hydrated affects the function of both mind and body, and promotes digestive health, kidney function, and urinary health.

BE AWARE OF ALLERGIES

During spring, trees and grasses begin releasing pollen into the air, which can trigger allergies. Histamine causes swelling in the nose and eyes, and sneezing is the body’s attempt to remove allergens from the nose. If you struggle with allergies, check pollen counts and stay indoors when they are high. You might also try:

- Removing shoes before entering the house
- Wearing hats and sunglasses when outside to limit pollen entering your eyes and landing in your hair.
- Vacuuming your floors once a week

SPRING WELLNESS DEPENDS ON YOU!

The laws of motion tell us a body at rest tends to stay at rest, and a body in motion tends to stay in motion. Decide to engage in active senior living and make the changes you need to put yourself in motion both mentally and physically. By doing so, you will gain the momentum to carry you through the spring and into the seasons beyond. Spring wellness for seniors is important, but even more important is creating healthy routines you can keep for years to come.

To find this article or more healthy tips, visit the Bethesda blog:
<https://bethesdahealth.org/blog/category/senior-health-wellness/>



The Caring Islander

Ten Tips for Caregivers



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1

2

3

4



Be open to new technologies that can help you care for your loved one.



Watch out for signs of depression and don't delay getting professional help when you need it.



Caregiving is hard work so take respite breaks often.

7

6

5



Organize medical information so it's up to date and easy to find.



Make sure legal documents are in order.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10



CaregiverAction.org

Senior Citizens of Kodiak, Inc. offers several services to help support caregivers including respite, caregiver training, caregiver support groups and lifeline for your family members. Please reach out to Ella Santiago at (907) 486-6181 if you are interested in learning about any of these opportunities. Our next Caregiver Support Group meeting, organized in partnership with Hospice & Palliative Care of Kodiak, will be held at 1pm on April 23rd at the Senior Center.

News from Island Cove

Everyone at Island Cove is excited to see that spring has arrived. We continue to enjoy a variety of activities including BINGO, word games, sing-a-long, card games, and coloring. Chair exercise is also an important part of our schedule, which we offer on Tuesday and Thursday mornings. It's surprising how much of a work out you can get from a chair - give it a try!

We are looking forward to some fun field trips in the coming months, if you think of any good places for a visit feel free to reach out and let us know!



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!

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

MONTH: APRIL 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 7-7 CARD GAMES	2 8-10 BREAKFAST 10-11 BINGO 11:30 LUNCH 12-1 RING TOSS 1:30 CARD GAMES	3 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 TABLE GAMES 1:30 7-7 CARD GAMES	4 8-10 BREAKFAST 10-11 BINGO WITH PRIZE 11:30 LUNCH 12-1 SING-A-LONG 1:30 7-7 CARD GAMES	5 9-10 BREAKFAST LUNCH CARD GAMES
6 8-10 BREAKFAST LUNCH TABLE GAMES	7 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 WORD GAMES 1:30 7-7 CARD GAMES	8 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 7-7 CARD GAMES	9 8-10 BREAKFAST 10-11 BINGO 11:30 LUNCH 12-1 GROUP GAMES 1:30 CARD GAMES	10 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 TABLE GAMES 1:30 7-7 CARD GAMES	11 8-10 BREAKFAST 10-11 BINGO WITH PRIZE 11:30 LUNCH 12-1 SING-A-LONG 1:30 7-7 CARD GAMES	12 9-10 BREAKFAST LUNCH CARD GAMES
13 8-10 BREAKFAST LUNCH TABLE GAMES	14 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 WORD GAMES 1:30 7-7 CARD GAMES	15 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 7-7 CARD GAMES	16 8-10 BREAKFAST 10-11 EASTER ACTIVITIES (DYE EGGS) 11:30 LUNCH 12-1 BEAN BAG 1:30 7-7 CARD GAMES	17 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 TABLE GAMES 1:30 7-7 CARD GAMES	18 8-10 BREAKFAST 10-11 BINGO WITH PRIZE 11:30 LUNCH 12-1 SING-A-LONG 1:30 7-7 CARD GAMES	19 9-10 BREAKFAST LUNCH CARD GAMES OR MOVIE
20 CLOSED FOR EASTER SUNDAY	21 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 WORD GAMES 1:30 7-7 CARD GAMES	22 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 7-7 CARD GAMES	23 8-10 BREAKFAST 10-11 BINGO 11:30 LUNCH 12-1 COLORING 1:30 7-7 CARD GAMES	24 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 TABLE GAMES 1:30 7-7 CARD GAMES	25 8-10 BREAKFAST 10-11 BINGO WITH PRIZE 11:30 LUNCH 12-1 SING-A-LONG 1:30 7-7 CARD GAMES	26 9-10 BREAKFAST LUNCH CARD GAMES OR MOVIE
27 8-10 BREAKFAST LUNCH TABLE GAMES	28 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 WORD GAMES 1:30 7-7 CARD GAMES	29 8-10 BREAKFAST 10-11 EXERCISE 11:30 LUNCH 12-1 7-7 CARD GAMES	30 8-10 BREAKFAST 10-11 BINGO 11:30 LUNCH 12-1 GROUP GAMES 1:30 7-7 CARD GAMES			

NOTES: * VITAL SIGN MONDAY at 9:00 AM TO 10:00 AM
* NEW FUN GAMES FOR EASTER WEEK



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

April Word Scramble

OFLO _____

BTFURTYLE _____

ARSSG _____

TPAEILRLACR _____

ERTDYAHA _____

ADRGNE _____

ANIR _____

LAGUH _____



LLAMUBER _____

LNAPT _____

UBNYN _____

UORPTS _____

ATNREU _____

PALRI _____

OEKJ _____



April Fools' Riddles



1. What's in the middle of March and April but never at the beginning or end?
2. What month has one day?
3. Carrie's birthday is in April, which is in the fall. How is this possible?
4. What 5-letter word becomes shorter when you add two letters to it?
5. A plane crashes exactly on the border of the U.S. and Canada. Half the people on board were American and half the people were Canadian. Where do you bury the survivors?
6. What comes once a minute, twice every moment, but never in a thousand years?
7. Henry's mother had four kids. The first three were named April, Fools, and Day. What was the fourth one named?
8. When written forward, this word is heavy. When written backward, it is not. What word is this?
9. When called to investigate, the police found that a man had died in his apartment. When they looked up where he worked, they discovered that he earned \$30 for every month he worked with 30 or fewer days and \$35 for every month he worked with 31 days. Assuming today is April 1, how much will he earn by the end of December?
10. Mike was born on March 31st and he's the easiest person to pull an April Fools' joke on. Why?

Answers on next page

But Wait...There's more!



Senior Testimonial - Home Delivered Meals

When I broke my arm and was homebound, SCOK started my delivered meals immediately and continued until I didn't need them. The delivery person(s) were great with my big dog who thought they were bringing him food. Their services allowed me to stay home.



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!

THANK YOU

Thank you to those who have submitted this year's annual survey. If you haven't, there's still time! You can do so online or using the paper form at the end of this newsletter. Please return by April 31, 2025.

On the Menu

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

- Wednesday, April 9: Spring Luncheon
Cornish Game Hens, Wild Rice & Asparagus
- Wednesday, April 23: New Menu Item!
Linguine with red clam sauce, sweet peas and garlic toast

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamTheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

Fun & Games Answers

- | | | |
|-------------|--|----------|
| Fool | | Umbrella |
| Butterfly | | Plant |
| Grass | | Bunny |
| Caterpillar | | Sprout |
| Earth Day | | Nature |
| Garden | | April |
| Rain | | Joke |
| Laugh | | |

1. The letter "R"
2. All of them!
3. Carrie lives in Australia.
4. "Short"
5. You don't bury survivors!
6. The letter "M"
7. Henry
8. Ton
9. April Fools'! He won't earn anything. He died.
10. Because he was born yesterday.



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



2025 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, 2025. 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!

- American Indian or AK Native Hispanic or Latino Male Prefer not to state
 Black or African American Asian Female
 Native Hawaiian or Other Pacific Islander 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



2025 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:



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

Have our services helped you to remain in Kodiak?

- Yes No Not applicable

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
