



# KODIAK SENIOR CENTER

## NEWSLETTER

JUNE 2025

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

[www.kodiakseniorcenter.org](http://www.kodiakseniorcenter.org)

### Director's Door

### News from the Board

Hello All! Summer will officially be upon us Friday, June 20 and we are celebrating this year by holding our Annual Board meeting that day, during lunch. All members eat for free on this day, so be sure to check in about your 2025 membership dues if you haven't paid yet. We appreciate all the support to make the senior center the best it can be.

As summer approaches, I implore you to get outside; go on a walk or hike with a friend, enjoy the beautiful gardens around town, go fishing, or just sit out and soak in the sun; there is no fresher air than Kodiak air!

We received our annual surveys, with a total of 75 (34 online, 41 paper) responses! Thank you so much for all of your feedback. In this newsletter, you will find highlights of the responses we received. Please know our doors are always open, and we have comment cards to fill out if you ever have suggestions or comments throughout the year. With the responses, we can continue to support our seniors in Kodiak; enhancing lives and making Kodiak a great place to age.

We have some fun activities and get together in June, so be sure to check out the calendar. One I would like to specifically highlight is our Emergency Preparedness Training being held on Tuesday, June 17. This training will have special guest speakers to help you understand what to do in an emergency (from earthquakes to volcanic eruptions and more). We will also have emergency preparedness kits for the first 50 seniors who sign up and attend. You won't want to miss this!

We are nearing the end of the fiscal year 2025, as fiscal year 2026 starts on July 1, 2025. We will be finalizing our numbers to complete our final reports and close out grants. We appreciate the support from the State of Alaska, local agencies and individuals who continue to support seniors in Kodiak.

Happy Summer! Be sure to swing by and visit us at the senior center; we would love to see you!



Please join us on Friday, June 20 at noon for the Senior Citizens of Kodiak, Inc. annual meeting. We will have a delicious lunch, brief reports, and door prizes. Also - Members eat for free!

We appreciate our volunteer Board members. Nenita Nicolas, Dr. Alan Wolf & Tina Hoen terms are up. Nenita has agreed to serve again, and Dr. Wolf & Tina have chosen to step down. Thank you to Tina, and Dr. Wolf for years of service; you both will be greatly missed. Please join us on Friday, June 20 for nominations & elections.

All Board members have been compassionate about the center and the services provided to meet the needs of all Kodiak seniors. We look forward to continuing to serve the community.

*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 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 alongside our membership.


Thank you also to Nancy Bors for your donation *in memory of Art Bors.*

# JUNE 2025

Mon	Tue	Wed	Thu	Fri
2. Oven Fried Chicken Pasta Alfredo Green Beans Dessert Soup & Salad	3. Coconut Shrimp French Fries Coleslaw Dessert Soup & Salad	4. <b>NEW MENU ITEM</b> Shepherd's Pie Sweet Corn Dessert Soup & Salad	5. Honey Garlic Glazed Pork Chops Mashed Sweet Potatoes Brussel Sprouts Dessert Soup & Salad	6. <b>BALLPARK PICNIC</b> Hot Dogs w/ Toppings Nachos Watermelon Ice Cream Cup <b>No Soup or Salad</b>
9. Meatloaf Rosemary Garlic Potatoes Sweet Peas Dessert Soup & Salad	10. Chicken Salad Sandwich w/ Lettuce & Tomato Chips Dessert Soup & Salad	11. <b>Father's Day Luncheon</b> Smoked Beef Brisket Potato Wedges Corn on the Cob Special Dessert / Salad <b>No Soup Today</b>	12. Baked Ham Au Gratin Potatoes Vegetable Medley Dessert Soup & Salad	13. Fish Tacos Spanish Rice Refried Beans Dessert Soup & Salad
16. Eggplant Parmesan with Spaghetti Italian Style Vegetables Garlic Bread Dessert Soup & Salad	17. French Dip Sandwich Sweet Potato Fries Broccoli Salad Dessert Soup & Salad	18. Roast Pork Scalloped Potatoes Glazed Carrots Dessert Soup & Salad	19. <b>Senior Center &amp; Island Cove Closed In Recognition Of Juneteenth.</b>	20. <b>Annual Meeting</b> Roast Beef Mashed Potatoes & Gravy Broccoli Medley Special Dessert Dinner Rolls
23. Seafood Pasta Delight Mixed Vegetables Garlic Toast Dessert Soup & Salad	24. Sweet & Sour Pork Steamed Rice Chef's Choice Vegetables Dessert Soup & Salad	25. Steak Fajitas Sautéed Peppers & Onions Mexican Corn Spanish Rice Dessert Soup & Salad	26. <b>Birthday Luncheon</b> Turkey Burger w/ Sweet Pepper Relish Sweet Potato Fries Coleslaw Dessert 	27. BBQ Chicken Pasta Salad California Style Vegetables Dessert Soup & Salad
30. Spaghetti & Meatballs Green Beans Garlic Bread Dessert Soup & Salad		<b>Juneteenth is the oldest Nationally/ Internationally celebrated commemoration of the ending of slavery in the United States. It originated in Galveston, Texas in 1865 and is celebrated on June 19th.</b>		

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

# JUNE 2025

Mon	Tue	Wed	Thu	Fri
2	3	4 Tai Chi 9:30 am	5	6 Foot Clinic 10 am-12 pm  <b>Games 1 pm</b>
9	10 Social Security Tele- conference at Job Ser- vice 9-11:45 am	11 Tai Chi 9:30 am  <i>Alaska Legal Services 11-1 pm</i>	12	13 Foot Clinic 10 am-12 pm  <b>Games 1 pm</b>
16	17 <b>Emergency Preparedness Training 1 pm</b>	18 Tai Chi 9:30 am  Trivia 12:30 pm	19 <b>Senior Center &amp; Island Cove Closed Recognition of JUNETEENTH</b>	20 <b>SCOK Annual Meeting Luncheon</b>  Foot Clinic 10 am-12 pm <b>Games 1 pm</b>
23	24 Social Security Teleconference at Job Service 9-11:45 am  <b>Nutrition Class 1pm</b>	25 Tai chi 9:30 am  Caregiver Support Group 1 pm	26 <b>Birthday Lunch Bingo 1 pm</b>  <b>Food Bank Distribution 1:30 pm</b>	27 Foot Clinic 10 am-12 pm  <b>Games 1 pm</b>
30				



## June 2025 Calendar

### Foot Clinic

Please call for an appointment

### Tai Chi & Yoga

Free to members, no sign-up required. We will not have Yoga this month.

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



### Kodiak Senior Center

**486-6181**

**[info@scoki.org](mailto:info@scoki.org)**

## Activities at the Senior Center

### Consumer Characteristics

The last two pages of this newsletter you will find the Consumer Characteristics Form. If you utilize our services from the Senior Center, we need to update this form annually.

Print and return to the Senior Center, or you can pick up a printed copy at the front desk. We are open Monday-Friday from 8:30 to 5 pm

**Thank you in advance!**



We will have bingo for seniors on **Thursday, June 26th**, 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.



**Tuesday June 24, 2025**  
**Come and Learn Nutrition facts**  
**with Lindsay Knight 1 pm**



**Happy Birthday** to everyone with a June birthday!

Join us for lunch on Thursday **June 26<sup>th</sup>** to celebrate those with June birthdays! We'll eat and sing together, and share happy blessings to those with June birthdays!

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

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

### First day of Summer Friday June 20th



The summer solstice occurs at the moment the earth's tilt toward the sun is at a maximum. Therefore, on the day of the summer solstice, the sun appears at its highest elevation with a noontime position that changes very little for several days before and after the summer solstice.

### Caregiver Support Group

**Wednesday, June 25<sup>th</sup> at 1 pm**  
in the multipurpose room



The Senior Center and Island Cove will be closed on Thursday, June 19th in recognition of Juneteenth. It is a day for reflection on the history of slavery and the ongoing fight for racial justice.

## Announcements & Reminders

### Social Security Administration

A representative from the Social Security Administration is available on June 10th and June 24th 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  
**June 26th at 1:30 PM.**

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

### Exercise Classes at the Senior Center



We will have 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.

### Annual Meeting Luncheon

Please join us Friday June 20<sup>th</sup> noon for the Senior Citizen of Kodiak, Inc., annual meeting. We will have a delicious lunch, brief reports and door prizes. Members eat for free so renew your membership if you haven't this year.

Lunch: Roast Beef meal and Special dessert.

### Alaska Legal Services

Alaska Legal Services is offering one-on-one services for seniors at the Senior Center.

**June 11 from 11:00 AM-1:00 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 and can't make the date she is schedule at the Senior Center. Teka can be reach at (907) 512-0499 to schedule a separate appointment.



**Whippersnappers** will be taking a break in June and July, returning in August. If you or someone you know would be interested in providing music on Friday afternoons, let us know!

**Yoga class with Veronica** will also take a break for the summer June, July and August, resuming in September.



The side of the building is handicapped parking, but during lunch hours from **12-1 pm**, we ask that you do not park there as it interrupts our drive-through lunch line.

**Thank you for understanding!**



## Emergency Preparedness Training

# EMERGENCY PREPAREDNESS TRAINING FOR SENIORS

June 17, 2025 at 1:00 pm at the Kodiak Senior Center



## FREE EMERGENCY PREPAREDNESS KIT!

The first 50 seniors (age 60 and up) to sign up and attend this training will receive a free emergency preparedness kit funded by the State of Alaska Emergency Preparedness Grant. Please register before June 15 by calling the Senior Center at (907) 486-6181 or stop by 302 Erskine Ave.

Training coordinated by Senior Citizens of Kodiak, Inc. and provided by SCOK Staff, Kodiak City Emergency Management & Kodiak Island Borough Fire & Rescue Services personnel.





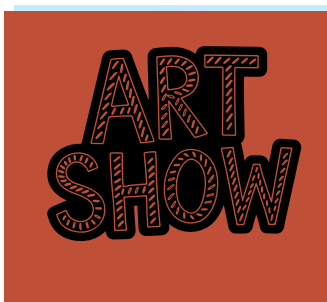
## Kodiak Senior Center Recent Highlights



Cinco de Mayo



We had a busy May with Cinco de Mayo, Mother's Day, our Senior Art Show, a painting class, and BINGO/Birthday luncheon. Thank you to our artists this year: Island Cove Participants, Laurie Murdock, Janet Bane, Marcella Dillon & Thia Falcone.



## "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....** Rowena Huerbana, CNA at Island Cove Adult Day Program

### **Something fun that you may not have known about Rowena**

Rowena grew up in Davao City in the Phillipines with her parents, Rolanda & Wennie, and her younger brother, Ruel. She earned her B.S. in Commerce with a major in Accounting, and then worked as a Cash Accountant with Air Freight 2100, Licensee of FedEx in Manila. After six years, she moved back home to Davao City and ran her own business as a book keeper and owner of a small convenience store in the front of their house. Her dad moved to Kodiak in 2000, her mom followed in 2003 and Rowena joined them in 2016.



After moving, Rowena decided to change careers and began working in the field of nursing. She started at Bayview Assisted Living shortly after she arrived in Kodiak and worked there from 2016-2021. Her mom was a participant at Island Cove at the time, and at her encouragement, Rowena decided to put in an application for a position at Island Cove. She started as a weekend volunteer in December 2016 and began working at Island Cove in January of 2017. Later that year, she travelled to Anchorage for a 1 month CNA course, and got her CNA license in November of 2017. As if she wasn't working enough hours at Island Cove and Bayview, Rowena also began working for Providence in 2019 in their Acute department, later transferring to the Elder House, where she continues to work on the weekends and every other Monday evening to this day.

Outside of work, Rowena loves to travel. She has been to many places including London, France, Singapore, Japan, Spain, Hong Kong, China and Italy. She recently visited Europe with her wife Mei Ann, and in recollecting her visit to Italy, she remembered fondly how her mom had always hoped to get to Rome. While they were in Rome, she said she could almost feel her mom there beside her. She plans to continue her adventures, and hopes one day to get to Switzerland, Germany and Austria. Her favorite so far? Japan!

### **How long has Rowena worked at the Senior Center?**

Rowena started working at the Senior Center in January 2017. You can find her at Island Cove Monday - Friday 8:00-4:30, leaving early on Mondays for her job at the Elder House. She provides care for our participants in a way that makes you feel like they're her own family member. She does a great job planning and leading activities for our participants. She is often found coming up with brain games, and is a fabulous scorekeeper for activities like ring toss and bean bag toss. She makes things lively playing music and making everyone laugh and smile. She goes above and beyond, helping our participants with paperwork when things comes up. It is a joy to have Rowena on our team, we feel very lucky to have had her working at Island Cove over the last 8 years (and counting!)

### **What does Rowena love about her job at the Senior Center?**

Rowena really enjoys the clients and her co-workers. About her relationship with the clients, she says, "It is fun to do activities with them, I enjoy talking with them, helping them...everything. It is a wonderful place to work."

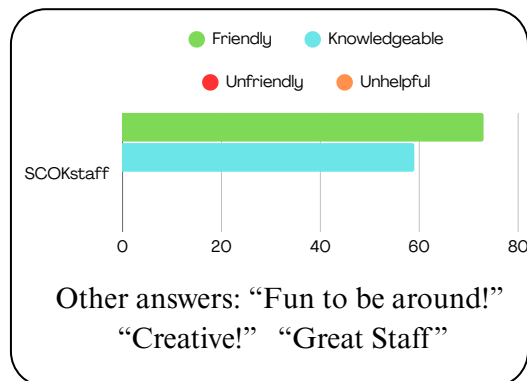


## 2025 Annual Survey Highlights

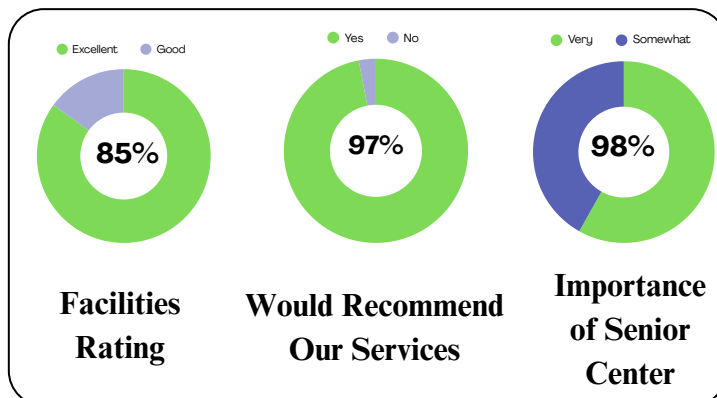
Surveys were distributed online, made available in person & printed in the newsletter for March and April 2025. These results represent 75 responses (34 online, 41 paper). Thank you to everyone for your input. The Board of Directors recently reviewed the responses and discussed your feedback. Feel free to join us at our Annual Meeting on June 20, 2025 to provide further insight on your comments.

*Thank you!*

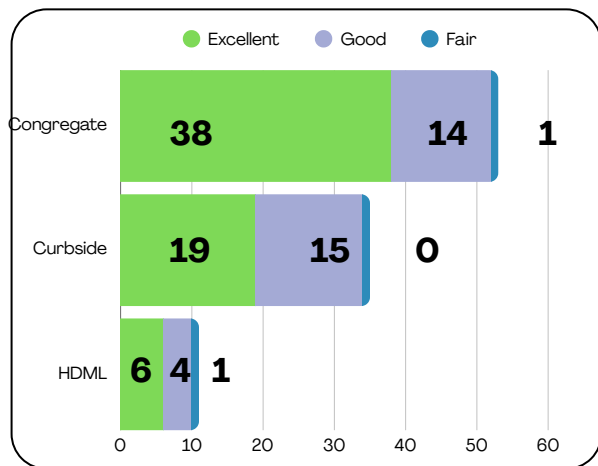
### About Our Staff



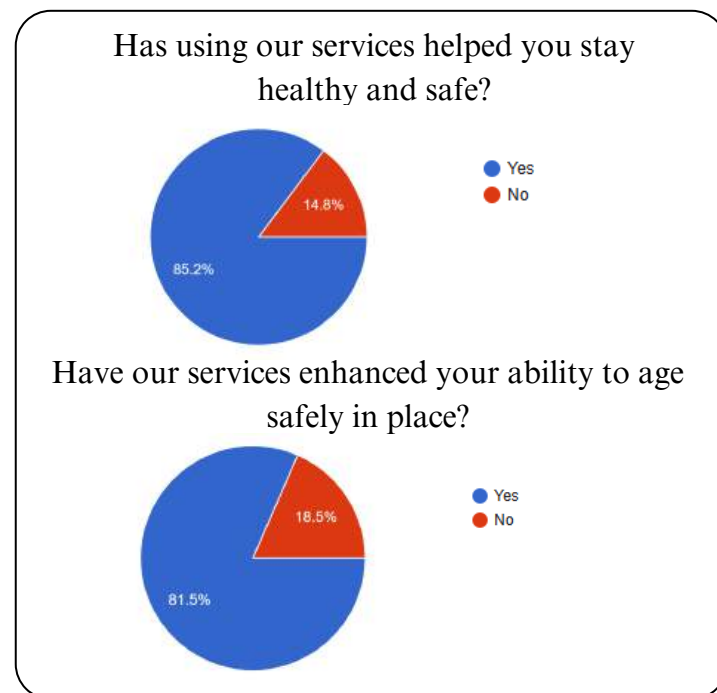
### General Ratings



### Meals: Overall Satisfaction



### Impact



**96%** Of those who used SCOK exercise equipment or participated in exercise classes and other activities reported it improved their health.

**96%** Felt that SCOK staff have referred them to helpful services in the last year.

**97%** Would recommend our services to a friend.

**96%** Of those who participated in exercise classes at the Senior Center reported they feel more active as a result.

“The staff is the best I’ve ever seen! They are not only the most friendly, helpful but they are genuinely happy. As a result everyone is happy & loving the center!”

“There is an atmosphere of happiness, helpfulness that is contagious.”

## Medicare Minute

# What Is BenefitsCheckUp?

**Jackie Thomas** Associate Director, Content Strategy and Delivery at National Council On Aging (NCOA)

### Key Takeaways

- The National Council on Aging (NCOA) has been helping older adults find and enroll in programs since 2001.
- Our free tool, BenefitsCheckUp®, makes it easy for you to find local and federal programs that can help you stay healthy and independent.
- Learn more about each program and how to apply.

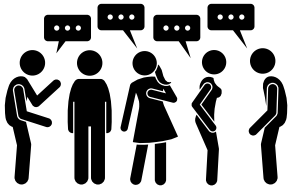
Good nutrition and affordable health care are critical to aging with health and independence. NCOA's BenefitsCheckUp is a free online tool that connects older adults to programs that can help them afford daily expenses—like food, health care, medication, utility bills, and more. Having more wiggle room in your budget can make it easier to stay healthy and independent in your own home.

### How we help match you with programs that can help you stay healthy and independent

1. **Answer some questions to get more information.** Start browsing programs by [entering your ZIP code](#) and choosing the categories you're most interested in—like Food & Nutrition. When you make your selections and click next, you can review your initial results or enter more details to further personalize your options. For programs like the [Supplemental Nutrition Assistance Program \(SNAP, formerly Food Stamps\)](#), the [Medicare Low-Income Subsidy](#), and Medicare Savings Programs, among others, you may need to provide more information to see if you're eligible.
2. **Check to see if you qualify or if further information is required.** After you click "See If You May Be Eligible," BenefitsCheckUp will ask you additional questions to determine if you qualify and then provide a personalized report. You can view your Eligibility Results report as a PDF or email it to yourself, go back and edit your answers, or perform a new BenefitsCheckUp for someone else.
3. **Find out how to apply or view more information on the agency's website.** Now that you have your report, you can apply for specific programs online through the agency's website by clicking "Apply Online." You can also view more information about the program or use the contact information provided to call the agency directly.

Not sure what your next step is? Call our Benefits Helpline at 1-800-794-6559, or contact [a community resource in your area](#). Senior citizens of Kodiak can help you "See if you May be Eligible". Contact Laurie Murdock at 907-486-6181

## Health Wire



### The Memory Benefits of Seeing Friends

Older adults who socialized often were 21 percent less likely than others to develop mild thinking and memory problems, a study found. The top socializers were busy an average of almost three times a week volunteering, going to events and religious services, dining out, and visiting people.



### Avoid This for Brain Health

People who ate more processed meat had a higher risk of dementia than those who tended to eat fish, chicken, or plant proteins like beans, according to a study that tracked the diets of adults for up to 43 years. For instance, having processed meats like sausage, bacon, hot dogs, or deli meat about twice a week was linked to a 13 percent increase in risk.

### Aspirin for Your Heart? Ask Your Doctor First.

In a survey of adults ages 60 and older, 57 percent said they thought the benefits of a daily aspirin outweighed any downsides. But major heart-health organizations no longer recommend this to people who haven't had a heart attack or stroke because it can cause bleeding.

### When Test Results Are Confusing

Medical test reports may be put in your electronic medical record before your doctor sees them. But in one study, up to 61 percent of people misunderstood the results, which aren't in patient friendly language. Talk to your doctor before hand about what to look for and discuss results after.

### Music That Eases Pain



Listening to music with a beat that you like might be better at reducing pain than a faster or slower beat. In a recent study, volunteers tapped out 'Twinkle, Twinkle Little Star' at the tempo they found most pleasing. They were then exposed to mild heat in silence or while a melody played at their preferred tempo, faster, or slower. Their discomfort ratings were lowest when the music matched their favorite tempo. The researchers say beats that are in sync with your taste allow your brain to focus more on the music and less on pain.

### Fall Prevention

If your balance is shaky, physical therapy can help keep you from slipping or tripping. That's critical because about 1 in 4 adults ages 65 and over fall each year. To help prevent this, have your doctor screen you for fall risk. PT for all prevention might include muscle strengthening or balance training. I could also involve teaching you how to speed up your reaction time, control your bladder (because rushing to a bathroom can lead to falls), or regain your balance to prevent a fall from occurring in the first place.

**To read more go to Consumer Reports On Health [cr.org/health](https://www.consumerreports.org/health)**



## The Caring Islander

# Tips for Family Caregivers

Join us for our Caregiver Support meeting on Wednesday, June 25 at 1:00 pm



- 1 Be kind to yourself.**  
Eat right, get enough sleep, and remind yourself what a great job you're doing.



- 2 Ask for help.**  
From friends to support groups, find people who can help when you need it.



- 3 Pause before making big decisions.**  
Don't rush into big changes. Take a moment to consider your options.



- 4 Write things down.**  
Your memory isn't perfect but your notepad never forgets.



- 5 Use technology.**  
Make your life easier by using tech to keep you on track.



- 6 Get organized.**  
Organization is an internal tool to lower the stress in your life.



- 7 Talk to people who've been there, done that.**  
Don't know how to fill out a form or read a report? Ask an expert.



- 8 Take a break.**  
Relaxing now will keep you going when you need to.



- 9 Try again.**  
Some days nothing goes right. That's OK. Remember tomorrow is another day.



- 10 Be kind to others.**  
Everyone you know is facing their own personal challenges.



- 11 Stop and smell the flowers.**  
Take a moment to appreciate the small things that make you happy.



- 12 Keep your eyes on the prize.**  
Give yourself credit for every step toward your ultimate goal.



## News from Island Cove

We are excited to welcome some new faces to our Island Cove Program. In May, we celebrated Cinco de Mayo, Mother's Day, a couple of birthdays, and had our Spring Picnic. Island Cove staff spent some time cleaning up the patio, we're just waiting on some warmer weather to put it to use.

Our friends from the Kodiak Christian School paid us their last visit before school got out, it was so fun watching our participants build relationships with youth throughout over the last six months. Finally, pictured on the right are the Island Cove participants working on their art, currently on display in the Senior Center dining area. The final product turned out to be a bright, beautiful work of collective art pieces!



## 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.

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: MONTH OF: JUNE 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9-10 BREAKFAST LUNCH SOCIALIZED	2 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	3 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	4 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	5 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	6 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	7 9-10 BREAKFAST LUNCH CARD GAMES
8 9-10 BREAKFAST LUNCH SOCIALIZED	9 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	10 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	11 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	12 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	13 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	14 9-10 BREAKFAST LUNCH CARD GAMES
15 9-10 BREAKFAST LUNCH SOCIALIZED	16 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	17 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	18 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	19 CLOSED FOR HOLIDAY JUNETEENTH 6-30-25	20 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	21 9-10 BREAKFAST LUNCH CARD GAMES
22 9-10 BREAKFAST LUNCH SOCIALIZED	23 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	24 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	25 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	26 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	27 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES	28 9-10 BREAKFAST LUNCH CARD GAMES
29 9-10 BREAKFAST LUNCH SOCIALIZED	30 8-9 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 CARD GAMES					
NOTES: VITAL SIGN EVERY MONDAY 9:00 TO 10:00 JUNE 13 - FIELD TRIP						

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](http://www.kodiakseniorcenter.org)



## Fun & Games

### Across

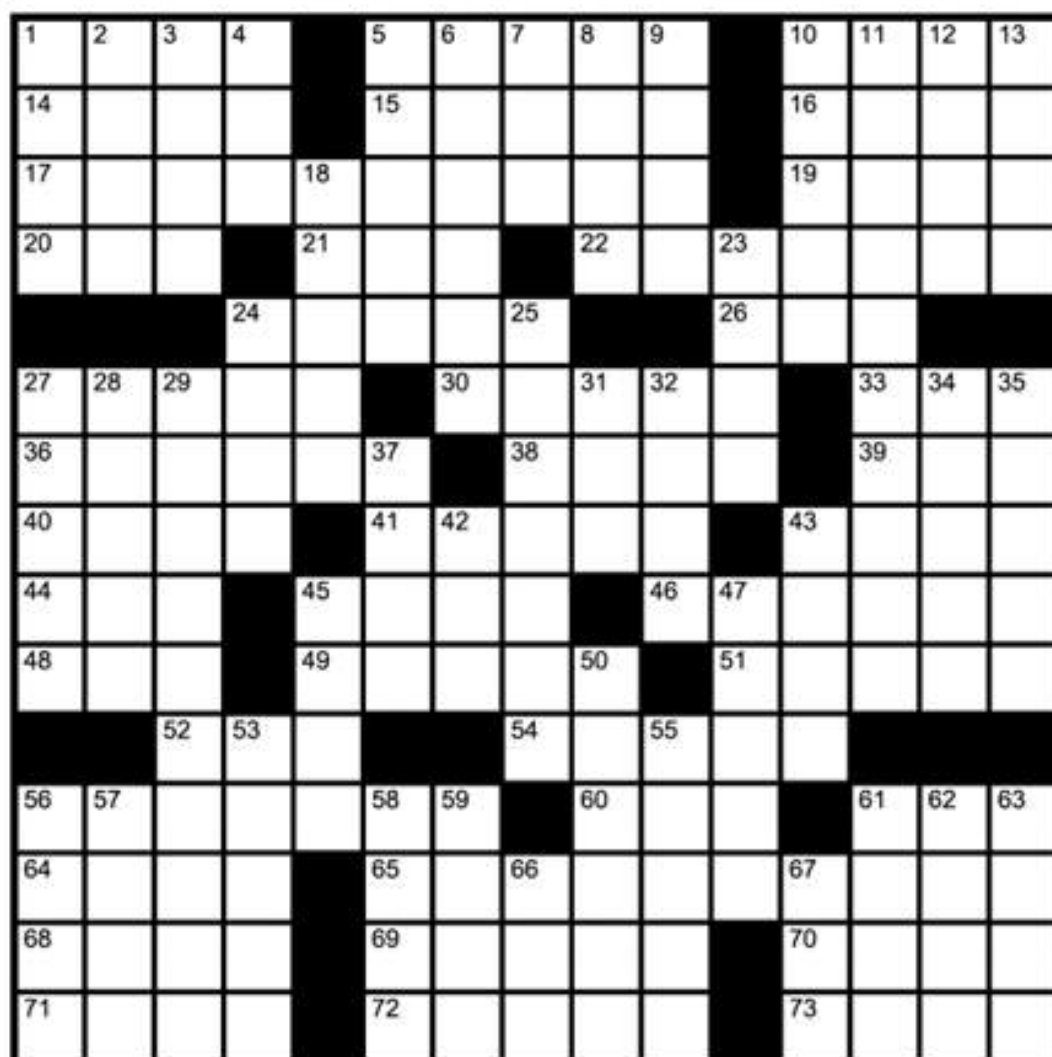
- 1 Having the means  
5 Fragrant oil  
10 Old World duck  
14 Not imagined  
15 Sofia Coppola, to Talia Shire  
16 Detective Wolfe  
17 Not a thing of the past  
19 Like some chatter  
20 Sea eagle  
21 Tell it like it isn't  
22 Military actions  
24 Layers  
26 "For the Boys" subj.  
27 Firewood measure

- 30 Barbershop patron's choice  
33 Balancing pro  
36 Army of "Carrie"  
38 Some vitamin C sources  
39 Computer capacity  
40 Runs out of steam  
41 Ration out  
43 Musical with the song "The Night They Invented Champagne"  
44 Canal locale  
45 Dove competitor  
46 Bloviates  
48 Like some grins  
49 Bullion unit  
51 Vast chasm  
52 Pilar cyst

- 54 Tips off  
56 Follower of young  
60 Make a face  
61 Aloof  
64 Crystal ball user  
65 Nourishment for a koala  
68 "Frasier" actress Gilpin  
69 Small arboreal tropical American lizard  
70 River to the North Sea  
71 Barrie buccaneer  
72 Prevent  
73 Wing-shaped

### Down

- 1 "Rise, Glory, Rise" composer  
2 It may have a big head  
3 Croquet site  
4 Grimm character  
5 "Tomorrow" musical  
6 Go-getters  
7 Bus, card abbr.  
8 Air force heroes  
9 Change the decor  
10 Foul moods  
11 A place for some actors  
12 First name in mysteries  
13 Afflictions  
18 Martian, maybe  
23 Regrets  
24 Speaker of baseball  
25 Superficial  
27 Factions  
28 Courtroom event  
29 All over the place  
31 Flap  
32 Kind of power  
34 Book parts  
35 Out of whack  
37 Acquire  
42 Fall behind  
43 Ties up the phone  
45 Actress Merrill  
47 Long-limbed  
50 Steamed dish  
53 Chill-inducing  
55 King or queen  
56 Dangerous biters  
57 Abound  
58 Try for a part  
59 Ditty  
61 "\_\_\_ have to do"  
62 Largest island in the West Indies  
63 River of Flanders  
66 Simple sack  
67 Prankster's projectile





## **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**

**2<sup>nd</sup> & 4<sup>th</sup> 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](http://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 8<sup>th</sup> Avenue, Room A11  
Anchorage, Alaska 99513

## But Wait...There's more!



### Senior Testimonial

*Kodiak is so fortunate to have such a great Senior Center. Thanks to the founders years ago and the caretakers that expanded the building and the services. Let's recognize the present staff and board that make it a day to day reality of - enhancing the lives of older adults!*

*A heartfelt Thank You,*

*Nancy M. Bors*



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!



Don't wait for a bone to break — get tested for osteoporosis. Talk with your doctor about whether a bone mass measurement test is right for you. This test can help prevent or detect osteoporosis at an early stage, when treatment works best.

Medicare Part B covers a bone mass measurement once every 24 months (more often if medically necessary) — at no cost to you when your doctor orders it.

Here are a few tips to prevent weakened bones and keep bones strong:

- Eat foods that support bone health. Get enough calcium, vitamin D, and protein each day.
- Get active!
- Don't smoke. Smoking increases your risk of weakened bones. If you do smoke, consider quitting.

### On the Menu

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

- Wednesday, June 4th: **New Menu Item**  
Shepard's Pie, Sweet Corn
- Friday, June 6th: **Ball Park Picnic**  
Hot Dog w/Toppings, Nacho, Watermelon, ice cream cup
- Wednesday, June 11<sup>th</sup>: **Father's Day**  
Smoked Beef Brisket, Potato Wedges, Corn on the cob, and a special dessert
- Friday, June 20<sup>th</sup>: **Annual Meeting**  
Roast Beef, Mashed Potatoes & Gravy, Broccoli medley, Special Dessert and Dinner rolls
- Thursday, June 26<sup>th</sup>: **Birthday Luncheon**  
Turkey Burger w/Sweet Pepper Relish, Sweet Potato Fries, Coleslaw



A	B	L	E		A	T	T	A	R		S	M	E	W
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N	E	W	F	A	N	G	L	E	D		I	D	L	E
E	R	N		L	I	E		S	O	R	T	I	E	S
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S	T	E	R	E		S	H	A	V	E		C	P	A
I	R	V	I	N	G		A	D	E	S		R	A	M
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S	M	E	E		D	E	T	E	R		A	L	A	R

**Remember to complete your Consumer Characteristic Form and bring it by the Senior Center (form on next two pages)**

State of Alaska DOH Division of Senior &amp; Disabilities Services

## Consumer Characteristics

Please complete this form annually for Registered Services under the Older Americans Act. Data is critical for Federal Title III and State Funds. Unauthorized use is strictly prohibited. Information is protected by Privacy and Security Agreements. Names and identifiers are not shared. Updated 02/16/23.

### Basic Information

Name (Last, First, Middle Initial)

Date of Birth

Form Date

Physical Address

City

State

Zip Code

Mailing Address (If different than physical)

City

State

Zip Code

### Contact Information

Phone

Email

Emergency Contact

Name

Relationship

Phone

### Demographics

Race (Check all that apply)

- ☐ Alaskan Native/American Indian  
☐ Asian/Asian American  
☐ Black/African American  
☐ Native Hawaiian/Pacific Islander  
☐ Non-Minority (white, non-Hispanic)  
☐ White Hispanic

Gender

- ☐ Female  
☐ Male  
☐ Other

Individuals  
in home1  
2  
3  
4  
5

Income

Annual

Monthly

\$18,210 \$1,518  
 \$24,640 \$2,053  
 \$31,070 \$2,589  
 \$37,500 \$3,125  
 \$43,930 \$3,661

Ethnicity

- ☐ Unknown  
☐ Hispanic or Latino  
☐ Not Hispanic or Latino

Do you live alone?

- ☐ Yes ☐ No

Is household income at or below the  
above income guide?

- ☐ Yes ☐ No



State of Alaska DHSS Division of Senior &amp; Disabilities Services

## Consumer Characteristics (Continued)

### Ability and Assistance

If you use personal or stand-by assistance, supervision, or cues to perform the following activities please check the corresponding box. Check all that apply.

#### Instrumental Activities of Daily Living (IADLs)

- ☐ Preparing meals
- ☐ Shopping for personal items
- ☐ Medication management
- ☐ Managing Money
- ☐ Using telephone
- ☐ Doing laundry
- ☐ Doing light housework
- ☐ Using available transportation

#### Activities of Daily Living (ADLs)

- ☐ Feeding
- ☐ Dressing
- ☐ Continence
- ☐ Transferring in/out of bed/chair
- ☐ Bathing
- ☐ Toileting

Has Alzheimer's or Related Dementia/Disorder (ADRD):

- ☐ Yes    ☐ No    ☐ Don't Know

Has Traumatic or Acquired Brain Injury (TABI):

- ☐ Yes    ☐ No    ☐ Don't Know

Total score from Determine Your Nutritional Health (required for home delivered meals)

#### For Adult Day Services (ADS) Consumers Only

Indicate Payment Source:

- ☐ Adult Day Services (ADS) Grant
- ☐ Medicaid Waiver
- ☐ Private Pay

#### For Caregivers Only

Indicate relationship to care recipient.

- ☐ Parent
- ☐ Grandparent
- ☐ Other Relative
- ☐ Non-Relative
- ☐ Partner/Spouse