



KODIAK SENIOR CENTER

NEWSLETTER

March 2026

302 Erskine Ave
Kodiak, Alaska
(907) 486-6181
www.kodiakseniorcenter.org

Director's Door



News from the Board

We are super excited for Spring here at the senior center! The birds chirping in the morning bring such a calming feeling, reminding us to slow down and breathe in the cold fresh Kodiak air. We will continue to offer activities like yoga, tai chi, games, bingo, foot clinic, and workshops like water coloring, flower arranging, and other fun, new things. Be sure to check out our events calendar to know what's going on and join in the fun. Thank you to all of our amazing staff and incredible volunteers that make these events possible. If you ever have an idea or suggestion on expanding options at the senior center or would like to volunteer to teach a class or offer a service, please contact us, and let us know.

For Valentines day, we had 104 seniors join us for a congregate meal, and another 55 receive a lunch either by home delivered or curbside pickup for a total of 159 Valentines Day meals served to seniors. Each year we choose and honor a Valentines Day King & Queen, which is always a surprise to them. This year we were happy to honor George Cusick & Susan Brockman. Thank you, George & Susan, for being great community members! Our special lunch this month will be St. Patrick's Day on Tuesday, March 17th from 12 noon – 1PM. Please dress up in your best green outfit, grab a friend and swing by the senior center for a fabulous lunch with festive activities to follow.

Daylight savings is on Sunday, March 8, 2026 so remember to spring your clocks forward. Don't forget to apply for your PFD by March 31, 2025. Please think about donating to Senior Citizens of Kodiak when you apply. We appreciate your consideration and your support, as it helps us continue to provide the essential services to Kodiak Seniors!

Lastly, our annual survey can be found at the end of this newsletter – please take the time to give feedback, as we are always looking for ways to improve Senior Citizens of Kodiak, Inc.! Thank you all, and Happy Spring!

Amy



It's that time of year, where we ask you to provide feedback - Please take the time to fill out our annual survey. If you would like to take the survey virtually, please visit our website. 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.



- ALAN SCHMITT, PRESIDENT**
- RALPH 'SKIP' BOLTON, VICE PRESIDENT**
- SUSAN BROCKMAN, SECRETARY/TREASURER**
- JOYCE GREGORY, MEMBER**
- NENITA NICOLAS, MEMBER**
- BETTY WALTERS, MEMBER**
- SANDY PEOTTER, MEMBER**
- PAT SZABO, MEMBER**
- VACANT, 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, Alaska Community Foundation, American Seafoods Company, CHARR, City of Kodiak, Credit Union One, Kodiak Island Borough, Kodiak Community Foundation, Providence Alaska Foundation, & Rasmuson Foundation.

We greatly appreciate the continued support of all our members along with the generous donations recently made by Mila Van Atta, Bill & Ann Barker, Pat Branson & Gordon Gould, Michael & Jacqueline Herter, Linda Sargent, Elizabeth Fleming, Midge Dillon, Colleen Nevin, Ilva & Don Fox, Patrick & Patricia Holmes, Donna & Tim Hurley, and Nick & Pat Szabo.

March 2026

Mon	Tue	Wed	Thu	Fri
2. Baked Ham Oven Roasted Potatoes Spring Vegetables Dessert Soup & Salad	3. Baked Ziti with Sausage Italian Style Vegetables Garlic Bread Dessert Soup & Salad	4. Lemon Pepper Chicken Sweet Potatoes Broccoli & Cauliflower Dessert Soup & Salad	5. Roast Pork Potato Wedges Applesauce Mixed Vegetables Dessert Soup & Salad	6. Shrimp Creole Steamed Rice Broccoli Salad Dessert Soup & Salad
9. Beef tips in Mushroom Gravy Egg Noodles Green Beans Dessert Soup & Salad	10. Manicotti Italian Style Vegetables Garlic Toast Dessert Soup & Salad	11. Roast Turkey Stuffing & Gravy Cranberry Sauce Squash Dessert Soup & Salad	12. Ham & Cheese Hoagie Lettuce, Tomato, Onion Chips Tomato Bisque Soup Dessert Salad	13. Fish & Chips Coleslaw Dessert Soup & Salad
16. Spaghetti with meat sauce Zucchini Garlic Bread Dessert Soup & Salad	17. St. Patrick's Day Corned Beef & Cabbage Boiled Potatoes Carrots Special Dessert No Soup or Salad 	18. Swedish Meatballs Buttered Noodles Broccoli & Cauliflower Dessert Soup & Salad	19. BBQ Chicken Pasta Salad Corn on the cob Dessert Soup & Salad	20. Rockfish Tacos Spanish Rice Refried Beans Dessert Soup & Salad
23. Chicken Salad Sandwich Chips Carrots & Celery Dessert Soup	24. Pork Loin Chops Mashed Potatoes & Gravy California Style Vegetables Dessert Soup & Salad	25. Vegetable Pasta Bake Italian Style Green Beans Garlic Bread Dessert Soup & Salad	26. Birthday Luncheon Beef Pot Roast Browned Potatoes Glazed Carrots Dessert Soup & Salad	27. Baked Fish Wild Rice California Style Vegetables Dessert Soup & Salad
30. Senior Center & Island Cove Closed for Seward's Day	31. Herbed Chicken Pasta Alfredo Chef's Choice Vegetables Dessert Soup & Salad		THE IMAGE TO THE LEFT SHOWS THEN SECRETARY OF STATE WILLIAM H. SEWARD SIGNING THE ALASKAN PURCHASE TREATY ON MARCH 30, 1867. THE PRICE PAID WAS \$0.02 PER ACRE OR \$7.2 MILION THE HOLIDAY ALWAYS FALLS ON THE LAST MONDAY IN MARCH.	

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

March 2026

Mon	Tue	Wed	Thu	Fri
2 Yoga 9:30 am	3	4 Tai Chi 9:30 am	5 Get to Know Your Device—Open Tech Hour 1 pm (sign up required)	6 Foot Clinic 10-12 Games 1 pm Whippersnappers 1pm
9 Yoga 9:30 am	10 Social Security Tele-conference at Job Service 9 am to 11:45 Caregiver Group—5:30pm at the Islander Bookshop	11 Tai Chi 9:30 am Trivia 12:30 Beading Craft with Gail at 1pm	12	13 Foot Clinic 10-12 Games 1 pm Whippersnappers 1pm
16 Yoga 9:30 am	17 9:30-11:30 Estate Planning Webinar  St. Patrick's Day Luncheon followed by festive activities!	18 Tai Chi 9:30 am	19 Food Bank Pick Up 1:30 pm CU1/SCOK Event 6:30-8:30pm at Credit Union One	20 Foot Clinic 10-12 Games 1 pm Whippersnappers 1pm
23	24 Social Security Tele-conference at Job Service 9 am to 11:45 Alaska Legal Services 10am-12pm	25 Tai Chi 9:30 am	26 Birthday Lunch followed by Bingo 1 pm 	27 Foot Clinic 10-12 Games 1 pm Whippersnappers 1pm
30 Senior Center and Island Cove Closed Seward's Day	31			

Foot Clinic

Please call for an appointment

Alaska Legal Service

First come first serve

Bingo

Hosted by VFW Bingo.
FREE to Play, Gift cards for prizes

Exercise Classes

Membership is required

Details for all special events are found on page 4 & 5 of the Newsletter

Remember to set your clock Forward Daylight Saving Time begins March 8th

Kodiak Senior Center

486-6181
info@scoki.org

Activities & Events at the Senior Center



Foot Clinic



Kristin, and/or the newest foot care nurse, Katrina, will be here on all Fridays in March.

Foot clinic focuses on maintaining healthy feet, preventing complications, and promoting mobility. 30 minute slots on Fridays are available between 10am and noon, call to schedule an appointment.



Trivia

Wednesday March 11 at 12:30



Come have lunch and test your knowledge, and maybe win a free lunch ticket! We will continue Trivia once a month.

Beaded Craft



Wednesday March 11 at 1:00

Join Gail Otto for another fun beaded craft. All supplies provided, just come ready to enjoy!

St Patrick's Day Luncheon

Come for a festive lunch on March 17th and stay for a variety of crafts and activities. Be sure to wear green so you don't risk getting pinched!



Exercise Classes at the Senior Center

Veronica will host Chair Yoga on Mondays at 9:30am
Deb will host Tai Chi on Wednesdays at 9:30am.

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!



Get to Know Your Device: Open Tech Hour

with Sasi Hazel-Bozena, In-Home IT Specialist

Thursday, March 5 at 1:00 pm

Due to high demand and a desire to keep the class to a reasonable size, we will be requiring a sign-up this month and limiting participation to 15 people. Please call 907-486-6181 or stop by to reserve a spot.

Bring the device you feel most stuck on (phone, tablet, iPad, laptop), plus the charger for that device (or make sure it's fully charged)

Different from previous formats, this month Sasi will offer an "Open Tech Hour" so the content will stem from direct requests. **No pressure, no rushing, just practical guidance and time to learn.**

Estate Planning Webinar:

7 Threats to your Estate Plan

March 17th, 9:30-11:30 am.

Join us in the multipurpose room and we will have the Zoom set up for you, hosted by AK Wills & Trusts. If you want to join individually from home, you can register at www.akwillstrusts.com, and you will receive the Zoom link via email.

Join us for lunch on March 26 to celebrate those with March birthdays! We'll eat and sing together, and share happy blessings to those with March birthdays!

BINGO will follow immediately after lunch at 1pm.

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



Happy
BIRTHDAY

**to everyone with a
March Birthday!**

Announcements & Reminders

Credit Union One Partnership

SCOK has been selected as CUI's Leading Change Partner in 2026.

Join us at the CUI Kodiak branch on

March 19 from 6:30-8:30pm

for their Membership Appreciation Event. There will be free food, drinks, and cash prizes. A major part of this event is highlighting SCOK as their Leading Change Partner - come show your support!

You can also show support by donating at the Kodiak branch or by texting "Kodiak" to the number 76278.

The Kodiak Senior Center & Island Cove will be closed on Monday, March 30 for Seward's Day



Alaska Legal Services- Drop In!

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.

Tuesday, March 24, 2026,

10am-12 First Come First Serve

During this time, they can help you start wills, 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.

Tax Preparation Assistance

Alaska Business Development Center (ABDC) will be providing tax preparation assistance to seniors in Kodiak **Dates and Times TBD.** If you have questions, please call (907) 562-0335 or email your questions to frontdesk@abdc.org. For more information, please visit their website at abdc.org, which includes tax forms and intake forms for their services.

Medicare General Enrollment continues through March 31st

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

Questions? Call Certified Medicare Counselor, Laurie Murdock to schedule an appointment (907) 486-6181



The PFD Fund Dividend Application season is January 1st through March 31st each year. You can apply online or using a paper application, available at the Senior Center.

While applying for your PFD online, Alaskans can choose to donate in increments of \$25 to causes they care about, including SCOK! All donations are tax deductible and donors will receive tax documentation from the State once their donations have been processed. File for your PFD or add a pledge at pfd.alaska.gov.

Social Security Administration

A representative from the Social Security

Administration is available on

March 10 & 24

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

Don't forget to set your clocks forward!



Daylight savings is on **Sunday, March 8, 2026** so remember to spring your clocks forward!

February Highlights at the Senior Center



Health Wire

The following checklist can alert you to potential hazards in your home. Use it to identify any changes or repairs needed to help keep safe. Keep in mind that it may not be necessary to make all of the suggested changes. It is important, however, to reevaluate your home safety every so often as behavior and needs change. This is an abbreviated version, for the full version provided by NIA, visit their website.

www.nia.nih.gov/ and search for “home safety checklist”



Home Safety Checklist

THROUGHOUT THE HOME

- Is the house well lit particularly at the top and bottom of stairs?
- Do any lightbulbs need replaced?
- Is emergency contact information posted in a visible place?
- Is there clutter which can cause disorientation and confusion and increase the risk of falling? a

FLOORS

- Are there non-slip strips or mats on tile and wood floors or surfaces that may get wet?
- Are carpets fixed firmly to the floor?
- Are all walking areas free of furniture and extension cords?
- Have smoke and carbon monoxide alarms been installed near kitchen and in all bedrooms?
- Have batteries been checked recently?

BATHROOMS

- Are there grab bars near toilets and in tub or shower?
- Is the water heater set at 120° F to avoid scalding tap water?
- Is there a night light to make overnight trips to the bathroom safer?

OUTDOORS

- Are there secure locks on all outside doors and windows?
- Is there a small bench or table by the entry door to hold bags and packages while unlocking the door?
- Have bushes and foliage been pruned away from walkways and doorways?
- Have you addressed any uneven surfaces or walkways, hoses, and other objects that may cause a person to trip?

2026 Social Security Schedule

Video Service Delivery (VSD) is available at the Kodiak Job Center on the 2nd and 4th Tuesdays of each month. The dates are:

~~January 13 & 27~~

~~February 10 & 24~~

March 10 & 24

April 14 & 28

May 12 & 26

June 9 & 23

July 14 & 28

August 11 & 25

September 8 & 22

October 13 & 27

November 10 & 24

December 8 & 22

Sign in at 8:00 AM

First come, first serve walk-in meetings are available to those that sign in at 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 All
Anchorage, Alaska 99513

“Who’s Who!?” at the Senior Center

This column began in September 2024 and if you’ve been following along, you’ve been introduced to all but one of our wonderful employees at the senior center. Last but not least - let us introduce you to our fearless leader!

Introducing.... Amy Durand, CEO

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

Amy was born and raised in Kodiak, spending summers with family at her grandparents’ cabin in Hidden Basin, Ugak Bay. After graduating from KHS, she moved to Boston to attend college, and earned her Associate’s Degree in Graphic Design, Visual Communications.

Enter fairy tale story (impossible not to include) ...Amy met Landon in middle school, when they promised each other they would get married if they hadn’t met anyone else by the age of 23. They dated through

their sophomore year of high school, when he moved off island with his family (his Dad was in the USCG). Amy and Landon reconnected shortly before she graduated from college, and he invited her to a Marine Corps Ball in North Carolina. She made the trip, and two days after the ball, she and Landon were married! They went on to have two children: their son Ejler, and their daughter, Kaydence. They will celebrate 20 years of marriage this November.

After Landon was honorably discharged from the Marine Corp, they decided to move back to Kodiak to raise their family. Amy started a daycare licensed through the State of Alaska, which she ran for 4-5 years, until Kaydence started school. During this time, she was also attending online classes, and earned her Bachelor’s Degree in Healthcare Administration. Once both her kids were in school, she decided to start her career. She first worked for KANA as their Health Grants Coordinator, then went on to become the Executive Director for Hospice & Palliative Care of Kodiak, where she worked for four years. She was recruited as Deputy Director for SCOK in 2021 and has been here ever since. Throughout the years, Amy also served on the KCHC Board, was an Ethics Committee Member for PKIMC and a Cabinet Committee Member for Kodiak Parks & Recreation.

Outside of work, Amy enjoys volunteering to support her kids. She has spent many years as the volunteer team manager for both hockey and baseball to support Ejler, who is now a graduating senior at KHS. She also spent 12 years as a Kodiak dance mom, which is no easy feat! As of this winter, KK has decided to step away from dance and try new things, where she will be supported wherever she ventures. Her family has three dogs, and Amy loves getting out and hiking with them as much as she can. She and Landon participate together in co-ed volleyball in the winter, co-ed softball in the summer, and Amy also plays on a women’s volleyball team in the spring. They have a very supportive friend group, and enjoy going on trips together, whether it’s out to Pasagshak or somewhere further like Hawaii. Amy loves to travel, and is looking forward to taking her family to Japan this month!

How long has Amy worked at the Senior Center?

Amy began working for SCOK in July of 2021 as the Deputy Director, and went on to become CEO in October of 2023. As CEO, Amy has the responsibility of managing programs, supervising staff & implementing policies, ensuring exceptional fiscal management, and is responsible for maintaining standards in order for SCOK to continue to be nationally accredited through National Institute of Senior Centers. And of course, there are those “other duties as assigned”. She wears so many hats in her job as CEO, it would be impossible to name them all.

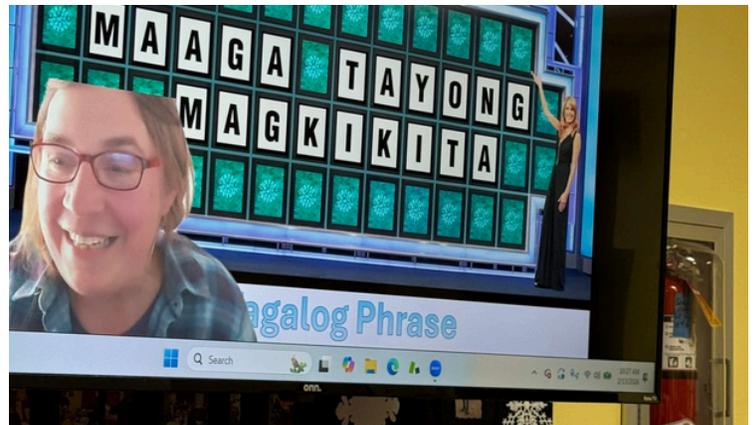
What does Amy love most about her job?

Amy loves the community that has been built at the Senior Center - the seniors, staff and volunteers. She says, “I love that every day brings something new, and I get to spend my day touching our mission - whether it is as cook, IT support, repair & maintenance, answering phones, writing grants, doing reports, or visiting with seniors, there is never a dull moment around here, and it’s a lot of fun.”



News from Island Cove

Valentine's Day is a special time at the Kodiak Senior Center, and Island Cove is of course included in on the fun times!! This year, we celebrated those over the age of 80 with a Valentine's party that included treats, delicious food, and a zoom visit from Kate! We are so lucky to have such a great group of participants and staff - it feels like one big happy family!



You're Invited! Come and Join the Fun

Island Cove offers adult day care 7 days a week
Monday – Friday 8:00 to 4:30
Weekends 9:30 to 3:00

Here's what you might do:

- Make new friends
- Crafts and Art Therapy
- Intergenerational Programs
- BINGO & Karaoke
- Socialize over breakfast and news
- Cards and Games
- Exercise & Brain Games
- Field Trips and Outings



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. We do offer a sliding scale fee for private pay, and accept Medicaid Waiver as well. 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

Medicare Minute

Turning 65? What about Medicare?

Will 2026 Bring Changes to Your Life –Such as Turning 65?

When people near the age of 65, one of the most common questions we hear is: “What do I do about Medicare?” *The first step is determining whether you actually need Medicare.* Turning 65 does not automatically mean you must enroll –there are important factors to consider first.

When you speak with a State Health Insurance Assistance (SHIP) counselor in Alaska, one of their first questions will be whether you have health insurance through your employer, and whether your employer has more than 20 employees.

Why does this matter? Medicare rules state that if you are 65 and covered by a group health plan from active employment at a company with more than 20 employees, you may delay enrolling in Medicare. No worries – when you retire, you will be granted a Special Enrollment Period (SEP) to enroll without penalty.

What if you're married? That matters, too. If your spouse is actively working, their employer meets the size requirement, and you are covered under their group health plan, you can also delay Medicare enrollment until your spouse retires.

Not Working or Not Covered by Active Employment? Then it's time to take action.

Your initial Enrollment period (IEP) begins three months before your 65th birthday month and ends three months after that month. During this time, you may need to enroll in *Original Medicare, which includes:

- Part A (Hospital Insurance)
- Part B (Medical Insurance)
- Part D (Prescription Drug Coverage)

*Note: Some states offer Medicare Advantage Plans (Part C). Currently the State of Alaska does not offer Medicare Advantage Plans.

Automatic Enrollment

Some individuals are automatically enrolled in Original Medicare. If you are already receiving Social Security retirement benefits, you will be enrolled in Medicare Part A and Part B three months before the month you turn 65. You will receive a package from U.S. Department of Health and Human Services containing your red, white, and blue Medicare card. At that point, your homework begins—you'll need to review your coverage options and make additional enrollment decisions.

Not Receiving Social Security Yet?

No problem – but you must take action. If you are not collecting Social Security retirement benefits, you must actively enroll in Medicare A and B. You can do this by visiting <https://ssa.gov/medicare/sign-up> beginning three months before your 65th birthday. You should receive your Medicare card about 30 days after enrolling. From there, it's time to make decisions about how you want Medicare Coverage to work for you.

Medicare Minute, Continued

Avoid Costly Mistakes

Medicare enrollment rules and timelines can be confusing. Missing or misunderstanding your Initial Enrollment Period (IEP) could result in a lifetime premium penalties.

That's why it's important to seek free, accurate, unbiased information from your local SHIP agency. SHIP counselors are specially trained in Medicare policies and do not benefit financially from your decisions. Laurie Murdock is also a Certified Medicare Counselor, and can meet with you here at the Kodiak Senior Center, just be sure to call for an appointment.

Medicare Counselors can:

- Explain how Medicare works
- Review your coverage options
- Screen for financial assistance programs to help make Medicare more affordable
- Help with supplemental insurance and Part D enrollment

Thank you Senior Resource Agency on Aging in Norwich, Connecticut for sharing this information.



Questions?
Call Laurie at 907 486-6181
to schedule an appointment



Medicare Enrollment Periods

	Initial Enrollment Period (IEP)	General Enrollment Period (GEP)	Special Enrollment Period (SEP)	Annual Enrollment Period (AEP)	Open Enrollment Period (OEP)
Who needs?	Turning 65	Missed IEP	Previous employer-based coverage	Medicare Plan employees	Medicare Advantage (MA) enrollees
Purpose	Enroll in Original Medicare	Enroll in Medicare Part A or Part B	Enroll in Medicare Part A or Part B	Reevaluate coverage and make changes	One-time change to MA plan
When	3 months before 65 th birthday through 3 months after	January 1 st – March 31 st	8 months from termination of employer coverage	October 15 th – December 7 th	January 1 st – March 31 st

The Caring Islander

How Caregivers Can Support Loved Ones Before and After Surgery

Caregiving is not a “one size fits all” situation. Different types of caregivers generally fall into two broad categories: informal caregivers and professional caregivers. Informal caregivers include family caregivers and volunteers, who typically offer companionship or light housekeeping. On the other hand, professional caregivers refer to a broader variety of trained health professionals, each with their own unique skills and requirements.

Sometimes a person can find themselves in the role of “informal caregiver” without much advance notice, such as when a loved one needs surgery. Preparing for surgery can be overwhelming for a person, particularly if the recovery period will limit the patient’s ability to take care of him or herself. A caregiver plays an important role in helping the patient, both physically and emotionally, throughout the surgery and recovery process. Here are a few tips for caregivers to ensure the best assistance possible while also remembering to look after themselves:

Pre-Surgery

Plan to go along with the patient to pre-surgery appointments. It’s helpful to have a second person to take notes on any instructions that are given. You can also help by asking the doctor about questions or concerns that the patient might have forgotten to address.

Top Questions to Ask

- ◆ Is there anything I can do to help my surgery go as smoothly as possible? ◆ What should I eat/drink the day before my surgery? ◆ What do I need to bring to my surgery? ◆ How early should I arrive?
- ◆ How should I prepare my home for my return? ◆ What will my recovery be like?

Post-Surgery

Once the patient has been released by the hospital, you should provide transportation back to the patient’s home. Be prepared to stop at a pharmacy to pick up any prescriptions that may be necessary on the way home.

Depending on the kind of surgery, the patient might need your help with physical tasks such as sitting, standing, walking up and down stairs, bathing, or using the bathroom. You can also help provide assistance in daily tasks that the patient usually manages, such as cooking, cleaning, taking care of pets, shopping, and laundry.

As a caregiver, keeping track of appointments with a physical therapist or doctor and providing transportation to and from those appointments until the patient is permitted to drive again can be very helpful. Communicate with the healthcare team to keep them updated about the patient’s progress—particularly if you notice unexpected changes or have concerns.

Remember to Take Care Of Yourself

As the patient recovers and requires less assistance, you can still offer to help with daily needs, but also encourage the person you're helping do as much as they can safely do on their own. The role of caregiver can be challenging and require a significant time commitment, but it is sure to be a meaningful experience helping your loved one regain strength and return to enjoying daily activities. Remember to get enough rest, ask for help, and take breaks for the activities you enjoy.

The Caring Islander



Caregiver Support

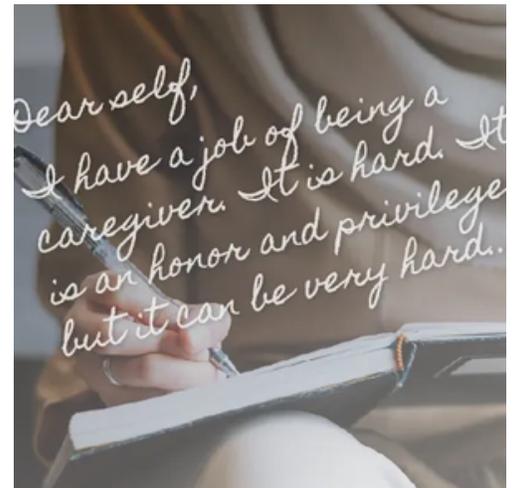
CARING FOR A LOVED ONE?
NEED HELP GETTING CONNECTED TO RESOURCES?
JUST NEED TO CONNECT WITH OTHERS?

**WHEREVER YOU ARE IN YOUR CAREGIVING
JOURNEY, WE'RE HERE FOR YOU.**

**Tuesday March 10 at 5:30pm
at the Islander Bookshop**

Resources for caregivers include: In-home respite services,
respite services at Island Cove Adult Day Program, Counseling,
Training opportunities

For More Info, call us at 907-486-6181



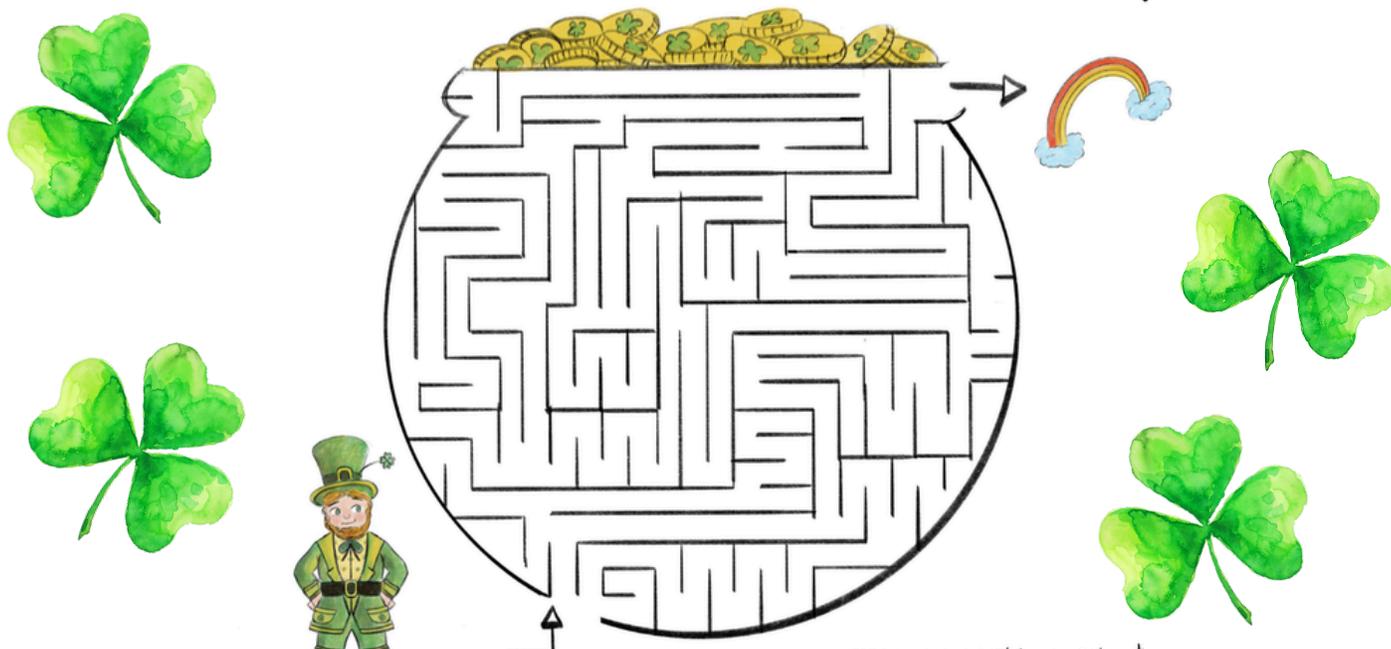
Fun & Games

RIDDLES TO PUT YOUR BRAIN TO THE TEST!

1. I sometimes run, but I can't walk. What am I?
2. It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it?
3. I have pointed fangs, and I sit and wait. I have piercing force, and I crunch with weight. I grab my victims, but they do not fight. I join them each with a single, quick bite. What am I?
4. A man goes out for a walk during a storm with nothing to protect him from the rain. He doesn't have a hat, a hood or an umbrella. But by the end of his walk, there isn't a single wet hair on his head. Why doesn't the man have wet hair?
5. I have no life, but I can die. What am I?
6. What has a head but no brain?
7. What do the numbers 11, 69 and 88 all have in common?
8. Which word in the dictionary is spelled incorrectly?
9. Pronounced as one letter, And written with three, two letters there are, and two only in me. I'm double, I'm single, I'm black blue and gray, I'm read from both ends, and the same either way. What am I?

Answers on Page 16

HELP THE LEPRECHAUN REACH THE RAINBOW!



But Wait...There's More!

Your Feedback Matters

Each year, we put out our Annual Survey, seeking feedback from those who receive our services. On the last two pages of this newsletter you will find the 2026 survey. This year we have condensed the survey to only one page and we ask that you take the few minutes to complete this survey and let us know how we are doing. Your feedback is essential in helping us improve as an organization, and also helps us to show our grant funders the importance of the services we provide.

Once completed, you can return it to the front desk at the Senior Center, or fold it in half, tape it up and mail it back. We will also have it available online for those wishing to complete it electronically - just please only fill it out once!



We want to extend a huge thank you to the volunteers who support our organization throughout the year. For all of you who enjoy our special programs and activities that fill the calendar, we are sure you know and appreciate their efforts. So the next time you stop by for exercise class, arts & crafts, tech support workshops, etc - be sure to join us in extending the leaders of these events a big



FUN & GAMES ANSWERS

A nose
 A keyboard.
 A stapler.
 He's bald.
 A battery.
 Lettuce.

They all read the same way when placed upside down.

Incorrectly.
 Eye.



Senior Testimonial



“Congregate meals are wonderful - it’s not always about the food, it gets me out of my house! Arts and crafts activities help me learn new stuff and meet with like-minded people. The bus keeps me independent.”

I often ask “what would I do without SCOK” and then give thanks.





2026 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. **Please complete & return by April 30th, 2026.** This survey is also available online: www.kodiakseniorcenter.org

Name (optional) _____

How often do you use SCOK services? DAILY WEEKLY MONTHLY _____

Place an "X" in the box that best reflects your experience at the Kodiak Senior Center and the services we offer.

If you do not use a service, put an X in the box that says NA (Not applicable).

	Excellent	Good	Average	Poor	NA
1. Helpfulness of staff	<input type="checkbox"/>				
2. Facilities	<input type="checkbox"/>				
3. Congregate meals	<input type="checkbox"/>				
4. Curbside meals	<input type="checkbox"/>				
5. Home-delivered meals	<input type="checkbox"/>				
6. Small group workshops (art/craft, technology assistance, etc.)	<input type="checkbox"/>				
7. Exercise classes	<input type="checkbox"/>				
8. Large events during lunchtime	<input type="checkbox"/>				
9. Transportation (KATS)	<input type="checkbox"/>				
10. Information/referral	<input type="checkbox"/>				

Expand briefly upon your responses for any you feel strongly about:

For each service listed, please answer the following question. If you do not use the service, check NA (not applicable).

Has this service helped you maintain or increase your quality of life and ability to age safely in place.

Help us tell our story. What examples do you have of how SCOK services have improved your quality of life?

	Yes	No	NA
1. Congregate meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Curbside meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Home-delivered meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Exercise classes and/or equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Information and referral	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Opportunity for socialization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Transportation (KATS)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What other services/activities would like to see offered?

1. Have our services helped you to remain in Kodiak?
2. Has using our services helped you stay healthy and safe?
3. Are programs offered at SCOK adequate for all seniors regardless of gender or race?
4. In the last year, has staff referred you to helpful services when needed?
5. Would you recommend our services to a friend or loved one?

	Yes	No	I'm not sure
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Senior Citizens of Kodiak, Inc.
302 Erskine Ave.
Kodiak, AK 99615

Place
Stamp
Here

KODIAK SENIOR CENTER
302 ERSKINE AVENUE
KODIAK, AK 99615
