

KODIAK SENIOR CENTER

NEWSLETTER

April 2026

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

www.kodiakseniorcenter.org

Director's Door

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, 2026. 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.

This month, we will co-host a Kodiak Community Health Fair on Friday, April 10 and Saturday, April 11 from 8:30-12:30. Friday is "Senior Day", and the first twenty seniors to attend will receive a complimentary lunch ticket to use at your convenience. We will have educational booths from many local organizations, door prizes, and Alaska Health Fair will be here to give affordable blood tests and more. More information is available in the newsletter

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). Our competitive grants this year include SIH and NFCSP

As we continue to move through the unknown in the nonprofit funding world, we thank all of you for your continued support. If you haven't yet renewed your membership, you can find a copy of our membership form in this newsletter. Your support helps make sure we can continue to provide our essential services to the elders in our community.

Cheers to Spring!

Wally



News from the Board

We are happy to announce that we have filled the vacant seat on our Board of Directors. Congratulations to newly elected member, Richard Lantz.

Thank you for taking the time to complete our Annual survey. If you would like a paper copy, we have one included in the newsletter, or it is also available at the senior center. Thank you for taking the time to provide feedback.



Senior Citizens of Kodiak, Inc.

BOARD OF DIRECTORS

- 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**
- RICHARD LANTZ, 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 also a grateful for donations from Kodiak Seiners Associates.

We greatly appreciate the continued support of all our members along with the generous donations recently made by Tim & Mary Jane Longrich, George Hansen, Sumi Ono, Jerome & Elizabeth Bongen, Leonard & Carolyn Heitman, Ilva Fox, Sally VanDyke, Mark Wardell *In Memory of David Jentry*, Jonathan Strong *In Memory of Judy Rong*.



April 2026

Mon	Tue	Wed	Thu	Fri
		1. Chicken Adobo Steamed Rice Stir Fry Vegetables Dessert Soup & Salad	2. Pork Loin Chops Macaroni & Cheese Applesauce Chef's Choice Vegetables Dessert Soup & Salad	3. Good Friday Baked Salmon Roasted Potatoes Spring Vegetables Dessert Soup & Salad
6. Beef Stroganoff Buttered Noodles Green Beans Dessert Soup & Salad	7. Spaghetti w/ Meatballs Zucchini Garlic Toast Dessert Soup & Salad	8. Spring Luncheon Cornish Game Hens Wild Rice Asparagus Special Dessert No Soup or Salad	9. Sweet & Sour Shrimp Steamed Rice Chef's Choice Vegetables Dessert Soup & Salad	10. Egg Salad Sandwich Chips Tomato Bisque Soup Dessert Carrots & Celery
13. Roast Pork Potato Wedges Brussel Sprouts Dessert Soup & Salad	14. Baked Manicotti Italian Style Vegetables Garlic Bread Dessert Soup & Salad	15. Swedish Meatballs Buttered Noodles Vegetable Medley Dessert Soup & Salad	16. Ham & Cheese Hoagie Lettuce Tomato & Onion Chips Dessert Soup & Salad	17. Fish & Chips Broccoli Salad Dessert Soup & Salad
20. Meatloaf Mashed Potatoes & Gravy Broccoli Florets Dessert Soup & Salad	21. Pulled Pork Sandwich Sweet Potato Fries Coleslaw Dessert Soup & Salad	22. Baked Ham Au Gratin Potatoes Spring Vegetables Dessert Soup & Salad	23. Birthday Luncheon Oven Fried Chicken Scalloped Potatoes Sweet Corn Dessert Soup & Salad.	24. Fish Tacos Spanish Rice Mexican Corn Dessert Soup & Salad
27. Lemon Chicken Fried Rice Asian Vegetables Egg Rolls Dessert Soup & Salad	28. Stuffed Cabbage Rolls Mashed Potatoes Green Beans Dessert Soup & Salad	29. Hawaiian Pork Macaroni Salad Corn on the Cob Dessert Soup & Salad	30. Beef Stroganoff Buttered Noodles Green Beans Dessert Soup & Salad	



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

April 2026

Mon	Tue	Wed	Thu	Fri
		1 Tai Chi 9:30 am	2 Tech Class with Sasi 1:00 pm	3 Good Friday Foot Clinic 10-12
6 Yoga 9:30 am	7	8 Spring Luncheon Tai Chi 9:30 am Beaded Suncatcher 1 pm	9	10 Kodiak Community Health Fair - Senior Day! 8:30-12:30 pm
13	14 Social Security Tele-conference at Job Service 9 am to 11:45	15 Tax Day Tai Chi 9:30 am Trivia 12:30	16 Food Bank Pick Up 1:30 pm	17 Foot Clinic 10-12
20	21 Alaska Legal Services 10am-12pm Caregiver Support Group Meeting 1:00pm	22 Tai Chi 9:30 am	23 Birthday Lunch followed by Bingo 1 pm 	24 Foot Clinic 10-12 Karaoke at 1:00pm
27	28 Social Security Tele-conference at Job Service 9 am to 11:45	29 Tai Chi 9:30 am	30	

Foot Clinic

Foot Clinic is now offered by Katrina, foot care nurse. Please call for an appointment. If you anticipate needing longer time, please schedule the last appointment of the day.

Health Fair

Friday April 10 and Saturday April 11, 8:30 –12:30
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Alaska Legal Service

First come first serve

Bingo

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

Exercise Classes

Membership is required

Kodiak Senior

Center

486-6181

info@scoki.org

Activities & Events at the Senior Center



Foot Clinic



We are excited to welcome a new foot clinic nurse, Katrina. She or Kristen will be here on all Fridays in April except April 10.

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.

Beaded Suncatcher

Wednesday, April 8 at 1:00pm

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



Trivia



Wednesday April 15th at 12:30

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

KARAOKÉ

Friday April 24, 1:00pm

While the Whippersnappers are on a break, come and join us for some music after lunch. If you don't feel like singing, just enjoy the tunes and company.



Exercise Classes at the Senior Center

Veronica will host one more day of Chair Yoga on Monday April 6th at 9:30am. Then she will be out the rest of Spring and Summer.

Deb will host Tai Chi on Wednesday's 9:30 am. 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: Technology Tools & Terms with Sasi Hazel-Bozena, In-Home IT Specialist

Thursday, April 2 at 1:00

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)

This class introduces common technology tools and terms in a clear, practical way. We'll cover topics like flash drives, hard drives, solid state drives, file backups, and cloud storage such as iCloud and Google Drive. The presentation will be visual, but every device is unique, so bring your device, a backup device if you have one, and whatever else you might have questions on.

No pressure, no rushing, just practical guidance and time to learn.

This will be Sasi's last class for awhile, so please be sure to give her a great big THANK YOU when you see her!

THANK YOU!

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

BINGO will follow immediately after lunch at 1pm.

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



Happy BIRTHDAY to everyone with a April Birthday!

KODIAK COMMUNITY HEALTH FAIR

April 10, 2026 Senior Day!*

April 11, 2026

8:30am-12:30pm

**Kodiak Senior Center
302 Erskine Ave**

On Friday, April 10 the first 20 seniors in the door get a free lunch ticket!



Our Services

-  Free Health Screenings & Education
-  Free PSAs (prostate-specific antigen)
-  Affordable blood tests ranging from \$25-\$75 (details on our website)
-  Local Resources
-  Door prizes & more!

*Friday is Senior Day but both days are still open to all community members regardless of age.

Walk ins are welcome or schedule an appointment



Contact Us

907-278-0234 or 907-486-6181

alaskahealthfair.org

Sponsored by:



KODIAK COMMUNITY HEALTH CENTER

Announcements & Reminders

Paper Bags for Lunch

Thank you to everyone for helping keep us fully stocked on paper bags for our home-delivered and curbside meals. We don't know what we'd do without you!

As a reminder, SCOK will gladly accept brown paper bags that are free from too much damage. If the bag has holes or rips in it, or too many stains - we'd rather you recycle it in some other way!

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, April 21, 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.

Social Security Administration

A representative from the Social Security Administration is available on

April 14 & 28

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

Don't Forget To File Your Taxes!

The federal income tax filing deadline for 2026 is April 15, 2026, with an extended filing deadline of October 15, 2026. Be sure to pay any taxes owed by April 15, even if filing for an extension, to avoid penalties.

Credit Union 1 Leading Change Partner

This year, SCOK was selected as CU1's Leading Change Partner. Thank you to Credit Union 1 and to those who were able to join us in March at their Member Appreciation Event - it was a great event. As Board President Alan Schmitt stated during his speech, *"Thank you for standing with us, for believing in our mission, and for helping us continue to enhance the lives of older adults."*

If you missed it, you can still show support by renewing your membership or making a donation.



Celebrate the Season

On Wednesday, April 8, we will host our Spring Luncheon. Please join us to celebrate the longer days and hopefully warmer weather headed our way!



Sunday, April 5 is Easter Sunday. Island Cove will be closed to celebrate the holiday with their families. Happy Easter to you and yours.

March Highlights at the Senior Center



Health Wire

Even Easy Exercise Is Linked to a Longer Life

New studies find that seniors who get out and about are more likely to lead long and healthy lives

If you're looking for ways to extend your life—and make those extra years healthier—heed this advice: Move at least a little and get out of the house as often as you can. Physical activity has been shown to reduce the risk of a number of health problems, including cardiovascular disease, certain cancers, cognitive decline, and type 2 diabetes.

Get Moving

In the first study, published in the European Journal of Preventive Cardiology, Dutch researchers wanted to find out if being physically active might reduce cardiovascular disease risk in older adults the way it does in those younger than 65. Almost 25,000 men and women in three different age groups reported their activity levels, and were tracked over the next 18 years. **They found that physical activity was just as closely linked to a lower risk of heart disease in adults over 65 as it was in those are younger.**

For example, people older than 65 who engaged in any amount of physical activity—even for less than 30 minutes a day—had 14 percent lower cardiovascular disease risk than those who didn't exercise at all.

"It can be hard to convince people in this age group to keep moving," says Jessica Kalender-Rich, M.D., a geriatrician and associate professor of geriatric medicine at the University of Kansas' Landon Center on Aging. "This study shows that you don't need a very vigorous workout regimen or be walking six miles a day. Every little bit you move is better than not moving at all."

Why Getting Outside Matters

In the other new study, published in the Journal of the American Geriatrics Society, researchers at Hadassah-Hebrew University Medical Center in Israel examined how the seemingly simple act of getting out of the house was linked to the risk of dying from any disease.

They tracked men and women between the ages of 70 to 95 who lived at home, asking how often each person left the house per week on average and then tracked how long they lived. 71 percent of people who left home almost daily at age 78 survived to age 85, while only 44.3 percent of those who rarely went out survived that long. "Being active cognitively, reading, volunteering, and getting out of the house are all examples of a degree of activity and engagement with the world that seems to have some protective effect or that reflects an underlying attitude of resilience."

The Takeaway

Both studies were observational, so researchers can't say that these behaviors will definitely help you live longer or reduce your risk of heart disease, but the good news is that there's no downside to giving these strategies a try. "Getting out of the house and keeping moving will help you feel better and have a better quality of life for however many years you have left," she says.

If you're looking to add activity to your day, start by setting a specific goal, whether it's to stand for 10 minutes an hour or walk around the block a few times a day. Being more active by doing the things you enjoy (such as gardening or cooking) will make the increased physical activity easier to stick with—and you can add more exercise from there. Next, incorporate a social element if you can, walking with a friend or taking a gardening class. Finally, if there's something keeping you inside, such as incontinence, depression, or pain, talk to your doctor to see if there's a way to manage or treat the problem so you can improve your mobility—and get out the door more.

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

News from Island Cove

March flew by in a hurry, which is good because we're ready for some warmer weather. Island Cove participants braved the cold weather to visit the new Kodiak City Fire Station. We are so thankful to them for hosting our visit, showing us around, feeding us lunch, and keeping our community safe. Salamat!



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!

Call (907) 486-2203 or visit the website at

www.kodiakseniorcenter.org

Medicare Minute

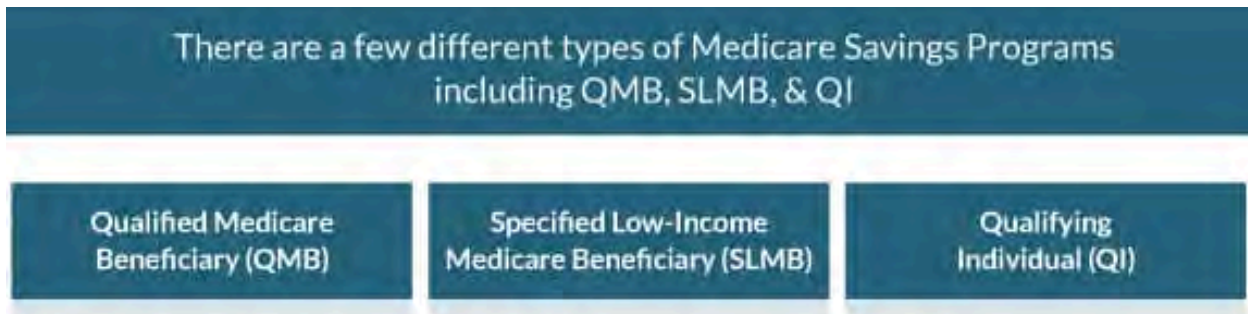
Medicare Savings Program

Get Help from your state paying for Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) premiums through a Medicare Savings Program. If you qualify, Medicare Savings Programs might also pay your Part A and Part B deductibles, coinsurance and copayments.

You'll apply for Medicare Saving Programs through your state. When you apply, your state determines which program(s) you qualify for. Even if you don't think you qualify, you should still apply.

How to qualify for the Medicare Savings Programs

In most cases, your income and resources must be below a certain limit to qualify for a Medicare Savings Program, as described below. These limits go up each year. **You may still qualify for these programs in your state even if your income or resources are higher than the federal limits listed.** Some states don't count certain types or specific amounts of income or resources when deciding who qualifies.



Qualified Medicare Beneficiary (QMB) Program

Helps pay for: Part A premiums (if you don't have premium-free Part A); Part B premiums, deductibles, coinsurance and copayments (for services and items Medicare covers).

If you qualify for the QMB program:

Show both your Medicare card and Medicaid card (or QMB card) each time you get care. If you have Original Medicare, you can also show one of your claim statements, called Medicare Summary Notices. These statements show you're in the QMB program.

Monthly income and resource limits for 2026:

Your Situation	Monthly Income Limit*	Resource Limit
Individual	\$1,350	\$9,950
Married couples	\$1,824	\$14,910

*Income limits slightly higher in Alaska and Hawaii. You may qualify in other states for these programs even if your income or resources are higher than the federal limits listed.

Medicare Minute, Continued

Specified Low-Income Medicare Beneficiary (SLMB) Program

Helps pay for: Part B premiums (You must have both Part A and Part B to qualify.)

If you qualify for the SLMB Program:

- You'll also get Extra Help paying for your prescription drugs.
- You'll pay no more than \$12.65 in 2026 for each drug your Medicare drug plan covers.

Monthly Income and Resource Limits for 2026 (SLMB)

Your Situation	Monthly Income Limit*	Resource Limit
Individual	\$1,816	\$9,950
Married couples	\$2,455	\$14,910

*Income limits slightly higher in Alaska and Hawaii. You may qualify in other states for these programs even if your income or resources are higher than the federal limits listed.

Qualifying Individual (QI) Program

Helps pay for: Part B premiums (You must have both Part A and Part B to qualify.)

- You must apply every year to stay in the QI Program.
- States approve applications on a first-come, first-served basis – priority is given to people who got QI benefits in the previous year.
- You'll also get Extra Help paying for your prescription drugs. You'll pay no more than \$12.65 in 2026 for each drug your Medicare drug plan covers.
- QI is only available for people who don't qualify for any other Medicaid coverage or benefits, but you may qualify for help from another Medicare Savings Program.



Questions?



We are lucky to have a Certified Medicare Counselor on staff who can meet with you here at the Senior Center.



If you have any questions regarding Medicare, please

contact Laurie at 907 486-6181

to schedule an appointment. Her normal hours are

9:30am-1:30pm, Monday-Friday

The Caring Islander

In Home Care Providers

Realizing a parent or other senior family member needs extra help at home isn't easy. There's never a good time to broach the subject of in-home care, especially if the senior is proudly independent. It's a situation that requires sensitivity, honesty and a desire to do what's right for a senior loved one. When we age and reach a stage where extra help is needed, the thought of hiring an in-home care provider can feel overwhelming because we've become so used to our independence. Apart from finding someone to assist with daily tasks, a family caregiver can become a trusted companion — someone invested in your loved one's physical, mental and emotional well-being. How can concerned and caring family members ensure they choose the right in-home care provider? It's all about understanding what will meet a senior's needs. This guide from Village Caregiving helps you narrow your search criteria by providing everything you need to know.

Understanding the Role of In-Home Care Providers

In-home family caregivers' roles vary and sometimes go far beyond helping with chores or running errands. Some providers offer basic assistance, like housekeeping and meal preparation, while others provide flexible and comprehensive services like bathing, dressing or companionship. Then there's more specialized care, like medical services provided by trained nurses or aides, which include monitoring vital signs and assisting with medications or physical therapy. Seniors looking to age in place will need the right kind of support to enjoy the quality of life they deserve.

Understand the Needs of Seniors

No one should have to sacrifice their dignity and individuality when looking for in-home support. Every individual is different, and so are their needs. Before contacting an agency, sit down with your loved one and have an honest conversation about what kind of help would make them feel comfortable. If the person requiring care isn't able to communicate their needs effectively, involve other family members to evaluate the current situation. The following areas of conversation can lead to meaningful, insightful answers about your loved one's care needs.

Inquire About Training and Background Checks

A reputable provider will conduct thorough background checks on all employees. You're inviting someone into your home to take care of a loved one, so knowing they've been properly vetted for criminal history, drug use and any other potential concerns is vital.

The agency should also provide ongoing training to ensure its employees are up to date on best practices in senior care. For example, if you hire someone to help manage diabetes, you want a family caregiver who understands blood sugar and dietary needs specific to the condition.

How to Ensure Your Loved One's Safety and Well-Being With a Family Caregiver

Aside from the practical considerations above, it's important to remember that your chosen family caregiver will become a central part of your life. Choosing a safety-conscious person who values your senior loved one's well-being and quality of life is just as crucial.

Studies show that strong social connections are linked to better mental and physical health. Finding someone your senior relative sees more as a companion than a stranger can contribute to a better overall life.

A family caregiver should ensure your loved one's safety and well-being.

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.**

**Join us at our Monthly Meeting - all are welcome!
Tuesday April 21 at 1:00pm
302 Erskine Ave**

The State of Alaska Family Caregiver Support Program Grant provides funding for many resources for caregivers. If you are interested in learning more about any of the resources listed below, please join us on April 21 or call us at (907) 486-6181.

Resources for caregivers include:

In-home respite services by donation, Free Caregiver Counseling, Free Training opportunities, Lifeline for your loved one (\$50 installation donation requested and then the monthly payment is covered by grant funds) and our Island Cove Adult Day Program is another great option to provide caregivers with respite.

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

Fun & Games



SPRING



WORD SEARCH

- GARDENING
- ANT
- LADYBUG
- FLOWERS
- POLLEN
- GARDEN
- MEADOW
- GREEN
- FLORAL
- PETAL
- CRISP
- NEST
- CHICK
- CLOUD
- SHINE
- BLOOM
- INSECT
- DAISY
- HATCHING
- PUDDLE

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

Directions: → ← ↘ ↓ ↑

Answers on next page



Everyone needs a laugh now and then...



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 page 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 mail it in.

We also have the survey available online - just go to our website and click the link to take you to the survey.

<https://kodiakseniorcenter.org/>



We want to extend a huge thank you to the Kodiak Seiners Association for their large donation of fish, processed through Silver Bay.

We are also grateful for the continued support of our volunteers, who help make the Senior Center a fun place to be!



FUN & GAMES ANSWERS

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



Senior Testimonials



"The Live Music is enjoyable & inspiring that these people volunteer to bring joy to special lunches!"



"I especially enjoy meeting friends for lunch & talking to other Seniors. I enjoy music & art & exercise. The workshops are fun. The staff is friendly. I like the newsletter."

Your Membership Helps Sustain Our Organization



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

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

NAME: _____ DATE: _____

MAILING ADDRESS: _____

HOME PHONE: _____ EMAIL: _____

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

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

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

ANNUAL MEMBERSHIP OPTIONS

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

If Family, Please List Names & DOB Here: _____

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

SERVICES PROVIDED BY SCOK

Congregate Meals
Exercise Classes
Special Events
Monthly Newsletter
Exercise Equipment
Activities

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

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

VOLUNTEERING AT SCOK

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

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

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



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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Congregate meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Curbside meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Home-delivered meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Small group workshops (art/craft, technology assistance, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Exercise classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Large events during lunchtime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Transportation (KATS)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Information/referral	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Medicare Counseling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>

