



# KODIAK SENIOR CENTER



## NEWSLETTER

May 2026

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

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

### Director's Door

Wahoo - It's May! In Kodiak there are so many fun activities, events and celebrations going on from high school graduation (*This years graduation includes my son, Ejler*) to Crab Fest alongside nicer weather for us to go out and enjoy things like hiking, fishing, and gardening.

At the Senior Center, we have a lot of things going on to add to your must-do list, including our annual art show. If you have art to share, please drop it off at the senior center between May 4th and May 8th. We will then display artwork between May 11th and May 22nd. Find out more information in this newsletter and be sure to check out our events calendar for other fun things going on.

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The theme for May 2026 is *Champion Your Health. The focus is on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions.* We invite you to the Senior Center this month to learn about all of the services we offer that can help you age safely in the home and community of your choice.

We have several special luncheons this month to look forward to; we will have a Cinco de Mayo celebration on Tuesday, May 5th; we will honor moms during our Mother's Day Luncheon Friday, May 8th; and observe Spring during our Spring Picnic Friday, May 15th! We also have our Birthday Luncheon scheduled for Thursday, May 28th where we will celebrate all those with a May birthday.

As we celebrate Mother's Day this year, let's take the time to honor *all of the* women who have raised us, as children and into adulthood, as mothers or as friends and neighbors. Let us show them how much we appreciate their love and sacrifice. Let's remind them that they are valued and loved.

I hope you all have a lovely May, and we can all get out to enjoy our wonderful island turning green.



### News from the Board

The Board of Directors appreciates everyone who submitted feedback to us through our annual surveys. Please know the staff and Board of Directors will review each response at our next meeting. This will help us evaluate our outcomes and look at ways to improve our services.

SCOK's annual meeting will be held on June 12, 2026. Be sure to join us for updates, a delicious meal, our annual report and entertainment and door prizes.



*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 Richard Austerman, Janet Axell, Joyce Gregory, Mary Forbes & Stephen Burnside, Laurie Murdock, Rebecca & Teresa Mahle & Alan Schmitt.

# MAY 2026

Mon	Tue	Wed	Thu	Fri
				1. Coconut Shrimp Pasta Salad Asian Vegetables Egg Rolls Dessert Soup & Salad
4. Oven Fried Chicken Buttered Noodles Chef's Choice Vegetables Dessert Soup & Salad	5. <b>Cinco de Mayo</b> Cheese Enchiladas Spanish Rice Black Beans Dessert Soup & Salad	6. Baked Ziti w/ Sausage Zucchini Garlic Bread Dessert Soup & Salad	7. Pork Loin Chops Red potatoes Applesauce Vegetable Medley Dessert Soup & Salad	8. <b>Mother's Day Luncheon</b> Chicken Cordon Bleu Wild Rice Asparagus w/ Hollandaise Special Dessert / Salad <b>No Soup Today</b>
11. Baked Ham Au Gratin Potatoes Glazed Carrots Dessert Soup & Salad	12. Chicken Fajitas Sautéed Peppers & Onions Red Beans & Rice Guacamole Dessert Soup & Salad	13. Baked Rockfish with Hollandaise Brown Rice Broccoli & Cauliflower Dessert Soup & Salad	14. Roast Turkey Stuffing with Gravy Peas & Carrots Dessert Soup & Salad	15. <b>Spring Picnic</b> Hamburger or Hotdog Lettuce, Tomato, Onion Potato Salad / Baked Beans Fresh Fruit <b>No Soup or Salad</b>
18. Beef Tips w/ Mushroom Gravy Buttered Noodles Mixed Vegetables Dessert Soup & Salad	19. Teriyaki Chicken with Pineapple Jasmine Rice Stir Fry Vegetables Dessert Soup & Salad	20. Pork Tenderloin Mashed Potatoes & Gravy Green Beans Dessert Soup & Salad	21. French Dip Sandwich Pasta Salad Chips Dessert Soup & Salad	22. Baked Salmon Roasted Red Potatoes Chef's Choice Veggies Dessert Soup & Salad
25. <b>Senior Center &amp; Island Cove Closed In Honor Of Memorial Day.</b> 	26. Pesto Chicken Pasta Alfredo Sweet Peas Dessert Soup & Salad	27. Egg Salad Sandwich Chips Tomato Bisque Soup Dessert Soup & Salad	28. <b>Birthday Luncheon</b> Country Fried Steak Mashed Potatoes & Gravy California Style Vegetables Dessert Soup & Salad	29. Eggplant Parmesan with Spaghetti Steamed Vegetables Dessert Soup & Salad

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

# May 2026

Mon	Tue	Wed	Thu	Fri
				<b>1 Foot Clinic 10-12</b>  <b>Whippersnappers 1 pm</b>
4	<b>5 Cinco De Mayo Celebration at 12pm</b>	<b>6 Tai Chi 9:30 am</b>	7	<b>8 Mother's Day Luncheon at 12pm</b>  <b>Whippersnappers 1 pm</b>
<b>Drop off Art Work May 4-8</b>				
11	<b>12 Social Security Tele-conference at Job Service 9 am to 11:45</b>	<b>13 Tai Chi 9:30 am Trivia 12:30</b>	<b>14 Beaded Suncatcher 1pm</b>	<b>15 Foot Clinic 10-12 Spring Picnic at 12pm</b>  <b>Whippersnappers 1 pm</b>
<b>Art Show May 11-22</b>				
18	<b>19 Alaska Legal Services 10am-12pm</b>	<b>20 Tai Chi 9:30 am</b>	<b>21 Food Bank Pick Up 1:30 pm</b>  <b>Caregiver Support at 1pm</b>	<b>22 Foot Clinic 10-12</b>  Know Your Numbers Blood Pressure Screenings 11a-12  <b>Whippersnappers 1 pm</b>
<b>Art Show May 11-22</b>				
<b>25 Senior Center &amp; Island Cove Closed</b>  <b>Memorial Day</b>	<b>26 Social Security Tele-conference at Job Service 9 am to 11:45</b>	<b>27 Tai Chi 9:30 am</b>	<b>28 Birthday Lunch followed by Bingo 1 pm</b>  	<b>29 Foot Clinic 10-12</b>  <b>Whippersnappers 1 pm</b>



### Foot Clinic

Please call for an Appointment. If you anticipate needing longer time, please schedule the last appointment of the day.

### 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](mailto:info@scoki.org)

## Activities & Events at the Senior Center

### Senior Art Show

Art will be on display at the Kodiak Senior Center  
**May 11-22, 2026**

All are welcome to enter their works of art. Please see page 5 for more details.

### Beading Craft

**Thursday, May 14 at 1pm**

Join Gail Otto and fellow seniors and create lovely beaded suncatchers. All experience levels welcome!

Maybe we'll see a display of suncatchers in this year's art show ❤️

### Trivia

**Wednesday May 13<sup>th</sup> at 12:30**

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

### May is Older Americans Month 2026 Theme: Champion Your Health

The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. This year, we are focused on evidence-based approaches, self-management, caregiver roles, and community partnerships that empower individuals to lead healthy lives. Throughout the month, we will be hosting a variety of speakers and presentations focused on these topics. Stay tuned for specific dates and times - we will post a flyer at the Senior Center and on Facebook, and send an email out as well.

**If you are not on our email list but would like to be, sign up on our website**

[www.kodiakseniorcenter.org/news-events/](http://www.kodiakseniorcenter.org/news-events/)

### Fridays in May

Our favorite band, The Whippersnappers, are back at the Senior Center!

Join them after lunch on Fridays to dance along to the music.



**Join us for lunch on Thursday, May 28th to celebrate those with May birthdays! We'll eat and sing together, and share happy blessings to those with May birthdays!**

**BINGO will follow immediately after lunch at 1pm.**

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

### Exercise Classes at the Senior Center

Deb will host Tai Chi on Wednesday's 9:30 am. Veronica is currently on a break and there will be no chair yoga this month. We are working on a video option for future months.

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!



**Happy BIRTHDAY**  
 to everyone with a May Birthday!



If you have artwork to display, please bring it to the Senior Center the week of May 4<sup>th</sup>. Please bring a title for your piece, and make sure it has your name on it somewhere!



# KODIAK SENIOR ART SHOW

**MAY 11-22, 2026**

**Artists age 60 and up may  
drop off art between May 4-8**

This annual display of art celebrates the creativity and artistic talent of our Kodiak senior community. All are welcome and encouraged to display their art.



**Presented by Senior  
Citizens of Kodiak, Inc.**



**Kodiak Senior Center**

302 Erskine Ave Kodiak AK 99615



**Additional Information**

(907) 486-6181  
info@scoki.org



## Announcements & Reminders

### 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, May 19, 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.

### Foot Clinic Schedule

We are excited to welcome a new foot clinic nurse, Katrina. Kristin will still be around at times if her schedule allows her to be here when Katrina is not.

For May:

May 1 and 15: Katrina

May 22 and 29: Kristin

Foot clinic focuses on maintaining healthy feet, preventing complications, and promoting mobility. 30 minute slots on Fridays are available between 10:00 am and noon, call to schedule an appointment.

### VOLUNTEERS NEEDED

We are always looking for volunteers to lead classes or workshops. Some of our most popular classes involve arts and crafts, tech help and senior exercise classes. If you are interested in offering a group class or workshop, please reach out to us at 907-486-6181 or via email [info@scoki.org](mailto:info@scoki.org). It could be a monthly offering, a weekly class or a special workshop offered once a year.

### Social Security Administration

A representative from the Social Security Administration is available on

**May 12 & 26**

Please go to the Job center building (public assistance office) early at 8:00 am and sign in for an appointment.



**In Honor of Memorial Day, the  
Kodiak Senior Center & Island Cove  
will be closed on  
Monday, May 25, 2026**



## April Highlights at the Senior Center

We were thankful to have a full schedule in April, including an ever popular beading class led by volunteer Gail Otto. If you want to learn how to make these beautiful beaded sun catchers, check out the Event Calendar in May for another offering. We were also thrilled to have over 15 organizations participate in the 2026 Kodiak Community Health Fair. Thank you to Alaska Health Fair, Inc for visiting Kodiak and making this event possible!



## Health Wire

### Carbs That are Good for You

#### Top Healthy Carbohydrates to Eat:

- Whole Grains: Quinoa, brown rice, oats, barley, and whole-wheat pasta/bread are high in fiber and nutrients.
- Legumes & Beans: Lentils, black beans, chickpeas, and peas provide protein and fiber, helping you feel full.
- Starchy Vegetables: Sweet potatoes, corn, winter squash, and white potatoes provide vitamins and fiber.
- Fruits: Whole fruits, including berries and apples, offer fiber and essential nutrients.
- Dairy: Low-fat milk and yogurt are nutrient-rich carb sources

#### Why They Are "Good" For You

Healthy carbs, often called complex carbs, are processed by the body slowly, preventing blood sugar spikes and offering sustained energy. They are rich in fiber, which supports digestion and heart health.

#### How to Choose:

Select foods with high fiber and low added sugar. Focus on whole, unprocessed foods rather than white bread or pastries.

#### ✓ COMPLEX CARBS



#### ✗ SIMPLE CARBS



**B.E. F.A.S.T. is how we come together to end stroke®**

Learn the stroke warnings signs

**B.E. F.A.S.T.**

Balance Loss	Eye (Vision) Changes	Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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### May is National Stroke Awareness Month - Know the Signs!

Every 40 seconds, someone in the U.S. has a stroke. Calling 911 is the fastest way to get stroke care. EMS can begin treatment immediately and alert the hospital stroke team before you arrive.

When it comes to spotting stroke and getting help, the faster, the better. That's because prompt treatment may make the difference between life and death — or the difference between a full recovery and long-term disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

## 2026 Social Security Schedule

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

<del>January 13 &amp; 27</del>	<del>February 10 &amp; 24</del>	<del>March 10 &amp; 24</del>
<del>April 14 &amp; 28</del>	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](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 All  
Anchorage, Alaska 99513

## News from Island Cove

Island Cove Adult Day Program is so much more than a place to pass the time.

Yes, the activities matter. They bring joy, connection, and purpose. But behind that is something just as important: health monitoring, professional nursing support, and a team that truly knows each participant.

We meet people where they are, with care that reflects their needs, preferences, and goals.

This is person-centered practice in action.

It's comprehensive support that helps people live well and stay connected.

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



## Medicare Minute

### Understanding Medicaid

Medicaid is a joint federal and state program that helps cover medical costs for certain low-income people, families and children, pregnant women, the elderly, and people with disabilities. Medicaid also helps cover medical costs for other adults. Medicaid offers benefits not normally covered by Medicare, like nursing home care and personal care services. The rules around who's eligible for Medicaid are different in each state.

### Qualifying for Medicaid

Generally, you must meet your state's rules for your income and resources, and other rules (like being a resident of the state). You might be able to get Medicaid if you meet your state's resource limit, but your income is too high to qualify. Some states let you "spend down" the amount of your income that's above the state's Medicaid limit. You do this by paying non-covered medical expenses and cost sharing (like Medicare premiums and deductibles) until your income is lowered to a level that qualifies you for Medicaid. To get more details, call your State Medical Assistance (Medicaid) office and ask about help for people with limited resources.

### What Medicaid Helps Pay For

If you have Medicare and qualify for full Medicaid coverage:

- Your state will pay your Medicare Part B (Medical Insurance) monthly premiums.
- Depending on the level of Medicaid you qualify for, your state might pay for:
  - Your share of Medicare costs, like deductibles, coinsurance, and copayments
  - Part A (Hospital Insurance) premiums, if you have to pay a premium for that coverage.
- You'll automatically get Extra Help with your drug costs. Learn more about Extra Help.
- Medicaid may pay for other drugs and services that Medicare doesn't cover.

To apply for Medicaid, contact your State Medical Assistance (Medicaid) office.

### People who have both Medicare & Medicaid

People who have both Medicare and full Medicaid coverage are "dually eligible." Medicare pays first when you're a dual eligible and you get Medicare-covered services. Medicaid pays last, after Medicare and any other health insurance you have.

If you're dually eligible, Medicare covers your prescription drugs. You'll automatically be enrolled in a Medicare drug plan that will cover your drug costs instead of Medicaid. If Medicare doesn't cover your prescription, Medicaid may still cover it in certain situations.

You can still pick how you want to get your Medicare coverage:

- Original Medicare or Medicare Advantage (Part C). Check your Medicare coverage options.

If you choose to join a Medicare Advantage Plan, there are special plans for dual eligibles that make it easier for you to get the services you need, include

- Medicare drug coverage (Part D), and may also cost less, like:
- Special Needs Plans
- Medicare-Medicaid Plans (only available in certain states)
- Program of All-Inclusive Care for the Elderly (PACE) plans can help certain people get care outside of a nursing home

As always, if you have any questions about the information provided, call 907-486-6181 and ask to speak to Laurie, our Certified Medicare Counselor. She is available most weekdays 9:30am-1:30pm.

## The Caring Islander

### Caregiving for Someone with Alzheimer's Disease and Related Dementias

#### Tips to Cope with Communication Challenges

- Make eye contact and call the person by name.
- Be aware of your tone, volume, facial expressions, and body language. Try to avoid appearing angry or tense. Show a warm, loving, and matter-of-fact manner.
- Encourage a two-way conversation if the person is able.
- Be open to the person's concerns, even if they are hard to understand or address.
- Be patient with angry outbursts. Try a distraction, such as offering a favorite snack or a walk outside. If you become frustrated, take some time to calm down.
- Allow more time for the person to respond. Be patient and try not to interrupt.
- Don't talk about the person as if they are not there.
- Don't talk to the person using "baby talk" or a "baby voice."
- Use methods other than speaking to help the person, such as gentle touching to guide them. Hold the person's hand while you talk.
- When speaking to a person with Alzheimer's, try to ask questions with a yes or no answer, and if the person does not understand what you say the first time, try rephrasing what you said with different words.

Here are some examples of how to change what you say to the person with Alzheimer's to make communication easier:

#### Avoid saying

What do you want for dinner?

That's not how you do it.

How do you feel?

Are you hungry?

#### Say this instead

Do you want fish or chicken for dinner?

Let's try it this way.

Are you feeling sad?

Dinner will be ready in five minutes.

Be aware of nonverbal communication. As people lose the ability to talk clearly, they may rely on other ways to communicate their thoughts and feelings. For example, their facial expressions may show sadness, anger, or frustration.

#### Feeling overwhelmed with caregiving?

Caregiving can be rewarding, but it can also be demanding, difficult, and stressful. The changes in communication that come with Alzheimer's can be particularly challenging to handle. It's important to ask for help and to take time to care for yourself. Explore National Institute on Aging resources to learn how to get started with caregiving, take care of yourself as a caregiver, and find respite care when you need it. **We also have resources available here at Senior Citizens of Kodiak for caregivers such as respite care, Lifeline services, caregiver counseling and**

**Alzheimer's Association**

**800-272-3900**

**866-403-3073 (TTY)**

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

**[www.alz.org](http://www.alz.org)**



# 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 Gathering- all are welcome!**  
**Thursday, May 21**  
**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



- MEREDOF \_\_\_\_\_
- PERTECS \_\_\_\_\_
- SOEHRE \_\_\_\_\_
- IODLSRSE \_\_\_\_\_
- CEMRABEMNER \_\_\_\_\_
- YROENCEM \_\_\_\_\_
- EACIMAR \_\_\_\_\_
- TIAIPSOMTR \_\_\_\_\_
- FAHL STAM \_\_\_\_\_
- REVBAYR \_\_\_\_\_
- BIRUTET \_\_\_\_\_
- GUECRAO \_\_\_\_\_
- LAROV \_\_\_\_\_
- NELFLA \_\_\_\_\_
- ADRIGUTET \_\_\_\_\_
- EUTSLA \_\_\_\_\_
- MYRAITLI \_\_\_\_\_
- CIRISECAF \_\_\_\_\_
- OORHN \_\_\_\_\_
- VEISCRE \_\_\_\_\_

If you want to make it a bit easier, here is a word bank to choose from. If not, cover this area!

AMERICA	FREEDOM	MILITARY	SALUTE
BRAVERY	HALF MAST	PATRIOTISM	SERVICE
CEREMONY	HEROES	REMEMBRANCE	SOLDIERS
COURAGE	HONOR	RESPECT	TRIBUTE
FALLEN	GRATITUDE	SACRIFICE	VALOR

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

### ON THE MENU

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

**Tuesday, May 5: Cinco de Mayo**

**Cheese Enchiladas, Spanish Rice and Black Beans**

**Friday, May 8: Mother's Day Luncheon**

**Chicken Cordon Bleu, Wild Rice, & Asparagus with Hollondaise\***

**Friday May 15: Spring Picnic**

**Hamburger or Hotdog, LTO, Potato Salad and Baked Beans with Fresh Fruit!**

**Thursday May 28: Birthday Luncheon**

**Country Fried Steak, Mashed potatoes and gravy with California Style Vegetables**

\*Tuk often gets asked for more cheese sauce when we serve Hollondaise. Did you know there is actually no cheese in it?! It is a rich, creamy French sauce made from an emulsion of egg yolk, melted butter, and lemon juice, seasoned with salt and cayenne pepper

*thank you*

If you stopped by the Health Fair last month, you know that it took a whole community of people to make it a success. Thank you to all who helped.

- Alaska Health Fair
- Alaska Body & Soul, ILC
- Alaska Legal Services
- Alaska Public Health
- A Balanced Approach
- Carrie Randolph, DDS
- Credit Union One
- Eyecare Excellence
- Fresh Start Somatics
- Hospice & Palliative Care of Kodiak
- Independent Living Center
- Kodiak Community Health Center
- Kodiak Fire Department
- Kodiak Red Cross
- Providence Kodiak Island Medical Center
- RuRAL CAP

## FUN & GAMES ANSWERS

MEREDOF _____	<b>FREEDOM</b>
PERTECS _____	<b>RESPECT</b>
SOEHRE _____	<b>HEROES</b>
IODLSRSE _____	<b>SOLDIERS</b>
CEMRABEMNER _____	<b>REMEMBRANCE</b>
YROENCEM _____	<b>CEREMONY</b>
EACIMAR _____	<b>AMERICA</b>
TIAIPSOMTR _____	<b>PATRIOTISM</b>
FAHL STAM _____	<b>HALF MAST</b>
REVBAYR _____	<b>BRAVERY</b>
BIRUTET _____	<b>TRIBUTE</b>
GUECRAO _____	<b>COURAGE</b>
LAROV _____	<b>VALOR</b>
NELFLA _____	<b>FALLEN</b>
ADRIGUTET _____	<b>GRATITUDE</b>
EUTSLA _____	<b>SALUTE</b>
MYRAITLI _____	<b>MILITARY</b>
CIRISECAF _____	<b>SACRIFICE</b>
OORHN _____	<b>HONOR</b>
VEISCRE _____	<b>SERVICE</b>

### Senior Testimonials



*"At this time we only receive curbside meals, but in the future I can see our need/desire for expanded services. The meals are tasty, well balanced and economical for tight budgets."*



*"As an aging individual I'm really glad we have such a great senior center we can rely on."*

# 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   | Home Delivered Meals          | Curbside Meals        |
| Exercise Classes   | Respite                       | Chore Services        |
| Special Events     | Life Line                     | Outreach/Information  |
| Monthly Newsletter | Island Cove Adult Day Program | Support Groups        |
| Exercise Equipment | Equipment to Loan             | Lending Library       |
| Activities         |                               | 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](http://kodiakseniorcenter.org)