



KODIAK SENIOR CENTER

NEWSLETTER

August 2026

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

www.kodiakseniorcenter.org

Director's Door

Hello and happy August! It's hard to believe we are already here. Time sure does fly when you're having fun. I hope you have enjoyed your summer so far and continue to enjoy it throughout the month.

Since our new fiscal year began July 1, we are closing out FY26 grants and looking ahead to where this year's funding will take us in FY27. We received notification from the State of Alaska that we will continue to receive funding for our Nutrition, Transportation and Support Services, Adult Day Program, Senior In-Home Services, Family Caregiver Support Program, and Kodiak Area Transit System.

State funding covers about one-third of our costs. As costs continue to rise, we will do our best to sustain these essential programs; however, like many nonprofit organizations, we are navigating a challenging financial environment. Thank you for your donations and contributions to the services we offer. Please know that donating \$10, or whatever you can, for a congregate, curbside, or home-delivered lunch goes a long way. Your donation helps cover food, staffing, facility, and insurance costs while providing you with an entrée, soup, salad, bread, and dessert. We know these meals help with food costs, and we regularly hear, "This is the best deal in town." We can't argue with that.

We are grateful for your continued support in helping sustain Senior Citizens of Kodiak. Your support allows us to continue providing vital programs that help seniors remain independent in their own homes and connected to our community for as long as possible.

We are extremely proud of the services our agency provides to Kodiak residents and their families. These programs help keep our seniors, families, and community connected and supported.

Enjoy the rest of summer!

News from the Board

The Board of Directors (BOD) will meet on August 12, 2026 to close out SCOK/KATS finances and grants for fiscal year 2026 (July 1, 2025 - June 30, 2026). The BOD will also elected new Officers for Fiscal Year 2027. We look forward to sharing that information with you in next months newsletter.

We will ask for and look forward to your input as we move into this new fiscal year 2027.

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, Conoco Phillips, Credit Union One, Kodiak Island Borough, Kodiak Community Foundation, Providence Alaska Foundation, & Rasmuson Foundation. We are also appreciative of donations from Kodiak Seiners Associates.

We greatly appreciate the continued support of all our members along with the generous donations recently made by Stephen Faust, Anne Jacobson, Alan Large, and Betty Walters.

We would also like to recognize the donations made *In Memory of Midge Dillon* by Leonard & Carolyn Heitman, Alan Schmitt & Linda Freed, Kristine Highlander, The Tuck Bonney family, and the family of Midge Dillon.

AUGUST 2026

Mon	Tue	Wed	Thu	Fri
3. Beef Tips w/ Mushroom Gravy Egg Noodles Chef's Choice Vegetable Dessert Soup & Salad	4. Lemon Chicken Fried Rice Egg Roll Asian Vegetables Dessert Soup & Salad	5. Egg Salad Sandwich Tomato Bisque Soup Chips Dessert Salad	6. NEW MENU ITEM Homemade Salmon Patties Potato Salad Creamed Corn Dessert Soup & Salad	7. LU'AU Lunch Kalua Pork Pineapple Rice Hawaiian Cole Slaw Dessert Soup & Salad
10. Meatloaf Scalloped Potatoes California Style Vegetables Dessert Soup & Salad	11. Chicken ala King Sweet Corn Biscuits Dessert Soup & Salad	12. French Dip Sandwich French Fries Macaroni Salad Dessert Soup & Salad	13. Baked Rockfish Zucchini White Rice Dessert Soup & Salad	14. Chicken Cordon Bleu Buttered Noodles Asparagus w/ Hollandaise Dessert Soup & Salad
17. Ham & Cheese Hoagie Macaroni Salad Chips Dessert Soup & Salad	18. Beef Tacos Spanish Rice Refried Beans Dessert Soup & Salad	19. Pork Loin Chops Scalloped Potatoes Brussel Sprouts Dessert Soup & Salad	20. Baked Ziti w/ Meat Sauce Zucchini Garlic Bread Dessert Soup & Salad	21. World Senior Citizens Day Baked Salmon Roasted Potatoes Chef's Choice Vegetables Dessert Soup & Salad
24. Baked Herbed Chicken Rice Pilaf Sweet Peas Dessert Soup & Salad	25. Cabbage Rolls Mashed Potatoes Sweet Peas Dessert Soup & Salad	26. Pulled Pork Sandwich French Fries Coleslaw Dessert Soup & Salad	27. Birthday Luncheon Chicken Strips Potato Wedges Carrots & Celery Dessert Soup	28. Fish & Chips Broccoli Salad Dessert Soup & Salad
31. Swedish Meatballs Egg Noodles Mixed Vegetables Dessert Soup & Salad			Each year, World Senior Center Day is held on August 21. This day honors mature adults' contributions to society; highlighting issues impacting the older age group, as well as appreciating their wisdom and experience which benefits younger genera-	

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

August 2026

Mon	Tue	Wed	Thu	Fri
3 National Event Series: National Friendship Day!	4 Meet & Greet w/ Michelle Balance and Mobility 9:30 am	5 Tai Chi 9:30 am	6 Mayor Jared Griffin visit during lunch	7 Lu'au Lunch Whippersnappers 1 pm
10	11 Social Security Tele-conference at Job Service 9 am to 11:45 Balance and Mobility 9:30 am	12 Tai Chi 9:30 am	13	14 Foot clinic 10 am-12 pm Whippersnappers 1 pm
17	18 Alaska Legal Services 10 am-12:00 pm Balance and Mobility 9:30 am	19 Tai Chi 9:30 am Trivia 12:30 Beaded Craft 1 pm	20 Food Bank Pick Up 1:30 pm	21 World Senior Citizens Day Whippersnappers 1 pm
24	25 Social Security Tele-conference at Job Service 9 am to 11:45 Balance and Mobility 9:30 am	26 Tai Chi 9:30 am Caregiver Support 1 pm	27 Birthday Lunch  Bingo at 1pm	28 Foot clinic 10 am-12 pm Whippersnappers 1 pm
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Reminder

Foot Clinic

Please check Foot Clinic schedule call to make 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

National Event Series

See newsletter for more details

For details on all events, please see page 4-5 of the Kodiak Senior Center Newsletter

Kodiak Senior Center

486-6181
info@scoki.org

Activities at the Senior Center

Updates from the Kodiak Island Borough

Thursday, August 6 During Lunch

Kodiak Island Borough Mayor, Jared Griffin, is planning to join us for lunch and then provide some updates from the Borough. Feel free to join and bring any questions you may have!



Lu' au Lunch

Friday, August 7



Please join us for our Lu'au lunch on Friday, August 7th. If you feel inclined to dress up on that day, you are welcome to do so, as it will add to the festivities. We will have decorations, tasty food, a photo backdrop and some leis to pass out as well.



Wednesday August 19th at 12:30

Come have lunch and test your knowledge, and maybe win a free lunch ticket!

Exercise Classes!

Michelle Powell will be doing a meet and greet for her new exercise class - **Balance and Mobility** - on **Tuesday**, August 4 at 9:30 am. For the month of August, this class will continue Tuesdays at 9:30 am.

We will have **Tai Chi** every **Wednesday** at 9:30 am.

You do not need to sign up to attend, but we do encourage those who attend to keep their membership current!

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

New Event Series - Celebrate National Events!

Monday, August 3: National Friendship Day

In this new series, we will pick a National holiday that is not well known, and celebrate it by bringing it to life at the Kodiak Senior Center!

This month's holiday is National Friendship Day - Bring a friend to the senior center for lunch and stay after to play games and listen to music. Bring a photo of you and some friends and we'll post it to the bulletin board this month!



Beaded Craft

Wednesday, August 19th



Join in the fun! We've got a lovely group of seniors who have been practicing their beading skills each month. Thank you to Gail Otto for sharing her craft!

HAPPY BIRTHDAY

to everyone with August birthday!

Join us for lunch on Thursday **August 27th** to celebrate those with August birthdays! We'll eat and sing together, and share happy blessings to those with August birthdays!

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

BINGO will follow immediately after birthday lunch. Thank you so much to those organizations who make this event possible: Olson's Bookkeeping, VFW Post 7056 Auxiliary, Harborside Coffee, Henry's, Kodiak Island Brewing, Norman's Gifts, and Subway

Announcements & Reminders

Social Security Administration

A representative from the Social Security Administration is available on **August 11th and August 25th from 9:00-11:45 AM.** Video Service Delivery (VSD) available at the Kodiak Job Center (Sign in at 8 am)

Foot Clinic

Foot schedule with Katrina
August 14th and August 28th
Please call 907-486-6181 for appointments.

Reminder →



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



Observed on 21 August, World Senior Citizen's Day is an occasion to give recognition to senior citizens and raise awareness about the challenges that they face.
What will you do to celebrate?
Come on over for lunch!

Food Box Distribution

Food bank distribution this month is scheduled for

August 20th at 1:30 PM.

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



Alaska Legal Services

Alaska Legal Services is continuing to offer one-on-one services for seniors at the Senior Center.

Tuesday August 18, 2026

10 am - 12 pm (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.



We're Hiring!

Do you or someone you know feel passionate about caring for senior community members? Consider joining our fabulous team at SCOK!

Open positions include:

CNA at Island Cove

Chore/Respite worker

Check on the MyAlaska Jobs site for a current job description. You can apply online or submit your resume to Kate via email to kate@scoki.org

Kodiak Senior Center FY26 Highlights

FY26 ended in a flurry of events and activities, and the staff spent most of July completing end of year reports and finalizing preparations for FY27. We want to take a moment here to reflect back on FY26 and thank our members, funders, volunteers, employees and especially our Kodiak Seniors for making these moments at the Kodiak Senior Center so special.

Here's to another great year of fun times while we continue to work hard to meet our mission, *To Enhance the Lives of Older Adults.*



Medicare Minute

Medicare Helps Cover Diabetes Supplies & Services

Insurance (Part B) covers:

- Diabetes self-management training
- Foot exams, foot treatment, and therapeutic shoes or inserts
- Glaucoma screenings
- Glucose monitors and supplies (like test strips and lancets)
- Hemoglobin A1C tests
- Insulin for patients using durable insulin pumps
- Medicare Diabetes Prevention Program
- Medical nutrition therapy services
- Screenings for people at risk for diabetes
- Certain shots (or vaccines) like flu, pneumococcal, and Hepatitis B

Drug coverage (part D) covers:

- Anti-diabetic drugs (including insulin)
- Certain supplies for insulin (like syringes, needles, alcohol swabs, gauze)
- Other adult vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), like shingles, Respiratory Syncytial Virus (RSV), and tetanus

The cost of a one-month supply of each Part D- and Part B-covered insulin product is capped at \$35, and you don't have to pay a deductible for insulin. This means you'll generally pay no more than \$105 for a 3-month supply of covered insulin

Things to ask your provider at your next visit:

- ☐ Am I eligible for the Medicare Diabetes Prevention Program?
- ☐ How do I sign up for diabetes self-management training?
- ☐ What kind of nutrition plan (or medical nutrition therapy services) do I need?
- ☐ Are there any shots (vaccines) I need to prevent illness?

Things to do at each visit:

- ☐ Go over your blood glucose readings
- ☐ Find out your hemoglobin A1C level
- ☐ Get your feet checked
- ☐ Get your weight and blood pressure checked

Things to get at least once a year:

- ☐ Yearly "Wellness" visit
- ☐ Flu shot
- ☐ An eye exam for diabetic retinopathy (a diabetes complication that affects eyes)
- ☐ A foot exam (including a check of your circulation and nerves)

Note: Your doctor or other health care provider may recommend you get other services, like cholesterol and lipid tests, more often than Medicare covers them. Or, they may recommend services that Medicare doesn't cover. Make sure you understand why your doctor recommends certain services and if Medicare will help pay for them.

For more information about Medicare coverage of diabetes, visit [Medicare.gov/coverage](https://www.medicare.gov/coverage) or call 1-800-MEDICARE (1-800-633-4227).

Visit medlineplus.gov/diabetes.html for more information to help you manage your diabetes.



Did you know Medicare has an online library of resources like this one? Search by topic here: www.medicare.gov/publications/search

Health Wire

August is an important month for healthcare, featuring health observances including:

- National Wellness Month, to promote self-care, stress reduction, and healthy habits
- National Immunization Month, to emphasize the critical role vaccinations play in protecting people of all ages against serious and preventable diseases.



Self-Care & Wellness: Prioritize National Wellness Month by creating a 31-day challenge for yourself that includes drinking more water, scheduling time away from screens, and engaging in physical activity. Looking for more socialization and community involvement? Add volunteer time to your schedule - there are a lot of organizations looking for help in Kodiak - just ask and I'm sure they'd find you a job (and if you're struggling to find a place, look no further than your very own Kodiak Senior Center!)

Vaccination Status: Use the Centers for Disease Control and Prevention resources to check recommended immunization schedules for both children and adults. Alaska Public Health can also set you up with the Docket app, which is the fastest and easiest way to get your official record. It pulls your immunization history directly from VacTrAK, Alaska's statewide immunization registry.



Summer Heart and Heat Safety

August often brings some of the highest temperatures of the year. Extreme heat poses a serious risk for heatstroke, especially among seniors and outdoor athletes. Try some of the tips below to stay safe!

Indoor Activities

- When it gets too hot outside, transform your living space into a refreshing refuge and dive into these low-effort tasks and hobbies:
 - The Arts & Mind: Learn a new hobby like calligraphy, origami, or brush up on a language app.
 - Get Cozy: Catch up on your reading list, binge-watch television shows, or lose yourself in an immersive, relaxing video game
 - Home Reorganization: Sort through your wardrobe to prepare or swap out items for the season

Strategic Outdoor Activities

- When you do venture outside, schedule your movements before 10:00 AM or after 4:00 PM to avoid peak solar heat and UV exposure.
- Water Play: Visit a local body of water, or set up a sprinkler in the shade.
- The Essentials: If you are outside during the day, protect yourself with light-colored, loose-fitting clothing, a wide-brimmed hat, and high-SPF sunscreen!

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

The Caring Islander

Caretaker vs. Caregiver: What's the Difference?

The terms are often used interchangeably, but a caregiver primarily provides physical and emotional support to a person (like assisting with bathing, feeding, and companionship), while a caretaker historically refers to someone who manages and maintains physical properties, buildings, or land.

What Is a Caregiver?

A caregiver is someone who provides emotional, physical, and psychological support to individuals who cannot fully care for themselves due to illness, disability, or aging. Whether professional or a family member, caregivers typically focus on empowering the person they care for, respecting their autonomy, and helping them retain control over their lives.

Duties of a Caregiver:

- Assisting with daily living: Caregivers help with tasks like bathing, dressing, and feeding.
- Emotional support: Offering companionship and moral support is a key aspect of caregiving.
- Healthcare management: Caregivers may administer medication, attend appointments, and track health status.
- Encouraging independence: While they assist with tasks, caregivers focus on empowering the care recipient to make decisions and be responsible for their own actions.

A caregiver's work is often unpaid, driven by compassion and a desire to improve their loved one's quality of life. As family caregivers continue to rise, with over 9.5 million new family caregivers since 2015, the emotional weight of caregiving can be profound.

Often times, caregivers can relieve some of the emotional weight by asking for help. One form of help comes with hiring a caretaker, who can provide care while caregivers get some time for a break. The Kodiak Senior Center offers both chore and respite services, which can help caregivers in their role. Island cove Adult Day program is another service that can offer respite for the caregiver.

What Is a Caretaker?

A caretaker is traditionally someone paid to take care of someone. While they can provide similar physical assistance to caregivers, the key distinction is that caretakers often see their role as a job, not one rooted in emotional connection or empathy. At the senior center, chore and adult day services are based on a sliding scale fee and respite is paid for by suggested donation.

Duties of a Caretaker:

- Supporting individuals: Ensuring that an individual is maintained and cared for, often while the owner or primary caregiver is away.
- Physical care: In the case of human caretaking, tasks might include feeding or administering basic physical care, but often without the emotional connection that characterizes caregiving.

If you are interested in learning about the services SCOK can offer you as a caregiver, give us a call at (907) 486-6181 or stop by during our next caregiver support meeting!

Caregiver Support Group - Wednesday August 26 at 1pm

At the Kodiak Senior Center



Community Resources

There are many organizations and businesses in Kodiak that offer senior discounts.
If you know of more, feel free to contact us and we'll add them to our list!

Senior Discounts

Name of Business	Details	Contact
State of Alaska (Department of Motor Vehichels)	Whenever a person 65 years of age or over applies for and is primarily responsible for the water service costs at a residence occupied by said person who is the head of household, the rate for water usage shall be one-half the usual rate for residences. [Ord. 429 §1, 1974] Senior Exemption certificate: must have lived in Kodiak for 1 year and be 65 years or older. Two pieces of identification required one with picture.	(907) 486-8650
Kodiak Borough	Property Tax Exemptions - applications due January 15.	(907) 486-9324
Hairmasters	\$24 for senior haircut, no tax (must show your city tax exemption card)	(907) 269-5551
Sutliff's	You apply for the Ace reward for Seniors, and for every \$1 you spend they double the points.	(907) 486-5797
Grand Slam	Grand slam earn points for every \$1 you spend.	(907) 942-6695
City of Kodiak	As an Alaska resident 65 or older, you may be exempt from fees and taxes when registering one vehicle. Must be a passenger vehicle, motorhome, van, pick-up truck, motorcycle or trailers. No commercial.	(907) 486-4928
Alaska Waste	You just need the number on your senior center card, \$7.00 discount	(907) 486-5308
State of Alaska (Department of Fish & Game)	Alaska residents who are 60 years and up are eligible for a permanent identification card in order to hunt, sport fish, or trap for free. Also, you are not required to purchase a king salmon stamp to fish for king salmon or Alaska state conservation stamp to hunt waterfowl.	(907) 486-1825

News from Island Cove



Daily Schedule

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

The KATS bus offers pick up and drop off service for Island Cove participants.

Here's a glance at our schedule:

8:00 am: Opening Time

8:00-10:00am: Breakfast, News, Morning Socialization & Independent Activities

10:00-11:00am: Chair Exercise or BINGO

11:00-12:00pm: Lunch preparation and Lunch

12:00-1:00pm: 1st afternoon activity - rotating

1:00-1:30pm: Afternoon Snack

1:30-2:30pm: 2nd afternoon activity - rotating

2:30-4:30pm: Relax, socialization and unwind

**CONTACT US FOR MORE INFORMATION
OR TO SET UP A TOUR**

For information call: 486-2203 or visit our website at:
www.kodiakseniorcenter.org

Who can benefit from adult day care?

Research is limited but suggests that for older people with long-term health conditions, regular structured activities and being with others can enhance quality of life and improve well-being.

Adult day care can also be integral in providing a safe environment for someone with Alzheimer's disease or another type of dementia, by offering organized activities in a secure setting.

Benefits for caregivers

Caring for an older adult with health issues can be physically and emotionally taxing. Adult day care is an option for family caregivers who may be struggling with day-to-day caregiving or dealing with anxiety, frustration, depression, or other health problems.

Adult day care allows family members to remain in the workforce by providing a safe and enriching environment for their loved ones during the day. It also gives them an opportunity to tend to their own needs in order to have the energy and patience to care for their loved one at night.

Island Cove Adult Day

Island Cove offers a safe, caring, and active environment for seniors and adults with special needs.

The program supports participants' independence, maintaining and increasing skill levels, while enhancing their quality of life.

If you or someone you know may benefit from our program - we'd love to hear from you. We are able to offer a free two-week trial period to determine if it is a good fit.

If you decide to continue in the program, we offer a sliding fee scale based on income to make the service affordable and accessible for all. In addition, we can work with your Care Coordinator to add Adult Day Services to the plan of care of those on Medicaid Waiver.

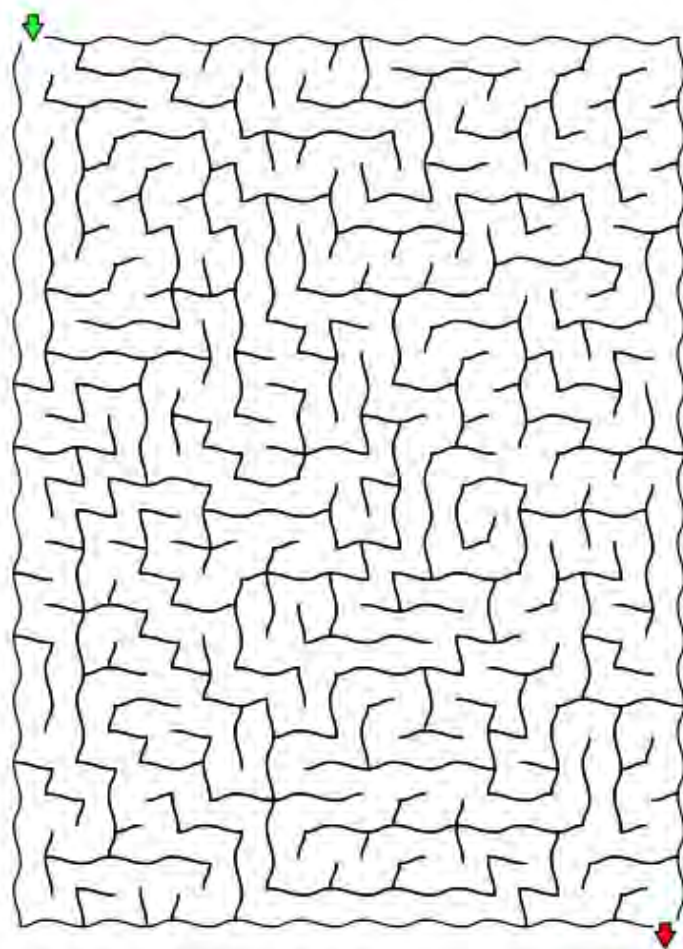
Fun & Games



True or False - Food and Drink!

1. _____ The Japanese drink Sake is made from potatoes.
2. _____ People from Finland drink the most coffee per person in the world.
3. _____ There is milk in an espresso coffee.
4. _____ The dessert Pavlova is named after a Russian ballet dancer
5. _____ A vanilla pod comes from the poppy plant.
6. _____ Dom Perignon invented Champagne.
7. _____ Pears were sometimes called love apples because of their shape.
8. _____ Limes float in water and lemons sink.
9. _____ The calamari dish is made from squid.
10. _____ The drink G&T is made from gin and tonic.
11. _____ Mulligatawny soup is a sweet and sour soup.
12. _____ The average number of segments in an orange is 10.

Answers on page 14



AUGUST

FUN

FACT

The Dog Days of Summer: The period from July 3 to August 11 is known as the "dog days". This isn't a reference to hot pets, but to Sirius (the "Dog Star"), which rises and sets with the sun during this time.

August was named after the first Roman emperor, Augustus Caesar. Originally called Sextilis (the sixth month in the ancient Roman calendar), he added an extra day so it would equal July, which was named after his great-uncle, Julius Caesar.

Fun & Games

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 19 & 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

But Wait...There's more!

Senior Testimonials



"Loved the homemade lunch, atmosphere and cleanliness!"



"Came to look at the Senior Art display - very clean place. Being from Florida, I can tell you that the Center is beautiful and the resident members of Kodiak are lucky!"



If you would like to be featured in our Senior Testimonial section, fill out a comment card at the Senior Center or stop by and let us know in person! Comments can be anonymous or you can share your name.

ON THE MENU

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

Thursday, August 6th: New Menu Item - Homemade Salmon Patties, Potatoe Salad, Creamed Corn

Friday, August 7th: Lu'au Lunch - Kalua Pork, Pineapple Rice, Hawiian Cole Slaw

Friday, August 21st: World Senior Citizen Day - Baked Salmon, Roasted Potatoes

Thursday, August 27th: Birthday Luncheon - Chicken Strips, Potato Wedges, Carrots & Celery



Answer Key



1. False **it is made from rice
2. True
3. False
4. True
5. False **it comes from the orchid plant
6. True
7. False **tomoates were called love apples
8. False **the other way around
9. True
10. True
11. False **it's curry flavored
12. True **that's the average, some have more and some less

