KODIAK SENIOR CENTER
NEWSLETTER
December 2026

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

Director's Door

Happy Holidays! December is full of exciting events, so be sure to check our events calendar and menu. A heartfelt thank-you to our wonderful volunteers and staff who make these gatherings possible.

Join us for our Holiday Celebration luncheon on Tuesday, December 15th! Bring a friend and enjoy cranberry-glazed Cornish game hens, wild rice, cauliflower au gratin, and a special dessert. We look forward to welcoming you to the senior center to share stories, smiles, and holiday cheer. On Thursday, December 17th, we'll celebrate our December birthdays with a Birthday luncheon, followed immediately by Bingo.

Our annual Toys for Tots collection is underway! We invite you to donate a small toy or gift for children at the Kodiak Woman's Resource and Crisis Center to help brighten their holiday season. Please bring your donation by December 21st.

The senior center will be closed on Friday, December 25, for Christmas and on Friday, January 1, 2026, for New Year's Day.

Wishing you all a Merry Christmas and a Happy New Year!

Amy



News from the Board

As the calendar year comes to a close, the Board of Directors extends a heartfelt thank you to everyone who has paid their annual senior center membership dues and continues to contribute toward meals and other services. We also offer special thanks to the 26 individuals who donated a portion of their PFD through the Pick Click Give program this year. Your generosity helps sustain our organization and allows us to continue providing essential services to our community.

Wishing you a Merry Christmas and a Happy New Year, with heartfelt thanks for your support!

Senior Citizens of Kodiak, Inc.

BOARD OF DIRECTORS

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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 fish donations from Kodiak Seiners Associates.

We greatly appreciate the continued support of all our members along with the generous donations made recently by recently by Robert & Joan Brodie, Sally Haldewang, David Heuman, Deb Houlden-Engvall & Eric Engvall, and Betty Walters.

December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Linguine Alfredo Zucchini Garlic Bread Dessert Soup & Salad	2 Beef Tacos Red Beans & Rice Mexican Corn Dessert Soup & Salad	3 Baked Herbed Chicken Mashed Potatoes Brussel Sprouts Dessert Soup & Salad	4 Baked Salmon Wild Rice Asparagus Dessert Soup & Salad
7 Manicotti Italian Style Vegetables Garlic Toast Dessert Soup & Salad	8 French Dip Sandwich Pasta Salad Carrot & Celery Sticks Dessert Soup	9 Baked Chicken Roasted Potatoes Broccoli & Cauliflower Dessert Soup & Salad	10 Hawaiian Pork Chef's Choice Vegetables Pineapple Rice Dessert Soup & Salad	11 Fish & Chips Broccoli Salad Dessert Soup & Salad
14 Crusted Pork Chops Mashed Potatoes & Gravy Brussel Sprouts Dessert Soup & Salad	15 **Holiday Celebration** Cranberry Glazed Cornish Game Hen Wild Rice Cauliflower au Gratin Special Dessert No Soup & Salad Today	16 Beef Stroganoff Butter Noodles Sweet Pea Dessert Soup & Salad	17 **Birthday Luncheon** Baked Ham Au Gratin Potatoes Green Beans Dessert Soup & Salad	18 Garlic Parmesan Rockfish Rice Pilaf Winter Vegetable Mix Dessert Soup & Salad
21 Salisbury Steak Buttered Noodles Peas & Carrots Dessert Soup & Salad	22 Sweet & Sour Chicken Fried Rice Stir fry Vegetables Dessert Soup & Salad	23 Spaghetti & Meatballs Italian Style Zucchini Garlic Bread Dessert Soup & Salad	24 Ham & Cheese Hoagie Chips Tomato Bisque Soup Dessert Salad	25  **Kodiak Senior Center & Island Cove Closed for Christmas**
28 Spinach & Mushroom Frittata Sausage Hash Browns Fruit Cocktail Dessert	29 Meatloaf Scalloped Potatoes Green Beans Dessert Soup & Salad	30 Coconut Shrimp Sweet Potato Fries Broccoli Slaw Dessert Soup & Salad	31 Chicken Cordon Bleu Noodles with Hollandaise Asparagus Dessert Soup & Salad	

1% milk, full strength juice, salad and bread are served daily. Menu is subject to change without noice. Meals served 12:00 - 1:00pm Monday-Friday at 302 Erskine Ave.

DECEMBER 2026 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Balance & Mobility 9:30 am **Christmas Tree Decorating 1 pm** 	2 Tai chi 9:30 am SCOK Board Meeting Open to the Public 1 pm	3	4 Whippersnappers 1 pm **Christmas Cookie Swap 1 pm** 
7 Yoga 9:30 am **Beading Craft 1 pm**	8 Balance & Mobility 9:30 am Social Security VSD 9 -11:45am (Job center)	9 Tai chi 9:30 am Elder Coffee Hour & Craft 12:30 pm-2:30 pm **Christmas Cards**	10 Trivia at 12:30 pm	11 Whippersnappers 1 pm
14 Yoga 9:30 am	15 **Holiday Celebration** Balance & Mobility 9:30 am Alaska Legal Service 10 pm - 12 pm	16 Tai chi 9:30 am Property Tax Exemption Filing Assistance 11:45-1:15	17 **Birthday lunch** BINGO at 1 pm  Food Bank 1:30 pm	18 Foot Clinic 9-12 pm **Holiday Floral Arranging 1 pm** Whippersnappers 1 pm
21 Yoga 9:30 am **Last Day To Drop Off Toys for Tots** 	22 Balance & Mobility 9:30 am Social Security VSD 9 -11:45 am (Job center)	23 Tai chi 9:30 am Elder Coffee Hour & Craft 12:30-2:30 pm **Chrismas Cookie Decorating**	24 **Senior Center & Island Cove Closing at 1pm**	25  **Senior Center & Island Cove Closed for Christmas**
28 Yoga 9:30 am 	29 Balance & Mobility 9:30 am	30 Tai chi 9:30 am	31 **Senior Center & Island Cove Closing at 1pm**	

Reminders:

Foot Clinic
Please call for appointment.

BINGO
Free to play, hosted by VFW. Gift cards for prizes!

Exercise Classes
Membership required!

Toys for Tots
The Holiday Season is upon us and once again we will be collecting toys for tots. Please bring unwrapped presents to the Senior Center between December 1st through December 21st and we will deliver them to the Kodiak Women's Resource Center

For details on all other events, see page 4-5 of the newsletter

Questions about Events?
Call (907) 486-6181
Email info@scoki.org

Announcements & Reminders

Kodiak Senior Center Holiday Hours



The Kodiak Senior Center and Island Cove will be closing at 1:00 pm on Thursday, December 24th for Christmas Eve and closed all day Friday, December 25th for Christmas.

We will be closing at 1:00 pm on Thursday, December 31st for New Year's Eve and closed all day on Friday, January 1st for New Year's Day.

Exercise Classes

As a reminder, you do not need to sign up ahead of time, but we do encourage those who attend to keep their membership current- please check in with us for renewal if needed.



This Month's Schedule of Classes:
All classes begin at 9:30am

- **Chair Yoga, All Mondays in December with Veronica**
- **Balance and Mobility, All Tuesdays in December with Michelle**
- **Tai Chi, All Wednesday December with Deb**

Social Security Administration

A representative from the Social Security Administration is available on

December 8 & 22

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

Survey: State Plan for Senior Services

Alaska's seniors play a vital role in shaping the future of our state, and the Alaska Commission on Aging wants to hear directly from you. Every four years, the Commission gathers feedback from older residents across Alaska to understand what matters most to them as they age. Your responses help identify priorities for senior services to be included in the next State Plan for Senior Services.

If you are 55 or older, please click here to take our 10-minute survey (www.surveymonkey.com/r/alaska-senior) It's available in Spanish and Tagalog too!

Paper copies of the survey are also available at the front desk of the Kodiak Senior Center. **Online surveys close December 31. Print surveys should be postmarked by December 11.**

Foot Clinic

Katrina, with Alaska Body and Soul, LLC continues to offer foot clinic at the Kodiak Senior Center. This month, she will be offering appointments only:

Friday, December 18, 2026

Please call 907-486-6181 for appointments. **We kindly ask that you please bring the exact amount or correct change for your visit $30.00.**

Beginning of September, we had new start times for appointments.

The appointment start times will be:

9:00AM | 9:45AM | 10:30AM

11:15AM | 12:00PM

Please note, appointments are still planned as 30 minutes but this gives us some wiggle room if things run behind. Thank you for your patience!

Alaska Legal Services

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

Tuesday, December 15, 2026

10:00 am - 12:00 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.

Activities at the Senior Center

Christmas Tree Decorating

Tuesday December 1st at 1pm

Please join us and help decorate the Senior Center! We'll have hot chocolate and cookies to thank you!

Christmas Cookie Swap

Friday December 4th at 1pm

- Bake one of your favorite holiday cookies
- Bring in one dozen cookies, plus a few extra for sampling.

On the day of the swap, once the holiday cookies are displayed, all participants can select an assortment of 12 cookies to take back home with them in their original container.

The Senior Center will provide display plates, coffee and cocoa and the Whippersnappers will play holiday music in the background for you to enjoy.

Beading

Join Gail for Beading on

Monday December 7th at 1 pm

Elder Coffee Hour and Craft

KANA is continuing to host their Elder Coffee Hour and Craft at the Senior Center. Join us for some holiday fun!

Wednesday December 9, 12:30-2:30pm

Christmas Card making- Join us at the Center as we make Christmas cards! Enjoy a fun and festive time creating handmade cards to share with family and friends.

Wednesday December 23, 12:30 -2:30 pm

Christmas Cookie- Come enjoy decorating delicious Christmas cookies and get into the holiday spirit.

'Tis the season

Toys for Tots

The Holiday Season is upon us and once again we will bring happiness to a few less fortunate girls and boys. Please bring unwrapped presents to the Senior Center between December 1st through December 21st and we will deliver them to the Kodiak Women's Resource Center

Happy Birthday!

to everyone with December birthdays!

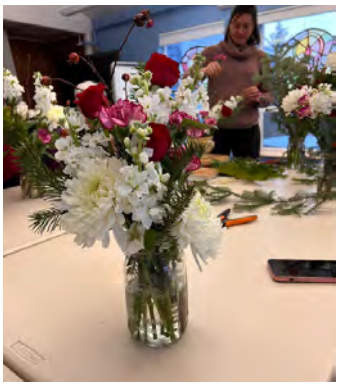
Join us for lunch on Thursday ***December 17*** to celebrate those with December birthdays! Please note this is on the 4th Thursday this month. We'll eat and sing together, and share happy blessings to those with December birthdays!

All those present with a December 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.

Holiday Floral Arranging Class Sponsored By Highmark Marine

Talented florist, Erin Fedewa, will join us again this holiday season to share her floral arranging skills. The $10 fee covers the supplies for this class. You will leave with a lovely bouquet for your holiday celebrations. If you have a vase you'd like to use, feel free to bring it!



Friday, December 18th at 1:00 pm

Please sign up by December 10th.

Thanks to a generous donation by Highmark Marine, we are able to offer this class for only $10. Please call ahead and drop off your donation to reserve your spot!

Activities at the Senior Center

PROPERTY TAX EXEMPTION FILING DATES: NOV 15, 2026- JAN 15, 2027

KIB Assessor, Seema Garoutte, will be at the Kodiak Senior Center to assist those who qualify* with their applications on:

- **Wednesday, December 16, 2026 11:45am - 1:15pm**
- **Wednesday, January 13th, 2027 11:45am - 1:15pm**

- *Seniors age 65 and up and any 50% or more disabled veteran can come and file during the dates/times above.
- Any Senior who has filed before doesn't need to bring anything.
- Those who are filing for the first time (Senior or DV) should bring two forms of ID, both of which must have a PICTURE.
- All Disabled Veterans, previous filer or new, must bring their disability rating letter, with a 2026 date (any month).



Making Our Island a Good Place to Age
SENIOR CITIZENS of KODIAK, INC.

For all Exemption questions, please call Seema,
KIB Assessor at 907-486-9350
All other questions can go to (907) 486-6181
info@scoki.org

KATS Corner

The KATS bus fare remains $2 per ride
KATS accepts cash and ePass.

Cash payment: please use correct change since drivers do not make change. In order for our drivers to focus on your safety and security, they do not sell ePasses.
ePasses: can be purchased over the phone with credit or debit cards at Senior Citizens of Kodiak, in person or by calling 907-486-6181. If you order and pay for ePasses on the phone, our drivers will give them to you at your next scheduled ride.
An ePass can also be purchased in person at either of the following locations:
1. Senior Citizens of Kodiak 302 Erskine Ave: 8:30 am to 5 pm Monday through Friday excluding holidays – cash or credit card.
2. First Student 2014 Mill Bay Rd: 8am to 5pm Monday through Friday excluding holidays – cash payment only



KATS office hours are Monday through Friday, 8 a.m. to 5:30 p.m. KATS buses operate seven days a week; Monday through Friday from 6:30 a.m. to 6:30 p.m. and Saturday and Sunday from 10:00am to 3:00pm.

Rides need to be scheduled by close of business the day before. Remember, if you need a ride on Saturday, Sunday, or Monday, your reservation needs to be made by 5:30 pm on Friday. To cancel a ride, please call. If it is outside of business hours, leave a message.

For more information, call KATS at 907-486-8308, the Senior Center at 907-486-6181 or visit us on out website, katsbus.org
We also have a new Facebook page - Follow us at KATS Kodiak Area Transit System

Rules of the Road - Highlights!

- Children under the age of ten cannot ride alone; all riders are required to pay the fare.
- Smoking is not permitted on any KATS vehicle.
- Animals, except for service animals, are not permitted on vehicles unless housed in closed containers. Service animals must be under the control of passengers at all times.
- Riders may not eat or drink on KATS vehicles. Food and beverages will be allowed only in unopened containers.
- Riders should cancel trips no longer needed at least two hours in advance.
- For more rules of the road, check our Rider Guide, visit our website or stay tuned for next month's newsletter with more highlights!





November Highlights

Seniors Serving Seniors

Give thanks With a grateful HEART

We were so excited to celebrate the 41st anniversary of "Seniors Serving Seniors", a tradition that warms the hearts of all in attendance. In this season of gratitude, we recognize all those who make this day possible - the incredible staff we have who support this event, the Kodiak High School Seniors who give their whole hearts in serving this meal, and to our elders who are the reason we are all here.

This year, we offered our big Thanksgiving feast on Wednesday, November 18th, and were delighted to welcome Kodiak High School seniors to serve. The seniors brought with them pumpkin pies for the occasion and served our congregate meals, curbside as well as our seniors at Island Cove. They were a pleasure to have, and we so appreciated their help and kindness.











Medicare Minute

With Open Enrollment underway, our Certified Medicare Counselor, Laurie Murdock, has been very busy, assisting over 50 seniors with their Medicare Benefits check ups since November 1. One of the questions she has been getting is about weight loss drugs and Medicare, so we wanted to provide you with some information in case you have the same question.

Also, don't forget, Open Enrollment ends December 7 - call and schedule your appointment today!

Medicare and Weight loss drugs

Medicare will provide access to certain GLP-1 drugs if you're eligible and have Medicare drug coverage (Part D) with a $50 monthly copayment.

GLP-1 drugs can help you manage your weight and improve your health. Starting July 1, 2026, Medicare covers these GLP-1 drugs:

- Foundayo® (tablet)
- Wegovy® (injection or tablet)
- Zepbound® (KqwikPen® only. The program doesn't cover single-dose Zepbound® vials or pens).

Coverage Details

Medicare covers certain GLP-1 drugs under the Medicare GLP-1 Bridge program. This temporary program is available nationwide (including all states and U.S. territories) to certain people with Medicare drug coverage (Part D), including:

- A standalone Medicare drug plan (PDP)
- A Medicare Advantage (MA) coordinated care plan with drug coverage (including HMO, HMOPOS, and Local and Regional PPO plans) (MA-PD)
- A Special Needs Plan (SNP)
- An Employer/union group waiver plan (EGWP)
- The Limited Income Newly Eligible Transition (LI NET) program

Who's eligible

You must be 18 or older and meet one of these requirements when you start GLP-1 therapy:

- You have a body mass index (BMI) of 35 or higher.
- You have a BMI of 30 or higher and you have at least one of these conditions"
  - Diastolic heart failure (also called heart failure with preserved ejection fraction)
  - Uncontrolled high blood pressure (also called hypertension)
  - Chronic kidney disease at stage 3a or higher
- You have a BMI of 27 or higher and have at least one of these conditions:
  - Prediabetes
  - A previous heart attack (also called myocardial infarction) or stroke
  - Blocked arteries in your legs or arms (also called peripheral artery disease) with symptoms

Provider requirements

If you're eligible, your doctor or other health care provider must send a prescription for a covered GLP-1 drug to the pharmacy and when requested, complete a prior authorization. Your provider must certify that you're using the GLP-1 drug as part of a lifestyle program that focuses on diet and exercise.

Power of Attorney - Part One

The following information comes from a series of articles and videos regarding Power of Attorney, offered by AlaskaLawHelp.org. The full series includes information on:

- What is a Power of Attorney and Who Needs One
- Choices to Make when Completing a Power of Attorney Form
- What Happens After a Power of Attorney Form is Signed
- Special Issues Regarding Power of Attorney Forms.

Over the next few months, we will provide the information from this series, but if you're in a hurry and want to get all of the information at once, please visit https://alaskalawhelp.org/classroom/power-of-attorney

What is a power of Attorney and Who Needs One?

A Power of Attorney (POA) is one type of legal tool called an advance directive. There are other types of advance directives, such as "living wills", "advance health care directives", and a "Do Not Resuscitate Order." The information here is for the Power of Attorney directive, and does not apply to the other types of advance directives. **A POA is a legal document in which one person can authorize or name another person to act on his or her behalf.**

The Principal

The person giving the authority is called the "principal." The principal must be 18 years old and have the mental capacity to grant authority to an agent. For instance, if John has dementia and doesn't remember that he owns a car, it's too late for him to appoint an agent. Also, the Power of Attorney is not valid unless the principal signs the POA form in front of a notary.

The Agent

The person named to act on behalf of the principal is called the "agent." Because the agent will be acting on your behalf, it is important to discuss your wishes and desires with the person you name to make sure the agent understands what your wishes are.

An agent must be 18 years of age or older, but can generally be anyone the principal chooses -- a friend, relative, or someone else he or she trusts. There is an exception: a "public home care provider" who is providing services to the principal cannot be the only or the primary agent for that principal. Public home care providers include owners or employees of an assisted living home that receives state funding, personal care attendants, home health care providers, respite care providers, and many others who receive state funding, whether directly or through contracts or grants.

Who needs a POA?

So, who should have a POA? The answer – everyone! It's not just for folks who are sick or old. Let's face it, there's no way to predict what life has in store for you. If you were unable to handle your own affairs because of an illness, accident, or even absence, who would you want to step into your shoes? And remember, once you're unconscious or become incapacitated, you cannot complete the POA form.

But if you have a POA in place, a person of your own choosing – your agent – has the power to step into your shoes and handle your affairs as you would handle them yourself. Giving someone a Power of Attorney, does NOT mean you are giving up your own rights to control your money and property.

A final note on choosing your agent – trust is critical

When you create a Power of Attorney, you are authorizing another person to act on your behalf. It is very important that you trust your agent to always act on your behalf and in your interest. There will be no oversight of your agent by a judge regarding the decisions he or she makes. If you cannot trust your agent to always act on your behalf, that person should not be your agent.

Safety Tips

Take Control of Your Health:
6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**

Stay safe with these tips!



1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.

3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.

5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

www.facebook.com/NCOAging | www.twitter.com/NCOAging
ncoa.org | @NCOAging | ©2021 | All Rights Reserved.

national council on aging

COLD WEATHER SAFETY CHECKLIST

- ☐ Water
- ☐ Moisturizer
- ☐ Blankets
- ☐ Warm Clothing
- ☐ Candles
- ☐ Flashlights
- ☐ Exercise
- ☐ Medication
- ☐ Non Perishables
- ☐ Walking Assistance
- ☐ Heater Maintenance
- ☐ Driveway Maintenance

Lifeline Service

The Senior Center is happy to meet with you regarding our Lifeline service. We have equipment available and can install lifeline into your seniors' homes. A $50 installation fee is requested, and after that our grants pay for the monthly cost. We have both watches and necklaces available, with fall detection. Call Ella at (907) 486-6181 for more information.

Health Wire

Preparing an older adult for a cold December involves protecting them from hypothermia, preventing winter falls, and ensuring their home is stocked and secure. Older adults are at a higher risk in cold weather due to reduced circulation, thinner skin, and medications that can affect body temperature regulation (note: shivering is often absent in older adults as a sign of cold).

1. Indoor Warmth and Home Preparation

- Maintain indoor temperature: Keep the thermostat set to at least 65°F (18°C) or higher.
- Dress in layers indoors: Wear thermal or wool base layers, sweaters, heavy socks, slippers, and even a hat to bed if needed.
- Seal drafts: Check doors and windows for air leaks. Use draft stoppers or plastic window insulation kits.
- Safe heating use: If using space heaters, plug them directly into a wall outlet (never an extension cord), keep them at least three feet away from flammable items, and turn them off before going to sleep. Ensure carbon monoxide and smoke detectors have fresh batteries.

2. Preventing Slips and Falls

- Clear walkways early: Arrange for reliable snow and ice removal on paths, steps, and driveways, and keep a supply of sand, salt, or ice melt near the doors.
- Wear proper footwear: Ensure they have non-skid, rubber-soled winter boots. Add ice cleats or cane/walker tips if they use mobility aids.
- Avoid strenuous shoveling: Shoveling heavy snow can dangerously strain the heart and trigger cardiac events; hire someone or have family handle the snow clearing.

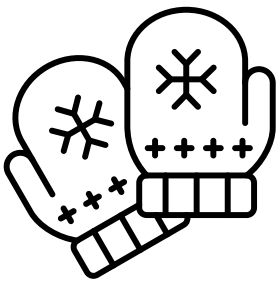
3. Health, Nutrition, and Medication Stocking

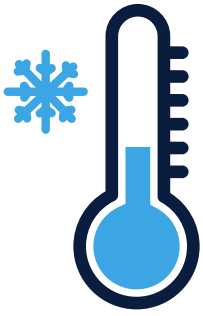
- Stock up on prescriptions and food: Get a 30-to-90-day supply of essential medications and non-perishable groceries before severe winter weather hits.
- Stay hydrated and nourished: Cold weather can suppress the thirst response. Encourage warm liquids like water, tea, and nutritious soups (like traditional Grandfather's Soup), and eat regular, balanced meals to help the body generate heat.
- Limit alcohol: Avoid excessive alcohol, which causes blood vessels to dilate and actually robs the body of core heat.

4. Communication and Emergency Plans

Establish a check-in routine: Set up a daily or regular phone call system or ask a neighbor, family member, or friend to check in person. Share a copy of the house key with a trusted person.

Prepare for power outages: Keep flashlights, extra batteries, warm blankets, and a battery-powered radio accessible. Have a backup plan to stay with family or friends if the heat goes out.



https://www.healthinaging.org/tools-and-tips/tip-sheet-winter-safety-older-adults

The Caring Islander







As a family caregiver, it's important to make winter safety a priority and to be prepared for the coming cold weather. Take a look at these 5 important steps to help you get ready for winter as a caregiver.

If you need extra help – now is the time to coordinate with family, friends and/or paid caregivers. Taking the time to prepare you and your aging loved one for winter not only puts them at ease, but could also save their life. If you would like to find out more about SCOK family caregiver services, call Ella at (907) 486-6181

5 Tips to Get Ready for Winter as a Family Caregiver

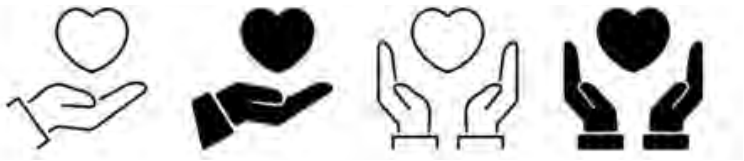
1. Do not let your aging loved one shovel snow themselves: Shoveling snow is one of the leading causes of injuries during the winter months. Either hire someone to shovel the snow or ask local, able teenagers or boy scouts you know to help.

2. Make sure your car is winter-ready: To get your car prepared for winter travel, make sure you have filled up your windshield wiper fluid, and have ice scrapers, snow brushes, and umbrellas in your car. You may even want to keep a blanket in the trunk or back seat in case of an emergency.

3. Keep an eye out winter depression or Seasonal Affective Disorder (SAD): Symptoms of SAD may include (but are not limited to):
   - fatigue or decreased energy
   - changing sleep habits
   - irritability or restlessness
   - anxious or "empty" feelings
   - difficulty concentrating, remembering details, or making decisions
   - loss of interest or pleasure in formerly enjoyable activities

4. Coordinate daily check-ins with your loved one: Include your entire family in this effort. Have someone in the family check-in (whether over the phone, via the Caring Village Mobile App, or in-person) with your aging loved one. Ask questions to see how they are feeling. Keep track of any changes.

5. Inventory all of the medical equipment. In case your loved one requires oxygen or other types of medically essential machines, make sure that you have a back-up generator or back-up options available in case of a power outage.



News from Island Cove

Island Cove kind of felt like we were in an Elve's workshop during the month of November, as our participants have been busy making gifts for their loved ones. Among all of the arts and crafts, we've also managed to have some fun with activities like sing along, BINGO and baking. We also enjoyed welcoming the Kodiak High School Seniors for our Thanksgiving meal.

If you or someone you know may be a good fit for Island Cove, we'd love to hear from you and show you around. Give us a call at (907) 486-6181 or email us at info@scoki.org. You can also check us out on the website kodiakseniorcenter.org/island-cove-adult-day-program. You can now download an updated brochure and schedule a tour from the web.

Happy Holidays from all of us at 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

Fun & Games

Holiday WORD SEARCH

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

Bauble
Carol
Chimney
Christmas
Eggnog
Elves
Epiphany
Gifts
Hanukkah
Holiday
Holly
Kwanzaa
Lights
Mistletoe
Nativity
Sleigh
Snow
Tinsel
Toys
Tree
Wreath



PROVERBS AND SAYINGS

Get out a piece of scratch paper and see if you can finish these sayings (answers on last page)

1. A penny saved is a penny...
2. Actions speak louder than...
3. An apple a day keeps the...
4. Better late than...
5. Birds of a feather...
6. Don't count your chickens before...
7. Early to bed and early to rise, makes a man healthy, wealthy, and...
8. Laughter is the best...
9. Look before you...
10. Practice makes...
11. A bird in the hand is worth...
12. A rolling stone gathers no...
13. A stitch in time saves...
14. All that glitters is not...
15. Beggars can't be...
16. Don't bite the hand that...
17. Don't judge a book by its...
18. Every cloud has a...
19. Make hay while the...
20. The early bird catches the...
21. A journey of a thousand miles begins with a...
22. Absence makes the heart grow...
23. Don't put all your eggs in...
24. People who live in glass houses shouldn't...
25. Rome wasn't built in a...
26. The proof is in the...
27. The squeaky wheel gets the...
28. Two wrongs don't make a...
29. When the going gets tough, the tough...
30. You can lead a horse to water, but you can't make him...

But Wait...There's more!

Fall Forum Recap

During this year's Fall Forum, we heard from many of our seniors that they are happy and satisfied with our services. We were happy to hear members of our senior community are especially happy with:

- Continued curbside meals
- Medicare Counseling
- Alaska Legal Services at the Senior Center monthly
- New menu items
- Crafts and Activities, Exercise classes
- Home delivered meals, chore and respite services
- Transportation and congregate meals

Probably the most repeated kudos we got both during the forum and as a follow up to the meeting was about our caring and dedicated staff members. With that said, we want to show appreciation for all of our staff members here.

thank you

MENU

Join Us for our Holiday Celebration

Tuesday December 15, 2026

Cranberry Glazed Cornish Game Hen

Lunch is serve daily from 12 - 1:00 pm.

A $10 donation is requested to keep our program sustainable.

HOLIDAY HOURS

- **Thursday December 24:** The Senior Center and Island Cove will be closing early at 1:00 pm
- **Friday, December 25:** The Senior Center and Island Cove will be closed all day for Christmas
- **Thursday December 31:** The Senior Center and Island Cove will be closing early at 1:00 pm

Thank you, and we wish everyone a safe and happy holiday!

Answers Proverbs and Saying from page 15

1. earned
2. words
3. doctor away
4. never
5. flock together
6. they hatch
7. wise
8. medicine
9. leap
10. perfect
11. two in the brush
12. moss
13. nine
14. gold
15. choosers
16. feeds you
17. cover
18. sliver lining
19. sun shines
20. worm
21. single step
22. fonder
23. one basket
24. throw stones
25. day
26. pudding
27. grease
28. right
29. get going
30. drink



REMINDER

A Friendly Reminder During Lunch Hours!

As we serve our drive-through lunches, from 12-1 pm, we kindly ask everyone to be mindful of where they park. Please avoid parking on both sides of the road so we can keep traffic flowing smoothly and safely for everyone.

A Friendly Winter Safety Reminder!

As the snow approaches and we begin wearing our snow cleats, we kindly ask that everyone remove their cleats upon entering. We want to help keep our floors safe and prevent anyone from slipping or falling while walking inside.

Thank you for helping us keep everyone safe this winter! Stay warm!