

RESURRECTION TIDINGS



APRIL 2021
SEWARD SENIOR CENTER



Seward Community Foundation
An Affiliate of The Alaska Community Foundation

From the desk of the Director:

I don't know about you, but I like this time of year, a lot.

The promise of green grass, raspberry tipped spruce and the love-hate relationship with that darn cottonwood tree, entices us to get outside, to see what the new spring season will bloom for us. For some of us, the snow will recede and reflect unfinished projects. Lost ice grippers and even skis will reappear, as the snow moves into puddles and streams.

Staff and even volunteers at the Senior Center are so looking forward to gathering again; to play music, stretch, dine, draw, read and volunteer.

We miss our Senior community, your passion for life drives us to work every day. We want to share that again and watch relationships grow and develop, where there is room for everyone and your interests.

What do you want from your Senior Center? What would you attend? if we hosted the opportunity to learn, move, meals, music?

Call us. We want to know. The day will come that our staff and volunteers, welcome you back to the table, maybe your table and there is always room for one more.

We believe that gathering as friends and peers adds quality to anyone's life, where you sit along or push into a full table. Staff at the center support the American tradition of gathering during supper and we intend to gather at a summer picnic too.

I see hope everyday in Seward. Vaccinations completed, snow receding, neighbors helping neighbors and frequent acts of kindness. Again, we are over the top grateful for our staff and volunteers who have made it possible to go from serving 35 meals a day to 75 meals a day.

We match our zest for good hospitality, with the fine tasing supper that is served to you, now Monday – Friday.

- **Dana Paperman**

Senior Center is open by appointment only!

Monday-Friday: 9 -10 am or 1-4pm

Call us to make an appointment to assist in Medicare, Social Security. Make a reservation to use our activity room.

Senior Center Staff

Dana Paperman – Executive Director

Email: ssc@seward.net

Carrie Given – Administrative Assistant & Resurrection Tidings Editor

Email: seniors@seward.net

Robert Rich – Executive Chef

Holly Chappell – Kitchen Assistant

Austin Ledford – Transportation

Center Hours: Staff support: M – F: 9am -4pm

907-224-5604

336 Third Avenue

PO Box 1195

Seward, AK 99664

Facebook: www.facebook.com/sewardseniors

Board of Directors

Mark Kansteiner, Chair Nicole Lawrence, Vice Chair

Diane Hunt, Sec-Treasurer

Sharon Ganser

Sandie Roach

Mark Hendsbee

Sharon Dillon

Frances Azzad-Smith

Angie Duncan

Check out our new web page:

www.sewardsenior.org

We can now accept all major credit cards and improve your access to services.

Mission Statement

To ensure honor, dignity, security and independence for the older Alaskan age 60+ through support services; to assist them in maintaining meaningful, quality lives.





Gratitude is the hearts memory. Thank you very much! – French proverb

ENDOWMENT FUND

Your thoughtful financial contributions are forever preserved, and the interest provides for the Center: building improvements, new program development and financial security for a healthy future in Senior services.

SSC Goal: \$200,000

SSC amount to date: \$182,700.00

Thank you for investing!

Bill Alloway

Kathy & Jim Fredrickson

Mary & Warren Huss

Chuaach shares

5 AND DIME CLUB

These contributors provide the Center with unrestricted funding to support and continue the Seward Senior Center Mission.

Your tax-deductible donations ensure the success of all services that the Center provides for the local and visiting Senior.

Thank you for your Financial Contributions:

Teri & Charles Arnold

Dot Bardarson

Judy & James Burge

Judi Christiansen

Mary & Sam Daniel

Kaare & Rae Elde

Ludwig (Ludi) Everett

Kathy & Jim Fredrickson

Claire Glotfelty

Bill Hearn

Diane & Jim Hunt

Rosella & Ben Ikerd

Sharon & Tom Irvin

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Mary & Warren Huss

Bill Alloway

Margaret Anderson

Colleen Kelly & Mark Kansteiner

Sharon & Mark Ganser

Jacqueline & Keith Curtis

Peggy Jackson

COVID-19 EMERGENCY HOME DELIVERY FINANCIAL CONTRIBUTORS

Judy & James Burge

Kaare & Rae Elde

Diane & Joe Owens

Ben & Rosella Ikerd

The 5 & Dime Club and the SSC Endowment Fund are easy ways to donate and receive the tax benefits.

See the bottom of this page for the clip out statement available for your use to mail in.

SSC ENDOWMENT: We are at a point of no return, and with your financial support dedicated to the endowment fund. This agency holds the capacity to continue serving our senior community nutritional services, especially during this time of the COVID-19 pandemic. Thank you in advance for your financial part and volunteerism!

Please Donate Today!

Mail to SSC, PO Box 1195 Seward, AK 99664

SSC Endowment Fund \$ _____

Senior Nutrition Program \$ _____

Five & Dime Club (unrestricted) \$ _____

Name: _____

Mailing Address: _____

The promise of spring's arrival is enough to get anyone through the bitter winter.

- Jen Selinsky



Mary Morgan
Linda Corbin
Bob Venable
Robert Thomas
Jackie Mace
Peggy Hedges
Kelly Smith
Marlane Broughton
Sharon Irvin
Valerie Rose
Deborah Brooks
Janet Van Driessche

Tom Ridner
Dennis Isaacson
Glenn Schiff
Frances Moncrief
Mary Nelson
Katy Turnbull
Steven Reiber
Sue Magyar
Hazel Poff
John Wagner
Denise Johnson
Elizabeth Pollock

April facts

- The month of April gets its name from the latin word *aperio*, meaning "to open [bud]," because plants really begin to grow now.
- April's full pink moon will rise on the night of Monday, April 26.
- April's birthstone is Diamond.
- April's birth flowers are Daisy and Sweet pea.

April Volunteer Birthday's

Terry Estes & Nathan Kohlhase



Rhonda Spurr	Duane Chase
John Spurr	Karen Chase
Dan Armstrong	Ralph Deatherage
Kim Gaines	Nicole Lawrence
Terry Estes	Hillary Bean
Mark Luttrell	Carole Tallman
Nathan Kohlhase	Jonah Abbott
Ginger Retzer	Kristin Rouse
Randy Nabb	Denise Woodbury
Sharon Ganser	David (Ozzie) Osborn
Mary Huss	Art Leemaster
Rawlins Apperson	



VOLUNTEER!

WE NEED YOU. YES YOU.

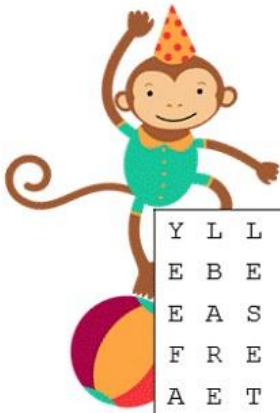
GET INVOLVED

AN HOUR MAKES A

DIFFERENCE!

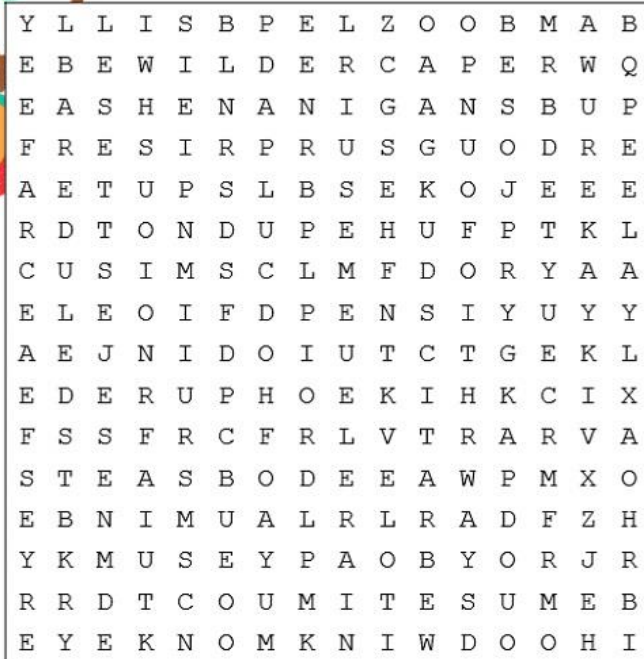
**Have you been vaccinated?
If so, we could use you as a
frontline volunteer in food
service and delivery.
Please call us to inquire.
224-5604 and ask for our
volunteer coordinator Carrie.**

“The secret of staying young is to live honestly, eat slowly and lie about your age”. – Lucille Ball



APRIL FOOL'S DAY

APRIL 1st



APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



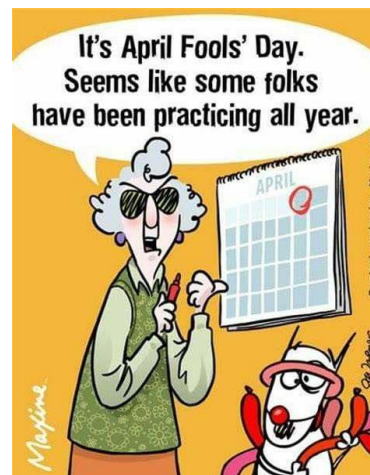
April Fool's Day Jokes

“Self-quarantine? Social distancing? I remember a time when these happened because you talked too much about Star Trek.” – Matt Weinhold

“What day do donkeys play tricks on each other? April Mule's Day”. – Gilbert Gottfried

“If you wanna be happily married, don't argue. Why do you think old men mumble?”. – Billy Gardell

“I'm actually happier than, I've been in a long time, but I'm worried that that's a symptom”. – Aaron Ring





Create recycled art, start summer seeds, or help clean up Seward.

Center Gift shop

Call us at the center and make an appointment to come in and check out our gift shop and paintings for sale.



Like our new ride?

➤ Coming this summer!

You can get on the bus, arriving safely to daily locations & services.
To be eligible to access rides, contact the center to register to become a rider.
We are currently working on logistics, so help us by registering today.



April Shopping Vouchers

Adrienne's Seward Courier Service at 907-599-0446

CASH ONLY for grocery purchase

Voucher must be given to Adrienne for eligibility.

NO CASH VALUE/NO VOUCHER REPLACEMENTS

Note: Limit 2 vouchers per a Senior, a month.

VALID April 1 – 30th, 2021

Sponsored by the Seward Senior Center and the Seward Prevention Coalition

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NUTRITION

CSFP Senior Box

April 15, 2021

- Box will be delivered.
11:30 – 1:30pm
- Curbside pickup
12:00 -1:00 pm
- 3rd Thursday of each month.



**PORTAGE
TRANSPORT**



Seward Food Bank
Thursday's, 3-6 pm
5th & Adams St.
(Behind library)
Alley entrance

Free Community Breakfast American Legion Post 5

Sunday, April 18, From 9 – 11am
dine-in or curbside pickup!



Take a Vet to Lunch

All Veterans, 60 and older and their spouses, are welcomed to receive lunches from the Senior Center, at no cost to them.

Call the center for information.

Sponsored by American Legion Post 5

COVID-19 Emergency Meals on Wheels

Seward Senior Center offers five nutritious & delicious meals that are delivered or curbside pickup, is available Monday – Friday.

To be eligible the following conditions must all be true:

1. Age 60 or above (or the senior spouse of any age)
2. No transportation
3. Unable to prepare nutritious meals.
4. Lack of informal supports
(i.e., no relative or friend who can assist with meal preparations).

Funding Partners in Food service:



NOTE:

If you are now able to shop and cook for yourself, let us know that you would like to discontinue the COVID-19 emergency food service program. We look forward to serving you in our dining room sometime this summer.

Adrienne's Seward Courier Service

- Free shopping & delivery service for Seniors
 - 907-599-0446, M – F, from 9:00 am to 4:00 pm
- (Note: Limit to two vouchers per a senior per month)**
- Vouchers are located on page 5.

Low-Fat Banana Bread

3 cups flour (2 cups white & 1 cup whole-wheat)
1 ½ cups sugar
2 ½ tsp. Baking powder
1 tsp. Baking soda
1 tsp. cinnamon
4 egg whites
4 small, mashed bananas
½ cup unsweetened applesauce



Low-Fat Banana Bread Directions:

In one bowl, combine egg whites, bananas & applesauce
In another large bowl, stir flour, sugar, powder, soda and cinnamon.

Add the first bowl to the second dry bowl & stir until just combined. If thick, add TBS. of hot water.
Pour the batter into a greased 8x4 inch bread pan & bake 45-55 minutes at 350 degrees. Cool on a wire rack.

Community Resources

NEIGHBORS HELPING NEIGHBORS

Is a community of volunteers that assist Seniors, in a variety of resources and skills who need aid?

If you need help with anything or would like to volunteer yourself. Email at Sewardpreventioncoalition@gmail.com

907-362-2466

<https://airtable.com/shrWtedHqbcpsL5z>

www.sewardpreventioncoalition.org

Did you know you could apply for Medicaid or Public Assistance at any time during the year? SCHC can also help you apply for Medicaid, food stamps, heating assistance, and more.

Frances Azzad-Smith
Outreach & Enrollment Coordinator
Seward Community Health Center
417 First Ave
Main: (907) 224-CARE (2273)

Half -Priced
Taxi Vouchers available at the
Independent Living Center.

Call 224-8711
To access taxi vouchers.

An advocate is available from
Tuesday -Friday
10:00 am to 3:00 pm
ILC is closed to the public at this
time.



Aging & Disability Resource Center
1-855-565-2017

Connecting Seniors, people with
disabilities & caregivers with long-
term services & supports of their
choice.

www.peninsulailc.org



Sean Ulman's Writer's Workshop

every Tuesday, 11 to noon
Zoom discussion on writing techniques and sharing creative work.
For more information and the Zoom link email at seanulman@gmail.com



Alzheimer's Resource Agency of AK

Our mission is to "Support Alaskans affected by Alzheimer's disease,
related dementias and other disabilities to ensure quality of life."

1-800-478-1080

<https://www.alzalaska.org>



Seward Area Hospice

Call 224-3051
Tues-Friday 10-2pm
Providing compassionate
end of life care.



SeaView is here to help.

Call 224-5257
(Business hours: 8am-5pm)
Crisis Line: 224-3027
(for 24/7 support)



Alaska 211

Connecting you with a
variety of services in
your community.

Dial 2-1-1 or 1-800-478-
2221



Prism Optical
Need eyeglasses?
They take Medicaid!
907-444-4182

**Provides legal
assistance to
Seniors.**

Power of attorney,
health care directive &
will applications, are
available at the Senior
Center.

1-888-478-2572



**Emergency Medical Flight
Insurance**
Peace of mind & savings on
air medical transports.
888-457-1711
www.guardianflight.com

Do you need help with sorting, decluttering, purging,
organizing?

Seward Space Savers

Contact Kristin Rouse
Professional Organizer
907-599-0506

alignedent.llc@gmail.com

DART

Seward Disability Abuse Response Team: 907-362-1843 (24hr)
You or someone you know has a disability & is being abused?

Need Medical alert?

Senior Safety
1-888-473-2800
Medical Guardian
1-855-281-7619

Life Alert

FREE!

**Face masks &
hand sanitizer at
the center.**

April



Monday	Tuesday	Wednesday	Thursday	Friday
<p>New!</p> <p>Meal services move to five days a week, Monday to Friday. Same time for delivery and pick up.</p>	<p>New!</p> <p>Curbside meal pick up will now be distributed on 3rd floor of the center, from 12 – 1:00 pm, check in at the front desk.</p>	<p>Now that the weather is improving, can you pick up your meal at the Senior Center, to help us help others? Just call us to transition.</p>	<p>1 April Fool's Day! Baked ham w/ sweet potatoes SAIL 9:30-10:30 am Note: No USDA box</p>	<p>2 Pepper steak SAIL 9:30-10:30 am</p>
<p>5 Turkey sandwich SAIL 9:30-10:30 am</p>	<p>6 Vegetable curry SAIL 9:30-10:30 am Zoom 101 1pm</p>	<p>7 Pulled pork w/ mushroom sauce SAIL 9:30-10:30 am TCH 6:30 -7:30 pm</p>	<p>8 Chili SAIL 9:30-10:30 am USDA delivery: 1:30-2:30 USDA curbside: 2:30-3:30</p>	<p>9 Seared CHX w/ BBQ sauce SAIL 9:30-10:30 am</p>
<p>12 Ham & cheese sandwich SAIL 9:30-10:30 am</p>	<p>13 Chicken stir- fry SAIL 9:30-10:30 am Zoom 101 1pm</p>	<p>14 Beef stew SAIL 9:30-10:30 am TCH 6:30 -7:30 pm</p>	<p>15 Eggplant parmesan Board meeting 1:00 pm CSFP Delivery 11:30-1:30pm CSFP p/u 12:00- 1:00pm SAIL 9:30-10:30 am USDA delivery: 1:30-2:30 USDA curbside: 2:30-3:30</p>	<p>16 Pork & beans SAIL 9:30-10:30 am</p>
<p>19 Roast beef sandwich SAIL 9:30-10:30 am</p>	<p>20 Spaghetti w/meat sauce SAIL 9:30-10:30 am Zoom 101 1pm</p>	<p>21 Roasted pork loin SAIL 9:30-10:30 am TCH 6:30 -7:30 pm</p>	<p>22 Bean & cheese enchilada SAIL 9:30-10:30 am USDA delivery: 1:30-2:30 USDA curbside: 2:30-3:30</p>	<p>23 Chicken & sausage gumbo SAIL 9:30-10:30 am</p>
<p>26 Grilled turkey ham & cheese sandwich SAIL 9:30-10:30 am</p>	<p>27 Veggie taco salad SAIL 9:30-10:30 am Zoom 101 1pm</p>	<p>28 Tuna melt SAIL 9:30-10:30 am TCH 6:30 -7:30 pm</p>	<p>29 Chicken parmesan SAIL 9:30-10:30 am</p>	<p>30 Beef enchilada SAIL 9:30-10:30 am</p>

HEALTH & FITNESS

Tai Chi for Health

Lead by certified instructor Stephanie Kaiser, RN

Wednesday's
6:30 -7:30 pm

Zoom class link below:

<https://us02web.zoom.us/j/81641495765?pwd=Q1hiRnpuV3RNeVhMNERaVU1LbXVHQ109>

Wear comfortable clothes & shoes.

Tai Chi for Diabetes is easy to learn and designed to prevent & improve the control of diabetes.

STAY ACTIVE & INDEPENDENT FOR LIFE Strength, balance, & fitness class for adults 60+

Taught by Rachel Dow

Classes start April 26, 2021.

Class 1: M, W, F 9:30 -10:30 am

Class 2: Tues & Th 9:30-10:30 am

Call the center to sign up!

Students will be required to have rubber tubing, weights, internet access to join the class.
(Classes go for 6 weeks and are reoccurring)

Tai Chi for Beginners

Starting in May!

Look forward to Tai Chi for beginners, located at the Branson Pavilion.

Every M-W-F at 1:00 pm

Technology Hour

April 7 & 21, 2021 at 4:00 pm

www.zoom.com/join

Meeting ID: 848 1220 7840

Password:584471

Need help with your smart device?

Brain Games

April 15, 2021 at 11:00 am

3rd Thursday monthly

www.zoom.us/join

Meeting ID: 849 4165 3235

Password: 925220

Test your memory, boost mental powers, games.



Upper Back Stretch



Chest Stretch

Health Self-Management Program

Helps you take control of your ongoing health condition, so that it does not control you!

Living Well Alaska classes, are recommended for people with any ongoing health condition like arthritis, diabetes, COPD, depression, chronic pain, cancer, etc.

Attend the Living Well Alaska workshop, one time per week for six weeks and learn to:

- Feel better by managing your symptoms.
- Reduce limitations caused by pain.
- Communicate effectively with your doctor and health care team.
- Cope with difficult emotions like depression, anxiety and frustration

Location: Zoom

Dates: April 13 – May 18, 2021

Time: TUESDAY'S, from 10:00 am to 12:30 pm.

Cost: FREE, registration is required

Contact: Cathy Coldwell at 605-202-0973

Seven powerful benefits of using walking poles

- **The Whales are migrating back to Alaska, so the waterfront path is perfect for walking, especially this time of year. The center has free walking poles available, come in and get yours today.**

1. Work out your core.

- Promotes good posture, stability and balance.
- Increases walking speed and distance.
- Promotes increased core strength and functional independence.

2. Gentle on the joints.

Your knees and hips will thank you. The poles let you offload weight from your hips and knees into your upper body. You can walk further, faster or even pain free.

- Reduces impact on knee and hip joints.
- Fall prevention.
- Increased gait speed.

3. Burn calories quickly.

It revs up the calorie burning. Research proves it over and over again: urban poling burns up to 46% more calories than standard walking. Wow!

- Exercise 90% of your muscles and reduces stress on lower joints.
- Burns up to 47% more calories over walking without poles.

4. Tone the upper body.

It sculpts your arms and shoulders. Urban poling uses 90 percent of your muscles especially those underused upper body muscles. Hello short sleeves!

- Promotes upper extremity mobility and strength.
- Increases blood flow throughout the entire body.

5. Keep blood sugar balanced.

It helps balance your blood sugar. The full-body urban poling workout helps keep blood sugars in a healthy range.

- Promotes healthy blood glucose management.
- Promotes healthy weight loss.
- Reduces pain caused by insufficient blood flow during exercise.

6. Improve posture.

You will straighten up your posture and feel more confident! Your upper back muscles (the ones that pull your shoulders back). Tighten each time you plant your poles and press down on the ergonomic handles.

- Promotes good posture.
- Promotes greater walking tolerance.
- Increases core strengthening.

7. Reduce tension and stress.

It is an amazing stress buster. The smooth rhythmic action provides a distraction from everyday concerns and lifts your mood. Reduces anxiety, stress and depression. Also help counteract fatigue and increase energy levels.

REMOTE LEARNING ISN'T JUST FOR KIDS

New online tools and an array of remote classes and programs are ramping up education and training for adults.

Deb Livingston, a former business consultant, was always curious and eager to learn just about anything. "When the pandemic hit, I was confined at home and found myself diving into online exploration." Quoted by Ms. Livingston, 61. She discovered "GetSetUp". An interactive website that delivers virtual education to older adults.

The internet has empowered adult learners by providing new online tools to ramp up education and training. By 2034, the number of adults aged 65 and older will outnumber those under the age of 18, according to the Census Bureau. "That growth of older age demographics will translate to new demand for enrichment in the form of digital education. As quoted by Mr. Luke Yoquinto, a research associate at the M.I.T. AgeLab.

Adult education, however, is the "the Wild West" of education technology, according to Mr. Yoquinto. There are many outlets experimenting with ways to get a handle on the online adult education marketplace, such as workshop providers and nonprofit organizations and for-profit learning platforms.

The new platforms are also opening doors to more adults. "There are already tons of people who, once upon a time, by dint of age or circumstance, wouldn't traditionally have gotten the chance to partake in education, but can now sign up for free online courses." Says Mr. Yoquinto.

Virtual learning has become the "the great equalizer", said Gene O'Neill, the chief executive of the North American Veterinary Community. Because of virtual learning, people everywhere, even remotely, can learn from multiple platforms that are online. "This puts learning on an equal platform for everyone regardless of geography, income or time constraints." Stated by Gene O'Neill.

During this pandemic, many people are realizing that we must focus our time on virtual learning, socializing, or hosting through a zoom platform. Zoom is an online and web conferencing platform.

Since the pandemic, many organizations have launched, Senior Planet, a unit of Older Adults Technology Services, is a nonprofit resource for people 60 and older that offers courses and lectures. Online courses are riding that start up wave. GetSetUp, for example, offers courses on running an e-commerce marketplace, starting a business from home and building a website.

But all these online opportunities are not possible without access to the internet. "While there's a rising passion for knowledge, people are getting excluded from the educational process in this country because they're not online," said Mr. Kamber, the founder and executive director of Senior Planet.

"The good news, though, is the level of sophistication of online education is increasing and more access is coming to rural communities", Mr. Kamber said. "It's a brave new world of learning for people, and that gives me hope."

"Learning at any stage of life is what stimulates creativity and joy." Ms. Livingston said. "So much energy emerges from connecting the dots, having 'aha' moments and gaining skills. I love that I can help others keep their zest for life and help myself in the process."

<https://www.nytimes.com/2021/02/09/education/online-learning-older-adults.html>

Seward Senior
Citizens, Inc.
PO Box 1195
336 Third Avenue
Seward, AK 99664

NONPROFIT ORG
US POSTAGE PAID
SEWARD, AK 99664
PERMIT #95

Address Service Requested



Link your Amazon account to *Amazon Smile* and designate Seward Senior Center to receive donations whenever you shop online: <http://smile.amazon.com/>

LINK your Fred Meyer Rewards Card to Seward Senior Center and earn donations for us when you shop!
www.fredmeyer.com/account/dashboard

Seward Senior Citizens Inc. is 80% funded by grants from the City of Seward, Older Americans Act/State of Alaska, & Kenai Peninsula Borough, 20% comes from financial supporters like you. ☺
Serving Seward seniors since 1978

SAFE WALKING TIPS FOR SENIORS

Prevent risks of trips and falls when walking. Here are safety measures for you:

- Wear flat, comfortable shoes.
- Walk at your own pace.
- Use a cane for back-up.
- Let go of heavy objects.

MY MASK PROTECTS YOU
YOUR MASK PROTECTS ME



GET VACCINATED

WE CAN *Adapt.*
WE WILL *Thrive.*