

RESURRECTION TIDINGS

**DECEMBER 2020
SEWARD SENIOR**



From the desk of the Director

With 2021 just around the corner, today I feel a sense of community that is compassionate, caring and strives to meet the needs of our senior residents. Whom have had to step out of the public eye and protect themselves, from contracting the covid-19 virus in 2020, led by our amazing staff and tireless volunteers.

100% of our community residents have had to make sacrifices this year; school teachers teaching through Zoom; parents educating their children, forcing them out of the work force; front line workers at the hospital, clinics, grocery stores, post office, childcare and the list goes on.

This year will go down in history as a time of turmoil, reprioritizing our personal actions to strengthen our society, not tear it down.

The past 10 months have not been without fault, the high stakes that put us all at risk, but this did not stop us from caring. The improvement in human conditions that arise from positive actions with eyes wide open, extending caring services to those in time of need, have strengthened this little seaside town.

Together, let us try to reach out to each other more often in 2021, and start sharing our purpose to brighten someone's day just by saying "Hello and, how are you?" Do not be surprised if you get this warm and fuzzy feeling, while listening to someone else's challenges. You can never walk in someone else's shoes, but you can fill their hearts with your kindness and concern.

A heart felt thank you to all our local, state and national frontline workers, who have made personal sacrifices daily as they stay the course, to help all of us during this pandemic.

We are open for appointments, whether to just visit or learn about a new program. Please reach out to us, we would love to hear from you.

May the new year bring you a new sense of purpose, a healthy reason to get up every day to smile at the world and give thanks for our time with each other.

Happy Holidays,

- Dana Paperman

Happy Hannukah!

December 10th – 18th, 2020



Merry Christmas!

Friday, December 25th, 2020



Happy New year

Tuesday, January 1st, 2021



December 23rd at noon.

Elves will be delivering Christmas stockings to all meal clients, so keep your eyes open for the folks with funny ears.

They thrive on "thank you!"



Seward Senior Center Staff

Dana Paperman - Executive Director
 Email: ssc@seward.net
Carrie Given - Administrative Assistant & Resurrection Tidings Editor
 Email: seniors@seward.net
Austin Ledford - Transportation
Robert Rich - Chef
Kate Johnson - Kitchen Assistant

Center Hours:

Monday through Friday 9am - 4pm
 Phone 907-224-5604
 Mailing: P.O. Box 1195
 Seward, AK 99664

Website: www.sewardsenior.org

Facebook: www.facebook.com/sewardseniors

Board of Directors 2020

Mark Kansteiner, Chair

Open, Vice Chair

Diane Hunt, Sec-Treasurer

Sharon Ganser

Nicole Lawrence

Frances Azzad-Smith

Sandie Roach

Mark Hendsbee

Sharon Dillon

Angie Duncan

The center would like to recognize Carol Souza, for her six years of dedicated time and effort on the Board of Directors.

Her guidance helped build a better foundation to survive this pandemic. Thank you for your service!

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.



Medicare

We speak Medicare!
Call the Senior Center to set up an appointment for enrollment or review.

Get your flu shot!



CDC recommends for 65 and older, to get a high dose flu shot
Medicare B covered
Available at Safeway Pharmacy



- | | |
|----------------------|-------------------------|
| <i>Mort Miles</i> | <i>Odell "Ike" Ross</i> |
| <i>Ann Ghicadus</i> | <i>Tim Sczawinski</i> |
| <i>Lisa Little</i> | <i>Ron Broughton</i> |
| <i>Butch Pelch</i> | <i>Sandie Roach</i> |
| <i>Ron Broughton</i> | <i>Helen Mathias</i> |
| <i>Nancy Blair</i> | <i>Karla Hays</i> |
| <i>Laura Perri</i> | <i>Jon Andrews</i> |
| <i>Bob Orlando</i> | <i>Joe Suddath</i> |
| <i>Bill Hearn</i> | <i>Wesly Smith</i> |
| <i>Susie Martin</i> | <i>Patricia Prince</i> |

Albert Goocey

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:

Judy & James Burge	Nell Watsjold
Ludwig (Ludi) Everett	Jim & Kathy Fredrickson
Bill Hearn	Jim & Diane Hunt
Ben & Rosella Ikerd	Mary Lechner
Joe & Diane Owens	Claire Glotfelty
Lee Poleske	Mary & Sam Daniel
Glenn & Sandy Schiff	Jean Schwafel
Jack Sadusky	Ann Leisle
Jim & Christine Sheehan	Linda & Jonathan Sewall

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

See the back page of this newsletter for the clip-out statement available for your use.

Volunteer Corner

COVID-19 SUPPORT

Dan Armstrong
Hillary Bean
Frank Biehman
Duane Chase
Karen Chase
Ralph Deatherage
Terry Estes
Kim Gaines
Melody Hatch
Arne Hatch
Mary Huss
Art LeMaster
Yolanda LeMaster
Mark Luttrell
David Osborn
Ginger Retzer
Terry Rudd
Carole Tallman

COVID-19 Emergency Home

Delivery Financial Contributors

Teri & Charles Arnold

Rosella & Ben Ikerd

Karre & Rae Elde

Nancy Richey



ENDOWMENT FUND

SSC Goal: \$200,000

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.

Thank you for investing!

This Month's Donors:

Judy & James Burge

Ludwig (Ludi) Everett

Chugach Shares



\$ 167.500

Writer's Workshop

with Sean Ulman author of the brand-new novel *Seward Soundboard*.
every Tuesday, 11 to noon
Free, virtual, round table discussion on writing techniques
and sharing creative work.
Open to ages 14 and up!
all levels of writers welcome and encouraged!



Turning 65 and
just got Medicare
Part B?

Call us today and
schedule your
Welcome to
Medicare*
appointment .

907-224-2273



Purchase your
half -priced
taxi vouchers
@ Independent Living Center.

Call at 224-8711 to purchase,
they will be mailed to you.

An advocate is available from
M-Th 9-3 pm
Fri 9 to noon.

ILC is closed to the public at this
time.



Heating Assistance

If you are struggling to pay your heating bills at
any time this winter, we can help you apply for
heating assistance.

Tell your friends and neighbors to help them
keep warm.

Contact Seward Community Health Center

at 907-224-2273, option. 4

New to Medicare? Or have you had Medicare for
a while? Do not forget to schedule your Medicare
Annual Wellness visit.

Frances Azzad-Smith
Outreach & Enrollment Coordinator
Seward Community Health Center
PO Box 2895 / 417 First Ave
Seward, AK 99664
Main: (907) 224-CARE (2273)
Fax: (907) 224-8501

Highway61.co

This is a free audio platform empowering
those over 50 to engage, learn and
support each other.

www.highway61.co

Prism Optical
We are in Seward
Need eyeglasses?
Contact Theresa if you need any assistance
907-444-4182

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

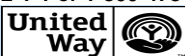
907-362-2466



Alaska 211

Get connected
Get answers

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



Provides legal assistance to Seniors
Power of attorney, health care directive & will
applications are available at the Senior Center.
1-888-478-2572



Life Alert
Need Medical alert?
Senior Safety 1-888-473-2800
Medical Guardian 1-855-281-7619

Life Alert

Seaview is here to help.
Call 224-5257
(business hours 8am-5pm)
or 223-3027
(for 24/7 support)



Alzheimer's Resource Agency of AK

224-4037

<https://www.alzaska.org>



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

Connecting Seniors with long term services &
supports that fit their circumstances. Including
transportation, in home care, assistive technology.



Seward Area Hospice

Call 224-3051
For Compassionate
Support.



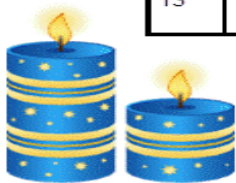
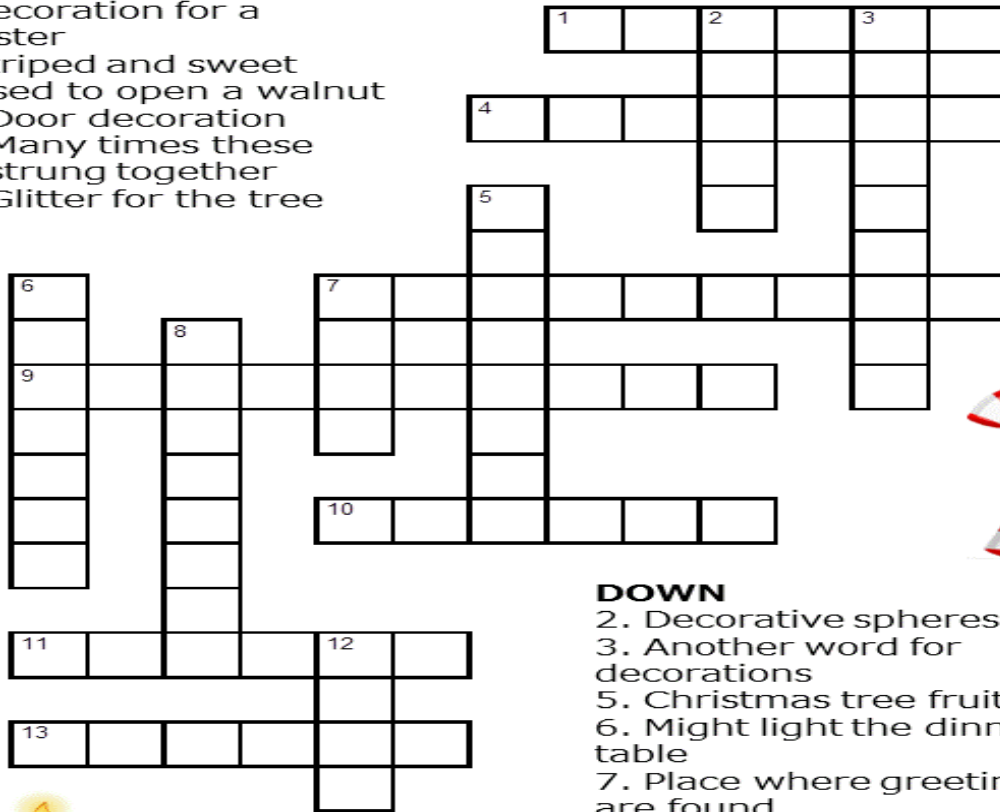
Emergency Medical Flight Insurance
888-997-3822
www.guardianflight.com



Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine

Copyright © Kim Steele - Puzzles to Print

Funniest Quarantine Jokes

1. Why did the chicken cross the road? Because the chicken behind it, did not know how to socially distance properly.
2. This morning I saw a neighbor talking to her cat, it was obvious she thought her cat understood her. I came into my house, told my dog—we laughed a lot.
3. I finished Netflix today.
4. Nothing like relaxing on the couch, after a long day of being tense on the couch.
5. Knock knock. Who is there? Seriously, do not touch my door and get back 6 meters to social distance
6. I am not talking to myself; I am having a parent-teacher conference.
7. Since we are all in quarantine, I guess we will be making only inside jokes from now on.
8. Yesterday I ran out of soap and body wash and all I could find was dish detergent. Then it Dawned on me.
9. Two grandmothers were bragging about their precious darlings. One of them says to the other, "Mine are so good at social distancing, they won't even call me."
10. Ran out of toilet paper and started using lettuce leaves. Today was just the tip of the iceberg, tomorrow romaine's to be seen.
11. Day 121 at home and the dog is looking at me like, "See? This is why, I chew the furniture!"

SENIOR FOOD BOX

If you are a CSFP Food box client and you pick up your box, you will pick up in front of the center, the 3rd Thursday of every month until further notice.

Thursday, December 17th, 12 pm to 1pm

If you are a CSFP Food box client and you get your meal delivered, your food box will also be delivered to your door, by volunteers on the 3rd Thursday of every month, until further notice. Thank them today!

Thursday, December 17th, 11:15 to 12:30 pm

To be eligible:

- Are you 60 years or older?
- Income eligibility are as follows:**
 - Annual \$20,735, Monthly \$1,728
 - Annual \$28,015, Monthly \$2,335
- Call the center if you are eligible, to sign up!



Adrienne's Seward Courier Service
Free shopping & delivery service
For Seniors

Call 907-599-0446

Open M – F from 9 to 4 pm

- (Other times are available)

- Vouchers are enclosed on page 11 in the Newsletter.



FREE Community Breakfast
at the American Legion
December 20th,
starting at 9am for
dine-in and curbside
pickup!



**Free will donation meals available on
Monday, Wednesday, Thursday, call the
center to sign up at 224-5604**

Seward Food Bank
Thursday's 3:00 pm – 6:00 pm
Behind the new library
(alley entrance)
5th & Adams St.



Are you in need of free
laundry or shower
tokens?
Available at the center.



Provided by Homeless
Connection

Senior only shopping
Safeway:
7 am -9am
Seward Marketplace
7am – 9am

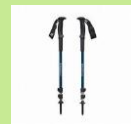
Free hand
sanitizer
available
at the
center.



Free
Face
Masks
available
at the
center.



Are you in need of a free
collapsible walking poles?
Available at the center.



Looking for winter
gifting ideas?



Make an appointment to
view the center's gift
boutique.

Need a passport photo?
\$25 (2 copies)
Call the center to make
an appointment



American Legion Auxiliary Unit 5 Holiday food baskets

This year the American Legion Auxiliary Unit 5, is pleased to be providing food baskets to families in need during the holiday season.

Applications for food boxes must be submitted to the American Legion Auxiliary Unit 5 by December 10th.

(late applications will not be accepted.) Applications can be picked up at the Senior Center by appointment.

Applications can be dropped off at the American Legion Post at 5th and Jefferson. (Open after 4 PM daily).

(Please limit one per household), Full pre-cooked meal, heat at home serves 6 to 8 people.

Please note:

Submittal of application does not guarantee that applicant will receive a food basket.

American Legion Auxiliary Unit 5 reserves the right to provide food baskets based on number of requests made and available resources.

Also, some food baskets may be delivered before Christmas, depending on when they are available to us from the vendor.

Please note these are full family meals that will feed 6-8 people and this program is different than the meals served and/or delivered by the American Legion Post 5 on Christmas day, if you would like that service, please call the post at 224-5440.



Happy Hannukah


In the second century BCE, the Holy Land was ruled by the Seleucids (Syrian-Greeks), who tried to force the people of Israel to accept Greek culture and beliefs instead of mitzvah observance and belief in G-d. Against all odds, a small band of faithful but poorly armed Jews, led by Judah the Maccabee, defeated one of the mightiest armies on earth, drove the Greeks from the land, reclaimed the Holy Temple in Jerusalem and rededicated it to the service of G-d.

When they sought to light the Temple's Menorah (the seven-branched candelabrum), they found only a single cruse of olive oil that had escaped contamination by the Greeks. Miraculously, they lit the menorah and the one-day supply of oil lasted for eight days, until new oil could be prepared under conditions of ritual purity.

To commemorate and publicize these miracles, the sages instituted the festival of Hannukah, which begins December 10th at sunset and ends Friday, December 18th, at nightfall. Celebrated with nightly candles and a song of prayer and thanksgiving, small token gifts and ample fried foods (recognizing the miracle of the oil supply).

Another reason why Hanukkah seems to be on a different day every year is that it is not a one-day holiday. It lasts slightly more than a week. The Jewish calendar is a lunar calendar which means it is based on the moon's rotation around the earth.

DECEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ chicken breast w/ mashed potato Sail via zoom 9:30 - 10:30 Zoom 101 1 pm	2 Grilled ham & cheese Sail via zoom 9:30- 10:30	3 Pulled pork w/ mushroom sauce w/ oven roasted potato Sail via zoom 9:30 - 10:30	4 Cheese lasagna Sail via zoom 9:30 -10:30
7 Mac & cheese Sail via zoom 9:30-10:30	8 Pork & bean casserole Zoom 101 1pm Sail via zoom 9:30 – 10:30	9 Baked filet halibut w/ rice Sail via zoom 9:30- 10:30	10 Beef quesadilla w/beans Sail via zoom 9:30 - 10:30	11 Turkey a la king Sail via zoom 9:30 -10:30
14 Grilled rosemary chicken w/ rice pilaf Sail via zoom 9:30-10:30	15 Spaghetti & meat balls Zoom 101 1pm Sail via zoom 9:30 -10:30	16 Tuna melts w/ tater tots Sail via zoom 9:30 – 10:30	17 Vegetable and bean enchiladas Board Meeting 1-2pm CSFP Pick up: 12 – 1pm CSFP delivery: 11:30 -12:30 pm Sail via zoom 9:30 - 10:30	18 BBQ pulled pork w/ mashed potato Sail via zoom 9:30 -10:30
21 Cheeseburger Sail via zoom 9:30-10:30	22 Baked shells w/marinara and cheese Zoom 101 1pm	23 Seared rockfish w/ lemon pepper & Baked honey & soy chicken w/ fried rice Sail via zoom 9:30 -10:30	24 Closed	25 Closed Merry Christmas 
28 Shepherd's pie Sail via zoom 9:30-10:30	29 Vegetable alfredo Sail via zoom 9:30-10:30 Zoom 101 1pm	30 Seafood stir fry Sail via zoom 9:30 – 10:30	31 Roasted pork loin w/ mashed potato	Always accepting your donations for your meal service.

HEALTH & FITNESS

STAY ACTIVE & INDEPENDENT FOR LIFE

Strength, balance, and fitness
class for adults 60+

Taught by Rachel Dow
via zoom

Classes start December 21st
(December 24 & 25th no class)

Class 1: M, W, F 9:30 -10:30
Class 2: Tues & Th 9:30 – 10:30

Call to sign up for the six-week session.
Students will be required to have rubber
tubing, hand weights, and tablet to access
zoom for class instruction. Students will also
need to sign a medical waiver/health
questionnaire.



Zoom 101

Would you like to learn
about zoom?
On Tuesdays, December
1,8,15,22,29
@ 1pm

Call the center to sign up

What is Zoom?

Zoom is an online audio and web
conferencing platform. People use it to
make phone calls or to participate in
video conference meetings.

How does it work?

You do not need a paid subscription to
start using Zoom.
In fact, if someone else sets up the Zoom
Meeting and invites you, all you need to
do is follow the instructions in the email
invitation to start using Zoom.
You will need to click a link to install the
Zoom app, and then enter the conference
code to sign into the meeting to which you
have been invited.

Tai Chi for Arthritis

Train the trainer workshop

- New instructor and recertification
- Via zoom

Taught by Master Trainer Linda Ebeling
and Senior Instructor Sarah Meitl

Tai Chi for Arthritis, part two on
February 27th, 2021

Tai Chi for Arthritis, seated on
February 28th, 2021

Contact the center if you would like to
register for the upcoming class.

The Train the Trainer workshop is sponsored
by State of Alaska, Division of Health and
Social Services, in partnership with the
Seward Senior Center.



Upcoming December 2020 Zoom Events

- classes via zoom are in Alaska time

Medical alert devices: What are they and how do they help.

December 1st, at 11am

The Holiday's at Holiday: Experience live communities showcasing their holiday decorations with live
holiday music.

December 3rd, at 11am

Zoom bingo: December 9th, at 11am

Routine health maintenance: Join Dr. Megan Conoley, as she speaks about the positive effects that
routine health maintenance can have on your overall health & wellbeing.

December 17th, at 11am

<https://www.celebrationmagazine.com/online-zoom-events-seniors>

Virtual brain games

December 17th, at 11am

- Test your memory, learn about how our brains work, boost your mental powers & have fun with
games, puzzles, drills, education.
 - Meeting ID: 84941653235, Password: 925220
 - www.zoom.us/join
 - Hosted by ASAC Wellness & Programs Director Patrick Curtis

How Social Security Retirement Benefits Work

Social Security replaces a percentage of a worker's pre-retirement income based on their lifetime earnings. The portion of your pre-retirement wages that Social Security replaces is based on your highest 35 years of earnings and varies depending on how much you earn and when you choose to start benefits.

The Social Security system works like this: when you work, you pay taxes into Social Security. We use the tax money to pay benefits to:

- People who have already retired.
- People who are disabled.
- Survivors of workers who have died.
- Dependents of beneficiaries.

The money you pay in taxes is not held in a personal account for you to use when you get benefits. We use your taxes to pay people who are getting benefits right now. Any unused money goes to a Social Security trust fund that pays monthly benefits to you and your family when you start receiving retirement benefits.

What Age Should You Start to Receive Benefits?

The age you begin collecting your retirement benefit affects how much you will receive. There are three important things to know about age when thinking about when to start your benefits.

FULL RETIREMENT AGE

Full retirement age is the age when you will be able to collect your full retirement benefit amount. The full retirement age is 66 if you were born from 1943 to 1954. The full retirement age increases gradually if you were born from 1955 to 1960, until it reaches 67. For anyone born 1960 or later, full retirement benefits are payable at age 67. You can find your full retirement age by birth year in the [full retirement age chart](#).

EARLY RETIREMENT AGE

You can get Social Security retirement benefits as early as age 62. However, your benefit is reduced if you start receiving benefits before your full retirement age. Understand how [claiming retirement benefits early](#) will affect your benefit amount.

DELAYED RETIREMENT AGE

When you [delay collecting benefits](#) beyond your full retirement age, the amount of your retirement benefit will continue to increase up until age 70. There is no incentive to delay claiming after age 70.

To apply visit www.ssa.gov or call 1-800-772-1213 (Call early in the day. Expect 45 wait time).

To request application assistance, contact the senior center - 907-224-5604



Shopping Vouchers December 2020

Valid for **ONE FREE SHOPPING AND DELIVERY SERVICE** for Seniors

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

VALID December 1st – December 31st, 2020

Sponsored by the Seward Senior Center and the Seward Prevention Coalition



Valid for **ONE FREE SHOPPING AND DELIVERY SERVICE** for Seniors

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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



Medicare

2020 OPEN ENROLLMENT

Veteran's Crisis Line:
1-800-273-8255 (24/7) (Press 1)
Veteran's Patient Safety
Hotline:
907-257-6701
www.va.gov



Oct. 15th – Dec. 7th

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

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 Covid19 pandemic.

Please Donate Today!

SSC Endowment Fund \$ _____

Senior Nutrition Program \$ _____

Five & Dime Club (unrestricted) \$ _____

Name: _____

Mailing Address: _____

Mail to SSC, PO Box 1195 Seward, AK 99664
Thank you in advance for your financial support and volunteerism!



Not feeling well?
You may need to be tested for COVID-19

Please call your provider if you have new onset of:

ANY ONE OF THE FOLLOWING:

- . Cough
- . Shortness of breath
- . Difficulty breathing

OR

TWO OR MORE OF THE FOLLOWING:

- . Chills
- . Diminished sense of taste or smell
- . Diarrhea
- . Fatigue
- . Fever
- . Headache
- . Muscle/joint aches
- . Nausea
- . Rigors
- . Runny nose
- . Sore throat
- . Sputum (phlegm)

UPDATE: APRIL 8, 2020