

# RESURRECTION TIDINGS

**FEBRUARY 2021  
SEWARD SENIOR CENTER**

## From the desk of the Director

Reflecting over the past 10 months, we have been threatened by the pandemic and to top it off with civil disobedience. Experiences of loss of family and friends due to covid19, wanting independence and social interaction, brought our lives to a painful emotional halt.

As we travel forward into 2021, the Center has found terrific traction to drive the course that has led to positive outcomes and experiences for the senior community of Seward.

Beginning February 1<sup>st</sup>, the center will re-open with limited access to the facility, where you can return to activity dining room to read, work on a puzzle, whale watch, play the piano, read one of many periodicals or possibly visit with a friend that you have not seen in 10 months. Now that sounds refreshing on a cold winter day.

Staff are excited to invite you back, with a face mask adorning your face, at 6 feet apart. We take re-opening very seriously, and will take every precautionary measure to keep you, volunteers and staff out of harm's way, as this is just another healthy step to having the pandemic in our rearview mirror someday.

During the month of February, focus on the love of humanity that partnered with the Seward Senior Center and made you the benefactor, on this highway to health and well-being.

I am very grateful to the longevity of our Board of Directors, who have supported our mission throughout the pandemic, and for the months to come. I cannot say enough great things of about our tireless staff, determined to meet the demanding needs to change and grow due to a pandemic. The 65% increase in nutritional services beginning March 2020 would not be possible without our super volunteers, some who have volunteered on a weekly basis to keep services high functioning and easing everyone's burden. Thank you for the hand holding on somedays, affirmations at the end of your route and getting out in winter storms.

I will leave you with this sentiment coming from a new volunteer meal delivery driver. "That was the most rewarding use of my afternoon in a really long time."

- **Dana Paperman**



## GOT VACCINATED?

**VACCINES FOR 65 & OLDER  
CALL DIRECTLY 224-2273**



## FEBRUARY 14<sup>TH</sup>, 2021

**HAPPY VALENTINE'S DAY**



## FEBRUARY 15, 2021

**HAPPY PRESIDENT'S DAY**



**NEW!**

Senior Center is open by appointment only!

- Call us to make an appointment to assist you in Medicare, Social Security, Senior Benefits, Senior housing resources.
- Activity room, by appointment only with the following:

Your GCI Wi-fi hotspot

Best picturesque view in town

Aromatic coffee

Delectable variety of teas

Array of diverse books to read.

Fusion of sounds in our music collection

Abundance of puzzles

I-pads available

Fitness room with a tv to watch fitness videos, rubber bands, weights, yoga mats, weight benches and balance beam.

Play your favorite tune on the piano.

Catch up on current events with the Anchorage Daily News, Seward Journal, and the Senior Voice.

**SSC follows the CDC COVID-19 safety measures to keep everyone safe.**

When entering the center, you must be always wearing your mask, that covers your mouth & nose and maintain 6 feet of social distancing between yourself & others.

Maximum capacity of 6 people in the activity room at all times. Visitors will be asked to complete a verbal health screening, prior to entering the activity room.

*In Loving Memory*



Karen Glenn

Mark Buck

Your presence will be greatly missed, and your memories will forever be treasured.



Rosella Ikerd  
Yvon Van Driessche  
Gary Lee  
John Spurr  
William McCormick  
Debbie Rook  
Sue McClure  
Jean Cripps  
Sandy Stolle  
Tom Morris

Ben Ikerd  
Joe Owens  
Shannon Ennis  
Eric Berg  
Greg Byrne  
Larry March  
Ida Kava  
Nancy Weiner  
Beverly Driscoll  
Greg Chilman



**Permanent Fund Dividend (PFD) Applications are available at the Senior Center.**

Need assistance with your application, technicians are available by phone  
10 am to 4pm, Monday through Friday.

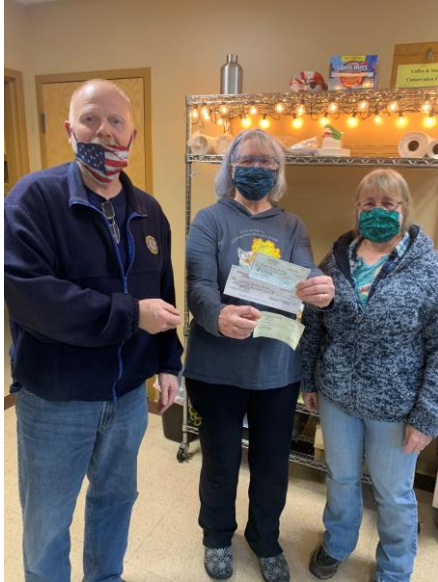
Anchorage 907-269-0370  
Fairbanks 907-451-2820  
Juneau 907-465-2326

**Deadline: March 31<sup>st</sup>, 2021**

(Applications are available for pick up, in the center's foyer when you walk in.)

# GRATEFUL GREETINGS

## American Legion continues funding "Take a Veteran to lunch" Program.



Director Dana Paperman receives a check from American Legion members, Mike Calhoon & Susan St. Amand.

In partnership with the Sons of American Legion, American Legion Auxiliary and the American Legion post 5, together they have donated \$13,500 towards this Program, ensuring Veterans will have access to five meals a week. Whether here at the center or at their home during this fight against COVID-19. They too want to keep you in good health and good nutrition is the cornerstone of good living.

Thank you, members of the American Legion, Post 5!

**WE LOVE**  
OUR VOLUNTEERS

Dan Armstrong	Hillary Bean
Tripp Lebrake	Duane Chase
Amy McMahon Hankins	Karen Chase
Kim Gaines	Mark Luttrell
Terry Estes	Arne Hatch
Art LeMaster	Melody Hatch
David Osborn	Liz Leech
Ginger Retzer	Carole Tallman
Randy Nabb	Noel Wilson
Denise Woodbury	

**Volunteers are the life source of the Senior Center.**  
We are always seeking Volunteers, call to inquire.

## 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:

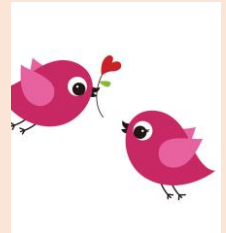
Teri & Charles Arnold	Judy & James Burge
Dot Bardarson	Judi Christiansen
Mary & Sam Daniel	Kaare & Orvetta Elde
Ludwig (Ludi) Everett	Kathy & Jim Fredrickson
Claire Glotfelty	Bill Hearn
Diane & Jim Hunt	Rosella & Ben Ikerd
Sharon & Tom Irvin	Colleen Kelly & Mark Kansteiner
Dixie & Eric Landenburger	Mary Lechner
Ann Leisle	Sanna LeVan
Diane & Joe Owens	Lee Poleske
Nanci Richey	Jack Sadusky
Sandy & Glenn Schiff	Jean Schwafel
Linda & Jon Sewall	Christine & Jim Sheehan
Dorothy Urbach	Marilyn & Don Sutherland
Bev Dunham	

**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.

## COVID-19 Emergency Home Delivery Financial Contributors

Judy & James Burge  
Rosella & Ben Ikerd  
Shannon & Marc Koval  
Vickie Milburn  
Sheila Morrow  
Nanci Richey



## ENDOWMENT FUND

**SSC Goal: \$200,000      SSC amount to date: \$177,966.48**

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.

**This Month's Donors:**

**Kaare & Orvetta Elde**

**Thank you for investing!**



**The Alaska State Library is hosting two opportunities to hear and ask questions of Social Security Public Affairs**

Registration is required so you can get a personal Zoom link to participate in the videoconferences.

**Social Security 101**

February 9, 2021 at 12:00 pm

Register for this meeting at: <https://zoom.us/meeting/register/tJUodOupgjkpGtBb6hsMGDukzS07HjO5ktlu>

Learn how to navigate the SSA gov website, apply for benefits online, get estimates of your retirement benefits and find answers to all your Social Security questions online.

Before class, you should go to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to create a “My Social Security” account and print out your Social Security statement before workshop. There will be opportunities for questions and answers with a Social Security Representative.

**Social Security Topics – Disability Benefits**

February 16, 2021 at 3:00 pm

Register for this meeting at: <https://zoom.us/meeting/register/tJUod-6trD0uGtzFpZG-hZIX-n2guLOYRaBs>

Learn about retirement benefits, survivor benefits, disability benefits, and Supplemental Security income benefits.

**Once you and your friends are vaccinated, can you quit Social distancing?**

**Expect life to return to normal in 3 stages, not all at once.**

**By Sigal Samuel**

**Vox.com**

Now that the vaccines are arriving, people are starting to dream.

They say things like, “The second everyone in my family is vaccinated, we’re going on a big trip to Asia!” or “As soon as my five closest friends and I get the shot, I’m spending a weekend at a cabin with them. No masks, no social distancing.”

While many of us are thinking about the Covid-19 pandemic in binary terms — there’s “life before I get the shot” and “life after I get the shot” — experts are cautioning us to think more gradually. Not everything will change the second that syringe enters your arm.

“Realistically, it’s definitely not going to be an on/off switch on normal,” said Eleanor Murray, a Boston University epidemiologist.

The best way to set realistic expectations around what life will look like in 2021 is to think of it in three stages. Stage 1 is what you can safely do once you and your close friends or family are vaccinated. Stage 2 is what you can safely do once your city or state has reached **herd immunity**, where enough people are protected against infection that the virus can’t easily spark new outbreaks. Stage 3 is what you can do once herd immunity is reached internationally. (Note that there is a good chance we will not reach that last stage in 2021.)

**We are your Medicare & Social Security Counselor!  
Call the Senior Center to set up an appointment, for enrollment  
or review or if you have additional questions.**

**Medicare**

# NUTRITION PAGE

## Senior Food Box

February 18, 2021

If you are a CSFP food box client, your box will be delivered/curbside pickup on 3<sup>rd</sup> Thursday of every month.



**PORTAGE  
TRANSPORT**

## 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*

**FREE**

Community Breakfast

@

American Legion Post 5

Sunday, February 21<sup>st</sup>, 2021

From 9 – 11am

for dine-in or curbside pickup!



## **Seward Food Bank**

Open Thursday's  
3 – 6 pm  
5<sup>th</sup> & Adams St.

(Behind library)

Alley entrance

## Deliciously Comforting Potato Soup

- 3 Pounds of Potatoes peeled & cut into ½ inch cubes. (8 cups)
- 1 large, onion (chopped)
- 1 jar roasted sweet red peppers, (rained and chopped)
- Small celery (chopped)
- 6 cups chicken broth
- 1/2 tsp. garlic powder
- 1/2 tsp. seasoned salt
- 1/2 tsp. pepper
- 1/8 tsp. rubbed sage
- 1/3 cup flour
- 2 cups heavy whipping cream (divided)
- 1 cup grated parmesan cheese (divided)
- 8 bacon strips, (cooked/crumbled)
- 2 tbsp. minced fresh cilantro

Place first 9 ingredients in a 5 or 6 qt. slow cooker. Cook covered, on low for 5-6 hours or until potatoes are tender. Mix flour and 1/2 cup heavy cream until smooth; stir into soup. Stir in 3/4 cup cheese & bacon, cilantro and remaining cream. Cook covered, on low until slightly thickened about 30 minutes, serve with remaining cheese.

## Meals on Wheels

Seward Senior Center offers nutritious & delicious meals delivered or curbside pickup is available Monday-Thursday.

To be eligible the following conditions must all be true:

1. Age 60 or above (or the senior spouse of any age)
2. Physically and/ or mentally incapacitated (i.e., long-term illness, surgery or bedbound)
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:**



# **BENEFITS**

## **Alaska Legal Services Corporation**

**Elder Law Project is a legal aid program for Alaskan residents who are at least 60 years of age. The Elder Law Project provides legal assistance and advice, representation in court and administrative hearings, and referrals. ALSC may be able to help clients with the following problems:**

- Income Maintenance including the Alaska Senior Assistance Program, Social Security, Supplemental Security Income (SSI), Adult Public Assistance and Food Stamps.
- Housing issues including landlord/tenant disputes, public housing, assisted living, and nursing homes.
- Health Care issues involving Medicaid, Medicare, Long-Term Care, and the Personal Care Assistance (PCA) program.
- Advance Directives such as power of attorney, living wills, and testamentary wills.
- Consumer Issues including debt collection, predatory lending, deceptive business practices, and utility cutoffs.

Kenai Office: (907) 395-0352 & Anchorage Office: (907) 272-9431



## **Five Wishes**

Advance care planning, discussing and documenting our wishes and preferences for the kind of care and treatment we want or do not want in advance, so that if we are unable to communicate our choices, what we want is understood.

### **Five Wishes allows you to express:**

- The person you trust to make decisions for you.
- What types of medical treatment you would want or not want?
- What is the most important for your comfort and dignity?
- What important spiritual or faith traditions should be remembered
- What you want your loved ones and healthcare providers to know about you

### **Contact Information:**

Monday to Friday 9am to 5pm (Eastern time)

Phone: 850-681-2010

Email: [info@fivewishes.org](mailto:info@fivewishes.org)

Fax: 850-681-2481

**AARP Foundation®**  
**TAX-AIDE**  
Free tax assistance for those who need it most

**AARP Tax Aide Program Provides Free Tax Prep for Alaska seniors**

AARP Foundation Tax Aide volunteer tax preparers will provide free tax preparation assistance for seniors and low-to-moderate income households this tax season. Service delivery is being adjusted due to COVID to make tax prep safe for volunteers and the public. The traditional model of taxpayers sitting down face-to-face with a tax preparer **will not** be available.

**Tax prep will be by appointment only with minimal face-to-face interaction this year.**

Taxpayers will fill out interview questions in advance and make appointments with a drop-off site. They will bring their tax documents to a drop-off appointment to be scanned and saved into secure, IRS-approved software. Volunteer tax preparers will prepare the tax return from home, completing the return within one week. Taxpayers will set up a second appointment to review the tax return with a volunteer and sign the form authorizing electronic filing.

**Masks will be required at all drop-off and signing appointments.**

Taxpayers in Seward will be able to make appointments for days in March 2021 by calling the Seward Senior Center at 224-5604. When making the appointment, taxpayers will be provided a list of required tax documents to bring along with a copy of last year's tax return. Taxpayers are required to have a photo ID as well as an original Social Security card for **all persons** named on the tax return.

Taxpayers who did not file 2019 returns are encouraged to complete both years, especially if they normally receive the Earned Income Tax Credit or Child Tax Credit. Taxpayers who did not receive an Economic Impact Payment in 2020, will be able to recover the rebate when filing their 2020 return,

**What to Bring to Your Appointment?**

1. Original or photocopy of social security card for you, spouse and all dependents (**You MUST bring this!!**)
2. Photo I.D. for you and spouse
3. Amounts of both Economic Impact Payments (last year and recently) received for family as Covid-19 stimulus payments.
4. All income information (such as Forms W-2, 1099-Misc, 1099-INT, 1099-DIV, SSA-1099 or RRB-1099 and 1099R).
5. Form 1099-G or record of unemployment received, and any federal tax withheld from unemployment.
6. Property tax and mortgage interest statements.
7. List of your medical, interest, contributions, and miscellaneous expenses (to itemize your deductions).
8. Copies of last year's tax return (helps volunteer prepare this year's return).
9. Childcare payment information and name, address and SSN/EIN of your childcare provider.
10. Bank routing and account number for direct deposit.
11. Any information about education expenses (Form 1098-T). It is best to prepare tax returns for entire family at the same time to maximize education tax credits.
12. Form 1095-A if you purchased insurance through the [Healthcare.gov](https://www.healthcare.gov) Marketplace.
13. Completed Interview and Intake Questionnaire

# 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](mailto:Sewardpreventioncoalition@gmail.com)

907-362-2466

<https://airtable.com/shrWtedHqbcpsLn5z>

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

Did you know you could apply for Medicaid or Public Assistance at any time during the year? We can 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**  
Independent Living Center.

Call 224-8711  
to make arrangements 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.



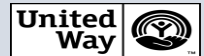
### Writer's Workshop

with Sean Ulman,  
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](mailto:seanulman@gmail.com)



### Alaska 211

Get connected.  
Get answers.  
Dial 2-1-1 or 1-800-478-2221



Prism Optical  
Need eyeglasses?  
907-444-4182

### 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.alzaska.org>



Provides legal  
assistance to  
Seniors.

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

1-888-478-2572



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.



### Seaview is here to help.

Call 224-5257  
(business hours 8am-5pm)  
or 223-3027  
(for 24/7 support)



### Sponsored A Grandparent

Seward's Youth Leadership Council is creating gift boxes once a month January through April. Would you like to be a sponsored Grandparent?

Call Jenny Rutledge At 907-224-4054

### Need Medical alert?

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

**Life Alert**

**Emergency Medical  
Flight Insurance**  
888-997-3822

[www.guardianflight.com](http://www.guardianflight.com)



Note: Laundry mat closed for Laundry Voucher redemption until  
February 22<sup>nd</sup>, 2021


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

**FREE!**

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



# FEBRUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CHILI</b>  SAIL 9:30-10:30 am	<b>2</b> Ground Hog Day <b>BBQ PULLED PORK</b>  Zoom 101 1pm SAIL 9:30-10:30 am	<b>3</b> <b>VEGGIE ALFREDO</b>  SAIL 9:30-10:30 am	<b>4</b> <b>SEAFOOD GUMBO</b>  SAIL 9:30-10:30 am	<b>5</b> <b>MEAT LASANGA</b>  SAIL 9:30-10:30 am
<b>8</b> <b>GRILLED ROAST BEEF &amp; CHEESE SANDWICH</b>  SAIL 9:30-10:30 am	<b>9</b> <b>CHICKENT QUESADILA</b>  Zoom 101 1pm SAIL 9:30-10:30 am	<b>10</b> <b>BAKED SEAFOOD OLYMPIA</b>  SAIL 9:30-10:30 am	<b>11</b> <b>BEEF STEW</b>  SAIL 9:30-10:30 am	<b>12</b> <b>PORK &amp; BEAN CASSEROLE &amp; CHICKEN CURRY</b>  SAIL 9:30-10:30 am
<b>15</b> <b>CLOSED</b>   SAIL 9:30-10:30 am	<b>16</b> <b>BEEF Enchilada</b>  Zoom 101 1pm SAIL 9:30-10:30 am	<b>17</b> <b>TUNA MELT</b>  SAIL 9:30-10:30 am	<b>18</b> <b>BAKED PENNE &amp; MARINARA</b>  Board meeting 1 pm CSFP Delivery 11:30-1:30PM CSFP p/u 12 - 1pm SAIL 9:30-10:30 am	<b>19</b> <b>GRILLED HAM W/PINEAPPLE SAUCE W/ MASHED POTATOES</b>  SAIL 9:30-10:30 am
<b>22</b> <b>ROASTED PORK LOIN</b>  SAIL 9:30-10:30 am	<b>23</b> <b>CHICKEN STIR-FRY</b>  Zoom 101 1pm SAIL 9:30-10:30 am	<b>24</b> <b>SEAFOOD jambalaya</b>  SAIL 9:30-10:30 am	<b>25</b> <b>CHEESEBURGER</b>  SAIL 9:30-10:30 am	<b>26</b> <b>BEAN &amp; CHEESE ENCHILADA</b>  SAIL 9:30-10:30 am



All you need is love. But a little chocolate now and then doesn't hurt.

-Charles Schulz

Free will donation meals available Monday -Thursday

call the center to sign up!

**224-5604**

Menu subject to change.

# HEALTH & FITNESS

## **Tai Chi for Health**

Lead by certified instructor, Stephanie Kaiser, RN

Starts Wednesday, February 3, 2021  
Every Wednesday  
6:30 - 7:30 pm

Call the center for the zoom class link or go to:

<https://us02web.zoom.us/j/81641495765?pwd=Q1hiRnpuV3RNeVhMNERaVU1lbXVHQ09>

Meeting ID: 816 4149 5765

Passcode: 427665

Wear comfortable clothes & shoes.

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

The program will minimize the risk of complications of diabetes by improving heart/lung function, muscular strength, flexibility and balance and stress.

Practice Tai Chi for Diabetes DVD's are available to check out for 4 weeks. Also check out YOUTUBE (Tai Chi for Diabetes) for more video instruction.

## **Tai Chi for Arthritis & Falls Prevention**

Lead by certified instructor, Mary Ann Benoit

Starting Friday, February 5, 2021  
Every week on Monday & Friday  
6:30 - 7:30 pm

Call the center for the Zoom class link or go to:

<https://zoom.us/j/96673989254?pwd=NOY1dFRROW1Cdlo0ZnVZYUUREHJVUT09>

Meeting ID: 966 7398 9254

Passcode: 367362

Wear comfortable clothes & shoes.

Tai Chi studies have found that slow, graceful exercise, can improve balance, reduce stress, & offer arthritis pain relief.

Practice Tai Chi for Arthritis DVD's are available to check out for 4 weeks.

Also check out YOUTUBE (Tai Chi for Arthritis) for more video information.

## **STAY ACTIVE & INDEPENDENT FOR LIFE**

***Strength, balance, and fitness class for adults 60+***  
Taught by Rachel Dow via zoom

Classes start March 15, 2021.

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

Call the center to enroll, students will be required to have rubber tubing, hand weights and tablet available for class instruction.

Students will need to sign a medical waiver/health questionnaire, prior to first class.

## **Brain Olympics**

Information about brain health & how to keep our brains active & exercising as we age.

February 2, 2021 @ 11:00 am

[www.zoom.us/join](http://www.zoom.us/join)

Meeting ID: 880 7490 3282

Passcode: 675160

## **Diabetes & Cardiovascular Health**

Tips on what you can eat to help you live a healthy lifestyle.

February 8, 2021 @ 10 - 11:00 am

[www.Zoom.us/join](http://www.Zoom.us/join)

Meeting ID: 85704084300

## **GLYCEMIC INDEX**

February 22, 2021 @ 10 - 11:00 am

[www.Zoom.us/join](http://www.Zoom.us/join)

Meeting ID: 85704084300

## **AGE SMART**

Monthly forum, topic: How does intimacy change with age? Examine the ways the need and capacity for intimacy changes as we age.

February 9, 2021 at 6:30-7:30 pm

2nd Tuesday of each month go online to link below to sign up.

<https://aarp.cvent.com/ASFEB2021>

## **Physical Activities & Health Benefits for Seniors**

- ❖ Reduces the risk of developing high blood pressure, diabetes etc.
- ❖ Helps in improving their stamina & muscle strength.
- ❖ Helps in maintaining healthy bones, muscles & joints.
- ❖ Helps control joint swelling & pain associated with arthritis.



Old age used to be all in my head, Now it's in my joints too.



free collapsible walking poles available at the center.

# SHOPPING VOUCHERS



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 February 1<sup>st</sup> – February 28th, 2021**



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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

Pick.  
Click.  
Give.

Donate a portion of your Permanent  
Fund Dividend, to Seward Senior  
Center when you file in 2021.



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/dashbo](http://www.fredmeyer.com/account/dashbo)

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 part 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)

UPDATED APRIL 8, 2020