

RESURRECTION TIDINGS

**MARCH 2021
SEWARD SENIOR CENTER**



From the desk of the Director:

Our world as we know it came to a halt one year ago on March 13th, 2020, as our agency was forced to close its doors to the public, to protect our clients, volunteers and staff from the deadly unknowns of the Corona virus. Whether we wanted to or not, we were pushed into battle, taking a strong stance against the enemy, Covid-19, a virus that today has killed more than 500,000 American citizens.

We are still at war against the virus, making daily sacrifices that will save lives not loose lives. Now that a vaccine is available, this will strengthen our defense to continue in the fight against this pandemic.

We all want life to go back to normal, get back to the way we used to do things and help get our economy back on track and people back in the workforce.

But first we have to continue to keep to our bubble, protect our community and ourselves by wearing face coverings, limit time in public places and self-distancing.

Your voice is important about current services, so look for the March survey with your meals, a necessary tool for this agency to gage our work and model our future work, focusing on the benefits to seniors.

If we all do our part in stopping the spread of the virus, then we can gather again sooner, to mourn the loss of so many innocent people and celebrate community again. We are your advocates, in a good way.

Stay safe,

- 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, Senior Benefits. Make a reservation to use our activity room to watch the view, do a puzzle, use our free wifi & tablet or read a book.

Senior Center Staff

Dana Paperman – Executive Director

Email: ssc@seward.net

Carrie Given – Administrative Assistant & Resurrection Tidings Editor

Email: seniors@seward.net

Robert Rich – Chef

Kate Johnson – Kitchen Assistant

Austin Ledford – Transportation

Center Hours: Staff support 9am - 4pm

907-224-5604

336 Third Avenue

PO Box 1195

Seward, AK 99664

Website: www.sewardsenior.org

Facebook: www.facebook.com/sewardseniors

Board of Directors

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Angie Duncan

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.





March BIRTHDAYS

Travis McCrae	Rick Jones
Helmer Jacobson	Charlie Finn
Sarah Carney	Dieter Fuchs
Mark Luttrell	Rocky Morgan
Maudeen Moore	Randy Kockritz
Barbara Gerlach	Nanci Richey
Patricia Stavrinos	Phyllis Shoemaker
Charles Nerup	Lorin Vandervegt
Alberto Siller	

- **March flower is the daffodil.**
- **The birthstone is aquamarine.**

AARP Foundation Tax-Aide program

Volunteer tax preparers will be at SSC, on the following dates, limited appointments available. Call the center to make appointment.

Tuesday, March 9, 2021
Wednesday, March 10, 2021



Deadline: 31st, 2021

Permanent Fund Dividend (PFD)
10 am – 4pm, Monday to Friday.

Need assistance? Call: 907-269-0370
Applications are available at the Senior Center for pick up, in the Center's foyer when you walk in on the first floor.

In Loving Memory

TRISH PELCH

Your life was a blessing, your memory a treasure. You are loved beyond words and missed beyond measure.



SUNDAY, MARCH 14, 2021

Clocks are turned forward one hour.

from 2 am to 3 am.

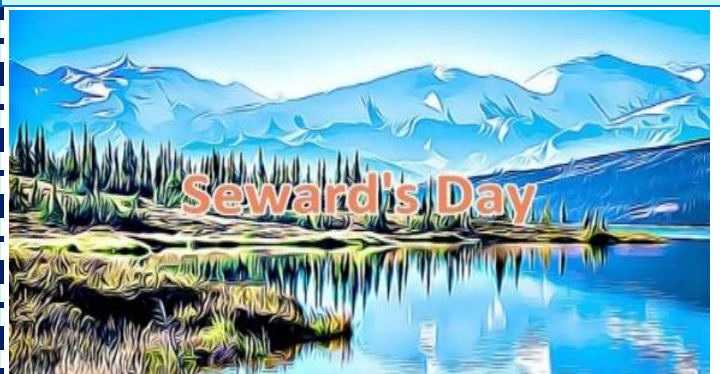


WEDNESDAY, MARCH 17, 2021

Wishing you a pot o' gold and all the joy your heart can hold.



**CLOSED IN HONOR OF
MONDAY, MARCH 29, 2021**



The smallest act of kindness is worth more than the grandest intention. – Oscar Wilde



Volunteers Make a Difference

Dan Armstrong	Duane Chase
Karen Chase	Ralph Deatherage
Kim Gaines	Nicole Lawrence
Terry Estes	Hillary Bean
Art LeMaster	Mark Luttrell
David Osborn	Nathan Kohlhase
Ginger Retzer	Carole Tallman
Randy Nabb	Noel Wilson
Denise Woodbury	Johna Abbott

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.

Thank you for investing!

Diane & Joe Owens

Kaare & Rae Elde

Volunteers are the life source of the Senior Center.



**We are always seeking Volunteers,
call to inquire.**



**THANK YOU
FOR YOUR SUPPORT**

COVID-19 Emergency Home Delivery Financial Contributors

Diane & Joe Owens

Kaare & Rae Elde

James & Judy Burge

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 & Rae 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 Sutherland
Bev Dunham	Mary & Warren Huss

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.

BEWARE OF SOCIAL SECURITY PHONE SCAMS

The Social Security Administration and Office of the Inspector General continue to receive reports of scammers impersonating SSA employees over the phone, to request personal information or money.

- Imposters may threaten you and demand immediate payment to avoid arrest or legal action. Do not fall for it!
- SSA employees will NEVER threaten you for information or promise a reward or resolution in exchange for personal information or money.
- Do not use caller ID to verify that the caller is a government employee. Many scam calls “spoof” official government numbers, such as SSA’s National 800 Number, the Social Security Fraud Hotline, local Social Security field offices, SSA press offices, or local police numbers.
- Impostors may use legitimate names and phone numbers of SSA employees.
- If the caller demands sensitive personal information, payment via gift card or pre-paid debit card or wire transfer, it is a scam.
- If the caller makes threats when you do not comply with their request, it is a scam.

If you receive a suspicious call:

1. Hang up!
2. Do not give them money or personal information.
3. Report the scam at [_OIG.SSA.GOV/REPORT](https://www.oig.ssa.gov/report)

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

Seward Space Savers

Contact Kristin Rouse

Personal Organizing Assistance

907-599-0506

alignedent.llc@gmail.com

Notice!

**Adrienne’s Courier Service
Is no longer doing shopping
and delivery service for Seniors.**



March is National Nutrition Month

Senior Food Box

March 18, 2021

If you are a CSFP food box client, your box will be delivered from 11:30 – 1:30 pm or curbside pickup from 12pm - 1:00 pm, on the 3rd Thursday of each month.



PORTAGE INC
TRANSPORT

Free Community Breakfast at the American Legion Post 5

Sunday, March 21st, 2021

From 9 – 11am

for 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

Seward Food Bank

Thursday's

3 – 6 pm

5th & Adams St.

(Behind library)

Alley entrance

Turkey Biscuit Stew

- 1/3 cup chopped onion.
- 1/4 cup butter, cubed.
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (10-1/2 ounces) condensed Chicken broth, undiluted.
- 3/4 cup 2% milk
- 2 cups cubed cooked turkey.
- 1 cup cooked peas
- 1 cup cooked whole baby carrots.
- 1 tube (16.3 ounces) large, refrigerated buttermilk biscuits.

In a 10 in. ovenproof skillet, sauté onion in butter, until tender. Stir in flour, salt, pepper until blended.

Gradually add broth & milk. Bring to a boil. Cook and stir until thickened & bubbly, about 2 minutes. Add Turkey, peas, carrots, heat through. Separate biscuits & arrange over the stew.

Bake at 375, until biscuits are golden brown, 20 -25 minutes.

COVID-19 emergency 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. 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:



Thriving over 60 and beyond!

- Stick to healthy fats.
- Drink water and stay hydrated!
- Remember that Calcium is critical.
- Shop for B12 & Vitamin D.
- Be active, even if it is for less than 30 minutes a day!

Why you should get the Covid-19 vaccine.

1) Its rapid development does not mean it is less safe

Vaccine development often takes a long time, but this is not the case for the Covid-19 vaccination. This is because it was not hindered by the typical issue's vaccine development encounters; the first being little commercial interest for them and thus less funding, and the second being that trial participants and infections are hard to come by.

There was no shortage of money, trial participants or infections for COVID-19 vaccines, but we have also been lucky and the vaccines work.

The current COVID-19 vaccines have been tested in more patients than most previously approved vaccines. Though experience with the current COVID-19 vaccines only covers about six months, the method of the Oxford/ AstraZeneca vaccine has been found safe in clinical trials for more than ten years and mRNA vaccines such as the BioNTech/ Pfizer and Moderna vaccines for more than three years. Hence, the vaccines are as safe as they can be, having been tested in more patients than would normally be possible.

2) The vaccines cannot cause COVID-19 because they do not contain the coronavirus

The vaccines do not contain the complete virus and are not infectious, so they simply cannot cause COVID-19. In patients with immune defects or a weakened immune system, they may be less effective, but will still be safe.

3) The vaccines do not interact with DNA

None of the vaccines interacts with our DNA. Hence, a manipulation of DNA is technically impossible.

4) Most side effects are caused by the desired immune response

Most of the reported side effects to the vaccine in trials are caused by the immune system response. Many infectious disease symptoms are caused by the immune system, not pathogens. This is why it is often difficult to tell apart infectious diseases because they cause overlapping symptoms (e.g., runny nose, sinus congestion, cough, body aches). Such post-vaccination symptoms do not indicate a disease but the immune response that will eventually provide protection.

5) Most alleged side effects are probably not caused by vaccines

Unfortunately, people get sick all the time, also independently of COVID-19. Given the size of the COVID-19 vaccination program, it is inevitable that some people will develop health conditions shortly after vaccination, the causes of which have nothing to do with the vaccine.

6) The 'natural' infection may kill you, instead of providing better immune protection

Though we do not know what level of protection is provided by a natural COVID-19 infection, we do know that the vaccines are very effective and protect 9/10 individuals.

Since the disease and their vaccines are still very new, we cannot know how long immune protection, either after natural infection or vaccination, may last. The vaccines may provide more effective protection than natural disease, particularly for very mild or asymptomatic COVID-19. Even if natural infection provided better protection than vaccines, it is still dangerous. In simple contrast to a vaccine, COVID-19 can kill you.

7) You protect yourself and others

This is not only about you. Many in our society have conditions preventing them from developing an effective immune response to vaccination, which makes them highly vulnerable to COVID-19. We do not know the extent to which the COVID-19 vaccines will prevent individuals from being able to transmit the virus. However, since they protect individuals from disease, we can be reasonably sure they reduce the likelihood of disease transmission. Therefore, you will protect others by getting the vaccine.

8) Be realistic on the level of safety expected from a vaccine and the danger Covid-19 poses

Some people expect vaccines to be 100% safe, which is unrealistic. If we put the same restrictions on our lunch, removing food that was not 100% safe, we would remove all food from our diets. You must consider the vaccine in the context of the disease. COVID-19 has already killed one in a 1,000 UK people. Without a vaccine, eventually we all will become infected, probably more than once. No serious side-effects have been found in the tens of thousands of people that have received the COVID-19 vaccines. Therefore, the COVID-19 world is a safer place with a vaccine than without.

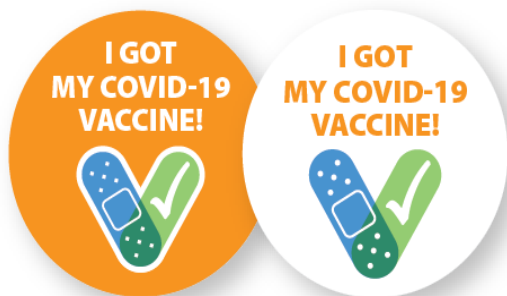
9) The more people getting vaccinated means the greater a success it will be

Vaccinations show to have a greater effect on a population if the majority of people have undergone it. The more people do not have the vaccine, the more flare-ups of the disease there will be over time.

10) Lastly, if still debating, be as critical with both arguments against and in favor and you'll see the evidence is clear

Still not convinced? Then do your own research but do so in an objective and unbiased way. You will find the scientific evidence in support of the vaccine is overwhelming. If this still does not convince you that a vaccine is the right choice, ask yourself what would change your mind? If the answer is nothing, it probably means that you reject the vaccines for ideological rather than rational reasons.

Vaccines will not resolve all our COVID-19 problems, but they will enable us to progress to a new normal without the current strict restrictions in 2021. Talk to your medical provider today.



GOT VACCINATED?

**Vaccines for 50 and older.
Call 224-2273**



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



**Emergency Medical Flight
Insurance**

Peace of mind & savings on
air medical transports.

888-457-1711

www.guardianflight.com

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



Sponsor 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

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.**

Need free laundry vouchers? Available at the center.

March



Monday	Tuesday	Wednesday	Thursday	Friday
1 Ratatouille Marinara w/ spaghetti SAIL 9:30-10:30 am TCA 6:30 -7:30 pm	2 Shephard's pie SAIL 9:30-10:30 am	3 Grilled turkey sandwich SAIL 9:30-10:30 am TCH 6:30 -7:30 pm	4 Seafood w/ Dijon cream sauce SAIL 9:30-10:30 am	5 BBQ pulled pork. SAIL 9:30-10:30 am TCA 6:30 pm -7:30 pm
8 Grilled brat w/ peppers & onions SAIL 9:30-10:30 am TCA 6:30 -7:30 pm	9 Tofu curry SAIL 9:30-10:30 am	10 Seafood stir-fry SAIL 9:30-10:30 am TCH 6:30 -7:30 pm	11 Beef stroganoff SAIL 9:30-10:30 am	12 Chicken A La king SAIL 9:30-10:30 am TCA 6:30 -7:30 pm
15 Open face roast beef sandwich SAIL 9:30-10:30 am TCA 6:30 -7:30 pm	16 Seared Pork chops SAIL 9:30-10:30 am	17  Tuna Melt SAIL 9:30-10:30 am TCH 6:30 -7:30 pm	18 Vegetable alfredo Board meeting 1:00 pm CSFP Delivery 11:30-1:30PM CSFP p/u 12:00- 1:00pm SAIL 9:30-10:30 am	19 Chicken Cacciatore SAIL 9:30-10:30 am TCA 6:30 -7:30 pm
22 Grilled ham & cheese sandwich SAIL 9:30-10:30 am TCA 6:30 -7:30 pm	23 Hawaiian chicken tenders SAIL 9:30-10:30 am	24 Roasted pork loin SAIL 9:30-10:30 am TCH 6:30 -7:30 pm	25 Bean & cheese enchiladas SAIL 9:30-10:30 am	26 Swedish meatballs SAIL 9:30-10:30 am TCA 6:30 -7:30 pm
29 Closed SAIL 9:30-10:30 am TCA 6:30 -7:30 pm 	30 Baked penne & Italian sausage SAIL 9:30-10:30 am	31 Chicken quesadilla SAIL 9:30-10:30 am TCH 6:30 -7:30 pm	Menu subject to change	Free will donation meals available Monday -Thursday call the center to sign up! 224-5604

Health & Fitness

Tai Chi for Health

Lead by certified instructor.
Stephanie Kaiser, RN

Wednesday's
6:30 -7:30 pm

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

<https://us02web.zoom.us/j/81641495765?pwd=Q1hiRnpuV3RNeVhMNERaVU1LbXVHQTO9>

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

Tai Chi for Arthritis & Falls Prevention

Lead by certified instructor.
Mary Ann Benoit

Monday & Friday's
6:30 -7:30 pm

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

[Tinyurl.com/z0m3ujg](https://www.tinyurl.com/z0m3ujg)

Wear comfortable clothes & shoes.
Tai Chi Studies have found that slow, graceful exercise, can improve balance, reduce stress, and offer arthritis pain relief.

STAY ACTIVE & INDEPENDENT FOR LIFE *Strength, balance, & fitness class for adults 60+* **Taught by Rachel Dow**

Classes start March 15th, 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.

Falling in love with Exercise

Improve your perception of exercise.

Don't see it as just something you should do, but as something you want to do. Tailor your exercise routine, so it becomes something you actually look forward to doing.

Do activities you enjoy!

Be true to yourself. Look for activities that suit your personality. Try something new, see what is available in your area and try a new activity.

Check out the variety of zoom activities and explore. Channel your inner child, think about activities you enjoyed as a child and try them again.

Choose your sweet spot, choose activities that get you outside, such as walking, hiking or exercise indoors with zoom activities. Mix it up, find a few things you like and mix it up! Add a soundtrack, listening to music helps the time pass and keeps your pace up or try listening to audio books while you walk or working out.

Stay motivated, so that you keep up your new habits.

Remind yourself what you like about exercising and how it makes you feel after your workout. Share your progress online: share your progress and get positive feedback from friends.

Reward yourself, treat yourself for hitting your goals. Think of rewards that support your efforts.

Technology Hour

Need help with your new smart device? Your own computer/smart phone assistant to help you with the simple stuff?

Wednesdays
March 10th & March 24th at 4pm

Go online www.zoom.com/join.
Enter Meeting ID: 896 6908 8912
Enter Passcode: 599636

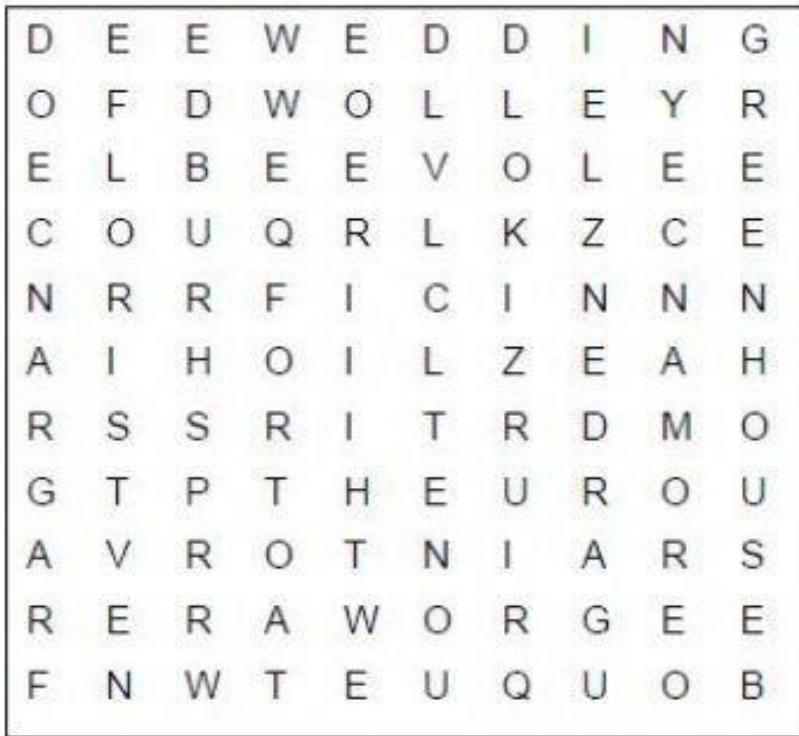
Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

– Henry Ford

Brain Games

Test your memory, boost your mental powers with games, puzzles, drills.

Thursday, March 18th at 11:00 am.
Go Online www.zoom.us/join
Enter Meeting ID: 849 4165 3235
Enter Password: 925220



arrange
beautiful
bouquet
clippers
cultivate
deliver
dozen
fertilizer
florist
flower

fragrance
garden
gift
greenhouse
grow
leaf
love
pink
plant
prickly

prune
rain
red
romance
rose
scent
shrub
soil
stem
sun

supplier
surprise
thorn
vase
water
weather
wedding
weed
white
yellow

March Trivia – (Answers on page 12)

Geography: What river flows through the Grand Canyon?

Music: Who sang the pop hit "Schools Out"?

Animal Kingdom: What is a group of ants called?

Math: What is the name of an angle that is more than 90 degrees but less than 180 degrees?

History: Which country gave the Statue of Liberty to the United States?

Inventions: Who invented the Mercury thermometer?

Chemistry: What element does the Br symbol stand for?

Ancient World: Which key figure in the Trojan War was described in literature as having "the face that launched a thousand ships"?

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.

Pg. 11 March Trivia answer key
1. Colorado, 2. Alice Cooper,
3. Colony, 4. Obtuse, 5. France
6. Gabriel Fahrenheit,
7. Bromine, 8. Helen of Troy



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

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 COVID-19 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