

RESURRECTION TIDINGS



MAY 2021

SEWARD SENIOR CENTER

In 1963 when I just turned one, President John F. Kennedy and members of the National Council of Senior Citizens met to address the growing concerns of America's 17 million individuals ages 65 and older. At the time, one-third of all seniors lived in poverty with few social programs available to help support them. To raise awareness of the problems facing seniors and to honor them, President Kennedy proclaimed May as Senior Citizens Month. Two years later, in 1965, President Lyndon B. Johnson passed the Older Americans Act of 1965 and formally declared May as Older Americans Month. But the act did much more than raise awareness or encourage community involvement – it did both of these things well. Johnson took Kennedy's proclamation and intentions a step further by taking action that resulted in positive change, financial assistance and federal support for older Americans.

The Older Americans Act:

- established the Administration on Aging Agency, the first federal agency designed to address the struggles of older Americans.
- introduced nutrition programs, transportation assistance, federally funded adult day care, legal assistance and other services for seniors.
- paved the way to passing the Medicare program to offer health care to seniors.

Fast forward 56 years, nine US presidents, two generations, and 40 million individuals ages, 65 and older, President Kennedy's vision has stood the test of time, as more senior citizens became reliant on nutritional services as we face an international pandemic together. Across Seward, as far north to Moose Pass, the Older Americans Act was the necessary foundation for the Seward Senior Center to respond to the immediate needs of our senior community. Thank your federally elected officials today, as a way of paying it forward. They deserve the positive recognition for the reauthorization of the Older Americans Act in 2020.

And as always, thank those that serve you. *Dana*

NEW OPEN HOURS

MONDAY – FRIDAY

9:00AM TO 4:00PM

For those who pick up meals, enjoy your meal with a view in the dining room, Noon to 1pm.

For many who receive home delivery, please consider picking up meals at the center now.

A variety of afternoon activities are now available:

Pinocle; puzzle; whale watching; pastels; String band; rock painting and more. See more details in the following pages.

“Masks required in the building.”

Older American Month

Stop by anytime for a lemon muffin and coffee to celebrate you!

Wednesday, May 12th, 9:00-4:00pm

“When life gives you lemons, make lemon muffins!”



COMMUNITIES OF STRENGTH: MAY 2021

Giving is not about making a donation, it's about making a difference. – Kathy Calvin

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 in senior services!

Bob Hunt and Alice Chen

Nicole Lawrence

James and 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	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	Bev Dunham
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
Mary & Warren Huss	Bill Alloway
Margaret Anderson	Jamie Atherton
Jean Cripps	Peggy Jackson

Nicole Lawrence

Colleen Kelly & Mark Kansteiner

Sharon & Mark Ganser

Jackie & Keith Campbell

Dana & Dave Paperman

COVID-19 EMERGENCY HOME DELIVERY FINANCIAL CONTRIBUTORS

Jean Cripps

Charlene Almquist

Thank you for supporting nutritional service!

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: _____

“It’s [old age] not a surprise, we knew it was coming – make the most of it. So, you may not be as fast on your feet, and the image in your mirror may be a little disappointing, but if you are still functioning and not in pain, gratitude should be the name of the game.” – Betty White



Bonnie Brown
River Sheldon
Brad Snowden
Warren Huss
Mick Sela
Dana Abdalla
Arne Hatch
Toni Lee
Kate Glaser
Mike Little
Freda DiPiero

Kate Glaser
Mike Little
Gayle McCormick
Sig Novak-Stoltz
Nell Watsjold
Maureen Callahan
Robyn Audette
Bill Merritt
Michael Hibbett
Diane Hunt
Sharon Ganser

May Facts

May birth flowers are lily of the valley, symbolizes traits of humility, chastity, sweetness, purity and luck in love.

May birthstone is emerald, which represents springtime and rebirth.

May is a special time for Star Wars fans worldwide, May 4th is celebrated as Star Wars day, due to the way the date sounds similar to “May the Force”.

May has some great month-long observances. In the US, May is National Burger Month, Older Americans Month, and National Military Appreciation Month.

In Loving Memory of

JOE OWENS



Karen Chase
Kim Gaines
Terry Estes
Carole Tallman
Ginger Retzer
Mark Luttrell
Jonah Abbott
Denise Woodbury
Sharon Ganser
Ralph Deatherage
Lori Landstrom

Duane Chase
Pang Webber
Hillary Bean
Kristin Rouse
Mary Huss
Nathan Kohlhase
Randy Nabb
Fawn Hughes
Dan Armstrong
Rhonda Bohart

David (Ozzie) Osborn
Nicole Lawrence

VOLUNTEERS NEEDED!

“One hour of your day, is a positive impact in senior service.”

**Have you been vaccinated?
If so, we could use you as a
frontline volunteer in food
service and delivery.**

**Call 224-5604 and speak with
Carrie, Volunteer Coordinator.**

Senior Center Staff

Dana Paperman – Executive Director
Email: ssc@seward.net
Carrie Given – Administrative Assistant &
Volunteer Coordinator
Email: seniors@seward.net
Robert Rich – Executive Chef
VACANT– Kitchen Assistant
VACANT– Transportation

OPEN

Monday – Friday 9:00am -4:00pm

907-224-5604

336 Third Avenue

PO Box 1195

Seward, AK 99664

www.sewardsenior.org

Website accepts credit card donations too.

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

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.



At the senior center, we speak Social Security & Medicare

Call for an Appointment.

Masks required. Stay home if sick. Space between others.

Staff from the Independent Living Center HERE

Wednesday, May 5, 2021

From 11:30am – 1:00 pm

**Are you or a family member in need of information on
or assistance with:**

- Disability or age-related issues?
- Long term care options and resources to live safely in your own home?
- Caring for aging parents or a family member with a disability?
- Home accessibility or safety modifications?
- Assistive technology options for hearing or vision loss?

**Please contact Natalie Merrick at
907-262-6326**

**to answer your questions or stop in for one on one or a
round table discussion.**

American RedCross

**We're offering free home fire safety
information and smoke alarm installations,
when it's safe to do so.**

Sign up by May 8, 2021

Get a free smoke detector installed!

Seward and Moose Pass

May 8, 2021

Call 907-224-3445

Or sign up at

<https://www.redcross.org/local/alaska/about-us/our-work/home-fire-campaign.html>



Thank
You

Lynn Hohl & Alaska Railroad Corporation, for the great winter partnership to create a Senior Walking group.

Older Americans month

Nurturing ourselves, reinforce our strength, & continue to thrive. Connecting with others, finding joy in small things & sharing our stories, to looking at the big picture & giving to others. Promoting ways that we are connected and strong.



Gift shop

Affordable handmade cards, jewelry, local authors and more. Support Senior Services!



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.**

Like our new ride?

Coming this summer!



May 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 May 1 -31st, 2021

Sponsored by the Seward Senior Center and the Seward Prevention Coalition

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 May 1-31st, 2021

Sponsored by the Seward Senior Center and the Seward Prevention Coalition

NUTRITION

CSFP FOOD BOX

Thursday, May 20, 2021

(3rd Thursday)

Delivery provided by HERTZ

SSC curbside pick-up
12:00 – 1:00 pm

Check in with the office.



Seward Food Bank

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

Free Community Breakfast

American Legion Post 5

Sunday, May 16, From 9 – 11 am
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

The center offers 5 nutritious meals per week, Monday to Friday.

Meal delivery 11:30am – 1:15 pm

Meal pick-up, 3rd Floor 11:45am – 1:00 pm

To be eligible for home delivery:

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

If you have transportation, please think about transitioning to meal pick up at the center, Noon to 1:00pm and enjoy lunch here.

Thank you!

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.

Homemade Apple Butter

- 4 pds of asstd. Apples peeled & chopped
- 2 cups apple cider
- 1 cup packed light brown sugar
- ½ tsp. Kosher salt
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

Pinch of ground cloves

Preheat the oven to 250 degrees

Combine the apples, apple cider, brown sugar & ½ tsp. of salt.

Large ovenproof pot or Dutch oven over medium heat.

Bring to a simmer, partially cover & cook until apples are soft. 20 mins.

Remove from heat, and stir in lemon juice, cinnamon, vanilla & cloves.

Puree the mixture in a blender in batches, until smooth. Return the mixture back to the pot and bake, uncovered, stirring every 30 mins, until thickened & a amber color.

Seward Community Health Center & Providence

@ SCHC, 417 First Ave. Seward, Ak., 8 – 12 pm

Blood work/Labs on Demand
Prescription drug take back
Take-home drug deactivation kits, NARCAN training & kits
Smoking cessation kits
Fire extinguisher training/demo.
Snacks & giveaways & more!



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/shrWtedHqbcpsLn5z>

www.sewardpreventioncoalition.org

Did you know you could apply for Medicaid or public asst., food stamps, heating asst.

Frances Azzad-Smith
Outreach & Enrollment
Coordinator

Seward Community Health Center
417 First Ave
Main: (907) 224-2273

DART

Seward Disability Abuse Response Team: 907-362-1843

You or someone you know has a disability & is being abused?

Prism Optical

Need eyeglasses?

They take

Medicaid!

907-444-4182

Need Medical alert?

Senior Safety

1-888-473-2800

Medical Guardian

1-855-281-7619

Life Alert 

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>



Alaska 211

Dial 2-1-1

1-800-478-2221



Seaview is here to help.

Call 224-5257

8am-5pm

Crisis Line:

224-3027

(for 24/7 support)



Aging & Disability Resource Center

1-855-565-2017

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

www.peninsulailc.org



Seward Area Hospice

Call 224-3051

Tues-Friday 10-2pm

Providing compassionate end of life care.



The CENTER Is now offering Passport photos

2 photos for \$25.00, call for an appointment.

Alaska Legal Services

Provides FREE legal assistance to seniors and low-income families.

Toll Free: 1-855-395-0352

<https://www.alsc-law.org>



Half -Priced

Taxi Vouchers available at Independent Living Center.

Call 224-8711

To access taxi vouchers.

An advocate is available to assist you.

Tuesday -Friday

10:00 am to 3:00 pm

ILC is closed to the public.

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
Discussion on writing techniques and sharing creative work.

For more information and the Zoom link email at seanulman@gmail.com



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Hot Roast Beef Sandwich</p> <p>Tai Chi 9:30am SAIL 9:30-10:30 am Art Pastels – 1:00pm</p>	<p>4 Cheese Lasagna</p> <p>SAIL 9:30-10:30 am Quilting @ 1:00pm</p>	<p>5 Chicken Enchiladas</p> <p>Tai Chi 9:30 SAIL 9:30-10:30 am Seward Strings @ 1:00pm</p>	<p>6 BBQ Pork</p> <p>SAIL 9:30-10:30 am Rock Painting @ 1pm</p>	<p>7 Pepper Steak</p> <p>Tai Chi 9:30am SAIL 9:30-10:30 am</p>
<p>10 Turkey Sandwich</p> <p>Tai Chi 9:30am SAIL 9:30-10:30 am Art Pastels – 1:00pm</p>	<p>11 Shepard Pie</p> <p>SAIL 9:30-10:30 am Quilting @ 1:00pm</p>	<p>12 Cheesy Mac</p> <p>Tai Chi 9:30 SAIL 9:30-10:30 am Seward Strings @ 1:00pm</p>	<p>13 Seared Salmon</p> <p>SAIL 9:30-10:30 am Rock Painting @ 1pm</p>	<p>14 Rosemary Chicken</p> <p>Tai Chi 9:30am SAIL 9:30-10:30 am</p>
<p>17 Roast Beef sandwich</p> <p>Tai Chi 9:30am SAIL 9:30-10:30 am Art Pastels – 1:00pm</p>	<p>18 Vegetarian Thai Curry</p> <p>SAIL 9:30-10:30 am Quilting @ 1:00pm</p>	<p>19 Tuna Melt</p> <p>Tai Chi 9:30 SAIL 9:30-10:30 am Seward Strings @ 1:00pm</p>	<p>20 Swedish Meatballs</p> <p>SAIL 9:30-10:30 am Rock Painting @ 1pm CSFP PICK UP and Delivery 12:00 – 1:00 PM</p>	<p>21 Chef Salad</p> <p>Tai Chi 9:30am SAIL 9:30-10:30 am</p>
<p>24 Ham & Cheese Sandwich</p> <p>Tai Chi 9:30am SAIL 9:30-10:30 am Art Pastels – 1:00pm</p>	<p>25 Chicken Stir Fry</p> <p>SAIL 9:30-10:30 am Quilting @ 1:00pm</p>	<p>26 Vegetable Alfredo</p> <p>Tai Chi 9:30 SAIL 9:30-10:30 am Seward Strings @ 1:00pm</p>	<p>27 Roasted Pork Loin</p> <p>SAIL 9:30-10:30 am Rock Painting @ 1pm Board meeting 1pm</p>	<p>28 Cobb Salad</p> <p>Tai Chi 9:30am SAIL 9:30-10:30 am</p>
<p>31 CLOSED Happy Memorial Day!</p> <p>American Legion Memorial Day ceremony, at the Legion Cemetery at 11 am.</p> <p>Followed by a Luncheon at the post following, at 12 pm.</p>		<p>It's better to be brave!</p>		<p>Dining Room is now open for lunch seating.</p>



STAYING HEALTHY & KEEP ACTIVE

STAY ACTIVE & INDEPENDENT FOR LIFE

Strength, balance, & fitness class for adults 60+

Lead by fitness instructor, Rachel Dow

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

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

Pre-registration is required for “in person class or Zoom access.

Maximum 6 person sign up for each class.

Students will be required to have rubber tubing hand weights & internet access for Zoom.

Classes are 6 weeks.

TAI CHI FOR HEALTH

Lead by certified instructor Stephanie Kaiser, RN

Wednesday's from 6:30 to 7:30 pm

Zoom class link:

<https://us02web.zoom.us/j/81641495765?pwd=Q1hiRnpuV3RNeVhMNERaVU1LbXVHQT09>

Wear comfortable clothes & shoes.

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

Sponsored by Seward Community Health Clinic

TAI CHI FOR ARTHRITIS & FALLS PREVENTION

Lead by Certified Instructor, Mary Ann Benoit

Will resume at the center, Beginning May 3, 2021

Mon/Wed/Friday, 9:30 to 10:30 am

Classroom is limited to six students.

Pre-registration is required “in person” class.

Or Zoom link:

<https://zoom.us/j/96673989254?pwd=N0Y1dFRROW1Cdlo0ZnVZYUUREHJVUT09>

Meeting ID: 966 7398 9254

SEWARD STRINGS

**Wednesday's
1:00 – 3:30 pm**

We offer the musician a music book and friendly masked faces.

Come play with us and beginners welcome.



“A great rock is not disturbed by the wind.”

George Eliot

ROCK PAINTING

Self-led rock painting at the center.
“Learn the art of micro-painting.”
THURSDAY'S 1:00PM



ART PASTELS FOR BEGINNERS

With Barbara Gerlach
MAY 3RD – MAY 24TH
MONDAY'S from 1:00 – 3:30 pm
Maximum of 8 students
Classroom fee: \$10

PINOCHLE & FARKEL

MONDAY'S 1PM



QUILTING

The quilt rack is now set up and ready for a quilt, including great threads of conversation.

Tuesdays at 1:00 pm

Seeking a quilt top. Call Dana for details.

“The difference between a strong person and a weak one is that the former does not give up after a defeat.”

Woodrow Wilson

ZOOM 101 WORKSHOP

Learn to Zoom with Family & Friends

Tuesday's at 1:00 pm

Join Zoom Meeting

<https://zoom.us/j/95657360822>

Meeting ID: 956 5736 0822

Call 224-5604 to register for a class.

MEMORIAL DAY Word Search

MAY 31st 



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|---------------|-------------|---------------|---------------|
| 1. Veterans | 5. Flowers | 9. Remember | 13. Ceremony |
| 2. Decoration | 6. Memorial | 10. May | 14. Sacrifice |
| 3. Day | 7. Service | 11. Americans | 15. Heroes |
| 4. Flags | 8. Honor | 12. Holiday | 16. Freedom |

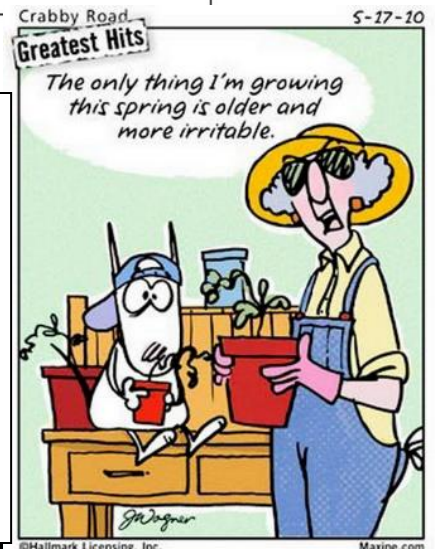
Always laugh when you can. It is cheap medicine. – Lord Byron

When you are 20 and you drop something, you pick it up. When you are 80 and you drop something, you decide you do not need it anymore.

The good thing about having a bad memory is that jokes can be funny more than once.

One of the shortest wills ever written: "Being of sound mind, I spent all the money."

After my 91-year-old mother finished having her hair cut and shaped, the stylist announced, "There, now you look ten years younger." My Mother, un-impressed, replied, "Who wants to look 81 years old?"



GETTING TO YOUR AIRPLANE

As air travel slowly returns, here is a step-by-step guide to boarding, 2021 style.

1. Booking your trip

Research whether you will have to provide proof of a negative COVID-19 test prior to arrival at your destination. Go to covid19.state.gov, then click on Country Specific Information.

2. Checking in from home

Print your boarding pass at home or download it to your smartphone, to avoid touching airport kiosks.

3. Setting a schedule

Leave extra time for coronavirus safety procedures and screenings at the airport. Allow a minimum of two hours for a domestic flight, and plan for three hours if you are going on an international trip.

4. Riding to the airport

If you can take a taxi or a ride booking service such as Uber or Lyft- so you will not have to use the multi- passenger shuttle bus from the parking lot to the terminal.

5. Entering the terminal

Put on your mask. Passengers are required to wear one except when eating or drinking.

6. Reaching the line

Scan your own boarding pass at security checkpoints and show it to the TSA officer for visual inspection, instead of handing it over. Place personal items in your carry – on bag, rather than in a plastic bin.

7. Making it through security

Remove food from carry-ons and put it into a separate plastic bin for screening. Liquid restrictions have been eased for hand sanitizer (You can bring up to 12 ounces); remove it from your bag for separate screening.

8. Boarding the plane

Show your proof of a negative COVID-19 test, if needed.

9. Taking your seat

Sanitize the tray table and armrests.

By Veronica Stoddart
AARP The Magazine

Social Security

Anchorage office: 1-866-772-3081
National: 1-800-772-1213



Alaska Medicare

1-800-478-6065



Senior Center staff speak Medicare & Social Security too!

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



Donate!

Want to help us sustain the Nutrition program? Think about donating to the meal program the next time you see a driver or drop a check in the mail. Every dollar donated is dedicated to the Nutrition program and every penny helps.

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

Shop on Amazon?

Amazon will **donate 0.5%** of your eligible purchases. Link your Amazon account to *Amazon Smile* and designate **Seward Senior Center** to receive donations whenever you shop online:



<http://smile.amazon.com/>

Shop at Fred Meyers?

Help us achieve our \$25 donation, we are only \$1.81 away!

LINK your Fred Meyer Rewards Card to Seward Senior Center and earn donations for us when you shop!

www.fredmeyer.com/account/dashboard



FREE!

Face masks & hand sanitizer



UNLEASH THE POWER OF AGE