



Vol. 4

April 2026

CHUGIAK SENIOR CITIZENS

SENIOR EDITION

MISSION STATEMENT

The Chugiak Senior Center exists to provide quality services and facilities to meet the needs of seniors in our community through effective stewardship and program development.

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Community Announcement

Hello Friends!

What a blessing it is that we have made it to April. The sun is shining and staying up a bit longer day by day.

It is no secret; the start to this year has been heavy and full of many emotions. In moments like these, it is hard to cling to goodness when grief and anger seem to be the only constants. In these times, I want to encourage you all to remember that you lack nothing as long as you have breath in your lungs. In the midst of chaos, understand that each day you are made anew, with another chance at experiencing the goodness of this life we are blessed to live.

We truly never know when there won't be a tomorrow, so my hope for you is to cling to what is good and true, and to live with a heart full of gratitude and hope. Praise even the little moments, for those are what truly make the heart and spirit feel alive.

As always, you know where to find me. I am always here to talk. Get outside and soak up this beautiful sunshine! I am happy you're here, and I cannot wait to see you around.

With much love, MaKayla

CONTACT INFORMATION

MANAGEMENT TEAM & DEPARTMENTS

Executive Director: Amy Demboski
amy@chugiakseniors.com

Finance Director: Lindsey Causer
907-688-2678 | lindsey@chugiakseniors.com

Food Service Director: Cat Kenney
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Housing Manager: Laurie Moffitt
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Outreach Nurse: Lorna Mills, RN
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Transportation Supervisor: Andy Gray
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Activities and Public Relations: Makayla Collins
Activities - Human Resources - Newsletter - Room Rentals - Volunteers
907-688-2683 | makayla@chugiakseniors.com

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ALP Administrator - Shelia Briggs
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Adult Day Services
907-688-2691 | sharon@chugiakseniors.com

BOARD OF DIRECTORS

President Bob Wilkinson
Vice President Rick Oatman
Secretary Ruth McClain
Treasurer Ken McCarty

Members-at-Large

Andrew Fierro
Kathryn Railing
Sue Holliday

Contact:

board@chugiakseniors.com



UPCOMING EVENTS

APRIL 1ST | Resident Meeting @ 3:00pm

Come find out what the latest news and updates are. You can be as informed as you wish to be, we hope to see you there! Located in the Bill Stoltze Dining Room.

April 1st , 8th , 15th , 22nd , and 29th | Women's Bible Study @ 10:30am

Hosted by one of our own residents. If you wish to dive deeper into the word and enjoy fellowship with the ladies, join us in the Upper Resident Lounge!

April 3rd | Birthday Cake Friday @ 11:30am

Served at lunch in the Bill Stoltze Dining Room, yum!

April 7th | Valley Thrifting @ 10:30am

Shopping, shopping, shopping. Meet in the main lobby, we will be departing @ 10:30am. Don't forget your shopping bags!

April 9th | Fraud Bingo with AARP @ 11:00am

Learn how to protect yourself from online fraud while playing a fun game! We're covering everything from phishing emails to social media scams. Located in the Bill Stoltze Dining Room.

April 13th | Lions Bingo @ 1:30pm

Located in Adult Day Services.

April 15th | Pickling Party @ 2pm

Bring your favorite veggies and we will cover the rest. Pickling is easy and makes for a yummy treat, there is no cost to attend. Located in the Bill Stoltze Dining Room.

UPCOMING EVENTS

April 16th | Waffle Thursday @ 9am

For just \$3 enjoy warm waffles, fresh fruit, hot coffee, and refreshing juice! Located in the Bill Stoltze Dining Room.

April 17th | Volunteer Appreciation Dinner @ 5pm

A dinner hosted by the Senior Center, to share gratitude to our volunteers. You may only attend if you were sent an invite, a plus one is welcome.

April 21st | VFW Bingo @ 1:30pm

Located in Adult Day Services

April 22nd | Nature Walk @ 2pm

Happy Earth Day! Let's celebrate by soaking in some sunshine and appreciating the beauty of the state we live in. We will leave from the main lobby at 2pm. Wear your walking shoes!

April 28th | Book Club Meeting @ 2pm

Our next book is Find the Good by Heather Lende. We already have a great group signed up, but there is plenty of room for more! You can find more information and the sign-up sheet near the coffee shop. We look forward to seeing you in the Upper Resident Lounge

HEALTH FAIR

DATE: MAY, 2ND 2026

TIME: 8:00AM - 12:00PM

PLACE: CHUGIAK SENIOR CENTER

Focusing on a Holistic Approach to Health and Wellness. Wellness vendors will be present and blood testing will be available for a fee. Test descriptions are available on the Alaska Health Fair Website:

<https://alaskahealthfair.org/screenings-and-tests/>

Providence Mobile Mammogram will be available at the Health Fair. To make an appointment, call (907) 212-3151



AARP

TAX SERVICE

Location: Chugiak Senior Center
22424 N Birchwood Loop
Chugiak, AK 99567
In The Classroom Located Upstairs



Dates: February 4, 2026 thru April 15, 2026

Times: Wednesday's 10:00am to 3:00pm
and Saturday's 10:00am to 3:00pm

LAST DAY TO DO TAXES IS APRIL 15

Make an Appointment: Please Call 211 – listen to the message and leave your name and phone number with this service. Some one from AARP Tax Service will call you back to schedule an appointment.

MEMORY CAFE

When: April 10, 2026
Second Friday of each month

Time: 10:00-11:00 am

Where: Our Redeemer
Lutheran Church
18444 Old Glenn Hwy, Chugiak

For more information, contact:
Our Redeemer Lutheran Church
(907) 688-2157

Email: lauren@orlc-ak.org



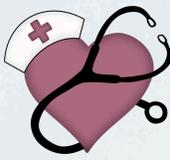
BILL STOLTZE CAFE

APRIL 2026

Congregate Lunch: 11:30am to 1:00pm, Monday through Friday.

MON	TUES	WED	THUR	FRI
		1 Game Day Bowl Chicken Strips Mashed Potatoes & Gravy Corn Biscuit 	2 Shepards Pie w/ Peas & Carrots Vegetable WW Roll	3 Fried Catfish Hush Puppies Coleslaw OR Grilled Chicken Breast
6 Honey Glazed Ham OR Lemon Herb Chicken Heavenly Hashbrowns Green Beans Almon dine Garden Salad & Roll 	7 Taco Tuesday Hard or Soft Shell Black Beans w/ Feta Fixings Bar	8 Spaghetti & Meat Sauce Vegetable WW Roll	9 Chicken Fried Steak Mashed Potatoes & Gravy Peas	10 Tuna Noodle Casserole Carrots Garden Salad
13 Beef Stew w/ Roasted Potatoes & Carrots Biscuit	14 Grilled Pork Chops Herb Seasoned Stuffing Vegetable WW Roll	15 Burger Or Veggie Burger on WW Bun Potatoe Wedges Apple Cris Fixings bar 	16 Ham Steaks Scalloped Potatoes Asparagus	17 Swedish Meatballs Zuchinni & Squash Garden Salad
20 Turkey Slice Mashed Potatoes & Gravy Vegetable Roll	21 Chicken Bacon Ranch Wrap 3 Bean Salad AC's Soup 	22 Meat Lasagna or Veggie Lasagna Steamed Broccoli Bread Stick	23 Chef Salads w/ Turkey, Ham, Roast Beef, Swiss Cheese & Egg slice AC Soup	24 Fish Sandwich on WW Bun French Fries Cucumber Salad Tarter Sauce & Cheese
27 Hot Ham & Cheese Sandwich French Fries or Tater Tots Potato Salad	28 Chicken, Rice & Broccoli Casserole Vegetable WW Roll	29 BBQ Ribs Baked Beans Coleslaw Cornbread	30 Open Faced Hot Roast Beef Sandwich Mashed Potatoes & Gravy Vegetable	

This Menu Is Subject To Change



Understanding Medicare Wellness Visits

A one-time appointment is available within the first 12 months of enrolling in Medicare Part B. It serves as an introduction to Medicare's preventive services and includes:

- **Review of Medical and Family History:** Discuss your health history to identify potential risk factors.
- **Baseline Measurements:** Record vital statistics such as height, weight, blood pressure, and body mass index (BMI).
- **Preventive Services Counseling:** Guidance on screenings, vaccinations, and other preventive measures appropriate for you.
- **Advance Care Planning:** Voluntary discussion about future care preferences and planning.

After your first year with Medicare Part B, you're eligible for an Annual Wellness Visit once every 12 months. This visit focuses on creating or updating a personalized prevention plan and includes:

- **Health Risk Assessment:** A questionnaire to evaluate your health status and risk factors.
- **Routine Measurements:** Updating vital statistics like height, weight, and blood pressure.
- **Review of Medical and Family History:** Updating any changes in your health history.
- **Screening Schedule:** A checklist for appropriate preventive services and screenings.
- **Personalized Health Advice:** Recommendations for health management and preventive measures.
- **Cognitive Assessment:** Evaluation for signs of cognitive impairments.

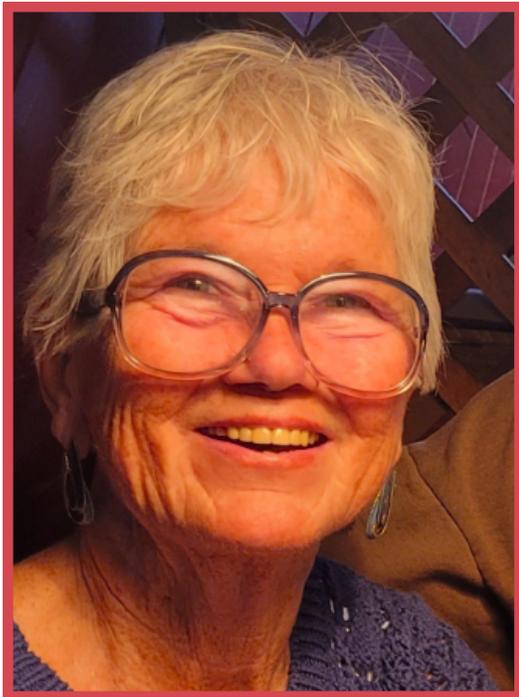
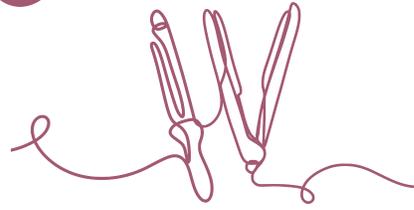
Advanced Care Planning: Optional discussion about future care preferences.

The Difference Between a Physical and a Wellness Visit

A common misconception is that a Medicare Wellness Visit is the same as an annual physical exam. However, there are key differences:

- **Medicare Wellness Visit:** Focuses on preventive care, personalized health planning and assessing potential risks.
- **Physical Exam:** A hands-on examination that includes diagnostic tests, labwork, and evaluation of existing conditions.
- **Medicare does not cover a routine annual physical exam, but it does cover the Annual Wellness Visit. If you require a full physical exam, you may have to pay out-of-pocket unless you have additional coverage.**

Meet Our New Hairstylist



Hello, my name is Linda McLendon. I serve Chugiak Senior Center for haircut services in order to make it convenient for any clients.

I have been a barber since October 1980. I taught at Anchorage Alaska Barber College until October 1989. Alongside serving Chugiak Senior Center, I also serve at Hilda's Barber Shop in Eagle River since October 1989.

I am available for appointments at CERSC on the 1st and 3rd Wednesdays from 11:00 AM to 4:00PM.

Please text or call (907) 529-1273 or use the sign up sheet on the door to make arrangements.

AC'S COMIC CORNER

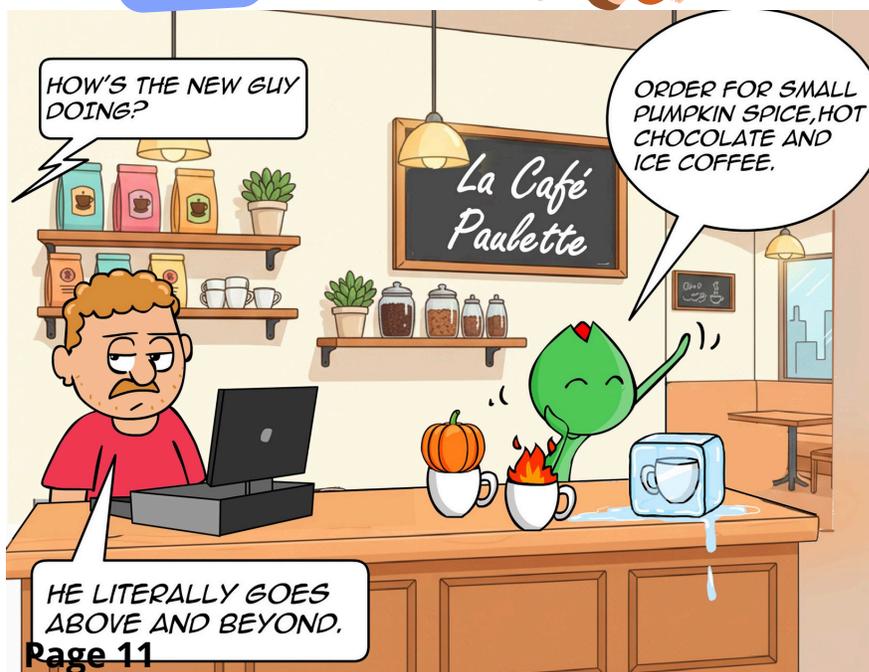


Attorney Eva Knadjinova is a civil attorney with Alaska Legal Services Corporation, and specializes in seniors over the age of 60.



(by appointment only)

For more information or to schedule an appointment, please call 907-688-2674.





JOIN US FOR A

WELCOME

TO SUMMER

BBQ

WHEN: APRIL **DATE:** TBD

LIVE BAND & YARD GAMES

ENTRANCE FEE OF \$20



What Are Your April

GOALS



Learn more about the mission of Chugiak Seniors Citizens Foundation and how to donate!

Scan Here!



GIFT SHOP



COME VISIT US DURING THE COMMUNITY HEALTH FAIR ON MAY 2ND FROM 8AM-12PM!

Happy Mothers Day

LET'S CELEBRATE WITH BRUCNH!

MAY 10TH AT 10:00AM

LOCATED IN THE BILL STOLTZE DINING ROOM



GENERAL ADMISSION. \$30

CHILDREN UNDER 12. \$15

CALL (907) 688-2674 TO RSVP
PURCHASE TICKETS IN THE MAIN OFFICE

You're Invited **MOTHER'S DAY BRUNCH**

Treat the special moms in your life to a beautiful and delicious Mother's Day Brunch at the Chugiak Eagle River Dining Room! Join us for a relaxing morning filled with wonderful food, great company, and a festive atmosphere as we celebrate the amazing mothers in our community.

When: Sunday, May 10, 2026

Where: Chugiak Eagle River Dining Room

Doors Open: 9:30 AM

Service: 10:00 AM – 12:30 PM

Cost: \$30.00 per person

Children under 12: \$15.00

Enjoy a generous spread featuring a fruit and pastry station, a hot food station filled with comforting favorites, and a sparkling champagne fountain to make the celebration extra special. From sweet treats to hearty brunch classics, there will be plenty of delicious comfort food for everyone to enjoy.

Gather your family and friends and come celebrate Mom with a warm, welcoming brunch she'll truly love!

We look forward to celebrating with you! Please contact Margaret in the front office or call 907-688-2694 for ticket details.

I just wanted to say a great big THANK YOU!

To all the folks that participated in our soup sale! AC simply cannot be beat when it comes to making homemade, delicious soups. It was so popular in fact that we have decided to continue with soup sales once every quarter. Which means four times a year you have a chance to stock up on these delicious, one-of-a-kind soups. We will be switching them out to match the seasons and to ensure we are using the freshest ingredients available from our garden. Stay tuned for more information. I am also open to suggestions from the community about what soups you would like to see.

SOUP SALE

Scan Here to Order



Thank you!

Cat Kenney





The Alaska Veterans Museum Oral Histories Project is inviting veterans to share their experiences on video to be preserved as part of Alaska's living history. These recorded oral histories will be cherished by your family and made available for future generations at the museum.
 📷 Your story. Your legacy. For history.

To participate, contact Col Suellyn Wright Novak, USAF (Ret.)
 📞 Call: 907-863-0569

Help us honor your service and ensure your journey is never forgotten.

The Crossing will be holding Sunday services at 3:00pm in the Main Dining Room.



Serving Others.



Contact Us
 (907) 688 - 2625
 ride@chugiak
 seniors.com

ABOUT US

The Chugiak Senior Citizens Center provides a safe and affordable transportation option for seniors aged 60 and over, with wheelchair-accessible vehicles to ensure everyone's mobility needs are met.

Hours: Monday - Friday, 8:00am - 4:00pm
Last Pickup: 3:30pm

Booking: Please schedule at least 48 hours in advance of your appointment.
 To schedule your ride, call us at (907) 688-2626 during office hours
 (Mon-Fri, 7:00 AM - 5:00 PM)

Donations Accepted But Not Required Weekly Shopping Schedule

Round Trip or one way to Eagle River	Monday: Walmart	1pm - 3pm
Round trip or one way to VA/JBER	Tuesday: Fred Meyers.	1pm - 3pm
Round trip or one way to Anchorage	Wednesday: Walmart	1pm - 3pm
Round trip or one way to Mat Su Valley	Thursday: Fred Meyer	1pm - 3pm
	Friday: Carr's	1pm - 3pm
	(Call for Trips to Three Bears)	

**Call for information
 on ADA Fare**



Connecting seniors, people with disabilities, and caregivers with long-term care services and support
 Anchorage: 907-343-7770

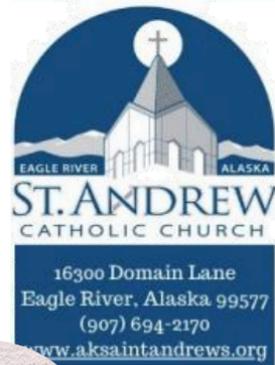


ST. ANDREW CATHOLIC CHURCH

Catholic Mass: Friday May 15, in the Board Room (Second Floor), 3:30pm (confessions at 2:45pm)

Catholics, former Catholics, and non-Catholics are all warmly welcome to attend.

Homebound Catholics who would like to receive Communion may call 907-694-2170.



2026 MILITARY APPRECIATION GALA



FRIDAY, MAY 8TH AT 5:00PM

Join us at the 11th Annual Military Appreciation Gala
A night to honor our heroes

Honoring Active-Duty, Veterans, and Surviving Spouses
Hosted by the Chugiak-Eagle River Senior Center

Ticket Price:

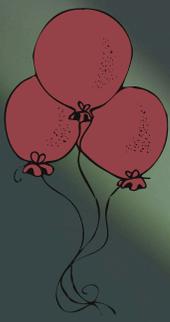
\$30 per ticket, two for \$60, or a table of 8 for \$250

To purchase tickets please call.....**907.688.2674**

To sponsor a table please call.....**907.688.2683**

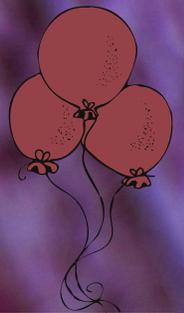
VOLUNTEERS NEEDED

We are currently looking for friendly and caring volunteers to help with special events and our lunch program. If you're interested in making a difference and serving our wonderful community, we would love to have you join our team! Stop by the Main Office to fill out a Volunteer Application Form and learn more.



Happy Birthday

April 2	Kathy Jones	April 18	Bruce Salley
April 2	Suzan Newson	April 18	Richard Lochner
April 3	Blanche Struemke	April 19	Juana Velasco
April 4	Eileen Robinson	April 19	Patricia Chandler
April 4	Norm Sutter	April 20	Jean Karwowski
April 5	Patricia Thibodeau	April 21	Roberta Kolb
April 6	Donna Steinfort	April 23	Paul Butts
April 7	Jean Merrill	April 24	Linda Landers
April 7	Marcy Cresap	April 25	Erich Scheunemann
April 7	Stephen Anderson	April 25	Kevin Hamilton
April 8	Thomas Prunty	April 25	Rita Kosterman
April 9	Betty Linnemann	April 27	Catherine Wood
April 9	Maris Kelly	April 27	Mary Demboski
April 9	Yvonne Lindblom	April 27	Paul Smith
April 11	Patty Friend	April 29	John Kehr Jr.
April 12	Merlene Connor	April 29	Morrison Fisher
April 14	Leonard Kelley	April 30	Andrew Fierro
April 16	Julie Whitmore	April 30	Barbara Allen
April 16	Keith Oistad	April 30	John Lam
April 16	Sandra Quimby	April 30	John Suter
April 17	Anne Craig		
April 17	Bruce Hopper		
April 17	Debbie Campbell		
April 17	Scott Newson		



CSCI GROUP FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Circuit Instructor-led	9:30am - 10:30am Yoga	9:30am Circuit Instructor-led	9:30am - 10:30am Yoga	9:30am Circuit Instructor-led	
9:30am Chair Stretch Self-led					
					10:00am Yoga Instructor-led
		11am Strong Seniors Self-led			



**Chugiak Senior Citizens
22424 N. Birchwood Loop
Chugiak, Alaska 99567**

**Nonprofit Org.
U.S. Postage
PAID
Chugiak, AK
99567
Permit No. 9**

Serving Seniors from Hiland to Eklutna

Chugiak Senior Citizens, Inc.



Chugiak Senior Citizens, Inc. has been serving seniors residing from Hiland to Eklutna for 50 years, expanding the facility, programs and services along the way.

The operation of CSCI and its programs & services are partially funded with grants, provided by the Alaska Division of Senior & Disabilities Services (DSDS), SOA Department of Transportation, and the Municipality of Anchorage. Other funding sources include corporate and individual donations.

The Senior Edition is a monthly publication, produced in part with funds from membership dues & donations. Newsletter Team: Makayla Collins (Editor), Margaret Asbury, Katie Obi Obasi, Char Wilkinson, and Paulette Shannon.