

Vol. 8

August 2026

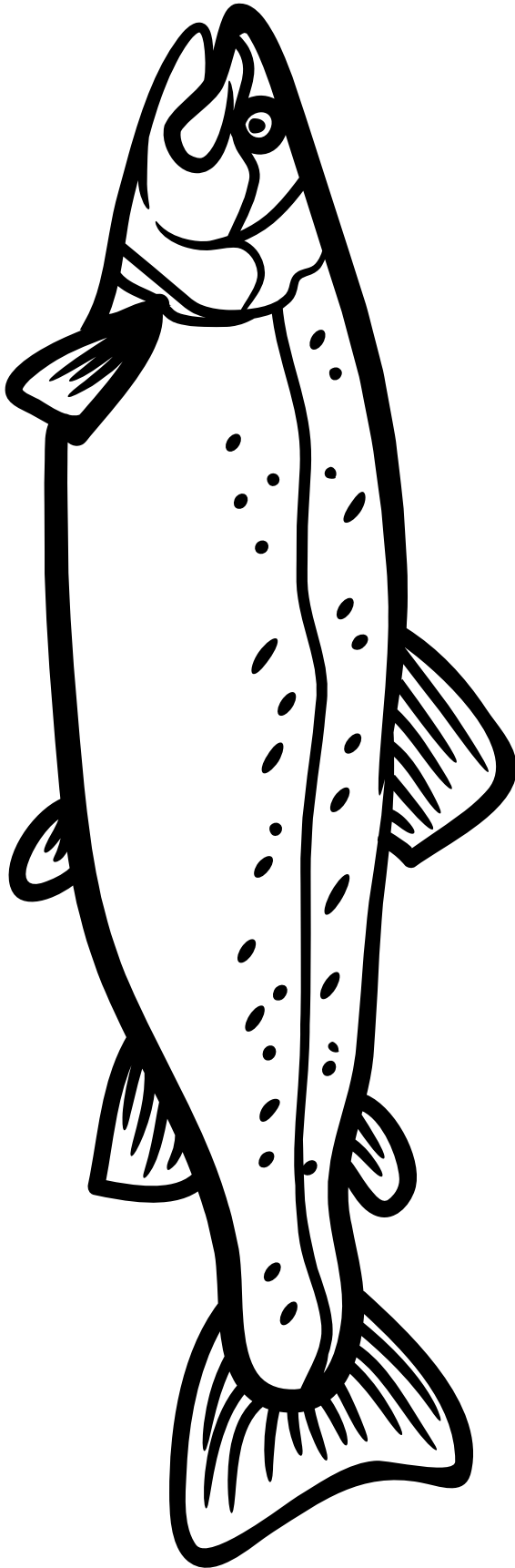
CHUGIAK SENIOR CITIZENS

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

Happy August, friends!

What a lovely summer we have had this year. I might be biased when I say this, but Alaskan summers truly are the best. The vegetation absolutely flourishes into a beautiful, deep green. The flowers hold so much beauty in their vibrant yet soft colors. The birds are always busy, and the wildlife meanders in the fluffy green fields.

You step outside and are instantaneously consumed by beauty, all of which is out of our control. We open our eyes in the morning and are not worried about whether the sun will rise today. All the same, we go to bed not worried about the moon making its normal appearance.

As the summer comes to its end and fall is ready to make its debut, I encourage you to step outside of yourself for a minute. Look at the world around you through a different lens than you normally do. Ask yourself this question: What could I be doing to live in gratitude today?

My friends, just as you cannot control the sun and the moon, you cannot control your tomorrow. Hold fast to who you are and live a life full of beauty and joy.

As always, you know where to find me. I am grateful for you all.

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
907-688-2652 | cat@chugiakseniors.com

Housing Manager: Laurie Moffitt
907-688-2633 | laurie@chugiakseniors.com

Outreach Nurse: Lorna Mills, RN
907-854-7144 | lorna@chugiakseniors.com

Transportation Supervisor: Andy Gray
Transportation - Meals On Wheels
907-688-2652 | andy@chugiakseniors.com,
ride@chugiakseniors.com

Activities and Public Relations: Makayla Collins
Activities - Human Resources - Newsletter - Room Rentals - Volunteers
907-688-2683 | makayla@chugiakseniors.com

Donations
907-688-2683 | seniors@chugiakseniors.com

ALP Administrator - Shelia Briggs
907-688-8999 | shelia@chugiakseniors.com

Office Manager: Margaret Asbury
Membership
907-688-2674 | margaret@chugiakseniors.com

Adult Day Services
907-688-2691

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

August 4th | Valley Thrifting @ 10:30am

We will be departing from the Main Lobby @ 10:30am. Bring your shopping bags!

August 5th , 12th , 19th , & 26th | Bible Study @ 10:30am

A study open to all. Located in the Upper Resident Lounge, please stop by!

August 5th , 12th , 19th , & 26th | Nature Walk Wednesday @ 2:00pm

Join us for a walk right around the Senior Center. We meet in the Main Lobby and take off from there. Wear your walking shoes!

August 5th | Ice Cream Social @ 2:00pm

Do you like ice cream? DUHH, of course you do. Join us in the Bill Stoltze Dining Room to enjoy a sweet treat and some trivia right before our Resident meeting. The cost to attend is \$3, so head to the Main Office to purchase your tickets!

August 7th | Talkeetna Field Trip @ 10:00am

Talkeetna is so beautiful, so let's hop in a van and go get some fireweed ice cream and yummy pizza! We will be leaving the Main Lobby at 10:00am.

August 10th & 31st | Donut Monday @ 9:00am

Pay our Latte Fun Coffee Shop a visit; this is where the donuts will be located. Come and visit while they last!

UPCOMING EVENTS

August 10th & 24th | Watercolor Class @ 10:00am

You don't have to be good at art to have fun. Join us in the Art Room!

August 11th | GCI Luncheon @ 11:30am

Do you have any questions regarding technology? Located in the Bill Stoltze Cafe, GCI representatives will be present to help with all you need!

August 13th | Potluck @ 5:00pm

It's nearing the end of the summer. let's end with a fun night of yummy food and great conversation. Located on the back patio near the gazebo, bring your favorite dish to share!

August 20th | Waffle Thursday @ 9:00am

Located in the Bill Stoltze Cafe. For just \$3, get hot waffles, fresh fruit, many toppings, hot coffee, and juice!

August 28th | Alaska State Fair Field Trip @ 10:00am

It's time! The State Fair is finally here. If you want to indulge in classic fair food and exhibits, pay the sign-up sheet for a visit. We will be leaving the Main Lobby at 10:00am.



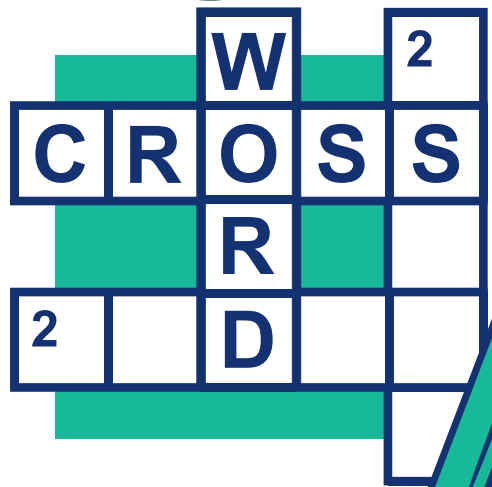
Gift Shoppe

**First Friday of each month
they are doing a promotion
(50% off one item)**

ACROSS

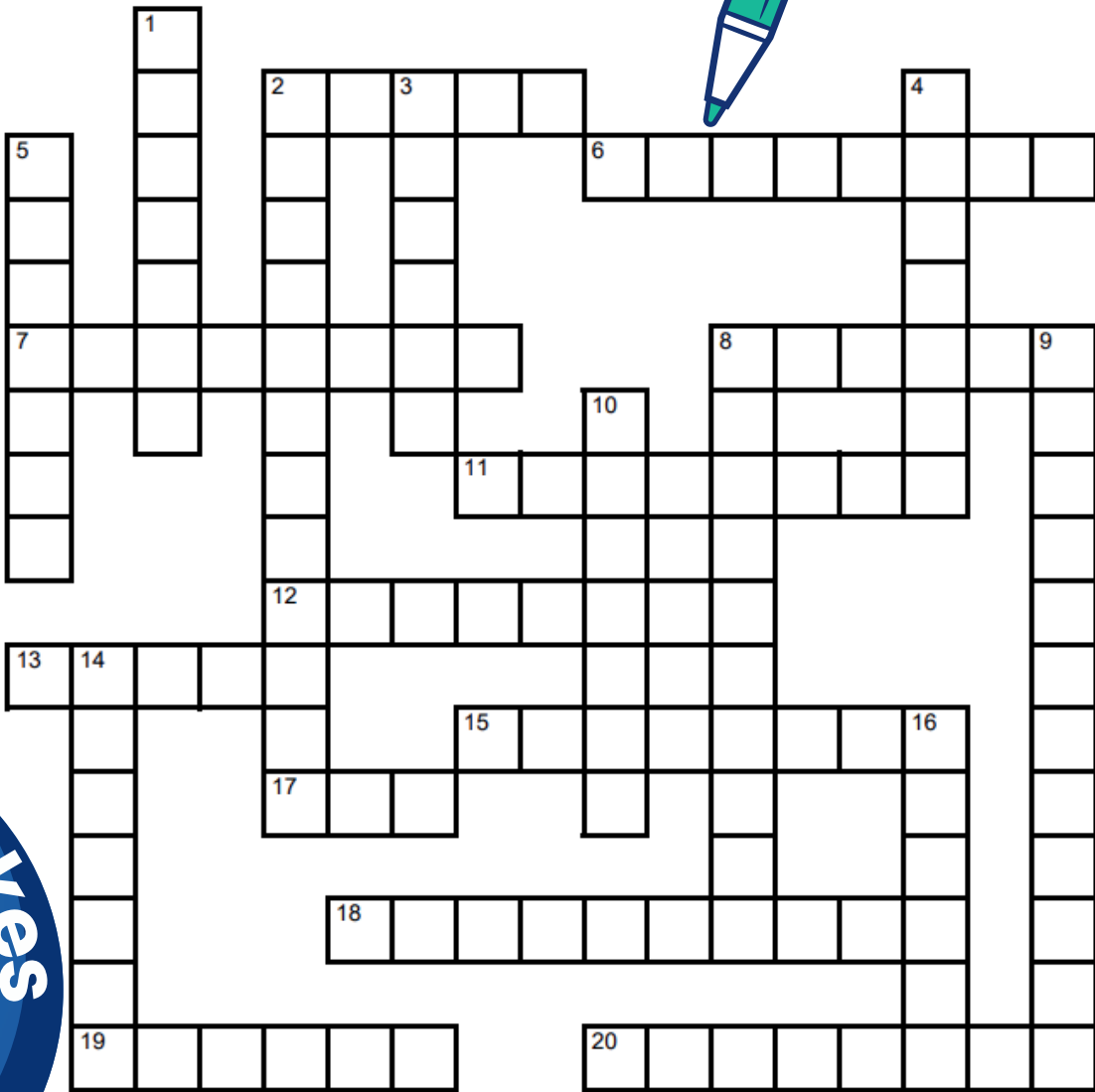
- 2. Sandy shore for sunbathing and playing
- 6. Tart and sweet citrus drink
- 7. Time off from school or work
- 8. Brightest star in the night sky
- 11. Cooling off in the pool or ocean
- 12. Period of very hot weather
- 13. Zodiac sign for late August birthdays
- 15. Long car journey for fun
- 17. Zodiac sign for early August birthdays
- 18. Large green fruit with pink insides
- 19. Eighth month of the year
- 20. Outdoor cooking on a grill

August



DOWN

- 1. Swinging bed hung between trees
- 2. Preparing for a new academic year
- 3. Cooling system for indoor spaces (abbr.)
- 4. Sleeping outdoors in a tent
- 5. Gathering ripe crops from fields
- 8. Warmest season of the year
- 9. When the moon blocks the sun
- 10. Noisy insects that buzz in trees
- 14. Cold brewed beverage
- 16. Outdoor meal on a blanket



Amy's Dad Jokes

Why do crabs never volunteer?

Because they're shell-fish

july snapshots



july snapshots



MONTHLY ACTIVITIES

Monday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

1:00 pm - Bridge & Phase 10 Cards

- Location: HUD Denali View Lounge

1:00 pm - Walmart Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

1:00 pm - Tai Chi

- Location: Gym

2:00 pm - Knit Witz

- Location: Upper Resident Lounge

6:00 pm - Ukulele Jam Fest

- Location: Main Lobbies

Tuesday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

10:00am - Joy of Painting

- Art Room

1:00 pm - Phase 10 Cards

- Location: Outside of Main Office

1:00 pm - Fred-Meyer Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

Wednesday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

11:00 am - Strong Seniors Volunteer Led

- Location: Gym

1:00 pm - Walmart Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

4:00 pm - Line Dancing

- Location: Gym

Thursday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

1:00 pm - Cribbage & Phase 10 Cards

- Location: Outside of Main Office

1:00 pm - Fred-Meyer Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

1:00 pm - Tai Chi

- Location: Gym

2:00 pm - Knit Witz

- Location: Upper Resident Lounge

Friday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

1:00 pm - Carr's Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

Sunday:

3:00 pm - The Crossing Church Service

- Location: Bill Stoltze Cafe

Cross Word Answers

Air-con	Lemonade
August	Leo
Back-to-school	Picnic
Barbecue	Road trip
Beach	Sirius
Camping	Solar eclipse
Cicadas	Summertime
Hammock	Swimming
Harvest	Vacation
Heatwave	Virgo
Iced tea	Watermelon

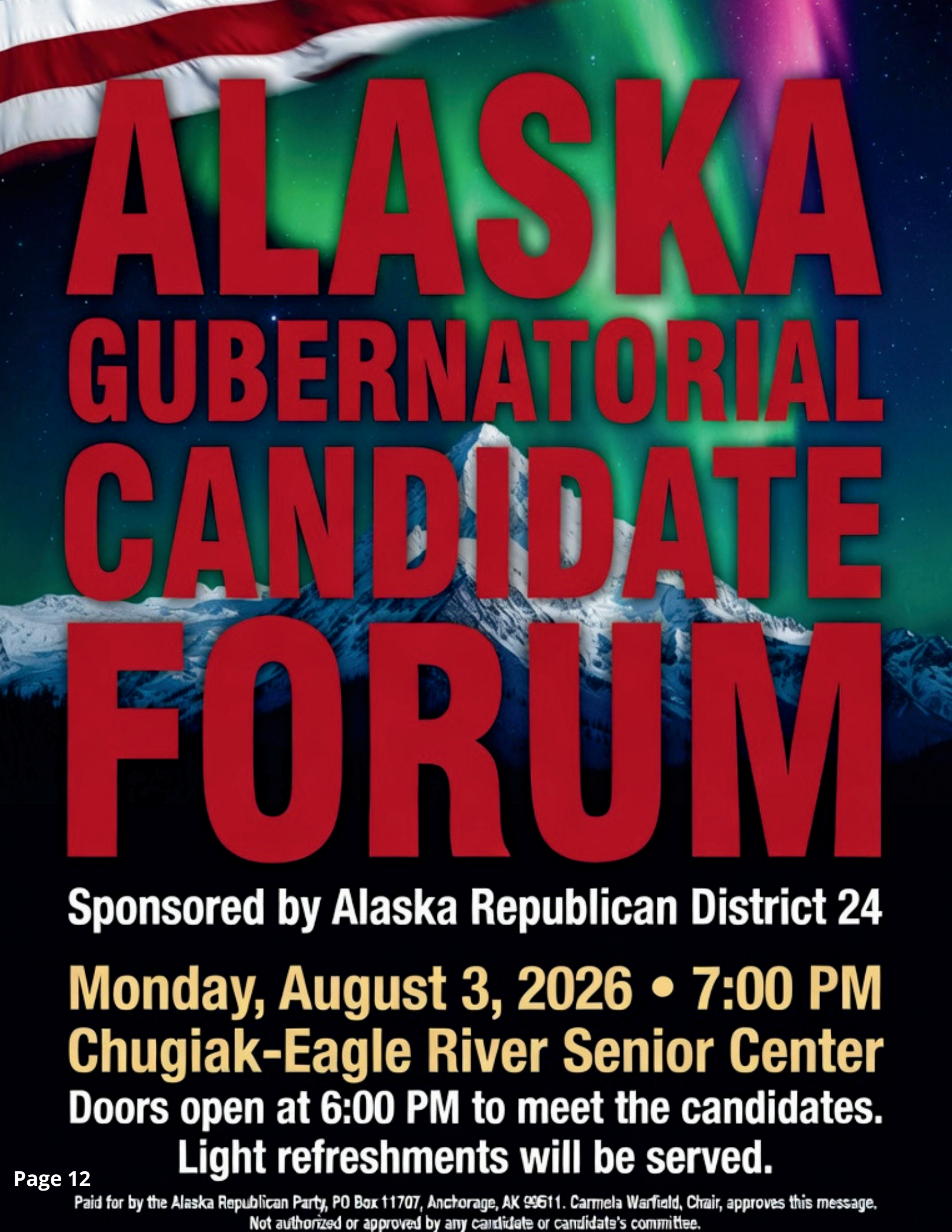
BILL STOLTZE CAFE

AUGUST 2026

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

MON	TUES	WED	THUR	FRI
3 Baked Chicken Pieaces Mashed Potatoes & Gravy Steamed Vegetable  <i>National Watermelon Day!</i>	4 Taco Salad's w/ Chips Refried Beans Churros Fixings Bar	5 Ham Slices Scalloped Potatoes Steamed Vegetable WW Roll	6 Chicken Picatta over Linguine Seasoned Green Beans Bread Stick	7 Beef Tips over Rice Brussell Sprouts WW Roll
10 Cabbage Roll Casserole Mashed Potatoes w/Tomato Gravy Steamed Vegetables	11 Meatball Subs on WW Bun French Fries Macaroni Salad	12 Pork Tenderloin Scalloped Potatoes Peas	13 Apricot Chicken Seasoned Rice Steamed Vegetables	14 Fish Sandwich on WW Bun w/ Cheese & Tater Sauce Coleslaw French Fries
17 Sloppy Joes on WW Bun Butter Corn Macaroni & Cheese	18 Chicken Enchilada Casserole w/ Mild red sauce Mexican Rice Fixings Bar	19 Liver-n- Onions Mashed Potatoes & Gravy Green Beans WW Roll  <i>National Aviation Day</i>	20 BLTs!! Pasta Salad AC Soup Chips  <i>I love Bacon Day</i>	21 Roasted Turkey Slices Creamy Mashed Potatoes & Gravy Glazed Carrots  <i>Senior Citizen Day</i>
24 Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots	25 Grilled Chicken Breast Spinach Souffle Garden Salad	26 BBQ Rib Day! Baked Beans Coleslaw Hushpuppies w/ Honey Butter	27 Patty Melts w/ Cheese & Grilled Onions Tater Tots Fruit Cobbler	28 White Chicken Chili Cornbread Fixings Bar
31 Game Day Bowl!! Chicken Strips Mashed Potatoes & Gravy				

This Menu Is Subject To Change



ALASKA GUBERNATORIAL CANDIDATE FORUM

Sponsored by Alaska Republican District 24

Monday, August 3, 2026 • 7:00 PM

Chugiak-Eagle River Senior Center

Doors open at 6:00 PM to meet the candidates.

Light refreshments will be served.



Seniors and 911

Aging causes many health issues, and it can be difficult to know if a health challenge indicates a medical emergency. However, this decision could be life or death for seniors. When emergencies strike, seconds count. **Situations when you should not hesitate to call 911:**

- Chest Pain or Difficulty Breathing
- Diabetic Emergencies
- Altered Mental State- worsening or new onset of confusion
- Severe Bleeding or Injury
- Severe Pain or Discomfort
- Shortness of Breath
- Falls and Fractures- If striking head while taking a blood thinner (like Eliquis)
- Seizures
- Allergic Reactions
- Fire or Safety Concerns
- Signs of a Stroke:
 - **F: Face drooping** (ask the person to smile, and see if one side of their face sags)
 - **A: Arm weakness** (ask the person to raise both arms, and check if one arm drifts downwards)
 - **S: Speech difficulty** (listen for slurred speech or difficulty in speaking)
 - **T: Time to call 911** (if any of these signs are present, don't hesitate, call 911 immediately)



Seniors and 911

Many times, seniors don't know if they should call 911 because they don't know if they have a true emergency or if they don't want to bother others with their problems. 911 is there when you need it. If you don't know if you are having an emergency call 911 and ask. Living independently means making decisions for yourself. **Some of the common reasons seniors make 911 calls for nonemergent situations:**

- Not understanding how to take their medications
- Inability to transfer from their wheelchair/walker to the bathroom or another room
- Having physical discomfort like a bad headache or upset stomach
- Feel lonely or bored, need someone to talk to

Putting a senior support team in place can make all the difference, This may include:

- Family, friends, neighbors or church members who can make calls or visits.
- Ensuring the senior has transportation support
- Providing resources for professional caregivers who check in regularly and can provide in-home care on a routine basis.
- Complete an Advanced Directive for medical decisions

Corinne Sullivan

AKLDO, ABOC, NCLEC

907-276-1021

Corinne Sullivan is a licensed optician and owner of Cook Inlet Eyewear. She specializes in fitting, adjusting, and dispensing eyeglasses, sunglasses, and contact lenses. In addition to serving patients at her retail location, Corinne provides convenient mobile optical services for seniors and individuals with disabilities who are unable to visit the office.

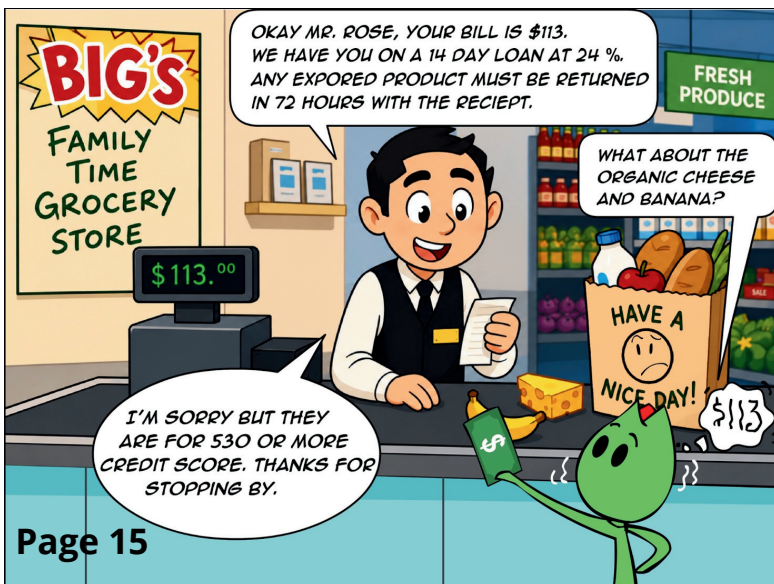
Cook Inlet Eyewear also partners with senior living communities, care facilities, and organizations interested in providing on-site services to their residents or clients. Facilities interested in scheduling a visit are encouraged to reach out to arrange a convenient time.

Cook Inlet Eyewear is an approved provider for Medicare, Aetna, Premera, and VSP insurance plans. Medicaid is not currently accepted.



AC'S COMIC

CORNER



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(907) 343 - 7770

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 907-272-9431



MEMORY CAFE

**When: August 14, 2026
Second Friday of each month**

Time: 10:00-11:00 am

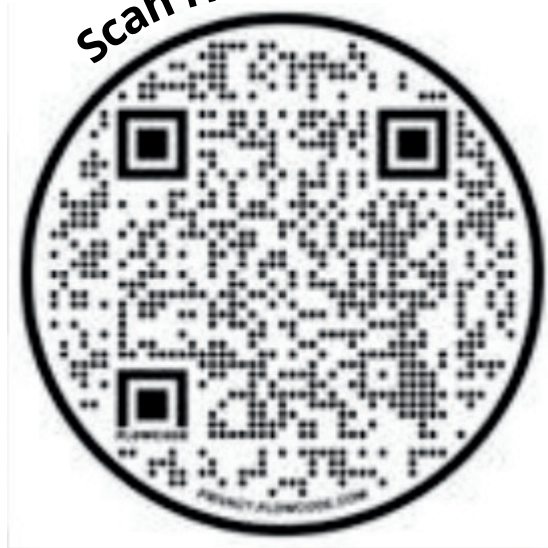
**Where: Our Redeemer
Lutheran Church
18444 Old Glenn Hwy, Chugiak**

**For more information, contact:
Our Redeemer Lutheran Church
(907) 688-2157
Email: lauren@orlc-ak.org**



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

Scan Here!



Kitchen Korner: Food Costs More

As summer begins its gentle stroll toward fall, August invites us to slow down and enjoy the little things that make life so sweet. A cool morning breeze, birds singing outside the window, fresh flowers in bloom, sharing a favorite meal with friends, or spending an afternoon laughing over a game of cards or shooting a game of pool. These are the moments that remind us that happiness doesn't have to be complicated.

Here at the Senior Center, August is another wonderful month to stay active, catch up with old friends, and maybe even make a few new ones. Whether you're joining us for lunch, trying a class, lending a helping hand, or simply stopping by for coffee and conversation, we're always happy to see you. Around here, every chair has room for one more, and every smile is contagious.

It's no secret that spending time with others is good for the soul. A friendly chat, a shared laugh, or even a simple "good morning" can brighten someone's day, including your own. That's one of the things that makes our Center so special. It's not just the delicious meals or fun activities. It's the people who fill the rooms with kindness, stories, laughter, and friendship.

As we move through these late summer days, it can be helpful to remember that not every problem is ours to solve and not every story is ours to carry. Sometimes the greatest gift we can give ourselves is to tend our own garden and allow others the space to tend to theirs.

Thank you for being such an important part of our Senior Center family. Whether you've been coming for years or you're visiting for the first time, you help make this a place where everyone feels welcome.

Here's wishing you a beautiful August filled with sunshine, good health, great food, plenty of laughter, and moments worth remembering. We can't wait to share another wonderful month with you!

~Cat





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.)

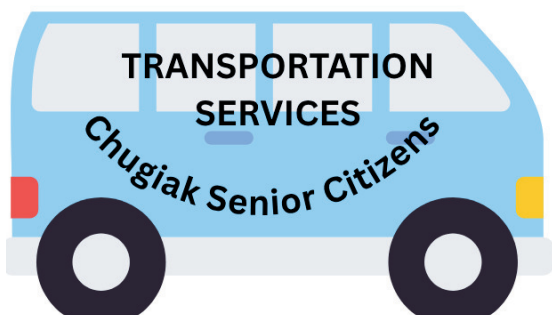
☎ Call: 907-863-0569

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
Round trip or one way to VA/JBER
Round trip or one way to Anchorage
Round trip or one way to Mat Su Valley

Monday: Walmart 1pm - 3pm
Tuesday: Fred Meyers. 1pm - 3pm
Wednesday: Walmart 1pm - 3pm
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

RESOURCE FAIR

Join us for resource fairs at Anchorage Public Library branches!

- Get a benefits interview with Public Assistance employee, including SNAP and Medicaid.
- Complete a coordinated Entry Assessment with the Anchorage Coalition to End Homelessness.
- Talk with a customer care supervisor from Cook Inlet Housing Authority.

***Tuesday August 25th, September 22nd,
October 27th and December 1st from
2:00pm - 4:00pm
at the Chugiak-Eagle River Library***



ST. ANDREW CATHOLIC CHURCH

Catholic Mass: Friday August 7,
in the Board Room (Second
Floor), 3:30pm (confessions at
2:45pm)

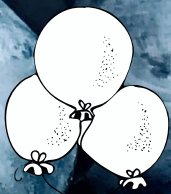
Catholics, former Catholics, and
non-Catholics are all warmly
welcomed to attend.

Homebound Catholics who would
like to receive Communion may
call

907-694-2170.

907-694-2170.





Happy Birthday

August 1	Daryl Nelson	August 14	Robin Tabelin	August 28	Cathy Tilton
August 1	Elmon Wallace	August 15	Geri Wacker	August 29	Charles Eddy
August 2	David John Leon Henry	August 16	Ruth Penisten	August 29	Texas Gail Raymond
August 4	Sue Peterson	August 17	Kathleen Vogel	August 30	John Carlson
August 4	Chris Williams	August 19	Robert Gray	August 30	Katherine Kale
August 5	Barbara Franklin	August 19	Thomas Vest	August 31	Sharon Shelden
August 5	Patricia Vest	August 21	Ina Ayers		
August 6	Julie Abalama	August 21	Letitia Fitzgerlad		
August 6	Carrie Fleischhacker	August 21	Sylvia Norris		
August 7	Kelly Prockish	August 21	Benjamin Oien		
August 8	Carol Connell	August 21	Mike Smulski		
August 8	Thomas Klippel	August 22	Howard Haugstad		
August 9	Donna Cass	August 23	Deanna Cresap		
August 9	Otto Schropp	August 23	Janet Morrow		
August 10	Theresa Garbys	August 24	Mabel Flodin		
August 10	Carol Shearer	August 24	Jerald (Jerry) Marcey		
August 11	Kristy Laird	August 25	Sue Holiday		
August 13	Lynne Bettin	August 25	Dale Knipfer		
August 13	Leo Fay	August 25	Lilian Mercer		
August 13	Sandy Hibpsman	August 27	Karen Fisher		
August 13	Terry Holiday	August 27	Stella Huffer		
August 14	Roger Branson	August 27	Clarice Rebischke		
August 14	Donald Hammond	August 27	Jay Skaggs		
August 14	Susan Kobelnyk	August 28	Steve Flodin		



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 Chair Stretch Self-led	9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-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,
Paulette Shannon and Linda Hamilton.**