

Vol. 08

August 2025

CHUGIAK SENIOR CITIZENS

SENIOR EDITION

MISSION STATEMENT

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

Table of Contents

Community Announcement	3
Department Information	4
Contact Information	5
Activities Calendar	6
Sudoku	7
Anchor Gardens	7
Resident Stories: Gwen Garcia	8
Resident Stories: Gwen Garcia	9
The Bill Stolze Care Menu	10
ADS Calendar	11
Resident Stories: Stephen Anderson	12
Resident Stories: Stephen Anderson	13
Meet our New Hairstylies	14
Amy's Dad Jokes	14
AC's Comic Corner	15
Carol's Retirement	15
Kitchen Corner	16
Alaska Word Search	17
Chugiak Senior Citizen Foundation	18
Alaska Veteran's Museum	19
Nurse Denise	20
	21
	22
Puzzle Answers	23
August Birthdays	24
Chugiak Senior Living Services	25
S'mores Skillet Recipe	25
Ask Sophia	26
	27



Community Announcement

Hello Friends & Neighbors,

What an action-packed July we had! From Bear Paw fun, to sizzling BBQs and wonderful outings around our beautiful community, last month was filled with laughter, good food, and great company. These special moments wouldn't be possible without the dedication of our incredible volunteers so **THANK YOU** for showing up, lending a hand, and helping create memories.

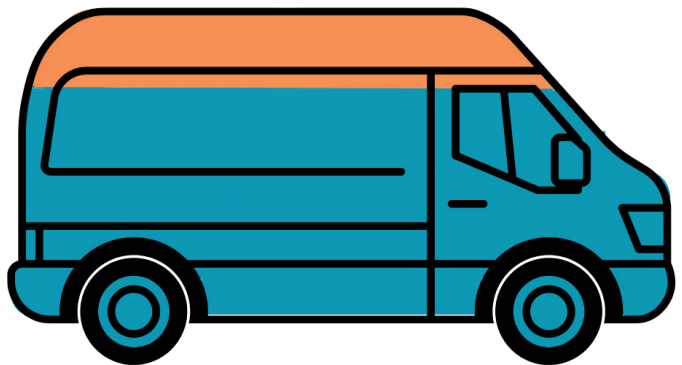
As we look ahead, we want to share that Lara Madden, our talented Activities Coordinator, will be stepping away from her role this month to focus on growing the business she and her husband have started. We are so grateful for Lara's creativity, energy, and care — she brought joy to so many lives here. Please join us in wishing her all the best in this exciting new chapter!

August is sure to bring more adventures. We're already looking forward to the Alaska State Fair, a highlight for many of our residents each year. Stay tuned for details on fair trips and other upcoming activities.

Fundraising for the new van continues!

\$91,068.00, 83% Raised

\$18,932.00, 17% Remaining



If you, or your organization are interested in donating and getting recognition on the new van, check out the donation breakdown below:

- **Platinum Sponsor (\$3,500)** – Large logo on one side of the vehicle
- **Gold Sponsor (\$2,000)** – Medium logo on one side of the vehicle
- **Silver Sponsor (\$1,000)** – Small logo on the back of vehicle
- **Individual Sponsor (\$500)** – Name listed in sponsorship recognition on the back of the vehicle

Thank you for being part of our Chugiak Senior Center family. Let's make this month another great one — together.

With gratitude,
Jared Goecker
Public Relations Director

Help Give Towards The Van Here!



Department Information

BOARD OF DIRECTORS

President Andrew Fierro

Vice President Rick Oatman

Secretary Ruth McClain

Treasurer Bob Wilkinson

Members-at-Large

Ruth Doubek

Kathryn Railing

Sue Holliday

Contact: board@chugiakseniors.com

MANAGEMENT TEAM

Executive Director: Amy Demboski
amy@chugiakseniors.com

Finance Director: Lindsey Causer
lindsey@chugiakseniors.com

Food Service Director: Cat Kenney
cat@chugiakseniors.com

Housing Manager: Laurie Moffitt
laurie@chugiakseniors.com

Outreach Nurse: Denise Kichura
nursedenise@chugiakseniors.com

Transportation Supervisor: Andy Gray
andy@chugiakseniors.com

PR and HR Director: Jared Goecker
jared.g@chugiakseniors.com

ALP Administrator: Bobbie Lewis
bobbie@chugiakseniors.com

CHUGIAK SENIOR CITIZENS, INC.

22424 Birchwood Loop, Chugiak, AK 99567

Phone: (907) 688-2674 Fax: (907) 688-1319

Office Hours: M-F 8:30am to 5pm

Website: <http://www.chugiakseniors.com> Facebook:

Chugiak-Eagle River Senior Center

CONTACT INFORMATION

DEPARTMENTS

Activities - 907-688-2683 / jared.g@chugiakseniors.com

Adult Day Services - 907-688-2691 / sharon@chugiakseniors.com

Assisted Living Program - 907-688-8999 / bobbie@chugiakseniors.com

Donations - 907-688-2685 / seniors@chugiakseniors.com

Finance - 907-688-2678 / lindsey@chugiakseniors.com

Food Service and Catering - 907-688-2652 / cat@chugiakseniors.com

Housing - 907-688-2633 / laurie@chugiakseniors.com

Human Resources - 907-688-2683 / jared.g@chugiakseniors.com

Meals-On-Wheels - 907-688-2652 / andy@chugiakseniors.com

Membership - 907-688-2674 / margaret@chugiakseniors.com

Newsletter - 907-688-2683 / jared.g@chugiakseniors.com

Outreach Nurse - 907-854-7144 / nursedenise@chugiakseniors.com


Room Rentals - 907-688-2683 / jared.g@chugiakseniors.com

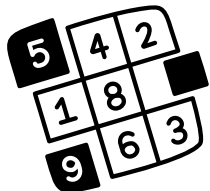
Transportation - 907-688-2626 / ride@chugiakseniors.com

Volunteers - 907-688-2683 / jared.g@chugiakseniors.com

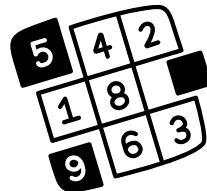
AUGUST 2025

ACTIVITIES CALENDAR

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 11:30am Music by Close Enough 1:00pm Carrs	2 10:00am Yoga
3 3:00pm The Crossing	4 9:30am Chair Stretch Self-led 9:30am Circuit Instructor-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	5 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	6 9:30am Circuit Instructor-led 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm Line Dancing	7 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	8 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 9:45am Recycle Sale Event 10:00am Hope Trip 1:00pm Carrs	9 10:00am Yoga
10 3:00pm The Crossing	11 9:30am Chair Stretch Self-led 9:30am Circuit Instructor-led 10:30am Anchorage Thrift Shop 1:00pm Bridge 1:00pm Walmart 1:30pm Lions Bingo 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	12 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	13 9:30am Circuit Instructor-led 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm Line Dancing	14 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	15 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carrs	16 10:00am Yoga
17 3:00pm The Crossing	18 9:30am Chair Stretch Self-led 9:30am Circuit Instructor-led 10:30am State Fair Field Trip 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	19 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	20 9:30am Circuit Instructor-led 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm Line Dancing	21 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	22 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carrs	23 10:00am Yoga
24 3:00pm The Crossing	25 9:30am Chair Stretch Self-led 9:30am Circuit Instructor-led 10:30am Valley Thrift Trip 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	26 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	27 9:30am Circuit Instructor-led 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm Line Dancing	28 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz TBD Movie Night	29 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carrs	30 10:00am Yoga
31 3:00pm The Crossing						



SUDOKU



2	6	8				3	1	5
9	4	1	3	5	6			
7	5	3						
	7	2			3	8		1
6	1		7	2	8		9	
	3	9		4	1	6		7
			6	3	5			9
3		6		7				
1	9		2	8	4			6

Anchor Gardens is continuing to partner with the Chugiak-Eagle River Senior Center this year for the community garden! Anchor Gardens is a network of neighbors helping neighbors build food security and community through sharing knowledge and resources. The Chugiak-Eagle River Senior Center community garden was founded in 2020 to serve as a teaching and demonstration garden, and to provide produce for the Senior Center kitchens and residents. The garden is maintained by volunteers with Anchor Gardens. Plans for this year include signage and coordinating with Cat Kenney to get more produce into the dining room.

Comments, questions, want to help garden? Email Ellen Jessup McDermott (etaylorjessupmcdermott@gmail.com) or Lara Madden (lara@chugiakseniors.com).



Resident Stories: Gwen Garcia



“I bought an RV in Los Angeles and decided to make the journey to Alaska with two rabbits, a rescued dog and six cats.”

When a friend and I had gotten out of the navy, we drove from the East Coast to the West Coast where she had an Uncle living out in California. He helped us find an apartment, and we were able to get established there. I discovered a Copier Repair school offered by the state for free, and jumped at the opportunity to learn a new school. After completing training, I worked for Cannon for 10 years and there are stories I can tell of that! My Dad lived in Alaska at the time, and I wanted to go and visit him for a while and do something different with my time. I bought an RV in Los Angeles and decided to make the journey to Alaska with two rabbits, a rescued dog and six cats. Yes, six cats. There was a moment when we had stopped so that the dog could go pee, and instead of waiting for me, the dog jumped out and ran directly behind one of the big buildings where we had pulled over too, and straight to the forest. I was calling out for him over and over, and I had thought I lost him, but thankfully he came back! Later on the trip we had to stop at a repair place for a little while. One of the cats had learned how to open up one of the windows in the RV while I was sleeping. When I woke up I was like “Uh oh, where is Puffkin?” I went around looking everywhere around the repair shop for him, until eventually he was found. They all definitely kept me entertained that’s for sure!

Resident Stories: Gwen Garcia

When I crossed over to Alaska, I was heading towards Chugiak when it started pouring rain. You could barely see anything on the road, but what took my breath away was how majestic the mountains were. I was thinking “Wow Dad picked a nice place to live.”

You see, I had never been up to Alaska before this moment. Eventually, I arrived at my dad’s place, which to get to you had to drive up a really steep hill. I wasn’t sure if the RV would make it all the way up there, but I tried a couple times before giving up and deciding it was going to stay at the bottom of the hill along a wooden fence. My dad and I were excited to see each other. He said “Oh, this is gonna be a great visit.” We set up whitewater rafting trips for us, wildlife cruises and hikes. Looking back in hindsight, all those activities may have been a little too much for him at his age. He didn’t know I had planned to stay for a little while and help take care of him.

When it came time for me to leave I said to him, “Dad, you going to be okay?” he replied “Well, honey, why don’t you stay?” I decided to stay in Alaska for as long as he needed me, then eventually head back down to the Lower 48 and visit the rest of my family before journeying home to California.

As I got adjusted to life in Alaska, I started to volunteer at the Chugiak Eagle River Senior Center and eventually became their bus driver for eight years, then stepped into caregiving since I was already doing that for my dad by that point in time. I used to know every single person’s name here including Adult Day services. After a handful of years, I decided that I wanted to live at the senior center and put my name on the list. Three years later, I was moving in.

What started out as a short two months to visit my dad has ended up being 30 years of living in Alaska.

And guess what? I still love it!

BILL STOLZE CAFE

AUGUST 2025

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

MON	TUES	WED	THUR	FRI
				1 Beef Pot Pie w/ Biscuit Top Vegetable Garden Salad
4 Sloppy Joes WW Bun Fries Coleslaw	5 BBQ Grilled Chicken Macaroni & Cheese Corn Pudding	6 Shepard's Pie w/Mashed Potatoes & Vegetables Green Beans Slice of Bread	7 Pork Chops Stuffing w/ Gravy Vegetable Apple Sauce	8 Baked Fish w/ Lemon Sauce Seasoned Squash Indian Rice w/ Tumeric
11 Hot Dog Bar Baked Beans Coleslaw Fixings Bar	12 Meatloaf Mashed Potatoes Vegetable WW Roll	13 Sweet -N- Sour Chicken Steamed Rice Vegetable Egg Rolls	14 Submarine Sandwiches Chips Pickle	15 Fish & Chips Mushy Peas French Fries
18 Hot Roast Beef Sandwich Mashed Potatoes & Gravy Vegetable	19 Beef Soft Taco's Refried Beans Fixings Bar Churro	20 Baked Potato Bar W/ BBQ Chicken Fixings Bar Garden Salad	21  Chicken Marsala Pasta Noodles Vegetable Roll <i>Senior Citizens Day</i>	22 Salisbury Steak w/ Mashed Potatoes & Gravy Corn Garden Salad
25 Egg Salad Sandwich Chips Soup	26 Patty Melt w/ Onions & Cheese Baked Tater Tots	27 Hearty Beef Stew Biscuit Garden Salad	28 Roasted Pork Loin Mashed Potatoes & Gravy Vegetable Bread Slice	29 Taco Salads w/ Refried Beans Ground Beef Chips Fixings Bar



Adult Day Services

AUGUST 2025

MON	TUES	WED	THUR	FRI
				1 9:00am Coffee & Chat 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Movie Star of the Month 1:30pm Bingo
4 9:00am Coffee & Chat 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Tenz 1:30pm Aggravation	5 9:00am Coffee & Chat 10:00am Exercise 11:00am Puzzle 12:00pm Lunch 1:00pm Trivia 1:30pm Bingo	6 9:00am Coffee & Chat 10:00am Exercise 11:00am Aggravation 12:00pm Lunch 1:00pm Noodle Ball 1:30pm Dominos	7 9:00am Coffee & Chat 10:00am Exercise 11:00am Uno Attack 12:00pm Lunch 1:00pm Happy Hour 1:30pm Bowling	8 9:00am Coffee & Chat 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Monthly Gazette 1:30pm Bingo
11 9:00am Coffee & Chat 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Reminisce 1:30pm Lion's Bingo	12 9:00am Coffee & Chat 10:00am Exercise 11:00am Match Game 12:00pm Lunch 1:00pm Book Club 1:30pm Uno Attack	13 9:00am Coffee & Chat 10:00am Exercise 11:00am Head Banz 12:00pm Lunch 1:00pm Color Craft 1:30pm Bean Bag Toss	14 9:00am Coffee & Chat 10:00am Exercise 11:00am Manicures/Games 12:00pm Lunch 1:00pm Happy Hour 1:30pm Music/Marilin	15 9:00am Coffee & Chat 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Who Am I 1:30pm Bingo
18 9:00am Coffee & Chat 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Mystery Bag 1:30pm Trash	19 9:00am Coffee & Chat 10:00am Exercise 11:00am Sorry 12:00pm Lunch 1:00pm Tabletop Tidbits 1:30pm Bingo	20 9:00am Coffee & Chat 10:00am Exercise 11:00am Penny Ante 12:00pm Lunch 1:00pm Ballon Volleyball 1:30pm Bingo	21 9:00am Coffee & Chat 10:00am Exercise 11:00am Manicures/Games 12:00pm Lunch 1:00pm Happy Hour 1:30pm Music/Marilin	22 9:00am Coffee & Chat 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Garden Club 1:30pm Bingo
25 9:00am Coffee & Chat 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Catch Phrase 1:30pm Twisted Farkle	26 9:00am Coffee & Chat 10:00am Exercise 11:00am Dominos 12:00pm Lunch 1:00pm Word Search 1:30pm Bingo	27 9:00am Coffee & Chat 10:00am Exercise 11:00am Aggravation 12:00pm Lunch 1:00pm Armchair Travel	28 9:00am Coffee & Chat 10:00am Exercise 11:00am Manicures/Games 12:00pm Lunch 1:00pm Happy Hour 1:30pm Music/Marilin	29 9:00am Coffee & Chat 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Monthly Birthday Party 1:30pm Bingo



Resident Stories: Stephen Anderson



**“I woke up
to my hair
being
Ronald
McDonald
Orange!”**

I remember the time that we decided to take a road trip across the country from Huntsville, Alabama. We planned out a northern route all the way to the coast of California to visit my sister. Later, we would head down to San Diego before making our journey back to Huntsville.

We had a 15 passenger van and boy did we keep busy. We had a total of seven kids at the time of this trip. In the later years we would eventually adopt two more making it a total of nine kids in our family. Funny enough, although we had plenty of seats, the kids would still pick on each other and argue. After we had both heard enough, my wife Gloria turned around to one of our sons and warned “If you guys don’t settle down, I am gonna fly you back.” When we left Huntsville our first stop was St. Louis, Missouri and we explored all the educational venues that were available for children. We continued our adventure into Kansas City, Kansas where the kids decided to form teams amongst each other. They appointed a baggage handler, a photographer, a historian, and a decision-maker for places we would stop for meals. The kids had the whole trip planned out!

Resident Stories: Stephen Anderson

As we would stop at different locations along the way, we took the opportunity to stretch our legs, sight-see and rest. When we got to a hotel in Denver, Colorado everybody was asleep except for me. I just couldn't keep my eyes closed nor quiet my thoughts. I started to think about how our girls decided to dye both of their hair blonde right before we embarked on this trip, so naturally, I got a clever idea. I left and headed down to the Walmart, at that time it was open 24 hours a day. I walked out with blonde box dye and returned back to the hotel. Not wanting to wake anyone up from their slumber with the bathroom light, I decided it was best to attempt this feat in the dark. While standing in the shower, I dyed my hair, washed, dried and went straight to bed. In the morning, my family and I woke up to my hair being Ronald McDonald Orange. Everybody got a good laugh out of it, and I didn't want to go anywhere out in public. When we eventually arrived at my sister's in California she told me "You shouldn't have done that. You should have first bleached your hair and then put the dye in." Well, it was too late, I was a pure carrot top orange. Thankfully, she was able to fix me up and set me back up on the straight and narrow with my original color.

What a trip we had! Not only did my wife and I enjoy the journey, but so did the kids! They swam in the Great Salt Lake, Pacific Ocean, Gulf of Mexico and the Atlantic Ocean.

As a family, we made plenty of memories that I fondly look back on today and chuckle.



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. As 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
Wednesdays from 11:00 AM to 4:00PM.
Please text or call (907) 529-1273 to make
arrangements.**

AMY'S DAD JOKES

What did the grape say when someone stepped on him?

Nothing it let out a little wine

Why can't you hear a pterodactyl go to the bathroom?

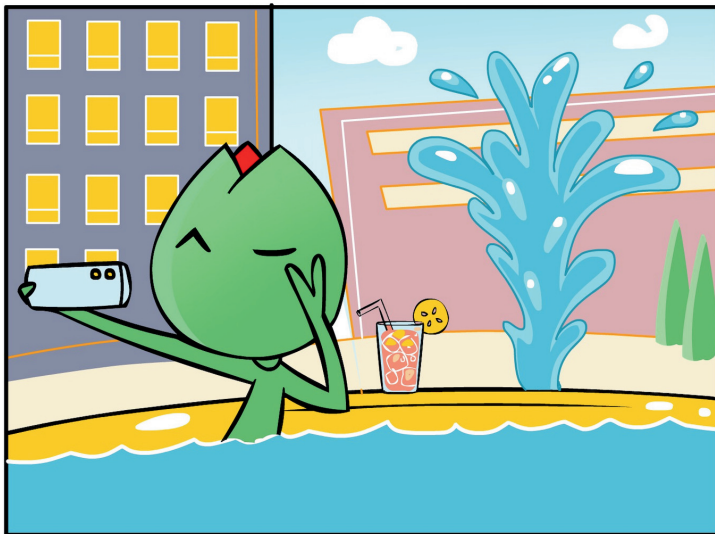
The P is Silent



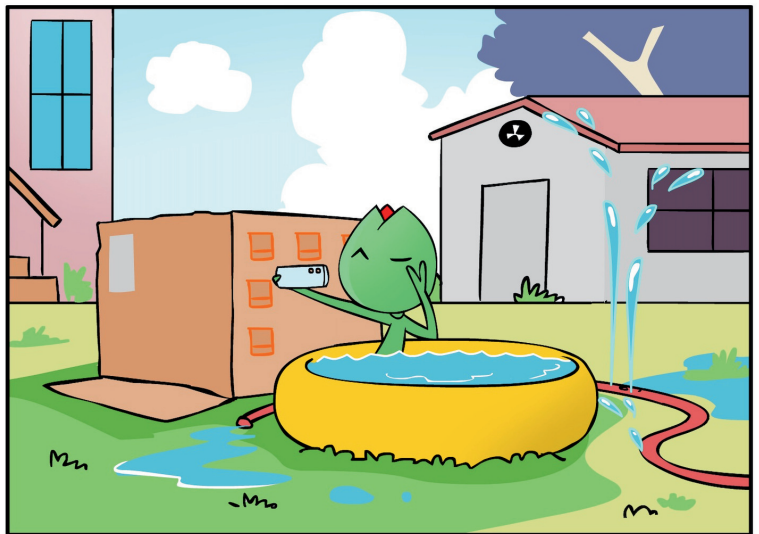
AC's Comic Corner



Dream Summer Vacation



Reality



**THANK
YOU
CAROL**

Last month we celebrated Ms. Carol and wished her a happy retirement! We are so grateful for the many years she served Chugiak Senior Center from the kitchen. Carol's touch and kindness will continue to impact the center for decades to come!

Kitchen Crew Corner

A big hearty **THANK YOU** to all of the folks that planted fresh vegetables and herbs for the kitchen this year! Dawn and I were able to harvest them right from the garden beds! Seriously yall, this has always been a dream of mine to have a “working” garden right off of the kitchen area and be able to harvest something everyday to add to the meals or the salad bar, it is truly a blessing!! Thanks again!

I can't believe I am saying this, but the holidays are just around the corner, and there's always a reason to gather and celebrate. Planning a party, luncheon, or special event? Keep us in mind for all your catering needs!

From intimate gatherings of 10 to bustling celebrations of 250, we're here to help you craft the perfect menu that fits your taste and your budget. Whether it's festive holiday fare, elegant hors d'oeuvres, or hearty comfort food, we'll work with you to create a spread your guests will love.

Let's bring your vision to the table. Reach out today, and let's start planning an event that's deliciously memorable!

Kitchen Cat

In the world of kitchens, it's not just the recipes or the meals that matter — it's the people behind them. Being kind, giving grace when it's needed, and fostering the gentle joy of community are what keep a team strong, especially in a fast-paced environment. Whether it's lending a hand during a busy service, sharing knowledge with a newer team member, or simply offering a word of encouragement, these small moments of humanity shape the culture of our kitchens. They're the quiet ingredients that make our work not only successful, but meaningful.

Alaska Word Search

O F A O Q R E I T N O R F R C
E L P R S L E D S D A J V M V
Y Y K A D P K P S N Z I R N N
A F E C U N A O O I G J E V X
M I K K O W U T N T M U I M A
R S A O B L B T A V O N C U W
C H U O E G D A C O O E A S N
I I Q N R G E L L Z S A L H K
T N H A N T A F O P E U G E Q
R G T N O A F R V O S W Z R I
A J R C R D S T O D L M O C C
T Q A B T W I D W H I T E N Y
S Q E R H U H X W H C J R T S
A L C A N Q S Y C C J N W I S
D U Q I Z M B Y A A X W A J T

WORD LIST

ALCAN	EARTHQUAKE	GLACIER	MUSHER	SNOW
ANCHORAGE	FLATTOP	INUIT	NANOOK	TUNDRA
ARTIC	FLYFISHING	JUNEAU	NORTH	VOLCANO
COLD	FRONTIER	MOOSE	SLEDS	WHITE

Chugiak Senior Citizens Foundation

Hello everyone. Can you believe we're moving toward fall already? Maybe I shouldn't mention that??? I hope you had/are having a wonderful summer. There were some great goings on in the community in July including the 4th of July BBQ at the Senior Center (with baby goats! -- to pet, not eat!) and the Bear Paw Festival in Eagle River. Did we see you there?

I am Susan Lowe, a member of the Foundation's Board, and also a lifetime member of Chugiak Senior Citizens, Inc., the organization that manages the Senior Center. In 2015 when I moved to the Senior Center I was invited to a meeting of the Foundation. That night I was reminded that my father, Bill Lowe, was one of the founders and was encouraged to carry on his endeavors. After several years of attending meetings as a guest, I became the chair of the advisory committee and subsequently a member of the Board.

It's really exciting to see the Foundation and the Senior Center both experiencing renewed energy. Our two organizations are working closely together to realize the Foundation's mission of support to the Senior Center and its mission of service to the community.

Generous donors from our community have made great things possible. Right now, the Senior Center needs donations to purchase a new transportation van. Now and longer term, the Foundation seeks donations to support the Senior Center through a perpetual endowment.

I invite you to visit us at the Senior Center's website, chugiakseniors.com/foundation, to learn more about our organization. While there, if you'd like to make a donation, you'll find a variety of convenient ways to do so. If you want to get in touch, the Foundation's email is foundation@chugiakseniors.com. Thanks everyone. We appreciate you.





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.

SAVE THE DATE

Chugziak Eagle River Senior Center

★ ★ ★ ★ ★
50th
ANNIVERSARY

09.20.25 - 09.21.25

OPEN HOUSE & GALA EVENT

A Letter from Nurse Denise

Termination dust is appearing early, sooner than we want. So are the health screening which probes for disease or health conditions. Screening tests are used to seek out health problems even when you don't have any signs or symptoms. Finding problems early enough during a routine checkup, is easier to correct or treat and put you back on track.

To get a full picture of your health, your provider will use your test results along with information from your physical exam, health history, family health history, and sometimes imaging tests, such as x-rays. In most cases, combining that information leads to a more accurate diagnosis than the results from any one lab test.

Screening can tell you if you have a high risk for getting specific diagnoses. For example, one type of screening is a test for colon cancer which may test blood in one's stool. If blood is found, it could be a sign of cancer. Your provider may order a colonoscopy to find out for sure. Monitoring tests can also show if your treatment is working. Certain tests can help show which treatments are likely to be more effective for a specific disease. Some test can have a "normal" range with people with health problems too.

Test results are measured with different units of measurement so that if you're looking for trends in your test results over time, it's important to use the same lab for testing. Tumor marker tests are an example of testing to find out which treatments are likely to work to fight certain types of cancer. A Blood glucose test is an example of a monitoring test for diabetes and diabetes treatment. Another screening is focused on cholesterol. For example, a cholesterol test measures the amount of cholesterol in a sample of your blood. The results can help you understand your risk for heart disease.

What do negative, positive and inconclusive results mean?

- Negative or normal. This means "No, the test didn't find what it was looking for." So, you're unlikely to have the health problem you were tested for. But you may need more tests.
- Positive or abnormal. This means, "Yes, the test found what it was looking for." The germ, substance, or gene being tested was in your sample. So, you may have a disease or infection. In certain cases, you may need more tests to confirm a diagnosis.
- Inconclusive or uncertain. This means "not sure." Your test wasn't clearly positive or negative. There are many reasons why this may happen. If you get an uncertain result, you will probably be tested again.

What are false positive and false negative results?

Tests results are usually accurate, but no test is perfect.

- A false positive result means your test shows you have a disease or condition, but you don't really have it.
- A false negative result means your test shows you don't have a disease or condition, but you really do.

These incorrect results don't happen often, but they are more likely with certain of types tests, or if testing wasn't done right. If your provider thinks your test result may be inaccurate, you may need to have another test.

What can affect my results?

The accuracy of certain test results may be affected by what you eat, medicines you take, and even how you feel when you provide your test sample. Common things that affect tests include:

- Eating and drinking certain foods and drinks
- Taking certain medicines or supplements
- Exercising hard before your test
- Having a menstrual period at the time of your tested



Your provider will let you know if you need to prepare for your test. Follow your provider's instructions carefully. That will help make sure your test results are as accurate as possible. Before your test, let your provider know about all the prescription and over-the-counter medicines you take as well as vitamins and other supplements.

Remember to place a list of medications taped inside your door and include allergies, surgeries, contact numbers and POA paperwork for EMT

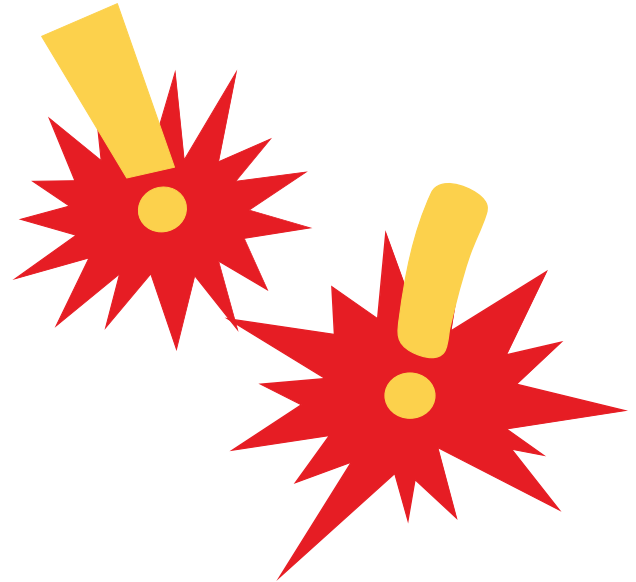
Have a wonderful August!

Nurse Denise



PUZZLE ANSWERS

2	6	8	4	9	7	3	1	5
9	4	1	3	5	6	2	7	8
7	5	3	8	1	2	9	6	4
5	7	2	9	6	3	8	4	1
6	1	4	7	2	8	5	9	3
8	3	9	5	4	1	6	2	7
4	2	7	6	3	5	1	8	9
3	8	6	1	7	9	4	5	2
1	9	5	2	8	4	7	3	6



CERSC Group Fitness

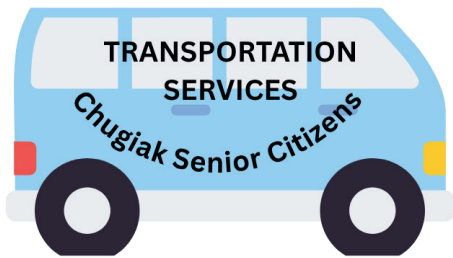


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Circuit Instructor-led		9:30am Circuit Instructor-led		9:30am Circuit Instructor-led	
9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	
	10:00am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



Happy Birthday!

August 1	Elmon Wallace	August 19	Thomas Vest
August 1	Daryl Nelson	August 21	Benjamin Oien
August 2	David John Leon Henry	August 21	Mike Smulski
August 4	Sue Petersen	August 21	Letitia Fitzgerald
August 4	Chris Williams	August 22	Howard Haugstad
August 5	Patricia Vest	August 23	Deanna Cresap
August 5	Barbara Franklin	August 24	Mabel Flodin
August 6	Julie Abalama	August 24	Jerald (Jerry) Marcey
August 6	Carrie Fleischhacker	August 25	Sue Holiday
August 8	Carol Connell	August 25	Dale Knipfer
August 8	Thomas Klippel	August 25	Lillian Mercer
August 9	Donna Cass	August 27	Karen Fisher
August 9	Rosemarie Garing	August 27	Stella Huffer
August 9	Otto Schropp	August 27	Clarice Rebischke
August 10	Theresa Garbys	August 27	Jay Skaggs
August 13	lynne Bettin	August 28	Steve Flodin
August 13	Leo Fay	August 28	Lois Salo
August 13	Sandy Hibpshman	August 28	Cathy Tilton
August 13	Terry Holliday	August 29	Texas Gail Raymond
August 14	Roger Branson	August 29	Charles Eddy
August 14	Donald Hammond	August 30	Katherine Kale
August 14	Susan Kobelnyk	August 30	John Carlson
August 14	Michelle Rodgers	August 31	Sharon Shelden
August 14	Robin Tabelin		
August 15	Geri Wacker		
August 16	Ruth Penisten		
August 17	Kathleen Vogel		



Contact Us
(907) 688 - 2626
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, 7:00AM - 5:00PM
Last Pickup: 4:30 PM

Booking: Please schedule at least 24 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,
August 15, in the Dining
Hall, 3:30 pm (confessions at
2:45pm)

~Catholics, former Catho-
lics, and non-Catholics are
all warmly welcome to at-
tend.

~Homebound Catholics who
would like to receive
Communion may call
907-688-2626



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.

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



Serving Others.



GIFT CARD

FROM: _____

TO: _____

AMOUNT: _____

VALID DATE: _____

CHUGIAK-EAGLE RIVER SENIOR CENTER GIFT SHOP
WWW.CHUGIAK.ORG

INGREDIENT

COOKING SPRAY

3/4 CUP (11/2 STICKS)
BUTTER, SOFTENED

1/2 CUP PACKED BROWN
SUGAR

1/3 CUP GRANULATED SUGAR

2 LARGE EGGS

11/2 TSP. PURE VANILLA
EXTRACT

11/2 CUPS ALL-PURPOSE
FLOUR

1/4 CUP CRUSHED GRAHAM
CRACKERS

1/2 TSP. BAKING SODA

1/4 TSP. KOSHER SALT

1 CUP CHOCOLATE CHIPS

3 HERSHEY'S BARS, BROKEN INTO
SMALLER PIECES, DIVIDED

1 CUP MINI MARSHMALLOWS, DIVIDED

10 LARGE MARSHMALLOWS

DIRECTIONS

STEP 1

PREHEAT OVEN TO 350° AND GREASE A 10" OVENPROOF SKILLET WITH COOKING SPRAY. IN A LARGE BOWL USING A HAND MIXER, CREAM TOGETHER BUTTER AND SUGARS UNTIL LIGHT AND FLUFFY. ADD EGGS AND VANILLA AND BEAT TO COMBINE.

STEP 2

IN A SEPARATE BOWL, WHISK TOGETHER FLOUR, CRUSHED GRAHAM CRACKERS, BAKING SODA, AND SALT. ADD DRY INGREDIENTS TO WET AND STIR UNTIL JUST COMBINED. THEN FOLD IN MOST CHOCOLATE CHIPS, MOST HERSHEY'S BARS, AND MOST MINI MARSHMALLOWS.

STEP 3

PRESS DOUGH INTO PREPARED SKILLET AND TOP WITH REMAINING CHOCOLATE AND MINI MARSHMALLOWS. BAKE UNTIL CENTER IS ALMOST SET, 22 TO 25 MINUTES.

STEP 4

MEANWHILE, CUT LARGE MARSHMALLOWS IN HALF, LEAVING THE TOPS AND BOTTOMS INTACT. PLACE HALVED MARSHMALLOWS CUT SIDE-DOWN AROUND THE EDGE OF THE COOKIE. RETURN TO OVEN AND BAKE UNTIL PUFFED AND GOLDEN, 5 TO 8 MINUTES MORE. SERVE WARM OR AT ROOM TEMPERATURE.

S'MORES SKILLET



Sophia, When I went to my bank recently, the clerk told me to be cautious and aware of my surroundings because of "jugging." That is the way the clerk said it was spelled. What do I need to be concerned about here in Alaska? He said it was some kind of stealing and criminal activity in the Lower 48 -- and it has come to Alaska, too. Do you know what it is? Is it really here in Alaska? What can I do to protect myself?

Dear SCARED OF THIEVES:

I wish I did not have to say it, but YES apparently it has come to our beautiful State, too. Let's do our part to make sure it does not get out of hand. Maybe it will STOP here and/or just go away.

Jugging -- rhymes with mugging, I'm so sorry I have to say that.

Jugging usually involves two criminals -- one is spying or scoping to find someone who is withdrawing a large sum of money from a bank or an ATM outside a bank or from any kind of financial institution. The other thief is the one who attacks, grabs, and runs off with your money. This second one runs to the first one in the car and off they go. This crime happens quickly. They grab your money and depart fast. They seem to be trying to find folks withdrawing large sums of money from a bank or a financial institute or an ATM outside a bank or a store.

So far they seem to be preying on children and teens, folks with some kind of disability, and senior citizens. The criminals think that folks they consider weak are easy to steal from.

Tips for your safety and my safety and everyone's safety --

1. If you're withdrawing a significant amount of cash in a bank or near an outside ATM or any financial institution -- ask for the manager or a security guard to walk with you to your vehicle and wait until you are inside and the doors locked. If you see a stranger approaching your car, drive away fast, or call 911 immediately.



2. If you carry a purse with a shoulder strap, keep the purse snugly under your arm.
3. Shop with other shoppers. Watch out for one another
4. Keep packages wrapped or tied so it's not obvious that something valuable is inside. Thieves have grabbed chunks of money but also expensive carry-on items.
5. Some police and security folks are even advocating that women not carry an obvious purse.
6. If you're shopping by yourself, walk from the store with confidence. Have your keys handy so you can immediately open your car door and put your packages inside and then put yourself inside, lock the doors. Keep your cell phone handy in case you need to call for help.
7. If you think someone is watching or following you, go back inside and ask the store manager or a security guard to walk with you to your vehicle.
8. If you think someone is following you, do not drive home. If you know where the nearest police station is, then drive to it. Or drive to any place with a lot of people so you can feel protected.

SPECIAL NOTE: If despite your best efforts, a bad person grabs your purse, your money, or anything else that is yours, let them have it. You are more valuable than any amount of money or any items. And contact the police or State Troopers as soon as you can

I prefer to give positive advice to all of you my readers and fans, but sometimes I have to write about some very serious stuff. Today is one of those times. I think this is as bad as advising folks to be on the lookout for four-legged critters wandering our campus. We don't want anyone to be a meal or a snack for a critter. And we do not want anyone to be robbed in this new crime. Let's be careful and watch out for one another. Gee. I sure hope that next month I can give my wonderful fans (readers) some positive, practical advice! Please ask me some questions on a positive topic for our September issue of the CERSC Newsletter.



Chugiak-Eagle River Senior Center
22424 Birchwood Loop
Chugiak, Alaska 99567

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

Serving Seniors From Hiland to Eklutna

Chugiak-Eagle River Senior Center



Happy
August

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 CERSC 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:** Jared Goecker (Editor), Margaret Asbury, Katie Obi Obasi, Linda Hamilton, Rosemary Vavrin, and Ruth Doubek