

Vol. 2

February 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

CONGRATULATIONS!

We officially survived the first month of the year. If your New Year's resolutions are still going strong, please come upstairs and tell me your secrets. If they've already been replaced by a nap and a cookie... that's okay too! We are cultivating a judgment-free cookie zone this year, as long as you share with me ...

This year is going to be amazing. I am so excited to spend a brand-new year with all of you. We have a packed calendar for the start of the year, and I want to encourage you all to step out of your comfort zones. Remember: this is everyone's first time living on this Earth, so there's no reason to be embarrassed. Live your life like no one is watching—but since we're all here watching anyway, give us a good show! A simple eye wink or shaking your booty would do.

Seeing your faces makes me smile ear to ear. If you ever need a chat, I'm just upstairs in the Main Office. My door is always open for anything and everything—I'm here to listen and help however I can.

Have a wonderful February!

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

ALP Administrator: Pam Read, RN
907-688-8999 | Pam@chugiakseniors.com

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

Adult Day Services
907-688-2691 | sharon@chugiakseniors.com
Donations - 907-688-2685 | seniors@chugiakseniors.com

BOARD OF DIRECTORS

President Andrew Fierro
Vice President Rick Oatman
Secretary Ruth McClain
Treasurer Bob Wilkinson

Members-at-Large
Kathryn Railing
Sue Holliday
Ken McCarty

Contact:
board@chugiakseniors.com

UPCOMING EVENTS

FEBRUARY 4TH | Resident Meeting @ 3PM

Residents are invited to join us for our upcoming Resident Meeting located in the Bill Stoltze Dining Room. This is a great opportunity to hear updates, share feedback, and connect with one another. We hope to see you there!

FEBRUARY 10TH | Lions Bingo @ 1:30PM

Lions Bingo is coming up! Come enjoy a lively game of bingo, connect with friends, and have some fun with the Lions Club. Located in Adult Day Service.

FEBRUARY 9TH | Valley Thrifting @ 10:30AM

Ready to fill a cart with things we absolutely don't need? Perfect, me too!

FEBRUARY 13TH | Sweet Heart Social 5:00PM - 6:00PM

You're invited to our Sweet Heart Social! Spend time enjoying sweet treats, good company, and a welcoming atmosphere as we come together for an afternoon of connection and fun.

FEBRUARY 17TH | VFW Bingo @ 1:30PM All You Need is Love...

Come enjoy a great time with friends and bingo! What more could you ask for?

FEBRUARY 18TH | Movie Night @ 5PM

Enjoy a great movie, light refreshments, and plenty of good company. Sit back, grab some popcorn, and let's enjoy the show together!

UPCOMING EVENTS

FEBRUARY 19TH | Trivia @ 10AM

Put your thinking caps on! Join us for Trivia at the Chugiak Senior Citizens Center—a fun, relaxed time of laughter, friendly competition, and great company. Come test your knowledge, learn something new, and enjoy a morning of brain-boosting fun with friends. All are welcome!

FEBRUARY 26TH | Decorating Baby Clothes for Mothers in Need @ 10AM

Join us in the lower lounge to decorate baby clothes with unique designs. These baby clothes will be donated to care packages for new mothers in need.



**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**

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.

You are invited to the

SWEET HEART *Social*

Bring a date or a good friend to tear up the dance floor and enjoy some ice cream!

TICKETS : \$5 FLOWERS : \$5

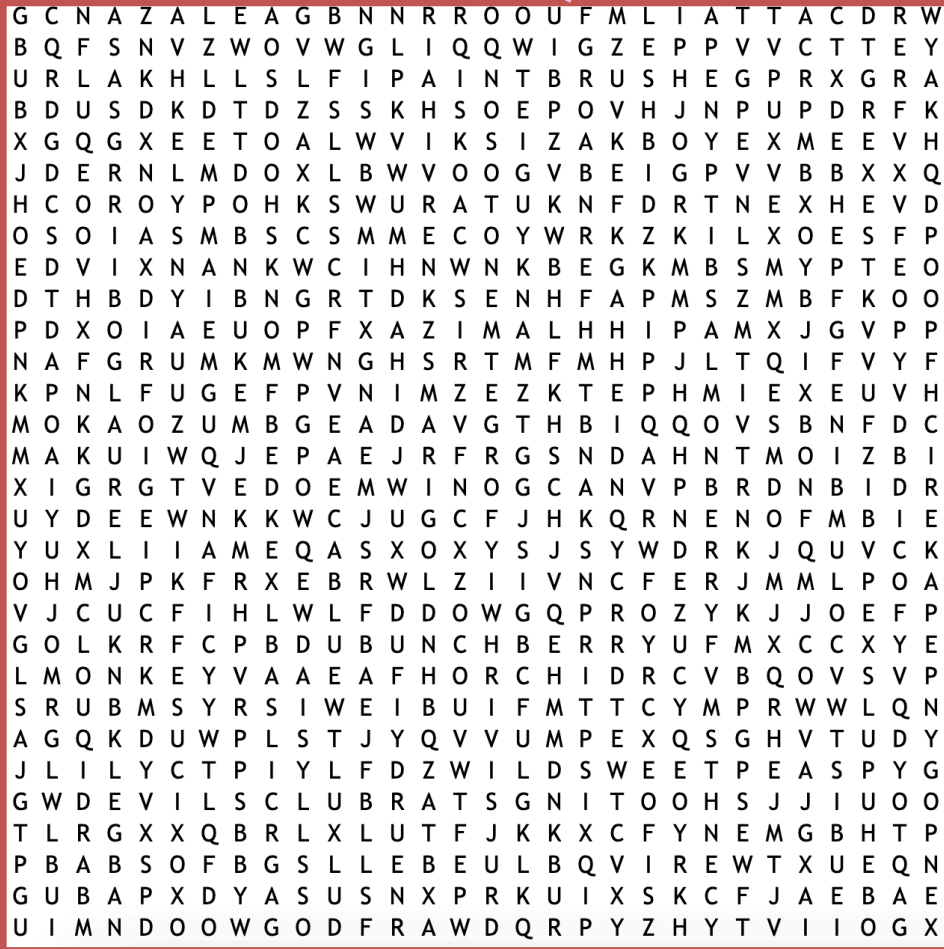
Located in the
Bill Stoltze Dining Room

♥ FEB 13 | AT 5PM | 2026

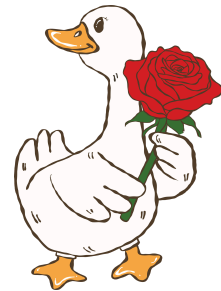
Contact Margaret @ (907) 688-2674
to RSVP. You may purchase tickets
and pre-order flowers in the Main
Office before the deadline.

Dead line is FEBRUARY 11th

Alaska Flowers Wordsearch



- | | |
|----------------------|-----------------------|
| ASTER | IRIS |
| AZALEA | LILY |
| BLUEBELLS | LUPINE |
| BOG LAUREL | MARIGOLD |
| BUNCHBERRY | MONKEY |
| CATTAIL | MONKSHOOD |
| COLUMBINE | ORCHID |
| DAISY | PAINTBRUSH |
| DEVILS CLUB | PRIMROSE |
| DWARF DOGWOOD | ROSE |
| FERN | SALMONBERRY |
| FIREWEED' | SHOOTING STAR |
| FORGET ME NOT | THIMBLEBERRY |
| GERANIUM | VIOLET |
| GOLDENROD | WILD SWEET PEA |



MEMORY CAFE



When: February 13, 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

FEBRUARY 2026

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

MON	TUES	WED	THUR	FRI
2 Cheesy Tater Tot Casserole w/ Ground Beef & Green Beans Corn Garden Salad	3 BLT's! WW Bread Bacon, Lettuce, Tomato Soup	4 Beef Stew w/ Potatoes & Carrots Biscuit	5 Chicken Cordon Bleu Scalloped Potatoes Vegetable	6 Baked Spaghetti w/ Ricotta Cheese & Meat Sauce Peas Garden Salad
9 BBQ Pork Sandwich on WW Bun Baked Beans Coleslaw	10 Philly Cheesesteaks on Hot Dog Bun w/ Peppers & Onions & AuJus, Cheese French Fries	11 Shepard's Pie w/ Peas & Carrots, Bread Slice Garden Salad	12 Liver & Onions Mashed Potatoes & Gravy Vegetable WW Roll	13 Sweethearts Lunch Marry Me Again Chicken Pasta Noodles Vegetables
16 President's Day Center Is Closed Who is your favorite president?	17 Chinese New Year Beef-n-Broccoli Fried Rice Egg Roll Fortune Cookie	18 Lent Begins Chef Salads w/ Turkey, Ham, Roast Beef AC Soup Bar	19 Chicken Parmesan w/ Pasta Noodles Vegetable WW Roll	20 Baked Fish w/ Lemon & Capers Seasoned Rice Steamed Vegetables
23 Meatball Subs w/ Cheese French Fries or Tater Tots	24 Steak & Chicken Taco's Crunch or Soft Spanish Rice Fixings Bar	25 Roasted Pork Tenderloin Roasted Carrot & Potato Gravy	26 Turkey Burgers Baked Beans Coleslaw	27 White Chicken Chili Fixings Bar Garden Salad Tuna Fish Sandwich
				

This Menu Is Subject To Change

Resident Story: Rick & Bev Oatman



I graduated from high school in 1974 and was living near Denver at the time. I loved to ski, so not long after graduation I moved up into the mountains. My dad had a glass business, and I worked for him while soaking up mountain life. I was about eighteen, young and free, and life felt wide open.

About six months after moving up there, my friend Jeff and I rented a place near the Keystone ski area. Across the street lived a couple of girls—tan, blonde, young, and full of life. One of them was Bev. She lived there with her friend Maureen, who we called Mo. Bev worked at the ski school. I skied all the time; she didn't ski much at all, but that whole ski-world was her world. That's how we met, and from the start, life was fun.

About a year later, Bev and her sister Barb had an opportunity to go to Alaska. A mutual friend, Lil, and her husband Terry were homesteading near Kenny Lake. Terry was preparing to work on the pipeline, and Lil was pregnant with their daughter, Sarah. They needed help on the homestead. It was rough country—real Alaska—but also something special.

So Bev, Barb, and Barb's two young daughters went up for the summer to help. Terry didn't even start pipeline work until the fall. Eventually, Bev came back to Colorado, and Barb drove home. Bev flew, and I picked her up at the airport—I had her car while she was gone. I'd heard rumors she might have a boyfriend up there, which didn't sit great with me, but when we got together again, everything fell into place.

Bev told me Terry said we could come to Alaska and build a cabin. I didn't even really know where Alaska was. I didn't care. Bev was beautiful, and I wanted to go wherever she was going. So in November of 1975, we came to Alaska. It was thirty below zero when we arrived. I'd seen cold in Colorado, but this was different. Real cold. We lived on the homestead with Lil and Terry for that first winter. It was rustic, cold, and completely new to me. I didn't look for a job—I just lived life there with Bev.

We learned everything together: driving a tractor, cutting firewood, raising crops, caring for chickens, ducks, geese, pigs, goats. We became farmers without planning to. It was hard, but it was fun. We were little farmers, and we loved it.

Eventually, we built a cabin. That cabin turned into a house. We lived together for about ten years before we got married. We were just living life—deeply and fully. Bev became a kindergarten teacher. I got involved with the school and somehow became the hockey coach, even though I knew nothing about hockey. I was just a ski bum from Colorado. The hockey program barely existed at first. We had eighth graders playing on the high school team because we didn't have enough kids. It probably wasn't legal, but we made it work. We traveled all over Alaska and even into Canada. It became a huge part of our lives.

Resident Story: Rick & Bev Oatman

We raised two kids there. The school was our community—our second family. I worked construction, then started my own glass business, installing windows all over the region. I didn't make much money, but I raised my family, and that mattered more.

Later, when our kids were almost grown, the school needed a custodian. I was tired of working for myself and thought it might be nice to work for someone else. I took the job and ended up doing just about everything there. Between the school and hockey, I was always involved. Kenny Lake wasn't just where we lived—it was who we were. We lived there for more than fifty years.

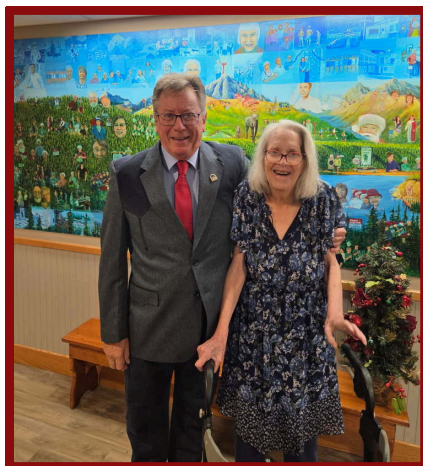
Eventually, though, Bev's health began to decline—physically and mentally—and we knew we couldn't stay out there anymore. Leaving was incredibly hard. Kenny Lake was paradise. Our front yard was a view of the mountains. Bev never wanted to leave that beauty. But coming here turned out to be the greatest thing that ever happened to us.

I never would have chosen this place on my own, but now I can't imagine being anywhere else. It's beautiful. We're surrounded by good people. I stay busy—shoveling snow, chopping ice, helping out. Someone once told me, "Wow, you really work hard," and I just laughed. It's good for you. I've kind of become the go-to guy here, just like I was back at the school. My old friends joke that I take over wherever I go—and they're probably right.

When people ask me what advice I'd give young couples, especially after being married for over fifty years, I tell them this: when you say "forever," you have to mean it. We've had hard seasons—especially with Bev's health. A lot of people would have walked away. I didn't. That's not what forever means. I tell my kids the same thing. You'll fight. You'll get mad. But you work through it. Don't leave angry. Always say "I love you." You're in it for the long haul, no matter what comes.

Do I miss Kenny Lake? No. I loved every minute I had there. We still have a cabin and visit sometimes, but it's hard now with Bev's care. I don't miss it because I lived it fully. Kenny Lake was God's paradise for us. And this place—this is a blessing too. We're grateful for the people who run it, for the community, and for where we've landed.

It's been a good life.



Many Thank You's!!

We are so thankful to the many organizations that blessed our residents and community this past season!

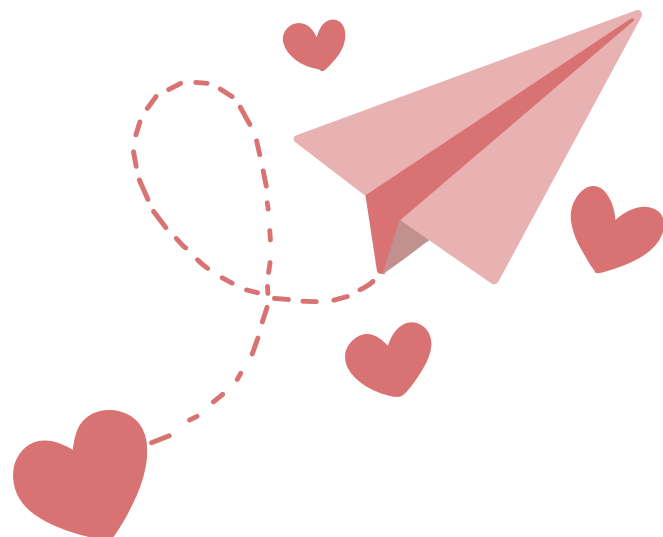
Thank you to P&M Garden Center for donating the beautiful poinsettia's to the center for Christmas. You added the perfect merriment to our holiday cheer!

Thank you to ALL that donated and volunteered to make the Meals on Wheels Christmas Present Program possible. We handed out 86 gifts to our Meals on Wheels clients this year, for some this is the only gift that they may receive. It is truly amazing to bring such joy to people!

Thank you to the Quilters Guild that donated presents to our residents that put smile on everyone's faces.

Thank you for Gina Kodiak and Debbie & Paul Kodiak who speared up a program to give our residents gifts for Christmas with the help of CVMA, American Legion, Elks Lodge, VFW and JBER 1st Sargents. Gifts were handed out by Santa and volunteers.

We all had a lot of fun spreading lots of joy and making tons of memories!



Focus On Mental Health

Mental health for seniors can be improved through a combination of lifestyle changes, social engagement, and seeking professional help. Strategies include staying socially connected, maintaining a healthy diet and sleep schedule, and engaging in regular physical and cognitive activities. Seeking professional help is crucial for conditions like anxiety or depression.

Lifestyle and daily habits

- **Stay socially connected:** Make an effort to socialize with friends and family to avoid isolation and loneliness, which are risk factors for depression.
- **Engage in physical activity:** Regular exercise is beneficial for both mental and physical health and can improve mood.
- **Stimulate your mind:** Activities that keep your brain active, such as puzzles, reading, or learning new skills, are important for cognitive health
- **Prioritize sleep:** Aim for 7-9 hours of quality sleep per night. Creating a comfortable sleep environment and avoiding late-day naps can help.
- **Eat a healthy diet:** A nutritious diet can boost mood and overall health. Stay hydrated and focus on positive aspects of your diet.
- **Limit negative media:** Be mindful of your media consumption, as a constant barrage of negative news can increase anxiety.
- **Maintain a routine:** A consistent daily routine provides structure and can be comforting. A bedtime hygiene routine is helpful when winding down for sleep.

Seeking professional help

- **Talk to a doctor:** If you're experiencing persistent sadness, anxiety, or hopelessness, talk to your healthcare provider. Many seniors live with mental health conditions like depression and anxiety, but effective treatments are available
- **Online therapy:** Virtual counseling is a proven therapeutic tool that can be especially beneficial for older adults who face geographical or physical barriers to in-person care.
- **Medication:** If prescribed, take medications for mental or chronic health conditions exactly as your doctor directs.

Support for caregivers and loved ones

- **Encourage help seeking:** Gently encourage seniors to seek help and ask what support they need.
- **Offer support:** Offer to go with them to appointments or join them for walks to provide both companionship and a chance to connect.
- **Educate yourself:** Learn about common mental health issues in older adults to better recognize potential problems.

Crisis and support resources

- **For an immediate crisis:** Call or text 988 or visit the local emergency room, where experienced behavioral health professionals can help.



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.

ADRC
Aging & Disability Resource Centers
(907) 343 - 7770

AMY'S DAD JOKES

I have a disease where I
can't stop telling
airport jokes.

My doctor says
it's terminal.

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.



*You're
Invited!*

SENIOR PROM

DATE: MARCH 6TH, 2026

TIME: 5:00PM - 7:00PM

LOCATION: THE BILL STOLTZE
DINING ROOM

THEME: FLOWER POWER

TICKET PRICE: \$20.00



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

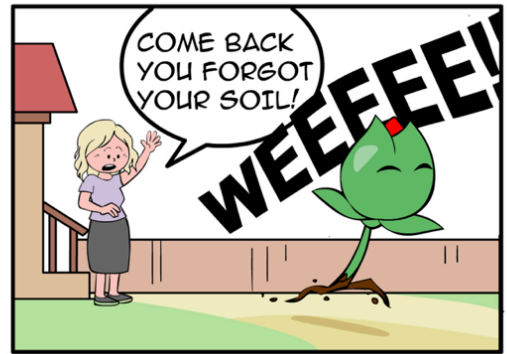
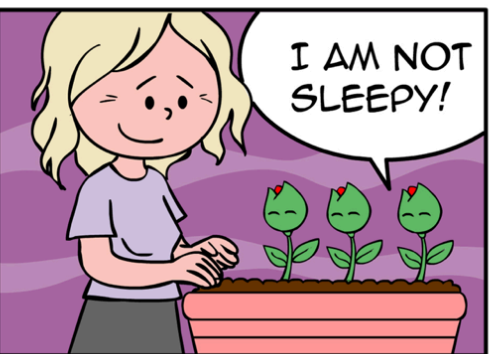
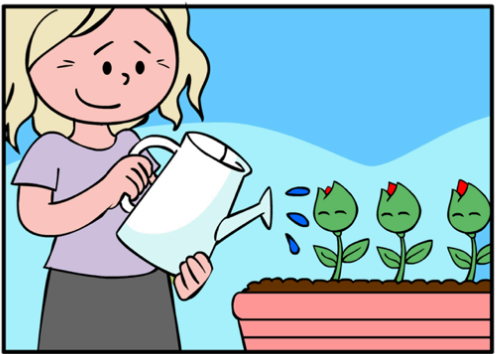
Help us honor your service and ensure your journey is never forgotten.

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



Serving Others.

AC'S COMIC CORNER

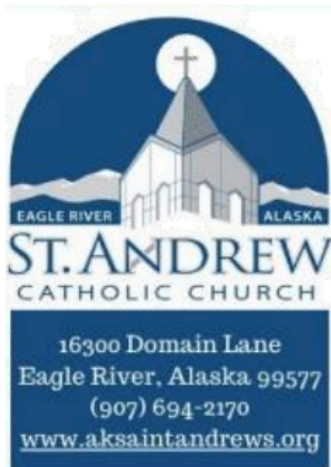


ST. ANDREW CATHOLIC CHURCH

-Catholic Mass: Friday February 20, in the Dining Hall, 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.



ELDER ENDEAVORS

**1ST AND 3RD WEDNESDAYS
1:30-3:30 PM
LOUSSAC LIBRARY**

A biweekly event for seniors, this program is an opportunity to enjoy community connection, learn about a new topic, or participate in a fun activity.

AGE GROUP
ADULT

EVENT TYPE
COMMUNITY

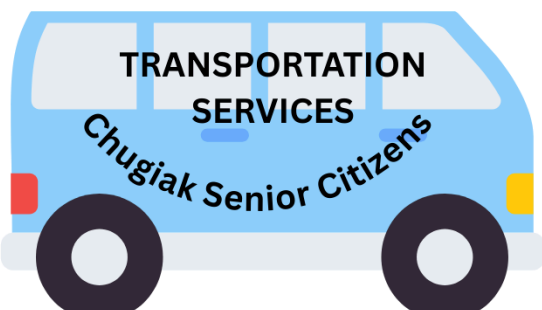
This Month:

- Feb. 11 Movie Matinee
Learning Commons
- Mar. 11 Story Circle
Ann Stevens Room.

For auxiliary aids, services, or special modifications to participate please contact Adult Services Coordinator to request reasonable accommodations at 343-2856 or sarah.preskitt@anchorageak.gov



WWW.ANCHORAGELIBRARY.ORG



Contact Us
(907) 688 - 2625
ride@chugiakseniors.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 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





CHUGIAK SENIOR CITIZENS FOUNDATION

From the Desk of our President,
Paulette Shannon...

Chugiak Eagle River Senior Center: The Most Unique Senior Center in America!

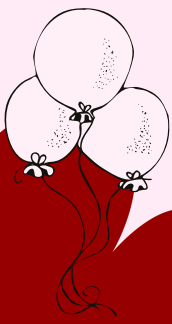
What makes the Chugiak Eagle River Senior Center (CERSC) truly unique? In my opinion, it is the combination of affordable senior housing, a vibrant community center utilized and enjoyed by everyone AND the Chugiak Senior Citizens Foundation. The Foundation plays an important, benevolent role in the support of this community. The long-term growth of the Foundation's corpus ensures that these valued services will be available to support not only our current Seniors, but also our *future* Seniors.

I've watched our corpus grow from \$2 million in 2019 to nearly \$3 million in 2025. Individual donations exceeded \$18,000 in 2025. This momentum reflects the Directors' strong investment stewardship. Annual distributions to support CERSC also rose sharply—from \$25,000 in 2020 to \$90,000 in 2025! Distributions have funded the purchase of two new vans, improved building security, moved and improved the art room, and renovated the gym and purchased additional equipment.

If you've ever thought, "*This Center needs to continue for the next generation of Seniors... maybe I can help,*" you're not alone. If you're interested, we invite you to volunteer as a Director and share your energy and ideas. If that's not the right fit, please consider supporting us through philanthropy. Your time or financial commitment to the Foundation helps ensure CERSC's mission, programs, and spirit continue to thrive for **years to come.**

You can find more information about the Foundation through our brochures, the link from the Center's website and our articles in the *Senior Edition*. Or scan the QR code:





Happy Birthday

February 1	Joel Hembach	February 16	Nick Stout
February 1	Dede Hinton	February 17	William Novotny
February 1	Alice Landers	February 17	Michael Adams
February 3	Therese Shanley	February 18	James Price
February 4	Lori Lowers	February 20	Karen Maskariniec
February 4	Joel Fitch	February 21	Gary Craig
February 6	Marissa VanThiel	February 21	Janet A. Grigg
February 7	Marine Sallee	February 21	Dewey Whetsell
February 7	David Paul	February 22	Forrest Wacker
February 7	Linda McClure	February 22	Dona Howell
February 8	Tom Vogel	February 24	Beatrice Clay
February 10	James Dyal	February 24	Sally Anderson
February 10	Joyce Morris	February 25	John Angell
February 11	Lisi Henson	February 27	James Patras
February 11	Dennis Lattery	February 29	Dorothy Miller
February 11	Cherri Workman		
February 12	Darwin Young		
February 12	Errol Bickford		
February 12	Carol Akerelrea		
February 13	Patricia Odin		
February 13	Daniel Choate		
February 13	Theresa Rodgers		
February 15	Roxann Kopischke		
February 16	Jack Wagner		



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	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			10:00am Yoga Instructor-led



Chugiak Senior Center
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.