Vol. 6

June 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 June, friends!

Well, the moment we've all been waiting for is finally here—Summer has arrived. The sun is making an appearance, and Alaska is starting to look a bit greener.
If you've spent more than a few years here, you know the drill: no two seasons are alike. The weather is unpredictable, and we get a new set of curveballs every year. It's the ultimate local talking point, but have you noticed how often those conversations lean toward the negative? We tend to focus on what's missing, what's late, or what could be better.
What if we swapped our "negativity glasses" for a different lens?

It can be as simple as being grateful the sun came out for five minutes today—because in Alaska, we know it very well could have stayed behind the clouds. Life throws just as many curveballs as the weather does. If we spend our time focused only on what went wrong (or what might go wrong), we miss the point of living.

At the end of the day, we are in charge of our own internal "weather report." You control how you react and how you continue to show up for this community. Every day is a choice.
What are you choosing today?
Have a blessed month, as always, you know where to find me.

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
907-854-7144 | lorna@chugiakseniors.com

Transportation Supervisor: Andy Gray
Transportation - Meals On Wheels
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ride@chugiakseniors.com

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

Donations
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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 | 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

June 3rd | Resident Meeting @ 3:00pm
Locatd in the Bill Stoltze Dining Room. Come sit and enjoy a treat as you catch up on the latest details.

June 3rd, 10th, 17th, & 24th | Women's Bible Study @ 10:30am
Join us in the Upper Lounge for fellowship and Bible reading!

June 3rd, 10th, 17th, & 24th | Nature Walk Wednesday's @ 2:00pm
Get outside, enjoy the fresh air, and get those legs moving.

June 5th | Birthday Cake Friday @ 11:30am
Cake served at lunch time to wish people born in June a Happy Birthday!

June 8th | Lions Bingo @ 1:30pm
Located in Adult Day Service.

June 9th | Valley Thrifting @ 10:30am
Shop until we drop. Join the fun! We will be leaving from the Main Lobby, don't forget your shopping bags!

June 11th | GCI Technology Luncheon @ 11:30am
Enjoy a presentation on how to work on the latest technologies. Come prepared to learn and ready to ask any questions you have! Located in the Biill Stoltze Dining Room during lunch hours.

UPCOMING EVENTS

June 16th | VFW Bingo @ 1:30pm
Located in Adult Day Service.

June 18th | Bonfire @ 5:00pm
Come enjoy a nice fire out by the Gazebo. Let's make this a potluck kind of deal: bring one treat or fixing to share! Drinks and smores will be provided. The rest is up to you guys! Once you know what you are bringing, stop by to chat with Makayla in the main office about what you are bringing.

June 19th | Volleyball Game @ 2:00pm
Nothing serious, just fun! We need two teams of 6 in order to make this happen. Configure your team and come chat with Makayla in the main office. Jerseys will be provided. Cheerleaders are needed, lease show up to laugh and cheer!

June 24th | Pickling Party @ 2:00pm
Yay. Let's pickle some more veggies! Please bring the jars you were given at the last Pickling Party. There will be jars for newcomers. BYOV: Bring Your Own Veggies.

JUNE IS NATIONAL SAFETY MONTH

As the population ages, the unique safety needs of the elderly become even more pressing. Safety can be thought of in many aspects of our daily lives. Focus on Emergency Preparedness

- **Emergency Preparedness- Red Cross recommends preparing for emergencies in three steps: Get a Kit, Make a Plan, and Be Informed.**

Lets take a closer look at what we need to do to be better prepared for emergencies::

1. **<u>Get a Disaster Supplies Kit:</u> Assemble essential items in an easy-to-carry container (backpack, duffle bag, or tote)**

Water - (3 day supply for evacuation 2 week for home)

Food-non perishable, easy to prepare items (3 day evacuation, 2 week for home)

Flashlight and extra batteries

Multi-purpose tool (Swiss army knife)

Sanitation and hygiene items (toliet paper, soap, hand sanitizer)

Copies of important documents- med list, medical info, proof of address, insurance, birth certificate, passport

Battery powered or hand crank NOAA weather radio

Cell phone with chargers

First aid kit and prescription medications (7day supply)

Extra cash,- small bills

Emergency blanket

Maps of area, evacuation routes

Extra clothing, hat, sturdy shoes

N95 or surgical masks

Rain gear and plastic sheeting

Matches, duct tape, work gloves

Whistle

Manual can opener

Entertainment items (books, games)

Pet supplies-collar, leash, ID, food,bowl

2. **<u>Make an Emergency Plan:</u> Discuss with your family, or your community**

- **Identify safe spots in your home or facility for different disasters**
- **Know your escape routes- clearly marked**
- **Post emergency phone numbers near telephones**
- **Designate and know meeting places**
- **Learn your evacuation routes and warning systems**

3. **<u>Be Informed:</u>**

- **Learn which disasters are likely to happen in your area.**
- **Know how to respond to each type of emergency.**
- **Stay updated via local news, NOAA Weather Radio, and the Red Cross app.**

BILL STOLTZE CAFE

JUNE 2026

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

MON	TUES	WED	THUR	FRI
1 Baked Potato Bar w/ Diced Roast Beef Broccoli & Cheese Sauce Fixings Bar	2 Chicken Cordon Bleu's Steamed Vegetables Garden Salad	3 Salisbury Steak w/ Mashed Potato & Gravy Vegetable WW Roll	4 Ravioli w/ Meat Sauce Baked Spinach & Feta Cheese Bread Stick	5 Tuna Noodle Casserole w/ Peas Vegetable WW Roll
8 Chicken Curry OR Grilled Chicken Breast Seasoned Rice Vegetables	9 Stuffed Cabbage Rolls Seasoned Rice Vegetable WW Roll	10 Game Day Bowl! Chicken Strips over Mashed Potatoes & Gravy and Corn Hawaiian Roll Gardan Salad	11 Shepard's Pie w/ Peas & Carrots Seasoned Green Beans WW Roll	12 Baked Cod Turmeric Seasoned Rice Vegetable
15 Meat or Vegetable Lasagna Vegetable Garlic Bread	16 Open Face Turkey Sandwich Mashed Potatoes & Gravy Vegetable Garden Salad	17 Baked Chicken Pieces Mashed Potatoes & Country Gravy Green Beans WW Roll	18 Pork Tenderloin Roasted Potatoes & Carrots Applesauce Green Salad	19 Orange Popcorn Chicken Seasoned Rice Stir Fry Vegetables Fortune Cookie!
22 Corned Beef & Cabbage w/ Roasted Carrots Mashed Potatoes Slice of Rye Bread	23 Taco Steam Burgers on WW Bun Served w/ Shredded Lettuce & Cheese	24 Melty Ham & Cheese Sandwich on WW Bun French Fries Baked Beans	25 Chicken Fried Steak Mashed Potatoes & Gravy Vegetable Garden Salad	26 Chef Salads! Turkey, Ham, Roast Beef, Swiss Cheese & Croutons Bread Stick Chef AC Soup
29 Crispy Chicken Sandwich on WW Bun w/ Cheese Coleslaw Pickle	30 Seasoned & Grilled Pork Chops Mashed Potatoes & Gravy Vegetable & WW Roll	SUMMER		

This Menu Is Subject To Change



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

Hosted by Adult Protective Services

Location: Senior Center
22424 N. Birchwood Loop
Chugiak, Alaska 20567

Date: June 15, 2026
Time: 10 AM – 3 PM

JOIN US IN RAISING AWARENESS

World Elder Abuse Awareness Day offers an important opportunity for communities to come together, increase understanding, and take action to support the well-being of seniors

Adult Protective Services will also provide **information and emergency-preparedness supplies** to help seniors stay safer and better equipped in unexpected situations.

ANCHOR GARDENS



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 with garden? Email Ellen Jessup McDermott (etaylorjessupmcdermott@gmail.com) or Makayla Collins (makayla@chugiakseniors.com).

Amy's Dad Jokes

Why doesn't the sun trust umbrellas? Because they are so shady!

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

Scan Here!



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

Amy's Dad Jokes

Why don't mummies go on vacation? They're afarid to unwind!

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

Alaska Legal Services Corporation

(by appointment only)

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

May Highlights

Community Health Fair Summer BBQ Military Gala





























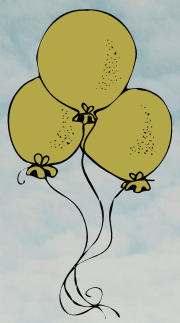












Happy Birthday

June 3	Rose Sechrist
June 3	Jennifer Witt
June 4	Zona Dahlmann
June 5	Sharron Farrar
June 6	Shirley Bennett
June 6	Barbara Wallace
June 7	Robert Kelly
June 8	Loretta French Jardel
June 8	Lee Staudinger
June 9	Alice Stevens
June 9	Dorris Stevenson
June 10	Charles Barringer
June 10	Wayne (Skip) Dunn
June 11	James Marinelli
June 12	Kathleen Kaiser
June 13	Elsie Lester
June 13	Shirley Marinelli
June 14	Sarah Brooks
June 15	Kimiko Alexander
June 15	Valerie Young
June 16	Gil Chambers
June 16	Diana Kuest
June 16	Bob Pillion
June 16	Carol Roper
June 17	Debbie Ossiander
June 18	Stewart Costello
June 18	Alan Rassmusson
June 19	Leona Mae Durst
June 19	Robert Koehler
June 19	Lila McEwen
June 20	Emmet Heidemann
June 23	Marvin Parker
June 24	Ted Davis
June 24	Larry Hart
June 25	Sandra Rude
June 25	Edwina Runnalls
June 26	Christy Bohl
June 26	Glenda Tatroe
June 27	Eleanor (Lilly) Maus
June 27	Frances Rush
June 28	Julie McLane
June 28	Lynn Pryor
June 28	Charlene Wilkinson
June 30	Jane Kurth
June 30	John Nystrom







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	
					10:00am Yoga Instructor-led
		11am Strong Seniors Self-led			

The Alaska Veterans Museum Oral Histories Project is inviting veterans to sha 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.

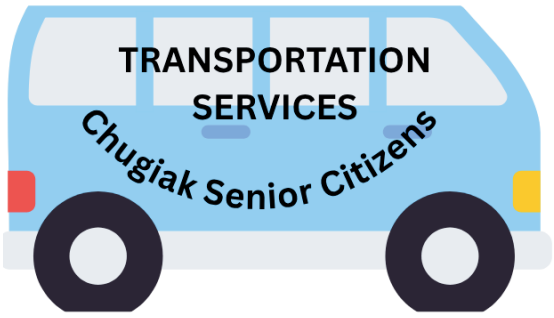
To participate, contact Col Suellyn Wright Novak, USAF (Ret.)
📞 Call: 907-863-0569
Help us honor your service and ensure your journey is never forgotten.



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

theCrossing

Serving Others.



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 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

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

Weekly Shopping Schedule

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)

CHUGIAK-EAGLE RIVER SENIOR CENTER

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 7th 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.

EAGLE RIVER ALASKA
ST. ANDREW CATHOLIC CHURCH
16300 Domain Lane
Eagle River, Alaska 99577
(907) 694-2170
www.aksaintandrews.org

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

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Permit No. 9

Serving Seniors from Hiland to Eklutna

Chugiak Senior Citizens, Inc.

Hello June

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.

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