

Vol. 3

March 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.

# Table of Contents



Community Announcement	3
Contact Information	4
Upcoming Events	5
Upcoming Events	6
Health Fair	7
AARP Tax Service	8
Memory Cafe	8
Bill Stoltze Cafe Menu	9
Nurse Lorna	10
Nurse Lorna	11
Meet Our New Hairstylist	12
Amy's Dad Jokes	12
Welcome To Summer BBQ	13
AC'S Comic Corner	14
Amy's Dad Jokes	14
Chugiak Senior Living Services	15
Chugiak Senior Citizen Foundation	16
PFD Assistance	17
Volunteers Needed	17
March Birthdays	18
March Alaskan Trivia	19



# Community Announcement

**Hello friends!**

**February may be over, the month of love and all, but I think every month is full of love—especially around here. You don't need a specific day to express gratitude for those you hold near and dear. Every day is a new chance to show up for the people around you and be that kind and loving person who helps someone smile. I encourage you to be bold and love everyone!**

**We have an exciting update regarding our Senior Prom! After listening closely to your feedback, we've decided to trade the formal dance for something a bit more relaxed and fun. We are officially rebranding the event as a: Summer Party!**

**Come Say Hi! As always, you know where my office is. Stop by to say hi or share any new ideas you have. The seasons are changing, so I encourage you to get outside and feel the beaming sunshine. Oh, how we have missed the sun!**

**Here's to feeling happy, healthy, and alive!**

**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**  
907-688-8999

**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

**MARCH 2ND & 16TH | Water Color Hosted by Roxann @ 10AM**

Ask a friend to tell a friend. This class needs at least three or more beauties for the show to go on. Located in the Painting Room Upstairs.

**MARCH 4TH | Resident Meeting @ 3PM**

Show up, eat a sweet treat, and leave with a nogging full of knowledge. Located in the Bill Stoltze Dining Room.

**MARCH 5TH | Chugiak-Eagle River Library Excursion @ 10AM**

If you like to read, hop in the van! The librarians can help you obtain a library card, free of charge.

**MARCH 9TH | 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.

**MARCH 12TH | Speed Puzzling Competition @ 10AM**

Calling all puzzlers to this once in a life time show down. Partly kidding. The puzzles are 300 pieces and you will have two and a half hours to complete them with teams of 2-3 people.

**MARCH 13TH | Karaoke @ 4PM**

It doesn't matter if you can or can't sing, just don't break our eardrums. Come sing your heart out and have fun with some friends.

# UPCOMING EVENTS

**MARCH 17TH | VFW Bingo @ 1:30PM**

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

**MARCH 18TH | Tech Class @ 10AM**

Basic tech questions can be answered and new tricks will be learned. Located in the Board Room.

**MARCH 19TH | Waffle Thursday @ 9AM**

Waffles are better with friends. I'm hungry, you're hungry - so let's meet in the Bill Stoltze Dining Room! The cost is just \$3 for two waffles and juice/coffee.

**MARCH 20TH | Bob Ross Paint Night @ 3PM**

Paint like no one is watching... seriously, they might not want to look! Located in the Painting Room upstairs.

**MARCH 24TH | Valley Thrifting @ 10:30AM**

Shopping and food, there is nothing better. We will be leaving from the main lobby.

**MARCH 30TH | HAPPY SEWARD'S DAY - CENTER CLOSED**

The Chugiak Senior Center will be closed in observance of Seward's Day. We will reopen during regular business hours the following business day. Thank you!



# HEALTH FAIR

DATE: MAY, 2<sup>ND</sup> 2026

TIME: 8:00AM - 12:00PM

PLACE: CHUGIAK SENIOR CENTER

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

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





**AARP**

**TAX SERVICE**

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



**Dates: February 4, 2026 thru April 15, 2026**

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

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

# MEMORY CAFE



**When: March 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](mailto:lauren@orlc-ak.org)**

# BILL STOLTZE CAFE

## MARCH 2026

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

MON	TUES	WED	THUR	FRI
2 Grilled Chicken Sandwiches w/ Swiss & Bacon, Lettuce & Tomato Tater Tots BBQ Baked Beans	3 Beef & Cheese Enchiladas Spanish Rice Fixing Bar	4 MeatLoaf w/ Mashed Potatoes & Gravy Peas Bread Slice Salad Garden	5 Chicken Parmesan w/ Fettuccine Noodles Vegetable Garlic Bread Stick	6 Baked Potato Bar w/ Brisket Broccoli & Cheese Sauce Fixings Bar Garden Salad
9 Sloppy Joes WW Bun Roasted Corn Coleslaw	10 Salisbury Steak w/ Mashed Potatoes & Gravy Vegetable WW Roll Garden Salad	11 Patty Melt w/ Cheese & Onion Potato Salad Onion Rings	12 Open Faced Turkey Sandwiches w/ Mashed Potatoes & Gravy Vegetable	13 Baked Salmon Jasmine Rice Brussel Sprouts Garden Salad
16 Beef Stew w/ Potatoes & Carrots Roasted Root Vegetables Biscuit	17 Mongolian Beef Fried Rice Stir Fried Vegetables Spring Roll 	18 Chicken & Dumplings Collard Greens w/ Bacon Sweet Potato Casserole	19 BBQ Pork Sandwich WW Bun Pickle Spear Sweet Potato Fries Coleslaw	20 Shrimp Scampi w/ Pasta Vegetable Garlic Bread
23 Maple Glazed Ham Mashed Potatoes & Gravy Creamed Spinach Roasted Sweet Potatoes Garden Salad	24 Cobb Salads (Chicken Strips, Egg Wedges & Bacon) Breadsticks AC's Famous Soup	25 Beef Tips over Fluffy Rice w/ Gravy Vegetable WW Roll Garden Salad	26 Savory Pot Roast Mashed Potatoes & Gravy Honey Glazed Carrots WW Roll	27 Breakfast 4 Lunch Chef's Surprise
30 HAPPY SEWARD'S DAY!  CENTER IS CLOSED	31 Taco Salads w/ Refried Beans & Taco Meat Fixings Bar Churos			

This Menu Is Subject To Change

## Science of a Meaningful Life

One can't help but notice there was a lot to say about meaning, purpose, forgiveness, trust, and morality. There are some provocative and influential findings published during the past year. Here are some insights into those findings, and what you might like to invite into your life and your community.

1. Feeling hopeful-even more so than just feeling good- may bring us a sense of meaning. Feelings of hope and meaning can shift from moment to moment, and they are influenced by the things we encounter in daily life. When we're facing tough times, taking time to cultivate hope- for example, by seeking out positive news or reminding ourselves that tough circumstances can improve- can help us to see the world around us as more meaningful.

2. A strong sense of right and wrong makes for a happier, more meaningful life. Philosophical debates about the relationship between morality and happiness are longstanding. There is evidence that doing good and feeling good go hand in hand. There are many ways to think about morality; it includes traits like being compassionate, respectful, fair, loyal, dependable, and honest. People who are seen as more moral are reported to be happier and have a greater sense of meaning in life.

3. Your well-being influences your mitochondrial health. Feelings of content or distress directly influence our physical health. Mitochondria (in our cells) converts energy from nutrients into the blood the body uses and is sensitive to what is going on in our mental lives. They ramp up production to strengthen defense to threats; they trigger inflammatory responses to help the body fight pathogens. Subjected to intense or long-term stress, they weaken and toss DNA debris into the bloodstream. Looking more closely at the mitochondrial function could help us better understand the mind-body connection and come up with better practices to support holistic well-being.

4. Just about every activity, it is more enjoyable in the company of others. Not only does happiness thrive in the company of others, but happiness experienced together may be even better for our health than happiness experienced alone. Sharing positive emotions, even small moments of joy or social connection, can support better health as we age.



## Science of a Meaningful Life

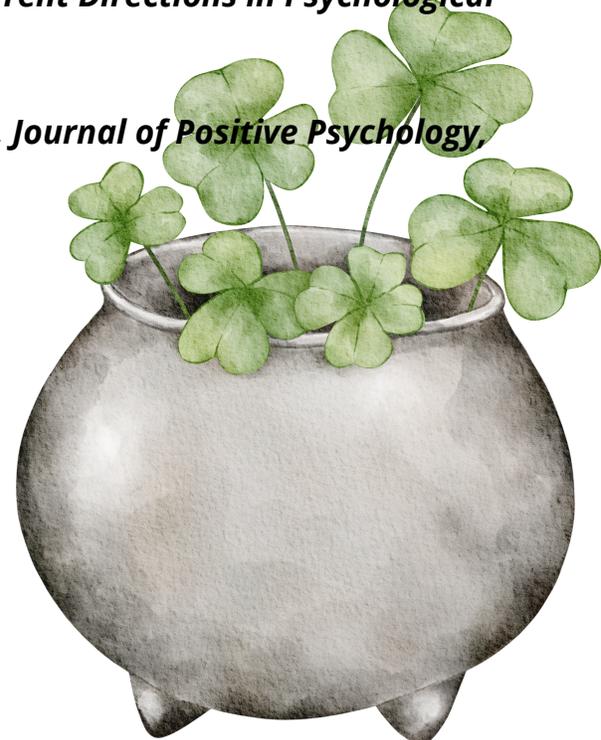
5. When you forgive, your memories don't fade, but your misery does. When we've been wronged, it can be hard to forgive. Forgiveness seems to keep our memories intact while lessening the suffering we feel recalling them. Forgiving someone can protect our well-being without impacting our pursuit of justice or amends for the harm we've suffered.

6. Trusting other people can improve our well-being throughout our lives. Researchers found that people who tended to trust others more at any level were happier and more satisfied with life than those who trusted less and experiencing greater well-being fostered more trust down the road, too. Perhaps, understanding that people are more trustworthy than we give them credit for might help build bridges between people, making us all better off.

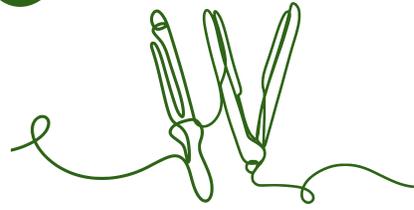
7. Where does purpose come from? People with a sense of purpose in life tend to enjoy greater health, happiness, and economic success, among other benefits. The take home message is that any kind of purpose is key to having a good life. Sometimes, the things we can do for our happiness are small and easy: getting a little sun, saying thank you, or lending a hand. Otherwise, we probably can't cultivate some other things overnight, they are no less important to living a good and happy life.

**Resources:** *Journal of Personality and Social Psychology, Current Directions in Psychological Science, Journal of Experimental*

*Psychology, Psychological Bulletin, Nature Human Behavior, Journal of Positive Psychology, Mind and Body*



# 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.**



**AMY'S DAD JOKES**  
**Why did the duck get arrested?**

**It was selling quack!**

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



**(by appointment only)**

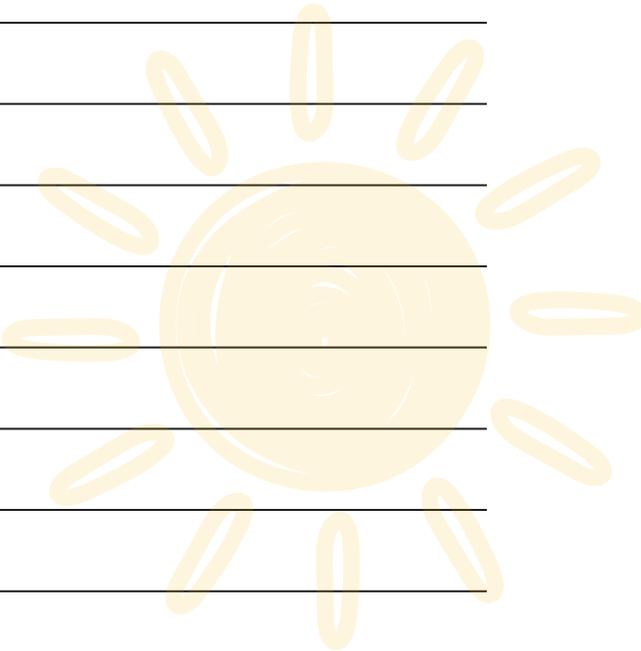
**For more information or to schedule an appointment, please call 907-688-2674.**

PROM  
IS  
CANCELED



**WARMER DAYS ARE AHEAD!**

WHAT ARE **YOU** LOOKING FORWARD TO DOING THIS SUMMER?





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**

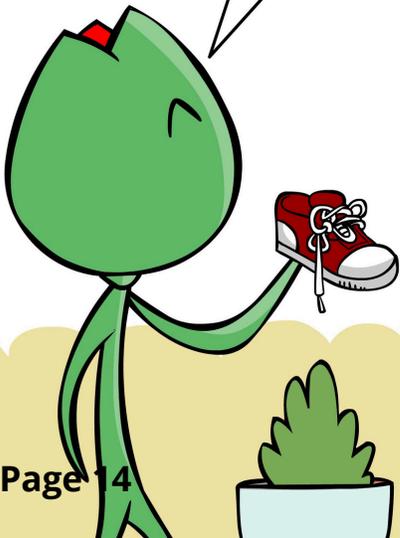
**CORNER**



**CHIROPRACTIC OFFICE**



*I FELL HARD IN THE GYM CLASS. COACH RECOMMENDED ME TO COME HERE. HE SAYS YOU'RE REALLY GOOD WITH KNOTS.*



# ST. ANDREW CATHOLIC CHURCH

-Catholic Mass: Friday May 15, 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:**

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](http://WWW.ANCHORAGELIBRARY.ORG)



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

### ABOUT US

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

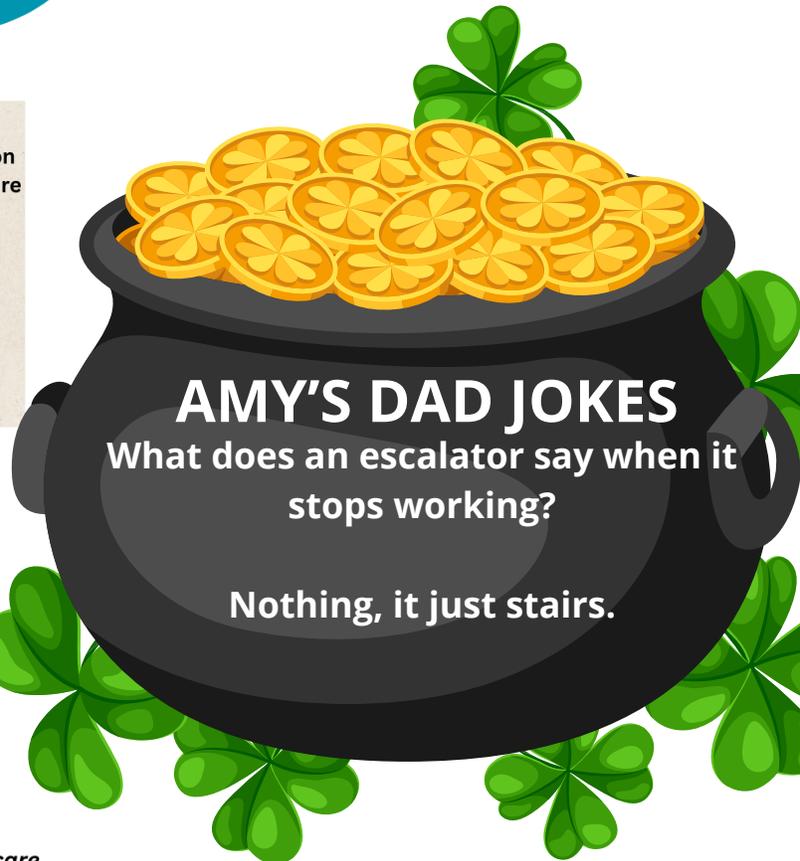
**Hours: Monday - Friday, 8:00am - 4:00pm**  
**Last Pickup: 3:30pm**

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

Donations Accepted But Not Required Weekly Shopping Schedule

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

**Call for information  
on ADA Fare**



*Connecting seniors, people with disabilities, and caregivers with long-term care services and support*

Anchorage: 907-343-7770

# Chugiak Senior Citizens Foundation

Our spotlight this month turns first to two new supporters who helped us kick off the Foundation's 40th Anniversary year by saying "Yes!" to the future of our Center with gifts to the Foundation. Please join us in thanking resident Lil Gilmore and the Law Office of William Dennie Cook, who made generous donations.

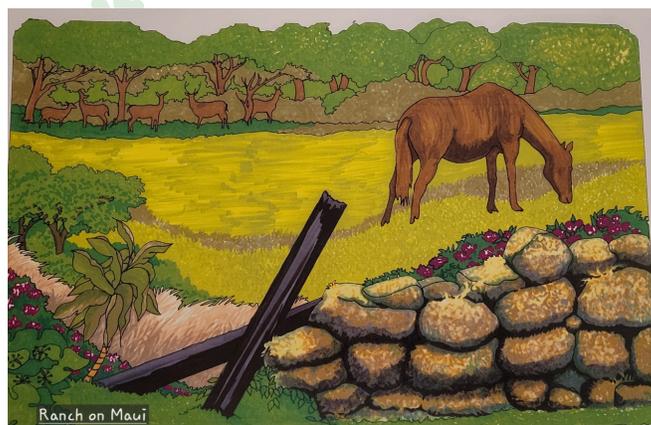
Next, local artist, writer and former Foundation Trustee Gil Chambers gives you a glimpse into what he values about his life at the Center:

*"Life is like a crossword puzzle. The Chugiak-Eagle River Senior Center is a support hub for the local elderly. Amy Demboski and her staff provide services to keep us fit and healthy. Meals-on-Wheels brings food for those who still live at home and a van is always ready to take us where we need to go. An Outreach Nurse can see to our needs and check on our health. Remember the bingo games, music events, noodle ball, twisted Farkle, the Wheel of Fortune...A Christmas tree in every lounge. Skeletons on display on the lawn at Halloween...? Things one can never forget." - Gil Chambers*

Gil gives financial support to the Foundation as well as donating to ongoing needs of the Center. His name appears on one of the newest transportation vans in recognition. He has written several short books about his life for his family and friends, with his own illustrations.

Let's show our appreciation for all three of these supporters who recognize the value of this Center to the community and have made a gift to its future. To find out how you can make our mission part of your legacy, talk to one of our board members or send an email and make an appointment to meet: [foundation@chugiakseniors.com](mailto:foundation@chugiakseniors.com)

CSC Foundation Board  
Paulette Shannon  
Leslie Lance  
Kira Bradford  
Barbara Parker  
Stephen Anderson



*Accompanying artwork by Gil Chambers*



# PFD ASSISTANCE

Date: 3/10/26

Time: 1pm - 3pm

Place: Chugiak Senior Center (*outside the main office*)

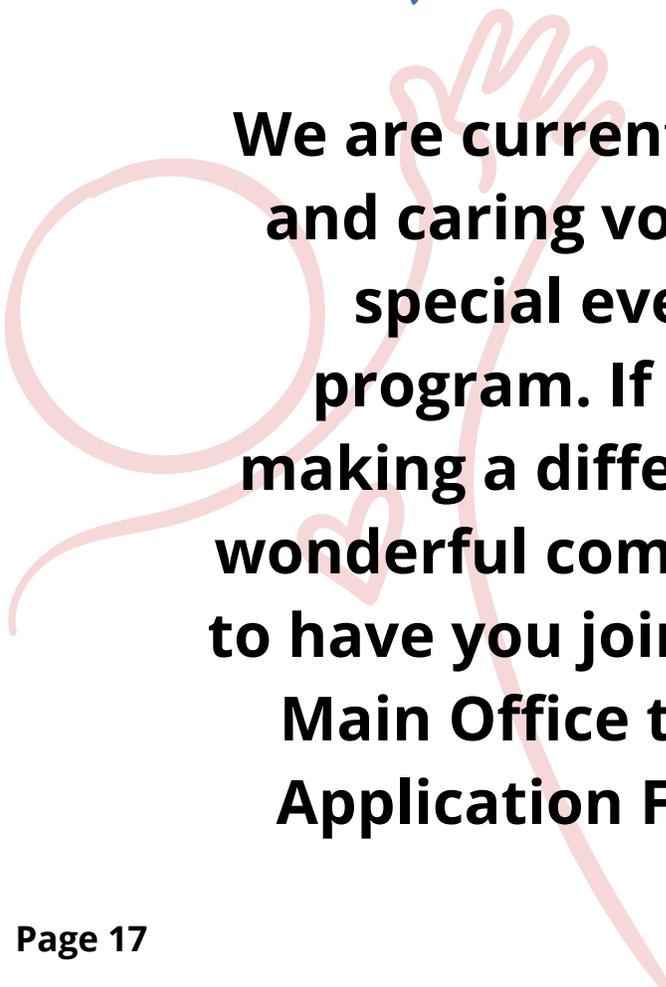
Please be prepared with your MY ALASKA - username and password if using the computer.

Must have an account on MY ALASKA in place. No new accounts please.

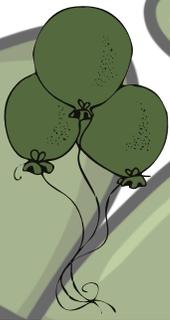


Paper Applications will be available.

# VOLUNTEERS NEEDED



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



# Happy Birthday

March 1	John Copenhaver	March 22	Lilian Person
March 1	Vernon Stevenson	March 23	Jerry McKinley
March 1	Michael Taylor	March 23	ian Whitmore
March 3	Donald Swanson	March 24	Elly Frey
March 7	Merle Askeland	March 24	Pam Horazdorsky
March 7	James Sampson	March 25	Kennith McCarty
March 8	Diana Fleck	March 26	Thomas Adams
March 8	Esther Fouts	March 26	Laura Kolerok
March 11	Ivy Craig	March 26	Ralph Neill
March 11	Kevin Matlock	March 27	Julie Meyer
March 11	Michael Mott	March 27	Nancy Olson
March 12	Betty Gugel	March 27	Steve Theissen
March 13	Arlene hillips	March 29	Larry Bennett
March 14	George Baker	March 29	Teresa Lapka
March 14	Steven Brockman	Marcy 29	Patricia Railing
March 14	Lee Raymond	March 29	Philip Roper
March 14	William Waddell	March 30	Belinda Baldwin
March 17	Nadine Saunders	March 30	Robert Clark
March 18	Terry Durst	March 30	Patricia Wilson
March 18	Joanie Klein	March 31	Raymond Brody
March 19	Robert Kaiser	March 31	Richelle Leathem
March 20	Sherlynn Fenstermaker	March 31	Karl Naumann
March 22	Mike Horazdorsky	March 31	Scotte Ramstad
March 22	Laura Kelley	March 31	Sharon Womac



## CSCI GROUP FITNESS



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

# MARCH ALASKAN TRIVIA

Circle the correct answer

1. The famous dog sled race held in March is called:

- a) Yukon Run
- b) Arctic Dash
- c) Iditarod
- d) Northern Trek

2. As March progresses in Alaska, the days become:

- a) Shorter
- b) Darker
- c) Longer
- d) Windier

3. "Breakup" in Alaska refers to:

- a) A holiday
- b) Ice and snow melting
- c) A storm
- d) A fishing season

4. The Northern Lights are also called:

- a) Solar Waves
- b) Aurora Borealis
- c) Polar Glow
- d) Sky Fire

5. What bird is commonly seen in Alaska year-round?

- a) Flamingo
- b) Bald Eagle
- c) Parrot
- d) Pelican

6. What fish is popular in Alaska waters?

- a) Halibut
- b) Catfish
- c) Tilapia
- d) Bass



**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.**

**Happy  
St. Patrick's  
Day**

**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.**