

Vol. 5

May 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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AMY'S DAD JOKES

Why should you always pack an
extra taco for lunch?

Just in queso you need it!

Community Announcement

Happy May, Friends!

The sun is shining, the plants are sprouting, and smiles are growing wider. What a lovely time of year this is. The famous Alaskan summers, where the sun refuses to go down.

As we step into summer, folks, I encourage you to embrace the sunshine. Whether your body is strong and able, or whether you need some assistance, get outside. Alaska holds this true beauty that you are so blessed to see. Take in the fresh air, remember the good, and let go of the bad. This blessing of life shouldn't be wasted on what you could do more of. Rather, let your life be full of what you get to do, what you are able to do. I encourage you to take your gaze off what was and look at what is. Be grateful for the little things in life. The sun rising, the fresh air, our clean water; it is all a blessing. There isn't a day we aren't provided for. Keep your eyes forward and continue to endure life in all of its goodness.

You guys are loved and seen. Should you ever feel otherwise, there are many people around here ready for you to lean on. Have an amazing May!

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
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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

**Chugiak Senior
Center Offices
are closed on
Memorial Day,
Monday May
25th, 2026**

UPCOMING EVENTS

May 1ST | Birthday Cake Friday @ 11:00am

Served at lunch in the Bill Stoltze Dining room. Happy birthday friends!

May 2nd | Health Fair @ 8:00am - 12:00pm

Our outreach Nurse Lorna has put together a Health Fair that focuses on a holistic approach to health. Make sure you mark it on your calendar!

May 6th , 13th , 20th , 27th | Women's Bible Study @ 10:30am

Hosted by one of our own residents. If you wish to dive deeper into the Word and enjoy fellowship with the ladies, join us in the Upper Resident Lounge!

May 8th | Military Gala @ 5:00pm

Join us at the 11th Annual Military Appreciation Gala. A night that honors our heros. Located in the Bill Stoltze Dining Room, tickets are \$30.

May 11th | Lions Bingo @ 1:30pm

Located in Adult Day Services.

May 12th | Valley Thrifting @ 10:30am

Shopping, shopping, shopping. Meet in the main lobby, we will be departing @ 10:30am. Don't forget your shopping bags!

UPCOMING EVENTS

May 13th | Karaoke Night @ 5:00pm

A fun night of singing, located in the Bill Stoltze Dining Room. You don't have to be the greatest singer to belong here. The worse you sound, the funnier!

May 15th | Welcome to Summer Party @ 5:00pm

Join us for outdoor yard games, live music, and fresh BBQ. Let's kick off summer the right way.

May 19th | VFW Bingo @ 1:30pm

Located in Adult Day Services.

May 20th | Speed Puzzling Competition @ 2:00pm

Do you think you have what it takes? Only time will tell. With an hour and a half on the clock, you will need to complete a 300 piece puzzle. The winner takes home the prize!

May 21st | Trust and Wills Retirement Fundamentals @ 1:00 pm - 4:00pm

Located in the Bill Stoltze Dining Room.

May 21st | Waffle Thursday @ 9:00am

For just \$3 enjoy warm waffles, fresh fruit, hot coffee, and refreshing juice! Located in the Bill Stoltze Dining Room.

May 27th | Ice Cream Social @ 3:00pm

Ice cream, you scream, all of a sudden we are all screaming for ice cream. Please settle down. This will be located in the Bill Stoltze Dining room. For only \$3 come enjoy some yummy desert and a good time with your peers.

HEALTH FAIR

DATE: MAY, 2ND 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/>

Providence Mobile Mammogram will be available at the Health Fair. To make an appointment, call (907) 212-3151



Resident Story: Alice Landers



I have spent most of my life taking care of people.

First it was my father. Then, after he passed, I cared for my mother for nine years. She didn't drive, and I was the one who could be there. Everyone else had their own homes and families, so it became my place to step in. I never really questioned it. Caring for people was simply what I knew how to do. When my mother died, it broke something deep in me. She was the heart of my heart. Losing her left an ache that stayed with me for years. Some grief doesn't leave all at once it softens slowly, little by little, until one day you realize you can breathe again.

I grew up in Kentucky, in a time when neighborhoods felt like family. We ran the streets freely, porch to porch, yard to yard, with every mother keeping an eye on every child. If you got into trouble, someone would tell your parents before you even made it home. We walked to school without fear. We played outside until dark. Doors stayed unlocked, and people still trusted one another. We didn't know it then, but we were rich in something the world doesn't seem to have anymore.

I raised my daughters the best way I knew how. I came from people who kept their pain private, so strength often came before softness. We were taught to hold ourselves together and keep going. My girls didn't see me cry until they were older. But everything I did was to protect them, to give them stability, and to make sure they knew they were loved, even when life was hard.

Our home was full of ordinary moments that became treasures later. Homework at the kitchen table while I cooked dinner. Cleaning on Saturdays. Girls talking to me about their day while pots simmered on the stove. Friends from the neighborhood wandered in and out of the house. I became a kind of mother to more than just my own children.

Then came grandchildren, and later great-grandchildren. They gave me new names—Grammy, Gummy, Noonie and each one sounded sweeter than the last. There is a special joy in loving children when you're old enough to know how quickly time moves. You hold them differently. You notice more. You laugh easier.

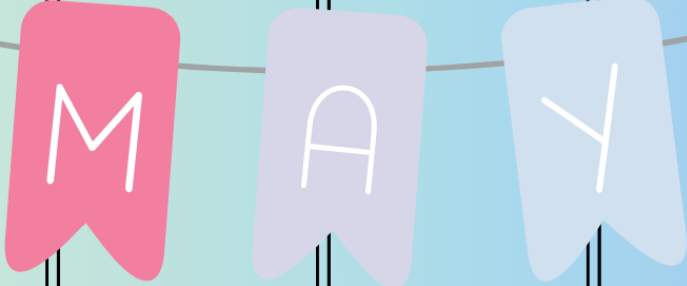


What makes me proudest now is watching my daughters love their own children well. They stop what they're doing when their babies walk in the room. They listen. They care. They make them feel seen. That tells me something good carried on.

If I could say one thing to young mothers, it would be this: make the children first. Life will always hand you work, worries, bills, and distractions. There will always be something asking for your attention. But children are only little for a little while. Hold them close, guide them well, and love them deeply. That has always mattered most.

BILL STOLTZE CAFE

MAY 2026

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

MON	TUES	WED	THUR	FRI
				1 Cod Olympia Rice Pilaf Vegetable
4 Pulled Pork on WW Bun Coleslaw Vegetable	5 Beef Enchilada Casserole Spanish Rice Fixings Bar 	6 Chicken Pot Pie w/ Biscuit Top Garden Salad	7 Goulash w/ Elbow Noodles & Ground Beef Green Beans & Hawaiian Roll	8 White Chicken Chili Cornbread Fixings Bar
11 BBQ Rib Patty on WW Bun Macaroni & Cheese Corn Pudding	12 Kielbasa & Cabbage Stir Fry Vegetable	13 Meatloaf w/ Mushroom Gravy Honey Glazed Carrots Bread Slice	14 Chicken Piccata over Noodles Vegetables WW Roll	15 Egg Salad Sliders w/ Lettuce & Mayo 3-Bean Salad AC Soup
18 All Beef Hot Dog Baked Beans Chili & Fixings Bar	19 Stuffed Pepper Casserole w/ Ground Beef & Rice Bread Slice	20 Chicken Alfredo over Noodles Vegetable WW Roll	21 Salisbury Steak Mashed Potatoes & Gravy Peas WW Roll	22 Sweet & Sour Meatballs Seasoned Rice Vegetable Egg Roll
25  MEMORIAL DAY Center Closed	26 Oven Baked Chicken Pieces Mashed Potatoes & Gravy Vegetable	27 Pork Tenderloin w/ Roasted Potatoes & Carrots Gravy Applesauce	28 Baked Potato Bar w/ Ham Broccoli w/ Cheese Sauce Fixings Bar	29 Sloppy Joes on WW Bun Vegetable Coleslaw

This Menu Is Subject To Change



Lorna, Outreach Nurse



Discover how to honor older adults, break aging stereotypes, and build supportive communities

Each May, the United States observes Older Americans Month to recognize the incredible contributions of older adults. This annual observance is an opportunity to honor the experience, strength, and community spirit of our aging population. Aging brings continued growth, resilience, and valuable life experiences. Older adults play essential roles in our families, workplaces, and neighborhoods. Older Americans Month was established in 1963 by President John F. Kennedy.

The aging population in the U.S. is growing rapidly. As demographics shift, it is more important than ever to focus on the needs and contributions of older adults. Acknowledging this month helps us address key challenges while embracing new opportunities. Older adults face specific hurdles, including social isolation, accessing affordable healthcare, and maintaining financial security. Communities must work together to provide reliable support systems to navigate these obstacles safely. At the same time, a growing older population offers distinct opportunities. Intergenerational learning allows younger people to gain wisdom from those with decades of lived experience. Active aging also means older adults are contributing to society longer, enriching our communities with their knowledge and time. Aging does not equal a decline in ability or purpose. Many older adults continue to work, volunteer, lead community initiatives, and create art well into their later years.

In families, older adults are often the backbone of their families. They provide essential caregiving for grandchildren or spouses. They serve as mentors, offering guidance based on years of experience. They also play a crucial role in passing down cultural traditions and family histories to the next generation.



Lorna, Outreach Nurse



Discover how to honor older adults, break aging stereotypes, and build supportive communities

In communities, civic engagement is high among older populations. Many older adults dedicate their time to volunteering at local charities, food banks, and schools. They are consistent voters and active participants in local government, helping to shape policies that benefit the entire community.

The modern workforce benefits greatly from the presence of older employees. They bring unmatched experience, leadership skills, and institutional knowledge. Knowledge-sharing between older workers and younger colleagues creates a more resilient and capable workforce.

Staying physically active is important at any age or mobility level. Simple activities like walking, swimming, or stretching can improve overall health. Preventive care is equally vital. Regular checkups and health screenings help catch potential issues early, keeping older adults healthier for longer.

Social connection is a cornerstone of mental health. Staying engaged with friends, family, and community groups prevents loneliness. Lifelong learning also keeps the mind sharp. Taking classes, reading, or learning new hobbies provide a strong sense of purpose.

Older Americans Month remains a crucial observance. It promotes dignity and respect for a population that is too often overlooked. By recognizing both the challenges and the opportunities of aging, we encourage the development of stronger, more inclusive communities. Aging is a continuation of a well-lived life. It is an opportunity for ongoing connection, respect, and support. By valuing every stage of life, we create a society where everyone can thrive.



NOT ALL HEROS WEAR CAPS

NATIONAL NURSE DAY IS MAY 12



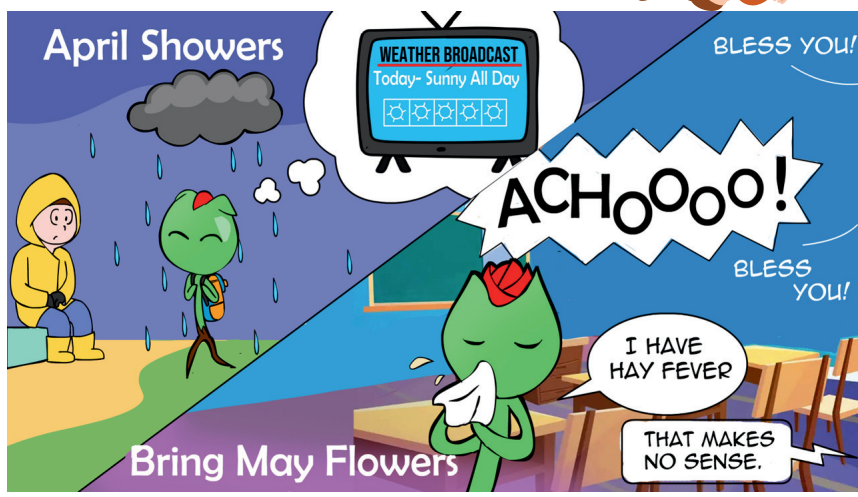
MARCH'S SPEED PUZZLE WINNER!!



AC'S COMIC CORNER



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



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



(by appointment only)

GIFT SHOP

COME VISIT US DURING
THE COMMUNITY HEALTH
FAIR ON MAY 2ND FROM
8AM-12PM!



JOIN US FOR A
WELCOME
TO SUMMER
BBQ

WHEN: MAY DATE: 15TH
LIVE MUSIC & YARD GAMES

ENTRANCE FEE OF \$10



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

Scan Here!



**Attention Chugiak Senior
Housing, Inc Members**

**We will be having a Board
meeting on May 13, 2026 at
2pm in the Center's Board
room.**

Spring Highlights



2026 MILITARY APPRECIATION GALA



FRIDAY, MAY 8TH AT 5:00PM

Join us at the 11th Annual Military Appreciation Gala
A night to honor our heroes

Honoring Active-Duty, Veterans, and Surviving Spouses
Hosted by the Chugiak-Eagle River Senior Center

Ticket Price:

\$30 per ticket, two for \$60, or a table of 8 for \$250

To purchase tickets please call.....**907.688.2674**

To sponsor a table please call.....**907.688.2683**

SOUP, SOUP AND MORE SOUP!

AC is at it again. Making more of his delicious soups and selling them in the dining room every afternoon until we sell out. This is a **FANTASTIC & FUN**raiser to support our Meals on Wheels efforts in the community. The flavors of soup for this quarter are: **SMOKED SALMOND CHOWDER & BOB MARLEY CHICKEN BARLEY**. That's a mouth full of not only words, but delicious homemade flavor with a little of AC love sprinkled in. Only \$18.00 per quart or two quarts for \$30.00. Stop in the front office and talk to Margaret and she can get you squared away. Help us help more seniors in our community.

SOUP PA LOOZA

Scan Here to Order





16

GRANDMAS

If you asked us, most Knitwitz would tell you that they learned to knit or crochet at their mother's knee or grandma's house. Our young friend, Katherine J., will be able to tell her children and grandchildren that she learned her yarn skills from her 16 grandmas.

Thirteen year old Katherine joined our group last november not knowing how to knit or crochet, but she had a great desire to learn. By Christmas, she had knit a couple of scarves. Once she felt confident with her knitting skills, she wanted to learn how to crochet (for the uninitiated, crochet is worked with one hook and knitting is done with 2 needles) many Knitwitz can do only one of the activities but Katherine has learned to do both in a short time. She is our star student! To date, she has made scarves, hats and baby blankets. She outperforms some of us older Knitwitz. Though there is no age limit to our group, most, but not all, are between the ages of 60 - 90.

Katherine's two younger siblings sometimes come to our meetings with her and are also learning how to handle yarn and needles. It is an encouragement to all to see the younger generation following in our foot steps. Stop by and meet Katherine and see her work. We gather every Monday and Thursday at 2:00pm in the upper Resident Lounge. Your encouragement will help her and you will be delighted with her brand new skills.

- By the 16 Grandmas of Knitwitz

Kitchen Corner

May is tiptoeing in with muddy boots and pockets full of sunshine. The snowbanks that once stood like quiet walls are shrinking by the day, revealing patches of grass that seem almost surprised to see the light again. Just when we think winter has packed up for good, a playful snowfall drifts through to remind us that spring in Alaska likes to keep us guessing.

Inside, the same slow thaw is happening. The sleepy senior center is waking up. Coats are getting lighter, conversations are getting longer, and there's a fresh kind of energy in the air. Garden seed packets are appearing on tables, plans for flowers and vegetables are being shared, and windows are opened just enough to let in that crisp, hopeful breeze.

Warmer days are stretching out ahead of us, bringing walks outside, brighter mornings, and the simple joy of watching the world turn green again. Laughter pops up in corners, new ideas start sprouting, and familiar faces linger a little longer. It's the season of fresh starts, and our center is blooming right along with it.

So whether you're starting seeds on a sunny windowsill, enjoying the melting snow, or just soaking in the longer days, May is here to gently nudge us awake. The quiet of winter is fading, and in its place, a cheerful buzz is growing. Something new is sprouting.

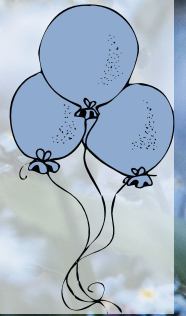
~Cat





Happy Birthday

May 1	Judy Bickford	May 14	Evelyn Sampson	May 26	Jan Wachsmuth
May 1	Gretchen Cusack	May 14	Pat Tatroe	May 27	Donald Ballard
May 1	Colleen Graf	May 14	Burnadine Thiesing	May 27	Linda Hendrickson
May 2	Louise Whetsell	May 14	Cynthia Goodwin	May 28	Carol Keisor
May 3	Rhonda Brotzman	May 15	Clair Young	May 28	Larry Lumsdon
May 3	Janet Holmsen	May 15	Philip Markwardt	May 29	Pat Leigh
May 3	Rick Oatman	May 16	Deanna Barbarick	May 29	Carrie Weseman
May 4	Geri-Lynn McLester	May 17	Sally Eckert	May 30	Harold Rodgers
May 4	Lloyd Shanley	May 17	Paul Witt		
May 4	Renate Wilmot	May 18	Barbara Barton		
May 5	Ruth Doubek	May 19	Robert Bullock		
May 7	Jack Aiken	May 19	Fred Grauberger		
May 7	Jenifer Nelson	May 19	Darlene Hughes		
May 8	Edna Copenhaver	May 19	Marilyn McKay		
May 9	Alan Dickson	May 20	Ray Johnson		
May 10	Vickie Hoffner	May 21	Dorothy Eldred		
May 11	Linda Hamilton	May 21	Gordon Nelson		
May 12	Linda Byerly	May 22	Mel Bowns		
May 12	Ann Foley	May 22	Steve Hibpshman		
May 12	George Heaverly	May 22	Margaret Ingmanson		
May 12	Yvonne Lambert-Norks	May 22	Donald Joyner		
May 12	Kris Orcutt	May 24	Beverly Schacht		
May 14	Ilene Baker	May 25	Sharon Johnson		
May 14	Barbara Dotterweich				



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 share their experiences on video to be preserved as part of Alaska's living history. These recorded oral histories will be cherished by your family and made available for future generations at the museum.
 📽 Your story. Your legacy. For history.

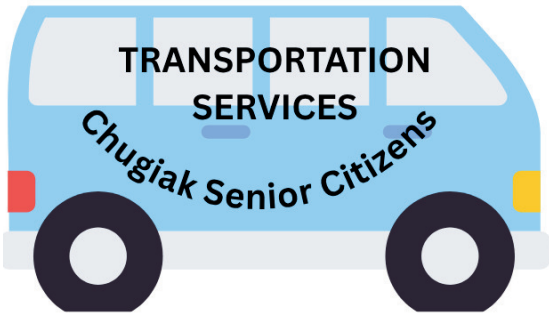
To participate, contact Col Suellyn Wright Novak, USAF (Ret.)
 📞 Call: 907-863-0569

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

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



Serving Others.



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

ABOUT US

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

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

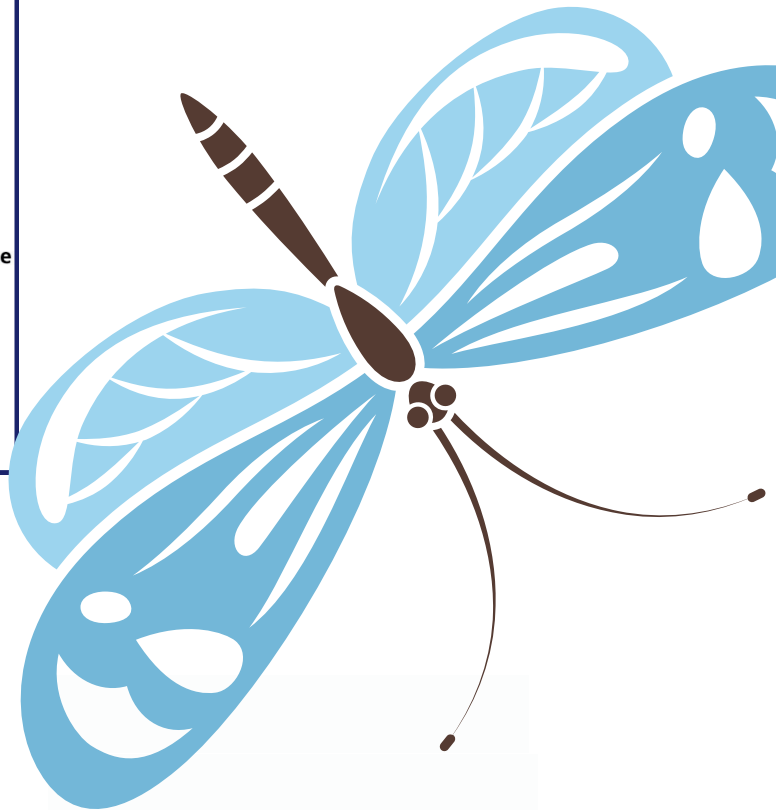
Booking: Please schedule at least 48 hours in advance of your appointment.
 To schedule your ride, call us at (907) 688-2626 during office hours
 Mon-Fri, 7:00 AM - 5:00 PM

Donations Accepted But Not Required Weekly Shopping Schedule

Round Trip or one way to Eagle River	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

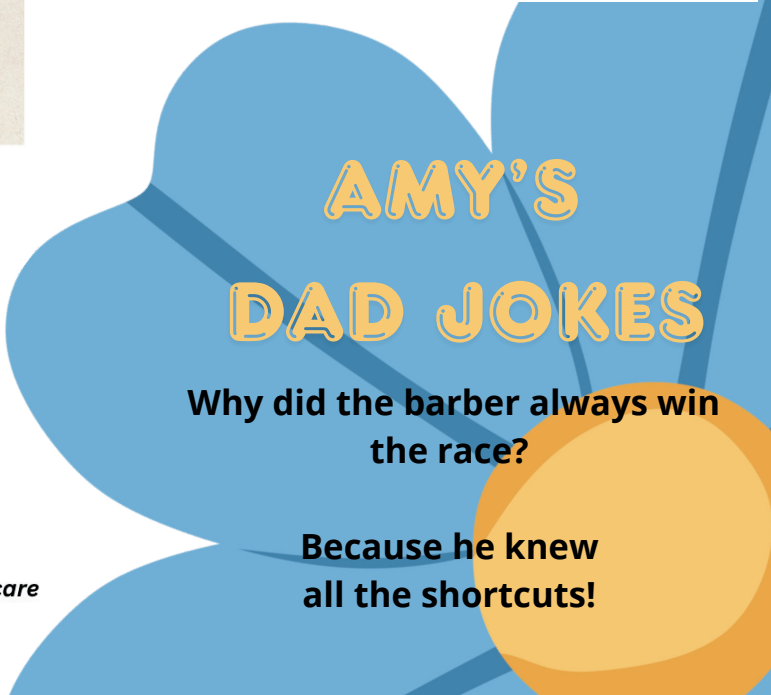


ST. ANDREW CATHOLIC CHURCH

Catholic Mass: Friday May 15, 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.



AMY'S DAD JOKES

Why did the barber always win the race?

Because he knew all the shortcuts!



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

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

Serving Seniors from Hiland to Eklutna

Chugiak Senior Citizens, Inc.



Chugiak Senior Citizens, Inc. has been serving seniors residing from Hiland to Eklutna for 50 years, expanding the facility, programs and services along the way.

The operation of CSCI and its programs & services are partially funded with grants, provided by the Alaska Division of Senior & Disabilities Services (DSDS), SOA Department of Transportation, and the Municipality of Anchorage. Other funding sources include corporate and individual donations.

The Senior Edition is a monthly publication, produced in part with funds from membership dues & donations. Newsletter Team: Makayla Collins (Editor), Margaret Asbury, Katie Obi Obasi, Char Wilkinson, Paulette Shannon and Linda Hamilton.