



Chugiak-Eagle River Senior Center

NEW Senior Edition

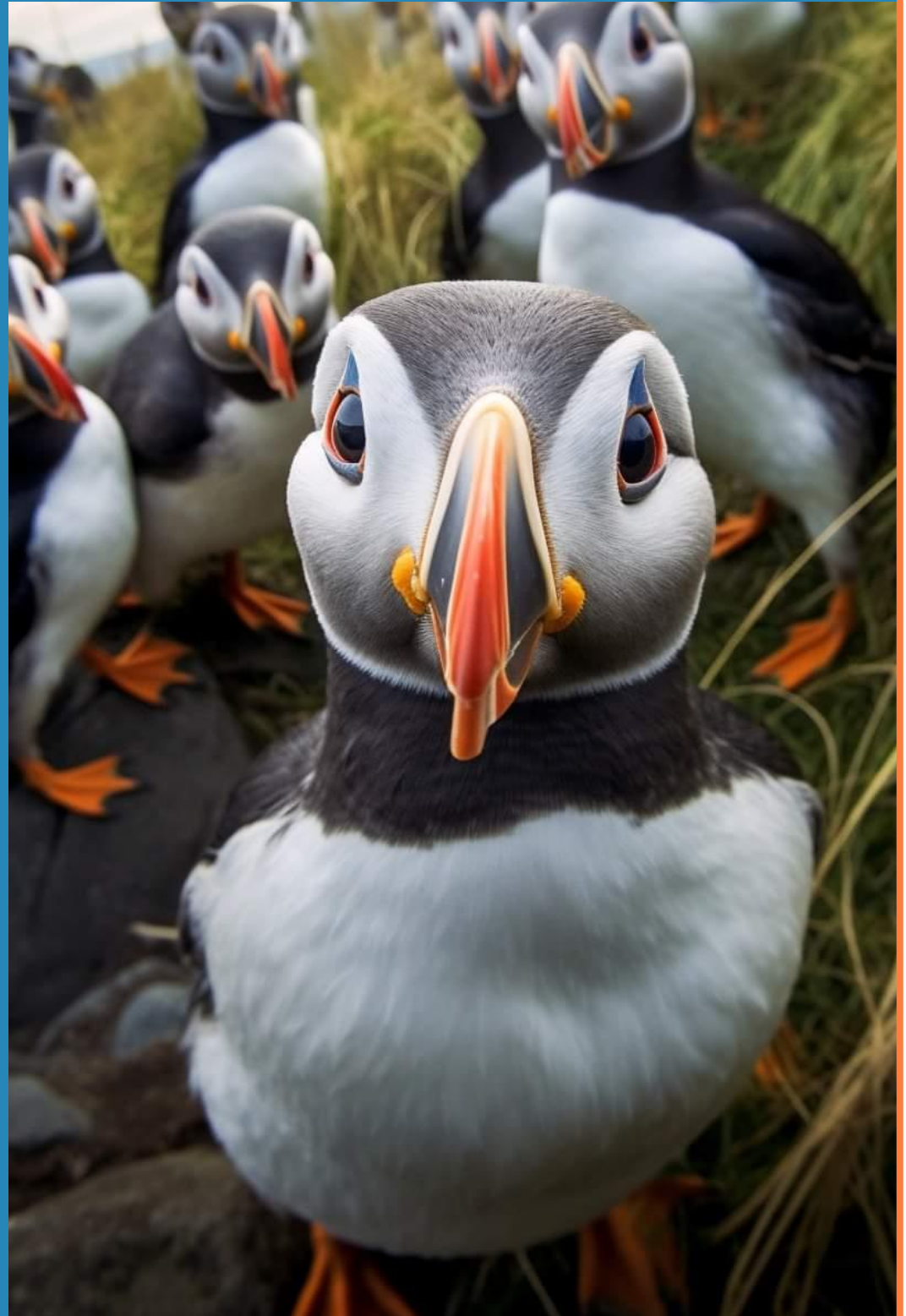
August 2023
Volume 36, Issue 8

INSIDE THIS ISSUE

Executive Director Letter	2
Department Directory	3
What's Goin On...	4
CERSC Activity Calendar	5
The Bill Stoltze Café Menu	6
ADS Calendar	7
Member Birthdays	8
Fitness for Life	8
CERSC Senior Living	9
5 Reasons Why Seniors Should play Drums	10
Music Is Medicine Event	11
August Word Search	12
Spelling Roller Coaster Crossword	13
Can You Spot A Scam?	14
Back To School Supply Drive	15
Wish of a Lifetime by AARP	16
Happy Retirement Peter!	17
Chugiak Senior Citizens, Inc. Board Member Expectations	18
Board of Director Elections	19
CERSC Holiday Bazaar	20
CERSC Favorite Recipe	21
Ask Sophia	22
Become A Member	22
CERSC Services	23

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.



Human Resources Director Letter

Chugiak-Eagle River Senior Center is hiring and we need you. If you are looking for a rewarding job and would like to serve your seniors, please stop by and see us. You can apply for any of the available jobs at www.indeed.com, send a resume to chugiakseniorcenter@mtaonline.net, or in person at 22424 N Birchwood Loop Road in Chugiak.

Entry Level Automotive Technician:

Hours are Monday-Friday, 8:30am-5:00pm. Must be 18 or older and pass a background check Please see indeed.com for more information.

Line Cook in our Bill Stoltze Café:

10 hour daytime shifts. Sunday-Wednesday. Must be 18 or older and pass a background check Please see indeed.com for more information.

PCA's and CNA's in our Assisted Living Department:

Hours vary. Pay varies depending on experience. Must be 18 or older and pass a background check Please see indeed.com for more information.

LPN and/or RN in our Assisted Living Department:

Hours vary. Must be 18 or older and pass a background check Please see indeed.com for more information.

NOW HIRING

Transportation update:

Effective immediately the transportation department is fully staffed and completely operational. We are now providing rides to Wasilla, Eagle River, JBER, and Anchorage.

Eagle River:

Beauty salon, banking, along with transportation to CERSC for lunch.

Wasilla, JBER and Anchorage transportation:

Doctor appointments only.



CSCI BOARD OF DIRECTORS MEETING

The next Board Meeting will be on
Wednesday, August 23rd at 4:00pm
in the Board Room.

BOARD OF DIRECTORS

President

Andrew Fierro
cerscbod@gmail.com

Vice President

Sue Newson

Secretary

Kathryn Railing

Treasurer

Mary Suter

Members-at-Large

Jack Aiken, Ray Johnson, Sandra Skaggs,
Cathy Tilton, Rosemary Vavrin, and Michael Yorke

MANAGEMENT TEAM

Executive Director

Phil Markwardt
execdir@mtaonline.net

Finance Director/Grants Administrator

Kat Walker
cscaccounting@mtaonline.net

Food Service Manager

Andrew Leonard
foodsvc@mtaonline.net

Housing Manager

Laurie Moffitt
denalivu@mtaonline.net

Operations/HR Director

Shelly Phillips
cscadm@mtaonline.net
chugiakseniorcenter@mtaonline.net

PR and Fundraising Coordinator

Heather Sommerville
cscact@mtaonline.net

ALP Administrator

Bobbie Lewis
assistedliving@mtaonline.net

CHUGIAK SENIOR CITIZENS, INC.

22424 N. Birchwood Loop, Chugiak, AK 99567

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

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

Website: <http://www.chugiak.org>

Facebook: [Chugiak-Eagle River Senior Center](#)

DEPARTMENTS

Activities - 688-2685

cscact@mtaonline.net

Adult Day Services - 688-2691

cscads@mtaonline.net

Assisted Living Program - 688-8999

assistedliving@mtaonline.net

Donations - 688-2685

cscact@mtaonline.net

Finance - 688-2688

cscaccounting@mtaonline.net

Food Service and Catering - 688-2676

foodsvc@mtaonline.net

Housing - 688-2633

denalivu@mtaonline.net

Human Resources - 688-2676

chugiakseniorcenter@mtaonline.net

Meals-On-Wheels - 688-2626

transportation@mtaonline.net

Membership - 688-2674

cersc@mtaonline.net

Newsletter - 688-2685

cscact@mtaonline.net

Room Rentals - 688-2694

cscgrants@mtaonline.net

Transportation - 688-2626

transportation@mtaonline.net

Volunteers - 688-2685

cscact@mtaonline.net

Wellness & Exercise - 688-2685

cscact@mtaonline.net



Arctic Wonder Farmers Market

FRIDAY, AUG 4TH AND 18TH 9:00 AM-11:00 AM

Aug 4th and 18th Arctic Wonder will be at CERSC. Stop by and grab your fresh local veggies!



Thrift Store Shopping

Leaving Main Lobby of CERSC at 10:00 am
Transportation \$16

TUESDAY, AUGUST 8TH 10:00 AM

Monthly thrift store shopping trips to the Valley are BACK! Don't forget to register. Sign-up sheet location outside of Heather's office (2nd floor)



St. Andrew Catholic Church Services

Main Dining Hall 12:00pm (FREE)

SUNDAY, AUGUST 13TH 12:00 PM

Catholic Services will be celebrated at the Chugiak-Eagle River Senior Center.



Catholic Communion Services will be offered on Sunday, August 13th

Additional dates coming soon!



Combat Vets Motorcycle Event

Front Lobby of CERSC 10:00am (FREE)

SATURDAY, AUGUST 19TH 10:00 AM

The Combat Vets Motorcycle Association is excited to visit with the Chugiak Seniors. Assuming we have good weather and safe riding conditions, they will offer rides to the seniors.



Music Is Medicine Event

Creative Rhythms
Main Dining Hall \$25
Reservations Required

THURSDAY, AUGUST 31ST 6:00 PM

Join Gail Jackson, Global Drum Circle Facilitator Trainer and Remo Endorsed Facilitator, as she facilitates the circle. You're invited to be creative, connect with community, explore the different types of drums and percussion instruments as you share your spirit.

Discover the healing elements of the drums, sound, the voice and how to use them for self-care. This practice offers Rhythm for the body, Melody for the heart, Harmony for the soul, and Silence for the mind.

No prior musical experience necessary. We provide drums or you can bring your own – we welcome drums, rattles, flutes, hand pan, singing bowls and other healing sounds.

See details on page 11.



Alaska State Fair

Leaving Main Lobby of CERSC
Transportation Fee \$16, \$3 fair entry, and
2 can goods for donation

THURSDAY, AUGUST 24TH 10:00 AM

Once again CERSC will head out to the Alaska State Fair. Please RSVP if you would like to join us for this event. Reservations can be made by calling 907.688.2674.



Mahay's Wilderness Excursion

Leaving Main Lobby of CERSC at 10:00am
Transportation and Ticket \$104
Limited seating-Sign up ASAP


WEDNESDAY, SEPTEMBER 6TH 10:00 AM

Your 2-hour trip begins aboard the fifty-two passenger "Talkeetna Queen" or one of her 15 or 20 passenger little sister boats, as it whisks you into the heart of the wilderness in comfort. These are the most technologically advanced jet boats in Alaska designed to safely navigate rivers that were previously inaccessible.

As you travel twenty miles of river your naturalist will talk about the history and rivers in the area, as well as information about Denali. You may have opportunities to view bald eagles that nest in the local area.

Upon arriving at our Adventure site you will take a ¼-mile leisurely nature walk to a Dena'ina Indian Encampment, who were the earliest native settlers in the area.

August 2023 Activities Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<p>1 9:30am Chair Yoga -Instructor led 10:00am Joy of Painting 10:00am Attorney Services 1:00pm Fred Meyer</p>	<p>2 8:30am Zumba Gold 9:30am Circuit Instructor led 10:00am Three Bears 11:00am Strong Seniors-Self-led 3:00pm Resident Meeting</p>	<p>3 9:30am Functional Flow Yoga - Instructor led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 3:30pm Knit Witz</p>	<p>4 9:00am Arctic Wonder Farm Stand 9:30am Circuit Instructor led 10:00am Chair Pilates - Self-led 12:00pm August Birthday Celebration 1:00pm Carrs</p> 	5
<p>6 The Crossing 3:00pm</p>	<p>7 10:00am Chair Pilates - Self-led 1:00pm Bridge 1:00pm Walmart 3:30pm Knit Witz 6:00pm-8:00pm Ukulele Jam</p>	<p>8 9:30am Chair Yoga -Instructor led 10:00am Joy of Painting 10:00am Thrift Store Shopping 1:00pm Phase 10 1:00pm Fred Meyer</p>	<p>9 8:30am Zumba Gold Instructor led 9:30am Circuit Instructor led 10:00am Three Bears 11:00am Strong Seniors-Self-led 6:30pm Story Time In The Garden</p>	<p>10 9:30am Functional Flow Yoga - Instructor led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 3:30pm Knit Witz</p>	<p>11 9:30am Circuit Instructor led 10:00am Chair Pilates - Self-led 11:30am Music by Close Enough 1:00pm Carrs</p>	12
<p>13 12:00pm St. Andrew Catholic Church - Communion 3:00pm The Crossing</p>	<p>14 10:00am Chair Pilates - Self-led 1:00pm Bridge 1:00pm Walmart 3:30pm Knit Witz 6:00pm-8:00pm Ukulele Jam</p>	<p>15 9:30am Chair Yoga -Instructor led 10:00am Joy of Painting 1:00pm Fred Meyer</p>	<p>16 8:30am Zumba Gold Instructor led 9:30am Circuit Instructor led 10:00am Three Bears 11:00am Strong Seniors-Self-led</p>	<p>17 9:30am Functional Flow Yoga - Instructor led 10:00am Joy of Painting 11:30am Aging & Disability Resource Center 1:00pm Cribbage 1:00pm Fred Meyer 3:30pm Knit Witz</p>	<p>18 9:00am Arctic Wonder Farm Stand 9:30am Circuit Instructor led 10:00am Chair Pilates - Self-led 1:00pm Carrs</p>	<p>19 10:00am Combat Vets Motorcycle Event</p>
<p>20 The Crossing 3:00pm</p>	<p>21 10:00am Chair Pilates - Self-led 1:00pm Bridge 1:00pm Walmart 3:30pm Knit Witz 6:00pm-8:00pm Ukulele Jam</p>	<p>22 9:30am Chair Yoga -Instructor led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer</p>	<p>23 8:30am Zumba Gold Instructor led 9:30am Circuit Instructor led 10:00am Three Bears 11:00am Strong Seniors-Self-led 4:00pm Board of Directors Meeting 6:30pm Story Time In The Garden</p>	<p>24 9:30am Functional Flow Yoga - Instructor led 10:00am Alaska State Fair 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 3:30pm Knit Witz</p>	<p>25 9:30am Circuit Instructor led 10:00am Chair Pilates - Self-led 1:00pm Carrs</p>	<p>26 5:00pm Resident Pot Luck</p>
<p>27 The Crossing 3:00pm</p>	<p>28 10:00am Chair Pilates - Self-led 1:00pm Bridge 1:00pm Walmart 3:30pm Knit Witz 6:00pm-8:00pm Ukulele Jam</p>	<p>29 9:30am Chair Yoga -Instructor led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer</p>	<p>30 8:30am Zumba Gold Instructor led 9:30am Circuit Instructor led 10:00am Three Bears 11:00am Strong Seniors-Self-led</p>	<p>31 9:30am Functional Flow Yoga - Instructor led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 3:30pm Knit Witz 6:00pm Music Is Medicine</p>		

THE BILL STOLTZE CAFÉ

August 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject To Change</p>	<p>1 Seafood Mac and Cheese Green Beans Garlic Bread</p> <p>Chicken Salad</p>	<p>2 Shepards Pie w/ Cream Corn Mixed Vegetables Roll</p> <p>Turkey</p>	<p>3 Sweet and Sour Chicken White Rice Stir Fried Vegetables Pork Egg Roll</p> <p>Tuna Salad</p>	<p>4 Sausage & Sauerkraut Fries Baby Carrots</p> <p>Chefs Choice</p>
	<p>7 Chicken Parmesan Pasta w/ Red Sauce Buttered Spinach Garlic Bread</p> <p>Ham</p>	<p>8 Chef Salad Ham, Turkey, Shredded Cheese, Tomatoes, Cucumber Roll</p> <p>Roast Beef</p>	<p>9 Philly Cheese Steak Fries Mixed Vegetables</p> <p>Salami</p>	<p>10 Italian Roasted Pork Loin Scalloped Potatoes Peas and Carrots</p> <p>Egg Salad</p>
<p>14 Turkey Tetrazzini Italian Vegetables Garlic Bread</p> <p>Egg salad</p>	<p>15 Beef Taco Tuesday Spanish Rice Refried Beans Salsa/Sour Cream</p> <p>Turkey</p>	<p>16 All Campus BBQ Choice of Hot Dog or Burger Potato Salad Baked Beans</p> <p>Ham</p>	<p>17 Chicken Romesco White Rice Buttered Spinach</p> <p>Roast Beef</p>	<p>18 Fried Catfish Coleslaw Garlic Bread</p> <p>Chefs Choice</p>
<p>21 Oven Fried Chicken Sweet Potato Fries Mixed Vegetables</p> <p>Ham</p>	<p>22 Beef Lasagna Garlic Bread Buttered Spinach</p> <p>Egg Salad</p>	<p>23 Stuffed Peppers Mashed Potatoes Gravy Peas and Carrots</p> <p>Tuna Salad</p>	<p>24 Beef Stroganoff Egg Noodles Mushroom Cream Sauce Mixed Vegetables</p> <p>Chicken</p>	<p>25 Tuna Melt on Sourdough Green Beans Fries</p> <p>Chefs Choice</p>
<p>28 Lamb Gyros Pita Bread Tzatziki Sauce Marinated Tomatoes, Cucumbers Mixed Veggies</p> <p>Egg Salad</p>	<p>29 Country Fried Steak Mashed Potatoes/Gravy Steamed Broccoli Roll</p> <p>Ham</p>	<p>30 Grilled Chicken Scalloped Potatoes Mixed Vegetables Roll</p> <p>Turkey</p>	<p>31 Asian Braised Beef White Rice Braised Cabbage</p> <p>Turkey</p>	

Adult Day Service Activity Calendar

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 am Coffee & Chat 11:00 am Yahtzee 1:30 pm Bingo	2 9:00 am Coffee & Chat 11:00 am Yahtzee 1:30 pm Bingo	3 9:00 am Coffee & Chat 11:00 am Yahtzee 1:30 pm Bingo	4 9:00 am Coffee & Chat 11:00 am Exercise Word Association 1:30 pm Bingo
7 9:00 am Coffee & Chat 11:00 am Balloon Volleyball Dice Games 1:30 pm Dominos	8 9:00 am Coffee & Chat 11:00 am Aggravation 1:30 pm Painting	9 9:00 am Coffee & Chat 11:00 am Trash 1:30 pm Bingo	10 9:00 am Coffee & Chat 11:00 am Puzzles 1:30 pm Paper Crafts	11 9:00 am Coffee & Chat 11:00 am Skip-Bo 1:30 pm Bingo
14 9:00 am Coffee & Chat 11:00 am Penny Ante 1:30 pm <b style="color: red;">Lion's Bingo	15 9:00 am Coffee & Chat 11:00 am Twisted Farkle 1:30 pm Dart Ball	16 9:00 am Coffee & Chat 11:00 am Wii Games 1:30 pm Uno	17 9:00 am Coffee & Chat 11:00 am Bunco 1:30 pm Racetrack Game	18 9:00 am Coffee & Chat 11:00 am Exercise Mad Libs 1:30 pm Bingo
21 9:00 am Coffee & Chat 11:00 am Parachute Game 1:30 pm Karaoke	22 9:00 am Coffee & Chat 11:00 am Speedball 1:30 pm Bingo	23 9:00 am Coffee & Chat 11:00 am Time Slips 1:30 pm Dominos	24 <b style="color: red;">TRIP TO ALASKA STATE FAIR 	25 9:00 am Coffee & Chat 11:00 am Brain Teasers Match Game 1:30 pm Bingo
28 9:00 am Coffee & Chat 11:00 am Mystery Bag 1:30 pm Uno	29 9:00 am Coffee & Chat 11:00 am Balloon Volleyball 1:30 pm Aggravation	30 9:00 am Coffee & Chat 11:00 am Yahtzee 1:30 pm Scrapbooking	31 9:00 am Coffee & Chat 11:00 am Games 1:30 pm Dominoes	

August Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Daryl Nelson	2 David John Leon Henry	3	4 Sue Peterson Chris Williams	5 Barbara Franklin Patricia Vest
6 Marilyn Coats	7	8 Carol Connell Thomas Klippel	9 Donna Cass Rosemarie Garing Otto Schropp	10	11	12
13 Lynne Bettin Leo Fay Sandy Hibpshman Terry Holliday	14 Roger Branson Donald Hammond Susan Kobelnyk	15 Geri Wacker	16 Willis Simmons	17 Kathleen Vogel	18	19 Thomas Vest
20 Elmon Wallace	21 Letitia Fitzgerald Mike Smulski	22 Howard Haugstad Jerry Stewart	23 Deanna Cresap Janet Morrow	24 Mabel Flodin Jack Stewart	25 Sue Holliday Lillian Mercer	26 Elaine Hughes
27 Clarice Rebischke Jay Skaggs	28 Steve Flodin Cathy Tilton	29 Charles Eddy Texas Gail Raymond	30 John Carlson Katherine Kale	31	LIFE MEMBERS & Members	



CERSC Group Fitness



Monday	Tuesday	Wednesday	Thursday	Friday
		8:30am Zumba Gold		
	9:30am Chair Yoga	9:30am Circuit	9:30am Functional Flow Yoga	9:30am Circuit
10am Chair Pilates Self-led				10am Chair Pilates Self-led
		11am Strong Seniors Self-led		

SENIOR LIVING



INDEPENDENT LIVING IS BEST FOR:

Residences for seniors who wish to maintain independence while living in a private space & designed for those who require little, if any, assistance with day to day activities of living. CERSC offers two forms of independent housing:
Private Pay for fixed to moderate income: **\$910** per month
HUD Affordable Housing for low income seniors.

ASSISTED LIVING IS BEST FOR:

If you need additional support services from qualified staff in a protective setting to maintain your independent lifestyle; we're here to help!
Medication prompting, Food Services, Housekeeping & Laundry Services, Transferring, Activities, Socialization.
We accept Medicaid Choice Waiver or Private Pay.

PROGRAMS AND SERVICES

Dining Hall, Fitness Center, Recreational Areas, Room Rentals, Laundry Services, Activities & Events, Beauty Shop, Volunteer Opportunities, Gardening, Transportation Services, Food Services, Adult Day Services, Meals on Wheels, Independent Housing, Assisted Living Program, Arts & Crafts, Games

CONTACT US

Independent Housing
(907) 688-2633

Assisted Living Program
(907) 688-8999

Please call our office for more information or to schedule facility & apartment tours!

Chugiak - Eagle River Senior Center's housing offers a wide array of amenities. We cover all primary utility costs such as gas, electric, water, sewer & garbage. There are free computers to use with internet & printing capabilities. We have a notary on staff, legal services, & bring numerous outside agencies into the Center for your convenience. Looking to be a snowbird? You can do that too without any worry in a safe environment. There's a little something for everyone at the Center! Join us for our congregate lunch setting. Introduce yourself and mingle with others to learn whether CERSC is the right place for you!

Chugiak Eagle River Senior Center
22424 N. Birchwood Loop
Chugiak, AK 99567

5 Reasons Why Seniors Should Play Drums

By: Samantha Landa

We might slow down a bit as we age, but the idea of leaving everything fun in the past? It's a silly, outdated concept, isn't it.

You can absolutely "teach an old dog new tricks". And learning new skills, such as picking up an instrument, comes with a ton of extra benefits.

Whether you're bringing a drum circle into a retirement home or sitting down on a full kit for the first time, you're never too old to learn the drums. You don't even need to be able to hold a drumstick. If you can tap a surface with your finger or palm, you can play rhythms.

If you're a senior, a caregiver, or have a friend/relative who would benefit from this info, spread the word!

1. Drumming improves memory

Imagine if you could strengthen your brain's abilities just by playing a drumming 'video game'.

Well, this is exactly what happened in a new study, which found that musical rhythm training improved short-term memory (specifically facial recognition) in a group of people aged 60-79. You know how people talk about using word games to keep your mind sharp? Rhythm games came out on top.

Could this mean drumming could help those with Alzheimer's reconnect with their loved ones?

Drumming has also been shown to make the brain of long-time players more efficient. Another study shows how drumming can also help people with Huntington's Disease (progressive nerve cell degeneration).

Have fun, stay limber, and work your brain? Sign us up.

2. Drumming is a social activity

If we have one thing, it's a strong sense of community. Drummers are incredibly supportive of each other – maybe even more than any other type of musician. It makes sense, considering drumming is one of the oldest known forms of music as well as a long-distance communication method, and rhythm is in all of us.

Drumming transcends languages and cultures. You don't need to know music theory to play. You can also jam with others, whether that's part of a drum circle or in a band.

Studies have found that group drumming can increase social resilience while reducing depression and anxiety. Seniors might feel isolated as they age, especially during

and after the holidays. Joining a drum circle or participating in a drumming program could be a great way to connect with other people, even if no one says a word.

3. Drumming helps with depression

Playing the drums is a natural antidepressant and painkiller. It may not be a silver bullet prescription for what ails you, but drumming has proven to have real physiological effects that we shouldn't ignore.

It reduces stress and increases endorphins, which can improve your mood and increase pain tolerance.

Drumming can be used in music therapy programs, and it's even been shown to reduce symptoms of PTSD.

What do you have to lose?

4. Drumming keeps you active

One of the most obvious benefits to drumming is that it gets your limbs moving, burns calories and increases your heart rate. Don't let that scare you, though – you don't need to play like Animal, John Bonham, or Dave Grohl to see the health benefits.

Drumming improves your hand-eye coordination and motor skills (including in those with dementia or cognitive impairment), even if you don't pursue it for years or get to an advanced level.

If you're an older person wanting to start playing drums regularly, read this article first as it addresses ways to prevent injury.

5. Drumming is soothing

It might sound farfetched – especially when most people think drums are loud and jarring – but depending on how you play and what kind of drum(s) you choose, it can be calming.

A hand drum (like a djembe or cajon) is a quieter option than a full drum kit, but even slow, repetitive rhythms on a snare drum and toms can be a relaxing experience. Don't knock it 'til you've tried it!

So, what's the consensus? Is drumming for you? You can sit down on a drum kit, join a group drumming session, or tap out some rhythms on a table. Whatever you choose, be confident: you're doing something amazing for yourself.

Music Is Medicine Event

Hosted by Chugiak-Eagle River Senior Center
and Creative Rhythms

August 31, 2023 at 6:00pm \$25/person

Pre-register by calling Heather at 907.688.2685



RHYTHM-BASED EVENTS



~ Gail Jackson ~

Certified Global DCF Facilitation Trainer,
Drum Circle Facilitator and Sound Artist

Programs Available For:

- Women's Groups
- Alzheimer's Patients
- Schools/Youth at Risk
- Community Drum Circles
- Youth and Adults with Additional Needs
- Well Elderly
- Corporate Team Building
- Music Medicine (special program)
- Birthdays and other Celebrations

HealthRhythms (Evidence based programs)

For more program information visit:
www.CreativeRhythms.org

Working with our clients to give them the best possible experience. Prices based on services.



Health Benefits of Drumming

Reduce Blood Pressure,
Anxiety/Stress

Increase Brain White Matter &
Executive Cognitive Function

Reduced Pain

Reduce Stress (Cortisol/DHEA ratio),
Increase Immunity

Transcendent (Re-Creational)
Experiences

Socio-Emotional Disorders

Drumming Creates a Sense of
Connectedness with Self and Others

Drumming Provides a Secular
Approach to Accessing a Higher Power

Drumming Places One in the
Present Moment

Drumming Provides a Medium for
Individual Self-Realization

907.230.2820

www.creativerhythms.org

August Word Search

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

August
Eighth
Gladiolus
Golf
Hot
Leo
Lion



Peridot
Summer
Sunshine
Swimming
Vacation
Virgin
Virgo

Spelling Roller Coaster Crossword



			1		R				
			2		O				
3					L				
				4	L				
			5		E				
			6		R				
			7		C				
			8		O				
				9	A				
				10	S				
			11		T				
12					E				
				13	R				

- | | |
|---|--|
| 1. Highest point on a rollercoaster or wave | 8. Speedy |
| 2. Building material | 9. High |
| 3. Strong metal | 10. Frightening |
| 4. Expression of amusement | 11. Speedy |
| 5. Shriek | 12. Quickly turned upside down |
| 6. Bend | 13. Spiral-shaped feature or term of something used to open a bottle |
| 7. Rails the rollercoaster glides over | |

Can you spot a scam?

Five red flags to watch out for.

When it comes to helping you and your family avoid scams, it starts with awareness. Here are a few consistent red flags you can watch for so you can stop a scammer in their tracks.



1. Unexpected contact

A person or company contacts you out of the blue by phone, text, or email about an invoice, order, delivery, or charge you didn't know about.

2. Everything is urgent

Scammers will create a false sense of urgency and use pressure tactics like rude or pushy language to get you to act immediately.



3. Very specific or unusual way to pay

Someone is asking you to pay or send money using gift cards, cryptocurrency, a payment app, or even an online wire — to pay for something, resolve an “issue,” get sweepstakes “winnings,” or secure a high return on your “investment.”



4. Threatening language

Scammers may tell you that you owe money and then threaten to call the police if you don't pay immediately. They may also coach you on what to tell the bank to withdraw or transfer money or ask you to keep a secret.



5. The romantic “emergency”

A new online love interest bombards you with “sweet talk” but doesn't seem to want to meet in person. Suddenly a hardship or emergency strikes and they want you to send them money.



What to do if you suspect a scam



- Slow down. Pause, take a breath, and think it through.
- Someone you don't know is asking you for your money. Remember, it's your right to confirm things no matter how urgent anyone says it is. *You're in charge when it comes to your money.*
- Contact the company they claim to be, call your bank, or call the police if it doesn't seem right.
- Consult with a friend or family member you trust.



BACK TO SCHOOL

▶ SUPPLY DRIVE ◀

DROP-OFF LOCATION:

- CHUGIAK-EAGLE RIVER SENIOR CENTER
- THREE BEARS CHUGIAK

COLLECTION PERIOD:

JULY 20TH - AUGUST 10TH
8:30AM-5:00PM

WHAT WE NEED:

PENCILS, PAPER, BACK-PACKS,
CALCULATORS, RULERS, PENS,
STAPLERS, TAPE, GLUE, COLORED
PENCILS, MARKERS, ERASERS,
BINDERS, FOLDERS, COMPOSITION
BOOKS, CRAYONS, SCISSORS,
HIGHLIGHTERS, ETC

FOR MORE INFORMATION
CALL US AT 907.688.2685

CSCACT@MTAONLINE.NET
WWW.CHUGIAK.ORG

AARP Is Making Wishes Come True

Wish of a Lifetime From AARP has served over 2,000 older Americans

By: Jo Ann Jenkins, CEO, AARP

Lt. Col. James H. Harvey III, 99, had a dream. And Wish of a Lifetime From AARP was able to help the former fighter pilot's dream come true.

Harvey and his team of pilots from the 332nd Fighter Group — the famed Tuskegee Airmen — won the first U.S. Air Force “Top Gun” weapons meet, held in 1949. But his team was never fully acknowledged for winning the competition. As decades passed, their accomplishment remained unrecognized.

Harvey, who went on to be the first African American to fly a fighter jet in combat, during the Korean War, worked tirelessly with fellow airman Lt. Col. Harry Stewart Jr. to right this wrong. They spent years seeking recognition from the Air Force Almanac committee. In 1995, the record books were corrected to acknowledge the 332nd Fighter Group as the winners. Finally, in 2004, the lost trophy was also found.

Harvey's diligence paid off. But he still wished to see his comrades receive recognition. When the Wish of a Lifetime team learned of Harvey's story, they reached out to him and contacted the Air Force Association to organize a ceremony to recognize Harvey and the 332nd fighter pilots.

“My wish was to go to Nellis Air Force Base and see us listed right at the top, as far as the weapons meets go,” Harvey says. In January, the Wish of a Lifetime team took Harvey to Nellis Air Force Base in Nevada to attend a commemoration ceremony, where a plaque was mounted honoring the historic moment in Tuskegee Airmen history. This plaque will reside permanently at the U.S. Air Force Weapons School to inspire generations of students.

Since its founding in 2008, Wish of a Lifetime has made over 2,000 wishes like this come true for older adults across America while also helping to combat the negative effects of isolation.

AARP joined forces with the group in 2020 because we want people to know that it's never too late to dream, regardless of age.

We strive every day to challenge outdated stereotypes and attitudes about aging and to spark new solutions that empower people to choose how they live as they age. Wish of a Lifetime seemed like the ideal partner to help us do that.

We are using AARP's resources to reach more people — both those who want to give help and those who apply to make their wishes come true.

Visit the Wish of a Lifetime website <https://wishofalifetime.org/> to hear more inspiring stories, and to find out how you can be involved in the program.

As we enter the season of giving, I'm reminded of the saying: When you dream alone, it is only a dream. But when we dream with others, it's no longer a dream but the beginning of reality. At Wish of a Lifetime From AARP, we are helping to celebrate older adults for their accomplishments and sacrifices while seeing their dreams come to life.

www.wishofalifetime.org

info@wishofalifetime.org 720.547.5465



In July we celebrated a very special day for Peter Rainville!

After 20 years of dedication and service to the residents at Chugiak-Eagle River Senior Center, this wonderful man has finally retired.

You will be missed!



Chugiak Senior Citizens, Inc.

Board Member Expectations

General Expectations

1. Support Chugiak-Eagle River Senior Center's mission, purpose, goals, policies and programs while knowing it's strengths and needs.
2. Suggest possible nominees to the Board who are men and women of achievement and who can make significant contributions to the Board as requested by the Chair.
3. Serve actively on committees of the Board as requested by the Chair.
4. Attend activities and events sponsored by the Center whenever possible.

Meetings

1. Prepare for and participate in the Center's Board meetings and scheduled committee meetings, including appropriate Center activities.
2. Ask timely and substantive questions at Board and committee meetings, consistent with personal conscience, convictions and ethics while supporting the majority decision on issues decided by the Board.
3. Maintain confidentiality of the Board's executive sessions and speak for the Board or the Center only when authorized to do so.
4. Suggest agenda items for Board and committee meetings to ensure that significant policy related matters are addressed.

Avoiding Conflicts

1. Serve the Center as a whole rather than any special interest group or constituency.
2. Avoid even the appearance of a conflict of interest that might compromise the Board or the center and disclose any possible conflicts to the Board in a timely manner.
3. Never accept or offer any personal favors or gifts from anyone who does business with the Center or offer such without prior approval from the Board.

Fiduciary Responsibility

1. Exercise prudence and sound fiscal practices with the Board in the control and transfer of Center funds.
2. Faithfully read and understand the Center's financial statements and otherwise help the Board fulfill its fiduciary responsibility.

Fund Raising

1. Make an annual gift to the Center with the realization of the leadership role the Board plays in fund development.
2. Assist the Center with development of and implementation of fund development strategies.
3. Make the Center one of your giving and serving priorities.

Board of Director Elections

Fall is in the air and it is that time of the year. Our Annual Membership meeting is scheduled for November 16, 2023. We are looking for individuals who are interested in being on the Chugiak Eagle River Senior Center Board of Directors. This is a great responsibility but it is worth the time and effort. It is critical to have individuals that are willing to help grow the center in a positive manor. We look forward to working with anyone who is interested in the continued success of our community.

Individuals wishing to run for the Board of Directors must be current members in good standing of Chugiak Senior Citizens Inc. at least sixty (60) days prior (17 September) to the election. For membership information call 907-688-2675.

Please send letters of interest to:

CSCI Board of Directors Election Committee
Attn: Election Committee
22424 N. Birchwood Loop
Chugiak, AK 99567
Email: CSClelection@gmail.com



Important dates to remember:

- August 19, 2023, nominations open for the Board of Directors.
- October 1, 2023, deadline for submission of applications to the Election Committee.
- October 13, 2023, mail out ballots will be sent out.

Individuals submitting a letter of intent will receive an informational packet which will include Board Member Expectations.

MAKE A *difference*



Christmas

HOLIDAY BAZAAR

Vendors Needed!

NOV
11

10AM-4PM

Chugiak-Eagle River
Senior Center

22424 N Birchwood Loop, Chugiak

INTERESTED IN RESERVING A BOOTH?
CALL 688.2685 FOR DETAILS ON REGISTRATION

 www.chugiak.org

 [@chugiak-eagleriverseniorcenter](https://www.facebook.com/chugiak-eagleriverseniorcenter)

 [@chugiakseniorcenter](https://www.instagram.com/chugiakseniorcenter)

 cscact@mtaonline.net



CERSC Favorite Recipe



Just Peachy Stuffed Peaches

A diabetic-friendly recipe

Ingredients:

- 5 large peaches, ripe but firm
- 10 dried apricot halves, finely chopped
- 6 packaged amaretti cookies, crumbled
- 2 teaspoons almond extract
- 1 tablespoon white grape juice
- 1 large egg white
- 1/3 cup chopped, blanched almonds
- 1/4 cup packed light brown sugar
- Low-fat sour cream or sugar-free ice cream (optional)



Directions

1. Preheat oven to 350°F. Half-fill a large saucepan with water and bring to a boil over high heat. Cut 4 of the peaches in half and remove the pits. Slide the halved, unpeeled peaches into the boiling water and cook just until they begin to soften, about 2 minutes. Using a slotted spoon, transfer to paper towels to drain. Place the peaches cut side up in a shallow baking dish.
2. To make the filling, peel, pit, and finely chop the remaining peach and place in a medium bowl. Add the dried apricots, cookie crumbs, almond extract, grape juice, and egg white. Stir until thoroughly mixed.
3. Heat a small skillet over high heat for 1 minute, add the almonds, then turn and toss them until golden and lightly toasted. Add the almonds to the fruit mixture and toss.
4. Spoon the filling into the cavities of each peach half, heaping up the filling and pressing it together gently. Sprinkle with brown sugar. Cover the baking dish with foil.
5. Bake the peaches until tender, about 25 minutes. Remove the foil, increase the oven temperature to 400°F, and bake until the topping is golden brown, 5 minutes more. Serve warm with a scoop of low-fat sour cream or ice cream.

Makes 8 servings

ASK SOPHIA

SOPHIA: The Senior Center has signs on the doors about bears in the area. I've been coming for lunch for a number of years and I have never seen a bear, but I have seen the signs every summer. Why all the signs on the doors?

NEVER SAW A BEAR

Dear: NEVER SAW A BEAR:

I'm delighted that you have never seen any bears around here -- that means you are safe. But every year the staff and other members say they have seen one or more bears close to the Center. There's also been bear paws on the dark green dumpsters which indicate bears are trying to get inside to what they deem are delicious food smells.

In the spring the bears are skinny and hungry, in the summer (including August now) the bears are fat and happy, and in the autumn they are drowsy and looking for a place for their l-o-n-g winter nap. If you or anyone spots a bear PLEASE let a staff member know, and, yes, a new sign will be put on the doors. PLEASE be very careful. We do not want anyone to be injured. I hope you never see a bear, but you will only notice the signs.

SOPHIA: I am so angry - I'm so mad. I do not like it when someone makes up lies about me and sneers at me based on the lies they made up or heard via gossip. I do not like to be bossed around as if I'm a child. I'm in my 80s and, frankly, I'm looking forward to my 90s. I do not like to be bullied, and I don't know what to do.

JUST SO HURT AND ANGRY

Dear: JUST SO HURT AND ANGRY:

Whoa!!! Take a deep breath! I read recently about a 115-year old woman in Europe who said the number one thing to do to live to be over 100 is "STAY AWAY FROM TOXIC PEOPLE! I could not have said it better myself!

Your feelings are understandable. Many seniors have experienced this type of situation when they go shopping or run errands or go to various meetings and conferences. When younger adults talk down or make sneering remarks to senior citizens, it can be a very hurtful situation. Sadly, sometimes seniors talk down to other seniors who are younger or older. The reality is that all of us have to slowly develop our own method for dealing with this type of situation. (If the situation

continues or gets out of hand, please immediately talk to a CERSC staff person.)

Many senior citizens are involved in their church or some kind of religious or spiritual groups. By far, and it's usually true, these folks have better manners and treat others kindly. Various arts organizations and musical groups are also welcoming and treat newcomers kindly. Perhaps taking a class at UAA and hanging out with younger adults will ignite your energy and put a smile on your face. And if you share your smile, most likely folks will smile back at you. Perhaps you could volunteer at a local school, or at one of Alaska's hospitals, or with your church or spiritual group.



There are many wonderful people around CERSC -- and, in fact, why not pick out a fine person and say to her or him. "I think you're wonderful." And the next day, say to another wonderful person, "I think you're wonderful, too." And the next day repeat that again, and etc., and etc. The more you praise and celebrate life, the more there is in life to celebrate. (I read that somewhere and I know it sure is true.) Everyone has free will. You can choose to be a wonderful person.

Always remember what the 115-year-old woman said, "STAY AWAY FROM TOXIC PEOPLE!" Stay away from bullies. Bullies just want attention. Bullying senior citizens can easily be called ELDER ABUSE. And one last tip [actually this is a prayer] -- "Thank You for unknown blessings which are already on the way!"

SOPHIA: I'm a senior citizen, age 81, but I do not feel wise. I think I should be now. Don't you agree?

NOT WISE YET

Dear: NOT WISE YET:

Just celebrate your age. Remember not everyone gets to be 81. Think of your retirement years as the ultimate opportunity to do something amazing. You can do it. Go for it!

Note: Questions for ASK SOPHIA may be sent to cscact@mtaonline.net or call 907-688-2685.

BECOME A CERSC MEMBER TODAY!

Members receive our newsletter, menu, and discounts on CERSC events
Enclosed is my membership fee of:

- _____ \$ 30.00 for individual membership
- _____ \$ 45.00 for a couple's membership
- _____ \$150.00 for individual lifetime membership
- _____ \$225.00 for couple's lifetime membership

Name: _____

Birth Date: _____ Phone #: _____

If you want to receive the Senior Edition Newsletter electronically, please provide your

E-mail Address: _____

Mailing Address: _____

CERSC membership applications can also be picked up from our Administrative Office at
22424 N. Birchwood Loop, Chugiak, AK 99567
(907) 688-2674 - Administrative Office

MEMBERSHIP MATTERS!

Join or renew your membership!

Good until December 31, 2023

New Member

Renewing Member

Service's Available at CERSC

CPR TRAINING

Get trained. Save a life. You'll be glad you did.

Chugiak-Eagle River Senior Center is now offering Red Cross Certified First Aid/CPR/AED training Adults and Pediatric.

Please contact Shelly at 907-688-2676 for class information.

Open Monday thru Friday 8:30-5:00.
Able to work with your schedule.

Classes are \$65.00 per student.



BEAUTY SHOP 6 Penny Nails



Manicure & Pedicure
Saturday through Monday
Opens at 10:00am

(By Appointments Only)

Nail Tech - Sue Newson
907-230-8015
907-688-2697

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



Serving Others.
Everyone is welcome to attend!

Connecting seniors, people with disabilities, and caregivers with long-term care services and support
Anchorage: 907-343-7770



August 17, 2023
11:30am—1:00pm



Call now to make
your appointment!

Blue Eyes
HAIR DESIGN

Dona Luna

Owner—Stylist
907-227-5798

Dona@BlueEyes-HairDesign.com

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



August 1, 2023
10:00 am - 1:00 pm

(by appointment only)

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

Businesses are encouraged and
welcome to become members

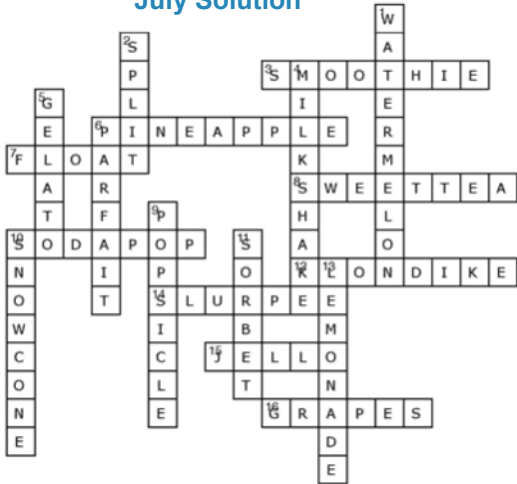




Chugiak-Eagle River Senior Center
22424 N. Birchwood Loop
Chugiak, Alaska 99567

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

Cool Summer Treats
July Solution



Serving Seniors From Hiland to Eklutna

Chugiak-Eagle River Senior Center

Chugiak Senior Citizens, Inc. has been serving seniors residing from Hiland to Eklutna for 46 years, expanding the facility, programs and services along the way.

Donations Needed

- Sympathy Cards
- Chess and Checkers games
- Bingo Prizes for Adult Day Service



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: Heather Sommerville (Editor), Shelly Phillips, Margaret Asbury, Linda Hamilton, Rosemary Vavrin.