



Homer Senior Citizens, Inc. Newsletter

September 2017

Volume 16, Issue 3

Published Monthly



HOMER SENIOR CITIZENS, INC.

Wine Tasting Fundraiser

All proceeds go towards the new Alzheimer's Unit



Saturday
September 16th

3-5pm at

Second Star

5260 Kachemak Drive

\$100 per ticket

Jazz Band from Chicago

Tim Fitzgerald Quartet

Tickets available at HSC

3935 Svedlund

235-7655

The Grog Shop



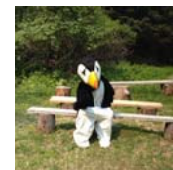
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*"Live Life to its
Fullest!"*

Upcoming Meeting/Events:

- * **HSC is closed Monday September 4th in honor of Labor Day**
- * **September is Senior Center Month**
- * Board of Directors Meeting September 20th @ 1:30pm in Dining Room Annex





Executive Director's Desk

Happy September!
 You know it's September when...
 Fisherman return with their copious bounty;
 Of halibut, salmon and rockfish a plenty
 Happy gardeners share fresh veggies at the market
 Alaskan berries ripen just ready for our baskets
 Everyone stopped for a moment to watch the great blip
 That the celestial skies treated us with the solar eclipse
 Now we begin to button down the hatches and prepare
 For winter rounds the corner ending our summers fanfare.



Great news, WE WON A CAR!!!! We submitted a grant for a 2018 Subaru through the Meals on Wheels of America. And, our grant was selected from a nationwide competition by Subaru to donate 50 cars to 50 states. I attended the conference in Denver, Colorado to accept the donation! We are very excited to add this car to our fleet for our home delivered meal program. And, it was just in time as our meals on wheels truck was on its last leg. We anticipate being able to increase our deliveries to those in need as we will be able to reach them during inclement weather conditions. Subaru cars are the best for winter and ice!



I have been invited to make a presentation at the City Council meeting on September 11, 2017 at 6:00pm. Join me and show your support for Homer Seniors and the programs we offer. I'll see you there!

Sad news, we must reorganize our administration office. We say good bye and good luck to Nyla after the wine fundraising event. She is rolling down the hill to the Chamber of Commerce to fill their membership position. She was a great asset to our senior center. We will miss her greatly.

Homer Senior Citizens Strategic Plan Initiatives				
Natural Gas KBSH/PVSH/BTSH /STSH Independent Housing	Project Total:			\$213,355
	Funding:			
		Donations		\$2,000
			Balance	\$211,355
Alzheimer's Wing	Estimated Project Total:			\$3,000,000
	Funding:			\$28,093
		Donations:		\$42,975
			Balance	\$2,928,932
Flooring - ALF, dining room,- reconstructing subflooring	Estimated Project Total:			\$238,656
	Funding:			\$16,510
		Donations		\$11,370
			Balance	\$210,776

We welcome Robbie Fuller to fill the Membership and Marketing position on September 8. She comes to us from Oklahoma and brings with her years of marketing and sales. She was also a Motivational Speaker. While she may be new to Homer, she fits wonderfully with our team. I am sure you will agree.

We also welcome Connie Ball as our new Finance Manager on September 18. She brings a wealth of non-profit finance experience. She is relocating to Homer from Seward where she was the Finance Manager for Seaview Community Services. They have very similar programs to ours: housing, state grants, etc.. She also knows our very complex accounting software. We are very excited as she can literally walk right into the position.

We look forward to our new additions to the staff. Stop by and welcome them to our team!

We need your help, donate to your favorite project!

Keren



Thank you for Donations

We appreciate the time, money and materials that are generously given to Homer Senior Citizens to help make this a great place to be!

Thank you to all of our donors!

Upcoming Events:

- Senior Center Month - September
- Wine Festival Fundraiser - September 16th
- Senior Summit - October 13th
- Dinner and Dance - October
- Senior Fashion Show - November



Want to receive your newsletter via email?

Email info@homerseniors.com, call 235-7655 or stop by the office and let us know!



Exercise Classes



**Strong Women -
Zumba Gold - Tai Chi**

**Discounts available
with HSC membership**



Homer Senior Citizens, Inc. is partially funded from Member Donations, United Way, State of Alaska Department of Health & Social Services, Department of Transportation and Public Facilities, Kenai Peninsula Borough, City of Homer and Exxon Mobil.

**HSC September Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 1 Parkinson's Support Group 1:30 Strong Women
4 Closed for Labor Day	5 11 ZUMBA Gold 1-4 Duplicate Bridge	6 1:30 Strong Women	7 1-4 Party Bridge 1:30 ZUMBA Gold 3-4 Tai Chi	8 1:30 Strong Women
11 1:30 Strong Women	12 11 ZUMBA Gold 1-4 Duplicate Bridge	13 1:30 Strong Women	14 1-4 Party Bridge 1:30 ZUMBA Gold 2-3:30 Caregiver SG 3-4 Tai Chi	15 1:30 Strong Women
18 1:30 Strong Women	19 11 ZUMBA Gold 1-4 Duplicate Bridge	20 1:30 Strong Women 1:30 Board Meeting 6-7:30 Grandparents Raising Grandkids	21 1-4 Party Bridge 1:30 ZUMBA Gold 3-4 Tai Chi	22 1:30 Strong Women
25 1:30 Strong Women	26 11 ZUMBA Gold 1-4 Duplicate Bridge	27 1:30 Strong Women	28 1-4 Party Bridge 1:30 ZUMBA Gold 2-3:30 Caregiver SG 3-4 Tai Chi	29 1:30 Strong Women



WE 
VOLUNTEERS

Volunteers - Thank You

It is almost impossible to show exactly how much we appreciate the numerous volunteers we have at HSC. We hope that you know that we appreciate everything you do!

Volunteer Hours last month: 96.50 hours and 39 volunteers

Thank you to all of our volunteers for being a vital piece of our puzzle!



“A warm smile is the universal language of kindness.”

~William Arthur Ward

HSC will be closed
Monday
September 4th
in honor of
Labor Day

SENIOR CENTER MONTH

*September is National Senior Center
Month*

Please join us in celebrating

Parkinson's Support Group

*Join us if you are interested in a support group for people with Parkinson's,
their caregivers & family.*

**September 1st
1:00pm**

Care Giver Support Group

For People Who Have Loved Ones With Care Needs

Caregiver Support Group is intended for family members involved in giving care for loved ones.

Contact

Pam Hooker 299-7198
Daniel Weisser 235-4555

**September 14th
September 28th**

**2-3:30pm Homer
Senior Citizens Inc.**



September Friendship Center Adult Day Services



The leaves are turning slightly yellow and it is only at the tail end of August. Hopefully we will be able to get some more sunshine before it is all gone and the holidays roll in. Prior to summer ending, we are ready for our next ADS party!

ADS staff are preparing for our annual Teddy Bear Picnic which will take place at the end of the month. This party is for our participants and is an out reach to residents of HSC's Assisted Living. Each Teddy bear that is brought by the participants/residents will be voted on and have a chance to win different categories.

The staff and the participants have been working hard on invitations and frosting cupcakes for the event. Each year it was a blast as people showed up with their teddy bears of different sizes and colors. Do not miss out this year and join your loved ones on Thursday August 31st at 1:00pm in the Friendship Center. Look forward to seeing you their and happy September!


Sincerely,
Daniel Weisser



Last year's Teddy Bear Picnic



CONGREGATE MEALS - September

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SOUP, SALAD BREAD OR ROLLS ARE AVAILABLE EVERYDAY	Meals are served 12:00.—1:30 p.m. \$5 for seniors 60+ - Suggested donation \$10 for guests under 60		Rockfish Milanese Roasted Potatoes Swiss Chard Salad Bar
4	5		6	7
CENTER CLOSED for LABOR DAY	Lasagna Broccoli Garlic Bread Salad Bar	Vegetable Chow Mein Potatoes Salad Bar	Baked Ham Scalloped Potatoes Vegetables Salad Bar	Stir Fry Shrimp Rice Pilaf Vegetables Salad Bar
11	12	13	14	15
Ravioli Roasted Italian Vegetables Garlic Bread Salad Bar	Chicken Piccatta Spinach Rice Cauliflower Salad Bar	Beef Tamale Spanish Rice Cut Corn & Sautéed Peppers Salad Bar	Roast Beef w/ Mushroom Sauce Mashed Potatoes & Gravy Roasted Carrots Salad Bar	Coriander Cod Rice Pilaf Steamed Vegetables Salad Bar
18	19	20	21	22
Chicken Cordon Bleu Tomato Basil Couscous Tarragon Honey Carrots Salad Bar	BBQ Beef Brisket Pinto Beans Sautéed Spinach & Zucchini Salad Bar	Chicken Pepper Steak Herbed Pasta Steamed Broccoli Salad Bar	Roast Turkey Mashed Potatoes & Gravy Yams & Stuffing Salad Bar	Salmon Roasted Sweet Potatoes Peas & Mushrooms Salad Bar
25	26	27	28	29
Three Pepper Chicken Pasta Marinara Sautéed Cabbage Salad Bar	Pork Stir Fry Roasted Potatoes Sautéed Snap Peas Salad Bar	Sweet & Sour Chicken Lemon Pepper Broccoli Salad Bar	Country Style Roast Pork Peas and Carrots Mashed Potatoes Salad Bar	Halibut French Fries Steamed Kale Salad Bar



SENIOR CENTER MONTH

September is National Senior Center Month

Please join us in celebrating

This month is about letting the public know what services your local senior center has to offer, and celebrating the positive image of aging. Here at HSC we will be celebrating by showcasing the different things we offer and by telling our seniors what they mean to us.

Be sure to stop by each week at lunch and see what we have going on in the dining room. There will be fun displays, and information about events that we have coming up in the next few months.

Most importantly come celebrate with us!



Employee of the Quarter Linda Chessmore



Linda has been selected as employee of the quarter. She has a strong work ethic and a good attitude. She is willing to take on roles outside her job description, which has landed her this award. She is very reliable, keeps herself busy and is never a burden to anyone. In fact, she is the opposite of a burden as she makes other people's jobs easier. Linda works extra hard to get ahead before she takes any personal time off to help her team. She is a pleasure to work with and well deserving. Congratulations!



Beware of Scams Targeting Seniors

There are a lot of scam artists out there specifically targeting seniors. Here are a few tips to help keep you and your personal information secure.

- If you did not solicit the phone call, do not give out any personal information and hang up
- Always ask to receive written material about any offer or charity and look over it closely
- Never sign blank forms
- Report suspicious phone calls or activity
- Register with the federal government's "Do Not Call Registry"
- Read the fine print carefully or have someone you trust check it before you sign up for something
- Call or visit the business directly if you get a suspicious call from them
- Do NOT agree to confirm credit card numbers or bank account numbers if someone calls saying there is a problem with your account. Hang up and call your bank directly.
- Don't buy from an unfamiliar company
- Don't pay in advance for services
- Always take your time making decisions, a legitimate company will NOT tell you that you have to make the decision now or you will lose the offer
- Don't pay for a "free prize"
- Never open attachments or respond to emails you don't know

Alaska Senior Resident Benefits

- State of Alaska I.D. card is free to Alaskan seniors age 60 and older @ DMV office located in Homer 235-7341. Instructions and form: <http://doa.alaska.gov/dmv/akol/stateid.htm>
- AK Senior Benefits pays cash benefits to Alaskan seniors who are age 65 or older and have low to moderate income, (i.e. one in household income maximum \$14,580; two in household maximum \$19,660, etc.) Applications are available at HSC, or, call Wasilla office at 1-888-352-4150, or online at: <http://dhss.alaska.gov/dpa/Pages/seniorbenefits/>
- Fish/Hunt: Alaska residents who are 60 years of age or older and meet the Department of Fish and Game's residency definition are eligible for a senior identification card (PID) in order to hunt, sport fish, or trap for free.
- Proxy Fish/Hunt: Alaska residents who are blind, 65 years of age or older, or who are physically disabled may be eligible to have another Alaska resident hunt or fish for them. Call Anchorage, 907-267-2218 or online at: <http://www.adfg.alaska.gov/index.cfm?adfg=license.general>
- Senior Property Tax Exemption: Up to \$300,000 of assessed value for the primary residence of a senior citizen, 65 years and older, may be exempted.
- Senior Vehicle Registration: An Alaska resident who is age 65 or older is entitled to register one non-commercial vehicle during that calendar year exempt from registration fees and the motor vehicle registration tax. Must complete a Senior Citizen Exemption Certificate.



Don't forget these easy ways to help Homer Senior Citizens, Inc. without spending any extra money!

Connect your Fred Meyers reward card or simply shop through amazonsmile.

Details below!

Thank you for the support

We've received to date:

Fred Meyer: \$146.78

Amazonsmile: \$182.37



YOU CAN HELP HOMER SENIOR CITIZENS, INC.

EARN DONATIONS

JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Sign up for the Community Reward program by linking your Fred Meyer Rewards Card to (non-profit) at

www.fredmeyer.com/communityrewards.

You can search for us by name or by our non-profit number **80473**.

Every time you shop and use your Rewards Card, you are helping **HSC** earn a donation!

You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.



Do you shop at Amazon? Did you know you can help HSC earn a donation while doing your shopping?

When you shop at AmazonSmile, Amazon donates 0.5% of the purchase price to Homer Senior Citizens Incorporated.

Bookmark the link

<http://smile.amazon.com/ch/92-0077789> and support us every time you shop.

Homer Senior Citizens Donations Form

Donations make a difference in all of our programs, your help is greatly appreciated!

Monetary Donation: I would like to make a donation in the amount of \$_____.
Donation enclosed.

Volunteering: Please contact me to discuss ways that I can volunteer time. Yes ___ No ___

Donation of an item or property: Please contact me, as I would like to donate the following:

Name _____

Address _____

Phone _____

Email _____

Cut out this form & send to:

Homer Senior Citizens, Inc.

3935 Svedlund St.

Homer, Alaska 99603 (907) 235-7655

May we put your name in our newsletter to acknowledge your donation? Yes ___ No ___



Last chance to get your farmers market coupons!

Farmers Market coupons are here!!

The Senior Nutrition Program is distributing Farmer Market Coupons.

Must be 60 years old or older, a resident of Alaska,
and meet income guidelines.

Applications and coupons are available!



HSC Member Birthdays for September



Sandy Crane
Dixie Cude
Mari Ann Gross
Fred Jones
Daniel North
Jon Osgood
Tonia Parlow

Colleen Quiner
Vicki Rentmeester
Anna Rodriguez-Swanson
Tepa Rogers
Mary Ann Rowe
Beverly Schonert
Bobby Wilson



Board of Directors:

Pat Melone - President
- Vice President
Merlin Cordes - Treasurer
Sharon Wilson - Secretary
Ralph Crane - Director
Bryan Zak - Director
Phyllis Cooper - Director
Director
Director
Director

Administration and Management Staff:

Administration:
Keren Kelley - Executive Director
Paula Frisinger - Administrative Assistant/Human Resources

The Terrace Assisted Living:
Bonnie Betley - Manager

Friendship Center Adult Day Services:
Daniel Weisser - Manager

Maintenance:
Danikt Kuzmin - Supervisor

Food Services:
Jorge Silva - Lead Chef

Activities/Volunteers:
Daniel Weisser



2017

Return Service Requested

Homer Senior Citizens, Inc.
3935 Svedlund St
Homer, AK 99603

Phone: 907-235-7655
Fax: 907-235-3739
www.homerseniors.org
info@homerseniors.com

“Serving Homer Senior Citizens for 43
years, to live life to its fullest”

Hours of Operation
M-F 9:00 - 4:00 p.m.

Meals are served 12:00 - 1:30pm

\$5 for seniors 60+ - suggested donation

\$10 for guests under 60

If you have any comments or suggestions please
submit them to Nyla Lightcap, who is responsible for
this publication.

Our Mission

To offer seniors “essential services” housing (assisted and independent),
adult day services, nutrition, education, transportation, and social activities
that promote independence and a healthy continuum of care.



September Amusements



**Q: What happens to a
frog’s car when it breaks
down?**

A: It gets toad away.

6			1	8	2		3
	2			4		9	
8		3			5	4	
5		4	6	7			9
	3						5
7			8	3	1		2
		1	7			9	6
	8			3			2
3		2	9		4		5

“Believe you can and
you’re halfway there.”
~Theodore Roosevelt



This newsletter is partially funded by a donation in memory of L.E. Milligin