### Homer Senior Citizens, Inc

*Harbor Lights* Newsletter

January 2025

3935 Svedlund St. Homer, AK 99603

Phone: 907-235-7655 Fax: 907-235-3739

Monday through Friday, 8 a.m. to 5 p.m.

### **CORE VALUES**

Respect, Accountability, Trust, Integrity and Quality

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Happy New Year from all of us at Homer Senior Citizens, Inc.! As we kick off 2025, we're filled with excitement and gratitude for everything ahead.

This year is shaping up to be one of growth, connection, and opportunity. From new programs and partnerships to celebrating the incredible people who make HSC thrive, there's so much to look forward to. Whether you're a member, volunteer, or community supporter, we're thrilled to have you along for the journey.

Let's make 2025 our best year yet—together!

### HOMER SENIOR CITIZENS, INC

3935 Svedlund St., Homer, AK 99603

Phone: 907-235-7655 Fax: 907-235-3739

www.homerseniors.org

HOURS: M-F 8 am to 4 pm

**CONGREGATE MEALS**: Served Monday through Friday 11:30am to 12:30pm at HSC.

**HOME DELIVERED MEALS**: Call-in by 9:00am, Monday - Friday.

ADULT DAY SERVICES: Monday thru Friday

7:30am to 4:00pm.

NOTARY SERVICE: Located at the HSC of-

fice.

**VOLUNTEER OPPORTUNITIES**: Please call 907-235-7655

**SENIOR HOUSING**: Senior Apartments. Call 907-325-7655 for more information.

## VOLUNTARY DONATIONS ARE ACCEPTED FOR ALL SERVICES

SUGGESTED DONATIONS – PER PERSON/ SENIORS AGE 60+

### **CONGREGATE MEALS:**

Seniors 60+	\$7.00
Guest 12-59	\$15.00
Guest Under 12	\$5.00

### HOME DELIVERED

**MEALS**:....\$7.00





### **CORE PURPOSE**

Independence and a healthy continuum of care for seniors.

### **CORE VALUES**

Respect, Accountability, Trust, Integrity and Quality

### **OUR MISSION**

Our mission is to cultivate a wholistic and respectful community through enriching, dynamic, independent Living.

### **Department Managers**

Interim Executive Director.	Sarah Weideman
Human Resources	Paula Frisinger
Finance Manager	Vacant
Housing Manager	Rosalyn Rose
Resident Manager	.Nicole LaBombarde, LPN
Adult Day Services	Debra Rowzee
Terrace Manager	Kristina Henry



# Happy New Year!

Since joining the Board in May it has been a very busy time but also very rewarding. I have enjoyed getting to know the Board members as well as working with them. Our Board President, Colleen James, has fostered a positive teamwork approach

to all that needs to be accomplished for HSC.

I chair the Community Advisory Committee. I have the pleasure of working with Angie Newby, Janet Fink, Lynne Sinnhuber along with Marcia Boone, Lucy Mahan, and Sara Faulkner. All these ladies were the backbone of the silent auctions held at the Ice Cream Social and Oc-Elder Fest. This committee's focus is to communicate with membership/community, activities, nutrition, and foster community partnerships as well as help to garner resources to help with varying projects.

This committee has also helped with coordinating the Holiday Calm Workshop with Lucy Mahan, LPC to take place on December 18th. Also working on coordinating with the Homer Public Library to have a person work with residents both assisted living and independent living to procure books.

Angie Newby is working on the State Association of Realtors DEI (Diversity, Equity, and Inclusion) committee and Agism is their issue. Focus in our community is on Seniors and their ability to access adequate housing.

Christmas decorations helped to brighten up HSC both inside and out. Alana Greear was the idea person for the little scene on the patio outside of the dinning room. I took her idea and put into motion procuring the snowman, Santa, and tree. Janet Fink helped set it all up along with putting garland on the gazebo and a tree topper for the tree.

Future plans for this committee are to generate a "Wish List" for projects that need to be accomplished to help HSC be the best it can be. By generating this list, we will be able to reach out to the community for help and they will know exactly what the needs are.

I appreciate all the support from the community, committee members, Board of Directors and our Executive Director, Sarah Weideman.

## Shirlie Gribble

Vice President & Community Advisory Committee

### Homer Senior Citizens, Inc.

### 2025 Board Meeting Schedule

The Board of Directors of Homer Senior Citizens, Inc. (HSC) warmly invites you to join us for our regular meetings, held on the third Wednesday of each month throughout 2025. These meetings provide an opportunity for everyone to come together, share ideas, and collaborate on ways to enhance the lives of seniors in our community. Meetings are held at 1:30 PM and are open to the public unless otherwise noted.

Below is the complete schedule for 2025:

January 15, 2025

February 19, 2025

March 19, 2025

April 16, 2025

May 21, 2025

June 18, 2025

July 16, 2025

August 20, 2025

September 17, 2025

October 15, 2025

November 19, 2025

December 17, 2025



All meetings will take place at the Homer Senior Center. We encourage you to attend, bring your voice, and be part of the conversation shaping the future of our senior community. For more information about attending a board meeting or to review agendas and minutes, please visit our website: www.homerseniors.org.

Let's work together to make 2025 a fantastic year for the seniors of Homer. We can't wait to see you there!

<sup>\*\*</sup>Times, dates and location are subject to change with notice.

### Join the Fun: Become a Member of Homer Senior Citizens, Inc.!

Membership at Homer Senior Citizens, Inc. (HSC) is more than just a sign-up; it's a ticket to a world of benefits, community engagement, and the chance to make a meaningful impact. Whether you're a senior looking for exciting programs or a community member eager to support local seniors, HSC membership has something for everyone.

### Why Become a Member?

### **Support for HSC:**

- Membership fees contribute to the sustainability of our programs and services.
- Your support helps us maintain our facilities and expand offerings for the senior community.

### **Strengthen Our Community:**

- HSC creates opportunities for seniors to connect, socialize, and thrive.
- Members play a vital role in shaping the programs and services we provide.
- Together, we foster a community that values and celebrates its seniors.

#### How to Join

Joining HSC is simple and convenient! Membership forms are available at our office, or you can visit our website to register online. Don't wait—become a member today and start enjoying all the wonderful perks that come with it!

### Make a Difference

By becoming a member, you're not only enriching your own life but also contributing to a vibrant, supportive environment for Homer's seniors. Every member makes a difference, and we'd love for you to be part of our growing family.

Let's make 2025 the best year yet for our community. Join HSC today and see the many ways we can grow, connect, and thrive together!





Dear HSC Members, Volunteers, and Friends,

As we step into 2025, I wanted to share a quick update on some of the things happening at Homer Senior Citizens, Inc. First, I am pleased to report that we are making great progress on rebuilding our accounting records. The audit remains in progress, and all previously unreported payroll taxes have been accounted for. Our dedicated team is actively working with the IRS to negotiate terms for

repayment, ensuring we handle this responsibly and effectively.

Unfortunately, I became very sick over the Christmas holiday and was unable to come down to celebrate with our amazing staff. After a few weeks of recovery, I am happy to report that I am back on my feet and rejoining the team onsite. It feels wonderful to be back, and I am excited to dive back into the work we all care so deeply about.

In other exciting news, I encourage you to stay tuned for the January board meeting, where we'll be sharing some fantastic updates. Partnerships from around the country are blossoming into great opportunities for HSC, and I can't wait to share more details with you all.

A huge thank you to everyone who donated during our Holiday Campaigns! Your generosity makes a significant difference in the lives of our seniors. A special thank you goes out to Dave and Beth Schroer for their incredibly generous donation of \$15,000.00 through the Homer Foundation. Your support is truly inspiring and deeply appreciated.

Thank you for your continued support and dedication to our mission. Together, we are creating a thriving community for Homer's seniors. Here's to a successful and inspiring 2025!

### Sarah Weideman, mea

**Executive Director** 

Questions, Comments, Concerns?

Email me to set up an in-person or virtual appointment!

sarah@homerseniors.com



Are you ready to make a real impact in the lives of seniors and have a great time doing it? Homer Senior Citizens, Inc. (HSC) is looking for enthusiastic, compassionate volunteers to join our team. Whether you have an hour a week or a day a month, your time and talents can make a world of difference!

### Why Volunteer with HSC?

- Make Meaningful Connections: Build relationships with incredible seniors and fellow community members.
- Share Your Skills: Use your unique talents to contribute to exciting programs, events, and daily activities.
- Have Fun: Volunteering with HSC is as rewarding as it is enjoyable!

### How You Can Help:

- Assist with events, activities, and workshops.
- Help with meal services or transportation.
- Provide administrative support or lend a hand with facility upkeep.
- Bring your creative ideas to the table—we're always looking for fresh perspectives!

### Get Started Today!

Volunteering at HSC is easy and rewarding. Stop by our office to pick up a volunteer application or visit our website to sign up online. We can't wait to meet you and welcome you to our team!

Together, we can create a vibrant, supportive community for Homer's seniors. Let's make a difference, one volunteer at a time. Join us today!



The ADRC can help connect you with resources that you may need, such as food, transportation, inhome services and supports, and eligibility for programs that can help meet your needs.

Website: www.linksprc.org

Our mission is to "Support Alaskans affected by Alzheimer's disease, related dementias and other disabilities to ensure quality of life."

Address: 1750 Abbot Rd.

Anchorage AK 99507

Website: www.alzalaska.org Phone: 907-561-3313 Statewide: 1-800-478-1080





#### Ninilchik Traditional Council

P.O. Box 39070 Ninilchik, Alaska 99639 Ph: 907 567-3815 / Cell: 907 394-8866 E-mail: bumps@ninilchiktribe-nsn.gov Website: www.ninilchiktribe-nsn.gov

### For Everyone

Monday, Wednesday, Friday

\*Schedule may change due to weather- call us to check Bus does not run-on Federally Recognized Holidays Cost

\$10.00 Round Trip \$7.00 one-way

Red North (Red Line)		Blue South (Blue Line)		
Ninilchik (NTC Resource Building)	9:00 am	Kenai (Walmart/Airport)	1:00 pm	
Happy Valley (HV Store)		Soldotna (Fred Meyers)	1:30 pm	
Anchor Point (Cheeky Moose)		Kasilof (Post Office)		
Homer (Safeway)	9:45 am	Clam Gulch (Post Office)		
Anchor Point (Cheeky Moose)		Ninilchik (NTC Resource Building)	2:30 pm	
Happy Valley (HV Store)		Happy Valley (HV Store)		
Ninilchik (NTC Resource Building)	10:30 am	Anchor Point (Cheeky Moose)		
Clam Gulch (Post Office)		Homer (Safeway)	3:15 pm	
Kasilof (Post Office)		Anchor Point (Cheeky Moose)		
Soldotna (Fred Meyers)	11:30 am	Happy Valley (HV Store)		
Kenai (Walmart/Airport)	12:00 pm	Ninilchik (NTC Resource Building)	4:00 pm	

Please call for pick up at Happy Valley, Anchor Point, Clam Gulch and Kasilof.

### Spotting Text Scams: Stay Safe in the Digital Age



In today's connected world, text scams (also known as "smishing") are becoming more sophisticated and frequent. These fraudulent messages often appear to be from legitimate companies, government agencies, or even your bank, but they're designed to steal your personal information or money. Understanding how to identify these scams is the first step in protecting yourself.

Here's how to spot a text scam and what to do if you encounter one.

### **Common Characteristics of Text Scams**

#### 1. Unfamiliar Senders

Look out for texts from numbers you don't recognize, especially if they seem unusual or too good to be true. Scammers often use short codes or spoofed phone numbers.

### 2. Urgent Language

Scammers use urgency to make you act without thinking. Phrases like "Your account will be locked," "Act now," or "You've won!" are red flags.

### 3. Links to Unknown Websites

Legitimate companies rarely send links via text. If you receive a message with a link, don't click on it. Hover over it to see where it leads or visit the company's official website directly.

### 4. Requests for Personal Information

No trustworthy organization will ask for sensi-tive information like your Social Security number, bank account details, or passwords via text.

### How to Protect Yourself

### 1. Verify the Sender

If a message claims to be from a legitimate company, contact them through their official customer service number to confirm its authenticity.

### 2. Avoid Clicking Links

Instead of clicking links, type the website's address into your browser to ensure you're accessing the real site.

### 3. Use Spam Filters

Many smartphones and carriers offer spam filtering services to block potential scams. Check your settings to enable these features.

4. Report Suspicious Messages

Report scam texts to your carrier by forwarding them to 7726 (SPAM) or to the Federal Trade Commission (FTC).

### What to Do If You Fall for a Scam

If you've clicked on a link or shared information with a scammer, act quickly:

- Change your passwords for any affected accounts.
- Monitor your financial accounts for unauthorized activity.
- Contact your bank to flag potential fraud.
- Report the scam to your local authorities and the FTC.



### Stay Vigilant and Safe

Text scams can be unsettling, but with knowledge and caution, you can avoid becoming a victim. Share these tips with your friends and family to help keep everyone safe.

If you're unsure about a message, trust your instincts—when in doubt, delete it.

By staying alert and taking proactive measures, we can all navigate the digital world safely. Let's look out for each other and keep our information secure!

	Saturday	4	11	18	25		* Menu is subject to change *
	Friday	Sweet & Sour Chicken Stir Fry Vegetables Baby Com Rice Corn Bread	90 Baked Salmon Dijon Harbod Potatoos Roested Aspergus Wheat Dinner Roll	Moregolan Beef Rice Green Bears Egg Roll Corn Broad	Cod French Fries Peas Wheek Dirner Roll	31 Putted Pork Macareni Satad Bakad Boans Wheat Dinner Roll	
	Thursday	Roust Beer Mashed Potato/Gevy Mixed beans Wheat Dinner Roll	Soft Tacos Refried Beans Southwestern Corn Salad Corn Bread	Turkey Sage Bread Dressing Zucchinin & Onlons Wheat Dinner Roll	23  Baked Thyme Chicken  Oven-browned Petato  Savory Summer Squash  Corn Bread	Mongolian Beef Rice Groun Boans Egg Rol Com Bread	5-4550 ct availability. \$15.00 per meal for those under 60
	Wednesday	1 New Year's Day	Mash Louf Mash of Potatous (Gravy Brussel Sprovts Wheat Dinner Roll	15 Ham Scaloped Potatoes Mixed Vegetables Wheat Dinner Roll	Pulled Perk Stiders Nacaroni Salad Baked Beans Corn Bread	Turkey Sage Bread Dressing Zucchinin & Onlors Wheek Dirner Roll	2 m E
325	Tuesday		Pork Loin Foustad Fingering Potato Red Pepper Asparagus Wheel Dinner Roll	14 Beef Brisket Roasted Petato Corn Corn Corn	Oricion Parmesan Garle Pasta Caulflower Wheat Dinner Roll	28 Bruschetta Oxiden Herbet Rice Balsid Bauss Wheat Dinner Roll	Notes For Heme Delivered Meals — please call (907) Menu is subject to change based on pro Supperind Conston \$7.00 per meal for 60+ Daving room is open from 11:30 am - 1:00 p.
January 2025	Monday		Gurlic Partmetan pada Green Plass Wheat Dinner Roll	13 Bruschetta Chicken Harbed Rice Baked Beans Wheet Dinner Rail	Beef Stroganoff Roodles Green Beans Wheat Dinner Roll	Spaghetts & Meat Sauce Chullitoner Garlic Bread	
January	Sunday		rC.	12	19	26	

### New Activities to Beat the Winter Blues!

At Homer Senior Citizens, Inc., we're excited to bring some fresh fun and relaxation to your December calendar! Whether you're looking for a little friendly competition or a way to unwind, we've got you covered.

### Friday Cribbage Craze



Grab your cards and your game face! Starting this month, join us every Friday at 2:00 PM in the activity room for **Cribbage Fridays**. Whether you're a seasoned pro or just learning the ropes, this classic game of strategy and fun is the perfect way to spend an afternoon. Don't know how to play? No problem! Our friendly group will gladly show you the ropes.

### Calm Workshops with Lucy Mahan, LPC

Stay tuned for more sessions with Lucy Mahan, LPC. We will be announcing more sessions soon, and we are working on providing i-Pads for participants to use. Be sure to check out our website and FaceBook page for updates!

Lucy Mahan, LPC, will guide you through a relaxation session designed to soothe your nervous system using the power of bi-lateral music. This workshop is perfect for anyone who wants to step away from the holiday chaos and reset.

### What to Bring:

- Headphones
- A device to connect to (cell phone, iPad, computer, etc.) You'll be listening to **bi-lateral music** during the session, which you can access in advance at this link: **Bilateral Music**. (https://www.youtube.com/watch?v=3AAH7vINhmQ&t=176s)

#### Cost:

• Residents: Free

Non-Residents: \$20.00



### Stay Informed!

Our activity calendars are located at the end of this newsletter and are always available on our website at <a href="www.homerseniors.org">www.homerseniors.org</a>. The website has the most up-to-date information, so check it out often to stay informed about all our happenings!

Don't miss this opportunity to care for yourself during this busy season. Spaces may fill up quickly, so mark your calendars and join us for some well-deserved relaxation and fun!







9:00 Shopping Lists/Cards 10:00 Drum Exercise 10:30 Documentary 9:00 Baking for Arimal Treats 2:30 Armchair New Zealand

0:00 Art Project

10:30 Exercise

9:00 Shopping Lists/Cards 10:00 Drum Exercise 10:30 Documentary 12:30 Bingo L30 Trivia

15

9:00 Blanket Group

12:30 Bingo 1:30 Trivia

2:30 Armchair Colorado

1:30 Word Games

9:00 Baking for Others

12

0:00 Art Project

10:30 Exercise

1:30 Word Games

10:45 Pet Therapy Dogs

10:00 Zumba

1:30 Board Games

12:30 Music

9:00 Shopping List/Carcs 10:00 Drum Exercise 10:30 Documentary 12:30 Bingo 1:30 Trivia

12:30 Armchair Antarctica

1.30 Word Games

8

1:00 Baking for Others

10:00 Art Project

10:30 Exercise

12:30 Music David Webster

1:30 Board Games

10:45 Pet Therapy Dogs

9:00 Blanket Group

10:00 Zumba

9:00 Shopping Lists/Cards 10:00 Drum Exercise 10:30 Documentary 12:30 Bingo 1:30 Trivia 27

12:30 Armchair Thailard

1:30 Word Games

9:00 Baking for Others

10:00 Art Project

10:30 Exercise

12:30 Birthday Party Music

with Cathy Stingley

1:30 Board Games

10:45 Pet Therapy Dogs

9:00 Blanket Group

THURSDAY

WEDNESDAY

SUNDAY

SATURDAY

FRIDAY

Schedule is subject to change 11:30 Lunch Daily 1:30 Snack

> 1:30 Per Therapy Orsa 12:30 Trip Library 10:30 Exercise 10:00 Crefts 3 00 Cards

> > New Year's Day

ADS Closed

L30 Pet Therapy Orsa 9:00 Haircuts/Cards 12:30 Trip Pratt 10:30 Exercise 10:00 Crafts

12:30 Field Trip Coles Market

1:30 Board Games

10:45 Pet Therapy Dogs

9:00 Blanket Group

129 1:30 Per Therapy Orsa 12:30 Trip Library 10:30 Exercise 9:00 Cards 10:00 Crafts

23 12:30 Trip Homer Thrift 1:30 Per Therapy Orsa 10:30 Exercise 10:00 Crafts 9:00 Cards

8 1:30 Per Therapy Orsa 12:30 Trip Ulmers 10:30 Exercise 10:00 Crafts 9:00 Cards

**Tuck Everlasting** 10:30 Puzzles 10:00 Tal Chi 9:00 Baking 1:00 Movie

10:30 Puzzles 10:00 Tai Chi 1:00 Move 9:00 Baking

Chariots of Fire

10:30 Puzzles 9:00 Balding 10:00 Tai Chi 1:00 Move

A Chorus Line

Sabrina 10:30 Puzzles 9:00 Balding 10:00 Tai Chi 1:00 Movie

10:30 Puzzles 10:00 Tal Chi 1:00 Movie 9:00 Baking

Anne of Green Gables

#### 10:30 Ukulele Group 10:30 Ukulele Group 10:30 Ukulele Group 12:30 Bingo SATURDAY 12:30 Bingo 12:30 Bingo 23 24 10:30 Skipbo w/Tim 3 Skipbo w/Tim in 10:30 Skipbo w/Trm in 10:30 Skipbo w/Tim in in the Den FRIDAY the Den the Den 130 Vahtzee w/Darlene 100 Yahtzee w/Darlene 100 Yahtzee w/Darlene 23 10:30 Exercise Deb S in 100 Varitzee w/Darlene 130 Pet Therapy Orsa 130 Pet Therapy Orsa 10:30 Exercise Deb S 130 Pet Therapy Orsa 10:30 Exercise Deb S 130 Pet Therapy Orsa 10:30 Exercise Deb S 9:00 Haircuts THURSDAY the Den 2 Devotion and Prayer THE TERRACE JANUARY 2025 10:30 Quiet Book Club 10:30 Quiet Book Club 130 Seasonal Crafts 10:30 Quiet Book Club 15 10:30 Pastor Vic 1:30 Board Meeting 130 Seasonal Crafts 130 Seasonal Crafts L30 Seasonal Crafts WEDNESDAY 10:30 Clothing Boutique 10:30 Clothing Boutque 7 900 Shopping Lists 10:00 Resident Council 10:30 Clothing Boutique 2:00 Reading Croup 9:00 Shopping Lists 9:00 Shopping Lists 9:00 Shopping Lists 10:30 Boutique 200 Painting 2:00 Painting 2:00 Painting TUESDAY Spontaneous Van Trips Throughout the Week Schedule is subject to change 11's Daily and Pet Therapy Weekly 130 Cheyenne's Karacke 130 Cheyenne's Karaoke (30 Cheyenne's Karaoke 20 10:30 Exercise Deb S in 30 Cheyenne's Karaoke 7030 Exercise Deb S in 6 10:30 Exercise Deb S in 13 10:30 Exercise Deb S in 200 Feed the Needy 2:00 Feed the Needy 2:00 Feed the Needy 200 Feed the Needy MONDAY the Den the Den the Den Namia Prince Caspian Same Time Next Year 72 12:30 Debbie Movie 1230 Debbie Movie 12:30 Debbie Movie 1230 Debbie Movie Roman Holiday 1:00 2nd Sunday Tweifth Night Shakespeare Superman 4 SUNDAY

### Celebrating Addie Hagala: A True Gem at HSC!



We are thrilled to shine the spotlight on one of our incredible team members, Addie Hagala! Addie has been an invaluable asset to our HSC family. She's always willing to lend a hand and brings a joyful energy to everything she does. From serving and cooking for our seniors to covering shifts during call-ins, Addie's dedication, loyalty, and hardworking spirit are truly inspiring. And let's not forget—she always has a smile on her face!

Her coworkers couldn't agree more and had some amazing things to say when they nominated her:

"She always gets her work done and maintains a great attitude no matter the workload. She never gave up, even during tough times."

"Addie always does her work—and even goes above and beyond—without being asked."

"She has a great attitude, is caring, and is always there for the residents in the kitchen. She always shows up."

Did we mention that Addie is 85 years young? Her experience and dedication set a high bar for us all, and we can only hope to have her level of energy and passion when we reach her age. Addie, thank you for everything you do for HSC. You are a true inspiration to us all!



If you are in Homer community, come have lunch! Dine-In lunch includes soup, salad, entrée, dessert, and beverage with Table Service.

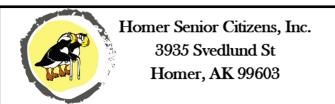
Take-Out includes salad & entrée. Soup for an additional \$3 is available.

NEW COMMUNITY LUNCH TIME: Monday - Friday 11:30 to 1 pm food service.

Stay and socialize until 2 pm!

\*\* Please make reservations for Take-Out at least 1 day in advance. \*\* 235-4555 or 235-7655

Seniors aged 60 +, \$7 suggested donation. \$15 for guests aged 59-12 (must be accompanied by a senior). \$5 children under 12.



Nonprofit Organization
U.S. Postage Paid
Permit 11
Homer Senior Citizens, Inc.
Homer, Alaska 99603

### Don't Forget to Apply for Your AK PFD and Support HSC!

It's that time of year again! Don't forget to get your applications in for the Alaska Permanent Fund Dividend (PFD).

While you're at it, remember to Pick. Click. Give. to support Homer Senior Citizens, Inc. Your contribution helps us continue providing vital programs and ser-vices for seniors in our community. Apply today and make a difference!

