

2024 NEWSLETTER



03/10	Daylight Savings
03/17	St. Patrick's Day
03/19	VSC Board Meeting - 1:30pm
03/25	Swards Day -VSC Closed
03/31	Easter

Office Hours

Monday - Friday
8AM - 4PM

P. 907 - 835 - 5032
F. 907 - 835 - 2518

*Read this newsletter on our website! www.valdezseniorcenter.org

The Mission of the Valdez Senior Center is
to serve as community support for the seniors of Valdez,
while enhancing their quality of life through care and services.

VSC BOARD MEMBERS

President: Steve Newcomer
Elected 3 yrs; term ends in 2025

Vice President: Larry Weaver
Elected 3 yrs; term ends in 2026

Secretary: Katey Connell
Elected 3 yrs; term ends in 2026

Treasurer: Trish Stowe
Elected 3 yrs; term ends in 2025

Director: Harold Blehm
Elected 3 yrs; term ends in 2026

Director: Robert Rountree
Elected; term ends in 2024

Director: Debs Van Wagner
Elected 3 yrs; term ends in 2024

The mission of the Valdez Senior Center is to serve as community support for the Seniors of Valdez, while enhancing their quality of life through care and services.

This agency is supported through funding from the Alaska Division of Senior and Disabilities Services, City of Valdez, Providence Alaska Foundation, United Way, SOA Dept. of Transportation, and other generous donations.

NEXT BOARD MEETING
Valdez Senior Center
- Tuesday -
March 19, 2024
at 1:30PM.

Phone: 907 - 835 - 5032
Fax: 907- 835 - 2518
P.O. Box 1635
Valdez, Alaska 99686

Physical Address
1300 E. Hanagita Street
Valdez, Alaska 99686



Facebook
Valdez Senior Center, Inc.



Website
valdezseniorcenter.org



Meals On The Go!

Enjoy pick up from our
senior center kitchen.

**Call before 2PM to place a
pick up order for the following day!**

Our menu is posted on our website,
Facebook page,
and in this newsletter!

*Keep in Touch -
Menu & availability subject to change.



Meals On Wheels - Valdez

We deliver! Valdez Senior Center, Inc. works with Meals-on-Wheels to deliver daily meals for those 60 & older and those who are unable to leave their home and prepare meals. Are you or someone you know interested in joining? Apply at the Valdez Senior Center office.

MARCH 2024

VSC Staff

Byron Hales
Executive Director

Leslie Gross
Office Manager

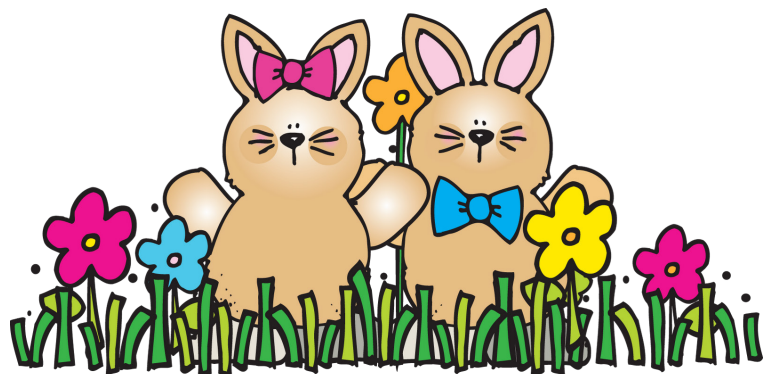
Paulena Arias
Activities
Coordinator
& Office Assistant

James Abernathy
Kitchen Supervisor

**Teag Panzer
& Sam Rank**
Kitchen Assistant

Esther Erickson
PCS Program
Administrator

Kris Albright
Driver & Custodian





March Marches In

Mirthful March is here again
And we are looking forward to that day
When winter time is over
And springtime is well on its way.

Old man winter pouts away
As daylight hours are going to be in style
And we can kiss those winter winds away
And get ready for green grass to pile.

Daylight Savings Time begins on the 10th
Which pleases us and makes us glad
So we can put our clocks ahead
And definitely not feel sad.

St. Patrick's Day is on the 17th
So everyone can get dressed in green
To celebrate that day in style
And enjoy the thoughts of being seen.

Easter is on the 31st day this year
And there will be lots of things going on
As we celebrate that day for sure
From morning until dawn.

The Seniors are busy with events
Now that Spring is on the way,
There will be good activities at the Center
To welcome you each day.

- Marie Blood, 2024

MARCH

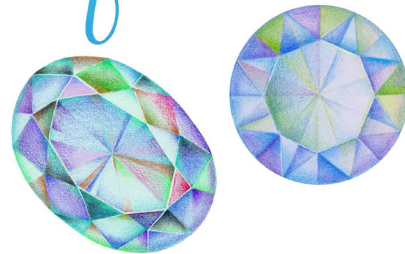
HOLIDAYS

1-Peanut Butter Lover's Day
3-National Anthem Day
6-National Frozen Food Day
8-Popcorn Lover's Day
10-Middle Name Pride Day
11-Johnny Appleseed Day
12-Girl Scouts Day
14-National Pi(e) Day
14-Potato Chip Day
15-Ides of March
16-No Selfies Day
17-St. Patrick's Day
21-World Down Syndrome Day
22-National Goof Off Day
23-National Chips and Dip Day
23-National Puppy Day
24-National Chocolate Covered Raisin Day
25-Palm Sunday (varies each year)
25-Waffle Day
26-National Spinach Day
28-Something on a Stick Day
30-Good Friday (varies each year)
30-Take a Walk in the Park Day

SOFEESTIVE.COM



Aquamarine



March 20th
FIRST DAY OF



Happy Birthday

Edith Sorenson 3/4
Kim Michaud 3/9
Nikki Newcome 3/18





1300 E. Hanagita Street Valdez, Alaska (907) 835 - 5032

Need Mail Pick Up?

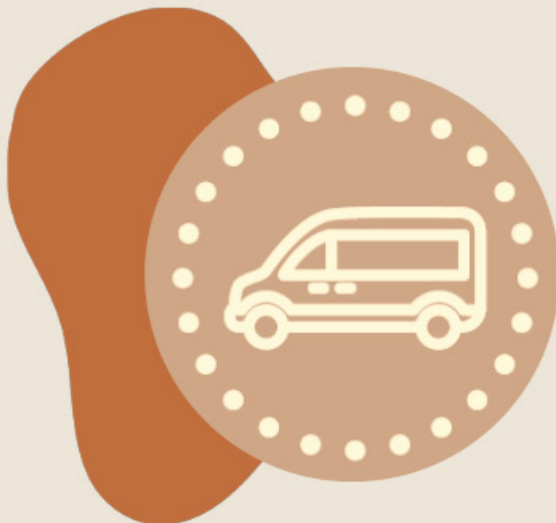
VSC offers Mail Pick-Up!

Our driver can check your post office box for you and deliver your mail on Wednesdays & Fridays!

If interested, visit our front desk to drop off your mail key & fill out our address form!



Need A Ride?



Monday - Friday 9AM - 3PM

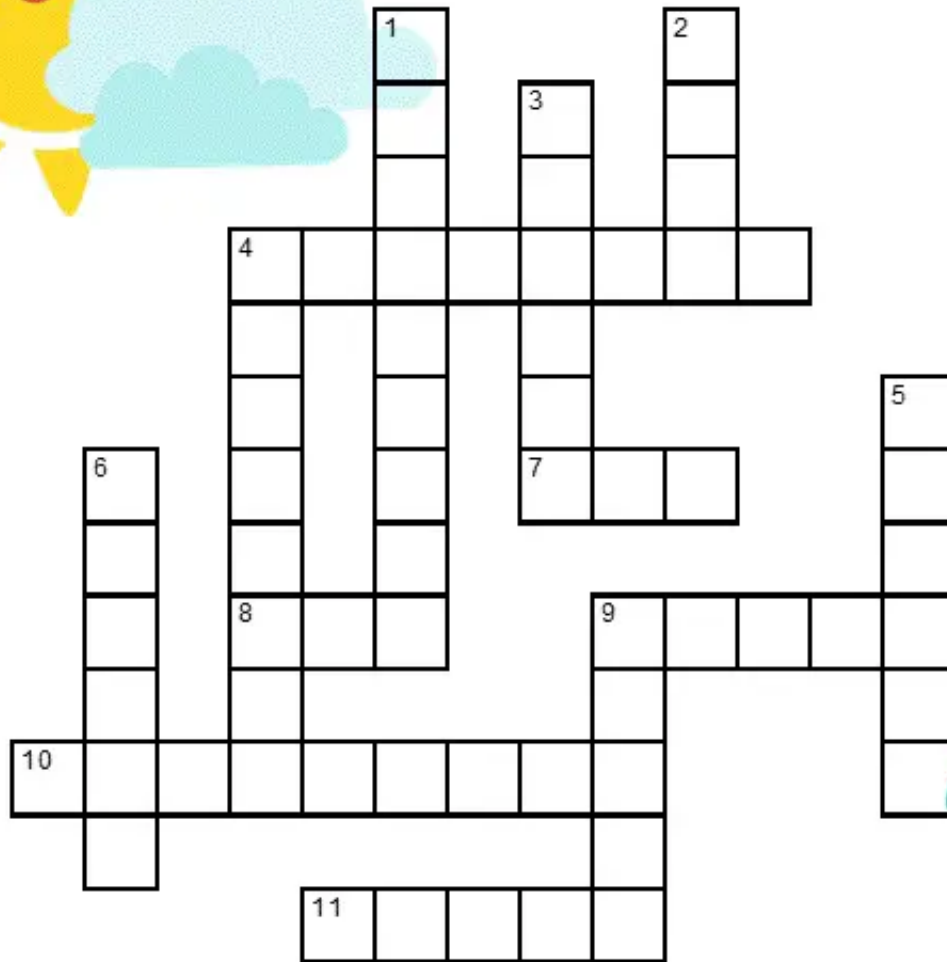
Our driver can pick you up & take you to your destination.

*Two rides a day per person.

*Must call 24hrs in advanced to put in a reservation.



Easter Crossword



ACROSS

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

DOWN

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
5. What the Easter Bunny brings
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache





1300 E Hanagita
PO Box 1635
Valdez, AK 99686
907-835-5032
Fax: 907-835-2518
www.valdezseneiorcenter.org

2024 BOARD OF DIRECTORS ELECTIONS

Valdez Senior Center has begun the annual process to elect Board Members for our Board of Directors.

Expiring Terms. This year two Board Member terms are ending. Members of the Valdez Senior Center, Inc. will vote to fill these vacancies.

Candidacy for Election. Any member of the Valdez Senior Center may apply to be a Board Member. If you are not a member, you can apply for membership at the same time as you apply for a Board Member position; membership applications are available in our monthly newsletter, online, or at our office. To apply for a Board Member position, please fill out the attached Board of Directors Candidate Form and return it by the deadline.

Candidate Application Deadline. Candidacy applications must be received by the Valdez Senior Center by 3:00 pm on February 29, 2024.

Voting Process. By or before March 9th, the Election Committee will assemble and send voting ballots to all members. Voting ballots must be received by the Valdez Senior Center by 3:00 pm on April 5th. Please call with any questions.

Upcoming Dates

- Thursday, February 29th – Board of Directors Candidate Form due by 3:00 pm
- Saturday, March 9th – Ballots with candidate applications mailed to members
- Friday, April 5th – Ballots are due by 4pm
- Tuesday, April 16th – Board of Directors Annual Meeting at 1:30 pm with election results



VALDEZ SENIOR CENTER INC.
Growing Together

Our Mission is to serve as community support for the seniors of Valdez,
while enhancing their quality of life through care and services.



You are Invited!

To the Valdez Senior Center, Inc.'s Board of Directors Annual Meeting

At this meeting we will welcome our
newly or re-elected board members.

Board of Directors Annual Meeting

April, 16th 2024
1:30pm - 3:00pm

Valdez Senior Center
1300 E. Hanagita Street
Valdez, Alaska
(907) 835 - 5032





Friends of the Senior Center,

Please help us by completing the attached Consumer Characteristics and “Determine Your Nutritional Health” forms.

The grants we depend on require this information. If you benefit from or appreciate our services, completing these forms and returning them to us is the best way to show your gratitude.

Please drop off, fax, mail, or email your completed survey to Valdez Senior Center as soon as you can, and no later than June 15, 2024.

1300 E. Hanagita St.
PO Box 1635, Valdez, AK 99686
Phone: (907) 835 - 5032
Fax: (907) 835 – 2518
vscc@valdezak.net

Thank you in advance for your participation and support.

-Valdez Senior Center, Inc.

Consumer Characteristics

Please complete this form annually for Registered Services under the Older Americans Act. Data is critical for Federal Title III and State Funds. Unauthorized use is strictly prohibited. Information is protected by Privacy and Security Agreements. Names and identifiers are not shared. Updated 11/17/2021

Basic Information

Name (Last, First, Middle Initial)

Date of Birth

Form Date

Physical Address

City

State

Zip Code

Mailing Address (If different than physical)

City

State

Zip Code

Contact Information

Phone

Email

Emergency Contact

Name

Relationship

Phone

Demographics

Race (Check all that apply)

- ☐ Alaskan Native/American Indian
☐ Asian/Asian American
☐ Black/African American
☐ Native Hawaiian/Pacific Islander
☐ Non-Minority (white, non-hispanic)
☐ White Hispanic

Gender

- ☐ Female
☐ Male
☐ Other

Individuals
in home

Income

Annual

Monthly

1	\$16,990	\$1,416
2	\$22,890	\$1,908
3	\$28,790	\$2,399
4	\$34,690	\$2,891
5	\$40,490	\$3,383

Minority Status

- ☐ Minority
☐ Non-Minority

Ethnicity

- ☐ Unknown
☐ Hispanic or Latino
☐ Not Hispanic or Latino

Is household income at or below the
above income guide?

- ☐ Yes ☐ No

Do you live alone?

- ☐ Yes ☐ No

Consumer Characteristics (Continued)

Ability and Assistance

If you use personal or stand-by assistance, supervision, or cues to perform the following activities please check the corresponding box. Check all that apply.

Instrumental Activities of Daily Living (IADLs)

<input type="checkbox"/> Preparing meals
<input type="checkbox"/> Shopping for personal items
<input type="checkbox"/> Medication management
<input type="checkbox"/> Managing Money
<input type="checkbox"/> Using telephone
<input type="checkbox"/> Doing laundry
<input type="checkbox"/> Doing light housework
<input type="checkbox"/> Using available transportation

Activities of Daily Living (ADLs)

<input type="checkbox"/> Feeding
<input type="checkbox"/> Dressing
<input type="checkbox"/> Continence
<input type="checkbox"/> Transferring in/out of bed/chair
<input type="checkbox"/> Bathing
<input type="checkbox"/> Toileting

Has Alzheimer's or Related Dementia/Disorder (ADRD):

☐ Yes ☐ No ☐ Don't Know

Has Traumatic or Acquired Brain Injury (TABI):

☐ Yes ☐ No ☐ Don't Know

Total score from Determine Your Nutritional Health (required for home delivered meals)

--

For Adult Day Services (ADS) Consumers Only

Indicate Payment Source:

- ☐ Adult Day Services (ADS) Grant
- ☐ Medicaid Waiver
- ☐ Private Pay

The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

Read the statements below. Circle the number in the yes column for those that apply to you or someone you know. For each yes answer, score the number in the box. Total your nutritional score.

Determine Your Nutritional Health

	YES
I have an illness or condition that made me change the kind and /or amount of food I eat.	2
I eat fewer than two meals per day.	3
I eat few fruits or vegetables, or milk products.	2
I have three or more drinks of beer, liquor or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take three or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last six months.	2
I am not always physically able to shop, cook and/or feed myself.	2
TOTAL	

Total your nutritional score. If it's --

0-2 **Good!** Recheck your nutritional score in 6 months.

3-5 **You are at moderate nutritional risk.**
See what can be done to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center or health department can help. Recheck your nutritional score in 3 months.

6 or more **You are at high nutritional risk.** Bring this checklist the next time you see your doctor, dietitian or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

***Add this total to the back of your consumer characteristics**

Remember that warning signs suggest risk, but do not represent diagnosis of any condition. Turn the page to learn more about the Warning Signs of poor nutritional health.

**The Nutrition Checklist is based on the warning signs described below.
Use the word DETERMINE to remind you of the warning signs.**

Disease

Any disease, illness or chronic condition that causes you to change the way you eat, or makes it hard for you to eat, puts your nutritional health at risk. Four out of five adults have chronic diseases that are affected by diet. Confusion or memory loss that keeps getting worse is estimated to affect one out of five or more of older adults. This can make it hard to remember what, when or if you've eaten. Feeling sad or depressed, which happens to about one in eight older adults, can cause big changes in appetite, digestion, energy level, weight and well-being.

Eating Poorly

Eating too little and eating too much both lead to poor health. Eating the same foods day after day or not eating fruit, vegetables and milk products daily will also cause poor nutritional health. One in five adults skips meals daily. Only 13 percent of adults eat the minimum amount of fruits and vegetables needed. One in four older adults drinks too much alcohol. Many health problems become worse if you drink more than one or two alcoholic beverages per day.

Tooth Loss/Mouth Pain

A healthy mouth, teeth and gums are needed to eat. Missing, loose or rotten teeth or dentures which don't fit well or cause mouth sores make it hard to eat.

Economic Hardship

As many as 40 percent of older Americans have incomes of less than \$6,000 per year. Having less--or choosing to spend less--than \$25 to \$30 per week for food makes it very hard to get the foods you need to stay healthy.

Reduced Social Contact

One-third of all older people live alone. Being with people daily has a positive effect on morale, well-being and eating.

Multiple Medicines

Many older Americans must take medicines for health problems. Almost one half of older Americans take multiple medicines daily. Growing old may change the way we respond to drugs. The more medicines you take, the greater the chance for side effects such as increased or decreased appetite, change in taste, constipation, weakness, drowsiness, diarrhea, nausea and others. Vitamins or minerals when taken in large doses act like drugs and can cause harm. Alert your doctor to everything you take.

Involuntary Weight Loss/Gain

Losing or gaining a lot of weight when you are not trying to do so is an important warning sign that must not be ignored. Being overweight or underweight also increases your chance of poor health.

Needs Assistance in Self Care

Although most older people are able to eat, one of every five has trouble walking, shopping, buying and cooking food, especially as they get older.

Elder Years Above Age 80

Most older people lead full and productive lives. But as age increases, risk of frailty and health problems increase. Checking your nutritional health regularly makes good sense.

Seward's Day

March 25, 2024



Seward's Day, which falls on the last Monday in March and takes place on March 25 this year, is named for then-Secretary of State William H. Seward, who was responsible for the purchase in the first place. This legal holiday (in Alaska) commemorates the day the Alaska Purchase treaty was signed. This day shouldn't be confused with National Alaska Day, however, which marks the formal transfer of control of Alaska from Russia to the U.S.

HISTORY OF SEWARD'S DAY

A long long time ago — around the 18th century — Alaska was owned by the Russians. Then came the Crimean War. Fought for the rights of Christian minorities in the Holy Land (a part of the Ottoman Empire), Russia fought against the alliance of France, the Ottoman Empire, the United Kingdom, and Sardinia, and lost. Reeling from this, Russian Tsar Alexander II started exploring options to raise money for the country. He turned his gaze towards Alaska. Not only had the sea otter population vastly declined, but Alaska would also prove to be very difficult to defend in the event of a future war. Especially since the British forces were based out of neighboring Canada.

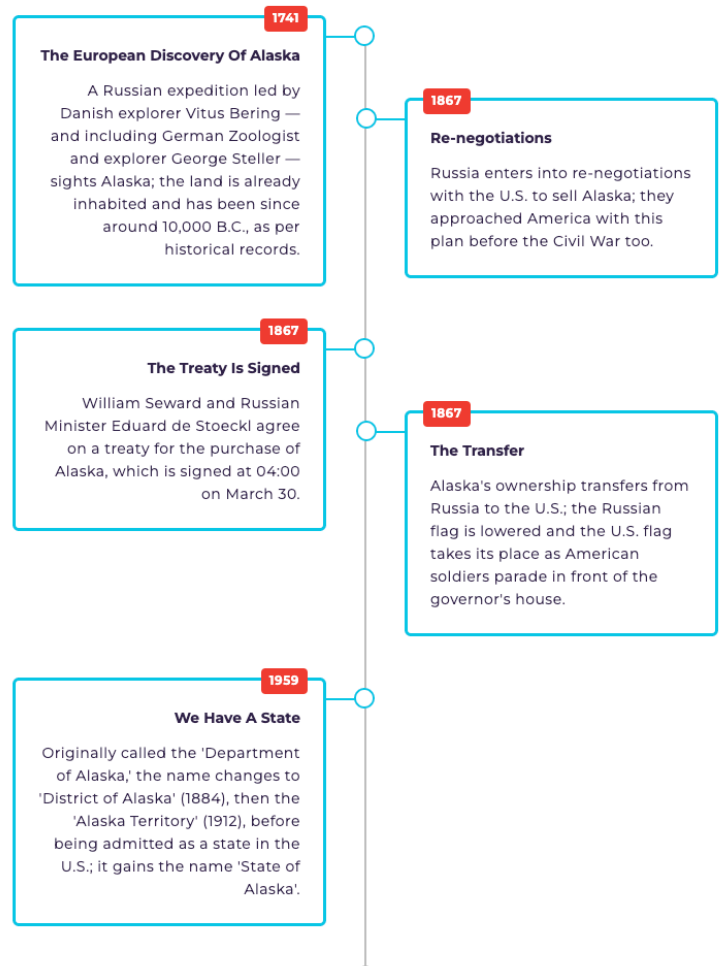
The Russians discussed this plan and were all for selling to the U.S. by 1857, in the hopes that their presence would deter the British from any attacks. Negotiations began; however, the American Civil War took precedence at this time and any plans for buying Alaska were put on hold. Following the

Union win, Tsar Alexander asked for another round of negotiations. The U.S. Secretary of State William Seward negotiated with Russian Minister Eduard de Stoeckl. They agreed to a treaty on March 30, 1867, which was ratified by the U.S. Senate. At the time, they paid \$7.2 million, or about two cents per acre.

They called this place 'Alaska,' changing it from the Russian name, 'Аляска' (or 'Alyaska'). Most Russian citizens went home, barring a few — traders and priests, mostly — who chose to remain. They would eventually leave Alaska too, as records indicate.

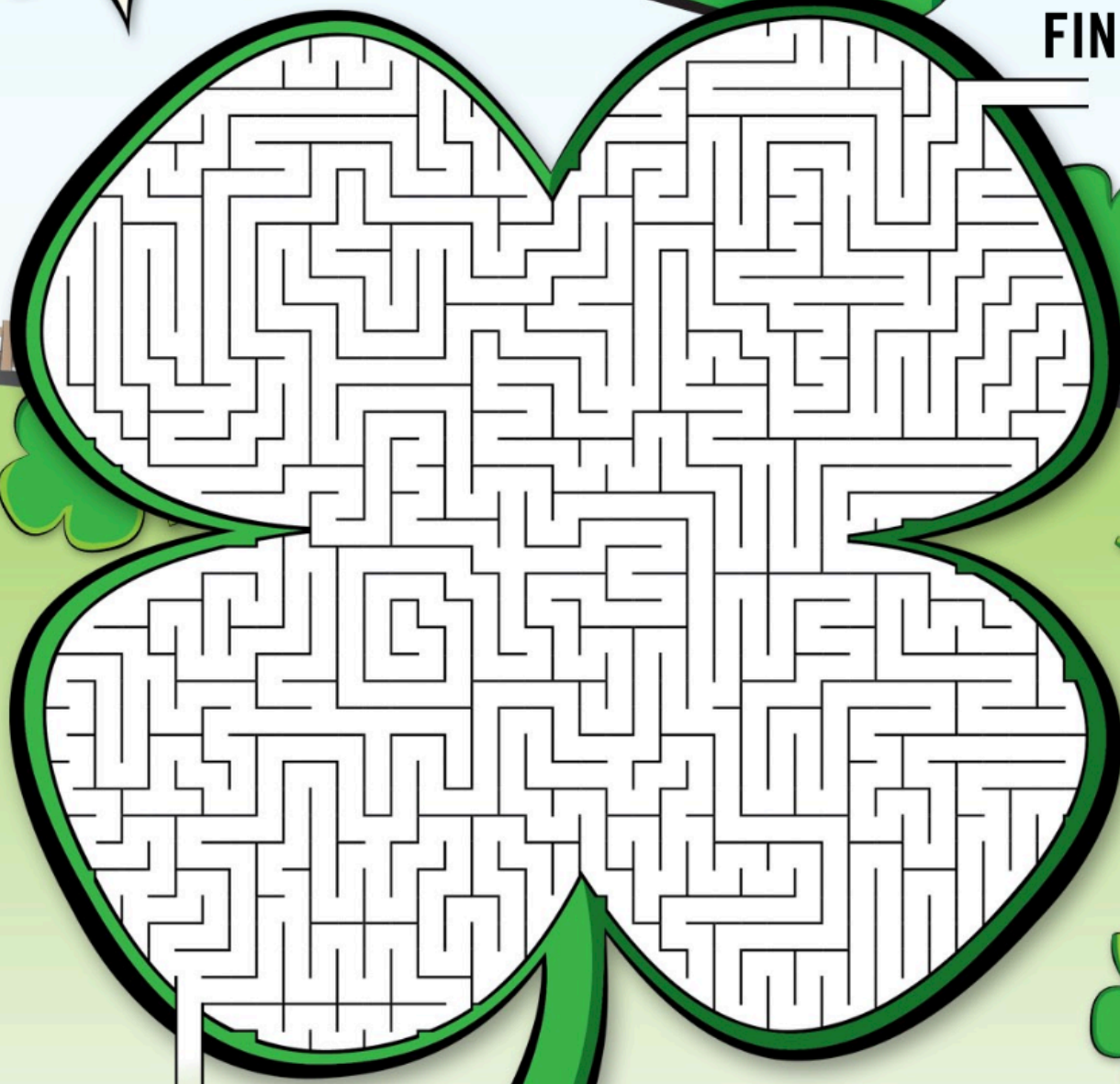
The reactions to this purchase were largely positive, with people believing the added possession would create a base to expand trade in Asia. Seward's political opponents coined the phrase 'Seward's Folly' or 'Seward's Icebox,' referring to Alaska as 'useless land' Alaska would remain sparsely populated until the Klondike Gold Rush of 1896 when the region came to be seen as a truly valuable addition to U.S. territory.

SEWARD'S DAY TIMELINE



ST. PATRICK'S DAY CLOVER MAZE

FINISH



START

Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street Valdez, Alaska

Phone: 907-835-5032

Activities

- **Chair Yoga 11:15AM**
Gentle Movement for all ranges.
Twice a week with Cammie Hsu.
All ages welcomed.
- **VDZ Homeschoolers 1:00PM**
Valdez Homeschoolers create crafts & play board games, hoping Seniors will join!!
- **Tea & Puzzles 1:00PM**
Bring a tea, drink our tea!
Bring a friend to play with a game or work on our puzzle collection!
- **Mahjong 1:00PM**
Mahjong is a tile-based game. It is usually played by four players, who try to form sets and pairs of tiles. Bring a snack to share.
- **ASL Beginner 1:00PM**
Learn or practice American Sign Language in a group setting.
Conducted by Kellie Hales.
- **Card Making 9:30AM - 11:00AM**
Create a card to send to a loved one for the upcoming holiday.
This month we'll focus on Easter.
Conducted by Kristie.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 • VHS Walk 9:00AM • Tea & Puzzles 1:00PM	27 • Chair Yoga 11:00AM • Homeschoolers 1:00PM	28 • VHS Walk 9:00AM • Mahjong 1:00PM • HHES 3:00PM	29 • Chair Yoga 11:00AM • ASL 1:00PM	1 • Craft: Decorate A Mug 9:30AM - 11:30AM
4 • VHS Walk 9:00AM • Frosty Fever Sundae Monday 3:00PM - 6:00PM	5 • Chair Yoga 11:00AM • Homeschoolers 1:00PM	6 • VHS Walk 9:00AM • Mahjong 1:00PM • HHES 3:00PM	7 • Chair Yoga 11:00AM • ASL 1:00PM	8 • Craft: Decorate A Mug 9:30AM - 11:30AM
11 • VHS Walk 9:00AM • Tea & Puzzles 1:00PM	12 • Chair Yoga 11:00AM • Homeschoolers 1:00PM	13 • VHS Walk 9:00AM • Mahjong 1:00PM • HHES 3:00PM	14 • Chair Yoga 11:00AM • ASL 1:00PM	15 • Craft: Card Making 9:30AM - 11:00AM
18 • Tea & Puzzles 1:00PM	19 • Chair Yoga 11:00AM BOARD MEETING 1:30PM	20 • Mahjong 1:00PM	21 • Chair Yoga 11:00AM • ASL 1:00PM	22 • Craft: Decorate A Mug 9:30AM - 11:30AM
25 VSC CLOSED *Sewards Day	26 • Chair Yoga 11:00AM • Homeschoolers 1:00PM	27 • VHS Walk 9:00AM • Mahjong 1:00PM • HHES 3:00PM	28 • Chair Yoga 11:00AM • ASL 1:00PM	29 • Craft: Easter Egg Dyeing 9:30AM

• Craft: Decorate A Mug 9:30AM - 11:00AM Decorate a coffee mug. Bring your own, or use ours. Paint pens & mugs provided. *Free, bring a friend!	• Craft: Easter Egg Dyeing 9:30AM - 11:30AM When was the last time you decorated an easter egg? Join us in some Easter fun! Eggs and dye kit provided. *Adults Only
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ADULT EGG DYING

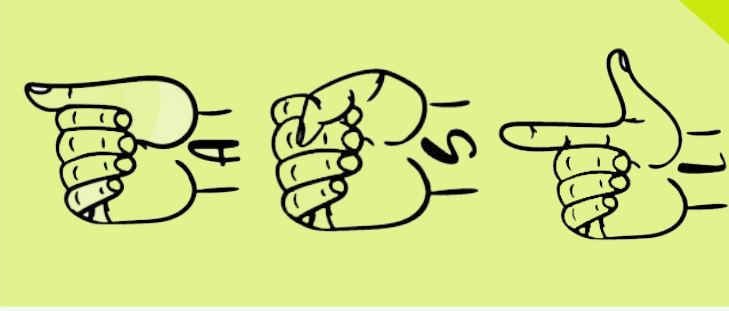
March 29th
9:30AM - 11:30AM

When was the last time you decorated an easter egg? Join us in some Easter fun! Eggs and dye kit provided.



Craft:
Paint A Mug
FRIDAYS
9:30AM - 11:00AM
Decorate a coffee mug.
Bring your own, or use ours.
Paint pens & mugs provided.
*Free

TEA
& PUZZLES
TUESDAYS
AT 1:00PM
THE VALDEZ
SENIOR
CENTER



Chair Yoga
with *Cammie Hsu*
Gentle Chair Yoga
hosted by the
Valdez Senior Center, Inc.
Tuesdays & Thursdays
at 11:00am
Free for all Valdez Seniors.



Mahjong

Mahjong is a tile-based game. It is usually played by four players, who try to form sets and pairs of tiles. Bring a snack to share.

Wednesdays at 1:00PM

Easter
CARD
MAKING
WORKSHOP
FRIDAY,
MARCH 15
9:30AM - 11:00AM



Learn or practice
American Sign
Language in a
group setting.
Conducted by
Kellie Hales.

*Free for all ages.

Valdez Senior Center
Thursdays
- 1:00 PM



WALK WITH US!

IN THE VHS GYM

MONDAY & WEDNESDAY

9AM - 10AM

With this cold weather,
start your day with a
walk indoors!

Valdez High School
has opened up their
gymnasium for seniors
to stay active!

Need a ride?
VSC can accommodate!
Call our office to
schedule a ride.

For questions or ride
scheduling, Call VSC
(907) 835 - 5032



Express Yourself!
Join Ms. Giusti and AVV Youth Services for a fun afterschool opportunity at the Valdez Senior Center!

ART~SNACKS~GAMES

**Every Wednesday from February 14th-April 24th
3:15pm-4:00pm**

Did you know Intergenerational relationships have been linked to improved health and well-being for both younger and older individuals. Engaging with each other can promote a sense of purpose and motivation, reduce feelings of depression and anxiety, and enhance cognitive function.

PLEASE JOIN US!

SOUND WELLNESS ALLIANCE NETWORK'S

Power Hour

Free 1-hour open gym for everyone!
Saturday and Sunday mornings from 8-9am



Prince William Sound College Health and Fitness
Center - 303 Lowe Street

Questions? Email info@swanalaska.com



Sound Wellness Alliance Network's

Random Acts of Kindness

Sound Wellness Alliance Network's Random Acts of Kindness BINGO

Smiled at a stranger	Wrote a thank you note	Sent flowers to a friend	Used a reusable grocery bag	Bought a need for someone
Left a sweet note for a friend	Complimented a stranger	Baked a treat for a neighbor	Gave to a person in need	Made a project for a friend
Wrote a kind note to myself	Left a kind note for a partner	LOVE YOU	Offered help to someone in need	Watered my neighbor's plants
Cleaned up a mess that wasn't mine	Shoveled snow from someone's driveway	Shopped locally	Supported a friend	Went to buy someone new
Picked up trash from a friend	Kept a gratitude journal	Put something back where it belonged	Repaired something that was broken	Used a reusable water bottle

Bring your card back to the Health and Fitness Center with a bingo by 2/29/24 for a chance to win a \$100 gift card!

Name _____

Email _____

Kindness Bingo

Pick up a card from Prince William College's Health and Fitness Center, then bring it back with a bingo by 2/29/24 for a chance to win a \$100 gift card!

***Can pick up card at VSC as well!**

Kindness Surprises

Nominate a person or organization to be surprised with an Act of Kindness from SWAN!

DM us with the person or organization you want to nominate and the reason why, and we might surprise them!



Equipment Loan Program

Some people need expensive equipment that health insurance may not fully cover, or that they may only use for a short period of time. Connections To Care, Inc. has a loan closet that provides adaptive equipment to individuals to increase their safety and independence in their homes and the community. This program allows for you to borrow our equipment free of charge. We only ask that you return the item(s) after use!

- Crutches
- Canes
- Walkers
- Shower Chairs
- Shower Benches
- Shower Handles
- Raised Toilet Seats
- Wheelchairs
- Bladder Control Pads
- All sizes of Depends
- Donut Cushions
- Knee Scooters
- Bed Pads
- Hospital Beds
- Injury Braces
- More...!



Pickup Location:
The Valdez Senior Center, Inc.
1300 E. Hanagita Valdez, Alaska

Connections to Care, Inc.
907 - 255 - 2356

Valdez Senior Center, Inc. offers Personal Care Services

Services include help with:

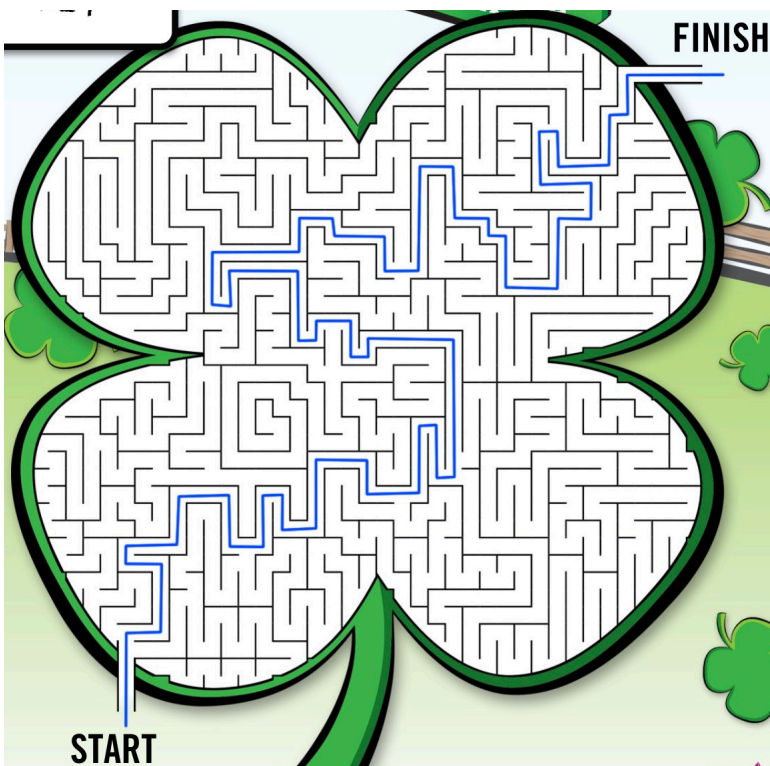
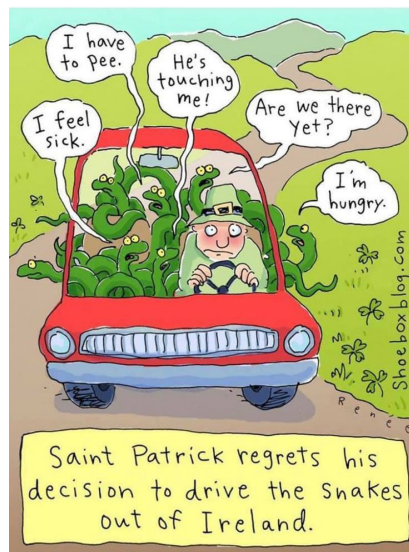
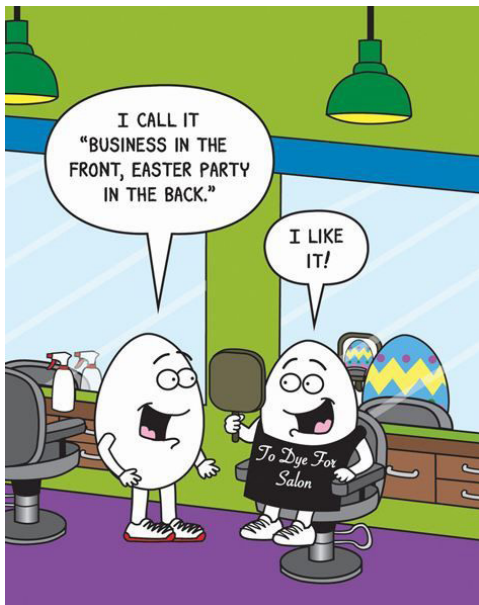
- **Daily Activities.** (Bathing, eating, oral hygiene, light cooking, etc.)
- **Light housekeeping duties.**
- **Ambulatory help.** (Assistance to/from bed, wheelchair, vehicle, etc.)
- **Transportation.**
- **Social Security Assistance.**
- **Medicaid Assistance.**
- **Medical Equipment Loans.**

Services can be provided in your home by a Personal Care Assistant with support from the Valdez Senior Center, Inc. Eligibility requirements apply.



VALDEZ SENIOR CENTER, INC.
Growing Together





Answers

Easter Crossword

Across

4. Decorate
7. Egg
8. Dye
9. Chick
10. Jellybean
11. Bunny

Down

1. Chocolate
2. Hunt
3. Parade
4. Daffodil
5. Basket
6. Bonnet
9. Candy

Thank you to all of our Partners and Sponsors! We could not do it without you!



Valdez Food Bank



MENU 2024

Dine – In Monday – Friday at 12PM.
To Go Meals – Must be placed a day in advanced.
***Expect menu changes, due to ordering supplies.**
Suggested Donation:
 \$6-\$8: 60+
 \$10-\$12: 59 & Under.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 • Baked Chicken • Mashed Potatoes • Broccoli • Gravy	27 • Beef Stew • Mixed Veggies	28 • Garden Salad • Bread Roll	29 • Pot Roast • Carrots • Potatoes	1 • BBQ Beef • Baked Beans
4 • Chicken Stir-Fry • Fruit	5 • Pulled Pork Tacos • Beans & Rice • Vegetables	6 • Cheeseburger • Tater Tots • Fruit	7 • Ham • Sweet Potato • Cornbread • Cauliflower	8 • BBQ Chicken • Baked Potato • Mixed Veggies
11 • Beef Ravioli • Marinara Sauce • Green Beans	12 • Chicken Stir-Fry	13 • Beef Stew • Cornbread	14 • Sloppy Joe's • Tater Tots • Green Beans	15 • Grilled Ham & Cheese Sandwich • Tomato Soup
18 • Chicken Teriyaki • Mixed Veggies	19 • Pork Loin • Mashed Potatoes • Green beans • Apple Sauce	20 • Sweet & Sour Chicken • Mixed Veggies	21 • Lasagna • Garlic Bread • Fruit	22 • Tuna Casserole • Green Beans
25 VSC Closed	26 • Spaghetti • Mixed Veggies • Garlic Toast	27 • Beef Stroganoff • Vegetables • Roll	28 • Turkey • Mashed Potatoes • Corn	29 • Beef, Bean & Cheese Burrito • Fruit

An NTS grant provides funds to cover a portion of the lunch cost to seniors.

To Reheat Meals:

Remove all food from styrofoam containers.

Reheat food to 165 ° F.

Bring soup or gravy to a rolling boil.

Store food in a refrigerator at 40° F or below.

*Leaving food out causes bacteria growth & illness.

