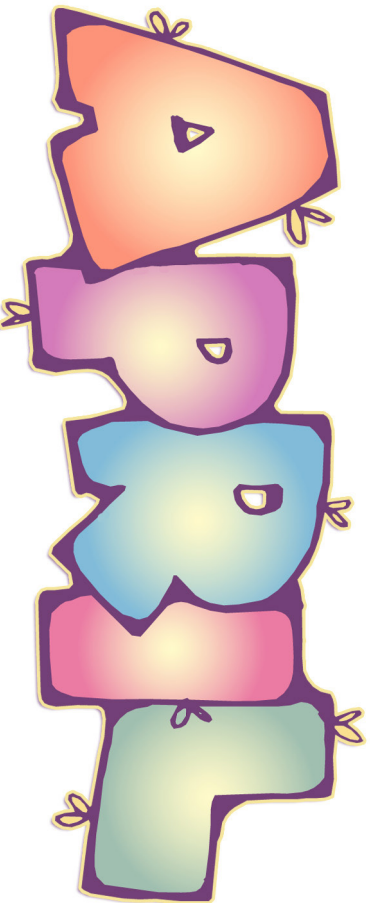


2024 NEWSLETTER



04/01	April Fools Day
04/16	VSC Board Meeting - 1:30pm
04/22	Earth Day

Office Hours
Monday - Friday
8AM - 4PM

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

*Read this newsletter on our website! www.valdezseneiorcenter.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.



Valdez Senior Center, Inc.
P.O. Box #1635
Valdez, Alaska 99686

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

*Two director positions are currently
being voted on. Please vote!*



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 -
April 16, 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 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.

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.

April 2024

VSC Staff

Byron Hales
Executive Director

Leslie Gross
Office Manager

Paulena Arias
Activities
Coordinator
& Office Assistant

OPEN
Kitchen Supervisor

**Teag Panzer
& Sam Rank**
Kitchen Assistant

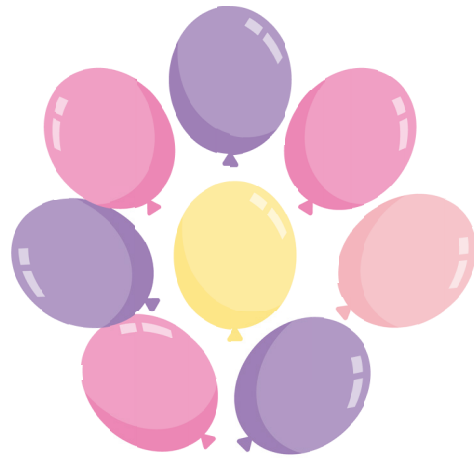
Esther Erickson
PCS Program
Administrator

Bryan Tolle
Driver & Custodian



APRIL HOLIDAYS

- 1-April Fool's Day
 - 2-National PB&J Day
 - 3-National Find a Rainbow Day
 - 4-National Burrito Day
 - 4-National Walking Day
 - 7-World Health Day
 - 10-National Siblings Day
 - 11-National Pet Day
 - 12-National Grilled Cheese Day
 - 14-Palm Sunday (varies each year)
 - 15-National Tax Day
 - 15-National Laundry Day
 - 16-Wear Pajamas to Work Day
 - 18-National Haiku Poetry Day
 - 20-Husband Appreciation Day
 - 21- Easter(varies each year)
 - 22-Earth Day
 - 22-National Jelly Bean Day
 - 23-National Picnic Day
 - 25-Administrative Professionals Day
 - 26-Arbor Day
 - 26-National Pretzel Day
 - 28-National Superhero Day
 - 30-National Honesty Day
- SO FESTIVE.COM



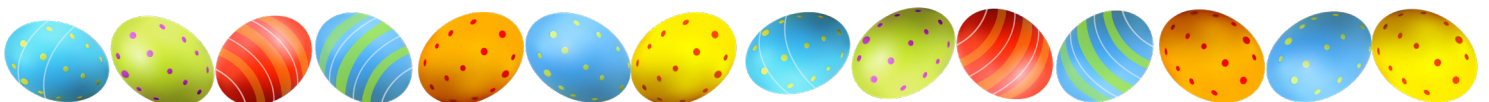
HAPPY
Birthday

David Bradley	4/6
Pam Shirrell	4/7
Susan Willi	4/11
Melissa Bowden	4/11
Charles Sasse	4/15
Margaret Weaver	4/18



Aries
March 21
-
April 19

Taurus
April 20 - May 20



Affable April

The breath of Spring is here again
As we look forward to that time
When green grass and leaves are on display
And birds are chirping in great rhyme.

The cottonwoods will be peeping new buds
As the creeks roll past their door
And all wildlife sings sweet of thanks
That spring is here once more.

Robin red breast is showing up now
With many other birds coming forth,
Their chirping is a welcome sign
For happy springtime in the North.

The Senior Center is welcoming all
With good things coming their way
As they get ready to welcome spring
And enjoy each festive day.

-Marie Blood, 2024



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



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!

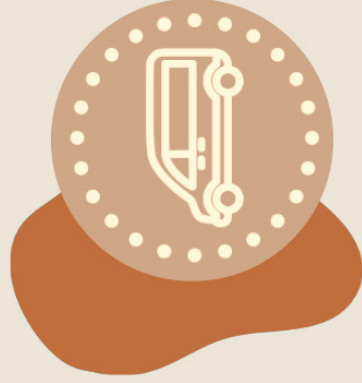


Need A Ride?

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.



MEET THE AUTHOR

Author of
Dead Man Painted &
Voices from a Far Land

APRIL
1 PM



Kevin Reeves

Valdez Senior Center - 1300 E. Hanagita St.

LUNCH BY LISA MEDARIS FROM LISA'S KITCHEN

Saturday, April 20th
at the Valdez Senior Center
12PM - 2PM



Combo Plate

Chicken Enchiladas with a Beef Tamale
served with rice & beans

A Plate \$25

Seniors \$20

*To-Go Optional

*Reservations Recommended

*Cash or Check Only

Reserve your meal with VSC

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
vsc@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	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
Physical Address	City	State	Zip Code
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Mailing Address (If different than physical)	City	State	Zip Code
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Contact Information

Phone	Email	
<input type="text"/>	<input type="text"/>	
Emergency Contact		
Name	Relationship	Phone
<input type="text"/>	<input type="text"/>	<input type="text"/>

Demographics

Race (Check all that apply) <input type="checkbox"/> Alaskan Native/American Indian <input type="checkbox"/> Asian/Asian American <input type="checkbox"/> Black/African American <input type="checkbox"/> Native Hawaiian/Pacific Islander <input type="checkbox"/> Non-Minority (white, non-hispanic) <input type="checkbox"/> White Hispanic	Gender <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other	<table border="1"> <thead> <tr> <th rowspan="2">Individuals in home</th> <th colspan="2">Income</th> </tr> <tr> <th>Annual</th> <th>Monthly</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>\$16,990</td> <td>\$1,416</td> </tr> <tr> <td>2</td> <td>\$22,890</td> <td>\$1,908</td> </tr> <tr> <td>3</td> <td>\$28,790</td> <td>\$2,399</td> </tr> <tr> <td>4</td> <td>\$34,690</td> <td>\$2,891</td> </tr> <tr> <td>5</td> <td>\$40,490</td> <td>\$3,383</td> </tr> </tbody> </table>	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
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 <input type="checkbox"/> Minority <input type="checkbox"/> Non-Minority	Ethnicity <input type="checkbox"/> Unknown <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	Is household income at or below the above income guide? <input type="checkbox"/> Yes <input type="checkbox"/> No																				
Do you live alone? <input type="checkbox"/> Yes <input type="checkbox"/> 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)

- Preparing meals
- Shopping for personal items
- Medication management
- Managing Money
- Using telephone
- Doing laundry
- Doing light housework
- Using available transportation

Activities of Daily Living (ADLs)

- Feeding
- Dressing
- Continence
- Transferring in/out of bed/chair
- Bathing
- 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.

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.

A Brief History of Earth Day and Its Impact

Every year on April 22, the world celebrates Earth Day. Even if you don't participate in the event, it's worth recognizing the reasons why Earth Day was created. Born in 1970, Earth Day has come a long way since its humble beginnings. It's not just about recycling, using less electricity and conserving water – going green has evolved into a lifestyle.

A brief history of Earth Day

It's easy to see why Earth Day was born in 1970. This era marked a moment in our country's history when people were striving for peace. War was raging in Vietnam, and young adults across the U.S. were voicing their concerns for our planet as a whole. At this time, people were not discussing the environment as frequently as they do today. Americans were more interested in the latest, greatest technology, some of which had devastating consequences on the Earth. It wasn't until Gaylord Nelson, a U.S. Senator from Wisconsin, raised awareness of these issues that people began to take environmentalism seriously. Nelson highlighted the effects of the Santa Barbara, California, oil spill that occurred in 1969. He proposed the idea for a "national teach-in on the environment," and hired Denis Hayes to be national coordinator and build a staff of 85 people to help him promote this initiative. On April 22, 1970, millions of Americans demonstrated their care for the environment in parks, auditoriums and streets across the country. Nelson had not only drawn interest, but proven the planet is something that should concern everyone who lives on it. In 1990, Earth Day had morphed into a global event, encouraging more than 200 million people around the world to take part in environmental efforts.

EARTH DAY

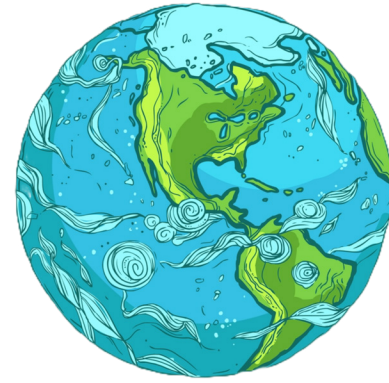
April 22



Has Earth Day created change?

One of the biggest questions that people have in regard to Earth Day is whether it has made an impact on our planet as a whole. It's easy to see that there is support for the environment, but what has Earth Day really done for the world? In 2014, the University of Maryland published a piece that looked into the impact of Earth Day on modern society. The biggest takeaway was that Earth Day has increased awareness around the globe of environmental problems. Water shortages, pollution and habitat destruction are just some of the many issues that more people now recognize across the world. That being said, not everyone has hopped on the bandwagon in terms of taking action. Researchers estimate that only 1 billion people in the world celebrate Earth Day, which is a fraction of the 7 billion people living on the planet. Despite the fact that there has been a growing awareness of Earth Day on social media, day-to-day news outlets still do

not dedicate enough time to the promotion of the event. "An idea of a new approach to gain awareness is by starting to educate kids from a younger age," wrote Robert and Patricia Cahn, for the University of Maryland. "It is important to educate the young instead of adults because it's harder to change an adult's habits that date back since they were little kids. This different approach would be highly effective since humans pick up their major habits at a young age. If kids are constantly enforced to do simple tasks that help the environment when little, then by their 20s these habits will have become a daily ritual like brushing your teeth is." Not all hope is lost in terms of the world's population becoming more eco-conscious. In fact, evidence is already being seen in the technology being developed – think of the smart home devices, air conditioning systems, and light bulbs being created for green living.



Happy Earth Day!

How Can I Celebrate Earth Day?

Here are some ideas for celebrating from home; for celebrations in your area, check in with your local government:

Plant a garden in your backyard or start a plant collection. No space for a garden? A small herb garden is an easy (and space-saving) way to grow your own herbs.

Take a walk. Take some time to admire the beauty around you.

Or take a virtual adventure, or step out IRL. Go to the zoo or the aquarium or a natural wonder or landmarks by way of a virtual tour! Or take a Google Earth tour to check out cherry blossoms around the world or the famous tulips of The Netherlands.

Educate yourself. We all know we should be reducing, reusing and recycling, and Earth Day is a perfect day to really do your research and pledge to do better for our planet.

Start a compost. If you've always liked the idea of reducing your waste and starting to compost, here are some easy steps.

Donate. Pick a charity of your choice that protects the planet and promotes conservation — and donate!



Baked Feta Pasta

Ingredients

- 2 pints cherry tomatoes
- 3 garlic cloves, halved
- 1/2 cup olive oil
- 1 package (8 ounces) block feta cheese
- 1 teaspoon sea salt
- 1/4 teaspoon coarsely ground pepper
- 1 package (16 ounces) rigatoni or other short pasta
- Fresh basil leaves, coarsely chopped

Directions

1. Preheat oven to 400°. In a 13x9-in. baking dish, combine tomatoes, garlic and 1/4 cup olive oil. Place the block of feta in the center, moving tomatoes so the cheese is sitting on the bottom of the dish. Drizzle the feta with remaining oil and sprinkle with salt and pepper. Bake until tomato skins start to split and the garlic has softened, 30–40 minutes.
2. Meanwhile, cook pasta according to package directions for al dente. Drain, reserving 1 cup pasta water.
3. Stir the feta mixture, lightly pressing tomatoes, until combined. Add pasta and toss to combine. Stir in enough reserved pasta water to reach desired consistency. Sprinkle with basil.

<https://www.tasteofhome.com/recipes/baked-feta-pasta/print/>



Pecan Caramel Candies

Ingredients

- 54 pretzels
- 54 Rolo candies (about 11 ounces)
- 54 pecan halves

Directions

1. Preheat oven to 250°. Place pretzels 1 in. apart on foil-lined baking sheets. Top each with a Rolo candy.
2. Bake 3–4 minutes or until candies are softened. (Rolos will still retain their shape.) Immediately top with pecans, pressing to spread candy into pretzel. Let stand until set.

<https://www.tasteofhome.com/recipes/pecan-caramel-candies/print/>





Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street Valdez, Alaska

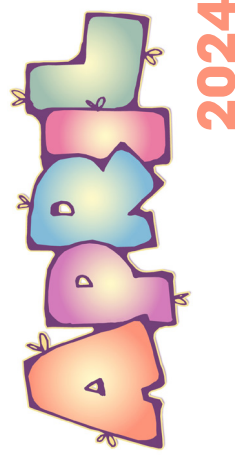
Phone: 907-835-5032

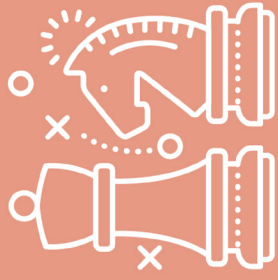
Activities

- **Chair Yoga 11:00AM**
Gentle Movement for all ranges. Twice a week with Cammie Hsu. All ages welcomed.
- **Tea & Puzzles 1:00PM**
Bring a tea, drink our tea! Bring a friend, meet a new friend! Seniors and friends are welcomed to play jigsaw, crossword, sudoku puzzles and more!
- **HES Craft 3:00PM**
AVV & Hermon Hutchens Elementary work together to have crafting time, in hopes Seniors will join in on the fun!
- **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.
- **Chess Club 5:30PM**
Join VSC & counseling center in playing chess. All ages welcomed.
- **ASL Beginner 1:00PM**
Learn or practice American Sign Language in a group setting. Conducted by Kellie Hales.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • H.S. Walk 9:00AM • Tea & Puzzles 1:00PM • Chess Club 5:30PM	2 • Chair Yoga 11:00AM	3 • H.S. Walk 9:00AM • Mahjong 1:00PM • HHES Craft 3:00PM	4 • Chair Yoga 11:00AM • ASL 1:00PM	5 • Craft: Decorate A Mug 9:30AM - 11:30AM
8 • H.S. Walk 9:00AM • Tea & Puzzles 1:00PM	9 • Chair Yoga 11:00AM	10 • H.S. Walk 9:00AM • Mahjong 1:00PM • HHES Craft 3:00PM	11 • Chair Yoga 11:00AM • ASL 1:00PM	12 • Craft: Decorate A Mug 9:30AM - 11:30AM
15 • H.S. Walk 9:00AM • Tea & Puzzles 1:00PM • Chess Club 5:30PM	16 • Chair Yoga 11:00AM BOARD MEETING 1:30PM	17 • H.S. Walk 9:00AM • Mahjong 1:00PM • HHES Craft 3:00PM	18 • Chair Yoga 11:00AM • ASL 1:00PM	19 • Meet the author Kevin Reeves 1:00PM
22 • H.S. Walk 9:00AM • Craft: Paint-Your-Own 3-D Flower 1:00PM	23 • Chair Yoga 11:00AM	24 • H.S. Walk 9:00AM • Mahjong 1:00PM • HHES Craft 3:00PM	25 • Chair Yoga 11:00AM • ASL 1:00PM	26 • Craft: Decorate A Mug 9:30AM - 11:30AM
29 • H.S. Walk 9:00AM • Tea & Puzzles 1:00PM • Chess Club 5:30PM	30 • Chair Yoga 11:00AM	1 • Mahjong 1:00PM	2 • Chair Yoga 11:00AM • ASL 1:00PM	3

- **Craft: Paint-Your-Own 3-D Wood Flowers 1:00PM - 3:00PM**
Create a stunning masterpiece to brighten your home decor with this craft. Craft Supplies Provided.
- **Craft: Decorate A Mug 9:30AM - 11:30AM**
Decorate a coffee mug. Bring your own, or use ours. Paint pens & mugs provided.





CHESS CLUB

April 1 & 15 & 29th
5:30pm - 7:00pm

at the

Valdez Senior Center
1300 E. Hanagita St.

Brought to you by

Providence Counseling Center & VSC

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

MONDAYS
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

Paint-Your-Own 3-D Wood Flowers

April 22nd

1:00pm - 3:00 pm



Valdez Senior Center

1300 E. Hanagita Street



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





April Fools Day

April First



DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

- APRIL
- BAMBOOZLE
- BEFUDDLE
- BEMUSE
- BEWILDER
- BUSINESS
- CAPER
- DELUDE
- DUMBFOUND
- DUPE

- FARCE
- FIRST
- HOAX
- HOODWINK
- JEST
- JOKES
- LAUGHTER
- LEVITY
- MALARKEY
- MISCHIEF

- MONKEY
- PRANK
- PREPOSTEROUS
- SHENANIGANS
- SILLY
- SURPRISE
- TOMFOOLERY
- TRICK
- WACKY



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.

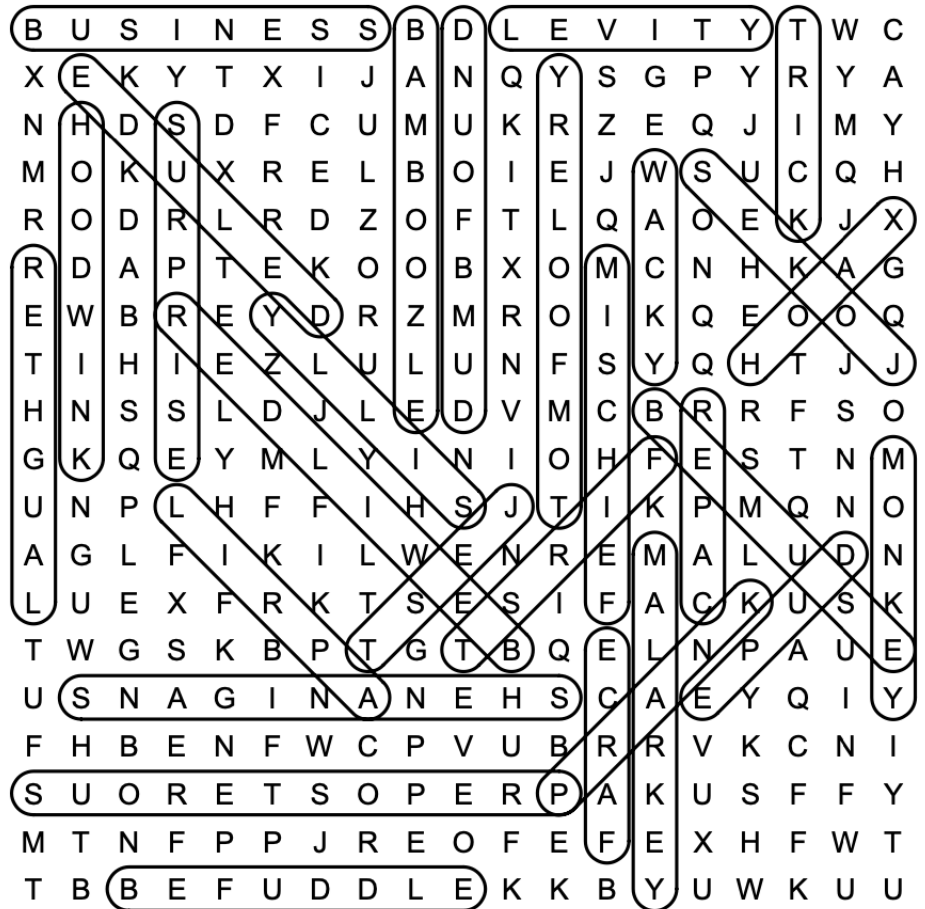


VALDEZ SENIOR CENTER INC.
Growing Together

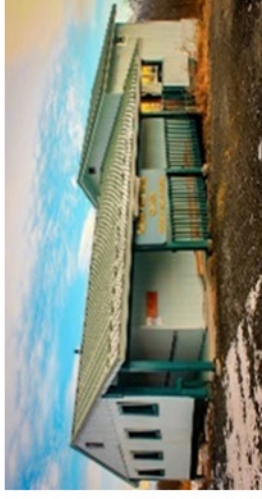




wordsearch answers



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

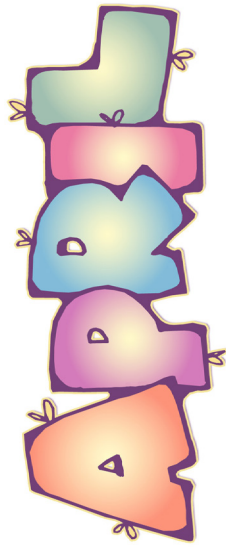


United Way



Valdez Food Bank





Dine – In Monday – Friday at 12PM.
To Go Meals – Must be placed a day in advanced.
 Visit our [website for updates.](#)

MENU 2024

Suggested Donation:

\$6-\$8: 60+
 \$10-\$12: 59 & Under.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 . Turkey Burger . Coleslaw . Fruit	2 . Pork Chop . Coleslaw . Fruit	3 . Biscuits & Gravy . Sausage . Scrambled Eggs	4 . Baked Chicken . Baked Potato . Broccoli . Biscuit	5 . Spaghetti . Mixed Veggies . Salad
8 . Green Chili Burger . Fries . Fruit	9 . Ham . Mashed Potatoes . Carrots . Gravy	10 . Country Fried Steak . Mashed Potatoes . Mixed Veggies	11 . Chicken & Waffles . Fruit	12 . Pot Roast . Baked Potato . Carrots
15 . Spaghetti with Meatballs . Cauliflower . Fruit & Salad	16 . BBQ Beef Sandwich . Coleslaw . Baked Beans	17 . Chicken Chili . Cornbread . Mixed Veggies	18 . Beef Tacos . Beans & Rice . Fruit	19 . Chicken Cordon Bleu . Buttered Noodles . Broccoli
22 . Meatloaf . Mashed Potatoes . Carrots	23 . Mac & Cheese Casserole with Bacon & Broccoli	24 . Baked Fish . Rice . Green beans	25 . Chicken Enchilada Casserole . Beans & Rice	26 . Pork Loin . Potato Salad . Coleslaw
29 . Cheeseburger . Tater Tots	30 . BBQ Chicken . Green beans . Corn			*Menu is subject to change

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.

