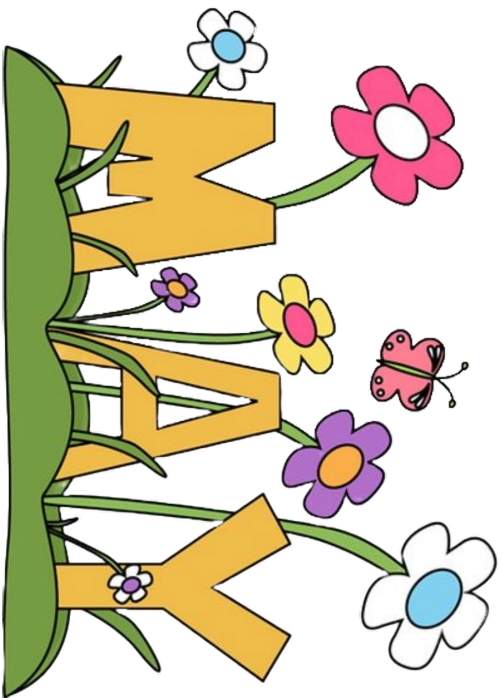


2024 NEWSLETTER



05/05	Cinco de Mayo
05/12	Mother's Day
05/21	VSC Board Meeting - 1:30pm
05/27	Memorial Day - VSC Closed

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

Director: Robert Rountree
Elected 3 yrs; term ends in 2027



Director: George Keeney
Elected 3 yrs; term ends in 2027



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 -
May 21, 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.

VSC Staff

Allie Steed
Executive Director

Leslie Gross
Office Manager

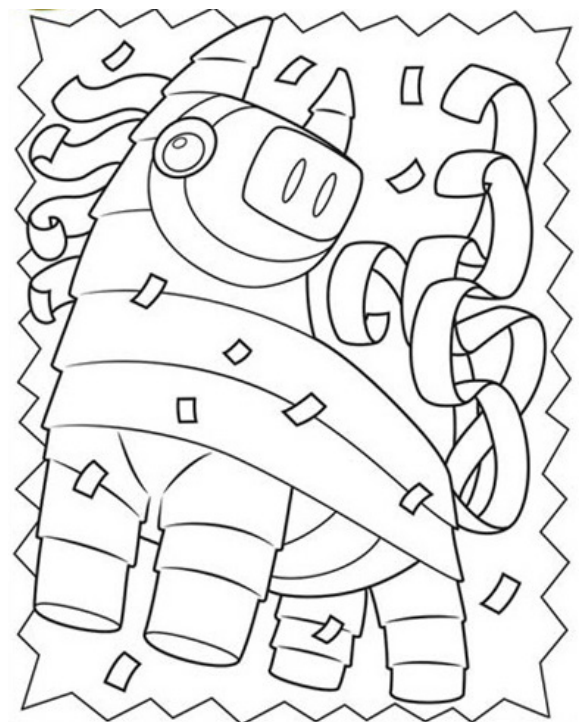
Paulena Arias
Activities
Coordinator
& Office Assistant

Joe Suits
Kitchen Supervisor

Eddie Hartleb
Kitchen Assistant

Esther Erickson
PCS Program
Administrator

Bryan Tolle
Driver & Custodian



• MEET OUR NEW DIRECTOR •



ALLIE STEED

Hi everyone, I'm Allie!

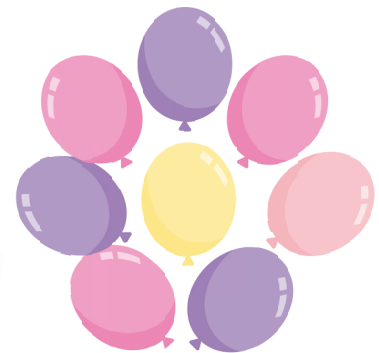
I am so excited to be a part of the staff at the Senior Center. I'm lucky enough to have family in Valdez and after college I decided to come back home. I have spent the last year as the Director of the Sound Wellness Alliance Network (SWAN) and spending time with my grandmother, Mary Helen (some of you might recognize us from chair yoga!)

Some of my favorite things about the Senior Center are the gorgeous atrium, wonderful staff, and the community that is created here. I look forward to getting to know you all in the next few weeks and hope you'll introduce yourself next time you come in.

MAY HOLIDAYS

- 1-May Day
- 2-Brother & Sisters Day
- 4- Kentucky Derby Day (first Saturday)
- 4-Star Wars Day
- 5-Cinco De Mayo
- 5- Ramadan (varies)
- 6-National Nurses Day
- 8- No Socks Day
- 10- Clean Up Your Room Day
- 11- Eat What You Want Day
- 12- Mother's Day (2nd Sunday)
- 15- National Chocolate Chip Day
- 17- National Bike to Work Day (3rd Friday)
- 18- Armed Forces Day (3rd Saturday)
- 18-No Dirty Dishes Day
- 19- World Plant a Veggie Garden Day
- 21- Victoria Day (Canada)
- 22-National Buy A Musical instrument Day
- 23- Lucky Penny Day
- 25- National Brown Bag It Day
- 26-Sally Ride Day
- 27-Memorial Day (last Monday)
- 28-National Hamburger Day
- 30-Water a Flower Day

SOFEESTIVE.COM



HAPPY
Birthday



Carole Derifield	5/07
Frederick Chute	5/08
Tierney Washington	5/15
Anita Carltikoff	5/20
Lavonne Kennedy	5/23
Debra Plant	5/24
Michael Bowden	5/26

“Hurray” - May!

May has come to the Northland
And there is a big weather change
Everything is greening up soon
From Lowland to Mountain range.

Of course, the wildlife is in a frenzy
Coming from nook and cranny galore
Ready for the change that is happening
And with it, good things in store.

Lots of folks are enjoying the outdoors soon
And lovely scenery at hand
Many visitors are coming to enjoy
Our great Northern land.

Mother’s Day will be on the 12th
And mother’s will be honoured here
With many get-togethers
For them that we hold dear.

The Senior Center is keeping busy
With many seniors we know
There should be many good activities
For them to be kept on the go.

- Marie Blood, 2024



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!

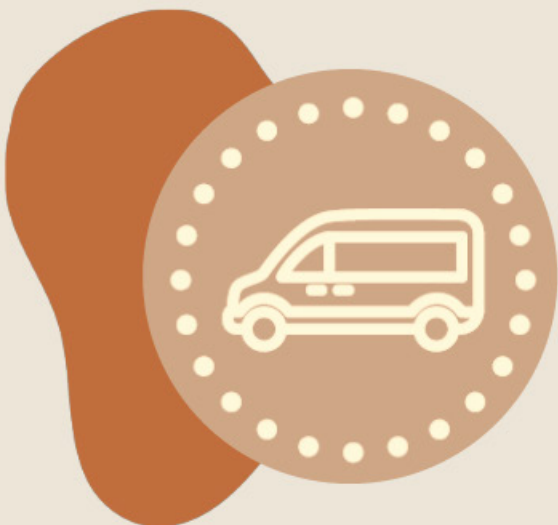


Need A Ride?

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.





IN LOVING MEMORY OF

Kay Clure

She is with me always.

She is with me every morning in the reflection in the mirror.
She is with me every lap at the pool and walk on Blueberry.
She is with me every Friday lunch and holiday bazaar.

She sends me her strength, I feel her approval.
She sends me her guidance, I sense her pride in my path.
She sends me her compassion, I spread it within my circle of influence.

I fiercely hold on to the memory of her touch;
The sound of her voice, the laugh from her humor.
I review that memory daily to keep it strong and vibrant.

I talk to her every day of simple things;
I smile and chuckle as we would have together.
I have no need to miss her, she is with me always.

- Cindy Butherus

Mother's Day

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2024 falls on Sunday, May 12. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.

History of Mother's Day

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service.

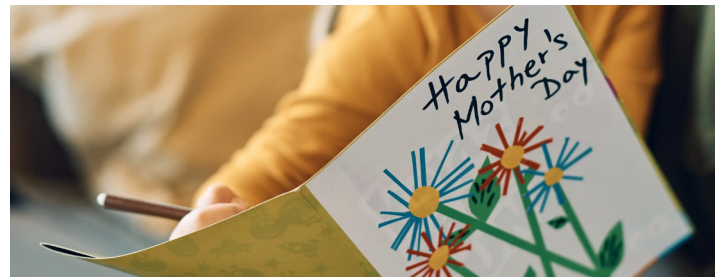
Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

Ann Reeves Jarvis and Julia Ward Howe

The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

Another precursor to Mother's Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the "Mother's Day Proclamation," a call to



action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a "Mother's Peace Day" to be celebrated every June 2.

Other early Mother's Day pioneers include Juliet Calhoun Blakely, a temperance activist who inspired a local Mother's Day in Albion, Michigan, in the 1870s. The duo of Mary Towles Sasseen and Frank Hering, meanwhile, both worked to organize a Mothers' Day in the late 19th and early 20th centuries. Some have even called Hering "the father of Mothers' Day."

Anna Jarvis Turns Mother's Day Into a National Holiday

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children.

After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood.

By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day.

<https://www.history.com/topics/holidays/mothers-day#history-of-mother-s-day>

Mother's Day Puzzle Word Search

Breakfast	Telephone	Helping	Cuddles	Memories
Daughter	Beautiful	Smiling	Bonding	Protective
Bouquet	Talented	Lessons	Presents	Together
Husband	Listening	Tribute	Loving	Hugging

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

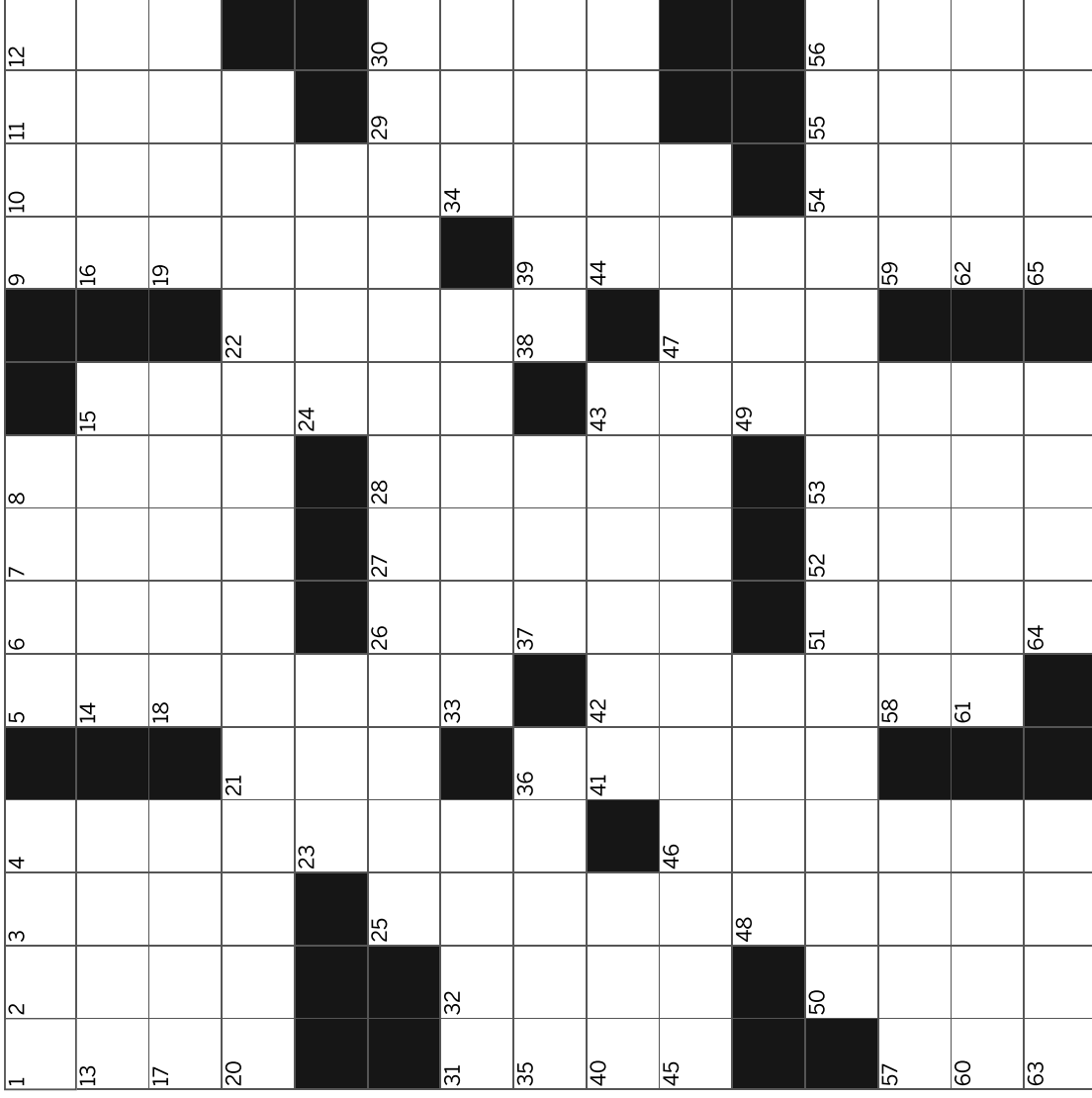
Crossword

ACROSS

- 1 Tree covering
 5 Put up, as wallpaper
 9 Tabloid couple
 13 Margarine
 14 Emotionally distant
 16 Weigh station rig
 17 Four Corners state
 18 Ancient Greek region
 19 Settled on a perch
 20 *Customer support line, typically
 23 Barbecue chef's spice concoction
 24 "Barton Fink" director Joel
 25 *Male minister
 31 Step before a "big kid bed"
 33 December decor
 34 Compete
 35 "Morning Edition" medium
 37 Raggedy __ and Andy dolls
 38 Venue for a major 1-Down
 40 __ de Triomphe
 41 Mottled horses
 44 Airline that doesn't fly on Shabbat
 45 *Rolled meaty entree that may be served "wet"
 48 "You've Got Mail" director Ephron
 49 Short albums, for short
 50 "Too complicated to explain," and a way to describe the end of the answer to each starred clue?
 57 Big birds of Australia
- 58 Greek fable writer
 59 Mental flash
 60 Apple Watch assistant
 61 Email option since 1997
 62 Harvest
 63 Brief "Chat soon"
 64 " __ Yankees"
 65 Sugar amts.

DOWN

- 1 Boxing match
 2 Voice range higher than tenor
 3 Tangible
 4 Vegetable also called a German turnip
 5 Blue accessory for Maggie Simpson
 6 __ vera gel
 7 Sold-out amount
 8 Enter
 9 "The House of the Spirits" novelist Allende
 10 Latin American soap
 11 Gulf States ruler
 12 Research univ. near Harvard
 15 Tap
 21 Enjoyable
 22 Chocolatey coffee drink
 25 Era associated with modern furniture
 26 Senegal currency
 27 First extra inning
 28 Home of the Vietnam National Museum of History



- 29 "Proud Mary" singer Turner
 30 Mend
 31 Grump
 32 Deeply un-well?
 36 Covent Garden performance
 39 Keep out of college sports for a season
 42 " ... Kind of?"
 43 Consider overnight
 46 Paleontologist's discovery
 47 Fitting
 50 "You found the right person"
 51 Leader
 52 Workplace-focused workplace: Abbr.
 53 Weaving machine
 54 __ of March
 55 Spring's opposite, in tides
 56 Intervening spaces
 57 Approximate fig.



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
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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.



Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street Valdez, Alaska

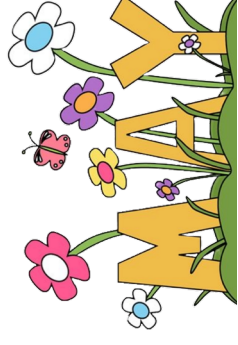
Phone: 907-835-5032

Activities

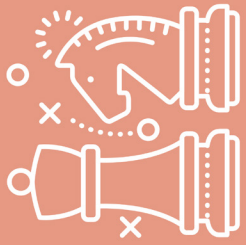
- **Chair Yoga 11:00AM**
Gentle Movement for all ranges. Twice a week with Cammie Hsu. All ages welcomed.
- **Chair Yoga DVD 11:00AM**
Gentle Movement for all ranges. DVD while our yoga instructor is away. Join this fun group! All ages welcomed.
- **Tea & Puzzles 1:00PM**
Bring a tea, drink our tea! Bring a friend, meet a new friend! Seniors and friends are welcomed to play jigsaw, crossword, sudoku puzzles and more!
- **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 & PVCC 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
29 • H.S. Walk 9:00AM • Tea & Puzzles 1:00PM • Chess Club 5:30PM	30 • Chair Yoga 11AM	1 • H.S. Walk 9:00AM • Mahjong 1:00PM	2 • Chair Yoga 11AM - Last one with Cammie b/c vacation. • ASL 1:00PM	3 • Craft: Decorate A Mug 9:30AM - 11:30AM
6 • H.S. Walk 9:00AM • Tea & Puzzles 1:00PM	7 • Chair Yoga DVD 11AM	8 • H.S. Walk 9:00AM • Mahjong 1:00PM	9 • Chair Yoga DVD 11AM • ASL 1:00PM	10 • Craft: Decorate A Mug 9:30AM - 11:30AM
13 • H.S. Walk 9:00AM • Tea & Puzzles 1:00PM • Chess Club 5:30PM	14 • Chair Yoga DVD 11AM	15 • H.S. Walk 9:00AM • Mahjong 1:00PM	16 • Chair Yoga DVD 11AM • ASL 1:00PM	17 • Craft: Paint-Your-Own 3-D Wood Flowers 9:30AM - 11:30AM
20 • H.S. Walk 9:00AM • Tea & Puzzles 1:00PM	21 • Chair Yoga DVD 11AM BOARD MEETING 1:30PM	22 • H.S. Walk 9:00AM • Mahjong 1:00PM	23 • Chair Yoga DVD 11AM • ASL 1:00PM	24 • Craft: Decorate A Mug 9:30AM - 11:30AM
27 VSC CLOSED Memorial Day • Chess Club 5:30PM	28 • Chair Yoga DVD 11AM	29 • Mahjong 1:00PM	30 • Chair Yoga DVD 11AM • ASL 1:00PM	31

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



2024



CHESS CLUB

April 29 - May 13 - May 27

5:30pm - 7:00pm

at the

Valdez Senior Center

1300 E. Hanagita St. Valdez, AK

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

TUESDAYS &
THURSDAYS
11:00AM

Gentle Movement.
For all ages.

CHAIR YOGA AT VSC



Taught by **Cammie Hsu.**
DVD Yoga by **Jane Adams.**

The Valdez Senior Center



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

TEA & PUZZLES

MONDAYS
AT 1:00PM

THE VALDEZ
SENIOR
CENTER



Paint-Your-Own 3-D Wood Flowers

May 17th

9:00am - 11:30 am



Valdez Senior Center

1300 E. Hanagita Street

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



PVCC PRESENTS

ART CLUB

PLEASE JOIN US IN CREATING THROUGH PAINTING, SKETCHING & MORE!

ALL AGES ARE WELCOMED.

MAY 1, 2024

MAY 15, 2024

MAY 29, 2024

4:00PM - 6:00PM

IKE WOODMAN RECREATION CENTER
414 HANAGITA STREET VALDEZ, AK

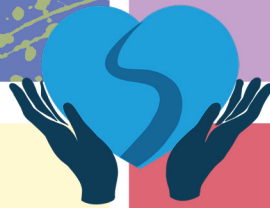


CROCHET CLUB

VALDEZ COUNSELING CENTER
TUESDAYS 12PM - 1PM

ALL LEVELS OF EXPERIENCE WELCOME.

Materials are provided but feel free to bring your own project



PVCC PRESENTS



All members of the community are invited to a night full of games and prizes!

May 03, 2024

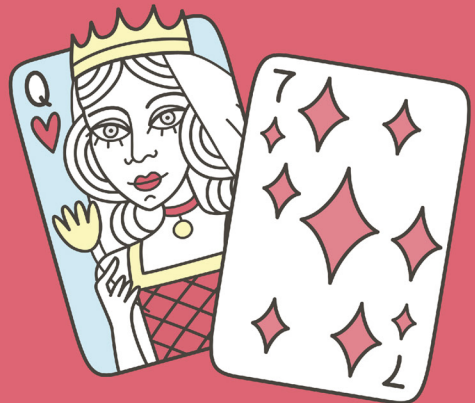
May 17, 2024

May 31, 2024

6:00PM - 7:00PM

Ike Woodman Recreation Center
414 W Hanagita St, Valdez, AK

PVCC PRESENTS CRIBBAGE CLUB



EVERY THURSDAY | 5:30PM - 7:30PM

LOCATED AT THE WEATHERED ANCHOR

VALDEZ SENIORS COLUMBIA GLACIER TOUR

MAY 20
MONDAY

MAY 24
FRIDAY

MAY 27
MONDAY

MAY 28
TUESDAY

MAY 31
FRIDAY

Stan Stephens is offering a special rate to take up to 15 members of the Valdez Senior Center on their Columbia Glacier tour on select dates! Reservations & payment accepted in cash to VSC.



\$36/Senior (up to 2x wheelchairs a day)

Call VSC to book! 835 - 5032

CRUISE THE MAJESTIC WATERS OF PRINCE WILLIAM SOUND
WITH STAN STEPHENS CRUISES

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:

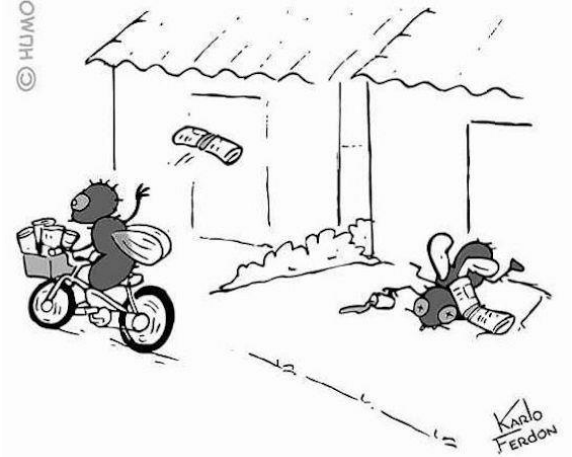
- **Daily Activities.** (Bathing, eating, oral hygiene, light cooking, etc.)
- **Light housekeeping duties.**
- **Ambulatory help.** (Assistance to/from bed, wheelchair, vehicle, etc.)
- **Transportation.**
- **Social Security Assistance.**
- **Medicaid Assistance.**
- **Medical Equipment Loans.**

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

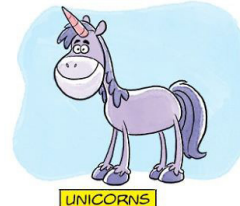


VALDEZ SENIOR CENTER INC.
Growing Together





THINGS THAT DON'T EXIST:



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



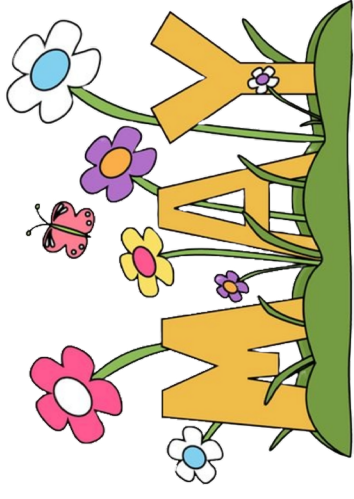
Valdez Food Bank



MENU 2024

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Menu is subject to change		1 • Halibut Olympia • Turkey Stuffing • Greenbeans	2 • Grilled Ham & Cheese • Potato Wedges	3 • Pot Roast • Carrots • Potatoes
6 • Baked Ham • Mashed Corn	7 • Honey Mustard Chicken Sandwich • Potatoes	8 • Pork Loin • Rice • Broccoli	9 • Cheeseburger • Tater Tots	10 • Chicken Alfredo • Garlic Bread
13 • Turkey Stuffing • Corn	14 • Monte Cristo • Tater tots	15 • Baked Salmon • Rice • Broccoli	16 • Beef Stirfry	17 • Chicken Cordon Bleu • Wild Rice • Peas & Carrots
20 • Tuna Casserole • Green beans	21 • Chicken Teriyaki • Rice	22 • Spaghetti • Garlic Bread	23 • Chili • Cornbread	24 • Scrambled Egg • Hashbrowns • Biscuits & Gravy
27 VSC CLOSED Memorial Day	28 • Turkey Sandwich • Potato Salad • Coleslaw	29 • Beef or Chicken Fajita • Rice	30 • Tuna Salad Sandwich • Coleslaw	31 • Beef Stew • Rice

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.

