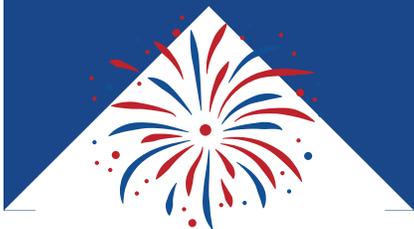


Homer Senior Citizens, Inc.



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Homer Senior Citizens Inc.

Volume 31 Issue 36



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A Note from our Executive Director



Executive Director

Keren Kelley



Well, tourist season is officially back! No left turns in Homer until Fall. Fishermen are out catching the daily bounty and gardening is in full swing. Not to mention little baby moose just keep captivating us all. Keep your cameras handy and send us your photos of the Homer community via email to info@homerseniors.com. Our Assisted Living Residents will vote on the best photo during their August meeting. The winner will get a \$25.00 gift card from Chevron.



We are perplexed! Our Silver Lining Café has been open since April 11, 2022. Most of you have not returned to enjoy a meal. Our new kitchen crew are phenomenal and their meals are the highest quality. Some recent comments have been..."Wow, your food is restaurant quality." "Please give my compliments to the chef." "Why haven't more of my friends come back? The food is so tasty." And a traveling CNA said, "Out of all the facilities I have been (all over the United States), your food is the absolute best." So, take a moment and check us out. You will be pleasantly surprised! If you don't make a reservation, you won't be turned away. Looking forward to seeing you again. We miss you!

We will be holding our Annual Fundraiser again at the Second Star Mansion on September 10, 2022. Tim Fitzgerald Jazz Band have committed to returning and we look forward to an afternoon of good music, tasty snacks from local restaurants, and fabulous silent auction items. Tickets will be \$125. This event supports our Alzheimer's Unit. All proceeds will be dedicated to building the best facility to support loved ones in need. We were in the process of the design phase before the COVID Pandemic. We will begin those efforts again beginning in January 2023. You may purchase a ticket on-line at www.homerseniors.org, from your board members, visit the office, or you may call us at 235-7655.

Enjoy July, it goes so quick. See you soon!
Keren

Answer July—
Where is the Bee—
Where is the Blush—
Where is the Hay?

Ah, said July—
Where is the Seed—
Where is the Bud—
Where is the May—
Answer Thee—Me—

Nay—said the May—
Show me the Snow—
Show me the Bells—
Show me the Jay!

Quibbled the Jay—
Where be the Maize—
Where be the Haze—
Where be the Bur?
Here—said the Year—

- Emily Dickinson



July Fun Facts and Dates



The Dog Days of Summer?

With July being the warmest month in the Northern Hemisphere, a period of time called the “dog days of summer” begins. Historically they were observed within Ancient Roman and Greek astrology and were connected with bad luck, mad-dog attacks, unexpected thunderstorms, heat, and drought. They gained their name as “dog days” as they were connected with the star Sirius.

What's in a name?

The month of July is named after Roman leader Julius Caesar. Caesar was born on July 12th! Before the name change, July was known as Quintilis. Quintilis, the Latin word for five, was the fifth month on the Gregorian calendar.



Stars & Stripes forever!

The fireworks! The celebrations! The delicious food! On July 4th, 1776, the original 13 colonies of the United States declared their independence from the British, and the rest is history.

It's totally lunar!

On July 16th, 1969 the crew of the Apollo 11 launched from Kennedy Space Center in Florida. Four days later, on July 20th, 1969 Neil Armstrong was the first human to set foot on the moon. The moon landing will forever be known as one of America's greatest scientific achievements.



Can you hear me now?

It was on July 1, 1881 that the first ever international phone call was successfully made. The call originated in the Canadian province of New Brunswick and was received in the US state of Maine. How we would love to be eavesdropping on that call!

Is that a crop circle in my field?

If you're doing everything right, then crops of corn are meant to be “knee-high by the fourth of July.” It's also in July that crop circles start to appear in fields of corn. For the most part, Crop circles have only started appearing since the 1970s, although there have been a number of cases sporadically reported throughout history.



Do You Sudoku? Here's your chance to play!

Try this easy Sudoku puzzle and give your grey matter a mathematical workout! Fill in the 9x9 grid so that each vertical and horizontal line, and each of the nine 3x3 sub-grids, contains the digits one to nine. All vertical lines, horizontal lines and 3x3 grids should feature just one of each digit.

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

A 4TH OF JULY MAD LIB



The 4th of July Carnival

Every summer, my _____ (place) has a _____ (number) th of July carnival. There are _____ (plural noun) and _____ (plural noun) under big striped _____ (plural noun). I like to _____ (verb) the rides at the carnival, like the _____ (adjective) _____ (noun) and the _____ (adjective) _____ (adjective) _____ (noun). You can also _____ (verb) _____ (adjective) _____ (noun) games at the carnival and _____ (verb) _____ (verb) prizes, like a great _____ (adjective) _____ (adjective) _____ (noun). The carnival food is also _____ (adverb) _____ (adjective). My favorite things to eat are _____ (color) _____ (noun) and _____ (adjective) buttered _____ (noun).



6 Summer Health Tips for Seniors

1. Increase Liquids

Increasing liquids during the summer is especially important as the weather starts to heat up. Drink extra liquids leading up to, during and after spending time outside.

2. Wear Light, Loose Fitting Clothes

Another way to stay cool is by wearing the right clothes. Avoid wearing dark or tight clothes outside. Instead opt for light, loose fitting clothes. This will help the body regulate temperature and release excess heat.

3. Stay Protected from the Sun

Wear sunglasses to protect eyes and a wide brimmed hat to offer protection from the sun. In addition, wear a broad spectrum sunscreen that is at least SPF 30. When possible stay under the shade when outside and avoid peak hours of hot temperatures between 10:00am & 4:00pm.

4. Properly Store Medications

It is also important to keep medications at cooler temps during the summer. According to care.com some medications can become less effective when stored over 86°F. For this reason, be careful not to keep medications outside, in a hot car or anywhere else that can stay warm and humid.

5. Be Attentive of Unfamiliar Surroundings

When going on trips or vacations, the risk for falling can be higher due to being in new surroundings. It can be easy to get swept up in finding the best photo op or videoing a new destination instead of looking at the ground. Therefore, it is important to stay attentive and pay attention to terrain in unfamiliar surroundings to avoid trips and falls.

6. Cool Down when Feeling Hot

If feeling hot, it is important to cool down before body temperature continues to rise. Drink adequate fluids, come inside from the heat and take a lukewarm bath or shower if possible. If that is impossible, put cold, damp cloths on the neck, wrists, ankles. If a senior has confusion, weakness, cramping, heavy sweating or sudden shift in amount of sweating call 911 immediately. These could be signs of dangerous heat injuries that may need further medical attention.

Employee of the Quarter!

Alicia Rosche



Alicia has gone above and beyond her normal duties. She's filled in numerous times when we were shorthanded. She's helped train the new CNA's, making sure that they were comfortable in their surroundings and offering to answer any questions they had. She's also gone as far as to find a screwdriver and fix simple things instead of waiting for maintenance because she knew she could do it.

She makes suggestions and has been a huge help to the staff, jumping in as needed. Alicia is also very good with the residents. She listens sympathetically to residents when they need someone to talk to. She has a great sense of humor and never fails to make her coworkers laugh during a difficult day. Thank you Alicia!



Upcoming Events

Caregiver Support Group

July 14th 2:00-3:30pm

Topic: Group Share

Homer Senior Center
3935 Svedlund Street

Contact Pam Hooker
at 907-299-7198
for more info.



It's Lunch Time! at the Silver Lining Cafe

Meal includes:

- ✓ Salad
- ✓ Soup
- ✓ Entree
- ✓ Dessert

Call 907-235-4555 to
make your reservation!



City of Homer 4TH OF JULY PARADE

Monday, July 4th
6pm



BECOME A MEMBER!



MEMBERSHIP BENEFITS:

- ✓ Discounts for HSC events
- ✓ Reduced Rates for exercise classes and copies
- ✓ Free Notary service
- ✓ Receive monthly newsletter

SIGN UP TODAY!



Homer Senior
Citizens Inc

We Are
HIRING

Direct Care
Specialists

Maintenance
Staff



To apply: email paula@homerseniors.org or call 907-235-7655

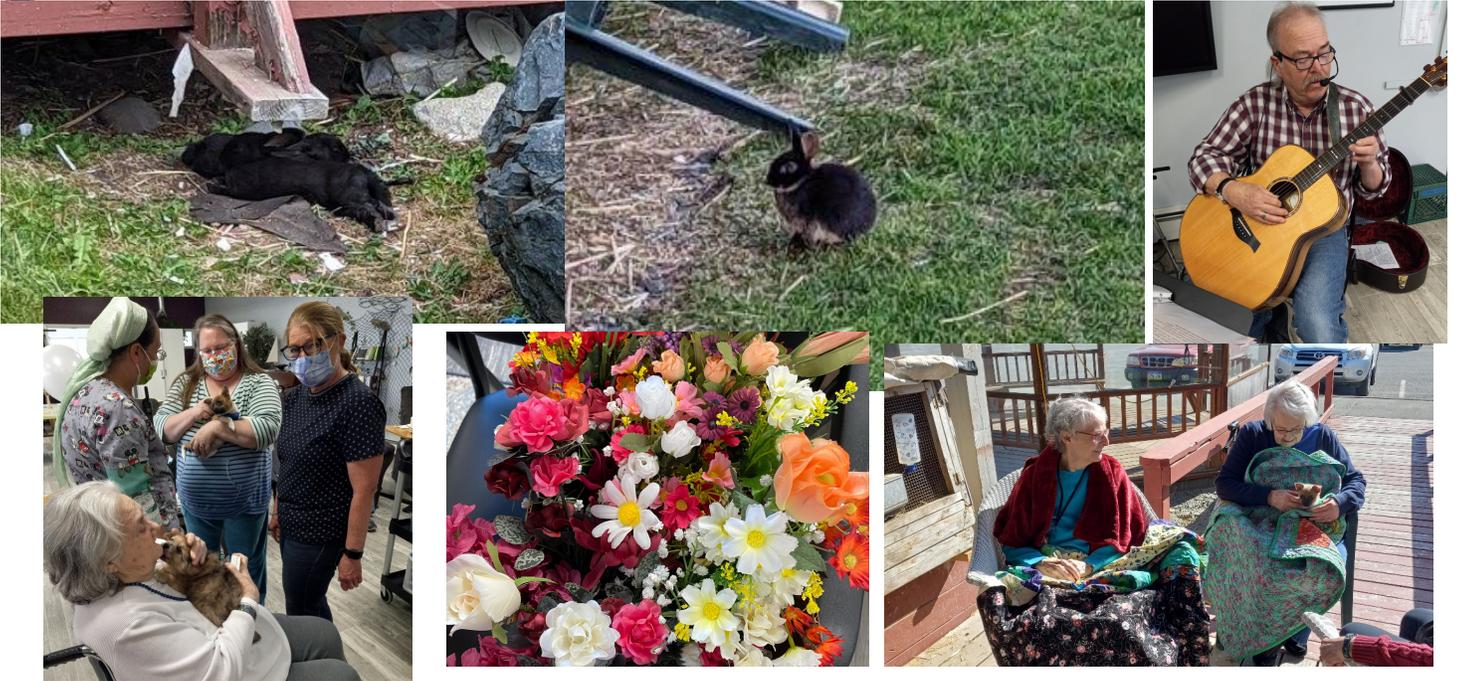
Homer Senior Citizens, Inc. Congregate Meals - 1

July 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chicken Salad on Croissant Broccoli Salad Beets	2
3	4 Independence Day 	5 Teriyaki Chicken with Napa Cabbage Slaw Rice	6 Ham & Cheese Sandos Roasted Potatoes Shredded Carrott Salad	7 Walnut Crusted Pork Sweet Potatoes Broccoli	8 Liver & Carmelized Onions Scalloped Potatoes	9
10	11 Beef Stroganoff Egg Noodles Vegetable Medley	12 Peach Glazed Salmon Asparagus Rice	13 BBQ Beef 3 Bean Salad Coleslaw	14 Hot Turkey Mashed Potato Peas	15 Apricot Chicken Broccoli Sweet Potatoe Fries	16
17	18 Meatloaf Roasted Potatoes Parmesan Zucchini	19 Chicken Salad Sandwich Broccoli Salad Rice	20 Salsbury Steak Mashed Potatoes Green Bean Salad	21 Pulled Pork Sliders Black Beans and Corn	22 Grilled Miso Salmon Snow Peas Cucumber Slices	23
24 Parents' Day	25 Chicken Chow Mein Oriental Blend Edamame	26 Pork Enchiladas Refried Beans Spanish Rice	27 Beef Tips Bean Salad Coleslaw	28 Hot Beef Sandwich Scalloped Potatoes Green Beans	29	30
31	1 Walnut Crusted Pork Roasted Potatoes Asparagus	Notes 	Please call (907)235-4555 to reserve your meal a day in advance Suggested Donation \$7 per meal (60+) \$15 per meal for those under 60 11:30 - 12:30 Residents 12:30 - 1:30 Open to the Community		   	

What's Going on at HSC?



Happy Summer & Happy Solstice! June 21st marked halfway through the year! Can you believe it? We have a new family of wild baby bunnies that like to hang out around the Senior Center! Last count there were 13 babies in total! We received a beautiful donation of silk stem flowers. You can see them in person in the Silver Lining Cafe!



What's Going on at HSC?





Homer Senior Citizens, Inc Housing



Are you interested in Independent Housing offered by Homer Senior Citizens, Inc?

For seniors 55 and older who do not need assistance with daily living, we have 4 apartment buildings:

Kachemak Bay Senior Housing (KBSH)

Includes 16 one-bedroom apartments and eight two-bedroom apartments. All apartments have a kitchen stove, refrigerator, and washer/dryer.

Pioneer Vista Senior Housing (PVSH)

Includes two one-bedroom apartments and six two-bedroom apartments. All apartments have a kitchen stove, refrigerator, and washer/dryer.

Bartlett Terrace Senior Housing (BTSH)

Includes seven two-bedroom apartments and two one-bedroom apartments. All apartments have a stove, refrigerator, and washer/dryer. All units have an attached heated garage. All units are handicap accessible and one unit is handicap equipped.

Swatzell Terrace Senior Housing (STSH)

Includes four two-bedroom apartments. All Apartments have a stove, refrigerator, and washer/dryer. All units have an attached garage. All units are handicap accessible and equipped. Two of these apartments may be rented to low-income renters based on the HUD income guidelines for the "HOME" program.

The Terrace

A one bedroom apartment that is part of the Terrace Assisted Living. All units are handicap accessible. There are 8 apartments that may be rented to low-income renters based on the HUD income guidelines for the "HOME" program. This apartment can be rented with no assisted living services included.



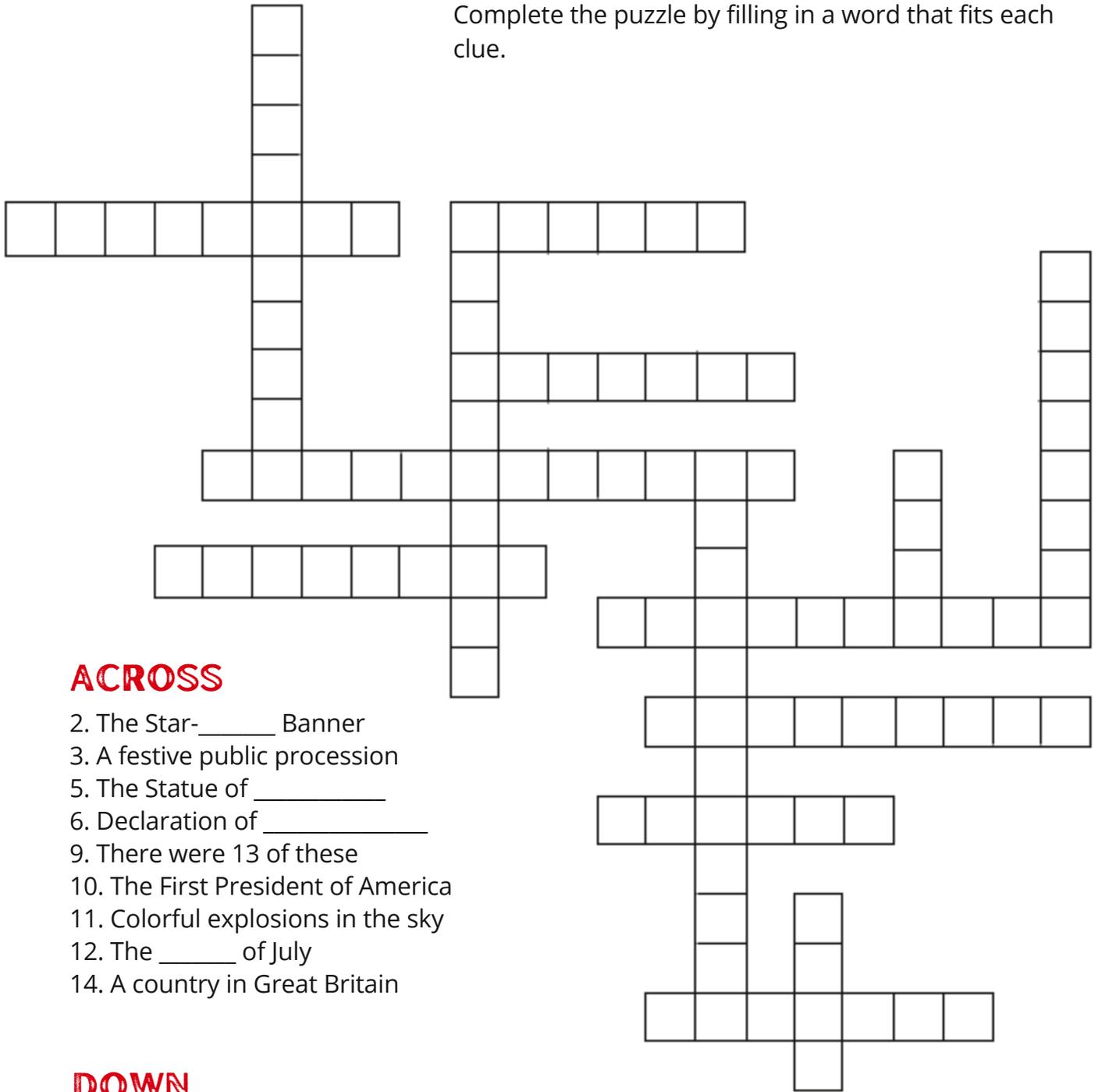
*AHFC Equal Housing Opportunity



We have eight (8) active waitlists for our Independent Housing. If you are interested in getting your name on one or more of our waitlists you must fill out an application. Applications are available upon request by mail, or email or you may pick up a hard copy from the administrative office during business hours. To request an application you may call (907) 235-7655.

FOURTH OF JULY CROSSWORD

Complete the puzzle by filling in a word that fits each clue.



ACROSS

2. The Star-_____ Banner
3. A festive public procession
5. The Statue of _____
6. Declaration of _____
9. There were 13 of these
10. The First President of America
11. Colorful explosions in the sky
12. The _____ of July
14. A country in Great Britain

DOWN

1. The war against the British was called the American _____.
3. Made the famous Midnight Ride
4. A Citizen of the USA
7. Document that begins with "We the People"
8. Historic item sewn by Betsy Ross
13. America's birth month

The Farmers Market is Back!

The Senior Farmers' Market Nutrition Program (SFMNP) is now available for qualifying seniors. Must meet income, age, and residency guidelines to participate.

Coupons must be used at participating WIC farmers and/or farmstands. ONLY Approved Alaskan grown fresh fruits, vegetables, honey, and herbs.

Our doors are open to the public again Monday—Friday, 8am—4pm. Applications are available for pick up in the administrative office OR we can email or mail one to you! This is limited to first come, first served. NO MORE than \$35 in coupons per season per person will be given.

Coupons cannot be replaced if lost or stolen. Please call (907)235-7655 with any questions or to request an application.

**SFMNP coupons can be used from
June 1 - October 31, 2022**



Thank you to our Sponsors!



ALL SEASONS HONDA
HOMER, ALASKA



The HOMER
FOUNDATION

Wilmer's
Drug & Hardware



Interested in becoming a sponsor? Contact Bonny at **907-235-4555**

or **bonny@homerseniors.com**





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

Nonprofit Organization

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Permit 11

Homer Senior Citizens, Inc.

Homer, Alaska 99603



Our Mission

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

HAPPY

4th

of JULY

