

# Homer Senior Citizens, Inc.



hello june

## Board of Directors:

Steve Mueller - President  
Mike Jimerson - Vice President  
Bryan Zak - Treasurer  
Sharon Wilson - Secretary  
Bruce Barnes - Director  
Milli Martin - Director  
James Hornaday - Director  
Vikki Deadrick - Director  
Kelly Cooper - Director



June 26, 1940 - Fairbanks' first paved street - Second Avenue - opened to traffic. The local newspaper claimed that this was the "farthest north" paved road in America.



June

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# Homer Senior Citizens, Inc.



Instagram

*Volume 31  
Issue 35*

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# Happy Birthday!

- Tonda Allred
- Merlin Cordes
- A.R. Cronin
- Robin Daugherty
- Ginger Fortin
- Dave Weber
- Nancy York
- Fran Moore
- Gert Seekins
- Douglas Stark
- Lorraine Haas
- Ed Langley
- Donna Martin

Executive  
Director



Wow! We are halfway through the year. Hard to believe! It seems like Christmas was just yesterday. Hope everyone has been enjoying all the sunshine we have been experiencing. I know I have been. We have had so many changes occurring this year that it just blew right by.

I hope you enjoy the photos of my little girl “puppy” Monroe. She was my Mother’s Day gift.



She has been a joy to the Friendship Center Adult Day participants. She will have some company this month. Her playmate arrives on June 18. Once they reach about 6 months, we will be able to leave them alone at the house. In the meantime, the participants get to help raise and socialize them and add a little joy in their lives. After the 6 months, the puppies can come and visit the participants.

Summer is the season for outdoor and major projects to begin. Homer Senior Citizens, Inc. and the Terrace are getting a face-lift. Thanks to Pair A Dice Painting, we will finally be getting that very much needed paint job. We have finally been able to get the sunshine needed for them to get started on painting! We are very excited!

Another major improvement project is our Fire Alarm system. We are anxiously awaiting the Rasmuson’s Board decision on our Fire Alarm System grant. While we received \$38,000 in donations from you, we still need approximately \$206,000 to install the new system on the Senior Center side and upgrade the Terrace side.

We will be designing and working on our Fourth of July float this month. The Theme this year is “The First 50 Years” Celebrating Homer High School Graduates the 1940-1990. Watch for our float. We know it will be great! If you want to volunteer to help please call Liz at 235-4556. Also, if you have a flatbed trailer we could borrow, please call Liz.

Have an awesome June! See you at lunch sometime!

Keren

# June Fun Facts and Dates



## June 5 - World Environment Day

The 2022 World Environment Day Campaign #OnlyOneEarth calls for collective, transformative action on a global scale to celebrate, protect and restore our planet

## June 14 - Flag Day

A day dedicated to honoring the national flag. The holiday commemorates the date in 1777 when the US approved the design for its first nation flag.



## June 19 - Juneteenth

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the US. On June 19, 1865 in Galveston, Texas General Gordon Granger read the proclamation that abolished slavery in the United States.

## June 28 - National Alaska Day

A day to celebrate the largest state to join the United States. On National Alaska day take some time to learn about and share some history about the US's 49th state!



## June 13 - June 19: National Men's Health Week

The goal of Men's Health Week is to increase awareness of male health issues on a global level and to encourage development of health policies and services that meet the specific needs of men, boys, and their families.

## June 20 - June 26: Pollinator's Week

This is annual celebration in support of pollinator health. This year's theme "Wings of Life" features butterflies and moths and the essential role they play in pollination, culture, and ecosystem services throughout North America.



## ACROSS

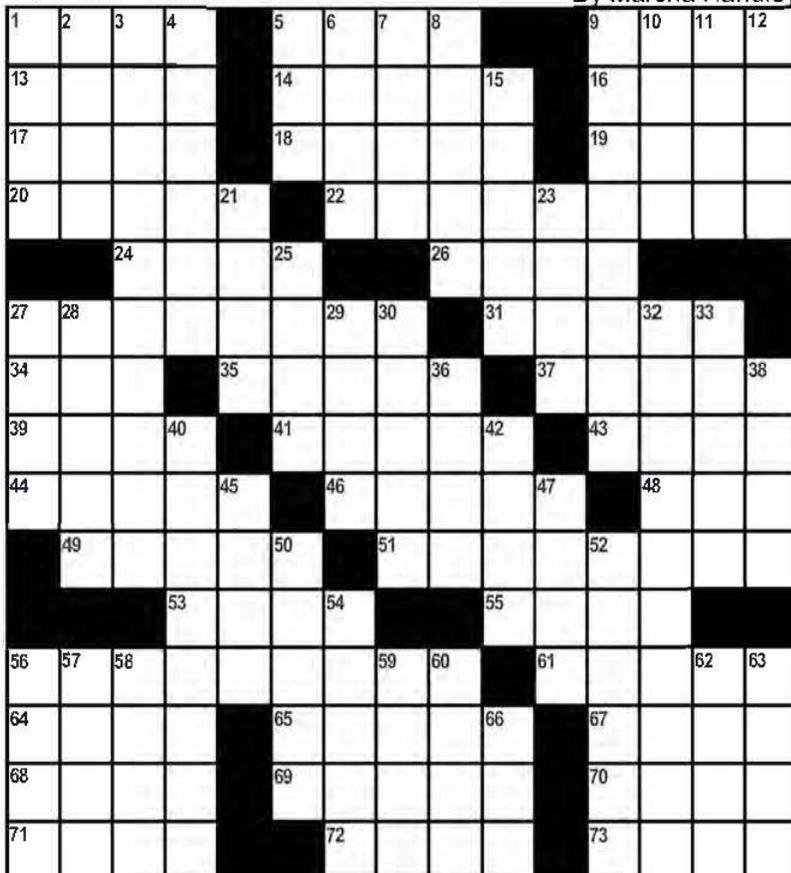
- 1) Newborn
- 5) Sink obstruction
- 9) Wearing loafers, e.g.
- 13) Crow's-nest sighting
- 14) Hindu gentleman (Var.)
- 16) Balcony section
- 17) Athletic group
- 18) Wild animal track
- 19) Invisible thing around a person
- 20) Be silent, in music
- 22) Angered
- 24) Stomach tightness
- 26) "Awright!"
- 27) Get rid of pests, in a way
- 31) Feudal lord
- 34) Biochemistry abbr.
- 35) Hanging loosely
- 37) The "L" of XXL
- 39) Blows it
- 41) This puzzle's theme
- 43) Andean land
- 44) "This is terrible!"
- 46) "Paradise Lost" character
- 48) Always, in verse
- 49) Song of David
- 51) Assailed
- 53) Chimney buildup
- 55) A head
- 56) Healthy
- 61) Grunts
- 64) Hawaiian tuber
- 65) Depth charge target
- 67) Crop of a bird
- 68) Qatar head of state, e.g.
- 69) Pasta choice
- 70) "\_\_\_ and the King of Siam"
- 71) Viral phenomenon
- 72) Abbr. after many a general's name
- 73) "Check this out!" quietly?

## DOWN

- 1) Deck post for cables
- 2) Cruising the Pacific
- 3) Reputation stainers
- 4) Saudi's neighbor
- 5) Items used by good buddies?
- 6) Drinks, as a cat
- 7) Shawm successor
- 8) Like a hot fudge sundae
- 9) Coal mining waste
- 10) Word with "witching" or "happy"
- 11) Horrifying beast
- 12) Like some batteries
- 15) Projecting window design
- 21) Clothing, informally
- 23) Ammunition for a carpenter's gun
- 25) After-bath powder
- 27) Eagles' Glenn
- 28) Tear open, ironically
- 29) New Mexico art community
- 30) Critical success
- 32) Rookies
- 33) Bird with long plumes
- 36) Japanese 13-stringed instrument
- 38) 100 cents
- 40) Crashing waves site
- 42) Roast beef request, sometimes
- 45) \_\_\_ gin fizz
- 47) Tide level
- 50) Finish a task completely
- 52) Big white sheet
- 54) Rome's river
- 56) Any thing
- 57) Finger, in a way
- 58) Barber's job
- 59) \_\_\_ of the above
- 60) Philosopher Immanuel
- 62) Nicknames for moms' moms
- 63) Police jacket acronym
- 66) Baseball's Williams

## HUE ARE YOU?

By Marsha Handley



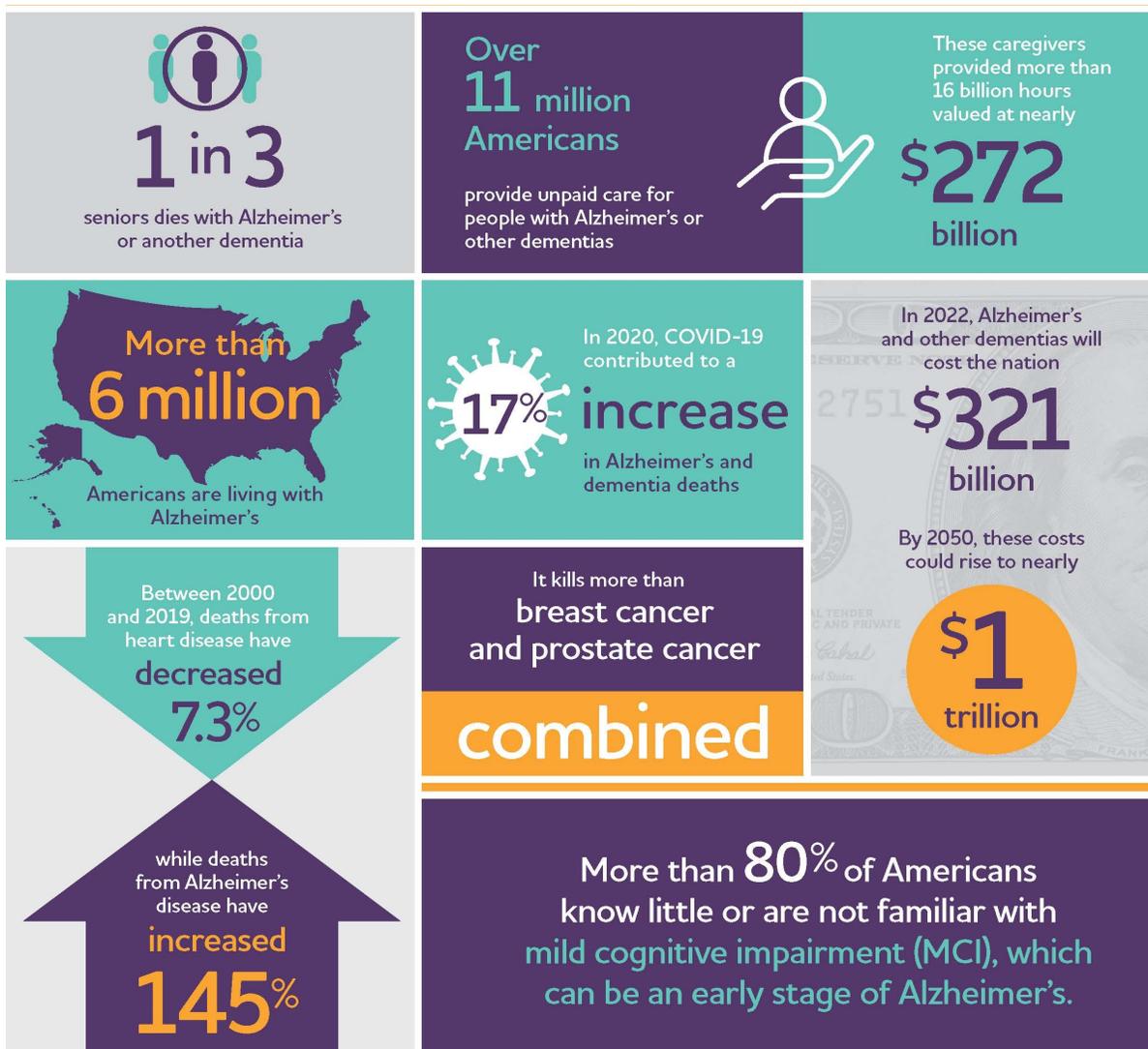
# June is Alzheimer's and Brain Awareness Month

Alzheimer's is extremely widespread and unfortunately there is currently no cure. Researchers are working hard on finding a cure for this degenerative brain disease. In the meantime, there are things you can do to promote brain health and stay proactive.

- \* Get regular cognitive check-ups when you visit the doctor
- \* Keep an open dialogue with your doctor—early detection can make all the difference in intervention and treatment options
- \* Do things to support brain health like exercise with friends, keep learning, and try to cut out bad habits like smoking

Check out the Alzheimer's Associations facts and figures from their 2022 report below!

## ALZHEIMER'S ASSOCIATION®



# *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**

## Federal Poverty Level Income Eligibility Guidelines in effect for the 2022 SFMNP Season

Household Size	Annual Income	Monthly Income
1	\$31,432	\$2,620
2	\$42,347	\$3,529
3	\$53,262	\$4,439
4	\$64,177	\$5,349
5	\$75,092	\$6,258
6	\$86,007	\$7,168
7	\$96,922	\$8,077
8	\$107,837	\$8,987
For Each Additional Family Member Add:	\$10,915	\$910

# Gone But Not Forgotten Comic Strips



The comic strip "Mutts" was created by Patrick McDonnell in 1994. It's now published in over 700 newspapers in 20 countries. The main characters are Earl, a young pup who was inspired by McDonnell's dog, and Mooch, a sly cat who was based on several cats McDonnell had during his life. The focus for this comic strip is to urge readers to be kind to animals and the Earth.



As mentioned before, animal welfare is extremely important to "Mutts" creator, Patrick Donnell. Every year McDonnell puts out "Shelter Stories" comic strips in an attempt to raise awareness for shelter animals. McDonnell continues this work outside of the comic strip as he has served on the Board of Directors for the Human Society in the US and often makes charitable donations to various animal shelters.



# Homer Senior Citizens, Inc. Congregate Meals - 1

# June 2022

May '22  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

July '22  
S M T W T F S  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

August '22  
S M T W T F S  
1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Memorial Day <b>Facility Closed</b>	31 Peach Glazed Salmon with Raspberries Snow Peas or Asparagus Rice	1 Beef Brisket 3 Bean Salad Coleslaw	2 Hot Turkey Sandwich Sweet Potato Fries Peas	3 Roasted Chicken Apricot Rice Broccoli Sweet Potato	4
5 Pentecost	6 Beef Pot Roast Mashed Potatoes Green beans	7 Mongolian Beef Rice Bok Choy	8 Pork Chops with Black Currants Roasted Potatoes Glazed Carrots	9 Roast Turkey Stuffing & Gravy Corn & Peas Squash	10 Fish & Chips Coleslaw	11
12	13 Corned Beef and Cabbage Boiled Potatoes Carrots	14 Flag Day Meatloaf Roasted Red Peppers Creamed Spinach	15 Roast Chicken Alfredo gnocchi	16 Pulled Pork Sliders Coleslaw Sweet Potato Puffs	17 Hot turkey Shredded Carrot Salad Mashed Potatoes & Gravy	18
19 Father's Day	20 Beef tips in gravy Sweet Potatoes Green Bean Salad	21 June Solstice (GMT) Pork Shoulder Roasted Potatoes Broccoli and Baby Carrots	22 BBQ Beef Tips Potato Salad or Coleslaw Asparagus 3 Bean Salad	23 Chicken Chow Mein Broccoli Orinetal Blend	24 Grilled Miso Salmon Snow Peas with Cubumber Slices	25
26	27 Beef Kababs Green and Red Peppers Cucumber Yogurt Dip Potato Salad	28 Chicken Thighs Roasted Zucchini Apricot Rice Corn Bread	29 Pork Pot Roast Mashed Potatoes Brussel Sprouts	30 Beef Tacos Refried Beans Carnival Corn	1 Chicken Salad Sandwich Broccoli Salad	2
3	4 Independence Day Burger Sliders Hot Dog Rolls Potato Chips	Notes	<p><b>Please call (907)235-4555 to reserve your meal a day in advance</b>                      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</p>			

# "The Friendship Center" ADS News

April showers brought May flowers!

Over the past month the residents at Homer Senior Center enjoyed our bountiful daffodils, carefree bunnies, new vegetation, and the painting facelift.

Cinco de mayo was a success with our Mexican fiesta, games, photo booth, live music, and decorations.

Henry with Coastal Studies was our guest speaker and he delivered! We learned about our natural habitat, specific breeds of native animals and fish. The residents got up close and personal with the variety of animal pelts and skulls displayed.

Our first outing to the Pratt Museum was a wonderful experience. Lots of goodies to gaze upon and interesting topics to discover.

The Friendship Center brought back the classic award-winning movie Westside Story. Our Seniors were delighted while reminiscing and watching some of the best dancing and singing of the decade.

Our weekly bus ride journeyed to the Anchor Point Senior Center. We surprised some old friends and met some new friends as well. ADS residents make great friends and neighbors.

We have a packed schedule of activities planned for June and we are all so excited for the month ahead. If you have any questions or would like more information about the Adult Day Program please call (907)235-4556. Come check us out!

- Liz, Adult Day Services Manager



**HUE ARE YOU?** By Marsha Handley

1	B	A	B	Y	5	C	L	O	G	9	S	H	O	D		
13	I	S	L	E	14	B	A	B	O	15	L	O	G	E		
17	T	E	A	M	18	S	P	O	O	19	A	U	R	A		
20	T	A	C	E	21	S	E	E	I	22	N	G	R	E		
24	K	N	O	T	25	Y	E	A	H	26						
27	F	U	M	I	G	A	T	E	28	L	I	E	G	E		
34	R	N	A	35	S	L	A	C	K	36	L	A	R	G	E	
39	E	R	R	S	40	C	O	L	O	41	P	E	R	U		
44	Y	I	K	E	45	S	A	T	A	46	N	E	E	R		
49	P	S	A	L	50	M	T	O	R	51	E	I	N	T	O	
53	S	O	O	T	54	E	A	C	H	55						
56	I	N	T	H	57	E	P	I	N	58	K	P	E	O	N	S
64	T	A	R	O	65	U	B	O	A	66	T	C	R	A	W	
68	E	M	I	R	69	P	E	N	N	70	E	A	N	N	A	
71	M	E	M	E	72	R	E	T	D	73	P	S	S	T		

# JUNE, 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 <b>Happy Birthday!!!!</b> Randy Hagood Vern Alberts Freda Walker Kinma Iedger	31	1 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:00 AM RESIDENT COUNCIL 11:30 AM Lunch 12:30 PM Rest Therapy 1:30 PM SEASHELL ART	2 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 AM Deb Exercise 11:00 AM Lunch <b>outing</b> 12:30 PM Rest Therapy 1:00 PM Senic Bus Ride	3 8:30 AM NEWS @ CAFÉ 9:00 AM WHO AM I? 10:30 AM Exercise 11:30 AM Lunch 12:30 OKLAHOMA MOVIE	4
5	6 8:30 AM CAFÉ @ NEWS 9:00 AM CHILDRENS BOOD DAY 10:30 AM Deb Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 BINGO	7 8:30 AM CAFÉ @ NEWS 9:00 Safeway Outing 9:00 AM MIND WORKS 10:00 AM Exercise 12:30 PM Rest Therapy 1:00 PM Cooking Club	8 9:00 AM MIND WORKS 10:00 AM Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 PM ENTERTAINMENT BIRTHDAY PARTY	9 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 AM Deb Exercise 11:30 Lunch 12:30 PM Rest Therapy 1:00PM Senic Bus Ride	10 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 AM Target Golf 11:30 AM Lunch 12:30 PM THE HELP MOVIE	11
12	13 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 AM Deb Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 BINGO	14 9:00 AM Safeway Outing 9:00 AM MIND WORKS 10:00 AM Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00PM Cooking Club	15 8:30 AM NEWS @ CAFÉ 9:00 AM MIND WORKS 10:00 AM Exercise 11:00 AM Lunch <b>outing</b> 12:30 AM Rest Therapy 1:00 PM Shimpo/Cards	16 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 AM Deb Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 PM Glamour Hour/Hair	17 8:30 AM CAFÉ @ NEWS 9:00 AM World Creativity 10:30 AM Exercise 11:30 AM Lunch 12:30 PM FRIED GREEN TOMATOES	18
19	20 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 AM Deb Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 PM Sarah Piano Recital	21 9:00 Safeway Outing 9:00 AM MIND WORKS 10:00 AM Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 PM Cooking Club	22 8:30 AM NEWS @ CAFÉ 9:00 AM MIND WORKS 10:00 AM Exercise 11:00 AM Lunch <b>outing</b> 12:30 AM Rest Therapy 1:00 PM Shimpo/Cards	23 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 Deb Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 PM Senic Bus Ride	24 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 AM Exercise 11:30 AM Lunch 12:30 ARMCHAIR /GREECE	25
26	27 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 AM Deb Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 BINGO	28 9:00 AM Safeway Outing 9:00 AM MIND WORKS 10:00 AM Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 PM Cooking Club	29 8:30 AM NEWS @ CAFÉ 9:00 AM MIND WORKS 10:00 AM Exercise 11:00 AM Lunch <b>outing</b> 12:30 PM Rest Therapy 1:00 PM Shimpo/Cards	30 8:30 AM CAFÉ @ NEWS 9:00 AM MIND WORKS 10:30 Deb Exercise 11:30 AM Lunch 12:30 PM Rest Therapy 1:00 PM Senic Bus Ride		
1	2	Notes				

# What's Going on at HSC?



What an amazing and busy month we had! Spring made a grand entrance and the activities in the Adult Day Program kept on rolling. We celebrated Cinco de Mayo, the Kentucky Derby, and all of the May birthdays. Alaska Coastal Studies came and did a very interesting presentation on Alaska's wildlife. We had a piano recital which was absolutely amazing, and had some live entertainment from Russ Smith of Front Porch Pickin'. Additionally, we got a lot of puppy love this last month which everyone enjoyed.



# 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.



\*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, 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.

Since 1991, we have been your community foundation, distributing more than \$3.3 million in grants and scholarships. Create your legacy in our community by giving back through a planned gift.



**HOMER FOUNDATION**  
Connecting generosity to community need

www.homerfoundation.org  
907.235.0541



**ALL SEASONS HONDA**  
HOMER, ALASKA

(907) 235-0532  
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**Thank You So MUCH For Your Support!**

**DEBRA LEISEK**  
BROKER

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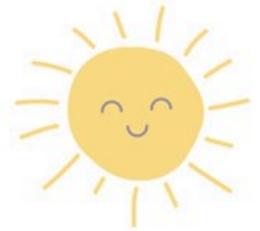
**ASHBURN & MASON P.C.**

EQUAL HOUSING OPPORTUNITY



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

Nonprofit Organization  
 U.S. Postage Paid  
 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.



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