



197 W. Park Avenue

Soldotna, AK 99669

Phone: (907) 262-2322 Fax: (907) 262-2147

email: solsrctr@soldotnaseniors.com

Open Monday - Friday 8:00 - 4:00

Website: www.soldotnaseniorcenter.org

J
U
L
Y

2025

As we enter July, I need to share some disappointing news with our community. Despite our extensive efforts to fulfill all requests made by the Soldotna City Council, we were not included in their final budget.

While this outcome is certainly disheartening after months of dedicated work, I want you to know that we are not giving up. We continue to pursue other funding opportunities and are exploring alternative avenues to ensure our center's sustainability. Your senior center remains a vital part of this community, and we are committed to finding solutions.

During these challenging times, I'm reminded of the resilience and strength that defines our members. We've weathered many storms together, and this is simply another obstacle we'll overcome as a community. The programs and services you depend on will continue, and we're working hard to minimize any impact on your daily activities.

I want to express my heartfelt gratitude for your patience and understanding during this difficult period. Your continued support and the strong bonds within our community give me confidence that we'll emerge from this challenge even stronger.

We'll keep you informed of any developments and appreciate your ongoing faith in our mission to serve Soldotna's senior community.

Please don't feel like your voice doesn't matter because it does! Feel free to let the City Council know how you feel about their decision.

With determination and gratitude,

Lisa M. Riley



July Medicare 2025

The perennial flowers seemed to be blooming a bit early in my yard, but I am enjoying them! July is our full passage into summer, the trees are leafed out, the plants and bushes are full and some have blossoms. July 4th is Independence Day (we will be closed), celebrate as you want! July 7th is World Chocolate Day, that's a fun holiday for me!!

I am here Monday – Thursday, 8:30 to 3:30, and every other Fri, 8:00 to 12:00. Still at the Soldotna Senior Center, you can make a phone call, or we can meet face to face. If you are coming in, please call first to make sure I am available and not already committed to another appointment. Call: 907-262-2322, it will be answered Soldotna Senior Center, ask for Lee or the Medicare person.

Lee Coray-Ludden – Certified Medicare Counselor

Senior Center Office Services

Executive Director – Lisa Riley

Office Administrator - Corrah Welch

Administrative Assistant - Karin Grimes

Administrative Assistant - Sara Gould

Certified Medicare Counselor -

Lee Coray-Ludden

Head Cook - Ashley Lacy

Assistant Cook - Bobbi Stelljes

Dish Washer - Linda Wade

Janitor - Peggy Kane

Delivery Driver - Jim Dalebout

Delivery Driver - Dana Helsing

Board of Directors

President - Janet Stacy

Vice-President– Kevin Barrett

Treasurer—Dean Peterson

Secretary – Leona Creary

Board Member – Nicky Talbot

Board Member-Pamela Gillham

Board Member - Cheryl Thames

MEMBERSHIP AT THE CENTER

The Senior Center is a private corporation in the Soldotna area governed by a Board of Directors. It is not owned or managed by any city, borough, state or federal agency. The Center provides services by obtaining funding from sources including: city, borough, state and federal agencies, fundraisers such as bazaars, special dinners, \$5-or-more-a-month club members and seniors that pay an annual \$25 membership fee. Lifetime memberships are also available based on age.

**BECOME A
MEMBER**
JOIN TODAY!



Soldotna Senior Center is now taking Credit Cards! All credit/debit sales are subject to a 5% processing fee.



SENIOR CENTER SERVICES

The Senior Center provides services to individuals age 60 and older, younger spouses of seniors, and others that are disabled may be eligible that live in senior housing where services are being provided or with an eligible senior. There are no income limits to attend. If you have questions about services, including assistance, referrals, home delivered meals, etc., come to the Center or call 262-2322.

State of Alaska

SENIOR BENEFITS PROGRAM

We can provide applications for the Senior Benefits Program. You must be an Alaska resident age 65 or older. The chart at the bottom is your gross income before any deductions are subtracted (such as taxes or Medicare premiums). The Alaska Permanent Fund Dividend does NOT count as part of your gross income.

Senior Benefits Program Gross Annual Income

Effective 4/1/2025

Senior Household size	\$250 monthly payment	\$175 monthly payment	\$125 monthly payment
Individual	\$14,663	\$19,550	\$34,213
Married Couple	\$19,823	\$26,430	\$46,253

JULY BIRTHDAYS



Roxie Little	7/1
Penelope Maize	7/2
Donna Endresen	7/2
Arnold Wagaman	7/5
John Landess, Jr	7/5
Lois Ossanna	7/8
Melbourne Hutchison	7/8
Debbie Sleater	7/9
Hosanna Heartsong	7/10
Jerri Scott	7/10
Stan Vogel	7/11
Rick Ketchum	7/12
Janet Morrison	7/13
Joan Emory	7/13
Thomas Newb y	7/15
Susan Bergquist	7/15
Jack Castimore	7/17
Ronald Weilbacher	7/18
Carolyn Potter	7/26
Sandra Andersen	7/29
Willaim Muir	7/30

\$5 or-MORE-A - MONTH CLUB

John Burke
 Jack & Troy Castimore
 Dorothy Diamond
 Cecil Duggins
 Hosanna Heartsong
 John Landess, Jr.
 Donn & Fay Lauver
 Candy Gilbertson
 Penelope Maize
 Vi Morrison
 Estelle Parks
 Lisa Riley
 Gladys Routh
 Janet Stacy
 Tina Strayhorn
 Ben Swan
 Arnold & Delores Wagaman
 John White
 Debra Williams
 Emmett Young
 anonymous

Thank you \$5/month Donors! The Senior Center was able to purchase a Warming Cabinet for the kitchen with your generous contributions.



1. Understanding UV Radiation: UV radiation is classified into three types: **UVA**, **UVB**, & **UVC**. UVA rays penetrate deep into the skin and contribute to aging, while UVB rays are primarily responsible for sunburn and play a significant role in the development of skin cancer. UVC rays are absorbed by the Earth's atmosphere and do not reach the ground.
2. Health Risks: Exposure to UV radiation is the leading cause of skin cancer, which is the most common type of cancer in the United States.
3. Sun Safety Tips: To protect yourself from harmful UV rays, consider the following recommendations:
 - Wear Protective Clothing
 - Use Sunscreen
 - Seek Shade
 - Avoid Tanning Beds
 - Regular Skin Checks

ALASKANS LOVE THE SUNSHINE
WE HAVE 17-19 HOURS OF SUNLIGHT PER DAY
IN JULY

16 Superfoods That Are Worthy of the Title

The term was coined for marketing purposes to influence food trends and sell products.

The food industry bestows the superfood label on nutrient-rich foods with a supposed capacity to positively affect health.

Though many foods could be described as super, it's important to understand that there is no single food that holds the key to good health or disease prevention.

Here are 16 foods that may be worthy of the esteemed superfood title.

- | | |
|----------------------|-------------------------|
| 1. Dark Leafy Greens | 9. Olive Oil |
| 2. Berries | 10. Ginger |
| 3. Green Tea | 11. Turmeric (Curcumin) |
| 4. Eggs | 12. Salmon |
| 5. Legumes | 13. Avacado |
| 6. Nuts and Seeds | 14. Sweet Potatoes |
| 7. Kefir (Yogurt) | 15. Mushrooms |
| 8. Garlic | 16. Sea Weed |

Achieving optimal health through food and nutrition is about more than focusing on one or two of the latest food trends.

Instead, good health is best supported by eating a variety of nutritious foods every day.

Including some, or all, of the foods on this list as part of a balance diet can benefit your overall health and may prevent certain chronic diseases.

Full Salad Bar is now Available

SOLDOTNA SENIOR CENTER

JULY MEALS

Mon	Tue	Wed	Thu	Fri	Sat
	1 Beef Stew in a bread bowl Dinner Salad Cookies	2 Lemon Pepper Chicken w/Roasted red potatoes Broccoli & Cauliflower mix Cottage Cheese & peaches	3 Chef's Salad Dinner Roll Fruit Medley	4 CLOSED ENJOY YOUR 4TH OF JULY!	5
7 Pork loin medallions w/pasta Carrots Birthday Cake!	8 Chicken Sandwich Cole Slaw & baked beans Pears	9 Beef Cabbage Roll Baked Potato Peach Cobbler	10 Turkey Dinner Stuffing & Green Bean Casserole Mashed Potatoes w/Gravy Pumpkin Pie	11 Beef Pot Pie Dinner Salad Apple Spice Cake	12
14 Ham Scalloped Potatoes Carrots Tropical Fruit	15 Beef Stroganoff Peas Dinner Roll Jello w/ mandarin oranges	16 Chicken Piccata over pasta Broccoli Blushing Pears	17 Pancakes Eggs & Bacon Oatmeal Apples	18 Cheeseburgers Onion Rings Corn Ice Cream	19
21 Meatloaf Mashed potatoes w/ gravy Green Beans Chocolate pudding	22 Kielbasa & Sauerkraut Peppers & Onions over rice Tapioca	23 BBQ Chicken Mac & Cheese Peas Berry Crisp	24 Pork Chops Rice & Gravy Green Beans Cookies	25 Fish & Chips Coleslaw Butterscotch Pudding	26
28 Spaghetti w/ pepperoni Dinner Salad Garlic Bread Jello w/fruit	29 Hot Turkey Sandwich w/gravy Sweet Potato Cranberry Sauce	30 Hot dog w/ your choice of sauerkraut or chili Chips Ice Cream	31 Baked Cod Butternut Squash Rice Pilaf Pudding		

JULY

DINING ROOM

Card Games & Dominos in the Dining Room on Mon, Tues, Thur & Fri

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Line Dancing 2-4	3	4 CLOSED	5
6	7	8	9 Line Dancing 2-4	10	11 LIVE MUSIC	12
13	14	15	16 Line Dancing 2-4	17	18 LIVE MUSIC	19
20	21	22	23 Line Dancing 2-4	24	25 LIVE MUSIC	26
27	28	29	30 Line Dancing 2-4	31		

JULY 2025

GAME & EXERCISING ROOM

Card Games & Dominos in the Dining Room on Tues, Wed, Thur &

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Bingo 12:30-2:30	2 Tai-Chi 10:30-11:30 Cards & Games	3 Poker 10-2 if it Rains	4 CLOSED	5
6	7 Tai-Chi 10:30-11:30 Mahjong 1-4	8 Computer Skills w/Jack C. 10:00-Noon Bingo 12:30-2:30	9 Tai-Chi 10:30-11:30 Driver's Refresher 12:45-1:45	10 Poker 10-2 if it Rains	11 Tai Chi 10:30-11:30 Bingo 12:30-2:30	12
13	14 Tai-Chi 10:30-11:30 Mahjong 1-4	15 Bingo 12:30-2:30	16 Tai-Chi 10:30-11:30 Cards & Games	17 Poker 10-2 if it Rains	18 Tai Chi 10:30-11:30 Bingo 12:30-2:30	19
20	21 Tai-Chi 10:30-11:30 Mahjong 1-4	22 Computer Skills w/Jack C. 10:00-Noon Bingo 12:30-2:30	23 Tai-Chi 10:30-11:30 Driver's Refresher 12:45-1:45	24 Poker 10-2 if it Rains	25 Tai Chi 10:30-11:30 Bingo 12:30-2:30	26
27	28 Tai-Chi 10:30-11:30 Mahjong 1-4	29 Bingo 12:30-2:30	30 Tai-Chi 10:30 - 11:30	31 Poker 10-2 if it Rains		

JULY 2025

CRAFT ROOM

We will be featuring an artist every month at the center, contact Lisa if you are interested.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Mahjong 1-4	4 CLOSED	5
6	7 Quilting 1-3	8	9	10 Mahjong 1-4	11	12
13	14 Quilting 1-3	15	16	17 Mahjong 1-4	18	19
20	21 Quilting 1-3	22	23	24 Mahjong 1-4	25	26
27	28 Quilting 1-3	29	30	31		

DONOR RECOGNITION AND THANK YOU!!

Friends

Kevin Barrett

AMBASSADORS

Karin Grimes

Peggy Kane

Ashley Lacy

Lisa Riley

Don & Fay Lauver

Hooked on the Bean

Bobbi Stelljes

Pollard E-Line

KB Laser Wash Service

Bishops Attic

Estelle Parks

BELIEVERS

Denise Rust

Jim Dalebout

Lee Corray-Ludden

Corrah Welch

Linda Wade

Dean Petersen

Deanna Cashman

Cheryl Thames

Leona Creary's

Janet Stacy

Nicky Talbot

WE APPRECIATE

OUR DONORS

BEYOND MEASURE!!

TO LEARN MORE ABOUT OUR

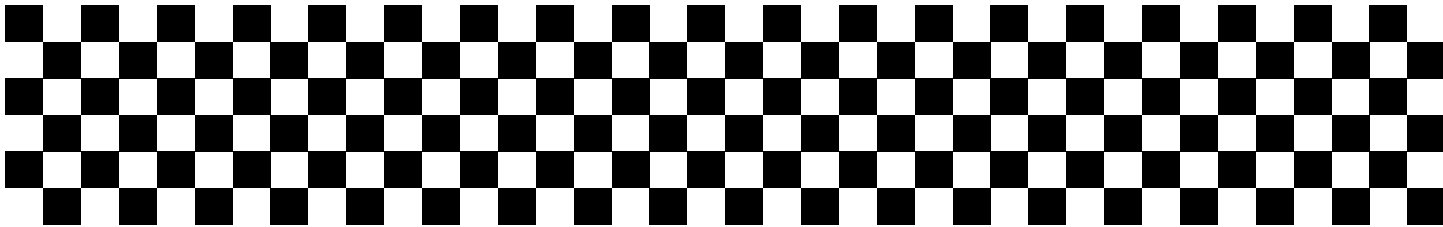
DONOR PLAN

PLEASE STOP BY OR CALL

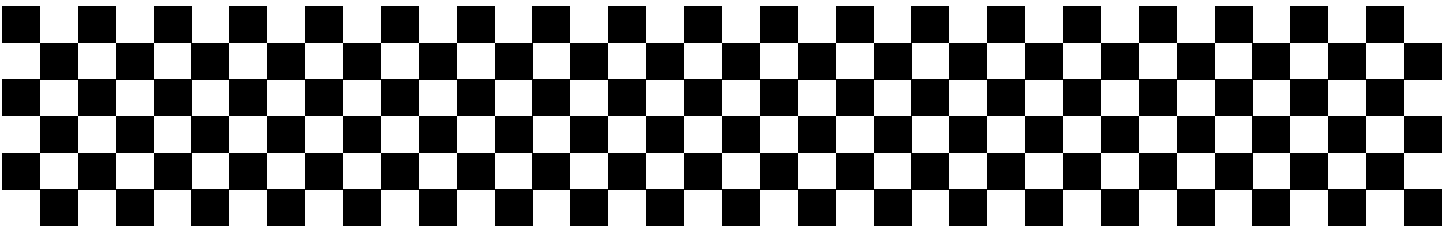
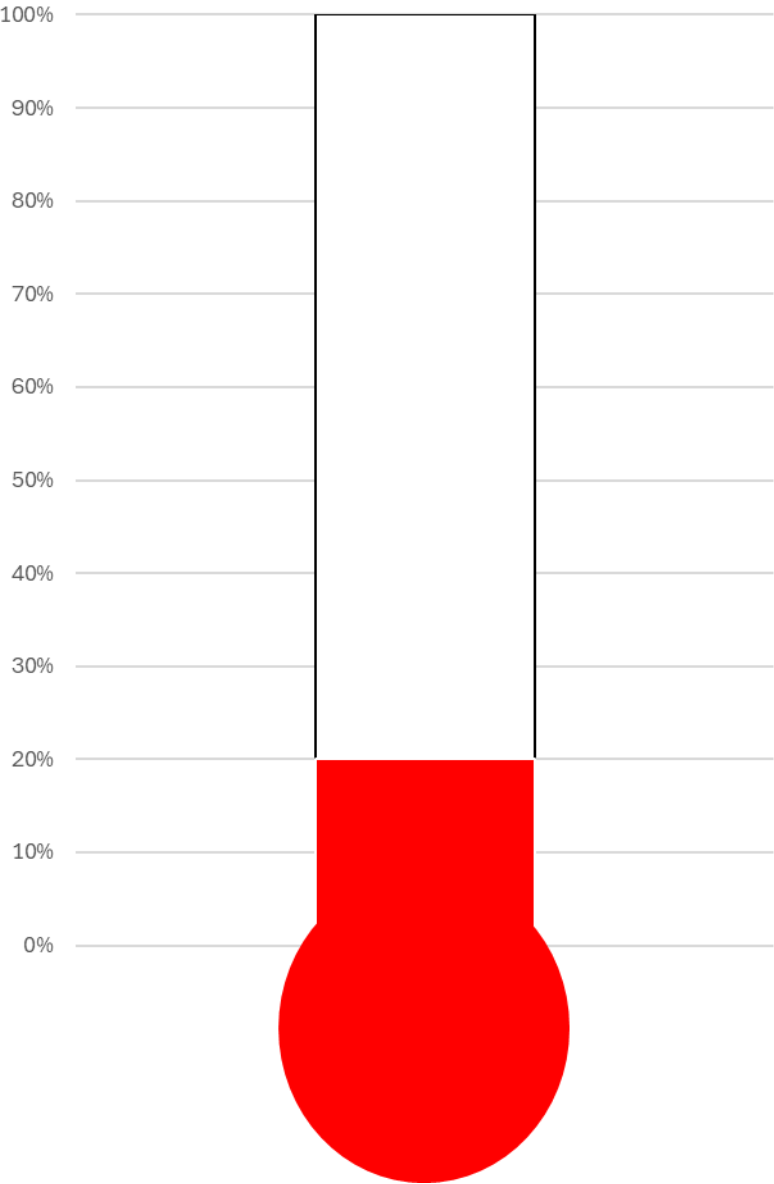
LISA AT

907-262-2322

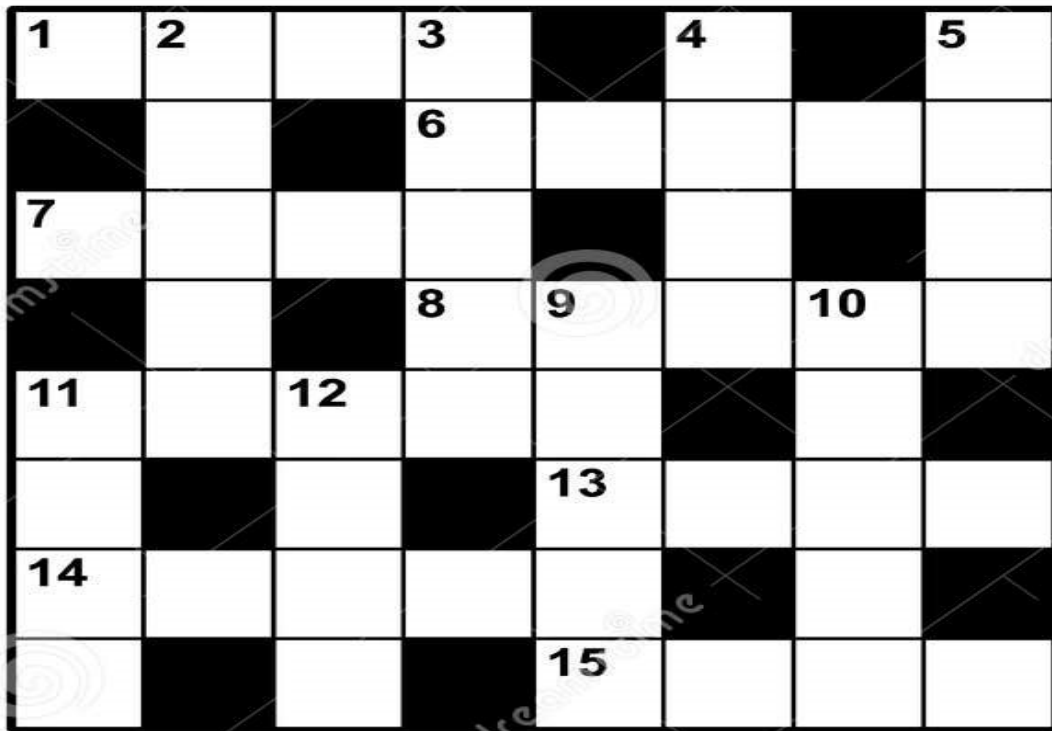




**Van Capital
Campaign
\$14,100**



Crossword Puzzle



Across

- 1** Excursion
- 6** Boxer's stat
- 7** Spectrum color
- 8** Use a broom
- 11** Mouthing off
- 13** Margin
- 14** Remus, e.g.
- 15** Recent

Down

- 2** King or queen
- 3** Newspapers
- 4** Book unit
- 5** Model in a bottle
- 9** Cart part
- 10** Ice skating figure
- 11** Two squared
- 12** Apiece

FOURTH OF JULY

WORD SEARCH

FIND AND CIRCLE EACH WORD!



July
Patriotic
Fireworks
Stripes
Stars
Red
White
Party
Blue
USA
Freedom
Fun

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

Answers to Crossword Puzzle



VOLUNTEER OF THE MONTH



January

Dean Petersen



February

Cathy Perry



March

Cheryl Thames

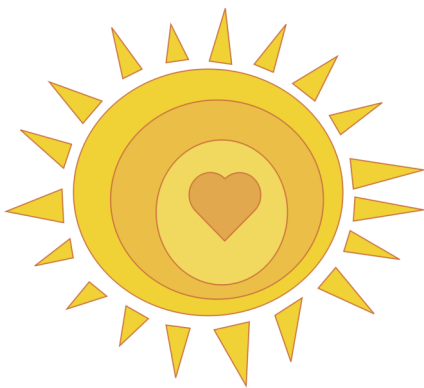


April

Bonnie Burger



Thank you to the kids from Soldotna LDS who made these lap blankets and gifted them to the seniors!



*Keep your eyes open for quilt
raffle tickets!*



Crafts



THANK YOU FOR YOUR SUPPORT



Walgreens

