



## Sterling Senior Center Newsletter

[www.sterlingseniors.org](http://www.sterlingseniors.org) - (907) 262-6808

Center Hours: Monday - Friday 9am to 3pm



December 8th 1st Day of Hanukkah  
December 18th–January 1st Center is Closed  
December 21st Winter Solstice  
December 24th Christmas Eve Day  
December 25th Christmas Day

# S.A.S.C.I. Information



Main (907) 262-6808

## Front Desk Volunteers

Deb -  
Linda-  
Sharon-  
Pam-

## Office/Housing Manager

Kristie- Ext 2  
sasci.news@gmail.com

## Director

Matthew- Ext 3  
sterlingseniorcenter@gmail.com

## Maintenance

Art-

## Chef/Kitchen Manager

Mary-

Kitchen Assistant/Cook  
Jake-

## Meals On Wheels

## Volunteer Drivers

Dale Werings

Ronn Swank

Eric Von Foerster

Dale Lundell



## Hours of Operation

**Monday - Friday**

**9am to 3pm**

## Lunch Prices

**\$10 member**

**\$12 non-member**

**12:00pm to 1:00pm**



34453 Sterling Highway  
Sterling, AK 99672

Phone: 907-262-6808

Fax: 907-262-3883

[www.sterlingseniors.org](http://www.sterlingseniors.org)

<https://www.facebook.com/SterlingSeniorCenter>

sterlingsrcenter

# SACI Administration & Meetings

## Board of Directors

**Dale Lundell- President**

**Deb Moody- 1st VP**

**Sandie Swank- 2nd VP**

**Sandy Bailey- Secretary**

**TBD- Treasurer**

**Susan Gilbertson- Trustee**

**Pam Thomas- Trustee**

**Beverly Koenig-Jones- Trustee**

**Board of Directors  
Meeting  
1st Wednesday  
(Monthly)**

**December 6th  
@  
1pm**

**General Membership Meeting  
2<sup>nd</sup> Wednesday (Quarterly)**

***March/June/September/December*  
December 13th @ 1pm**

**Endowment Trust  
Meeting**

**January 10th @ 1pm**

## Endowment Board

**Chairperson- Donna Brown**

**Vice Chairperson- Jan Fena**

**Treasurer- Jerry Nassen**

**Secretary- Sandie Swank**

**Trustee- Robert Wall**

**Trustee- Bill Daley**

**Trustee- Carm Bongiovanni**

**Ex-Officio- Dale Lundell**



## Director's Note

**Hello Community,**

**As you can see, winter is here and probably till May. So please use caution when walking and driving around this winter/holiday season. Lets make the new year start off right. During the month of November, the Sterling Senior Center held two highly anticipated and successful craft fairs. These are attended by numerous vendors and planned/executed by Sandy Clark-Bailey and the Tugi II Club, respectively. Thank you to all those that visited these craft fairs/vendors. The Sterling Senior Center has numerous volunteers that assist in the successful operation in providing our community in numerous services that otherwise would not exist. These volunteers dedicate their time and efforts unselfishly each day to lighten the load. WE THANK YOU!!!**

**The Sterling Senior Center will be closed from 18 December 2023 and reopen on 2 January 2024. This will provide a dedicated time to clean and repair the Center for the upcoming year of activities. If you would like to volunteer, please contact the Sterling Senior Center staff for further information. The more help, the more tasks we can complete. Thank you for your interest. Have a wonderful, safe holiday season. We look forward to serving and seeing everyone in the new year.**

**Matthew Lundell**



**Merry  
Christmas  
& HAPPY NEW YEAR**

# ~Will's Ramblings~

## THE OUTLAW TRUCK

This is the tale of David J Jones, Mabel (David's mother) and a fugitive truck.

As some of you know Monti (my wife of many years) is a weaver and fiber spinner. Monti has a fellow fiber fanatic named Mabel.

Mabel, this fall, needed to relocate to Dallas Texas to take care of her mother. A bit strange in that Mabel's two sisters that came up to help pack were from the Dallas area. Never judge the actions of others. Monti wanted to go to say goodbye to Mabel and talk about something that Mabel had to leave here, as she was flying out. I tagged along. The dog and I wandered around the back of the apartment complex that Mabel called home, reading dog-sign messages.

Mabel's big pickup was still in the parking lot, full of her stuff. I wondered what she was going to do with the truck as she was flying out the next day. When I asked her about the truck. She said, "Do you want it?"

"Well, it depends on how much you want for it."

We are talking about a '06 4 door Dodge Ram 3500 with a Cummin diesel engine. Mabel had bumped into something so there was some slight damage to sheet metal on the hood and left front fender. Past that the truck looked like it was right off the showroom floor. Did I say that the speedo only had 54,000 miles.

This was that little old lady truck that they write songs about.

"Do you want the truck?"

"Well, I guess, but what do you want for it?"

"The truck is my sons, and he's either in Chicago working or he is in Mexico doing whatever he does there. I haven't heard from him in quite a while. He just took off and left me with the truck and some of his stuff."

"I'm leaving tomorrow and going to abandon the truck at the airport. Here are the keys."

Next morning, we went to the airport and saw Mabel on her way. After she left, Monti drove our car home and I came along in my new truck.

The following day, I hopped down to DMV to learn about getting a title for an abandon vehicle. The lady at DMV was very helpful and even printed out a copy of the registration. She had a packet of instructions on what I needed to do including all the forms. The big tasks were to notify the owner and any lien holder that after 30 days I was going to apply for a title to the truck.

I did note that the registration expired in 2009 but there was a 2017 sticker on the license plate (Hmm.) More on this later.

My next move was to send registered letters to David J Jones of Palmer AK and the Bamboo Insurance Company of Midland, Texas. David's letter remained undelivered in the Palmer Post Office for two weeks, after which it was returned to me. The Bamboo letter made it to the PO in Midland where it was forwarded to "somewhere". That is the last record of the Bamboo letter.

Things seemed to be too simple, as in "missing something". Off to DMV to check. The nice lady looked over what I had and declared I had done everything I needed to do. She headed to her computer to print a title. As she sat down, she looked at the registration and said, "Wait a minute, there's a court lien on this truck." She also looked up the renewal tag serial number stating, "That tag doesn't belong on that truck." Red flags. Nice lady stated that there is only one person in the state who can release a court lien, producing a name and phone number. Next morning, I'm on the phone to another nice lady. New nice lady looked up the truck information, stating that the truck had been forfeited in 2009 for a DUI. The state had been looking for the owner and the truck for 14 years. She was sorry but there was no way to release the lien. She needed to know the location so she could send a wrecker from Palmer to take the truck to the State sale held each month. (This is the point at which I kick myself for being a nice guy.)

I felt that was a lot of expense and offered to drop the truck off at the local Trooper office. New nice lady thanked me. The next morning, we delivered the truck to two clerks at the Trooper's front desk, they didn't know how to handle such a thing as no one had ever brought a vehicle in voluntarily. They also didn't know how to drive a 6-speed standard transmission. The trooper knew how.

The State sale is held each month at a towing company's lot in Palmer. November 4<sup>th</sup> was the date the truck was to be sold. Monti and I decided to attend, knowing with our budget there was little chance we could get the truck. But we are always game for a learning experience. We also felt we could handle \$5,000. I've never in my life paid more than \$3,000 for a truck (I love farm sales and old trucks).

Got to the sale in time to poke around. Lots of vehicles, even a BMW and a Jaguar. A few tools and two motorcycles. And not many people.

Came time to sell the truck: The Auctioneer started the bidding at \$2,000. There is hope. But before I could raise my card the bid was at \$6,000 and going up. I folded my card and my tent. The truck sold for \$18,000. A 17- year-old truck for \$18,000.

As I was leaving, I heard two locals talking about how Jeff sure wanted that truck. I asked who is Jeff?

"Why the guy that bought the truck. Goes by Jeff or DJ Jones. One of them back to the land people living up back of Sutton."

"Ya doesn't like crowds and cops".

"Wonder what would bring him down here?"

**December  
2023**

# Sterling Senior Center Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 10:30a Exercise 1-3pm Quilts for Kids	<b>2</b> 10-2 Wood Carvers
<b>3</b> 10:30a Church 7p AA	<b>4</b> 10a Men's Bible Study 10:30 Exercise	<b>5</b> Quilts for Kids Dead- line	<b>6</b> 10:30a Exercise	<b>7</b> 12p Music 6p Cards/ Potluck	<b>8</b> 10:30a Exercise	<b>9</b> Break- fast w/ Santa 8am to 11am
<b>10</b> 10:30a Church 7p AA	<b>11</b> 10a Men's Bible Study 10:30 Exercise	<b>12</b>	<b>13</b> 10:30a Exercise 1:00p Book Club	<b>14</b> 12p Music 6p Cards/ Potluck	<b>15</b> 10:30a Exercise	<b>16</b> 10-2 Wood Carvers
<b>17</b> 10:30a Church 7p AA	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> 10:30a Church 7p AA	<b>25</b>	<b>26</b>				
<b>31</b> 10:30a Church 7p AA	<b>1</b> <i>Happy New Year</i> <b>CLOSED</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

# December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Buffet</i>	2
3	4 <i>Cabbage Soup</i>	5 <i>Beef Stroganoff</i>	6 <i>Fish Tacos</i>	7 <i>Gyros</i>	8 <i>Buffet</i>	9 <b>BREAK-FAST W/ SANTA</b>
10	11 <i>Brats &amp; Chili Dogs</i>	12 <i>Chicken &amp; Dumplings</i>	13 <i>Goulash</i>	14 <i>Burgers</i>	15 <i>Buffet</i>	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1					



**CLOSED**

## SASCI Lunch Menu

Service from 12pm to 1pm  
Mon-Fri  
Soup, Salad, Sides, & Dessert based  
on availability.



# Sasci



**Kenai Peninsula Carving Club**

1st & 3rd Saturdays  
10am to 2pm



34453 Sterling Hwy  
Sterling, AK



**Diamond Painting Class**

Starting in January

\$10



**Current December members, stop by for a free birthday lunch this month!**

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



**HAPPY BIRTHDAY**

**DECEMBER MEMBERS**

Wayne Anderson  
Carol Brassfield  
Marvin Brazington  
Bob Brink  
Art Brown  
Lorraine Clare  
Amanda Dowling  
Dave Fera  
Michael Gangloff  
Seth Gardner  
Charles Gillick  
Marcia Whitworth  
Gary Wood  
Morgan Gunder  
Reuben Hanke  
Kathy Haywood

Ann Koontz  
Bruce Laurie  
Gary Masuda  
Linda Mc Milin  
Kelli Nadon  
James Poole  
Reno Romanin  
Marcia Shea  
W. Mark Weigner





**Breakfast with Santa**

TAKE A PHOTO WITH SANTA!

**SAT, DECEMBER 9TH  
TIME: 8AM-11AM  
AT STERLING SENIOR CENTER**

**\$15** 34453 STERLING HWY  
STERLING, AK 99672

Pancakes, Waffles, Sausage, Bacon,  
Ham, Scrambled Eggs, Biscuits & Gravy,  
Hashbrowns, Coffee, Juice & Water

FOR MORE INFORMATION CALL US AT  
(907) 262-6808  
/www.sterlingseniors.org



# Tech Time

Tuesdays from 11:00 am to 1:00 pm

Tech time is available at the Kenai Community Library for anyone with basic technology questions. Appointments preferred, call 907-283-4378 to reserve your spot today.

**KENAI**



*Thank You*

**Give**  
CREDIT UNION 1

*Thank you Credit Union 1  
for the wonderful  
donation!*

**2023**

We are grateful for any and all donations (cash/check or in kind). They can be dropped off or mailed to:

**Sterling Senior Center  
34453 Sterling Hwy  
Sterling, AK 99672**

You can also donate by going online at  
<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E341471&id=8>

### QR Codes

1. Launch the Camera app.
2. Point your camera to the QR code you want to scan.
3. Your phone will recognize the code and display the relevant information



**SSCI Website**

**Instagram**



STERLINGSCENTER

# What is your first thought when you hear "DECEMBER?"

by Linda Joy

Is your first thought **CHRISTMAS?**  
**EXCITEMENT** for Jesus' birthday?  
 Or maybe **EXPENSIVE?** overspending?  
 Is it **DARKNESS?** Least amount of day-  
 light?  
 Or **TRAVEL?** maybe, if you're a snow bird.  
 Maybe **DEPRESSION?** Think about that.

Some have a hard time going into winter with the daunting realization there's nearly six months of the coldest temps ahead of us. My thought is, let's be aware of those around us. Watch out for one another. **REACH OUT!**

**PLAN SOMETHING!** Coffee is a universal welcome and a good excuse to get together. When someone invites you to coffee, it isn't because they're thirsty. It might be because they're cold, but more likely because they want to spend time with you.

People who don't even like coffee usually love the smell and the experience. It's the place, the people, and the passion. They will have hot chocolate or a smoothie or some beverage just to embrace the invitation to get together.

How warming to know someone wants to spend time with you to share a few thoughts on friends and fun, family and faith. The way I see it, you don't need an excuse to get together over coffee, but this is one of the best you'll find. Get on your thinking caps and brainstorm for ways to reach out and touch someone. It benefits everyone.

One winter we had a "P" Party to celebrate Gramp's birthday, always in the dead of winter, and while we also happened to be missing our oldest daughter and her husband who were working in Antarctica for the winter. The rest of the family came for the Party where we had Pepperoni Pizza, Pickles, (and Popsicles for dessert) before watching the movie "Mr. Popper's Penguins." The grandkids thought it was great fun and it was special for us grownups too, to just do something out of the ordinary!

Being an introvert myself, it's not easy to be outgoing. But I have found that the day is certainly much brighter when I'm sharing it with friends. Friends are indeed the sunshine of life.

Throwing parties over friendship. Rejoicing, honoring, applauding the wonderful people in our lives. Not for what they do, but for who they are and for what they mean to us. Not just once a year on a birthday, but as often as we can.

Before we know it, the winter months have passed and sunshine is melting the snow. Summer months will be here and we will have enjoyed building and strengthening friendships. I encourage you to be the sunshine in someone's life.



## STERLING SENIOR CENTER

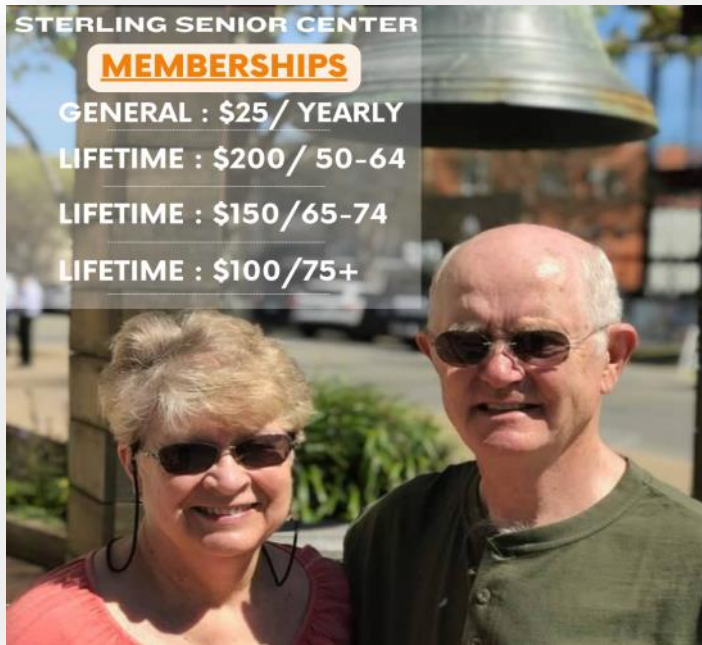
**MEMBERSHIPS**

GENERAL : \$25/ YEARLY

LIFETIME : \$200/ 50-64

LIFETIME : \$150/65-74

LIFETIME : \$100/75+



Marcia and I currently habituate two Senior Centers, Kenai and Sterling. Both have their pluses, and it's hard to pick a favorite; thankfully, we don't have to.

The two centers differ in one major area: Kenai is city owned and operated, whereas Sterling is member owned and volunteer operated (atleast that is my understanding, I'm sure someone will correct me if I'm wrong). In all other areas the two are similar: Competent staff, friendly members, a plethora of available services, nearby housing, Meals on Wheels and let's not forget—GREAT FOOD!

I have been a volunteer in one service organization or another my entire adult life: Jaycees, Kiwanis, Eagles, Elks, our Postmasters professional organization (both when active and now as retirees), and both senior centers. I currently sit on the board at Kenai for Senior Connections (the fundraising arm of the organization), and serve as Treasurer for the Endowment Trust Fund for Sterling. They say the best way to keep something is to freely give it away, a maxim we believe in and adhere to.

So why do we habituate one (Kenai) over the other (Sterling)? Simple logistics: Kenai is a ten-minute drive from our house on The Spur whereas Sterling is 30 minutes. But as long as we are able (and the weather cooperates) we promise to visit Sterling as often as we can.

See ya'll soon,  
Jerry Nassen  
Marcia Shea

**\$10-A-Month Club***Welcome New Members!*

- ***Robin Mc Crosky***
- ***James Weiss***
- ***Charlotte Sponsel***
- ***Ron Besel***
- ***Peggy Eymann***
- ***David Carroll***
- ***JoAnn Carroll***
- ***Dani Kebschull***
- ***Frank Turpin***
- ***Jacquie Turpin***
- ***Peggy Michielsen***
- ***Patty Weber***

**Please consider  
supporting S.A.S.C.I.  
by donating to the  
\$10-A-month club.  
Pay by the month or  
for a full year (\$120)**

**Join the club  
today!**



# Resources



## Senior BENEFITS PROGRAM

The Alaska Senior Benefits Payment Program pays monthly cash benefits to Alaskans who are age 65 or older and have low to moderate income.

### Senior Benefits Program Gross Annual Income Limit Effective 4/1/2023

The income limit changed April 1, 2023, due to a change in the Federal Poverty Limit.

Senior Household Size	\$250 monthly payment	\$175 monthly payment	\$76 monthly payment
Individual	\$13,658 (\$1,139 per month)	\$18,210 (\$1,518 per month)	\$31,868 (\$2,656 per month)
Married Couple	\$18,480 (\$1,540 per month)	\$24,640 (\$2,054 per month)	\$43,120 (\$3,594 per month)



## NEED HELP PAYING YOUR UTILITY BILLS?

The State of Alaska Residential Utility Assistance Program may be able to help with your heating or electric bill.

You may qualify if you make less than:

Family Size	Gross Monthly Income
1	\$2,123
2	\$2,861
3	\$3,599
4	\$4,335
5	\$5,073
6	\$5,811

For each additional household member, add \$737



Programs are open to renters and homeowners. Some communities may be served by a Tribal Organization. Please see the Heating Assistance website for a listing of which organization serves each community.

### For More Information:

Call: 1-800-478-7778

or

Download an application on the Heating Assistance website:

<http://heatinghelp.alaska.gov>

Accepting Applications  
October 1, 2022 –  
September 30, 2023

*Medical Equipment Lending*

**Incontinence Supplies**

## Commodity Supplemental Food Program (CSFP)

The Commodity Supplemental Food Program provides monthly commodity food boxes to low-income seniors in limited areas of the state. To apply, visit the [state website](#).

To qualify, you must be a Senior age 60+ and meet the income guidelines.

To Apply, print the Alaska CSFP application. [Click here for application.](#)

(The Senior Center has the application available, just stop by to obtain)

Complete the application with current information

Call the nearest food bank for directions on how to submit your application.

(Kenai Peninsula Food Bank - (907) 262-3111)

Federal household amount \*

18210

Household member increment amount \*

6430

PFD amount \*

3284

Household Size	Federal Guideline	Seniors 130%		PFD	
		Annual	Monthly	Annual	Monthly
1	\$18210	\$23673	\$1972	\$3284	\$273
2	\$24640	\$32032	\$2669	\$6568	\$547
3	\$31070	\$40391	\$3365	\$9852	\$821
4	\$37500	\$48750	\$4062	\$13136	\$1094



# Advertisements



## ADVERTISE WITH US .

You can place an ad in this

N e w s l e t t e r .

For \$75 per year your business ad will run in the newsletter monthly or, for \$25, you can run an ad for a 4

-month consecutive period. Call (907) 262-6825 to discuss placing your ad in the S.A.S.C.I. newsletter.



### Lady Shriner's Tugi II Unit

A Nonprofit organization in Alaska for over 50 years supporting the Shrine Hospitals for Children and Anchorage Outreach Clinic at Providence.

Beverly 254-913-3348

For Membership and/or Shrine Care for Children.

orcatheater.com

**ORCA**  
THEATERS  
Soldotna, Alaska

MILITARY DISCOUNT  
Senior Citizen Discount Day  
Tuesdays

35493 K B Dr  
Soldotna, AK  
907-262-7003

\$5 Wacky Wednesday  
Wednesdays

# SAVING CANS

**Tugi II Shriners** are collecting **soda cans** for the **children's hospital**. We have set up a collection area near the fridge if you would like to donate to the cause.