

Sterling Senior Center Newsletter

www.sterlingseniors.org - (907) 262-6808

Center Hours: Monday - Friday 9am to 3pm



Mission Statement

The well being of members
A sustainable organization
Recreation and Relaxation opportunities
Good community relations
Visitor information and referral.

S.A.S.C.I. Information



Main (907) 262-6808

Front Desk Volunteers

Deb -
Donna-
Sharon-

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

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

sterlingsrcenter

SASCI Administration & Meetings

SASCI Board of Directors

President
Dale Lundell
Vice President
Deb Moody
Secretary
Sandy Bailey
Treasurer
TBD
Trustee
Susan Gilbertson
Trustee
Pam Thomas



Endowment

Meet our

Guest SPEAKER



Bob Brink

January 10th
1pm

Bob Brink will be discussing charitable donation strategies and fiduciary responsibilities. All are invited.

SASCI Board
Work Session
1st Wednesday (Monthly)
January 3rd
@ 1pm

General Membership Meeting

2nd Wednesday (Quarterly)

*March/June/September/
December*

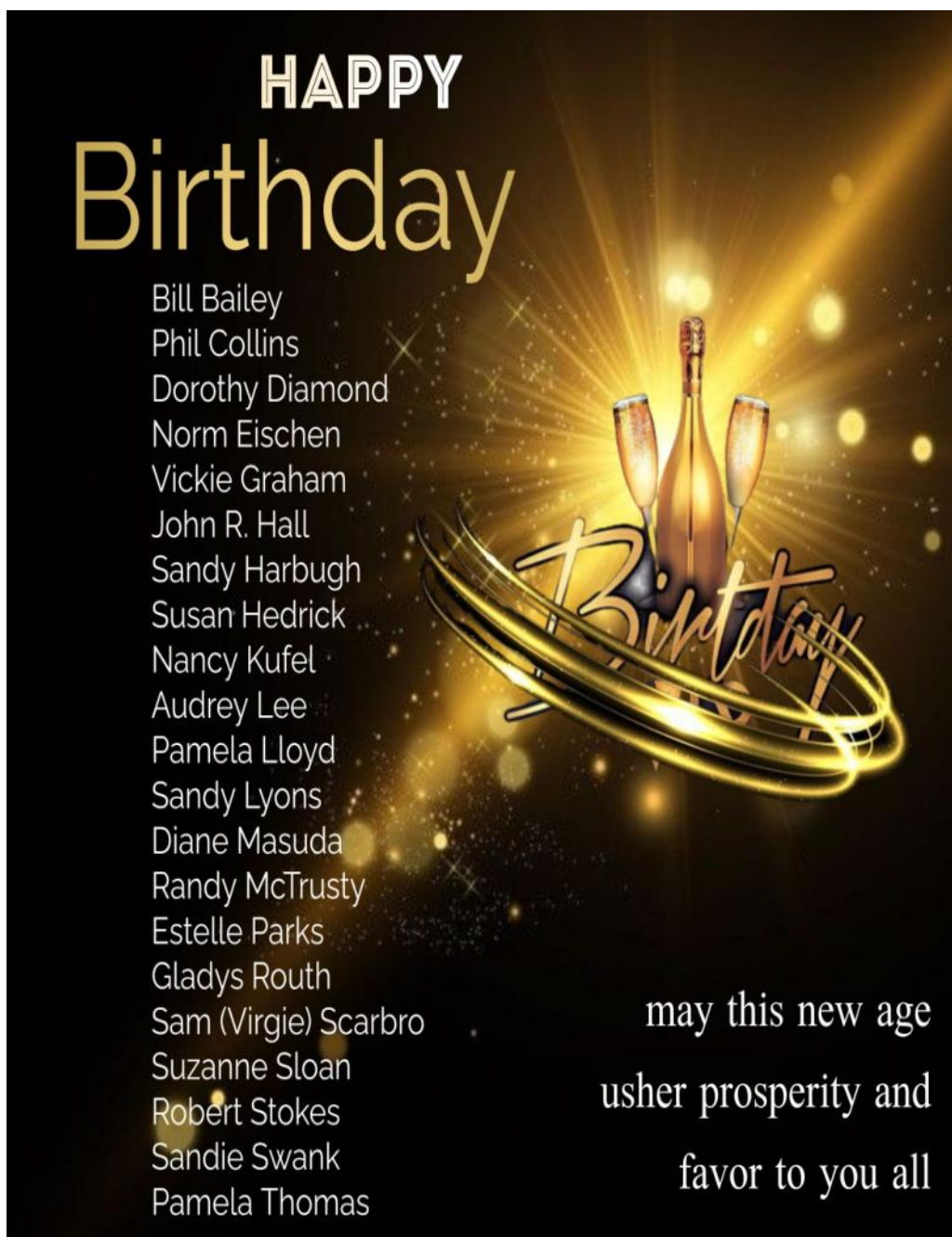
March 13th

SASCI 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

Happy Birthday!

Current January members...



Don't Forget your free birthday lunch this month!

~Will's Ramblings~

Cars!

I am a male, so people expect me to be into cars and working on them. But I really do not like working on cars.

Even though I don't like to work on cars, like most Alaskans, I end up working on them for many reasons. A couple weeks ago the little car needed a tire topped off with air. When done, I left the car sitting in front of the shop.

That evening Monti looked out the window and said, "You left the car lights on". Well, I was sure I had not, but said "Yes dear, I'll check on it." Sure enough, she was right again. (Hate it when that happens.)

Lights were on. I pushed, twisted, and slid everything I could grab. To no avail, the lights stayed on. Finally, it being evening, I disconnected the battery. I'll deal with the problem in a couple days.

Two days later, hooking up the battery, the lights stayed off. That is good but the car would not idle. I had to hold the gas pedal partway down to limp the car over to its normal parking place.

Monti and I went to town. When we came home the car lights were on.

Disconnected the battery. No idea where to look for the problem so will again, think about the problem in a couple days.

Break in the story. The tractor blew a fuel line, leaking a quantity of diesel fuel across the shop floor. Kitty Litter took care of that problem, so back to the car problem.

With no clue where to start, I decided to talk with neighbor Paul. Neighbor Paul knows about everything mechanical.

When I arrived at Paul's place, his son Doug (age 40 something) was there playing on his cell phone.

After explaining the problem, Paul just said, "I have no idea, but Doug will have an answer in a minute".

Doug finally put his phone away, saying "One guy posted it was a weak key fob battery sending a wrong signal. Another posting said to exchanged relay 45 and 46". Great! Now all I had to do was to figure out where relays 45 and 46 are.

But first the far-out idea of a key fob.... I was not sure the car ever had a key fob. Monti has a bag, hanging by the door, where old keys are deposited. Upending the bag found three fobs of unknown origin. Removed the batteries from all three.

The car is the third car in a two-driver household so is not used regularly. Car sat for a couple weeks after the key fob caper. Dead battery, due to missing a dome light left on. My bad! Car runs fine. Who would have figured out a bad key fob?

PS: Monti went to town in the car with the dog. Said dog was left in the car alone.

Dog locked the car. The electronic key locks are rusty and will not operate. Two hours later, and four people working on the problem, the car was opened, and the dog set free.

Have I mentioned that "I hate working on cars."?

January 2024

MON	TUES	WED	THU	FRI
1 Sorry WE'RE CLOSED	2 Batter Fried Cod	3 BBQ Pork Ribs	4 Chicken Fried Steak	5 Buffet
8 Open Faced Turkey Sandwiches	9 Brats Kraut/Onions	10 Chicken Cordon Bleu	11 Hamburger	12 Buffet
15 Sorry WE'RE CLOSED	16 Meatloaf	17 Creamed Chicken Over Biscuits	18 Pork Chile Verde	19 Buffet
22 Tater Tot Casserole	23 Brunch	24 Chinese Orange Chicken	25 Sloppy Joes	26 Buffet
29 Chicken Alfredo Lasagna	30 Grilled Pork Chops	31 Fried Chicken		

SASCI Lunch Menu

Service from 12pm to 1pm



Mon-Fri

Soup, Salad, Sides, & Dessert based on availability.


Members \$10

Non-members \$12

January Activities


SUN	MON	TUE	WED	THU	FRI	SAT
	1 10a Men's Bible Study 10-30a Exercise 4-30p T.O.P.S.	2 1pm Diamond Painting Class	3 10-30a Exercise 1p BOD Meeting	4 10-30 Craft Group 12p Music 6p Potluck/Cards	5 10-30a Exercise	6 10a Wood Carving
7 10-30a Church 7p AA	8 10a Men's Bible Study 10-30a Exercise 4-30p T.O.P.S.	9 1pm Diamond Painting Class	10 10-30a Exercise 1p Book Club	11 10-30 Craft Group 12p Music 6p Potluck/Cards	12 10-30a Exercise	13 8-30-11a Breakfast
14 10-30a Church 7p AA	15 	16 1pm Diamond Painting Class	17 10-30a Exercise	18 10-30 Craft Group 12p Music 1p Caregiver Support Group 6p Potluck/Cards	19 10-30a Exercise	20 10a Wood Carving
21 10-30a Church 7p AA	22 10a Men's Bible Study 10-30a Exercise 4-30p T.O.P.S.	23 1pm Diamond Painting Class	24 10-30a Exercise	25 10-30 Craft Group 12p Music 6p Potluck/Cards	26 10-30a Exercise	27 11a-4p Student Winter Art Market
28 10-30a Church 7p AA	29 10a Men's Bible Study 10-30a Exercise 4-30p T.O.P.S.	30 1pm Diamond Painting Class	31 10-30a Exercise			

ACTIVITIES



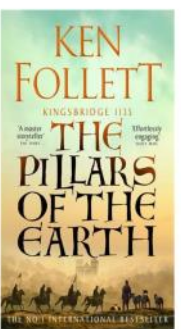
Kenai Peninsula Carving Club

1st & 3rd Saturdays
10am to 2pm



34453 Sterling Hwy
Sterling, AK

Book Club



Current Book

Discussion
January 10th
1:00pm

Diamond Painting Class



Tuesdays @ 1pm



\$10

NEW CRAFT GROUP

THURSDAYS
10AM - 1PM



Group Projects or
Bring your Own
FELLOWSHIP AND FUN

CARDS/DOMINOES/SCRABBLE

STERLING SENIOR CENTER

GAME
night




THURSDAYS
6PM

POTLUCK

MEN'S Bible Study

10:00 AM-12:00 PM
EVERY MONDAY
IN THE FORMER CRAFT AREA



WWW.STERLINGSENIORCENTER.ORG



MON, WED, FRI

EXERCISE CLASS

10:30
SENIOR EXERCISES

JOIN NOW
Sterling Senior Center



MUSIC WITH LINDA



Lunch Time
34453 Sterling Hwy
Sterling

AA

RECOVERY IS A PROCESS.

STAY SOBER AND LEARN TO TAKE IT ONE DAY AT A TIME.

SUNDAYS AT 7PM

STERLING SENIOR CENTER
34453 STERLING HWY
STERLING

EVENTS

STERLING SENIOR CENTER
PRESENTS
BREAKFAST

January 13th



\$15

2ND SATURDAY

8:30AM - 11AM

FOR MORE INFO PLEASE CALL:

907-262-6808

34453 STERLING HWY STERLING, AK 99672

JANUARY 27, 2024
STERLING SENIOR CENTER
11AM-4 PM

MARY MILLER

art

PRESENTS



1ST
ANNUAL



STUDENT
winter

art market

MARY MILLER ART
STUDENTS
18 & UNDER
WILL HAVE THEIR

ART

DISPLAYED

FOR SALE.

SUPPORT

OUR

LITTLE

LOCAL

ARTISTS

The senior center will have food available for sale, bake sale by donation, silent auction, with items donated by local businesses, all to benefit the Sterling Senior Center.

STERLING SENIOR CENTER

MEMBERSHIPS

GENERAL : \$25 / YEARLY

LIFETIME : \$200 / 50-64

LIFETIME : \$150 / 65-74

LIFETIME : \$100 / 75+

**\$10-A-Month Club**

- **Mary Mc Anelly**
- **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**

We are grateful for 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?>



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)

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.

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.



Medical Equipment Lending



Incontinence Supplies



Independent Living Center

Kellie Bartelmay

IL ADVOCATE

47255 Princeton Avenue #0
Soldotna, AK 99668

Phone: (907) 262-6333

Fax: (907) 260-4495

kbarlmay@perinstitute.org

www.perinstitute.org

Information and Referral

ILC provides information on disability related issues and referral to other agencies, businesses and organizations appropriate to meeting individual needs and requests.

Advocacy

Be empowered to resolve conflicts and find solutions with guidance and assistance from ILC! Through individual and systems advocacy, ensure that you, as a person living with disability, receive equal access and opportunities.

Daily Living Skills

Receive support in training to learn new techniques and skills that can improve the quality of your everyday life.

Peer Support

Enjoy the exchange of knowledge and useful information and allow others the benefit of your experience by participating in ILC facilitated activities and discussions.

Nursing Home and Assisted Living Home Transition

Assistance and support are offered to individuals transitioning from institutional care into a more independent living situation of their choice.

School Transitions

ILC can offer support to students with disabilities that are nearing completion of high school or GED. We can help you figure out what reasonable accommodations look like in a post high school environment, and what services and benefits are available to you to help you plan for success.

Americans with Disabilities Act

Staff provides guidance and technical assistance regarding disability rights and accessibility issues under the ADA, a law enacted to prohibit discrimination against people with disabilities in employment, state and local government program and facility access, public accommodations and telecommunications.

KNOW YOUR RIGHTS!

Supported Transportation Program

ILC assists individuals in meeting transportation needs by offering lower cost options for people who cannot drive due to their disability.

Community Closet & Assistive Technology

An inventory of used equipment, aids and devices is available to meet temporary and long term everyday needs through ILC's low-cost equipment reuse program. ILC also has a range of assistive technologies for individuals to try before they buy! ILC staff can assist consumers with obtaining equipment and training.

Aging and Disability Resource Center

ILC offers one-stop access to information and resources for Alaskans who are aging or experience disabilities and need long term services and supports. ILC can provide information and referral assistance, options counseling, and service coordination.

Vision Services Program

A variety of services are available for persons experiencing significant vision loss or blindness. ILC coordinates with certified professionals to provide in-home low vision assessment and mobility training and assists consumers in obtaining vision aids and other services that improve quality of life.

DDRC Program

Developmental Disabilities Resource Connection provides assistance to individuals, with intellectual and developmental disabilities and their families, to access local resources and other services available through the State of Alaska.



TRAILS Program

TRAILS offers participant driven, inclusive recreation opportunities. Year-round adventures and activities are open to persons of all abilities.



ILC is a nonprofit organization serving people and families living with disabilities. The majority of ILC staff and Board of Directors experience disability



Promoting choice, independence, and quality of life for persons and families living with disabilities.



CREDIT UNION



Lady Shriner's Tugli 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.

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.

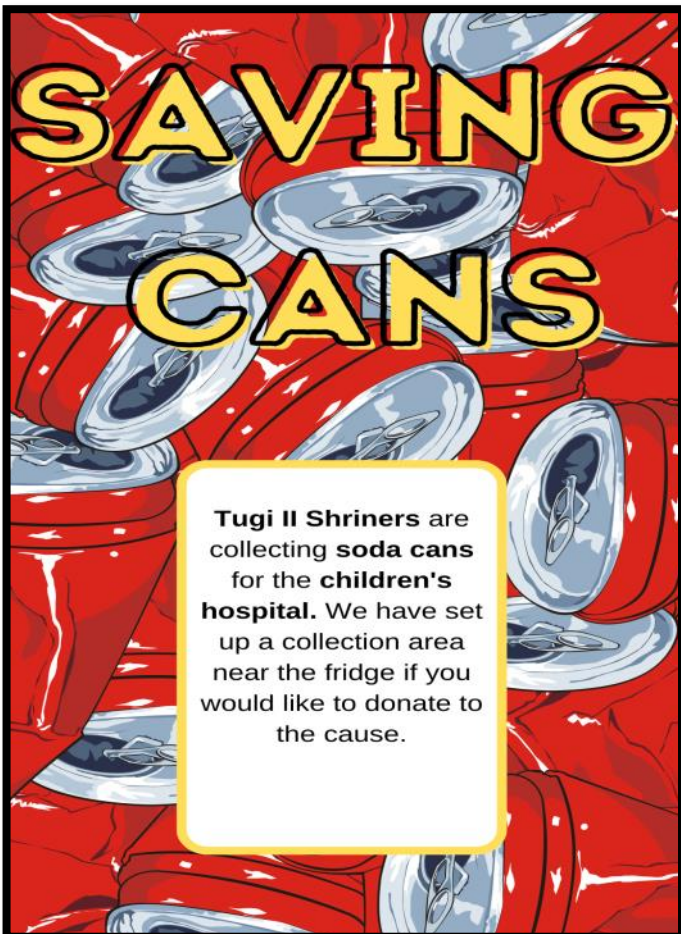


STOP BY FOR COFFEE & FREE BREAD

- Hot coffee
- Free bread

MONDAYS

09.00 Am - Gone



Tugli 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.