

SEWARD SENIOR CENTER RESURRECTION TIDINGS May 2026



FROM THE DESK OF THE EXECUTIVE DIRECTOR-

Every May, we celebrate older Alaskans in observation of Older Americans month, by reaffirming our commitment to serving older Alaskans here in Seward and Moose Pass. This year's theme is "Champion Your Health" by focusing on prevention, wellness and personal responsibility as cornerstones of healthy aging. Staff take an active role in program development that aids you to take a more active role in managing your own health by providing fresh and whole foods during the daily lunch program or serving directly to the home of elders who no longer have the capacity to travel to the center. This level of services help you fight off the common cold and provide you with the necessary vitamins, minerals and nourishment that strengthen your ability to bounce back after an injury, surgery or an age-related disease. We lead the state in supporting fitness programs that help you stay flexible, increase your oxygen intake and provide you with better balance, all supporting your physical independence, self-confidence to go the extra steps or mile and create a sense of community as you join others in the fitness room. Community partnerships bring education and resources to the center monthly, that bring you preventive services that encourages self-advocacy. You will find exciting and fun Older American Month activities in and around the center, as our community partners want to celebrate you too: half price Resurrection Bay Tours with Kenai Fjord Tours; Healthy Jell-O snacks demonstration with Stacy Lane of the Cookery; weekly raffle prizes and daily affirmations from our fitness instructors and staff. Staff will continue to help you make informed decisions that support independence every day of the year. That's our promise to you.



Respectfully,

Dana Paperman

**Dana Paperman
Executive Director**

MISSION STATEMENT

To ensure honor, dignity, security, and independence for older Alaskans through support services that assist them in maintaining meaningful, and quality lives.

Special Events

Friday May 1st 10-30AM

Plant Wheatgrass for Seward Pets!

Thursday May 7th 11AM

Healthy Jello Presentation

Thursday May 14th 1-15pm

Heart Like A Mountain
Adventure Series Presentation

Friday & Saturday May 15th & 16th

Mermaid Festival!

Wednesday May 20th 12-15PM

Scam Presentation
Adult Protective Services

Saturday May 23rd 8am-12pm

Health Fair
AVTEC Gym

Happy Older Americans Month!

Half off KFT Resurrection Bay
Tours. See page 3 for more info.

In Memorial



BOARD OF DIRECTORS

2026

Rhonda Spurr, Chair
JJ Kaiser, Vice Chair
Dolly Wiles, Secretary
Robert Rich
Patrick Guilfoyle
Eric Clock
Maria Strickland
Andrea Rodriguez

STAFF

Dana Paperman
Executive Director
seniors99664@gmail.com
Cosmo Andersen
Program Manager
sewardseniors336@gmail.com
Todd Mashlan
Executive Chef

HOURS OF OPERATION

MONDAY - FRIDAY
9:00 AM - 4:00 PM

Contact

P.O. Box 1195 Seward, AK
99664
907-224-5604
www.sewardsenior.org
Facebook:
facebook.com/sewardseniors



Happy Birthday!

WE CELEBRATE YOU WITH A CAKE AND A HAPPY BIRTHDAY SONG!

THE 1ST WEDNESDAY OF EVERY MONTH

Maureen Callahan, Sharon Ganser, Dr. Warren Huss,
DDS, Mike Little, Sig Novak-Stoltz, River Sheldon,
Dana Abdalla, Mick Sela, Bill Merritt, Arne Hatch,
Micheal Hibbett, Bruce Hagen, Dona M Walker,
Wilhelmina E Hansen, Tom Callahan, John Minniti,
Linda Lasota, Chae Kang, Keith Gaither, Mike
Majewski, Jim Pemberton, Kate Glaser, Charlie
Ebenschweiger, Charlotte E Philemonof, Francisco
G Benavente, Dana J Mclellan, Sonya D Francis,
Ireland Hicks, Karen Cooper McLoughlin, Robert
Wessel, Theresa Calhoun-Battles, Shirley Ireland,
Jay Jackson

**We thank the Huetts
for sponsoring a delicious birthday cake!**

Reflecting on April with gratitude and special thanks to

The Alzheimer's Association for their presentation on 4/7

Sharon Ganster for finishing her 4th Bingocize Season!

Dr. Jerry Fkynn for providing Doc Talks every month.

Dano Michaud & Harold Faust for Adventure Series Presentation on 4/23.

We love our volunteers!

Thank you for all that you do!

Front Desk Volunteers: Mary Huss, Bonnie Apperson, Karen Sefton, Margie McEldowney, Marlane Broughton, Rhonda Milton, Valerie Rose, JJ Kaiser

SAFE-D /CSFP food boxes: Mormon Elders, Robert Rich, Patrick Guilfoyle

Meals on Wheels: David Leech, Justin McMurray, Shannon Thorn, Paul Paquette, Art Lemaster, Mark Lutrell, Keith Gaither, Bruce Hagen, Terry & Jeff Estes, Elder Holbrook, Elder Harty, Melody Hatch, John Spurr, Sheila & Al Lamberson, Kevin Lee, Elizabeth Johnston, Jess Hettwer, Danny & Emma Seavey, Victoria Jackson, Ireland Hicks, Sarah Fink, Robert Coleman

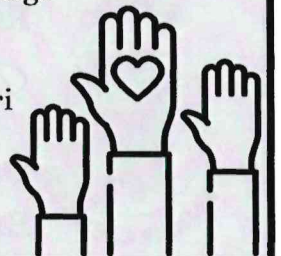
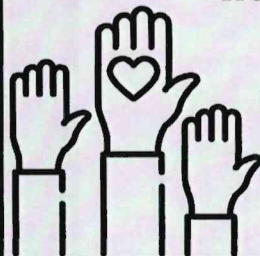
Treats & Coffee: Karen Sefton and Marie Gage

The Arts: Carol Souza, Sean Ulman

Bingo: Cynthia Chorzempic, Laura Perri

Kitchen: Joe Lompe and Steve Nicolas

Recycling: Elias Jordan



Five and Dime Club

These contributors provide the center with unrestricted funds to support and continue the mission of the center. Their tax-deductible donations ensure the success of all services that the Senior Center provides.

- | | | |
|--|--------------------------------|---------------------------------|
| Karen & Jim Sefton | Mark & Sharon Ganser | Dixie & Eric Landenburger |
| Jaime Atherton | JJ Kaiser | Jim & Chris Sheehan |
| Deb Dixon | Dolly Dieter | Paul & Sharon Ruppel |
| Randy Gillen | John & Rhonda Spurr | Charles & Laura Marshall |
| Warren & Mary Huss | Judith Christiansen | Pioneers of Alaska, Igloo 9 |
| Lee Likit | Bruce & Carole Jaffa | Chugach Native Shares |
| Delbert & Carmen Dunham | Paul & Lynda Paquette | Judy Calhoun |
| Rotary Seward | Bev Dunham | Mark Kansteiner & Colleen Kelly |
| Ben & Rosella Ikerd | Sheila Morrow and Al Lamberson | Ellen Obrien & Rick Smeriglio |
| Bill Hearn | Mira Banic | Peter Stark |
| Charles & Teri Arnold | Sue McClure | Dr. Rob Reeg |
| Lois Daubney | Kathleen Boulette | Dr. Michelle Hensel |
| Tom & Sharon Irvin | Dr. Mike & Maya Moriarty | Jean Schwafel |
| Peggy Jackson | Bob Hunt & Alice Chen | Kathy Turnbull |
| Charles & Laura Marshall | Jonathan & Linda Sewall | Susie Urbach |
| International Longshoremen & Warehousemen Union, Unit 60 | Qutekcak Native Tribe | Ralph and Linda Mock |
| Dot Bardarson | Jim & Kathy Fredrickson | |
| Phyliss Shoemaker | Dennis and Yonny Murphy | |
| Fred Moore | Sharyl Seese | |
| | Carol Ann Lindsey | |



This winter your dedicated funds supported memorial flowers and Bingocize prizes.

Thank you for your financial support!

ENDOWMENT FUND

April Donors

In Memory of James and Judy Burge

The SSC Endowment enables the center to invest your financial donations into long term investments, managed by the Alaska Community Foundation. The fund provides the center with a financially valuable future asset, to ensure a continuation of services, assisting with operations or capital improvements. Your financial gift will keep on giving today and tomorrow. Think of the center when you are in a conversation about legacy giving, which helps us help others.

THANK YOU FOR INVESTING in senior services!

SSC VALUE: \$455,000
Your Contributions: \$331,315

Happy Older Americans Month

Kenai Fjord Tours Pursuit is partnering with us to provide you with half off the Resurrection Bay Tours through the entire month of May!

Call **907-224-4541** to book-make sure to mention you are a Seward Senior to receive the special discount.

Payment will be processed at the time of booking.

Donate to the Seward Senior Center to Support Senior Services in our local area



Online
at

www.sewardsenior.org/donate

SCAN HERE

Seward Community Health Center

Enroll in insurance, Medicaid, State of Alaska Benefits, Sliding Scale Discount Program, Services Referrals.

All free!

Call 907-224-2273

opt. 3 for more information.

Doc Talks

With Dr. Jerry Flynn
from Lacuna Family Medicine

May 7th

12:15pm

at the

Seward Senior Center

Chat about your health concerns or get tips for healthier lifestyles.



INDEPENDENT LIVING CENTER

at the Seward Senior Center

every **3rd Thursday**

May 21st

11:30am - 12pm

(907) 224-8711



FREE Brain Injury & Concussion Consultations, Vision Impairment Medical Supplies,

Free Essential Services Shuttle

Weekly transportation for errands every **Monday through Thursday 8 AM - 12 PM.**

Runs on a scheduled route.

You can also schedule pickups from your closest main intersection.

please call or text (907) 491-1364 to book your ride in advance!

Want to learn more about you or your beloved's brain health?



Call us at

(907) 224-5604

to learn more.

Scan this code to visit

<https://mybrainguide.org>

Adult Protective Services Scam Presentation

by Sheila Jacobsen

Wednesday May

20th at 12:15pm



...Pass it ON

Senior Benefits Program

pays cash benefits to Alaskan seniors who are age 65 or older and have low to moderate income. Cash payments are \$125, \$175, or \$250 each month depending on other income. Apply Via Contact Center **(800) 478-7778**

Medicare or Social Security questions?

For local assistance with your retirement health insurance and retirement benefits contact Seward Senior Center Medicare counselor

Dana Paperman (907) 224-5604
Seniors99664@gmail.com

Gait Analysis

5-10 Minute Gait Analysis to help identify irregular patterns and improve efficiency in walking or running.

May 27th 1pm

with **PTA Mark Venhaus**



Grief Counseling

By request through Seward Area Hospice. You can meet at their office, or from the comfort of your own home. **10am - 4pm Tuesday - Friday**
Phone: (907) 224 - 3051
Email:

info@sewardareahospice.org

Free Round-Trip Rides to the Seward Senior Center

Call Red Taxi Monday-Friday from 9am-4pm to schedule your ride from home to the Senior Center.
(907) 224-2727

Funded by:  **Providence**
Alaska Foundation

Alzheimer's Association®

Around-The-Clock Alzheimer's Disease Information and Support
24/7 Helpline: **(800) 272-3900**
make a call to the helpline to experience improved mental health, be better able to manage emotions, access resources and engage in action planning.



sewardseniors336@gmail.com

Do you want to see a new Social Services Program at the Seward Senior Center?

Talk to Cosmo-our new Programs Manager!

Available at the SSC Monday-Friday 9am-4pm



(907) 224-5604

Bingorama

First Friday
1 pm
with the
Qutekcak Native Tribe



Pastels Class

Every Tuesday
1pm-4pm
with Carol Souza
at the
Seward Senior Center

Senior Voice is published monthly by Older Persons Action Group, Inc., advocating statewide for Alaskans age 50 and older. Paper copies for our clients are available every month. It is also available online: www.seniorvoicealaska.com

Seward Strings

Come play music with us!

Every Monday

1pm-4pm

at the

Seward Senior Center

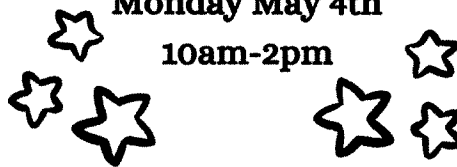


May the 4th be with you!

We will stream the Artemis 2 astronauts return to Earth after their historic moon mission. This is a 4 hour long feature.

Monday May 4th

10am-2pm



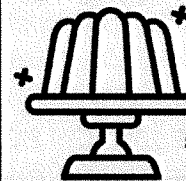
Healthy Jello

Tuesday May 12th 10:45am

Learn the art of healthy cooking with Gelatin.

Stained Glass Jello Demo with Stacy Lane

A variety of healthy gelatin snacks will be shared.



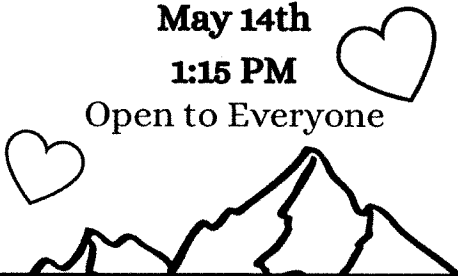
Heart Like A Mountain

Adventure Series Presentation by Suraj Holzwarth, Author

May 14th

1:15 PM

Open to Everyone



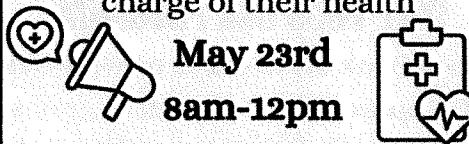
Seward Community Health Fair

Alaska Health Fair, Inc health fairs bring neighbors together to help neighbors take charge of their health

May 23rd

8am-12pm

Stop by our table to say Hi!



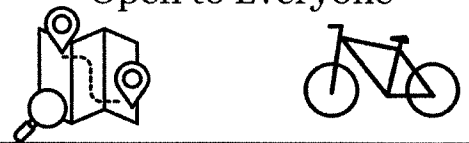
Exploring Asia by Bicycle

Adventure Series Presentation by Linda Lynch

May 21st

1:15 PM

Open to Everyone



Mermaid Festival Weekend

Family fun including craft vendors, food trucks, costumes, and live music at the harbor. No charge for admission to this community event!

Friday and Saturday

May 15th and 16th



Plant Wheatgrass

Help us with planting wheatgrass for your pet! Extra plants will be donated to the Seward Animal Shelter

May 1st 10:30 AM



Water Aerobics

Swim at the pool!

Monday, Wednesday, & Friday
12pm-1pm

Sunday 5:30pm-6:30pm

Seniors: \$5 Adults:\$6

Punch Card: \$55 (Save \$5)

Call the pool with questions:

(907) 224-9050

Do you want to see a new Recreation Program at the Seward Senior Center?

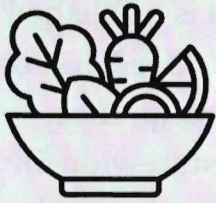
Talk to Cosmo-our new Programs Manager!
Available at the SSC Monday-Friday 9am-4pm



sewardseniors336@gmail.com



(907) 224-5604

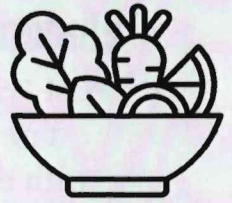


Fresh, delicious, and healthy meals are served daily.

Noon to 1:00pm in the dining room / Coffee on at 9:00am.

Under sixty and out of town visitors: \$14.00

Seniors Free Will Donation: \$7:00



MEALS ON WHEELS



Seward Senior Center offers nutritious lunches delivered by volunteers Monday-Friday

We can provide daily lunches temporary or long-term.

Contact the SSC office at

907-224-5604.

to qualify:

- Age 60 or above (or the senior spouse of any age)
- Physically and/or mentally incapacitated (i.e., long-term illness, surgery or bedbound).
- Unable to prepare nutritious meals.
- Lack of Informal supports (i.e., no relative or friend who can assist with meal preparations)

TAKE A VET TO LUNCH!

Lunch at the Senior Center is free to all Veterans and their spouses.

AT THE LEGION POST 5:

FREE Community Breakfast 9:00 – 11:00

2nd Saturday & 3rd Sunday

of the month

May 9th and 19th

Community Bingo (\$) Mondays 6:30



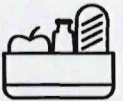
HE WILL PROVIDE FOOD PANTRY

Every Thursday

238 5th Ave

3pm-6pm

Seward, Alaska 99664



Entrance is the back of the basement of the City Annex building.

This is an emergency assistance food pantry.

There is a free Food Pantry Shuttle

please call or text (907) 491-1364

CSFP FOOD BOX PROGRAM

we work in partnership with Food Bank of Alaska to provide older adults (60+) with a monthly food box which include USDA-approved foods such as grains, proteins, dairy, fruits, and vegetables and are designed to supplement their diets

Eligibility for the CSFP food box program:

Must be 60 and older with a monthly income of \$2494.00 or less.

Apply at the office for monthly 40 # box of shelf stable food.

Distribution Time

2nd Thursday of the month

May 14th

1:30pm to 2:30pm

Senior Center Basement

FOOD BANK of ALASKA



Prepacked Food Box Program

we work in partnership with Food Bank of Alaska to provide older adults (60+) with a monthly 15 pound food box which include USDA-approved foods.

Eligibility for the CSFP food box program:

Must be 60 and older



Distribution Time

2nd Thursday of the month

May 14th



1:30pm to 2:30pm

Senior Center Basement

FOOD BANK of ALASKA




Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAIL	SAIL	SAIL	SAIL	SAIL
Rachel Dow 9:30-10:30	Rachel Dow 9:30-10:30	Rachel Dow 9:30-10:30	Rachel Dow 9:30-10:30	Rachel Dow 9:30-10:30
TAI CHI	TAI CHI		TAI CHI	
arthritis Mary Ann Benoit 1:30-2:30	arthritis Mary Ann Benoit 1:30-2:30		arthritis Mary Ann Benoit 1:30-2:30	
TAI CHI	TAI CHI		TAI CHI	
for health Mary Ann Benoit 2:45-3:45	for health Mary Ann Benoit 2:45-3:45		for health Mary Ann Benoit 2:45-3:45	

An enrollment and medical intake form is required prior to participating in our exercise programs

AVTEC Walking Hour
 * in the gym
 AVTEC * * * 419 4th Ave
 Seward, AK 99664
Monday-Friday
11am-12pm



Can't join us in person for fitness class?
 You can Zoom in for fitness class with this link!



S.A.I.L. & Tai Chi Online
<https://us06web.zoom.us/j/83911136726>

BENEFITS OF EXERCISE PROGRAMS

<p>Immediate:</p> <ul style="list-style-type: none"> • Improves sleep quality. • Reduces feelings of anxiety. • Reduces blood pressure. 	<p>Long-term:</p> <ul style="list-style-type: none"> • reduces risks of developing dementia (including Alzheimer's disease) and depression. 	<ul style="list-style-type: none"> • lowers risk of heart disease, stroke, and type 2 diabetes. • lowers risk of 8 cancers (bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach).
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The Iditarod Trail

The history of the Iditarod Trail began in 1908, when the Alaska Road Commission sent a party to survey a winter mail trail from Seward to Nome. The Commission was established by Congress in 1905 to build roads and trails in Alaska.

The Discovery of gold in the Iditarod District on Christmas Day, 1908 led to the last great gold rush in Alaska.

Because of increased traffic over the trail from Seward to the Iditarod District, the Road Commission provided for the improvement of the condition, alignment, and marketing of the trail from Seward to Nome in 1910-11.

Thousands of people and tons of supplies, mail, and gold went over the trail until the late 1920s when mining declined and the airplane replaced the dog team.

In 1978 Congress designated the Iditarod Trail from Seward to Nome as the first National Historic Trail.

The First Mile of the Iditarod National Historic Trail

Enjoy the magnificent scenery along the trail and the interpretive signs about the flora, fauna, and history of the Seward Area. Special points of interest include:

A. Trail Blazers Statue. Erected in 2012 by the Seward Iditarod Trail Blazers, commemorates Seward's important role in the history of the Iditarod Trail.

B. Historic Alaska Railroad Depot and Hoben Park. The depot, built in 1917 at the foot of Adams Street, was moved next to Hoben Park in 1928. It served as the Alaska Railroad Depot until the 1964 Alaska Earthquake.

C. Jujiro Wada Statue. Erected in 2016 by the Seward Iditarod Trail Blazers. Honors this Iditarod Trail Pioneer

D. The Founders's Monument commemorates the founding of Seward in 1903.

E. The Mile Zero Sign of the Iditarod National Historic Trail from Seward to Nome.

F. Remains of the 800 foot U.S. Army Dock built in 1943 and destroyed by the 1964 Alaska Earthquake.

G. Japanese Gazebo. A gift from Seward's sister city-Obihiro, Japan. It is a wonderful place to sit and enjoy the beauty of Resurrection Bay, and to think about the mail carriers and prospectors leaving Seward for the long trip to Iditarod.

H. Scheffer Creel Bridge overlooks a popular fishing and wildlife viewing area.

I. Kenai Fjords National Park Visitor Center. Stamp your National Park Passport here with an Iditarod Trail Mile 0 stamp.

To learn more about the Iditarod Trail visit the **Seward Community Library and Museum** at 239 Sixth Avenue.

The Seward Iditarod Trail Blazers

The Trail Blazers oversees the location, construction, maintenance, and promotion of the Iditarod National Historic Trail from Seward to Girdwood.

Over the years, the Alaska Railroad and the Seward Highway overlaid parts of the original trail between Seward and Girdwood. The main goal of the Seward Iditarod Trail Blazers is to reestablish a continuous alternative trail between Seward and Girdwood. With help from the Chugach National Forest, much has been done, but there are still gaps in the trail that need to be completed.



**Membership Information at:
Seward Iditarod Trail Blazers
PO Box 1923, Seward AK 99664
sitblazers@gmail.com**

What is a QR Code?

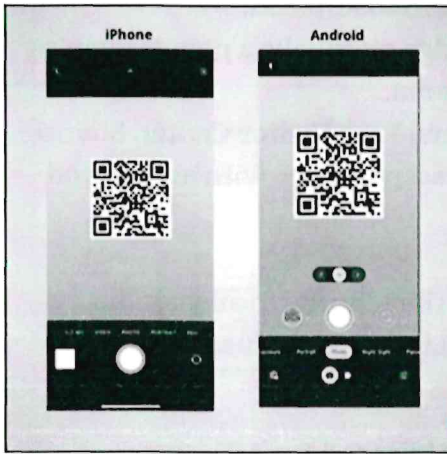
A QR code is like a barcode.

Just like you would scan a barcode for information like a price check or to check out of a store,

The difference here is that you use your smartphone or tablet to scan, using the built-in camera app.

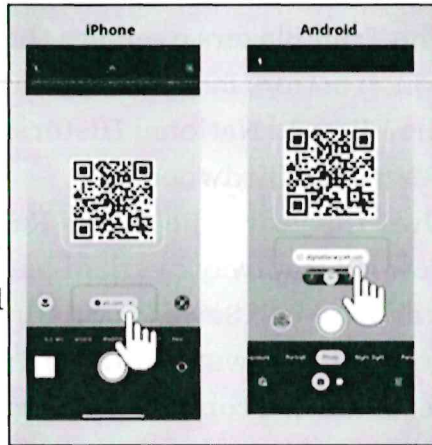
The information in the QR code is read by your device, and connects you to a resource on the Internet, like a website with a food menu, or an application to make a payment, and more.

How to scan a QR Code



Hold your device so that the QR code appears in the camera's viewfinder, making sure the entire code is visible on the screen. Even if the code is upside down, the camera can read it!

The device automatically detects that it is a QR code and displays a link. Do not take a picture of the QR code. Instead of taking a picture, tap the link on the screen



A website may open on your phone, a download may start, or some information may display on your screen.



Learn more at www.digitalllearn.org/courses/qr-code-basics

Seward Senior Center 2026 Survey

We are requesting that you complete this survey to help us meet your nutritional, transportation, health and social service needs in Seward, Alaska.

Your name is not required but your voice is very important.

You can fill out a paper survey and return it to the Senior Center Monday-Friday 9am-4pm, or use the QR Code below to take the survey on our website.

Please complete this survey by May 30th.



Include your phone number with your survey to be entered into a \$100 Safeway gift card drawing!

The Best Apps for Older Adults in 2026



LastPass - Never Forget a Password Again

LastPass stores all your passwords securely in one place so you can look them up when needed. It can also autofill passwords into websites you use frequently and create strong passwords. You'll only have to remember one password now - the one to the LastPass app itself!

Available for free on iPhone and Android

SCAM

Can you outsmart this scammer?

Draw a line to match the definition with the scam to test your knowledge of common scams!



Have you
Heard
About...

Imposter

Scams



Identity

Theft



Health

Care

Scams



“You’ve

Won”

Scams



Tech

Support

Scams



You get a pop-up or other urgent message from someone saying your computer is infected. It might seem like the message comes from a well-known company. It tells you there are viruses or other malware on your computer. It says you have to call a number or risk losing your personal data. These scammers want to sell you useless services, steal your credit card number, or get access to your computer to install malware that can allow them to see everything on your computer.



You get a call or an email. It might say you’ve won a prize. It might seem to come from a government agency. Maybe it seems to be from someone you know. Or maybe it’s from someone you feel like you know, but you haven’t met in person—like someone you met online. Whatever the story, the request is the same: Wire money to pay taxes or fees, or to help someone you care about? The person calling you is pretending to be someone else.



You get a card, a call, or an email telling you that you won! Maybe it’s a trip or a prize, a lottery, or a sweepstakes. The person calling is so excited and can’t wait for you to get your winnings. Next, they tell you there’s a fee, some taxes, or customs duties to pay. They ask for your credit card number or bank account information, or they ask you to wire money.



Someone gets your personal information and runs up bills in your name. They might use your SSN or Medicare Number, your credit card, or your medical insurance—along with your good name. You could get bills for things you didn’t buy or services you didn’t get. Accounts you never knew about could appear on your credit report.



Scammers follow the headlines. When it’s Medicare open season, or when health care is in the news, they go to work with a new script. Their goal is to get your SSN, financial information, or insurance number.

Please Report Scams to the Federal Trade Commission

Call: 1-877-382-4357 Online at ftc.gov/complaint

**Senior Center PO Box 1195
Seward, AK 99664**

NONPROFIT ORG
U.S. POSTAGE
PAID SEWARD, AK
99664 PERMIT NO.
95

Address Service Requested

First Name _____ Last Name _____
Address _____
City _____ State _____ Zipcode _____

Seward Senior Citizens Inc. is 75% funded by grants from the City of Seward, State of Alaska, & Kenai Peninsula Borough, 25% comes from financial supporters like you.



Serving Older Alaskans since 1978

Donate to the Seward Senior Center to Support Senior Services in our local area

By Mail:

SSC Endowment: When you contribute to the Endowment, your donation is preserved.

SSC benefits from the interest from your investment.

The gift that keeps on giving! Please donate today.

Senior Nutrition Program \$ _____

Five & Dime Club (unrestricted) \$ _____

SSC Endowment Fund \$ _____

Name: _____

Mailing Address: _____

Mail to: SSC, PO BOX 1195 SEWARD, AK 99664

Thank you in advance for your financial support, donations, and volunteerism!

Donate

Online

www.sewardsenior.org/donate



← Access
Webpage



Do you shop at Fred Meyer?

LINK your account to Seward Senior Center and Fred Meyer will donate to the center when you shop.

<https://www.fredmeyer.com/topic/community-rewards-4>

THANK YOU, FRED MEYER SHOPPERS!

Want to volunteer?

We have volunteer opportunities available M-F.

If you're interested, please let

Cosmo know in person or via email.

sewardseniors336@gmail.com