

August 2023

THINGS TO DO @ THE SENIOR CENTER!

DINNER

Thurs 5-6:30

Kickin Fried Chicken!

EVERY TUESDAY 4-6pm

GARDEN

HELPING HANDS

Shop or Come Volunteer

PINOCHLE

EVERY OTHER MONDAY

MAH JONGG

TUESDAYS

CHAIR YOGA

M-W-F

BINGO & PULL TABS

FRIDAYS!

Quilters

SATURDAYS 8th & 22nd

APSCI Board of Directors

Donna White- President
Sue Loveland-Vice President
Mary Perry - Secretary
Bobby Ness - Treasurer
Carol Slavik - Director
Teresa Sellers - Director
Jolayne Soplanda - Director
Debbie Carpenter - Director
Loren MyHill- Director
John Harris - Alternate
Dave Matthews- Alternate
Susie Myhill - Alternate

(All BOD are Volunteers)

August see's the Anchor Point Senior Center well into Summer (finally, we got a few days of sun!) and into our new Fiscal Year of 2023- 2024.

We have had a great year - there are two wonderful reports by our President of the 2023 Board of Directors Bobby Ness and Treasurer - Mary Perry.

In this issue you will find the results of the voting for the new Members of the 2024 Board of Directors that happened just before the Annual Meeting. Thank you to everyone who took the time to vote!

August means October isn't too far away, so plan some time for yourself and enjoy the outdoors. What are some of your favorite things to do during the Summertime? Do your best to do one or two!!

Have a safe, fun wonderful August!

Thank you to ALL of our Wonderful 2024 Board of Directors

All of the Board of Directors are Volunteers

Donna White, President - Sue Loveland, Vice President
Bobby Ness, Treasurer - Mary Perry, Secretary
Teresa Sellers, Director - Carol Slavik, Director
Jolayne Soplanda, Director - Debbie Carpenter, Director
Loren MyHill, Director - John Harris, Alternate
Dave Matthews, Alternate - Susie Myhill, Alternate



Anchor Point Senior Center

PRESIDENT REPORT BY BOBBY NESS

Presented at Annual Meeting of APSCI Members on July 13, 2023 at 6:30pm

Good evening and welcome to the annual meeting of the Anchor Point Senior Citizens. During the annual meeting I will ask the current board members and alternates to please stand. These are the people that give their time to make this organization work.

This year's Board of Directors is shaping up to look a lot like the past year's board. We would like to thank Jennifer Dress for her service this past year. She is stepping down as she and her husband would like to do some traveling this year. We are always looking for new faces and new ideas so if you would like to get involved as a board member or volunteer please let us know. You can call the office at 907-235-7786 or stop by the office and we will put your talents to good use. We can always use an extra hand because it's true that ... many hands make light work!

We had another great year here at the Senior Center. Greg is doing a great job with our Thursday night dinner with Donna as his sidekick. Last summer we started our Kickin Fried Chicken and it was a success so we have it going again this summer and will continue it through Labor Day weekend. We started a breakfast over the winter but sadly had to cancel it for unforeseen reasons.

I want to thank Cindy Burns for all her hard work she has put in over and above her usual duties. She keeps our office going, works in the kitchen when needed and has got the Garden up and going for another year.

Our helping hands is the workhorse in this agency and is doing a fantastic job and we want to thank Donna White and all her crew for all the hard work they are putting in to keep it a success. The donations are very much appreciated and keep everyone working.

We hope to have produce from our garden soon to use in our dinners and to sell to our members also.

Bingo is still going strong and we have lots of people. Everyone seems to enjoy our bingo system that we are using. If you haven't played with us, please come join us for a night of fun. Pull tabs are helping bring in a little. We have them out for Bingo and Thursday night dinners. This is one way to make a little extra for our Senior Center.

Snow Rondi was a great hit this year. It was great getting it going again after a long time without. The Senior Center spearheaded the events this year. We had a parade, kids and adults snowshoeing, a snowshoe softball tournament, a dog show and there was a volleyball tournament. The VFW was also involved with fish fry, Chowder cook off, etc. Fun time was had by all.

Our apartments are full and we love our tenants. If you are interested in putting your name on the list, please fill out the online application at our website AnchorPointSeniorCenter.com or stop by the office. We are getting ready to upgrade our appliances in the apartments as they are starting to give us problems and we want to keep our renters with good running appliances.

The Anchor Point Salon continues to operate out of the Senior Center and Whitney is available by appointment. Please call her directly for services.

Donations are always welcome and can be used as a tax write-off. Please think about us when needing a tax break. While we struggle as a nonprofit, we are moving forward into a positive and one day, sustainable future.

Remember, although we are a Senior Center, our mission is to improve the quality of life for all Alaskans in the Anchor Point area.

The next regular meeting other board will be July 18th.

Thank you, Do what makes you happy and stay safe!

Bobby Ness APSCI President



Anchor Point Senior Citizens, Inc. Annual Meeting

July 13, 2023

Financial Review for FY 2022-'23:

The Anchor Point Senior Center has seen a number of changes during the last fiscal year. We have tried some things that didn't work—at least at this time—and have seen other programs strengthen and grow. We also are looking at some major expenditures during the next year, so we are already thinking about ways to fund those projects.

The appliances in our senior apartments are or soon will be in need of replacement, so we are in the process of finding quality new appliances that will meet our tenants' needs but will be as cost-effective as possible. We also need to invest some money in redoing the outside of our building. We hope to finish that project this summer, if we ever get five days in a row of nice weather. Although this will be a major expenditure, in the long run it will help the building remain usable for many more years.

We rely heavily on grants from the Borough and various Foundations for funding to keep us afloat. Cindy also explores every avenue she can find for other grants. As these sources of funding become more scarce, we need to figure out ways to increase our own revenue in order to continue to be a community resource.

Helping Hands has shown a significant growth in income over the past several years, which has been a great help to our endeavors to keep our budget balanced. We give many thanks to Donna White for her leadership of the Helping Hands crew, and we salute the faithful volunteers who work tirelessly to keep the store clean, well-stocked and welcoming to all who come to shop.

Our gardens contribute much of the fresh vegetables used in our dinners, and the surplus is sold to members, adding another boost to our fundraising efforts.

We introduced a breakfast program, which, while it was unsustainable at this time, brought in people who may never have darkened our doors otherwise. We're still exploring the possibility of bringing back breakfast at some point. Tuesday chicken and Thursday dinners have both shown great popularity over the past few months. These programs, as well as Friday night Bingo, do bring in people, as well as needed revenue to the Center. A happy side-effect of the increased traffic is increased interest and participation. Some of our volunteers and even some board members first became aware of the Senior Center through the meal programs or activities, such as the Chair Yoga, Walkers and Mah Jongg groups.

We continue to work toward more fiscal sustainability so we can serve the community of Anchor Point for many years to come.

Respectfully submitted,

Mary Perry, Treasurer



Changing of the Guard

Bobby Ness has decided to step down from the position of President on the Board of Directors. She has put in a lot of work over the years, serving as President for as long as I have been involved with the Center. It has been wonderful having her as a fellow Board member as long as I have served on the Board of Directors.

We are extremely thankful for the dedication she has shown through her service and dedication. If there was a need, she was there to help in any capacity that was needed - whether it was serving Thursday night dinners or helping in the office along with a myriad of other jobs.

We want to express our profound gratitude for everything Bobby has brought to the Anchor Point Senior Center as President, her shoes will definitely be hard to fill and I don't expect to even come close.

Best wishes to all,
Donna White - President

At the July 11, 23 Board meeting, the following people agreed to serve in the management positions:

Donna White. President - Sue Loveland, Vice-President

Booby Ness, Treasurer - Mary Perry, Secretary

Voting Results!

A Great Big Welcome to our newly voted members of the 2024 Board of Directors

As a result of the election at the annual meeting, the following individuals have agreed to accept the responsibilities of being a Board Member or Alternate Director. We welcome the new members to the Board and thank them and all the member for their willingness to serve.

The Three New Directors (with a 3 year term) are:

Carol Slavik

Teresa Sellers

Loren Myhill

And The Three New Alternate Directors (with a 1 year term) are :

John Harris

Susie Myhill

Dave Matthews

We **NEED** Fish



Halibut

Salmon

Cod

Rock Fish

The Anchor Point Senior Center
Is Looking Forward to Our Much Anticipated
Annual Fish Fry!

Donate Some Fish !

A Great Big Thank You
To our Sponsors!



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FAR WEST AUTO

24 Hour Gas & Diesel
Convenience Store • Espresso
Propane • Ice • Firewood
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Tire Service & Repair

WE SELL BAIT

Phone: 907-235-5601
34080 Sterling Hwy, Anchor Point

Facebook icon



TAKE TIME TO GET OUT AND ENJOY THE BEAUTY OF WHERE WE LIVE!
THE ANCHOR RIVER IS NOW OPEN..AND THE BEACHES ARE CALLING!

Thursday Night Dinners!

5pm-6:30pm

Every Thursday!

*Volunteers for dinner
are always WELCOME*

August 3
lasagna

August 10
Pork Fried Rice
with Egg Rolls

August 17
Mexican Fiesta Nite

August 24
BBQ Nite with Ribs &
Chicken

August 31
Greg's Great
Cabbage Rolls

August Birthdays

Brigid McCarthy	8/5
Heather McChesney	8/7
Margie Youngman	8/7
Mark Chapman	8/6
Kim Delay	8/7
Kay Bantz	8/8
Susan King	8/10
Earl Johnson	8/13
Maureen Tracy	8/18
Sue Cormier	8/19
Jennifer Dress	8/19
Marcella Dustin	8/20
Clark Tustin	8/22
Pat Ligenza	8/28



Anniversaries

Chuck & Susan King	8/11
Mike & Laurie	8/14
Jim & Jolayne Soplanda	8/26

Friendship is love with understanding
Ancient Proverb

Back by Request Stars Cinnamon Rolls

1 ½ cups milk	½ cup sugar
1 stick butter	1 egg
2 ½ teaspoons yeast	5 cups flour
1 teaspoon salt	

Melt butter over low heat, add milk and sugar, bring temperature up to 115 degrees. Pour into a large mixing bowl. (I use my Kitchen Aid for the whole mixing and kneading process.)

Temperature should be at 115 degrees. Add 1 cup flour the egg, and the yeast, allow it to set for 5 minutes or until it bubbles. Mix remaining flour in one cup at a time, scraping the bowl as needed. The dough will be sticky. No kneading necessary. Allow the dough to rise until double. One to two hours.

Preheat oven to 350 degrees. at this point.

Shape the dough into cinnamon rolls, by rolling the dough into a rectangular shape. I use my counter to roll it out on, I oil the counter.

Spread dough with softened butter, not melted. Sprinkle with a mixture of cinnamon and sugar. (2 cups sugar and 4 teaspoons cinnamon) mixed well. Put into a large shaker container. Sprinkle over butter, add a couple of handfuls of brown sugar sprinkled over the cinnamon & sugar. Roll up and cut, I use dental floss to cut the cinnamon rolls, slide under log and chris cross and pull floss to cut rolls. Place on a greased cookie sheet flatten and with your hand. approximately 20 rolls for a cookie sheet.

Bake for 20 to 25 minutes. Frost with cream cheese frosting.

**Quilters will meet on August 12th
& 26th**

This Page Created By Star Tangman

BENEFITS OF SEA AIR

Breathing in fresh salty air can genuinely benefit your health. A long time ago, 18th century physicians were already prescribing visits to the seashore for their patients with respiratory issues.

Well, it turns out they were onto something! There is real scientific evidence that breathing the ocean air delivers many health benefits. In its composition, the sea air has ozone and trace elements (such as zinc, potassium, iodine and iron) which are nutrients that can be incorporated into the body through respiration. According to the Lung Institute, sea air improves lung function, thins mucus and reduces coughing in individuals with certain lung disease or breathing issues.

Every wonder why the sea breeze smells so good? The sea air contains tiny drops of seawater, which is a rich combination of salt, iodine, magnesium and trace elements. Breathing in these restorative particles does wonders for our health. It stimulates our immune systems to clear out our lungs.

Breathing in sea air also soothes irritation from substances that makes you sneeze or cough. It can reduce the symptoms of asthma, promote respiratory health, improve allergies and skin problems. The magnesium-rich maritime breeze does wonders for muscle function, blood clotting and production of thyroid hormones, it can also regulates serotonin - a neurotransmitter in the brain which reduces stress and anxiety. Those with cystic fibrosis may experience improved lung function by inhaling the salty air.






































Sea Level has the highest air pressure, which means access to the highest oxygen levels on Earth. This access to oxygen reduces the effort of the heart to pump blood throughout the body. Research says that breathing sea air improves your ability to absorb oxygen. When our bodies use oxygen more efficiently, we usually feel more alert.

Ions are particles in the air that are either positive or negative charged. The most beneficial are the negative ions, which are generated in natural environments where there are water currents. Sea air has an abundance, there can be more than 50 thousand negative ions per cubic meter. The negatively charged hydrogen ions in the sea air help absorb oxygen and balance out serotonin levels, resulting in more energy and diminished depression.

So spending some time on or near a beach is really good for us! Go for a refreshing walk or just drive down, sit and enjoy the very real health benefits of sea air.



August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 National Mah Jongg Day 12 Mah Jongg 4-6 Kickin' Fried Chicken 	2 10 Walkers 11:30 Chair Yoga 11-3 Helping Hands Open  	3 5-6:30 Dinner LASAGNA	4 11:30 Chair Yoga Helping Hands Work Day 6:30 Bingo  	5 11-3 Helping Hands Open 
6	7 10 Walkers 11:30 Chair Yoga Helping Hands Work Day  	8 12 Mah Jongg 4-6 Kickin' Fried Chicken 	9 10 Walkers 11:30 Chair Yoga 11-3 Helping Hands Open  	10 5-6:30 Dinner PORK FRIED RICE & EGG ROLLS	11 11:30 Chair Yoga Helping Hands Work Day 6:30 Bingo  	12 <i>Quilters Loan</i> 11-3 Helping Hands Open  
13	14 10 Walkers 11:30 Chair Yoga Helping Hands Work Day  	15 12 Mah Jongg 4-6 Kickin' Fried Chicken 	16 10 Walkers 11:30 Chair Yoga 11-3 Helping Hands Open  	17 5-6:30 Dinner MEXICAN FIESTA	18 11:30 Chair Yoga Helping Hands Work Day 6:30 Bingo  	19 10 Quilters 11-3 Helping Hands Open 
20	21 10 Walkers 11:30 Chair Yoga Helping Hands Work Day  	22 12 Mah Jongg 11 BOD Meeting 4-6 Kickin' Fried Chicken 	23 10 Walkers 11:30 Chair Yoga 11-3 Helping Hands Open  	24 5-6:30 Dinner BBQ NITE WITH RIBS & CHICKEN	25 11:30 Chair Yoga Helping Hands Work Day 6:30 Bingo  	26 10 Quilters 11-3 Helping Hands Open  
27	28 10 Walkers 11:30 Chair Yoga Helping Hands Work Day  	29 12 Mah Jongg 4-6 Kickin' Fried Chicken 	30 10 Walkers 11:30 Chair Yoga 11-3 Helping Hands Open  	31 5-6:30 Dinner GREG'S GREAT CABBAGE ROLLS	11:30 Chair Yoga Helping Hands Work Day 6:30 Bingo 