

# 01 E 5th Avenue വ ц Ц S Senior Center Corporation Inc.



March 2024 Volume III

Hello Members,

I have been on vacation for most of the month so I do not have much to update you on at this time. April's birthday luncheon will be a Luau theme so dress in your Hawaiian shirts and Lei's and lets pretend like winter is over. I would like to thank Thor for stepping up and handling maintenance issues for the center while we were out of town. I understand we had a freeze in our sewer line and had to have bigfoot come out and steam the line. I would also like to thank Goldie for leading the Birthday Luncheon I understand the guest speaker had to cancel last minute so she had to fill that time, everyone said they had a good time. We were all very sad to hear the news of the passing of our dear friend and member William Sanderson.

William will surely be missed.

Joseph Gelinas, NPSSC President

#### Santa's Senior Center Corporation, Inc. 2024 Officers and Board of Directors

President Joseph Gelinas Vice-Pres. Lamie Ellsworth Secretary Sharon Corbett Treasurer Rochelle Renner Director Candy Clarke Director Judith Hastings Director Cora Williams



Parliamentarian Cora Williams

SSC Board of Directors meeting is on Wednesday, March 13th, 2024 1pm. The April Board of Directors meeting is scheduled for Wednesday, April 10th, 2024 at 1pm.

907-347-1774

503-568-9666

907-590-9286

907-322-7889

907-987-0188

907-488-2145

907-388-3577

Check out <u>www.santaseniors.com</u> to review the Board of Directors Meeting Minutes.

#### FEBRUARY BOARD MEETING HIGHLIGHTS

• No February Meeting



Santa's Senior Center Welcomes: Mary Tozier "In place of a Volunteer of the Month we wanted to take a few moments to recognize and remember our dear friend William and reflect on his life and his contributions to our senior center.



In Memory of William Sanderson, Super Santa Senior, age 73.

For more information see his Senior Spotlight available online at Santaseniors.com or here at the center in the book.

William and Chrya were married in 1972. They came to Alaska with the Air Force when

he was transferred to Eielson Air Force base in 1973. Besides raising their family, they were very active in the community.

William and Chrya, joined Santa's Senior Center in 2012, and also belonged to the Fairbanks Senior Center. Always willing to help out at the Center, William was involved with the hiring committee that hired both Nina Renner and Jana Howard as Santa Senior Center Administrative Assistants. And from the day of their hiring, he pitched in to help in the office any way he could.

Goldie Southwood says that his mentoring as Parliamentarian for the Board was a blessing to her as Board President. "He tried to teach me Parliamentary procedure, and some of it sunk in. When we were remodeling the Center, he was a willing helper in the moving out and moving back. It was a major project that he helped facilitate. It was a lot of work that he made fun. That is the one word I would use to describe my friend William: Fun."

Jana Howard says "William was my friend; I will miss our little fights....that always started because we both like to be right all the time. He was the first ally I made at the senior center, and he always stood up for me even when I wasn't around. I may never publish another error free newsletter without my personal proofreader. We had a lot of talks over the years about the important things in life and our experiences and he would always remind me to stop getting upset over things that didn't really matter.

I am a better person for knowing him. ~Fly high my friend~

\*\*\*\*\*Continued on page 5\*\*\*\*\*

Personal remembrances from myself (Ruthie Sevy):

"When the Senior Games came around he would wait and see what events no one had signed up for, then he would sign up for those events. The next day he would come into the Senior Center proudly wearing his gold Senior Games medals that he won because he was the only competitor in those events. He would tell me that is the way to do it if you want to get a gold medal. I would say to him "Oh William!" and he would say "What?"

Everyone who knows William knows that he holds particularly strong feelings against "Whiners", saying that if you see something you don't like then do something about it instead of sitting around complaining.

I've known William since 2017 and found him to be a good listener and a very good friend. He was the Parliamentarian for the Board of Directors here at Santa Senior Center for 6 years and decided to step down at the end of December 2023.

One could always depend on him to step up and help wherever help was needed. He would sit in for Jana many times when she couldn't be there to cover the office. He helped distribute food boxes, he distributed the survivor backpacks, helped move more tables and chairs then could ever be counted. He was our official proofreader, helped rewrite the by-laws, assisted with nominating committees, hiring committees, and elections. These things listed are only a glimpse of the ways he contributed to our center. His contributions were beyond measure and could never all be named.

He would play farkle with us every Mondays and Fridays, at least 3 games each time. Now picture this, most of the time he would be the only guy playing with at least 2 to 7 women. There would be multiple conversations going on and there's William listening, shaking his head at times and most of the time not saying anything until he can't help himself and would blurt something to either make all of us laugh or shut us up.

Whenever we had some kind of gathering or activity William would show up just to see how we are all doing and would socialize for a while and stay if we needed his help in whatever he could do. He's just that kind of person, always thinking of others and helping out when he can. He would visit seniors at their home when they can't make it to the Center because of one thing or another or call them to see how they are doing and if there is anything he could do for them.

Our dear friend William, you will be so missed by us all.

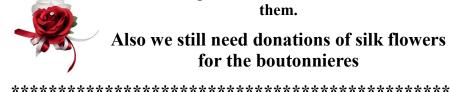
# Single Lunch Ticket Winner Fran Hatfield Congratulations!!! Senior Recognition Day

Save the date May 9th and 10th

This year the event will be a bit different this year they are partnering with Fairbanks 50+ and it will be a two day event. Thursday, May 9th Senior Recognition Day awards and luncheon (just like years past) and Friday, May 10th Fairbanks 50+ summit and Senior Health Fair. Sign-ups start Friday, March 22nd and are limited to 400 people. Go to parks.fnsb.gov or call (907) 459-1070 to sign up

Award nominations will be excepted through March 29th these forms are available online or I have some printed here at the center. The award categories are Outstanding Senior Volunteer, Lifetime Fitness Male, Lifetime Fitness Female, Honored Caregiver. If you know a senior 60+ who should be recognized for

> their efforts please fill out a nomination form for them.



Also we still need donations of silk flowers for the boutonnieres

A HUGE THANK YOU to everyone that helped with the Jewelry Sale, with your time, donations, labor, or shopping. We could not do this event without you.

The event raised \$515.00



# Fairbanks Concert Association Presents

The following 3 concerts

### **Damn Tall Buildings**

Saturday, March 9th 7:30pm Davis Concert Hall Just a crew of best friends playing bluegrass

**Barbara Lica** Saturday, March 23rd 7:30pm Hering Auditorium *Pop-jazz for the hopeful and tender-hearted* 

### Adonis Rose & the New Orleans Jazz Orchestra's NOJO7

Friday, April 5th 7:30pm Hering Auditorium

Led by artistic director Adonis Rose, the seven-piece ensemble has an ever-increasing repertoire that exemplifies the influence of jazz as the grandfather of modern American music.

I have 10 tickets available for each of these concerts. Please contact the office to sign up.



## Dinner at the Center Steak Dinner

Friday, March 29th 5:00pm \$25.00 per plate Reservation Required Please sign up by the 27th

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program. Those members have committed to donate a total of \$7,870.00 during the 2024 year. Thank you for your support of this program

### SANTA'S SENIORS WITH MARCH BIRTHDAYS Marked with \* 80 Years or Older

- 9 Chrya Sanderson
- 9 Craig Lehrer
- 12 Johanna Guzman
- 13 Maria Terch
- 15 Naomi King\*
- **18** JoAnne Gillens
- 19 Patty Rogers
- **19** Patricia Goble\*
- 24 Jane Simmons
- 31 Jeanne Fischer
- 31 Donna Krier\*
- 31 Ida Rhines\*
- 31 Patti Runnion\*

# ANNIVERSARY

Birthdays

### MARCH ANNIVERSARIES

		Years married
6	Jed & Joyce Grover	59
17	Nicholas & Michelle Vedder	24
29	Wayne & Jana Sumner	38
31	Joseph & Sue Czerski	34

February Birthdays in attendance Pictured here left to right —>> Goldie Southwood , Joan Weaver





Happy Birthday and Happy Anniversary to all of the above!!! Please join us on the 3rd Wednesday of the month to help celebrate birthdays. Suggested Donation for Luncheon in \$10. If it's your birthday month lunch is on us.

### THIS AND THAT FROM SENIORS

By Goldie Southwood 2/29/23 299 Days until Christmas

\*We had some good news this month, with the return to the Center of our dear friend *Pat Arthur*. She has now moved home from living at Timber Creek Assisted Living. Thanks to friends for rides, she has returned to exercise and to socialize with us all.

\* *Lamie Elsworth* is still in an assisted living home, but is getting out-and-about some, but still in a wheel chair. She has been to several Concerts and out to get her haircut. To quote her friend *Ida Rhines* : "She is getting out more than a lot of us."

\*I am really thankful for all the help with our Santa Senior Jewelry Sale! *Barbara Sevier, Cora Williams, Ruthie Sevy, Joyce Outten and Pam Hennessey* who helped me man the booth and *Joyce Outten* who took tables in her truck. But I have to single out *Wanda Weatherby* and *Ruthie Sevy* for going "above and beyond", for packing up and hauling it all (including tables and chairs) to my house and unloading everything for me. Thanks to everyone, we made \$515.00 Not bad for this time of the year. \*I am hosting a table at the "Go Red" Luncheon again this year. This is to benefit the *American Heart Association*. I invited nine friends, including three of our own Santa Senior members. It should be enjoyable and the money will go to a good cause.

\*Sadly we are saying "Goodbye and we love you", to our Good Friend *William Sanderson*. There is a vacant space at our center and in our hearts!

We are thankful for family and friends.....Goldie Please call, text or e-mail, letting us know how you are doing. Call or text (907) 378-3624 or e-mail: <u>goldtops@msn.com</u>

"Nothing is a waste of time if you use the experience wisely" ~ Auguste Rodin

# Free Programs for Better Health: the State of Alaska's Fresh Start Program

The Alaska Department of Health is offering free programs to help Alaskans work on health goals:

- Lose weight
- Lower blood sugar to manage diabetes
- Lower blood pressure
- Stop smoking, vaping or chewing

Be active with your children (or grandchildren!)

These programs occur online or on the phone, and may involve personal coaches and lessons that you complete on your own schedule.

> Thousands of Alaskans have joined. Are you ready? Contact doh.freshstart@alaska.gov with questions about the campaign and to request materials.

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# Our Santa's Senior Center Sunshine Committee is now up and running.

Our Chairman is Judi Hastings and her committee members are Pam Hennessey and Ida Rhines. Jana Howard is also a member for admin and other support as needed. If you know of any members that have something going on that we need to send a card to please contact one of the committee members.

> Judi's number is (907) 488-2145 Pam's number is (907) 385-7664

### Transformative Research in Metabolism (TRiM) "Community Advisory Panel: Opportunities for a Community Dialogue"

### Wednesday, March 6, 2024 | 5:30 to 6:30 p.m.



**Location:** Osher Lifelong Learning Campus (OLLI) 1000 University Ave. (Old University Park School), Room 158.

**Purpose:** Learn about research at the Center for TRiM involving hibernation science and possible applications to promote the health and well-being of older adults. TRiM's researchers want to hear your personal stories about senior health needs to help shape our research in a way that responds to the Fairbanks senior community.

**Who's Invited:** Community members, seniors, family caregivers, health care providers, and senior service providers concerned about senior health.

#### SPONSORED BY:

The Center for Transformative Research in Metabolism (TRiM). Light refreshments will be provided.

> **RSVP and more information:** Email Denise Daniello, dldaniello@alaska.edu.

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If you have started your spring cleaning please remember to save your rummage for our Annual Rummage Sale!!!!! Maintenance Committee meetings are scheduled the 4th Wednesday of the month at 10:30am in the large meeting room. These meetings are open to all mem-

bers and everyone is invited to participate.



Book Club

Tuesday, March 26th 2pm

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Bingo is Canceled for March event leaders will be attending services for William Sanderson. Bingo will also be canceled in May unless someone wants to learn how to run this event between now and then. If so please get in touch with Ruthie or Cora.

Santa's Senior Center is participating as a collection location for the 3rd Annual North Pole Community Food Drive

Now through March 24th You can drop off shelf stable food items at Santa's Senior Center. There is a box in the large meeting room. We were told the items they could use most is rice and pasta.

Let's Hop to Stop Hunger this Easter! This event is sponsored by St. Nicholas Catholic Church & The Church of Jesus Christ of Latter Day Saints.

