



STERLING COMMUNITY NEWSLETTER

April 2015

Mark your calendar for some Happenings in the area in April

Sat. April 1 st @SSC Moose River Hustle application forms available	
Sat. April 4 th @ Abundant Life Church (community Easter Egg Hunt"	1:00 PM
Sun. April 5 th @ Ster. Pentecostal Church (Easter Sun.) service @ 11:00 followed by Egg Hunt	
Tues. April 7 th @ SCC General Meeting of Sterling Community Center	5:45 PM
Tues. April 7 th @ SSC, Caregiver Support Meeting Topic; "Senior Drivers & Distracted Driving"	1:00 PM
Sat. April 11 th @ SSC Moose Chili dinner fundraiser (\$12.50)	5:00 PM
Fri. April 17 th @ SCC Scrapbooking (high school age and adults)	7:00 PM/12:00 midnight
Tues. April 21 st @ SSC Gail Robertson/Hospice presentation on the Aging with dignity "Five Wishes"	1:00 PM
Sat. April 25 th @ SCC Spring Crafters & Vendors Fair (sign up now) (concessions available	9:00 AM/5:00 PM
Sat. May 9 th @ SSC Moose River Hustle registration 8:30 AM Race starts	10:00 AM

From: TAMMY STRAUSBAUGH

The Sterling Moose River Hustle fun run/walk will be held Saturday May 9th at the Sterling Senior Center. Registration begins at 8:30 with the event beginning at 10 a.m. There will be 1 mile, 5k and 10k routes to choose from. Entry fees are \$10 for youth, \$20 for adults and \$50 for a family. We will have awards for various age groups and drawings for door prizes. Volunteers are also needed for registration, crossing guards and water tables. Entry forms will be available at the Sterling Senior Center beginning April 1st. Anyone wishing to volunteer or with any questions please call 262-1721

STERLING/SOLDOTNA HEAD START

Sterling Head Start is a (no cost to families) child development program for families with children ages three to five. Sterling Head Start serves families in the Sterling/Soldotna areas.

Children need to be three by September 1st and must have turned five no later than August 31st to be age eligible. The Head Start program offers AM or PM class times and the calendar coincides closely with the public school calendar. Head Start provides limited bus service, nutritious meals and snacks, family services, health and dental education.



RURAL ALASKA COMMUNITY ACTION PROGRAM, INC.

Sterling Head Start has new applications available, and now enrolling for the 2015-2016 school year. Families, who would like to apply, can make an appointment with the Head Start office to fill out an application (260-7446). If there is no answer, please leave a message and the next available staff person will return the call. Head Start will need a copy of the family's tax returns and immunization records to process the applications. The family will be notified this summer, by the Central Office, if the child has been accepted into the program. Please call the Head Start Center with any questions regarding the application process for your age eligible child.

This past month, at Head Start, the children have been celebrating SPRING! They enjoyed planting flowers and carrots and explored and examined "red wiggler worms". They created pictures of nighttime scene s using chalk. The children practiced creating wind by blowing through straws to make paintings. Head Start kids are gearing up for Easter by making projects to give to their families. They are also working on school readiness goals and practicing safety drills. The children are making Easter cards to give the local Sterling Senior Center where they are disbursed through the "Meals on Wheels" program.

STERLING PENTECOSTAL CHURCH

EASTER MUSIC PROGRAM Sterling Pentecostal Church will present a multi-media program of songs and messages to celebrate Easter. The Sunday service at 11:00 a.m. will be followed by an Easter egg hunt for kids ages 12 and under. A drawing for a boy's bike and girl's bike will also take place Sunday morning. Sunday night at 7:00 p.m. the program will be presented again. Everyone is welcome to celebrate Easter with us. Visit sterlingpentecostalchurch.com or call 262-7240 for more information.

KENAI PENINSULA CAREGIVER PROGRAM

APRIL MEETING SCHEDULE FOR APRIL;

Tues. April 7th 1:00 pm @ Sterling Senior Center, Meeting Topic, Senior Drivers and Distracted Driving
Tues. April 14th, 1:00 pm @ Soldotna Senior Center, Meeting Topic, Senior Drivers and Distracted Driving
Thur. April 16th, 5:00 pm @ KPFCSP Office at Blazy Mall, Meeting Topic, Senior Drivers & Distracted Driving
Tues. April 21st, 1:00 pm @ Kenai Senior Center, Meeting Topic, Senior Drivers and Distracted Driving
Tues. April 21st, 3:00 pm @ Anchor Pt. Senior Center, Caregiver Support Meeting. Hosted by Paula Koch
Tues. April 28th, 1:00 pm @ Soldotna Senior Center, Meeting Topic, Senior Drivers and Distracted Driving

Please join us to share your experiences as a caregiver, or to support someone who is a caregiver. If you are helping a family member or friend by being a caregiver, come see how we can help. Please call Shelley or Judy at (907) 262-1280, for more information.

STERLING SENIOR CENTER

April and the tulips, crocus, and daffodils are showing off. Most of the ice and mud are gone and it looks like spring time.

Our April fundraiser dinner will be Moose Chili. It will be on the 11th at 5pm.

The cost for dinner is \$12.50. Chef Mike Koons will be preparing this meal so you know it will be awesome!



Also on April 21st at 1pm Gail Robertson from Hospice will be here to give a presentation on the Aging with dignity five wishes program. Anyone in the community is invited to come to this free presentation.

FIVE WISHES LETS YOUR FAMILY AND DOCTORS KNOW:

- //////////WHO YOU WANT TO MAKE HEALTH CARE DECISIONS FOR YOU WHEN YOU CAN'T MAKE THEM.
- //////////THE KIND OF MEDICAL TREATMENT YOU WANT OR DON'T WANT.
- //////////HOW COMFORTABLE YOU WANT TO BE.
- //////////HOW YOU WANT PEOPLE TO TREAT YOU.
- //////////WHAT YOU WANT YOUR LOVED ONES TO KNOW.

From;
Shae Leggett-Director

STERLING COMMUNITY CENTER NEWS

- Sterling Community Center is looking for a campground host for the summer of 2015. If interested please call the Community Center at (907) 262-7224 or send an email; office@sterling.community.
- Calling all Crafters and Vendors!! April 25th is the Spring Crafters and Vendors Fair here at the Sterling Community Center from 9:00 am – 5:00 PM. If you are interested you can call the Sterling Community Center office at (907) 262-7224, send us an email at office@sterling.community or visit our web page at www.sterlingcommunityclub.com Be sure to sign up early!
- Give back to your Sterling Community Center when shopping on Amazon! Go to smile.amazon.com and Amazon donates 0.5% of the price of your eligible purchase to Sterling Community Club when you shop. (You can also select a different charitable organization after signing in.) Same AmazonSmile is the same Amazon you know with the added benefit of supporting charitable organizations.
- Calling all those folks 70 and over! Do we have a special deal for you! For all of you 70 and over stop by the Community Center and complete an application and you are FREE! This membership never expires and entitles you to access to programs at the Sterling Community Center; for example Gym Walking. What a better and safer way to get your groove on!
- Pickleball continues every Monday and Wednesday from 1:00 PM - 3:00 PM and then again on Thursday evenings from 6:00 PM – 8:00 PM.
- Our “Let’s Get Healthy!” exercise class is still meeting in our Library conference room on Tuesday’s and Thursday’s from 5:30 PM – 6:30 PM. A variety of exercising, stretching, & hand weights are used.
- Scrapbooking is Friday, April 17th from 7:00 PM – 12 midnight in our Library/conference room. We have a great time, making cards, scrapbooking and having a grand time visiting and collecting ideas! \$6.00 per person and Sterling Community Members are free. This is open for high school and up, and is a non-teaching setting.
- Toddler Time is still on Wednesday’s from 12 noon until 1:00 PM. Parents/grand-parents or caregivers are free. We have specific age toys for those smaller ones. Looking for a safe and dry place to let them little ones run around? Stop by and check the Sterling Community Center out!
- Check out our Facebook page for current updates and calendar of events, or our web site; www.sterlingcommunityclub.com . Note, the calendar says open gym that means a specific activity is not



scheduled in the gym, so if that's when you'd like to come & do a few laps in our gym it is open. If you are ever in doubt just call the center at 262-7224!

- Looking for that place to hold a birthday party, baby shower, bridal shower, or wedding reception? Come check our facilities out and see if we can accommodate what you have in mind! Many options are available. Give us a call!
- Final note be sure to link up your Fred Meyer Card to the Sterling Community Center which is a non-profit organization. Go to www.fredmeyer.com/communityrewards and search for Sterling Community Club or by our non-profit number #88244. You still will earn your Rewards Points, Fuel Points, and Rebates while also helping out the Sterling Community Center.

More news from Sterling Community Center

The 2015 annual meeting was held on March 2nd and some amendments to the Articles of Incorporation were passed unanimously by the Board and the members in attendance. One of the amendments passed was to change the name of the non-profit corporation from "Sterling Community Club" to "Sterling Community Center". Another amendment was to add 2 more trustees to the Board which will change from 7 trustees to 9 trustees. This was done to give more members the opportunity to have involvement in the Center decisions. The three new trustees elected to the Board are Mel Hutchinson, Terry Buffo and Janette MacDonald. The other trustees elected whose terms were up are Debbie Bass, Deb Debnam, & Robin Williams. Robert Oakes, Leora Pooler and Melissa Daugherty are also Trustees. I want to welcome and thank all the new and the old trustees on the Board. They do a tremendous job and donate hours and hours of their time to this community. Thank them when you see them!

Abundant Life Church

Community Easter Egg Hunt at
Saturday, **April 4th at 1:00 pm**
Ages: Pre-School --6th Grade



Abundant Life Church Mile 81.5 Sterling Hwy

Every Wednesday Night
Children of Destiny 6:30 pm to 8 pm
Ages 4-5th Grade
Singing-Games-A Bible Lesson
Dinner is provided

Rage (Junior High) 6:30 pm- 8:00 pm
Ages 6th Grade to 8th Grade
Singing-Games-A Bible Lesson
Dinner is provided

Youth Group (Senior High) 6:30 pm-8:00 pm
Ages 9th Grade to 12th Grade

TRUTH PROJECT BIBLE STUDY

Join us for "The Truth Project" by "Focus on the Family" at Abundant Life Church beginning Sunday evening February 8th at 5 pm. The topical bible study will take place



Sunday evenings until summer. Optional workbooks available for purchase for those who attend. For more information call 262-7266. The study will be facilitated by Brian & Janice Smith. Everyone is welcome

Citizens Corp Tips

Leveraging and Cribbing

Leveraging and cribbing are used together. The team alternately lifts the object and places cribbing materials under the lifted edge to stabilize it. Leveraging involves using a lever and fulcrum to move a heavy object.

Leveraging and cribbing should be gradual, both for stability and to make the job easier. The rule of thumb is lift an inch, crib an inch.

Crib: a strong wooden framework built under the object that you are lifting to support its weight.

Box cribbing: arranging pairs of wood pieces alternately to form a stable rectangle.

- * Place a stationary object under the lever to act as a fulcrum.
- * Using the fulcrum, wedge a lever under the object that needs to be moved.
- * Force the end of the lever down on the fulcrum. This action will lift the wedge end under the object, raising it.
- * It may be necessary to leverage and crib at more than one place (but never from opposite ends at the same time, as that could create an unstable condition) to ensure stability.

Leveraging Safety

- * Never put your hands and feet under the object that you are lifting.
- * Use the principle of lift an inch, crib an inch. Raise the object slowly and stabilize it with cribbing material as you go

Removal

Leveraging, cribbing, and victim removal ideally takes at least five people. Group members should be positioned as follows:

Group leader: In front of collapse, positioned so that he or she can view the entire operation while remaining out of the rescuers' way

The group leader's function is to ensure that the rescue takes place safely.

Lever person: At the front edge of the collapsed wall and positioned so that he or she can position a fulcrum and lever under the wall.

Crib persons: On either side of the collapsed wall and positioned to enable the placement of cribbing as the wall is raised with the lever.

Medical care/victim removal person: Next to the crib person who is closest to the victim's head.

Submitted by; Jacki Stringham

Interesting info. I got from FaceBook; Grace

1. Let's say it's 7.25pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five km from the hospital nearest your home.
4. Unfortunately you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.



6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

7. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

9. Tell as many other people as possible about this. It could save their lives!

10. If this message comes around youmore than once.....please don't get irritated.....U need to be happy that you have many friends who care about you & being reminded of how to tackle....Heart attacks....



From Editor-Grace Merkes- Hope you enjoy reading the Sterling Community Newsletter and this info is helpful to you. All info. From your groups, churches, organizations, businesses, birthdays, weddings, graduations, individuals etc. are accepted by emailing me at merkes2@yahoo.com Thank you!!

