

STERLING COMMUNITY NEWSLETTER

May, 2014

Sterling Community Center news;

Hello Spring!! The longer days are bringing more people out to the Sterling Community Center, many arriving by bicycle, motor bike or 4 wheeler. In April, the Sterling Soccer Club kids met Tuesdays after school to learn soccer fundamentals. A big "Thank You" to our soccer coaches Jen Waller, AnnMarie Rudstrom and helper Sarah Duncan!

The SC Center has two new activities in May. Pickleball will be every Wednesday beginning May 7th, from 1:30 to 3:30 p.m. What is pickleball? It's like tennis but with a large ping pong paddle and a whiffle ball. The court is much smaller and you play the game with two people per team. Snowbirds, Darrell and Aileen Keifer, will be leading this event and say it's all the rage in the lower 48. Newbies are welcome, so come see what it's all about starting May 7th.



Another new activity is Basketball, on Thursdays, beginning on May 8th from 7:00 –9:00 p.m. Open to teens and adults. Conway Seavey is leading this activity. Come drop in and shoot some hoops!

The SCCI annual meeting was held on Tuesday, April 8th with election of 2 new Board members and some changes to the policies and procedures, rental contracts and rates. We want to welcome the two new board members, Debbie Bass and Robin Williams. Next general meeting is Thursday, May 8th at 5:45 p.m. at the Center.

We are pleased to announce that Lynn Lockner will be joining the SC Center staff next week. She is filling a 1-year AmeriCorps Vista position and will focus on developing new programs here at the SC Center. Stop by and welcome Lynn to the SC Center, share your ideas and let her know what you'd like to help her with.

Come PARTY with Leon Merkes and help him celebrate his 90th birthday this Thursday, May 1st from 5:00 till 8:00 p.m. There will be food, drinks, fun and live music. See you there!

The SC Center is holding a SCC Clean-up-day on Saturday, May 31st beginning at 11:00 a.m. We need YOU!! With all the construction and limited staff we've gotten a little disorganized. Please come help us sort and move things around on May 31st. We will take all volunteers but if you know ahead of time that you can help call Renae at 262-7224 and let her know you're coming.

We are also organizing volunteers to keep the facility open for longer hours. All we need is people! Shifts are in 3-hour increments. Can you help one day a month? Sure you can! Please call Renae at 262-7224 to get scheduled in. This is a great way to get to know other Sterling residents.

The SC Center will be closed for Memorial Day weekend from Saturday, May 24th through Monday, May 26th. Again, we will be CLOSED on Monday, may 26th. Have a fun and safe memorial weekend, Sterling!

Mark your calendar for some happenings in Sterling in May

May 1st	Come wish Leon “happy birthday on this 90th” at Sterling Community Center	5:00 till 8:00p.m.
April 28th-May 2nd	Free Vaccines Public Health Center	9:00 a.m./closing
May 3rd	Safe Kids Water Safety event @ SkyView	10:00 a.m.-2:00 p.m.
May 6th	Caregiver Peer Support meeting (training) at Senior Center	1:00 p.m.
May 6th	Head Start graduation at Sterling Community Center	6:30 p.m.
May 8th	Sterling Community Club general meeting	5:45 p.m.
May 8th for 3 Thursdays	“Cancer Support Group” @CPH	4:30 p.m.
May 10th	Living Well with Cancer Symposium @ CPH	9:00 a.m.
May 10th	Moose River Hustle starting at Senior Center 8:30 a.m. sign-up	10:00 race time
May 10th	Meals on Wheels benefit Chicken Dinner	5:00 p.m.
May 16th	PTA & school staff hold “Benefit Dinner for Moody family”	5:00 p.m.
May 18th	Community Trash pick up starting at Abundant Life Church	2:00 p.m.
May 21st	High Hat Tea at Senior Center	noon
May 31st	Clean-Up day at the Sterling Community Center	11:00 a.m.

Sterling Senior Center

Our first fundraiser of the year was the Italian Feast and was directed and cooked by Shae Leggett. What a great dinner! There was quite a crowd and nobody went away hungry. There was also a split the pot raffle and a second prize of a Del Otter carving. The winners were very happy! Thanks to all of you that attended.

A special Mother’s Day roast beef lunch will be held on May 8th at noon. Let’s honor all of them on that day. Not long after Mother’s Day there will be a Hi Hat Tea on May 21st. I can’t wait to see what “hats” will show up on that day. We welcome you, ladies.



Please be here for our second fundraiser on May 10th when we’ll host a Chicken Dinner. This will be held after the Moose River Hustle fun run. The run is to benefit the Meals on Wheels program at our Center and is not a fundraiser held by the Senior Center but rather by local residents to assist us with the home delivered meal program. Thanks to all of the volunteers that help on these fundraisers that keep us in operation. The Chicken Dinner will be at 5pm and \$15 for adults, \$7 for children.

On Friday, May 16th, the Sterling Elementary School staff and PTA will be holding a benefit dinner at our facility. There will be a dinner of Lasagna, breads, salad, dessert and a beverage.

Please plan on attending to help the community benefit the Moody family. Dinner will be at 5pm and will cost only \$15 for adults and \$7 for children. A family of 5 or more will be \$50. Let's get together to help them out.



Don't forget that we will be closed on Memorial Day, May 26th, when we will be remembering the men and women who have died while serving in the Armed Forces of America. Memorial Day was formerly known as Decoration Day and originally honored the fallen soldiers of the American Civil War. While Veteran's Day honors all who served in the U.S. Military, Memorial Day honors those who died while serving. Remember them on this day.

Sterling Senior Center now has a fun raffle (Loose Change Raffle) tickets are available now! For more information, please call the Senior Center at 262-6808 or Rita Helleck at 262-6867.

Mikę McKinley-Director

"Moose River Hustle" Fun Run

The "Moose River Hustle" Fun Run will be held on May 10th starting at the Sterling Senior Center parking lot. Registration is from 8:30 a.m. till 9:45 a.m. and the Run starts at 10:00 a.m. This is a 1M-5k-10K walk or run. The entry fee is \$10.00 for youth and \$15.00 for adults and t-shirts will be given. The benefit is for the Sterling Senior "Meals on Wheels" program which benefits the whole community. Please join and for more information call 262-1721.



Leon Merkes hits his 90th year.

For all of you that would like to come wish Leon a "happy 90th birthday" come to his celebration on Thursday, May 1st from 5:00 till 8:00 p.m. at the Sterling Community Center. We're celebrating with food, drinks, cake and live music. Please come, seeing you will be all he wants for a "Happy Birthday"

From: Public Health Nurse Melody Niichel, MN, RN

Kenai Public Health Center
(907)335-3421

National Infant Immunization Week April 26- May 3, 2014
Immunization: Safe. Effective. Essential.

Alaska Public Health centers will be **waiving the standard administration fee** of ALL vaccines, for those who qualify, in honor of National Infant Immunization week. Vaccines keep

our kids healthy, and help protect our community by preventing and reducing the spread of infectious diseases- for both children and adults.

Make an appointment today at Kenai Public Health Center Mon.-Fri. 8:30-4:30pm
(907) 335-3400 You can't beat the price, or the protection.

ALSO: A Big THANK YOU! From your local Public Health Nurse!!!

Public Health Nursing came to Sterling Senior Center on April 9th and we gave 35 eligible adults the Shingles Shot. The Shingles/Zoster shot helps prevent getting this painful skin rash that 1 out of 3 adults will develop. "Thank you Sterling Senior Center staff for assisting in this Shingles Shot Clinic!!!" (For any adults interested in getting the Shingles shot, please call us at Kenai Public Health 335-3400.)

CANCER SUPPORT GROUP

WHAT: New Support Group meeting for patients & caregivers



WHEN: Thursday evenings from 4:30 till 6:00 p.m.

BEGIN: 4/24/14 & will run 4 weeks

WHERE: Peninsula Radiation/Oncology Center at CPH

SNACKS PROVIDED

LIVING WELL WITH CANCER SYMPOSIUM

A full day of valuable information

WHEN: May 10th from 9:00 till 4:00 p.m.

WHERE: Central Peninsula Hospital in the Denali Room

Thank You, D.O.T.



The Sterling community would like to give the Department of Transportation and its employees a big "thank you" for taking such good care of our highway this winter and especially for cleaning the sidewalks this Spring. It is so nice to be able to walk on nice clean sidewalks again. Thank you!!

Ladies of Abundant Life Church

The ladies of Abundant Life Church have a ladies group called TGP (The Gathering Place). The Gathering Place is based on Matthew 18 : 20 "Where two or three gather in my name, there I am with them." We have gatherings at the campground, the park, in homes, etc. You're invited to join us on Mother Day May 11th with guest speaker Heidi Zweifer during the Sunday service that begins at 10:00. On May 17th the TGP Mom's In Prayer group invite you to meet them at Farnsworth Park in Soldotna from 12:00 – 2:00. Bring sack lunch for the family and let the kids play.

May 18th we will meet at the Abundant Life Church from 2:00 – 3:00 for community trash pickup, come join us.



Sterling Head Start

We are winding down our school year with our last day with students May 7th. Our end of the year celebration will be May 6th at 6:30 at the Sterling Community Center. We are still accepting applications for the 2014 – 2015 school year. Staff's last day will be May 9th, but we will be checking messages (#260-7446) throughout the summer.

We have had a fabulous school year and have enjoyed getting to know all of our children and their families! The Center is located at mile 81 ½ Sterling Highway in Sterling next to Cook's Tesoro. If you have questions please call us at #260-7446.

Sterling Pentecostal Church

Here are the news items from Sterling Pentecostal Church for the May issue: Mother's Day, May 11, Sterling Pentecostal Church will be giving each mother in the 11:00 a.m. worship service a small gift as a token of appreciation.

A "School's Out Picnic" is scheduled for May 25 after the worship service to celebrate the completion of another school year. A potluck featuring the Villas' "Hot Dogs a la Carte" will be part of the celebration.

Every one is invited to these events. The church is located on Swanson River Road and Entrada Drive.

Thanks, Mitchell Glover

BE BEAR AWARE & WILDLIFE STEWARDSHIP MONTH

Spring is the time when bears and cubs emerge from their winter dens, kids once again start exploring our great outdoors, and families begin making their summer plans to travel to our parks, forests, and refuges. May is the time to remind Americans how to enjoy our wildlife, especially bears, safely and responsibly.

Safety topics will include:



- The importance of reading trailhead signs;
- Identifying fresh bear signs;
- Special cautionary situations: noisy and low visibility areas;
- What to do when confronted by bears, mountain lions and rattlesnakes;
- Setting up a campsite to minimize bear encounters;
- Food storage to minimize odors and attractants;
- Viewing and photographing wildlife safely and responsibly (binoculars, spotting scope & telephoto lenses);

Avoiding encounters with wildlife in residential settings;
 Examples of misinformation that causes the problem of tourists & recreationalists believing that it is appropriate to approach, feed, touch and interact with wildlife.
 Hunter and gun safety techniques

Kenai Peninsula Family Caregiver Support Program
Meeting Schedule

National High Blood Pressure Education Month

***Thursday, May 1, 2014 @ 10:30 am Seward Senior Center, Caregiver Support Meeting.
 Introduction to the Caregiving Support Program***

***Tuesday, May 6, 2014 @ 1:00 pm Sterling Senior Center, Caregiver Support Meeting: Training:
 “How to Use Your Home Blood Pressure Cuff”***

***Tuesday, May 13, 2014 @ 1:00 pm Soldotna Senior Center, Caregiver Support Meeting: Training:
 “How to Use Your Home Blood Pressure Cuff”***

***Tuesday, May 20, 2014 @ 1:00 pm Kenai Senior Center, Caregiver Support Meeting: Training:
 “How to Use Your Home Blood Pressure Cuff”***

***Tuesday, May 27, 2014 @ 1:00 pm Soldotna Senior Center, Caregiver Support Meeting: Training:
 “Lowering Your Blood Pressure with DASH” Dietary Approaches to Stop Hypertension (DASH)***

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

Safe Kids of the Kenai Peninsula:

Splash Into Safety with Safe Kids Kenai Peninsula Water Safety Event Saturday, May 3rd
 10 am - 2 pm Arrive any time during the event.

It takes approximately 1 1/2 hours to rotate through all the Safety Stations.

At: Skyview High School

This event is free and for children 4-14.

Parents/Caregivers must attend with child (but do not have to get in the water.) Please bring swimsuits and towels.

Upon completing the stations you will be able to purchase a proper fitting child’s Mustang personal flotation device (PFD) for \$15.00. (While supplies last)

For more information call Jane at 714-4539 or email safekids@cpgh.org
Join the fun & learn about water safety. Safety Stations include:

- Personal Flotation Device
- Reach/Throw/Don't Go
- Safe Boat Loading
- Cold Water Immersion
- Hypothermia
- River Safety
- CES Rescue Boat
- Be in the Know

Participating organizations: Safe Kids Kenai Peninsula, Alaska State Parks, Kenai National Wildlife Refuge, Central Emergency Services, Kenai Peninsula McDonalds, Jersey Subs, US Coast Guard Auxillary, Kenai River Sportfishing Asso., Mustang Survival, Safe Kids, Central Peninsula Hospital and many Community Volunteers
(907) 714-4404 • 250 Hospital Place, Soldotna, AK 99669 • www.cpg.org

Citizens Corp.:

Citizens Corp Tips:

Disaster Preparedness for Seniors by Seniors. Also a good idea for others to develop neighborhood networks in case of emergency.

* Create a personal support network made up of several individuals who will check in on each other in an emergency, to ensure wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site.

Seven important items to discuss and implement with a personal support network:

1 Make arrangements, prior to an emergency, for the support network to immediately check on each other after a disaster and, if needed, offer assistance.

2 Exchange important keys.

3 Show each other where emergency supplies are kept.

4 Share copies of relevant emergency documents, evacuation plans and emergency health information card.

5 Agree on and practice methods for contacting each other in an emergency. Do not count on the telephones working.

6 You and your personal support network should always notify each other when you are going out of town and when you will return.

7 The relationship should be mutual. You have a lot to contribute! Learn about each other's needs and how to help each other in an emergency. You might take responsibility for food supplies and preparation, organizing neighborhood watch meetings and interpreting, among other things.

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

