

STERLING COMMUNITY NEWSLETTER

APRIL. 2014

Sterling Community Center news;

March was a fun month at the Sterling Community Center. The Sterling Soccer Club began with Jen Waller and AnnMarie Rudstrom as coaches. Children meet every Tuesday for 7 weeks to learn soccer fundamentals. Thank you, Jen and AnnMarie!



The workout program "Insanity" will be going on for one more month. If you're thinking of getting into shape for the summer, don't miss this class in April, every weekday at 10:00 a.m. Volleyball is every Monday evening from 7 to 9 p.m., and Zumba is offered three days a week, Mon., Wed., and Fri. at 5:30. Wednesday is Cosmic Zumba day, with black lights, so be sure to wear something white or neon colored!



Last Saturday the SC Center hosted the Spring Craft and Vendor Fair. Over 40 Crafters and Vendors displayed their wares. A special thanks goes out to our volunteers, who helped organize the event and provide breakfast and lunch at the Fair; Jason Borer, Terry Buffo, Jallisa Caligan, Janessa Caligan, Melissa Daugherty, Sabrina Hames, Brandi Hesse, Lynn Lockner, Laura McMullin, Grace Merkes, Sam Owens, Juanita Owens, Leora Pooler, Hunter Thompson, and Renae Wall. Thank you, also,



to The Cake Lady Karen Otter, who donated the proceeds from her cupcake sales to the SC Center. Keep tuned in for another SCC Craft and Vendor Fair this fall!

Marissa & her Army of volunteers are holding a Dinner/Auction fundraiser at the Sterling Community Center for the benefit of a sick girl, Alisha, whose bucket list includes a special trip to Alaska to see all its wonders. It will be held this Saturday, April 5th from 5:00 till 7:00 p.m. "Moose River Bar B-Q" will be the caterer & there will be a \$5.00 entry fee. Please come enjoy some food, bid on some items and help this girl see her dream come thru.

The SCCI annual meeting will be held on Tuesday, April 8th at 5:45 p.m. in the conference room at the Center. Discussion will include on changes to the policies and procedures, rental contracts and rates. There also will be an election of two board members.

Please remember to sign up for the community program being offered through Fred Meyers. It is a program that when you spend \$\$'s at F/M the same amount of points you get on your personal F/M rewards card will be applied to the Sterling Community Club account. Then at the end of the quarter you will get your dollar credit amount as well as the Sterling Community Club will get the same amount that we can use to purchase needed items from their store. You just have to go to fredmeyer.com/community-rewards, search for Sterling Community Club or use our NPO # 88244 and sign up to apply your rewards to the Sterling Community Club. The Sterling Senior Center is also a member of this program.



Check our website for an updated calendar:
www.sterlingcommunityclub.com, Event tab. If there's something YOU could offer the community, or if you have ideas of what you want to see offered, call Renae at the SC Center at 262-7224 or email at sterlingcommunityclub@live.com We'd love to hear from you!

Mark your calendar for these happenings in Sterling in April

- April 1st Caregiver Peer Support meeting at Senior Center 1:00 p.m.**
- April 5th Head Start & Sterling Elementary School pre-school roundup 10:00-12:00 a.m.**
- April 5th "Moose River Bar-B-Q" dinner/auction fundraiser for Alisha 5:00-7:00 p.m.**
- April 5th Spaghetti feed for Sterling 5th grade class at Senior Center 5:00 p.m.**
- April 8th Sterling Community Club annual meeting 5:45 p.m.**
- April 9th Shingles Vaccinations by Kenai Public Health at Senior Center 9:00-1:00 p.m.**
- April 12th Seniors Center ITALIAN FEAST**
- April 18th thru 20th "Family Revival" at Sterling Pentecostal Church 7:00 p.m.**
- April 22 Head-Start Open House call 260-7446 for info 10:00-11:00 a.m. & 2:00-3:00 p.m.**
- April 26th AARP Driving Class at Senior Center**

Sterling Senior Center

April and the tulips, crocus, and daffodils are showing off. Now if all of the ice and mud would go away, it would be spring time. There wasn't much snow on the ground this winter so breakup should not be quite as bad this year.

In April we are having our first fundraiser of the year. It's the ITALIAN FEAST on the 12th. As of today, we didn't have a chairperson for the event, but I'm sure someone will step up to take care of it. Cost is \$15 for adults, \$7 for children. This is a fundraiser that your director did for the last few years, but I'm begging off this year while my spine surgery is still healing. If you know of, or want to be, a volunteer for this event please sign up at the front desk. I'll start a menu with the cooks so there won't be as much work that someone has to handle. Volunteers are our backbone. We can't operate the Center without the involvement of the members and Sterling neighbors. Our commitment to the community for senior and disabled citizens would suffer without the efforts of our volunteers and participation by the rest of the community. Please help where you can. *(ps Mike just emailed me with the menu for the Italian Feast-* The menu will include lasagna –meat & spinach, carbonara, baked ravioli, dinner salad, French bread and dessert.

Don't forget to have your income tax returns in by the 15th of the month. The IRS needs to keep all of their employees happy. Seriously, don't forget. It can result in a fine. The AARP volunteer tax preparation has been busy every week helping local citizens with their returns. Many thanks to them for that service. Again,,,,,, volunteers.

Pull tabs will also be opening again!!! YAY! Another chance to win a few bucks for those of you that are the lucky ones. The plan is for the 15th, but may open sooner on a temporary basis. See Rita if you're interested in playing.

The Sterling Elementary fifth grade class (Mrs. McKinley) is holding a fundraiser for their spring field trip on April 5th from 5-7. It's a spaghetti feed and is open to the public. Please help them out if possible. They worked hard at our Christmas Bazaar to raise money for their last trip and will be working hard for this one as well. \$15 adults, \$7 students.

AARP is having a driving school on Saturday, April 26th. It will be \$20 for non-AARP members, \$15 for non-members. Seniors can save some money on their insurance by taking this class. The discount more than pays for the class.

Have a great April. Plant some gardens and do all of your spring cleaning because by May, you'll want to be preparing all of the fishing and camping equipment. You won't have time to be cleaning.

There will be Shingles vaccinations available on April 9th from Kenai Public Health. We have a sign-up sheet at the front desk. If you want the vaccination, you must sign up by April 4th so the nurse know how many to bring with her on the 9th. She will be here from 9am-1pm that day.

On March 28, 2014 we were fortunate to receive a number of greeting cards from Girl Scout Troop 103 that were addressed to our Meals on Wheels recipients, as well as the members of the Senior Center. We sent cards out with our home delivered meals on that day as well as displaying the cards at the center and on our Facebook page. We are very grateful to the troop for caring for our members and clients. You make us happy and very thankful to have all of you in our community. Thanks to Girl Scout Troop 103!!!



Mike McKinley-Director

Sterling Head Start

Sterling Head Start is currently accepting applications for the 2014 – 2015 school year. If you have a 3 or 4 year old that you would like to enroll you can come to the office or to the Pre K / Kindergarten round up on April 5th from 10:00 – 12:00 at the Sterling Elementary.

We are also having an open house Tuesday April 22nd from 10:00 – 11:00 and 2:00 – 3:00. We welcome you to bring your child to Sterling Head Start to meet our teachers and participate in some fun activities. 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

Sterling Pentecostal Church will host a family seminar called "Family Revival" presented by Gordon and Afton Mallory at 7:00 p.m. April 18-20. The Mallorys will share their knowledge and experience from many years of marriage and ministry, including being missionaries to the Philippines, pastor in Hawaii, and an international evangelist. There is no charge for the seminar. Call 262-7240 for more information.

Mitchell Glover

Kenai Peninsula Family Caregiver Support Program



Meeting Schedule

National Stress Awareness Month

Tuesday, April 1, 2014 @ 1:00 pm Sterling Senior Center, Caregiver Peer Support Meeting: Video for discussion-"Humor Your Stress" with Loretta LaRoche

Tuesday, April 8, 2014 @ 1:00 pm Soldotna Senior Center, Caregiver Peer Support Meeting: Video for discussion-"Humor Your Stress" with Loretta LaRoche

Tuesday, April 15 2014 @ 1:00 pm Kenai Senior Center, Caregiver Peer Support Meeting: Video for discussion-"Humor Your Stress" with Loretta LaRoche

Tuesday, April 29, 2014 @ 1:00 pm Soldotna Senior Center, Caregiver Peer Support Meeting

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.

Kenai Public Health Center

Support the GreenDOT Program on the Kenai Peninsula!

We have been chosen as one of 6 communities statewide to have the GreenDOT Program in our community. This is a program to make our community safer by ending violence. Most of us don't want to be a victim of violence. We don't want violence to happen to our neighbor, our children, our friends or in our community. What the GreenDOT program promotes is that **No one has to do everything and Everyone can do something**. There are simple things each of us can do to stop violence before it happens. Please help support this program to make our community safer and learn about things you can do at www.GreenDotAlaska.com. No one has to do everything and everyone can do something. Start today by taking a pledge to learn more about GreenDOT and support this local program to end violence on the Kenai Peninsula.



Thank you!

-Nurse Melody, Kenai Public Health Center 335-3400.

Public Health Nurse **Melody Niichel, MN, RN**
(907)335-3421

Citizens Corp Tips:

Blackout Consequences:

The power blackout risk is generally underestimated.

Most critical systems such as hospitals, first responder facilities, water and sewage systems and stock exchanges have backup power generation in place. However, these typically have only enough fuel for several hours to a maximum of a few days. Immediately after a blackout, it is not possible to purchase any goods without cash as no electronic payment is possible. The 2003 blackout illustrated that after 3 to 6 hours without power most fuel stations and refineries had to close down, leaving the public without fuel for cars or backup generators as the pumps did not operate.

Governments have typically, however, implemented emergency fuel storages to keep most critical facilities alive for several weeks up to a month.

The loss of water systems due to a power outage leads to many cascading effects. Hospitals, schools, nursing homes, restaurants, and office buildings all rely on water to operate. Water is used for drinking, sanitation, and heating and cooling systems in those facilities. Fire fighters depend on water to carry out their emergency response, and access to safe water is necessary for providing mass care services and preventing the spread of disease. Without electricity most heating systems do not operate.

During winter typical

homes can cool to below freezing level within few days. It must be expected that people will try to heat their homes using open fires, leading to many homes burning while there is no water for emergency response teams.

Food safety steps after blackout:

Throw out unsafe food:

Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!

Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.

If food in the freezer is colder than 40° F and has ice crystals on it, you can refreeze it.

If you are not sure food is cold enough, take its temperature with the food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40° F (4° C) for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.



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