



## STERLING COMMUNITY NEWSLETTER

February 2015

### Mark your calendar for some Happenings in the area in JANUARY

Tues. Feb. 3 <sup>rd</sup>	@ SSC Family Caregiver Support Program	1:00 p.m.
Tues. Feb. 3 <sup>rd</sup>	@ Soldodtna Library "Gatekeeper training for suicide prevention"	11:00 a.m.,
Wed. Feb. 4 <sup>th</sup>	@ SCC regular monthly Board meeting	5:45 p.m.
Feb. 5 & 6 <sup>th</sup>	@ SCC will be closed due to Estate Auction	
Sat. Feb. 7 <sup>th</sup>	@ SCC AK Trading Estate Auction	10:00 a.m.
Sun. Feb. 8 <sup>th</sup>	@ Abundant Life Church "Truth Project Bible Study"	5:00 p.m.
Sat. Feb. 14 <sup>th</sup>	@ SSC Mama's Wilderness BBQ	5:00 p.m.
Tues. Feb. 17 <sup>th</sup>	@ Hospice Office (in Mattress Ranch building) Grief support group	5:30 p.m.
Fri. Feb. 20 <sup>th</sup>	@ SCC Scrapbooking	7:00 p.m.
Sat. Feb. 21 <sup>st</sup>	@ SCC 13 <sup>th</sup> Annual SCC/HeadStart Dinner/Auction (Hee-Haw)	6:30 p.m.
Sat. Feb. 28 <sup>th</sup>	@ SCC "The Taste of the Kenai"	
Wed. March 4 <sup>nd</sup>	@ SCC Annual Meeting & elections of Board Members	5:45 p.m.

### STERLING SENIOR CENTER:

February is here and at the center it's pretty quiet. On Valentine's day Mama's Wilderness BBQ is renting out the building to put on an awesome dinner for anyone who would like to come. They are charging only \$15.00 for all you can eat (while supplies last). Starts at 5:00 p.m. and goes to about 8:00pm.



Sherri (our cook) is gone the month of February. We will have a few different cooks and new things on the menu. Come in and try it out. Lunch is at noon Monday thru Friday. I want to thank everyone who volunteered a day or two to cook.

For all of you that are just dying to volunteer at the Sterling Senior Center, boy do I have an opportunity for you! We would like to have volunteers come in for a few hours a day to be the smile when you walk in the door, to answer the phones, and to do other light administrative work. If you are interested, please let me know.

Thank you everyone who comes in to volunteer, eat lunch, drink coffee, play cards, or just hang out. You keep us up and running.

**Shae Leggett-Director**

## **KENAI PENINSULA CAREGIVER PROGRAM:**

Kenai Peninsula Family Caregiver Support Program Meeting Schedule for FEBRUARY is as follows;

**Tuesday, February 3, 2015, 1:00 pm Sterling Senior Center**, Caregiver Support Meeting-Topic: National Heart Month

Tuesday, February 10, 2015, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting Topic: National Heart Month

Thursday, February 12, 2015, 5:00 pm KPFCSP Office in the Blazy Mall, Caregiver Support Meeting Topic: N. Heart Month

Tuesday, February 17 2015, 1:00 pm Kenai Senior Center, Caregiver Support Meeting Topic: National Heart Month

Tuesday, February 24, 2015, 1:00 pm Soldotna Senior Center, 1:00 pm Caregiver Support Meeting Topic: N. Heart Month

Please join us to share your experiences as a caregiver, or to support someone who is a caregiver. You do not need to be a Senior Center Member to attend the meetings. If you are helping a friend by being a caregiver, come see how we can help.

**Please call Shelley or Judy at (907) 262-1280, for more information.**



## **STERLING COMMUNITY CENTER NEWS:**

**NEW HOURS on Friday afternoons!** The Sterling Community Center is now open until 6:00 p.m. on Fridays!! The schedule for Friday is now open gym from 12 noon until 6:00 p.m.

Sterling Community Center Board meeting is on **Wednesday, February 4th at 5:45 p.m.** and the meeting is open to the public. Annual Sterling Community Center Board Meeting will be held Monday, **March 2nd at 5:45 p.m.** Elections will be held for new Board members and alternates. If you are interested in serving on the Board we have applications here at the Community Center. A deadline to turn in your paperwork is February 27<sup>th</sup>, 2015 by 6:00 pm at the office.

We have a new face around the SCC. Her name is **Jordan Fletcher** and she is here to help with the many students that have been coming and playing in the gym. She is a graduate of River City Academy so let's welcome her. Gym walking still is Monday, Wednesday and Friday from 9:00 – 10:00 a.m. Walk-in is \$6.00, monthly passes are available and SCC members are free. Be sure to wear tennis shoes. With the way our weather is acting this is a sure way to walk, get your exercise and not beat the mercy of our nasty, cold weather!!

Our Hip Hop Aerobic (previous called Zumba) class is still occurring on Monday and Wednesday from 10:00-11:00 a.m. Walk ins are \$6.00. Monthly passes are available and SCC members are free. Let's get Healthy is still on Tuesday and Thursday evenings, from 5:30 – 6:30 pm. Walk in is \$3.00 and free to SCC members. Bring a water bottle, a mat, leg or arm weights under 10# if you have them.

Pickleball continues to be our hot item here at the SCC Monday from 1:00-3:00 p.m, Thursday from 1:00 – 3:00 p.m and Thursday evening from 6:00 – 8:00 p.m. Walk in is \$6.00 with monthly passes

available. SCC members are free. We have rules on hand for new comers to learn this fast growing game. Youth pickleball has been canceled for the time being.

Our Toddler time is still on Wednesday from 12:00 – 1:00 p.m. Walk-in is \$6.00, with the care giver/parent free with each toddler. Monthly passes are also available. We ask that toddlers wear indoor gym shoes. We have a variety of toddler fun toys just for that age group.

Once again we have Scrapbooking on your own so all our scrapbookers and card makers can get their fix! We will be meeting on Friday, February 20th from 7:00 – 12 midnight in the conference room. Walk-in is \$6.00 and SCC members are free. Bring a finger food and your own paper plates and napkins if you wish to munch while taking breaks. This is open to high school and up.

Open gym is still a big draw at the SCC. We ask that you wear indoor tennis shoes on the gym floor. Walk-in is \$6.00, monthly passes are available and SCC members are free. We have many times throughout the week for open gym. We have calendars here in the lobby, also for the latest and most current list of activities; LIKE us on Facebook, and you will be kept up to date with the calendar there. Or go to our web site:

[www.sterlingcommunityclub.com](http://www.sterlingcommunityclub.com). & see our membership fees also.

The SCC and the Sterling /Soldotna HeadStart are holding the 13th Annual Dinner/Auction Fundraiser on Saturday, February 21st. Tickets are on sale here at the SCC Office or at Sterling HeadStart. Tickets are \$30.00 per person which includes entertainment, dinner & auction. The dinner will be prepared by our famous Chef Michael Evan & his wife. As many of you know, his meals are out of this world as far as the word **excellence** goes!! What better place to “get away from it all” come and have a YEE HAW time and benefit many in our community! If you would like to donate an auction item or purchase a ticket please call the SCC office at 262-7224 or Sterling HeadStart at 260-7446.

Once again the SCC will be the location for the “TASTE OF THE KENAI “on Saturday, February 28th.

We are available for rentals; just call the office at 262-7224 if you have questions.

**submitted by: Rochelle**

“Ye Haw” 13th Annual  
Sterling Community Center &  
Sterling/Soldotna Head Start



**Dinner, Auction & Fund Raiser**  
**Saturday, February 21st**  
**@ Sterling Community Center**

Doors open at 6:30 P.M.  
\$30.00 per ticket  
**Tickets Available at:**  
**Sterling Head Start &**  
**Sterling Community Center**



It'll be a  
Ye Haw Time  
ya' ALL



Call Sterling Community Center @ 262-7224 or  
Sterling Head Start @ 260-7446 if you have any questions!!

## **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

## **PENINSULA JOB CENTER**

Ø On Wednesdays, **February 4<sup>th</sup> and 25<sup>th</sup>**, we will offer a **Job Search Strategies for the Ex-Offender workshop**. Participants will receive information on effective ways and available resources to help knock down criminal history barriers in applying for employment.

Ø **Vocational Rehabilitation Orientation Workshop** will be offered at the Peninsula Job Center on Thursday, **February 12, 2015** from 3:00 to 4:00pm.

Ø The Peninsula Job Center will be **closed** on Monday, **February 16, 2015** in observance of President's Day.

Ø Representatives from the Kenai Peninsula College - Adult Learning Center will be at the Peninsula Job Center on Tuesday, **February 17, 2015** to conduct a **GED Orientation**. The orientation starts at 1:00pm.

Ø No workshops will be offered on Monday, February 23, 2015.

### ***ALSO happening in February:***

Ø The Peninsula Job Center will be accepting applications for the **3rd session of Kenai Construction Academy**. The application period runs from **Monday, January 21, 2015 to Wednesday, February 11, 2015**. Classes will begin on February 23, 2015 and end on March 21, 2015. To be considered for this free training in basic carpentry, plumbing, welding or electrical, applicants must complete an application, WorkKeys® testing, an interview, and pass a drug screen. **\*\*Applications are now available online at [www.alaskaaca.org](http://www.alaskaaca.org).**

### **Please note the below telephone numbers to reach Peninsula Job Center, Dep. of Labor staff:**

Peninsula Job Center, Department of Labor, main phone number: 335.3000

Employment Services: phone: 335.3010 / fax: 335.3050

Career Support and Training Services: phone: 335.3060 / fax: 335.3070

Employment Security Tax: 335.3020

Please dial 283.2900 to reach the Division of Public Assistance

Please let me know if you have any questions or would like to learn more about any of the workshops or services offered at the Peninsula Job Center. Thank you,

**Rachel O'Brien**

**Employment Security Supervisor**

**Peninsula Job Center**

**Phone: (907) 335.3001**

**Fax: (907) 335.3050**

**E-mail: [rachel.obrien@alaska.gov](mailto:rachel.obrien@alaska.gov)**

## Citizens Corp Tips

### Be SAFE on Ice Walking Safely Walk Safely Like a Penguin



Walking to and from parking lots or between buildings or the car at home or at work during the winter requires special attention to avoid slipping and falling. Slips and falls are some of the most frequent types of injuries, especially during the winter months. No matter how well the snow and ice is

removed from parking lots or sidewalks, you will still encounter outdoors in the winter. It is important for everyone to be constantly aware of these dangers and to learn to walk safely on ice and slippery surfaces.

\* In cold temperatures, approach with **caution** and assume that all wet, dark areas on pavements are slippery and icy.

\* During bad weather, **avoid boots or shoes with smooth soles and heels.** Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.

\* **Use special care when entering and exiting vehicles; use the vehicle for support.**

\* **Walk in designated walkways as much as possible.**

Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk; a snow- or ice-covered sidewalk or driveway, especially if on a hill, may require travel along its grassy edge for traction.

\* **Point your feet out slightly like a penguin! Spreading your feet out slightly, while walking on ice, increases your center of gravity.**

\* **Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.**

\* **Extend your arms out to your sides to maintain balance.**

\* **Keep your hands out of your pockets.**

Hands in your pockets, while walking, decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.

\* **Watch where you are stepping and**

... **GO S-L-O-W-L-Y !!**

\* **Take short steps or shuffle for stability.**

\* **Wear a heavy, bulky coat that will cushion you if you should fall.**

\* **Try to avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side.**

\* **Try to relax your muscles if you fall. You'll injure yourself less if you are relaxed.**

(submitted by: Jackie Stringham)

## **ROTARY CLUBS OF SOLDOTNA & KENAI RIVER:**

**Approach:** Brought to you by the Rotary Clubs of Soldotna and Kenai River (Free)

A Gatekeeper is anyone within a community who is in a position to recognize the warning signs that someone may be contemplating suicide. Gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office workers, squad leaders, store clerks, police officers, advisors, case managers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide, but do not treat in the long term.

The objectives of this training are to:

1. Learn about how suicide affects the state of Alaska.
2. Learn about the myths and facts surrounding suicide
3. Recognize the warning signs of suicide
4. Know how to offer hope
5. Know how to get help and save a life
6. Know what resources are available for help and support

The Alaska Gatekeeper Training uses the QPR method as its core training. QPR stands for Question, Persuade and Refer, an emergency mental health intervention for suicidal persons created by Paul Quinnett. QPR is a simple educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need. It is also an action plan that can result in lives saved. This training is free and open to the public. February 3rd, 2015, 11:00 a.m. – 1:00 p.m. Soldotna Library Multipurpose Room Light lunch provided

## **HOSPICE**

Healing Hearts is a self-help grief support group that is designed to meet the needs of persons with a variety of loss history. This on-going group meets monthly: 3<sup>rd</sup> Tuesday of the month from 5:30 to 7:00 p.m. at the Hospice Office 35911 Kenai Spur Hwy (same area as the Mattress Ranch)

February 17<sup>th</sup> at 5:30 at the Hospice Office

March 17<sup>th</sup> at 5:30 at the Hospice Office

April 21<sup>st</sup> at 5:30 at the Hospice Office

Call Hospice for more information at 262-0453 – M/T/W/Th



*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](mailto:merkes2@yahoo.com) Thank you!!*