

Chugiak-Eagle River Senior Center



April 2024
Volume 37, Issue 4

NEWS Senior Edition

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MISSION STATEMENT

The Chugiak-Eagle River Senior Center exists to provide quality services and facilities to meet the needs of seniors in our community through effective stewardship and program development.



Executive Director's Letter

Residents and Community Members,

It's been an exhilarating first month with the Chugiak-Eagle River Senior Center team. As many of you are aware, I initiated an Executive Director mailing list to foster direct and frequent communication with residents. If you haven't already signed up and wish to be included, please shoot me an email at execdir@mtaonline.net, or swing by and provide Margaret with your email address.

In this initial month, we've conducted food surveys, engaged with Municipal and State staff, tackled the sizable task of shoveling the roof (no small feat, but we got it done), reinstated Heather on a full-time basis, appointed a new Finance Director, and completed our reorganization and staff realignments. For a detailed overview of our achievements and future plans, we invite you to join us at the April 24th board meeting.

Our newest addition to the team is Lindsey Causer, our Finance Director. Lindsey grew up in southern California with parents that believed in public service and giving back to the community. Her parents, missionaries who established over 148 churches in Africa, built 10 drug and alcohol rehabilitation centers, and managed a homeless shelter in California for over a decade, instilled in Lindsey a deep understanding of nonprofit work and community engagement.

With a bachelor's degree in accounting and experience in setting up four distinct nonprofit accounting systems, Lindsey's background is richly immersed in municipal and state processes, garnered from her tenure with the Municipality of Anchorage and the State of Alaska. Her expertise in accounting and familiarity with governmental procedures and systems are proving to be invaluable assets to our team.

Please join us in extending a warm welcome to Lindsey as she joins us in serving the residents and community of Chugiak-Eagle River.

Sincerely,

Amy Demboski

CSCI BOARD OF DIRECTORS MEETING

The next Board Meeting will be on
Wednesday, April 24th at 4:00pm
in the Board Room.

BOARD OF DIRECTORS

President

Andrew Fierro
cerscbod@gmail.com

Vice President

Secretary

Kathryn Railing

Treasurer

Mary Suter

Members-at-Large

Ruth Doubek, Ray Johnson, Rick Oatman,
Sandra Skaggs, Cathy Tilton, and Michael Yorke

MANAGEMENT TEAM

Executive Director

Amy Demboski
execdir@mtaonline.net

Finance Director

Lindsey Causer
findir@mtaonline.net

Food Service Manager

Andrew Leonard
foodsvc@mtaonline.net

Housing Manager

Laurie Moffitt
denalivu@mtaonline.net

Maintenance & Transportation Supervisor

Shelly Phillips
cscadm@mtaonline.net
chugiakseniorcenter@mtaonline.net

PR and Fundraising Coordinator

Heather Sommerville
cscact@mtaonline.net

ALP Administrator

Bobbie Lewis
assistedliving@mtaonline.net

CHUGIAK SENIOR CITIZENS, INC.

22424 Birchwood Loop, Chugiak, AK 99567

Phone: (907) 688-2674 Fax: (907) 688-1319

Office Hours: M-F 8:30am to 5pm

Website: <http://www.chugiak.org>

Facebook: [Chugiak-Eagle River Senior Center](#)

DEPARTMENTS

Activities - 688-2683

cscact@mtaonline.net

Adult Day Services - 688-2691

cscads@mtaonline.net

Assisted Living Program - 688-8999

assistedliving@mtaonline.net

Donations - 688-2683

cscact@mtaonline.net

Finance - 688-2688

findir@mtaonline.net

Food Service and Catering - 688-2652

foodsvc@mtaonline.net

Housing - 688-2633

denalivu@mtaonline.net

Human Resources - 688-2676

chugiakseniorcenter@mtaonline.net

Meals-On-Wheels - 688-2626

transportation@mtaonline.net

Membership - 688-2674

cersc@mtaonline.net

Newsletter - 688-2683

cscact@mtaonline.net

Room Rentals - 688-2694

cscgrants@mtaonline.net

Transportation - 688-2626

transportation@mtaonline.net

Volunteers - 688-2683

cscact@mtaonline.net

Wellness & Exercise - 688-2683

cscact@mtaonline.net



CERSC Gift Shop Sale

First Friday Sale
February - May

FRIDAY, APRIL 5TH 11:30 AM - 1:00 PM

GIFT SHOP 50% OFF - 1 ITEM

**1ST FRIDAY SALE
APRIL 5TH
MAY 3RD**



New Testament Bible Study

Board Room (FREE) at 2:00pm
Every other Thursday

THURSDAY, APRIL 11TH AND 25TH AT 2:00 PM

Want to get a deeper understanding of The Bible? Come study the New Testament with local Missionaries from The Church of Jesus Christ of Latter-Day Saints, every other Thursday, at 2:00pm. We will also be watching clips from the TV show, "The Chosen", in correlation with what we are reading. All are welcome to attend!

Bible Study

And

The CHOSEN

We will be reading the Gospels and watching "The Chosen" in correlation to what we read!

Every other Thursday starting Feb 15

From 2:00 to 3:00 on the second floor in the conference room!

All bibles are welcome!

If you have any questions, call:
(907) 830-7278



Aging & Disability Resource Center

Main Dining Hall (FREE) at 11:30 am

THURSDAY, APRIL 11TH 11:30 AM

Alaska's ADRCs connect seniors, people with disabilities, and caregivers with long-term services and supports of their choice. The ADRC network serves Alaskans statewide, regardless of age or income level, through regional sites.

ADRCs are part of a federal effort to help people more easily access the long-term services and supports available in their communities. That might include transportation, assistive technology, or in-home care.



The Center for Safe Alaskans

Older Driver Safety and
Community Mobility Presentation
Main Dining Hall (FREE) at 1:00pm

TUESDAY, APRIL 16TH 1:00 PM (SEE PAGE 12)

Join CERSC as we host The Center for Safe Alaskans for a 20-30-minute presentation focused on the importance of older driving safety, strategies to maintain mobility and community access as drivers age, and preparing for the next steps when driving may no longer be an option.

BECOME A CERSC MEMBER TODAY!

Members receive our newsletter, menu, and discounts on CERSC events
Enclosed is my membership fee of:

- _____ \$ 30.00 for individual membership
- _____ \$ 45.00 for a couple's membership
- _____ \$150.00 for individual lifetime membership
- _____ \$225.00 for couple's lifetime membership

Name: _____

Birth Date: _____ Phone #: _____

If you want to receive the Senior Edition Newsletter electronically, please provide your

E-mail Address: _____

Mailing Address: _____

New Member

Renewing Member

Individual and Couple Memberships expire December 31, 2024; dues are not prorated.

**CERSC membership applications can also be picked up from our Administrative Office at
22424 Birchwood Loop, Chugiak, AK 99567
(907) 688-2674 - Administrative Office**

MEMBERSHIP MATTERS!

Join or renew your membership!

Good until December 31, 2024

April 2024 Activities Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>1 10:00am Chair Pilates - Self-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest</p>	<p>2 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer 6:00pm Yoga-Instructor led</p>	<p>3 9:30am Circuit Self-led 10:00am-3:00pm AARP Taxes 11:00am Strong Seniors-Self-led 1:00pm Walmart 3:00pm Resident Meeting 4:00pm-6:00pm Line Dancing</p>	<p>4 10:00am Yoga Instructor led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz</p>	<p>5 9:30am Circuit Self-led 10:00am Chair Pilates - Self-led 12:00pm April Birthday Celebration 1:00pm Carrs</p>	<p>6 10:00am-3:00pm AARP Taxes 10:00am Circuit 11:00am Yoga</p>
<p>7 The Crossing 3:00pm St. Andrew's Catholic Church 12:00pm</p>	<p>8 10:00am Chair Pilates - Self-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest</p>	<p>9 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer 6:00pm Yoga-Instructor led</p>	<p>10 9:30am Circuit Self-led 10:00am-3:00pm AARP Taxes 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm-6:00pm Line Dancing</p>	<p>11 10:00am Yoga Instructor led 10:00am Joy of Painting 11:30am Aging & Disability Resource Center 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz 2:00pm Bible Study</p>	<p>12 9:30am Circuit Self-led 10:00am Chair Pilates - Self-led 11:30am Music by Close Enough 1:00pm Carrs</p>	<p>13 10:00am-3:00pm AARP Taxes 10:00am Circuit 11:00am Yoga</p>
<p>14 The Crossing 3:00pm</p>	<p>15 10:00am Chair Pilates - Self-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest</p>	<p>16 10:00am Joy of Painting 1:00pm Older Driver Safety and Community Mobility Presentation 1:00pm Phase 10 1:00pm Fred Meyer 6:00pm Yoga-Instructor led</p>	<p>17 9:30am Circuit Self-led 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm-6:00pm Line Dancing</p>	<p>18 10:00am Yoga Instructor led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz</p>	<p>19 9:30am Circuit Self-led 10:00am Chair Pilates - Self-led 1:00pm Carrs</p>	<p>20 10:00am Circuit 11:00am Yoga</p>
<p>21 The Crossing 3:00pm St. Andrew's Catholic Church 12:00pm</p>	<p>22 10:00am Chair Pilates - Self-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest</p>	<p>23 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer 6:00pm Yoga-Instructor led</p>	<p>24 9:30am Circuit Self-led 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm Board Meeting 4:00pm-6:00pm Line Dancing</p>	<p>25 10:00am Yoga Instructor led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz 2:00pm Bible Study</p>	<p>26 9:30am Circuit Self-led 10:00am Chair Pilates - Self-led 1:00pm Carrs</p>	<p>27 10:00am Circuit 11:00am Yoga</p>
<p>28 The Crossing 3:00pm</p>	<p>29 10:00am Chair Pilates - Self-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest</p>	<p>30 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer 6:00pm Yoga-Instructor led</p>	<p>For transportation to Three Bears please contact Melanie in the Transportation Department.</p> <p>(907) 688-2626 transportation@mtaonline.net</p>			

THE BILL STOLTZE CAFÉ

April 2024

Congregate Lunch: 11:30am to 1:00pm, Monday through Friday.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Turkey Burger Potato Salad Mixed Veggies</p> <p>Egg Salad</p>	<p>2 All Beef Dogs Mac and Cheese Mixed Veggies</p> <p>Chicken</p>	<p>3 Pot Roast with Candied Carrots Mashed Potatoes Brown Gravy Roll</p> <p>Ham</p>	<p>4 Tomato Basil Feta Chicken Feta Cheese and tomato sauce over Chicken and Pasta Noodles Buttered Carrots</p> <p>Turkey</p>	<p>5 BBQ Pork Ribs Baked Beans Mixed Veggies Cornbread</p> <p>Chefs Choice</p>
<p>8 Grilled Rueben Fries Mixed Veggies</p> <p>Chicken Salad</p>	<p>9 Beverly's Famous Shrimp Parm Elbow Pasta Red Sauce Buttered Carrots Garlic Bread</p> <p>Roast Beef</p>	<p>10 Swedish Meat Balls Egg Noodles Mushroom Cream Based Sauce Buttered Carrots</p> <p>Salami</p>	<p>11 Fried Chicken Mashed Potatoes Brown Gravy Coleslaw</p> <p>Corned Beef</p>	<p>12 Cod Olympia Rice Pilaf Steamed Broccoli</p> <p>Chefs Choice</p>
<p>15 Biscuits and Pork Sausage Gravy Scrambled Eggs Bacon Home Fries Fruit Cocktail</p> <p>Tuna Salad</p>	<p>16 French Dip Swiss Cheese Au Jus Dip Fries Mixed Veggies</p> <p>Chicken</p>	<p>17 Bacon and Spinach Quiche Home Fries Mixed Veggies</p> <p>Egg Salad</p>	<p>18 Poutine Ground Beef and Mozzarella Cheese over Fries Brown Gravy Green Bean Almondine</p> <p>Turkey</p>	<p>19 Tuna Melt On Sourdough with Cheddar Cheese Sweet Potato Fries Mixed Veggies</p> <p>Chefs Choice</p>
<p>22 Beef Lasagna Garlic Bread Buttered Carrots</p> <p>Salami</p>	<p>23 Taco Tuesday Grilled Chicken, Rice Pilaf, Refried Beans, Shredded Cheese, Tomatoes, Onions, Black Olives, Sour Cream, Salsa</p> <p>Roast Beef</p>	<p>24 Fried Cube Steak Mashed Potatoes, Brown Gravy Green Beans Roll</p> <p>Chicken</p>	<p>25 Mediterranean Chicken Green and Kalamata Olives, Tomatoes, Banana Peppers, Red Peppers, Potatoes over Rice Mixed Veggies</p> <p>Ham</p>	<p>26 Roasted Turkey Dinner Mashed Potatoes, Gravy Buttered Corn Cranberry Sauce Roll</p> <p>Chefs Choice</p>
<p>29 Tuna Casserole Pasta Noodles Peas, Carrots, Onions, Garlic, Mushrooms in Cream Based Sauce, Cheese Roll</p> <p>Turkey</p>	<p>30 Cobb Salad Romaine, Chicken, Bacon Bits, Diced Eggs, Tomatoes, Blue Cheese Dressing Roll</p> <p>Ham</p>	<div style="border: 2px dashed black; padding: 10px; text-align: center;"> <p>Congregate Lunch:</p> <p>Includes Entrée or Sandwich of the Day, Soup & Salad for Seniors (60+)</p> <p>Suggested Donation \$7,</p> <p>Visitors (under 60) Price \$10.</p> <p>Donations are appreciated.</p> </div>		

Adult Day Service Activity Calendar

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Garden Club 1:30pm Aggravation	2 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Yahtzee 12:00pm Lunch 1:00pm Tabletop Tid Bits 1:30pm Bingo	3 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Match Game 12:00pm Lunch 1:00pm Noodle Ball 1:30pm Penny Ante	4 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Manicure/Game 12:00pm Lunch 1:00pm Book Club 1:30pm Dominoes	5 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Monthly Gazette 1:30pm Bingo
8 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Life Stories 1:30pm Lion's Bingo	9 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Puzzle 12:00pm Lunch 1:00pm Junk Drawer Detective 1:30pm Dominoes	10 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Aggravation 12:00pm Lunch 1:00pm Head Banz 1:30pm Twisted Farkle	11 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Manicure/Game 12:00pm Lunch 1:00pm Catch Phrase 1:30pm Happy Hour	12 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Movie Star of the Month 1:30pm Bingo
15 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Food for Thought 1:30pm Uno Attack	16 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Aggravation 12:00pm Lunch 1:00pm Reminisce 1:30pm VFW Bingo	17 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Bored/No Board Scrabble 12:00pm Lunch 1:00pm Balloon Volleyball 1:30pm Trash	18 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Manicure/Game 12:00pm Lunch 1:00pm Arts & Crafts 1:30pm Pictionary	19 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Who Am I 1:30pm Bingo
22 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Cranium Crunches 1:30pm Word Association	23 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am What Doesn't Belong 12:00pm Lunch 1:00pm Trivia 1:30pm Bingo	24 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Tabletop Tennis 12:00pm Lunch 1:00pm Fishing Game 1:30pm Big Cheese	25 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Manicure/Game 12:00pm Lunch 1:00pm Name That Smell 1:30pm Happy Hour	26 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Trivia 1:30pm Bingo
29 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Skip-Bo 12:00pm Lunch 1:00pm Parachute Game 1:30pm Corn Hole	30 9:00am Coffee and Chat This Day in History 10:00am Exercise 11:00am Puzzle 12:00pm Lunch 1:00pm Trivia 1:30pm Bingo	<p>Accepting New Clients Self-Pay or Medicaid Waiver</p> <p>Transportation, Nutritious meals, Support assistance, and Socialization.</p> <p>Contact Sharon at 907.688.2691</p>		

April Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Kathy Jones Suzan Newson	3 Desiree Strindberg Blanche Struemke	4 Melanie Justice Eileen Robinson Norm Sutter	5 Patricia Thibodeau	6 Donna Steinfort
7 Stephen Anderson Marcy Cresap Jean Merrill	8 Thomas Prunty	9 Maris Kelly Yvonne Lindblom Betty Linnemann	10 Kat Walker	11	12 Merlene Conner Kathy Gliva	13
14 Leonard Kelley	15 Annie Davenport	16 Keith Oistad	17 Debbie Campbell Anne Craig Scott Newson	18 Richard Lochner	19 Patricia Chandler Ruth Hedum	20 Jean Karwowski Rebecca Pearson
21 Roberta Kolb	22	23	24 Linda Landers	25 Kevin & Hamilton Rita Kosterman Erich Scheunemann	26 Diana Nentwich	27 Paul Smith Catherine Wood
28	29 John Kehr Jr. Dixie Waddell	30 Barbara Allen Andrew Fierro John Lam John Suter	LIFE MEMBERS & Members			



CERSC Group Fitness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30am Circuit Self-led		9:30am Circuit Self-led	
10am Chair Pilates Self-led			10am Yoga	10am Chair Pilates Self-led	10am Circuit
	6pm Yoga	11am Strong Seniors Self-led			11am Yoga

SENIOR LIVING



INDEPENDENT LIVING IS BEST FOR:

Residences for seniors who wish to maintain independence while living in a private space & designed for those who require little, if any, assistance with day to day activities of living. CERSC offers two forms of independent housing:

Private Pay for fixed to moderate income: **\$910** per month
HUD Affordable Housing for low income seniors.

ASSISTED LIVING IS BEST FOR:

If you need additional support services from qualified staff in a protective setting to maintain your independent lifestyle; we're here to help!

Medication prompting, Food Services, Housekeeping & Laundry Services, Transferring, Activities, Socialization.

We accept Medicaid Choice Waiver or Private Pay.

PROGRAMS AND SERVICES

Dining Hall, Fitness Center, Recreational Areas, Room Rentals, Laundry Services, Activities & Events, Beauty Shop, Volunteer Opportunities, Gardening, Transportation Services, Food Services, Adult Day Services, Meals on Wheels, Independent Housing, Assisted Living Program, Arts & Crafts, Games

CONTACT US

Independent Housing
(907) 688-2633

Assisted Living Program
(907) 688-8999

Please call our office for more information or to schedule facility & apartment tours!

Chugiak - Eagle River Senior Center's housing offers a wide array of amenities. We cover all primary utility costs such as gas, electric, water, sewer & garbage. There are free computers to use with internet & printing capabilities. We have a notary on staff, legal services, & bring numerous outside agencies into the Center for your convenience. Looking to be a snowbird? You can do that too without any worry in a safe environment. There's a little something for everyone at the Center! Join us for our congregate lunch setting. Introduce yourself and mingle with others to learn whether CERSC is the right place for you!

Chugiak Eagle River Senior Center
22424 N. Birchwood Loop
Chugiak, AK 99567

#1 Exercise for Lowering Blood Pressure This type of exercise is best for reducing blood pressure to healthy levels, according to a new study

*By Michelle Crouch, AARP
Published March 1, 2024*

Want to lower your blood pressure? A new study pinpoints exactly what kind of exercise is best for easing blood pressure, and it doesn't involve running on the treadmill or pumping iron at the gym.

Instead, the study reveals that static isometric exercises like wall sits (also known as wall squats) and planks — which engage muscles without movement — are best for lowering blood pressure.

The new analysis, a systematic review of 270 studies, published in the *British Journal of Sports Medicine (BJSM)*, confirms that many types of exercise — including aerobic activity, weight training and high-intensity interval training — help to lower blood pressure, but it found that isometric exercises offer the biggest benefit.

Of the exercises examined, the wall sit was the most effective, the study found.

It's long been known that physical activity has blood pressure benefits, but the review is important because doctors often recommend heart-healthy activities like walking, running and cycling as their top choices for patients with hypertension.

But isometric exercises are almost twice as effective at lowering blood pressure compared with just doing cardio, the study shows. Study author Jamie O'Driscoll, a researcher in cardiovascular physiology at Christ Canterbury Church University, says he and his colleagues launched the *BJSM* review because they have seen the blood pressure benefits of isometric exercise firsthand, and they wanted "to draw together the evidence for the wider audience."

"These findings provide a comprehensive data-driven framework to support the development of new exercise guideline recommendations for the prevention and treatment of arterial hypertension," he and his coauthors wrote in the review.

What are static isometric exercises?

To perform a static isometric exercise, you hold your body in one position until your muscles tire. Examples

include wall sits, planks and side planks, glute bridges and heel raises.

Isometric exercises are a great option for older adults because they are low-impact and don't require any special equipment, says Meredith Dobrosielski, an exercise physiologist and clinical research coordinator in the division of geriatric medicine at Johns Hopkins University.

"It's an easily accessible form of exercise that you can do pretty much anywhere," Dobrosielski says. "You don't need to go to a gym. ... You don't have to spend a lot of time doing it. ... You just need your body. And the benefits are great."

But that doesn't mean static isometric exercises are easy.

Kerry Stewart, director of clinical and research exercise physiology at Johns Hopkins School of Medicine, says holding your muscles in a contracted position requires you to "work very hard."

"That may be one of the reasons why it provides benefit," he adds.

Why is isometric exercise best for blood pressure?

When you do any type of exercise, your blood pressure temporarily increases because your heart pumps harder, moving your blood through your arteries more forcefully. If you exercise repetitively, your heart gets stronger, so it can pump blood with less effort, and that can help your resting blood pressure to drop.

Isometric exercise may offer an extra benefit because when you hold a muscle contraction, you restrict blood flow to those muscles, Stewart says. Then, when you stop the exercise, "you get a big surge of blood" to the area, he explains. That extra blood flow stimulates the lining of your arteries to produce nitric oxide, which causes the blood vessels to relax and widen, which ultimately reduces blood pressure, he says.

Stewart says he wouldn't recommend doing only isometric exercises, but instead adding them into a

program of physical activity that also includes aerobic and resistance training.

“Combined training seems to provide not only a benefit for blood pressure control, but also for overall health,” he says. “That’s where you get the biggest bang for your buck.”

How to get started with isometric exercise

If you have been diagnosed with high blood pressure or other cardiovascular issues, talk to your health care provider before starting an exercise program.

The BJSM study found that just three sessions a week of isometric exercise can lead to a significant reduction in blood pressure. Doing wall sits, for example, lowered systolic blood pressure by 10 mmHg and diastolic pressure by 5 mmHg, the study found.

The isometric exercise programs analyzed in the study commonly had participants do each exercise four times, with a break in between, holding the position for up to two minutes.

Dobrosielski, who works with older adults, says if you haven’t done isometric exercises before, holding a position for 20 to 30 seconds is a good starting point. It’s normal for your body to start to shake as your muscle tires, she says. “You can build up to more time,” she says.

How to do a wall sit

Ready to try a wall sit yourself? Start with these steps:

1. Stand with your back against a wall, feet hip-width apart, and place your feet one or two steps away from the wall. Keep your arms at your sides.
2. Keeping your back flat against the wall, bend your knees until you hit an angle that you can hold for at least 30 seconds. (Study author O’Driscoll notes that your thighs do not have to be at 90 degrees to benefit from this activity.)
3. Hold the position by pressing your back against the wall.
4. Relax the pose by standing. Repeat for a total of four wall sits, with short breaks in between.

More Static Exercises to Try

Here are a few isometric exercises that strengthen different parts of your body. Repeat each exercise four times, and try to work up to holding each position for up to two minutes at a time.

Glute bridge

Strengthens the glutes, hips, hamstrings and core.

Lie on your back with your arms at your sides, knees bent and feet planted on the ground. Push your heels into the ground and tuck your tailbone. Then squeeze your glutes, raise your hips toward the ceiling and hold.

Wall plank

Works the shoulders, arms and core.

Place your hands on a wall at shoulder height. Then take a step back, tucking in your glutes as your body weight shifts into your arms. Focus on your core muscles by thinking of pulling your belly button into your spine. For a greater challenge, do the same exercise but place your elbows and forearms on the wall.

Heel raise

Strengthens calf muscles, improves ankle stability and boosts overall lower body strength.

Stand with your feet shoulder-width apart, keeping a chair or wall in front of you for balance. Raise your heels off the ground and hold.



Older Driver Safety & Community Mobility

A FREE COMMUNITY PRESENTATION



CHUGIAK-EAGLE RIVER SENIOR CENTER



22424 BIRCHWOOD LOOP RD,
CHUGIAK, AK 99567



1:00 PM

Key Topics Include:

- ✓ Understanding Driving Risks
- ✓ Screen your driving skills and physical abilities
- ✓ Resources to increase safety
- ✓ Planning for the road ahead



CENTER FOR
safe  **ALASKANS**
preventing injuries & promoting wellbeing



CERSC Favorite Recipe



Backyard Avocado Bites

Ingredients:

- 1/4 cup bread crumbs
- 1 garlic clove, minced
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon chopped basil
- 1 tablespoon lemon juice
- Dash of salt and pepper
- 1 ripe avocado
- 1/4 cup chunky salsa



Directions

1. Preheat oven to 450°F.
2. In a small bowl, mix bread crumbs, garlic, Parmesan, basil, lemon juice, salt, and pepper.
3. Cut avocado in half and remove the pit. Scoop equal portions of salsa into each avocado half and place on a baking sheet. Top avocados with bread crumb mixture.
4. Bake for 5–7 minutes. Serve immediately.

Makes 2 servings

ASK SOPHIA

Sophia: Is there a dress code at the Senior Center? I see visitors in all kinds of outfits, and I was just wondering if I should be more careful of what I'm wearing when I come for lunch.

I WEAR WHAT I WANT

Dear I WEAR WHAT I WANT:

Well, this is a new question for me. I do know that there is nothing in writing about a Dress Code. If there is a written Dress Code, I have not seen it. In the winter, folks dress to be warm and safe. In the summer, folks are so happy to omit all the layers maybe they go a bit wild.

Common sense would be to first and foremost be warm and safe and comfortable. I do recommend wearing some kind of footwear.

And in the winter there are signs on the doors -- Please take off your cleats before walking past the second set of glass doors. The reason is that about a year ago new flooring was put down in all the public and community area floors and we want to keep the floors looking as nice as possible for as long as possible.

Some years ago I found this saying -- "Life is too short to wear boring clothes." I like that, don't you? So be comfortable - be colorful -- be a wonderful senior citizen. Wear something festive and celebrate every day. Turn every day into your own personal celebration of life party.

Sophia: Last week was my first time at your beautiful Senior Center. The second day I came I decided to explore your main building, but I got lost. Are there any maps so new folks like me don't get lost? It's kind of a scary feeling. I found myself on what I thought was the second or third floor and I had to ask two different people how to get back to the dining hall on the first floor! I need a paper map. Please don't tell me to use a smart phone because I just do not know how!

MAP LOVER

Dear MAP LOVER:

Oh, my, feeling lost can be a bewildering feeling. I'm sure glad there were some folks around to help you.

Rest assured you are not the only person who has felt that they were lost! New residents, new members, and new guests can feel as if they are lost. They are not lost, but it can feel that way.

The Chugiak-Eagle River Senior Center is a large, unique Senior Center in Alaska. When the pandemic started in the Spring of 2020, the health officials in Juneau had to contact their peers in Colorado to find a similar Senior Center to know what Pandemic Rules to put us under. That's how special we are!

The main building on this CERSC campus only has two stories, and although you felt lost, let me assure you that you were not lost. Most of the Senior Center staff all have their offices on the second floor. You were actually in good company.

I'm going to try to help you verbally, but first since you are new to CERSC -- I want to welcome you and I hope your future participation in meals and other special events and activities will be calmer and a much happier

experience for you. Be sure to pick up the current issue of our monthly SENIOR EDITION newsletter which has all the events for the current month and often for the next month, too.



The Chugiak-Eagle River Senior Center has three buildings:

1. The main building -- in the center -- is only two stories. The layout is quite simple -- think of the letter V (V as in Victory, Vigor, Victorious). The "point" of the V is the main door where you enter and to your left and to your right are the two arms of the V -- these are the hallways where residents have their apartments. Of course, as you walk in the main door you face the dining hall. To your right are the mail boxes, and just past them on the right is the elevator, and next to it are the stairs. The middle of the V on the second floor has the staff offices and the two arms of the V go to the left and the right -- more residents' apartments. Intermingled among the apartments are several common or community areas.

We have a gift shop and a coffee shop as you walk in on the first floor just opposite the mail boxes. To the far right is a hair salon and a nail salon, and further on is an exercise room with gym equipment and beyond that is a large room for the maintenance staff and all their equipment. If you ever feel turned around and not sure which direction you're facing, please feel welcome to ask anyone you see. And you can always ask for the Housing Manager, Laurie Moffit, who gives guided tours to folks who are applying to live here.

2. When you stand outside facing this main building, to your right is Denali View, which is HUD subsidized. It is a rectangular two-story building with a very simple layout. The elevators are in the center of the building.

3. To the left of the main building is the ALP, or Assisted Living Place, which is one-story and has no need for an elevator or stairs.

Perhaps you may find it helpful to look at the very large aerial view photo of this entire campus which is next to the first floor elevator in the main building. It's the closest thing we have to a map. (No technology required.)

Again, I welcome you to the Chugiak-Eagle River Senior Center, and I hope that very soon you will be able to help a new visitor who looks bewildered to find their way around. And then you can tell them that very soon they will be able to help yet another visitor to find their way around.

Sophia: If we are called Senior Citizens, does that mean that younger adults are called Junior Citizens?

I'M THINKING

Dear I'M THINKING:

[rolling on the floor laughing]

To all my fans: Keep the questions coming!!!

Service's Available at CERSC

To Our Incredible Volunteers

As Volunteer Appreciation Month arrives, we want to express our heartfelt gratitude for all you do at CERSC.

Your dedication, kindness, and selflessness make our community brighter. Thank you for the countless ways you enrich the lives of our seniors and bring joy to our center.

You are truly appreciated.

Heartfelt 
THANKS

TO OUR VOLUNTEERS!

Connecting seniors, people with disabilities, and caregivers with long-term care services and support
 Anchorage: 907-343-7770



Thursday, April 11th

Attorney Eva Knadjinova is a civil attorney with Alaska Legal Services Corporation, and specializes in seniors over the age of 60.



10:00 am - 1:00 pm
 May 7, 2024

(by appointment only)

For more information or to schedule an appointment, please call 907-688-2674.



BEAUTY SHOP

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Manicure & Pedicure
 Saturday through Monday
 Opens at 10:00am

(By Appointments Only)

Nail Tech - Sue Newson
 907-230-8015



The Crossing will be holding Sunday services at 3:00pm in the Main Dining Room.



Serving Others.
 Everyone is welcome to attend!



Call now to make your appointment!

Blue Eyes

HAIR DESIGN

Dona Luna
 Owner-Stylist
 907-227-5798
Dona@BlueEyes-HairDesign.com

ST. ANDREW CATHOLIC CHURCH

Communion Service
 located in the
 CERSC Dining Hall

April 7th and 21st at 12:00pm

Catholics, former Catholics,
 non-Catholics are all
 warmly welcome!





Chugiak-Eagle River Senior Center
22424 N. Birchwood Loop
Chugiak, Alaska 99567

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Serving Seniors From Hiland to Eklutna

Chugiak-Eagle River Senior Center

Chugiak Senior Citizens, Inc. has been serving seniors residing from Hiland to Eklutna for 49 years, expanding the facility, programs and services along the way.



The operation of CERSC and its programs & services are partially funded with grants, provided by the Alaska Division of Senior & Disabilities Services (DSDS), SOA Department of Transportation, and the Municipality of Anchorage. Other funding sources include corporate and individual donations.

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