

MAY 2026

# SENIOR FLYER



"Enabling seniors to live as independently as possible for as long as possible"

From The Desk Of Marlene Munsell



## BOARD OF DIRECTORS

- Elsie O'Bryan, President
- Cathy Cottle, Vice President
- Donna Young, Secretary
- Adrienne Blanchard, Treasurer
- Charlotte Olito, Director
- Diana Ring, Director
- Donna Cote, Director
- Kristie Poppell, Director
- John Weaver, Director

**Regular Board Meeting**  
May 21, 2026, 9:30am

## Membership Dues

- Annual Membership: \$30
- Free Membership: 90+
- Lifetime Membership:  
\$240 for age 50-64  
\$180 for age 65-74  
\$120 for age 75+

## Off and Running ...

"Off and Running" is the theme for this year's Miles for Meals on Wheels fundraiser, reflecting the many exciting initiatives Wasilla Area Seniors, Inc. is advancing. A key focus of our strategic plan is developing a new senior apartment building on land across from our Willow and Aspen House properties. We have partnered with Cook Inlet Housing Authority as our developer, and our membership has selected the name Moose Meadows a fitting name that captures the character of our landscape.

"Off and Running" also extends to our Brunch and Auction Fundraiser on Saturday, May 9. It's a great opportunity to dress in your warm attire, flip flops, and sunglasses while connecting with others who support our mission. Then in June, we will continue the momentum with our Miles for Meals on Wheels Fun Run event.

We have also expanded our Meals on Wheels program to include Palmer after the Palmer Senior Center discontinued its program last July. We are currently serving 30 seniors in that area and approximately 300 seniors across the Mat-Su, delivering meals as far north as Willow.

Our social activities continue to grow as well. This winter, we partnered with the Wasilla Public Library to offer watercolor classes led by Jeanne Troshynski, which evolved into an ongoing volunteer-led program with Peggy Cushe. Mr. Wayne Huston began teaching classes based on Bob Ross techniques, and Pamela Peterson has added several craft classes. We are excited to see these activities grow organically and be supported by dedicated volunteers.

We also welcomed a new partner, Alaska Healing Hearts, led by James Hastings, supporting senior veterans in our Meals on Wheels program. Through the Mat-Su Senior Veteran Winter Readiness Program, they provide snow removal, heating assistance, and essential supplies to ensure seniors maintain safe access to care. To date, they have assisted 178 senior veterans and have expanded services to include non-veterans.

At WASI, we are "Off and Running" and with your support, there is no limit to where we can go together.

[www.wasillaseniors.com](http://www.wasillaseniors.com)  
Wasilla Area Seniors, Inc.

**WASI Main Office**  
Call: (907) 206-8800  
Fax: (907) 802-4788

**Marlene Munsell, CEO**  
(907) 206-8800  
marlenem@alaskaseniors.com

**Accounts Payable**  
(907) 206-8800

**Accounts Receivable**  
(907) 206-8800

**Adult Day Services**  
(907) 921-1463

**Chaplain**  
(907) 206-8810

**Chore Services / Outreach**  
(907) 206-8808

**Club50 / Healthy Aging**  
(907) 206-8807

**Fund Development**  
(907) 206-8800

**Housing**  
(907) 206-8803

**Home Delivered Meals**  
(907) 206-8802

**Mid-Valley Senior Center**  
(907) 206-8811

**Senior Services**  
(907) 206-8800

**Transportation**  
(907) 206-8802

### Committee Meetings

**Governance:** First Tuesday of even months at 9:30am

**Finance:** Second Tuesday of even months at 9:30am

**Property:** Second Thursday of every month at 9:30am

**Fund Development:** Second Thursday of every month at 10:30am

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**Thank You to Scott and Debbie Janssen of Janssen's Funeral Homes for sponsoring the Senior Birthday Celebration. Join WASI at 12:00pm on Friday, April 10th, for this month's Birthday Celebration.**

*Thank You!*



**Thank you Aurora Integrated Oncology Foundation for your generous donation. We are so blessed to receive this donation.**

**WASI MEALS ON WHEELS INVITES  
YOU TO:**

# Off and Running Island Style

## FUNDRAISING BRUNCH

SATURDAY, MAY | 9th | 10 AM

**\$50 TICKETS**  
**SPONSORSHIPS AVAILABLE**



### \$250 - Friend Level

Reserved seating for 2  
Company name featured in event materials and on social media

### \$500 - Advocate Level

Reserved seating for 4 guests  
Company name/logo featured in event materials and on social media

### \$1,000 - Promoter Level

Reserved seating for 6 guests  
Opportunity to decorate your table with your business's branding  
Recognition throughout the event and in promotional materials

### \$2,500 - Hero Level

Reserved seating for 8 guests  
Opportunity to decorate your table with your business's branding  
3'x5' company banner displayed at the event (you provide the banner)  
Recognition during the event and across all promotional channels (website, newsletter, and social media)

# Community HEALTH FAIR

Saturday, May 2nd  
Wasilla Area Seniors, Inc  
1301 S Century Cir,  
Wasilla, AK, 99654  
8:00am-12:00pm

Thank you to our sponsors for their generosity!



Low-cost health screenings offered, including labs, vitamins, A1C, thyroid, and FREE prostate screening.

Make an appointment or just walk in!  
907-278-0234 or [alaskahealthfair.org](http://alaskahealthfair.org)



Free Vision,  
Hearing, Blood  
Pressure, & PSA  
Screenings



# Off & Running for Meals on Wheels!

*Save the dates and be part of these amazing events. Together, we can turn miles into meals.*

We're excited to announce this year's Miles for Meals on Wheels Fun Run happening on Saturday, June 20th!

This year's theme, "Off and Running," celebrates the momentum behind our mission to support the Meals on Wheels program and the many seniors we proudly serve. Every step taken and every dollar raised helps ensure nutritious meals and friendly visits continue reaching those who depend on us.

We'll kick off this campaign with a delicious brunch on May 9th, featuring an online auction, dessert auction, and much more! It's the perfect way to launch this exciting season of giving while enjoying great food and fellowship.



**Saturday, May 9th, Brunch & Auctions**  
**Saturday, June 20<sup>th</sup>, Fun Run & Barbecue**

## Miles for Meals FUN RUN, WALK OR ROLL Support a GREAT cause and SPONSOR this event.

**We can't do it without you. Your sponsorship makes a direct impact on the lives of seniors, giving them not just nourishment but the reassurance that their community cares. We've created sponsorship levels that allow you to be a champion for Mat-Su seniors, but please know that a donation of any amount helps:**

- HERO - \$5,000**
- CHAMPION - \$2,500**
- PROMOTER - \$1,000**
- ADVOCATE - \$500**
- FRIEND - \$250**

**As a valued sponsor, your generosity will be recognized across social media, our Senior Flyer Newsletter, and at the Miles for Meals Fun Run. Your support will showcase your business as a leader in caring for the people who built this community.**

**Call 907-206-8800 for more information, or to sponsor this event.**

**WASI accepts all major credit cards, checks, or cash.**

## Off & Running for Meals on Wheels!

# Celebrating Older Americans Month: Champion Your Health

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

From our Healthy Aging Manager Tiffany La Salle "This year's theme, *Champion Your Health*, speaks to something I see firsthand at WASI older adults who are showing up, putting in the work, and choosing themselves. Whether it's joining a Tai Chi class, walking through our doors for the first time, or simply staying connected to their community, that is what championing your health looks like. We are honored to be part of that journey, and we are not slowing down anytime soon."

This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

At Wasilla Area Seniors, Inc. (WASI), "Champion Your Health" is more than just a theme it's something we see lived out every day in both big and small ways. Seniors are showing up, trying new things, and staying engaged through activities that support their overall well-being. Programs like watercolor classes offer a chance to slow down, focus, and express creativity in a relaxed and supportive setting. At the same time, dancing brings energy into the room, encouraging movement, coordination, and a sense of fun that keeps people coming back.

These opportunities go far beyond filling time they create purpose, confidence, and connection. Whether someone is picking up a paintbrush for the first time or stepping onto the dance floor with friends, each moment spent participating helps strengthen both mental and physical health. At WASI, we see how these experiences build not only healthier individuals, but a stronger, more connected community as a whole.

## WASI Seniors Championing Their Health



*Darlene Hogan proudly displays her vibrant watercolor, full of color and creativity.*




*Donna Converse adds thoughtful detail to her painting during a relaxing art session.*



*Jerry and Suzanne Edwards share a special moment on the dance floor.*

# MAY 2026 ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WASI Shopping Bus 12:30pm Every Tuesday (Fred Meyers) Thursday (Walmart)</p> <p>Valley Transit Bus Every Wednesday 1:30pm</p>					<p>1 10am Bingocize <b>12:30 Garden Box Meeting</b></p>	<p>2 <b>8am WASI Health Fair</b></p>
<p>3 11:30am Christian Church Services 2pm Walk by Faith Ministry</p>	<p>4 10am LDS Gospel Study 12:45pm Birdhouse Making Class</p>	<p>5 10am Bingocize 12:30pm Shopping Bus 1pm Wayne Houston's Class</p>	<p>6 10am Bible Study 1pm BYO Arts &amp; Crafts</p>	<p>7 12:30pm Shopping Bus</p>	<p>8 10am Bingocize 11:15am Birthday Celebration 1pm Senior Food Boxes</p>	<p>9 <b>10am Off and Running Brunch</b></p>
<p>10 11:30am Christian Church Services 2pm Walk by Faith Ministry</p> <p><b>Mother's Day</b></p>	<p>11 10am LDS Gospel Study</p>	<p>12 10am Bingocize 12:30pm Shopping Bus</p>	<p>13 10am Bible Study 1pm BYO Arts &amp; Crafts</p>	<p>14 12:30pm Shopping Bus 2pm Ham radio Meeting</p>	<p>15 10am Bingocize 1pm Senior Food Boxes</p>	<p>16</p>
<p>17 11:30am Christian Church Services 2pm Walk by Faith Ministry</p>	<p>18 10am LDS Gospel Study 12:30pm Elena's Craft Class</p>	<p>19 10am Bingocize 12:30pm Shopping Bus 12:30pm Living with Vision Loss 1pm Wayne Huston's Class</p>	<p>20 10am Bible Study 1pm BYO Arts &amp; Crafts</p>	<p>21 9:30am Board Meeting 12:30pm Shopping Bus</p>	<p>22 10am Bingocize <b>12:45pm Memorial Tree Dedication Ceremony</b></p>	<p>23 6pm Ham Radio License Testing</p>
<p>24 11:30am Christian Church Services 2pm Walk by Faith Ministry</p>	<p>25 <b>CLOSED IN OBSERVANCE OF MEMORIAL DAY</b></p>	<p>26 10am Bingocize 12:30pm Shopping Bus</p>	<p>27 10am Bible Study 1pm BYO Arts &amp; Crafts</p>	<p>28 9am Quilts of Valor 12:30pm Shopping Bus</p>	<p>29 12:30pm Shopping Bus</p>	<p>30</p>
<p>31 11:30am Christian Church Services 2pm Walk by Faith Ministry</p>						



## Did YOU know?

May is full of fun seasonal changes and celebrations! It's named after Maia, a Roman goddess of growth, which fits perfectly since flowers bloom everywhere, including lily of the valley, the month's traditional flower, known for its sweet scent and tiny bell-shaped blooms. May also brings longer days, warmer weather, and holidays like Mother's Day, making it a joyful time to enjoy nature and spend time outside.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank you <b>Connie Aschenbrenner</b> for sponsoring the monthly desserts!</p> 		<p>Join us Friday, May 8th for Mothers Day!</p> 		<p><b>1</b> Breaded Fish Sandwich Zucchini Steak Fries</p> <p><b>(FISH)</b></p>
<p><b>4</b> Sliced Turkey Cauliflower Mash w/Gravy Vegetable</p> <p><b>(POULTRY)</b></p>	<p><b>5 Cinco de Mayo</b> White Chicken Enchilada Casserole Spanish Rice</p> <p><b>(POULTRY)</b></p>	<p><b>6</b> Ham Steaks White Macaroni and Cheese w/Broccoli</p> <p><b>(PORK)</b></p>	<p><b>7</b> Hot Dogs w/Chili/Onions/ Cheese Sweet potato Waffle Fries</p> <p><b>(BEEF)</b></p>	<p><b>8 Mother's Day</b> Shrimp Alfredo w/Sundried Tomato and Mushrooms over Noodles Vegetable</p> <p><b>SPONSORSHIP:</b> Donna Anthony <b>(SHELLFISH)</b></p>
<p><b>11</b> BBQ Shredded Pork Sandwich Macaroni Salad</p> <p><b>(PORK)</b></p>	<p><b>12</b> Cheese Cannelloni w/Meat Sauce Vegetable</p> <p><b>(BEEF)</b></p>	<p><b>13</b> Apricot Chicken Yellow Rice Vegetable</p> <p><b>(POULTRY)</b></p>	<p><b>14</b> Breakfast Sandwich Fruit Yogurt</p> <p><b>(PORK)</b></p>	<p><b>15</b> Sweet and Sour Chicken w/ Yakasobi Noodles Vegetable Egg Roll</p> <p><b>(POULTRY)</b></p>
<p><b>18</b> Meatball Stroganoff Egg Noodles Vegetable W.W. Bread</p> <p><b>(BEEF)</b></p>	<p><b>19</b> Beef Fajitas Flour Tortilla w/Peppers Onions/Cheese Black Beans</p> <p><b>(BEEF)</b></p>	<p><b>20</b> Mixed Green Salad w/Chicken Blueberries/ Strawberries Balsamic Dressing Roll</p> <p><b>(POULTRY)</b></p>	<p><b>21</b> Stuffed Cabbage Casserole w/Cauliflower Mash Vegetable</p> <p><b>(BEEF)</b></p>	<p><b>22 <i>Danke!</i></b> Hungarian Goulash Fruit Roll</p> <p><b>SPONSORSHIP:</b> THANK YOU RAY HOLLENBECK <b>(BEEF)</b></p>
<p><b>25</b> CLOSED IN OBSERVANCE OF MEMORIAL DAY</p> 	<p><b>26</b> John Wayne Casserole w/Vegetable Fruit</p> <p><b>(JOHN WAYNE)</b> <b>(BIRTHDAY)</b> <b>(BEEF)</b></p>	<p><b>27</b> Chicken Strip Sandwich w/Cheese/Lettuce/ Tomato/Red Onions</p> <p><b>(POULTRY)</b></p>	<p><b>28</b>  Beef Brisket Mashed Potatoes Vegetable</p> <p><b>SPONSORSHIP:</b> THANK YOU ROSEMARY'S FAMILY <b>(BEEF)</b></p>	<p><b>29</b> Cod Oylimpa w/Wild Rice Vegetable</p> <p><b>(FISH)</b></p>

# MEMORIES OF MOM

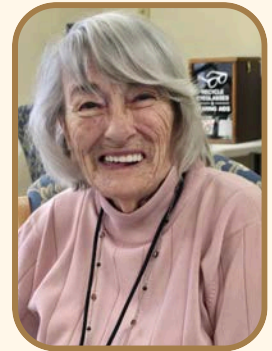
*Motherhood is made up of small, meaningful moments, some joyful, some challenging, and many unforgettable. In this edition of Memories of Mom, we asked members of our community to reflect on the moments that have shaped their journey.*



Yoelah Yisrael remembers her mother as a woman of deep faith and quiet strength. Her most lasting advice was simple: to pray about everything. That message has guided Yoelah throughout her life.

Many of her memories are centered in the kitchen, especially Sunday mornings when her mother made a special dish with a “secret ingredient” Yoelah says she has never been able to recreate. Her mother also loved to bake, filling the home with cookies, warm meals, and thoughtful birthday celebrations.

Described as humble and gentle, Yoelah’s mother showed love through faith, care, and steady devotion to her family.



Shirley Letts remembers her mother as a hardworking, caring woman whose life centered around her family. She was always busy in the kitchen, washing dishes after every meal and managing a full household of children.

Rather than giving advice, her mother led by example, teaching strong values through her daily actions. Shirley still carries those lessons with her today.

One of her fondest memories is her mother’s coconut cream pie, a small but special treat during busy days.

Above all, she remembers a woman who rarely took time for herself, always focused on caring for others.

## TREE DEDICATION CEREMONY

### HONORING

**Robert Slezak**  
**Pauline Spaulding**  
**Edward Tremper**  
**Nancy Woodward-Tremper**  
**Janice (Dolly) Peterson**

**Robert Brickel**  
**Mary Carr**  
**Gary McMichael**  
**Harry Olivias**  
**Elsie Oliver**  
**Lila Sycks**  
**Joan Treiber**  
**Sarah Welton**  
**Cheryl Hunter**

### When?

**Friday, May 22nd**  
**at 12:45pm**

### Where?

**WASI**  
**Meeting Room**



# WASI Garden Boxes in Bloom!



Sign-up Start date



**Friday, May 1st - May 15th**  
**Sign up at the front desk**



## Brushstrokes of Appreciation

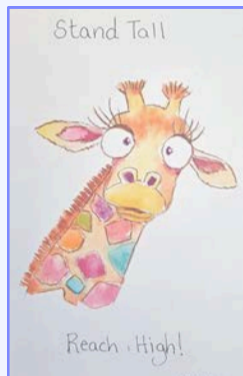
*The Watercolor Class extends its sincere thanks to WASI for allowing use of the facility and supporting their creative program. WASI is proud to share this meaningful gesture of gratitude.*

"WASI,

Your kindness reaches new heights!

Thank you for your generous support of the arts and seniors

Respectfully,  
Linda Reger"



"Thank you so much for allowing us seniors to use your comfortable facility, making it all possible.

Its a great time learning a new skill and meeting new friends.

-Thx Cathy"

## May Birthday Babies

Milagros Pattison	1
Fugere Bernice	2
Kathleen Huggins	2
Elizabeth Bassney	5
Janet Krsnak	7
Susie Defreest	8
Gloria Brown	9
Colleen Newman	12
Kizzi Davis	14
Emily Goodwin	15
Jay Cable	16
Edward Hull	16
Paul Patterson	17
Susan Hecks	17
Brady King	18
Eileen Johnson	19
Marjorie Campbell	20
Wiley Jemeyson	22
William Knutson	23
Craig Lisonbee	23
Nancy Anderson	24
Linda Myres-Steele	24
Sandra Thomas	24
Ruby Williams	24
Patricia Holt	27
Rosemary Macko	28



# CLUB50

## Additional Strong Senior Locations:

Good Shephard Lutheran Church  
Mondays, Wednesdays, and Fridays  
from 9:30am to 10:30am

Meadow Lakes  
Tuesdays and Fridays from 11:00am to 11:45am

Mid-Valley Senior Center  
Tuesdays & Thursdays  
10:00am to 11:00am

Willow Community Center  
Mondays, Wednesdays, and Fridays  
from 10:00am - 11:00am



TIME: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

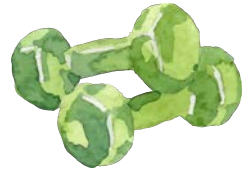
8:30 am	In Person & Virtual Strong Seniors		In Person & Virtual Strong Seniors		In Person & Virtual Strong Seniors
10:00 am	In Person Strong Seniors	Bingocize	In Person Strong Seniors	Dance with Georgie	Bingocize In Person Strong Seniors
11:05 am	Workout Yoga	Workout Yoga			Workout Yoga
12:30 pm					
1:00 pm	Yoga Therapy Club50 Closed 1pm- 2pm	Tai Chi	Tai Chi	NIA	

907-206-8807

club50@alaskaseniors.com

1301 S Century Circle Wasilla, AK 99654

**Monday through Friday,  
8am to 4pm**



Join us, a fun and supportive community for healthy aging!

## VALLEY CHARITIES, INC.

### Spring Online Auction

Save the Date:

Opens May 15th, Closes May 26th

Online Auction QR Code:



Help us continue to connect those who need help with the help they need.

<https://vcispring.cbo.io>

### HOW CAN INDIVIDUALS TAKE CHARGE OF THEIR HEALTH AT EVERY AGE?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.



# Where Memory Meets Gratitude

*Tiffany La Salle, Healthy Aging Program*

Memorial Day has always meant more to me than just a long weekend. It is a day that asks us to slow down and truly think about the people behind the freedom we live with every day.

Here at WASI, that meaning feels even more real. We are surrounded by veterans whose lives reflect service, sacrifice, and commitment in ways that deserve to be recognized not just on one day, but always. You do not have to look far to see strength here. It is in the stories shared, the quiet resilience, and the way so many of you continue to show up with dignity and purpose.

As an Air Force spouse, this day is personal for me. I have seen what service looks like up close, the long separations, the uncertainty, the pride, and the weight that comes with it. It is not just one person serving. It is families, it is sacrifice behind the scenes, and it is a level of commitment that shapes your entire life.

But Memorial Day, is about those who did not make it home. It is about the lives that were cut short. For the families who carry that loss forward.

The reality that our freedom came at a cost that can never truly be repaid. That is something I do not take lightly, and I know many of you do not either.

To the veterans in our WASI community, I want to say this clearly: you are seen, you are respected, and you are valued. Your service matters. The lives you have lived and the sacrifices you have made are part of something bigger, and it shows in the strength of this community.

This Memorial Day, I hope each of us takes a moment in our own way, whether that is a quiet reflection, a shared story, or simply pausing to remember. Because remembering matters.

*"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude."*

That gratitude is not just something we say. It is something we carry forward in how we treat one another, how we show respect, and how we honor the legacy of those who gave everything.



# Thank you

Wasilla Area Seniors, Inc. extends our sincere gratitude to the Rasmuson Foundation and the Mat-Su Health Foundation for their generous support in funding the purchase of a bus for our transportation program. This investment allows seniors to access essential services such as grocery shopping, attending meals, and staying connected to their community.



# AK WILLS AND TRUSTS

It's all about family. Have you protected them?

**Proper Planning Ensures You:**

Maintain control of assets, Give control to those you trust, Remain home with less stress, Keep family business private.

**If Crisis Strikes, You Risk:**

Losing control, Additional stress on family, Loss of your assets

**If something happens to you, do you want to:**

Protect your family? Be clear so loved ones know what to do? Ensure your hard earned money doesn't go to the government?

**YES?  THEN YOUR FIRST STEP IN CREATING YOUR ASSET PROTECTION PLAN IS ATTENDING THIS WORKSHOP.**

**TO RESERVE YOUR SPOT  
CALL OR TEXT  
(907) 334-9200 OR GO TO  
WWW.AKWILLSTRUSTS.COM**

**IN-PERSON WORKSHOP:  
WASILLA SENIOR CENTER  
1301 SOUTH CENTURY CIRCLE,  
WASILLA  
APR 27, MAY 19, JUN 23 JUL 22  
9:30-11:30 A.M.**

**FREE ESTATE  
PLANNING  
WORKSHOPS  
WITH ATTORNEY  
CONSTANCE A.  
ASCHENBRENNER**



**Unable to attend in person? Call to request the link to a recorded webinar.**

## LIVING WELL WITH VISION LOSS



Contact **Jacque Olsen**  
**907-354-8568** for  
information.

## Melissa San Roman Hearing Care Specialist



**Tel: 907-373-7700**  
3600 E Wickersham Way  
Wasilla, AK 99654

## WASI - In-Home Chore Services

Occasionally,  
Weekly,  
or Monthly



*Dusting,  
vacuuming,  
scrubbing floors,  
dishes, laundry,  
errands,  
and more.*

**All staff are extensively screened.  
Sliding scale fee for seniors living alone.  
Serving all of the Mat-Su Valley.**

**Tri-West for Veterans  
Medicaid Choice Waiver  
or Private Pay**

**(907) 206-8808**