

JULY 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
June 18th, 2026, 9:30am

Quarterly Membership Meeting
Tuesday, July 14th, 12:45 pm
Membership Dues

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

Let Gratitude Grow



The other day, I was standing in the dining room and could barely hear myself think because it was so noisy. Conversations filled the room, laughter echoed from table to table, and friends were catching up over lunch. Instead of feeling frustrated by the noise, I found myself smiling. It was music to my ears.

Why? Because that noise represented something special. It was the sound of connection. It was the sound of people gathering, sharing stories, building friendships, and enjoying each other's company. In a world where so many seniors experience loneliness and isolation, a noisy dining room is a beautiful reminder that our center is alive with activity, friendship, and community.

Moments like these help me appreciate the many blessings we often take for granted. The laughter of friends, a warm meal, a welcoming place to gather, and the opportunity to belong are gifts worth celebrating. Gratitude isn't always found in quiet moments of reflection; sometimes it's found in the joyful noise of a room filled with people who care about one another.

Living a grateful life begins with recognizing our blessings, both large and small. It is easy to focus on what we wish were different, but gratitude encourages us to focus on what is good in our lives today. A roof over our heads, food on our tables, caring friends, family members who check in on us, and a community that supports us are all blessings worth acknowledging.

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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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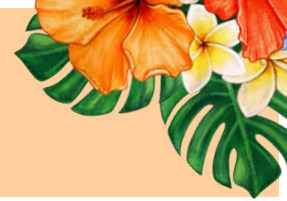


Thank You to Scott and Debbie Janssen of Janssen's Funeral Homes for sponsoring the Senior Birthday Celebration.
Join WASI at 12:00pm on Friday, July 10th, for this month's Birthday Celebration.

Thank You!



Thank you Conoco Phillips Alaska for granting WASI funds to purchase a new Meal on Wheels vehicle. The new vehicle is already in use delivering meals from Wasilla to Meadow Lakes, Houston, and Willow.



Thank you to all who supported all Miles for Meals Fun Run

Sunrise Rotary

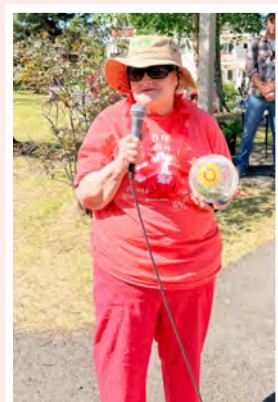


Thanks to the incredible generosity of our donors, sponsors, and participants, we have raised approximately \$73,000 plus a pledged \$10,000 grant from Meals on Wheels America. That amount will provide roughly 5,000 meals for seniors throughout the Mat-Su Valley. This achievement reflects the compassion and commitment of a community that understands the importance of caring for its older adults.

We are deeply grateful to everyone who contributed to the success of this year's event. A special thank you goes to our volunteers who dedicate countless hours to supporting the fundraiser and delivering Meals on Wheels throughout the year. Our drivers deliver much more than a meal they provide a friendly face, a wellness check, and a meaningful connection that brightens a senior's day.



Linda Jo Klapperich, MOW volunteer, donor and an amazing MC. John Teamer donated his time and music to our event.



Mary Sears and Darlene McCredie raised a combined \$16,000 for Meals on Wheels.



Mom and daughter (Gracie and Kim Wright) top runners





America's 250th Anniversary

Join Us as We Celebrate America's 250th Anniversary

1776 - 2026

PUZZLE IT UP!

(12:45PM)



MON

JUNE 29TH

Bring your grandchildren and kick off America's 250th Anniversary with an afternoon of puzzles, laughter, and quality time together.

TUE

JUNE 30TH

ICE-CREAM SOCIAL

(11:30 AM-12:30 PM)



Cool off with a delicious ice cream treat while enjoying the company of friends, courtesy of Alina Rubeo and her children.

WED

JULY 1ST

AMERICAN TRIVIA BINGO

(12:45PM)



Celebrate America's history with patriotic trivia, a fun game of bingo, and chances to win prizes!

THU

JULY 2ND



PATRIOTIC SING ALONG

(12:00PM)



Wear your favorite red, white, and blue as we come together to sing classic American songs and celebrate our nation's 250th anniversary.

FRI

JULY 3RD

WASI CLOSED

The center will be closed in observance of Independence Day. We wish everyone a safe and happy Fourth of July!

Continued...

From the desk of Marlene Munsell

When we take time to appreciate these gifts, we often discover that our hearts become lighter and our outlook brighter.

I see this spirit of gratitude throughout the WASI gardens. What started as beautiful outdoor spaces have become gathering places where neighbors become friends. At Aspen and Willow House, residents have added chairs and a canopy, creating a comfortable place to sit, relax, and enjoy one another's company. On many afternoons, you can find seniors working together to plant flowers, chatting about their day, sharing stories from years gone by, and simply enjoying the companionship of others.

Those conversations may seem ordinary, but they are a powerful reminder that meaningful connections enrich our lives. The gardens themselves are a blessing. They provide opportunities for exercise, fresh air, and the simple joy of watching something grow.



Change Pointe Church family helped landscape the Aspen/Willow House gardens.



Pamela Peterson and Donna Alisch working together to plant flowers and make the WASI campus beautiful.

There is something special about digging in the soil, tending a flower bed, or harvesting vegetables that brings a sense of purpose and accomplishment. Just as importantly, the gardens bring people together, creating friendships and memories that bloom alongside the flowers.

Research shows that gratitude contributes to improved emotional and physical well-being, but perhaps its greatest gift is that it helps us notice the good that surrounds us every day. Whether it is the cheerful noise of the dining room, a visit with friends in the garden, or a simple act of kindness, these moments remind us that we are blessed.

As we move through the summer months, I encourage each of us to pause and reflect on the people, places, and experiences that bring joy to our lives. A grateful heart doesn't just count its blessings, it celebrates them, shares them, and finds renewed hope in them each day. When we choose gratitude, we discover that even the simplest moments can become some of life's greatest gifts.

Grateful for Jacobson's Greenhouse and Aurora Gardens for their donations of plants and veggies for the WASI gardens. Grateful to Change Pointe Church for delivering dirt and helping seniors with dirt and landscaping of the Aspen/Willow House gardens. Grateful to Doug and Kym McMullen for their donation of dirt.

JULY 2026 ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WASI Shopping Bus 12:30pm Every Tuesday (Fred Meyers) Thursday (Walmart) Valley Transit Bus Every Wednesday 1:30pm	29 12:45pm Puzzle It Up	30 11:30am Ice Cream Social	1 10am Bible Study 1pm BYO Arts & Crafts 12:45pm American Trivia Bingo	2 12:30pm Shopping Bus 12pm Patriotic Sing Along	3 CLOSED IN OBERVANCE OF INDEPENDENCE DAY	4  INDEPENDENCE DAY
5 11:30am Christian Church Services 2pm Walk by Faith Ministry	6 10am LDS Gospel Study 12:45pm Craft Class	7 10am Bingocize 12:30pm Shopping Bus	8 10am Bible Study 1pm BYO Arts & Crafts	9 12:30pm Shopping Bus 2:00pm Ham Radio Meeting	10 10am Bingocize 11:15am Birthday Celebration 1pm Senior Food Boxes	11 10am Firefighter and CarFit Event
12 11:30am Christian Church Services 2pm Walk by Faith Ministry	13 10am LDS Gospel Study 12:30pm Card Makng Class	14 9:30am Estate Planning 10am Bingocize 12:30pm Shopping Bus 12:45pm Membership Meeting	15 10am Bible Study 1pm BYO Arts & Crafts	16 9:30am Board Meeting 12:30pm Shopping Bus	17 10am Bingocize 1pm Senior Food Boxes	18
19 11:30am Christian Church Services 2pm Walk by Faith Ministry	20 10am LDS Gospel Study	21 10am Bingocize 12:30pm Living with Vision Loss 12:30pm Shopping Bus	22 9:30am Estate Planning 10am Bible Study 1pm BYO Arts & Crafts	23 9am Quilts of Valor 12:30pm Shopping Bus	24 10am Bingocize	25
26 11:30am Christian Church Services 2pm Walk by Faith Ministry	27 10am LDS Gospel Study	28 10am Bingocize 12:30pm Shopping Bus 1pm Wayne Houston's Class	29 10am Bible Study 1pm BYO Arts & Crafts	30 12:30pm Shopping Bus	31 10am Bingocize	



Did YOU know?

Did you know the United States will celebrate its 250th birthday in 2026, but the idea of the nation started with just 13 colonies that originally spoke a mix of English dialects so different they sometimes struggled to understand each other? Over time, those differences blended into a shared identity that helped shape the country we know today.

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Memory Café Reflections

By Sam Lilly

Communications Director, Alzheimer's Resource of Alaska

For the first time ever, our Forget Me Not Chorus hit the road, bringing music and connection to a packed lunchroom at Wasilla Area Seniors, Inc. for a joint Forget Me Not Chorus + Memory Café gathering.

What started as a room full of people quickly became a room full of voices. Familiar songs sparked memories, inspired conversations, and reminded us all of the incredible way music brings people together. Seniors, caregivers, staff, volunteers, and chorus members sang side by side, sharing moments that words alone could never create.

This is what it's all about! Not just the music, but the connection. The smiles exchanged across the room. The memories awakened by a favorite song. The sense of belonging that comes from gathering together and being part of something meaningful.

A heartfelt thank you to Wasilla Area Seniors, Inc. for hosting us so warmly and opening your doors to this special community event.

Thank you to Ann Farris, our Forget Me Not Chorus Program Manager, and Janice Downing, our Memory Café Manager, for bringing these two programs together in such a meaningful way.

We are so appreciative of the many ARA staff members who took time out of their day to attend and support the experience, and to every senior who joined in singing and made the room come alive with music.

And thank you to Premier Alaska Tours for helping make our first chorus road trip possible, and to the Alaska Mental Health Trust Authority and ConocoPhillips Alaska for supporting programs like the Forget Me Not Chorus and Memory Café.

Rooted in the Giving Voice Initiative, the Forget Me Not Chorus is built on the belief that people living with dementia and their care partners can continue to find joy, purpose, and connection through music, and yesterday was a beautiful example of that in action.





July Birthday Babies



- | | |
|-----------------------------|----------------------------|
| 1 Thomas Clinton | 18 Frankie Grace |
| 2 Helen Mitchell | 21 Barbara Brown |
| 4 Brenda Valley | 22 Dar Hogan |
| 4 Joan Petrie | 23 Linda McCarter |
| 4 Ray Fackrell | 23 Lori Someillan |
| 7 Jon Koivunen | 24 Suzanne Edwards |
| 7 Patricia Gakin | 25 Ray Hollenbeck |
| 8 Bruce Downs | 25 James Cunningham |
| 11 Linda Thomas | 27 Albert Chevalier |
| 14 Lennis Leonard | 29 Charles Smelcer |
| 14 Ronald Wilson | 39 Ruth Tinsley |
| 15 Juanita Patterson | |



Want your photo taken with the birthday cake? Join us every second Friday in WASI's Dining Hall at 11:15am

Thank You to Christmas in July Sponsors!



Barry and Marlene Munsell
The Valley Country Store
Cathy Tilton (2)
Cathy Cottle
Marylin McGuire
Edna DeVries for Governor
WASI Board Members
Ray Hollenbeck (2)
Anonymous (2)
Christmas Friendship Dinner Inc.
CornerStone Credit Services
Cook Inlet Housing Authority
Constance A. Aschenbrenner
Aurora Integrated Oncology Foundation



Quarterly Membership Meeting

**Tuesday
July 14th**

12:45pm

WASI Dining Room



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

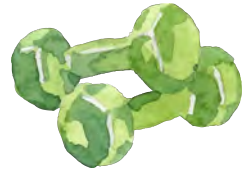
8:30 am	In Person & Virtual Strong Seniors		In Person & Virtual Strong Seniors		In Person & Virtual Strong Seniors
10:00 am	In Person Strong Seniors	Bingocize Dance with Georgie	In Person Strong Seniors		Bingocize In Person Strong Seniors
11:05 am	Workout Yoga	Workout Yoga			Workout Yoga
12:30 pm					
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!



JULY 11TH EVENT WASI Parking Lot

Join local firefighters for an up close look at their fire apparatus (emergency response vehicle) and learn valuable fire safety tips.

CARFiT

Helping Mature Drivers Find Their Safest Fit

AOA American Occupational Therapy Association

AARP

Trained CarFit techs will help you adjust your seat, mirrors, and steering wheel for a safer, more comfortable driving experience.



Staff Appreciation

Transportation



Kevin Tetlow

Transportation Driver

Kevin is an outstanding Transportation Driver whose dedication, professionalism, and genuine care for seniors make him an invaluable part of the WASI team. We regularly receive calls from clients sharing how kind, courteous, and helpful he is during every ride. His commitment to safety gives seniors and their families confidence and peace of mind, knowing they are in good hands. Kevin's punctuality and reliability ensure that seniors arrive at their destinations on time, while his compassionate approach helps create a positive experience for everyone he serves.

Through his exceptional customer service and dedication to our mission, Kevin has earned a reputation as one of the best drivers WASI has ever had. His hard work and commitment have helped strengthen our transportation program and have made him an essential part of our reliable and trusted team.

Senior In-Home Services



Sue Ryan

Senior In Home Services (Chore)

We are proud to celebrate Sue Ryan on her 5-year anniversary with WASI! For the past five years, Sue has made a meaningful difference in the lives of the clients she serves. Her compassion, reliability, and dedication shine through in everything she does, from preparing meals and helping with technology to offering encouragement and support. Here are just a few words from her clients:

"Sue is wonderful. I wouldn't be where I am without her."

"Sue has helped me in ways words can't express. She's like family to me."

"Sue always goes above and beyond. She truly cares about me." Congratulations, Sue, and thank you for five years of outstanding service and heartfelt care!

Tammy (Kai) Copeland

Senior In Home Services (Chore)

This month, we are excited to celebrate Tammy "Kai" Copeland on her 3-year anniversary with WASI!

Over the past three years, Kai has built meaningful relationships with the clients she serves through her kindness, dependability, and willingness to help wherever she's needed. Her care makes a lasting difference in the lives of those she supports every day. Here are just a few words from her clients:

"Kai is a great cook and is always willing to help me with whatever I need." "Kai helps me make my bed and do my laundry—things I'm not physically able to do anymore."

Congratulations, Kai, and thank you for three years of outstanding service and compassionate care!

AK WILLS AND TRUSTS

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



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
JUL 22, AUG 17, SEP 14TH
9:30-11:30 A.M.**

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