

OCTOBER 2026

SENIOR FLYER



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

From the desk of Marlene Munsell, CEO



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
October 15th, 2026, 9:30am

Quarterly Membership Meeting
Tuesday, October 13th, 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+

The Season Is Changing and We Need You Here

It's hard to believe how quickly time has gone. The warm days of summer are beginning to fade, and before we know it, the leaves will be gone, the days will be shorter, and winter will be at our doorstep. As the seasons change, it is a good time to pause and think about what makes our community strong and, most importantly, the people who make it possible.

Our Annual Membership Meeting will be held on Tuesday, October 13, at 12:45 p.m. at WASI. During the meeting, members will have the opportunity to vote for new members of the WASI Board of Directors. The Board plays an important role in helping guide the future of WASI. These are community members who are willing to give their time, experience, ideas, and energy to help ensure that WASI continues to meet the changing needs of older adults in the Mat-Su.

But this meeting isn't just about electing board members. It is about being part of your organization and your community. Your membership gives you a voice, and your participation helps shape the future of the services we provide to seniors. So, mark your calendar and come be a part of the conversation. We need you at the table.

Come Celebrate With Us

We also hope you will join us for WASI's Annual Harvest Brunch Fundraiser. The Harvest Brunch is a special opportunity to gather with friends, supporters, community partners, and people who believe in the importance of caring for our seniors. It is a time to celebrate what we have accomplished together and to look ahead to what is still needed.

Come enjoy a wonderful brunch, reconnect with friends, meet new people, and celebrate the seniors who have spent their lives helping build the community we all call home.

As the warm days become fewer and winter approaches, let's come together and remind seniors that they are not alone. Our community cares, and when we work together, we can make a difference.

Two important events. Two opportunities to show up. One community that needs all of us.

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

From From the desk of Marlene Munsell

Table of Contents / Program Contact Information

Annual Membership Meeting

2026 WASI Board Candidates

2026 WASI Board Confirmations

Activities Calendar

Lunch Menu Calendar

September Birthdays / Upcoming Medicare Seminars

Holiday Craft Fair

Club50 / September Dance Photos

Pantry Corner

Business Ads / Chore Services

Page 1

Page 2

Page 3

Page 4

Page 5

Page 6

Page 7

Page 8

Page 9

Page 10

Page 11

Page 12



**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,
October 9th, for this month's
Birthday Celebration.**

Thank You!

**50 WASI seniors attended the Alaska State Fair
Thanks to the generosity of the following business**

Diversified Tire
Brown's Electric
Alaska Demolition
Tatonduk Outfitters Limited
Accel Fire Systems
Ag West
All About Herbs
Pioneer Peak Asphalt
Serigraphics



**Thank you to FYZICAL for donating to our September
Dance, and to R&R Productions for generously donating
their time to make our dance a special event!**

ANNUAL MEMBERSHIP MEETING

TUESDAY, OCTOBER 13, 2026

ANNUAL MEMBERSHIP INFORMATION

WASI's Annual Membership Meeting will be held on Tuesday, October 13th, 2026, at 12:45 pm in the dining room of the Wasilla Senior Center, located at:
1301 S Century Cir, Wasilla.

Members are also welcome to join remotely via videoconference using the following link:
<https://www.gotomeet.me/WasillaSeniors>.



BOARD SEATS TO BE VOTED ON

Up For Election:

Seat A-1: Open - Term to End 2029

Seat A-2: Open - Term to End 2029

Seat A-3: Open - Term to End 2029

Up For Confirmation:

Seat B-3: Interim Diana Ring, Term to End 2027

Seat C-2: Interim Charlotte Olito, Term to End 2028

WAYS TO VOTE EARLY

- **In Person:** Cast your vote at the WASI office from 8am to 4pm, Monday through Friday starting Monday September 28th. Early voting deadline is Friday, October 9th.
- **Mail Request:** Send a written request for a ballot to be mailed to you by Friday, October 2nd, which must be returned to WASI by Friday, October 9th, to:
WASI - 1301 S Century Circle, Wasilla, AK 99654
- **Email Request:** You may request a ballot via email at aaronk@alaskaseniors.com. However, your completed ballot must be mailed back and received by the WASI office by October 9th.

RETURNED BALLOTS CANNOT BE ACCEPTED BY FAX OR EMAIL

Deadline: All ballots must be received by the WASI office no later than Friday, October 9, 2026, at 4:00 PM. A locked ballot box is available at the office for drop-off. Ballots received after 4pm, on October 9, 2026, will not be counted.

Members issued an early voting ballot, will not be issued an in-person ballot during the Membership Meeting.

For questions email:

aaronk@alaskaseniors.com or elsieo@alaskaseniors.com





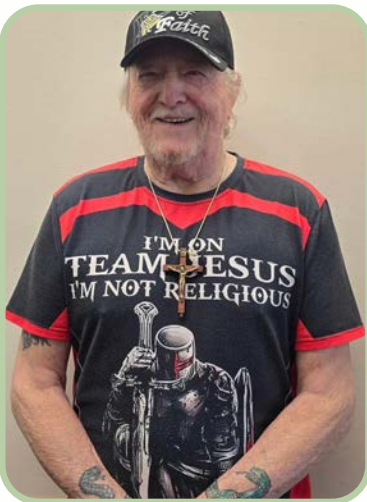
Seat: A-1
David Seals

David Seals has lived in the Wasilla area for more than 50 years and has a long history of serving and supporting his community. He is a member and past president of the Wasilla Sunrise Rotary Club, and has supported and volunteered at the Miles for Meals fun run for many years.

David has also served on the Mat-Su YMCA Advisory Board for nearly 20 years, working to bring a YMCA facility to the Valley to promote the health and wellness of the community. He currently serves as Chairman of the City of Wasilla Planning Commission, a position he has held for the past four years.

With 40 years of construction experience, along with another 10 years in operations and maintenance for the Mat-Su Borough School District, David brings extensive knowledge and experience in managing projects and serving the needs of the community.

David's mother is what first inspired him to support WASI. She retired at age 70, and David believes that her involvement with senior services in her community contributed to the additional 21 years of a happy and fulfilling life she enjoyed. Now a senior himself, David is ready to give back and serve his fellow seniors through his involvement with WASI.



Seat: A-2
Robert (Bob) Bowers

For more than 35 years, Bob Bowers has demonstrated a strong commitment to serving others and strengthening his community. His extensive volunteer and leadership experience reflects a lifelong dedication to bringing people together and helping those in need.

Approximately 35 years ago, Bob, along with his wife and children, founded the Christmas Friendship Dinner, with the support of Elsie O'Brian, creating a holiday tradition centered on community, fellowship, and giving. That tradition continues today and remains an important part of the Wasilla community.

Bob also brings valuable experience from his years as a small-business owner. For approximately ten years, he and his wife owned and operated the Country Kitchen restaurant, where they worked together to serve their customers and community.

His commitment to service has continued throughout the years. Bob spent 11 years serving with Frontline Mission and eight years on the House Committee for the Palmer Elks. He currently serves on the Board of the Church of the Nazarene, continuing his involvement in community leadership and service.

Bob Bowers and his wife, Judy, have been together for fifty-three years. They moved into Willow House in April of last year, and Bob considers himself quite lucky to still be happily married after all this time.

Bob is now seeking to serve on the WASI Board of Directors. He brings with him decades of experience, a strong history of volunteer service, and a genuine desire to contribute to the well-being of older adults in the Mat-Su Valley.



Seat: C-2
Charlotte Olito

Charlotte Olito is a retired Army professional with 40 years of experience as a Level IV Federal Contracting Officer, holding a \$100 million contracting warrant. Her extensive experience includes major military horizontal and vertical construction, Architecture & Engineering, supplies and services, and serving as the Sole Cooperative Agreements Officer for the Alaska Army and Air National Guard. These agreements exceeded \$84-120 million annually.

She also assisted the U.S. Coast Guard with its unique agreement needs and services. Her responsibilities included managing Cooperative Agreements involving cost-sharing between the State of Alaska and the Federal Government, typically allocated at 75/25 or 60/40. Additionally, she was responsible for negotiating Joint Use Airspace agreements supporting all military services, exercises, and training throughout Alaska.

An Alaska resident for more than 25 years, Charlotte is a proud grandmother of seven and great-grandmother of four. She is currently very involved in WASI's Strong Seniors program and is completing training to become an instructor. She serves on the WASI Board of Directors and regularly participates in Governance and Finance Committee meetings.

Outside of her work with WASI, she enjoys gardening and flowers, hiking, reading, and yoga. She is also active with the Palmer Elks, where she previously served as Exalted Ruler.



Seat: B-3
Diana Ring

With a career spanning decades, Diana Ring has dedicated her life to caring for and supporting older adults. Her work with seniors began at the age of fourteen as a nursing assistant and continued as she pursued a career in nursing.

She spent more than 16 years working with Providence Extended Care facilities and has served as a director of both an assisted living facility and a senior center.

She also owned and operated TLC4U Adult Care Services for seven years, providing personalized care to seniors both in their homes and in her own home. Her experience includes case management and respite care for individuals living with dementia.

Throughout her career, Diana has remained committed to helping older adults maintain their independence, remain in their homes, and enjoy the highest possible quality of life as they age. Her passion for serving seniors continues to guide her work, and she plans to remain dedicated to supporting older adults for as long as she is able.

October

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				1 12:30pm Shopping Bus	2 10am Bingocize	3 10am HARVEST BRUNCH
4 11:30am Christian Church Services 2pm Walk by Faith Ministry	5 1:30pm Tech Help Class 12:45pm PAM Craft Class	6 10am Bingocize 12:30pm Shopping Bus	7 10am Bible Study 1pm BYO Arts & Crafts 1pm Grief Share	8 12:30pm Shopping Bus 2:00pm Ham Radio Meeting 6pm Medicare Seminar	9 10am Bingocize 11:15am Birthday Celebration 1pm Senior Food Boxes	10
11 11:30am Christian Church Services 2pm Walk by Faith Ministry	12 CENTER CLOSED in observance of Inigenous Peoples Day	13 10am Bingocize 12:30pm Shopping Bus 1:30pm Painting Class	14 10am Bible Study 1pm BYO Arts & Crafts 1pm Grief Share	15 9:30am Board Meeting 12:30pm Shopping Bus	16 10am Bingocize 1pm Senior Food Boxes	17
18 11:30am Christian Church Services 2pm Walk by Faith Ministry	19 10am LDS Gospel Study 12:30pm Card Makng Class	20 10am Bingocize 12:30pm Shopping Bus 12:30pm Living Well With Vision Loss	21 10am Bible Study 1pm BYO Arts & Crafts 1pm Grief Share	22 9pm Quilts of Valor 12:30pm Shopping Bus	23 10am Bingocize	24
25 11:30am Christian Church Services 2pm Walk by Faith Ministry	26 10am LDS Gospel Study	27 10am Bingocize 12:30pm Shopping Bus 1pm Memory Cafe 1:30pm Painting Class	28 10am Bible Study 1pm BYO Arts & Crafts 1pm Grief Share	29 12:30pm Shopping Bus 12:30pm Quilts of Valor	30 10am Bingocize	31  HAPPY HALLOWEEN 



Did YOU know?

October is packed with fun traditions! Its name comes from octo, the Latin word for "eight." The month is famous for fall colors, pumpkins, Halloween, and the Full Hunter's Moon. It is also a popular month for harvest celebrations. The Full Hunter's Moon gets its name from the time of year when hunters traditionally prepared for winter.

Monday	Tuesday	Wednesday	Thursday	Friday
MENU IS SUBJECT TO CHANGE  Thank you Connie Aschenbrenner for sponsoring the monthly desserts! Thank you Stu Graham for sponsoring weekly desserts!			1 Chicken Strips Jo Jo Potato Fruit (CHICKEN)	2 Egg Salad Sandwich Chips & Pickle (EGG)
5 SPONSOR Pulled Pork Sandwich Sweet Potato Tots Fruit (PORK)	6 SPONSOR Beef Tips over Rice w/Gravy Vegetable (BEEF)	7 Sweet N Sour Chicken Vegetable Fried Rice Oranges (CHICKEN)	8 Open Face Turkey Sandwich Mashed Potato Gravy Vegetable (TURKEY)	9 Clam Chowder Bread Stick Fruit (SHELL FISH)
12 CENTER CLOSED IN OBSERVANCE OF INDIGINOUS PEOPLES DAY	13 Cheesy Chicken Tacos w\Fresh Cilantro Fresh Tomato Refried Beans (CHICKEN)	14 Biscuits & Gravy Hashbrowns Fruit (PORK)	15 Cheese Tortillini w\Meat Sauce Vegetable (BEEF)	16 Fish & Chips Fruit (FISH)
19 Herb & Garlic Chicken Thighs Wild Rice Vegetable (CHICKEN)	20 Pork Carnitas Corn Tortilla Black Beans & Corn (PORK)	21 Beef Cabbage Soup w\Roll Side Salad (BEEF)	22 Chef Salad w\Turkey\Chicken Cumber\Tomato Side Soup (POULTRY)	23 Rodeo Burger Crispy Onions\Cheddar Cheese\BBQ Sauce Tator Tots (BEEF)
26 Sheppards Pie Vegetable (BEEF)	27 Baked Potato w\Ham\Cheese\ Sour Cream Vegetable (PORK)	28 Turkey Wrap w\Cranberries & Cream Cheese Lettuce Macaroni Salad (TURKEY)	29 Grilled Chicken Burger Lettuce\Tomato\ Red onion Swiss cheese sweet Potato Fries (CHICKEN)	30 Ghoul-Ash Happy Hollween! (BEEF)

October Birthdays

1 Dianne Woodruff
3 James McIntosh
4 Merle Powell
5 Joan Glenn
5 Robert Kendall
5 Lauri Kuelher
7 Sharon Horwath
8 MarySusan Poole
8 Cindy Bell
8 Janice Gittlein
9 Wendy Bowen
13 Georgia Skoglund
14 Betty Hein
19 Roberta Ackley
19 Cheryl Easley
19 Wanda Pullen



19 Angie Criswell
21 Gretchen O'Barr
23 Rozann Kimpton
24 Sheila Howland
24 Kim Collins
25 Larverne Larson
25 Tim Drorbaugh
26 Marlene Cottle
26 Diane Holland
27 William Sears
28 Irene Wardell
28 Renea Ogle
28 Jon Brandt
29 Don Lenkszus
29 Rosanna Benbow
31 Teresa Steeby

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



MATANUSKA VALLEY FEDERAL SERVICES MEDICARE SEMINAR

Matanuska Valley Federal Credit Union will be hosting a seminar on medicare

Thursday, October 8th, from 6 - 7 pm



MEDICARE OPEN ENROLLMENT

**November 10, 16, 23, 24,
December 3**

Starting at 9am

These events will be located at Wasilla Area Seniors, Inc.
1301 S Century Circle



Holiday Craft Fair



SATURDAY,
NOVEMBER, 7TH



Food will be available for purchase.

10:00 AM / 5:00 PM
\$25 TABLE FEE FOR VENDORS

FREE ENTRY FOR CUSTOMERS

1301 S. Century Circle, Wasilla, Alaska

*Contact: Kim Wolf (907) 717-6633
kimtuckerwolf@outlook.com*



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!

Thank You

We are incredibly grateful to all of our contributors who help support seniors. Your generosity makes it possible for us to continue providing the programs, services, meals, activities, and opportunities that help seniors in our community stay connected, active, and independent. Every contribution makes a difference, and we are so thankful to have you as part of the WASI family. Thank you for believing in our mission and investing in the seniors we serve!



MTA Foundation

\$2,000



Big Lake Community Council

\$5,000



Mat-Su Health Foundation

\$30,000

Carr Foundation

\$50,000

PANTRY CORNER

Microwave Mug Pizza

Ingredients

4 tablespoons all purpose flour
1/8 teaspoon baking powder
1/16 teaspoon baking soda
1/8 teaspoon salt
3 tablespoons milk
1 tablespoon olive oil
1 tablespoon marinara sauce
1 generous tablespoon shredded mozzarella cheese
5 mini pepperoni
1/2 teaspoon dried Italian herbs (basil or oregano will work)



Instructions

Mix the flour, baking powder, baking soda and salt together in a microwavable mug.

Add in the milk and oil then mix together. There might be some lumps but that is ok.

Spoon on the marinara sauce and spread it around the surface of the batter.

Sprinkle on the cheese, pepperoni, and dried herbs

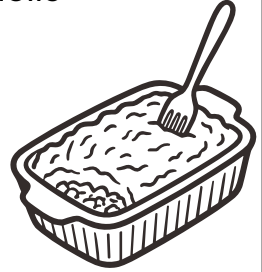
Microwave for 1 minute 10 – 1 minute 20 seconds, or until it rises up and the toppings are bubbling (timing is based on my 1200W microwave so your timing might vary)

Enjoy straight away!

Easy Hamburger Dinner Casserole

Ingredients

1 (1lb) box medium pasta shells
1lb ground beef
2 (10oz) cans tomato soup
2 cups shredded cheddar
1 cup shredded mozzarella
1/2 cup water
garlic, salt, & pepper to taste



Instructions

Cook and drain the pasta according to the package directions.

Meanwhile, preheat your oven to 375° F and grease a 9x13 baking dish.

In a large skillet, brown and chop the ground beef with the seasoning of your choice such as garlic powder, salt, and pepper.

Add the cooked pasta, tomato soup, water and HALF of the cheese to your skillet with the browned beef; stir and cook for 2-3 minutes over medium heat.

Pour the mixture into your greased dish and top with the remaining cheese.

Cover with foil and bake for 20 minutes. Uncover and continue baking for an additional 10 minutes. I also like to turn the broiler on for the last 2-3 minutes to brown the cheese.

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:
CANCELLED FOR THE MONTH
OF OCTOBER**

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.

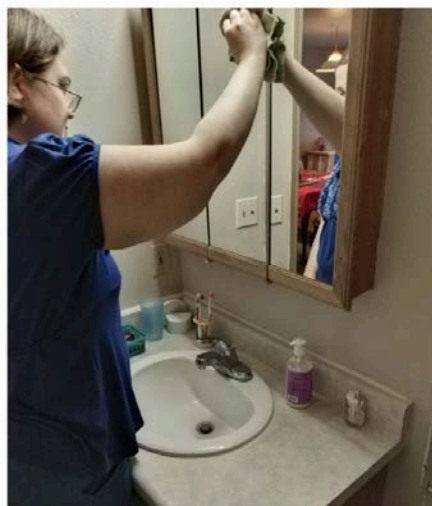


Melissa San Roman Hearing Care Specialist



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