NOVEMBER 2026

SENIOR FLYER

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

From the desk of Marlene Munsell, CEO

MEALS on WHEELS
MAT SU VALLEY
TOGETHER, WE CAN DELIVER.

WASI
WASILLA AREA SENIORS INC.

BOARD OF DIRECTORS

Elsie O'Bryan, President
Cathy Cottle, Vice President
Charlotte Olito, Secretary
Adrienne Blanchard, Treasurer
David Seals, Director
Diana Ring, Director
Donna Cote, Director
Bob Bowers, Director
Stu Graham, Director

Regular Board Meeting
November 19th, 2026, 9:30am

Quarterly Membership Meeting
Tuesday, January 12th, 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+

WASI Membership Meeting Update

WASI held its membership meeting on October 13th, and we are pleased to report that we had a full quorum and a great turnout from our membership.

During the meeting, members elected three new Board of Directors members: Stu Graham, Bob Bowers, and David Seals. The membership also ratified the appointments of Charlotte Olito and Diana Ring to the Board. In addition, a new bylaw regarding committees was approved.

We welcome our new board members and look forward to working together. We would also like to extend our sincere appreciation to outgoing board members John Weaver, Kristie Poppel, and Donna Young for their time, dedication, and service to our organization. Their contributions have helped support WASI and the seniors we serve, and we are grateful for their commitment to our community.

Moose Meadows Housing Project Update

At the October 15th Board of Directors meeting, the board voted to pause the Moose Meadows Senior Housing construction application due to uncertainty surrounding the City of Wasilla's wastewater treatment capacity.

We were recently informed that the City has reached the capacity of its current wastewater treatment system and must receive approval from the Alaska Department of Environmental Conservation (DEC) to expand its treatment capacity before additional connections can be accommodated. The City anticipates that connections may be possible in the summer of 2028.

While this is disappointing, WASI will continue to monitor the City's progress and revisit the project as more information becomes available. Our commitment to addressing the growing need for affordable senior housing in the Mat-Su Valley remains strong, and we will continue evaluating the next steps for Moose Meadows as the situation develops.

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

IN THIS EDITION

From From the desk of Marlene Munsell	Page 1
Table of Contents / Program Contact Information	Page 2
Harvest Brunch Recap	Page 3
Last Frontier Honor Flight	Page 4
Quilts of Valor	Page 5
Alaskans Who Served	Page 6
Pantry Corner	Page 7
Lunch Menu Calendar	Page 8
Activities Calendar	Page 9
Club50 / Holiday Craft Fair	Page 10
October Birthdays /Downsizing class	Page 11
Christmas Giving Program	Page 12
My Oh My It's Pie! update / LINKS Medicare enrollment	Page 13
MCoA Listening Sessions	Page 14
Thank you Mayor Ledford	Page 15
Business Ads / Chore Services	Page 16



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, November 13th, for this month's Birthday Celebration.

Thank You!

Dont' forget to renew your WASI Membership for the new year!

Membership Dues

- **Annual Membership: $30**
- **Free Membership: 90+**
- **Lifetime Membership:**

$240 for age 50-64
$180 for age 65-74
$120 for age 75+

WASILLA AREA SENIORS INC.

HARVEST BRUNCH RECAP

Our Annual Harvest Brunch was a wonderful success, bringing together delicious food, enthusiastic guests, and an incredible show of support for WASI. With a sold-out event, the room was filled with lively conversation, laughter, and a shared commitment to supporting seniors throughout the Mat-Su Valley. Thanks to the generosity of our guests, sponsors, donors, and everyone who contributed, we raised more than $38,000 to support WASI's programs and services.

The morning was a wonderful reminder of what can happen when a community comes together for a common purpose. From enjoying a delicious brunch to participating in our live auction and dessert auction, the excitement throughout the room was contagious! It was especially fun to hear the energy and enthusiasm as guests eagerly participated in the live auction. Many attendees shared that this was the best brunch they had ever attended, which made the day even more special for our entire team.

Putting this event together was truly a team effort! Our board members, staff, and volunteers worked together to transform our senior center into a beautiful brunch experience. A special thank-you to Donna Young and her dessert helpers for baking all the delicious goodies that added such a sweet touch to the day. We are grateful to everyone who gave their time, talent, and generosity to make this event such a success.

The funds raised help sustain essential services that allow seniors to remain active, connected, and independent, including Meals on Wheels, transportation, wellness activities, and opportunities for social connection.

WASI is incredibly grateful to everyone who attended, donated, volunteered, sponsored, and helped make the Harvest Brunch such a memorable success. Your generosity and enthusiasm make a meaningful difference in the lives of seniors throughout the Mat-Su Valley and help ensure these important programs remain available to those who depend on them. Thank you for making this year's Harvest Brunch one to remember!

Special thanks to our sponsors

Matsu Health Foundation
MTA Foundation
City of Houston
Senator Cathy Tilton
Tom and Kathy Stearns
Rep. Jubilee Underwood
Altman, Rogers and Co.
Carolyn Abramczyk
Elite Doors LLC



Our deepest appreciation to Linda Jo Klapperich for being our enthusiastic auctioneer.

Last Frontier Honor Flight: A Journey I Will Never Forget

by Tom Stearns, WASI Chaplain



Chaplain Tom Stearns

I had the honor of participating in Mission 23 of the Last Frontier Honor Flight (LFHF). I served in Vietnam and retired in 2008. This week, I want to share an experience that touched my heart and reminded me of the importance of honoring those who served.

The mission of the Last Frontier Honor Flight is to take Alaska veterans to Washington, D.C., to visit memorials honoring their service and sacrifice. The trip is provided at no cost to veterans through donations and corporate sponsorships. Twenty-two veterans gathered at Ted Stevens Anchorage International Airport, where we received our hats, jackets, and identification before heading to our gate in wheelchairs. Although I initially thought I wouldn't need one, I soon realized how valuable it was. Each veteran is assigned a guardian, and mine was incredible. From carrying my bags to making sure I stayed hydrated and helping me get around, I was truly cared for.

As we traveled through the airport, people cheered, clapped, and called out, “Welcome home!” For Vietnam veterans, those words carry special meaning. Nearly 60 years ago, many of us returned from an unpopular war to criticism, insults, and disrespect. There were no parades or welcoming crowds. The Last Frontier Honor Flight is helping make that right, and hearing those words brought emotions that are difficult to describe.

We traveled from Anchorage to Seattle and then to Washington, D.C., where we visited the Air Force, World War II, Vietnam, Lincoln, Navy, and Marine Memorials, along with Arlington National Cemetery. One of the most powerful moments was watching the changing of the guard at the Tomb of the Unknown Soldier. Three veterans from our group were selected to help lay a wreath. As our bus traveled through Arlington Cemetery, I looked out at acres of land covered with thousands of white headstones. That was my aha moment. Each headstone represented a real person, a life that mattered, and a legacy that touched others.
I began to wonder: What will my legacy be? Will anyone remember what I have done 10, 20, or 30 years after I am gone? I believe it matters because every life is important. I have chosen to live my life for Christ, knowing that when I die, I will be in the presence of Jesus forever.

Another highlight was an evening concert by the Sweet Adelines, who sang patriotic songs that stirred my heart. Throughout the trip, we also shared our life stories and connected with fellow veterans, including others who had served in Vietnam. Hearing their experiences reminded me of the sacrifices and lives of service represented in our group.

When we returned home, family, friends, and strangers gathered to welcome us back. The love and appreciation shown to us throughout the journey was unforgettable. Thanks to the Last Frontier Honor Flight, no veteran on Mission 23 will ever have to wonder whether we were welcomed home. We were treated like heroes and heard the words every veteran deserves to hear: “Welcome home, and thank you for your service.”

It was more than a trip to Washington, D.C. It was a reminder that every life matters, every sacrifice deserves recognition, and it is never too late to say thank you.



Quilts of Valor Presentation



Join us Wednesday, November 11th 11:00 a.m.
WASI dining room
to celebrate Veterans Day &
Presentation of Quilts of Valor

The Quilts of Valor Foundation is a nonprofit 501(c) (3) organization whose mission is to cover service members and veterans touched by war with comforting and healing Quilts of Valor.

Since Quilts of Valor inception in Alaska in 2010 we have grown to 9 groups, with approximately 200 members statewide and have awarded over 6,000 Quilts of Valor.

Forget-Me-Not Quilters of AK, in the Mat-Su Valley began in 2010 and has grown to over 90 members, awarding a good portion of those 6000 quilts.

Forget-Me-Not Quilters group meets every 4th Thursday of the month (with the exception of November and December) at the Wasilla Senior Center for an entire day of sewing and creating beautiful, one-of-a-kind quilts. Each time they meet, one of the highlights of the day is a special Awards Ceremony where they honor and award veterans and service members with their Quilt of Valor.

“We are deeply grateful to the Wasilla Senior Center for generously providing meeting space for our group over the years. Your continued support helps us share comfort, healing, and gratitude with those who have served our country,” said Donna Burke, Alaska State Coordinator for Quilts of Valor.

Alaskans Who Served

Veterans Day Wednesday, November 11th 2026

In recognition of Veterans Day, WASI honors two Alaskans who served our country and whose stories reflect the courage, dedication, and sacrifices of those who have worn our nation's uniform.



George A. Lewis Jr.: Tlingit Code Talker and World War II veteran.

Born in Angoon in 1913 and raised in Sitka, George A. Lewis Jr. was a Tlingit serviceman whose Native language became an important part of his military service during World War II.

Lewis served alongside other Tlingit Code Talkers, who used their language to communicate military information that enemy forces could not decipher. Their contributions remained largely unknown for decades because their work was not widely publicized.

After the war, Lewis returned to Southeast Alaska, where he raised a family and worked as a longshoreman. He also developed skills in carpentry, boat building, enjoyed fishing and silver carving, and maintaining strong connections to his Tlingit heritage. Beyond his military service, Lewis devoted approximately 45 years to the Salvation Army, supporting communities throughout Southeast Alaska.
In 2013, Congress posthumously recognized the Tlingit Code Talkers with silver medals honoring their contributions during World War II. Lewis's life represents service to country, family, culture, and community, reminding us that veterans' stories deserve to be remembered for generations.



Harold Bahr: Alaska Territorial Guard and U.S. Navy veteran.

In 1942, at just 11 years old, Harold Bahr joined the Alaska Territorial Guard in Nome during World War II. Following Japan's occupation of Attu and Kiska in the Aleutian Islands, Alaska faced concerns about further attacks. Territorial Guard volunteers helped watch over Alaska's coastline and remote communities.

Bahr recalled sitting in his uncle's attic, watching the skies and hoping Japanese aircraft would fly low enough for him to see them. He continued watching for enemy ships and planes until the war ended in 1945.

His service continued into adulthood. In 1951, Bahr joined the U.S. Navy and served aboard an ammunition ship during the Korean War. Harold Bahr's story reflects the dedication of Alaskans who stepped forward to protect their homeland. From watching over his hometown as a boy to serving in the Navy as a young man, Bahr's life reminds us that service and courage can take many forms.

Source: The Salvation Army, George A. Lewis, Tlingit Code Talker; U.S. Senator Lisa Murkowski, Veteran Spotlight; Alaska Department of Military and Veterans Affairs.

PANTRY CORNER

PUMPKIN PIE IN A MUG

Serves 1 · Prep 5 min · Cook 2 min

Ingredients

½ cup pumpkin puree
1 egg
1 tablespoon evaporated milk
1 ½ tablespoons brown sugar
1 teaspoon pumpkin pie spice
½ tablespoon maple syrup
½ teaspoon vanilla extract

Instructions

Prep: Spray an 8-14 oz mug with non-stick cooking spray

Add all ingredients to mug.

1. ½ cup pumpkin puree, 1 egg, 1 tablespoon evaporated milk, 1 ½ tablespoons brown sugar, 1 teaspoon pumpkin pie spice, ½ tablespoon maple syrup, ½ teaspoon vanilla extract
2. Mix well with a fork.
3. Microwave roughly 2 minutes and 30 seconds to 3 minutes.
4. Let it stand for at least 5 minutes. If you dig your spoon into the bottom of the mug, pull some pie out and it's still wet or runny, pop it back into the microwave for 15 second intervals until it's done (max 3 mins).

*The top should be cracked and the texture should look like cooked pumpkin pie.

5. Garnish as desired and enjoy!

TURKEY & STUFFING BAKE

Serves 4–6 · Prep 15 min · Cook 25 min

Ingredients

4 cups leftover cooked stuffing
2 tablespoons minced fresh parsley
1-1/2 cups cubed cooked turkey
2/3 cup condensed cream of chicken soup, undiluted
3 tablespoons water

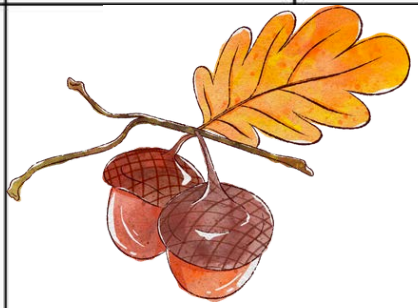
Instructions

1. In a large bowl, combine stuffing and parsley. Transfer to a greased 8-in. square baking dish. Top with turkey. Combine soup and water; spoon over top.
2. Bake, uncovered, at 350° for 25-30 minutes or until heated through.





NOVEMBER 2026 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Deviled Egg Sandwich Chips & Pickle ***(EGG)***	**3** Shepherd's Pie w/Biscuit Fruit ***(BEEF)***	**4** Diced Turkey served over Rice & Gravy Vegetable ***(TURKEY)***	**5** Crispy Chicken Ranch Salad w/Cucumber/ Tomato Fruit ***(CHICKEN)***	**6** Beef Nachos w/Salsa/Sour Cream/Cheese/ Lettuce ***(BEEF)***
9 Chicken & Bacon Ranch Pasta Casserole w/Peas ***(CHICKEN & PORK)***	**10** Chicken Chili w/Corn Bread ***(CHICKEN)***	**11 Veteran's Day Sponsor** Beef Stew Served over half a Baked Potato dinner roll THANK YOU: Tom Stearns AND Ancora Home Health ***(BEEF)***	**12** BBQ Chicken Thighs Baked Beans Vegetable ***(CHICKEN)***	**13 Sponsor** Cheese Burger w/ L/T/O Steak Fries THANK YOU: Pathway to Heaven Church ***(BEEF)***
16 Teriyaki Chicken Skewers Vegetable Fried Rice Fortune Cookie ***(CHICKEN)***	**17** Spaghetti W/Beef & Italian Sausage Vegetable ***(BEEF & PORK)***	**18** Chicken Caesar Wrap Pasta Salad ***(CHICKEN)***	**19 Sponsor** Marry Me Chicken Soup W/Riced Cauliflower W. W. Roll THANK YOU: Allana Lumbard ***(CHICKEN)***	**20** Garlic & Herb Grilled Shrimp Wild Rice Vegetable ***(SHELLFISH)***
23 Open Face Roast Beef Sandwich W/Gravy Vegetable ***(BEEF)***	**24** Macaroni and Cheese Diced Pork Vegetable ***(PORK)***	**25 Sponsor** Turkey Dinner Stuffing, Green Bean Casserole, Yams, Gravy & Roll THANK YOU: Kirklin & Chantal Kinney AND Northwind Painting ***(TURKEY)***	**26** CLOSED IN OBSERVANCE OF THANKSGIVING	**27** CLOSED IN OBSERVANCE OF THANKSGIVING
30 French Toast Sausage Links Yogurt w/Fruit ***(PORK)***				

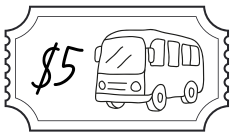
Thank you Connie Aschenbrenner for sponsoring the monthly desserts!

Thank you Stu Graham for sponsoring weekly desserts!

MENU IS SUBJECT TO CHANGE

November 2026 ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:30am Christian Church Services 2pm Walk by Faith Ministry	2 10am LDS Gospel Study	3 10am Bingocize 12:45pm Tech Help with AT&T	4 10am Bible Study 1pm BYO Arts & Crafts 1pm Grief Share	5	6 10am Bingocize	**7** **10am - 5pm WASI Holiday Craft Fair**
8 11:30am Christian Church Services 2pm Walk by Faith Ministry	9 10am LDS Gospel Study	10 10am Bingocize **9AM MEDICARE OPEN ENROLLMENT**	11 10am Bible Study 1pm BYO Arts & Crafts 1pm Grief Share	12 12:45pm MCoA Listening Session 2pm Ham Radio	13 10am Bingocize 11:15 Birthday Celebration 1pm senior food boxes	14
15 11:30am Christian Church Services 2pm Walk by Faith Ministry	16 10am LDS Gospel Study **9AM MEDICARE OPEN ENROLLMENT**	17 10am Bingocize 12:30pm LWWVL 1pm Memory Cafe	18 10am Bible Study 1pm BYO Arts & Crafts 1pm Grief Share	19 **9:30am Board Meeting** 12:45pm Downsizing Alaska Decluttering Class	20 10am Bingocize 1pm senior food boxes	21
22 11:30am Christian Church Services 2pm Walk by Faith Ministry	23 10am LDS Gospel Study **9AM MEDICARE OPEN ENROLLMENT**	24 10am Bingocize **9AM MEDICARE OPEN ENROLLMENT**	25 10am Bible Study 1pm BYO Arts & Crafts 1pm Grief Share	26 Closed in Observance of Thanksgiving	27	28
29 11:30am Christian Church Services 2pm Walk by Faith Ministry	30 10am LDS Gospel Study					



WASI Shopping Bus 12:30pm
Every Tuesday (Fred Meyers) Thursday (Walmart)

Valley Transit Bus Every Wednesday 1:30pm

Did YOU know?

November is a wonderful month for stargazing because its longer nights provide more time to enjoy the beauty of the night sky. One of the highlights is the annual Leonid meteor shower, which occurs each November when Earth passes through a trail of dust left behind by a comet. These tiny particles burn up as they enter Earth's atmosphere, creating bright streaks of light that look like shooting stars. Under the right conditions, you may even spot several meteors in a single hour!

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

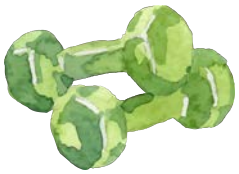
Willow Community Center
Mondays, Wednesdays, and Fridays from 10:00am - 11:00am

WASI
WASILLA AREA SENIORS INC.

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!

WASI Holiday Craft Fair

WHEN
Saturday, Nov. 7

TIME
10:00 a.m. - 5:00 p.m.

WHERE
Wasilla Area Seniors, INC.

Shop handmade gifts from local crafters and vendors. Food will be available for purchase.



Free entry for shoppers · $25 table fee for vendors



November Birthdays

1 Sheri Mattson Brauneis
2 Rosalind Simmons
3 Elwyn Fischer
4 Rita Logsdon
5 Janet Kennedy
6 Stu Graham
7 Mark Gordon
8 Karen Erickson
9 Douglas Gladden
10 Karen Richard
11 Melinda Brooks
12 Michael Fugere
13 Jill St Germain
14 Tom Falkenstein
15 Terry Phillips
16 Debbie Drennan
17 Charlotte Olito
18 Marguerite Guest
19 Norma Staton







20 Robert Lavallee
21 Maxine Rachow
22 Orlanda Meyer
23 Vickie Malone
24 Darlene McCredie
25 Janese Chrystal
26 Garry Lynch
27 Teresa Ascone
28 Tim Anderson
29 Kenneth Pysz
30 Lynn Moore
31 Walter Wood
32 Savannah Hargraves
33 Linda McElhaney
34 Dennis Horwath
35 Marion Elliott
36 Elain Wheeler
37 Margaret Parker
38 Willioam Barber

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

DOWNSIZING WITH CONFIDENCE

11.19.2026 @ 1245

AT WASILLA AREA SENIORS, INC. (WASI)

What You'll Learn

- *How to start decluttering without feeling overwhelmed*
- *Staging & prepping your home for a successful sale*
- *Right-sizing into a home that truly supports your needs*
- *Estate sale options, moving resources & next steps*
- *Navigating Alaska real estate as a senior or family*
- *Planning ahead vs. moving during a life transition*



Hosted by: DOWNSIZINGALASKA.COM

Allana Lumbard, REALTOR + DOWNSIZING EXPERT

WASI CHRISTMAS GIVING

At WASI, our mission is that no senior feels forgotten during the holidays. Last year, we distributed over 500 gift bags to seniors, and we invite our community to help us spread warmth and joy again this year by donating items from the list below. Donations will be wrapped and delivered to Meals on Wheels seniors the week of December 15. We will celebrate with a Christmas party at the Wasilla Senior Center on December 23!

WASI CHRISTMAS GIVING DONATION LIST

Donations of new items are appreciated

- Blankets and fleece throws
- Warm adult socks
- Gloves & Hats
- Candy
- Individual snack packs, cheese crackers, and cookies
- Granola bars and soft snack bars
- Pudding cups
- Individually packaged nuts or trail mix
- Hot chocolate and tea
- Pump hand soap
- Shampoo and conditioner
- Body wash and moisturizing lotion
- Lip balm
- Boxed tissues and toilet paper
- Unscented personal care products
- Kitchen towels
- Bath towels
- Dish rags
- Potholders and oven mitts
- Dish soap and sponges
- Night-lights and LED flashlights
- Laundry detergent
- Large print word search and crossword books
- Playing cards
- Adult coloring books

WAYS TO GIVE:

Shop online at Wal-Mart, Target or at our Amazon Wish List

Ship to: Wasilla Area Seniors, Inc.
Christmas Giving Program
1301 S Century Circle, Wasilla, AK 99654

Drop off new and individually packaged, unwrapped items to WASI at 1301 S Century Circle, Wasilla

Want to contribute and don't have time to shop? You can make a donation online at www.wasillasseniors.com. Please be sure to put Christmas Giving Program in the Comments.

WWW.WASILLASENIORS.COM



To All Our Wonderful MY-O-MY IT'S PIE! Supporters,

This year, MY-O-MY IT'S PIE! will look a little different! Instead of fundraising for pies, our team will be dedicating their time to helping Mat-Su seniors this holiday season.

We invite our generous donors to join us in making the holidays special by sponsoring our Thanksgiving Holiday Meal for $500 or becoming a Pie Sponsor for $250. Sponsor at www.wasillaseniors.com DONATE (note lunch sponsorship)

Together, we can make Thanksgiving extra special for 500 seniors in the Mat-Su Valley, bringing warmth, joy, and a reminder that they are loved and remembered during the holiday season.

Thank you for being part of the MY-O-MY IT'S PIE! family. With your generosity and support, we can make a meaningful difference in the lives of our seniors and make this Thanksgiving one to remember!

MEDICARE PART D
WASI APPOINTMENTS

Mat-Su LINKS ADRC
Aging & Disability Resource Centers

LINKS Resource Center

Get help reviewing your Part D prescription drug coverage for next year.

November 10, 16, 23, 24 & December 3

Appointments from 9:30 AM - 2:45 PM
Must call 907-373-3632
to get scheduled in advance

Please bring all information with you to help us review your Part D plan.
Medicare card, medication bottles or list (med list must have name, dosage, and how many times you take each medication)

MCoA
MAT-SU COUNCIL ON AGING

Help Shape the Future of Aging

Alaska's State Plan for Senior Services

Listening Sessions

Location	Date	Time
Upper Susitna Senior Center	**10/27/26**	**1:00 pm**
Grizzly Family Fitness	**10/28/26**	**12:30 pm**
Palmer Senior Center	**10/29/26**	**12:00 pm**
Willow Community Center	**11/6/26**	**12:00 pm**
Wasilla Area Senior Center	**11/12/26**	**12:45 pm**
Palmer Depot	**11/16/26**	**10:00 am**

The Alaska Commission on Aging is developing Alaska's next State Plan for Senior Services, a once-every-four-years opportunity to shape the future of aging in our state.

Through these listening sessions, the Commission is committed to ensuring the voices of older Alaskans help shape the policies and programs that will serve them in years to come.

Facilitated by Brenda Shelden
Commissioner, Alaska Commission on Aging
Executive Director, Mat-Su Council on Aging

Alaska Commission On Aging
Aging With Dignity And Independence

THANK YOU MAYOR GLENDA LEDFORD

BY MARLENE MUNSELL

As Mayor Glenda Ledford concludes her second term as Mayor of Wasilla, all of us at WASI would like to recognize her dedication to the senior community and thank her for the many ways she has supported our mission.

Glenda, a senior herself, is a wonderful example of living your best life at any age. As a lifetime member of WASI, she has dedicated countless hours to helping our organization and advocating for seniors throughout the community.

One of the traditions seniors have especially enjoyed is Glenda's "Friday Lunch at WASI" visits. Taking time to sit down, share a meal, and visit with seniors has created meaningful connections and brought plenty of smiles to our center.

Glenda is also someone we know we can count on. When we ask for help, her response is simple: "What do you need?" She then gets to work finding a way to make it happen. Her willingness to step in and support our seniors has made a real difference to WASI and the people we serve.

Although her time as mayor has come to an end, Glenda certainly isn't slowing down! She already has plans to return to one of her favorite things; having a chair at the beauty shop. We have a feeling she'll continue keeping busy, sharing her talents, and finding ways to make people smile.

Thank you, Glenda, for your service to Wasilla, your friendship with WASI, and your continued commitment to seniors.









Glenda has been there for WASI in so many ways. She has joined us for our parties, baked goodies for our fundraising auctions, and rolled up her sleeves to help serve at our annual Miles for Meals Fun Run each spring. Whether celebrating with our seniors or getting her hands dirty to support our events, Glenda is always willing to pitch in and help.

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

Alaska Center
FOR THE BLIND AND VISUALLY IMPAIRED

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

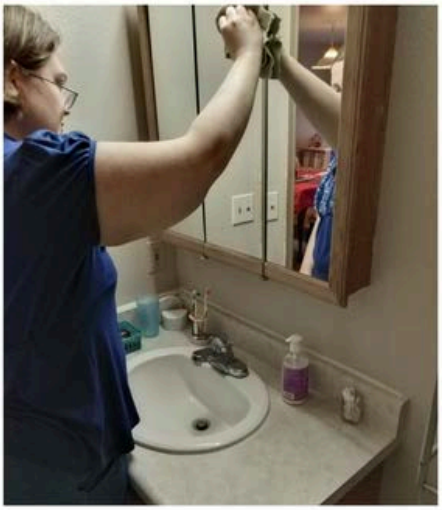
Melissa San Roman
Hearing Care Specialist

Miracle-Ear

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