

# SDS GAZETTE – FEBRUARY 2016

ALASKA ISLAND COMMUNITY SERVICES—SENIOR & DISABILITY SERVICES

## COMMUNITY EVENTS!

February 25th thru 28th: Tent City Days!  
Enjoy various events throughout town.



Health and Wellness

**Water Aerobics:** Mondays, Wednesdays, and Fridays at the Parks and Rec Pool from 10:00 to 11:00 AM. Fee associated, please call (907) 874-2444 for more details.

**SAIL Classes:** Tuesdays and Thursdays from 10:00 to 11:00 AM at Senior Apartments

**Healthy Cooking:** **THURSDAYS** from 11:30 AM to 01:00 PM at Senior Apartments

## RECIPE OF THE MONTH

With Summer just around the bend, here's a recipe to save for later to use on Salmon!

### **Ingredients**

- 6 TBSP Butter
- 1/2 Onion, finely chopped
- 2 TBSP Flour
- 2 TSP Garlic Powder
- 2 C Skim Milk
- 1/2 C Grated Romano Cheese
- 1 C Frozen Green Peas
- 1/2 C Canned Mushrooms
- 10 OZ Smoked Salmon
- 1 package Penne Pasta

### **Instructions**

1. Bring a large pot of lightly salted water to a boil. Add pasta, and cook to desired tenderness.
2. Melt butter in a large skillet over medium heat. Sauté onion until golden brown.
3. Stir flour and garlic powder into the butter and onions. Gradually stir in milk. Heat to just below boiling, then gradually stir in cheese until smooth. Stir in peas and mushrooms. Cook on low heat for 4 minutes
4. Toss in smoked Salmon, cook for an additional two minutes. Serve over pasta with a side of salad or garlic bread.

## NON-SMOKING SECTION

Over the next few months, we will be featuring 13 awesome tips to help you quit. This month, we cover tip 13!

### **13) Do it for you!**

More than anyone else, quit smoking for you! Become healthier, have more energy, increase your cash flow with the money you'll be saving, taste more, smell more. There are a million reasons why quitting the tobacco industry for good is better for you.

## LATEST NEWS

February Birthdays:

Rhoda Fochtman:  
Feb. 12th

Donna Mckay:  
Feb. 25th

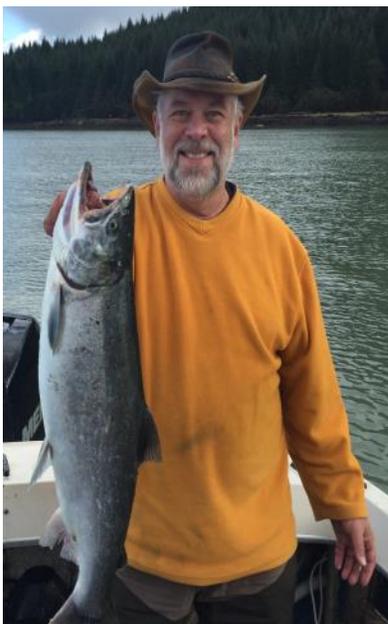
**NOTES ARE  
DUE:**

**2/2 and 2/16!**

## SCOTT GLAZE

Scott Glaze is our Compliance Officer, and focuses his time on Risk Management and Safety. He first visited Wrangell in May of 2015, and planned on spending 10 days here. When he arrived, he loved it so much he moved permanently in July of last year! Scott has always enjoyed hunting, fishing, and camping, and enjoys the beauty that South East has to offer. "The strong sense of community is also very refreshing! The people are exceptionally nice and easy to get to know!" His favorite part about working for AICS is the role it plays in the community. "As employees of AICS, we serve so many people in a variety of ways. From Medical to Dental, Behavioral Health to Pharmacy, Senior and Disability Service and those participating in the Crossings Program, AICS touches nearly everyone in the community. What a blessing it is to be a part of such a vital piece of the community." During the summer, Scott loves hunting and fishing, but during the wet, rainy winters, he plays cribbage, puts together puzzles, and plays Ping-Pong. Scott also spends time volunteering at his Church. Scott looks forward to Spring time, when his wife Debbie will be joining him on their Alaskan Adventure! They have 4 children, two in Wrangell, and two in North Carolina. They also have two grandchildren! Scott would like to extend his continued welcome to AICS employees, and encourages employees to contact him if they have any ideas or concerns.

"Your ideas may be the answer to one of our hurdles, and your concerns deserve to be heard." Thanks Scott!



**AICS Will be closed on February 15th for Presidents Day!**

Day Habilitation group will be meeting on the following dates in February:

February 4th: Bowling at the Elks  
February 11th: Valentine's day activities at the SDS office  
February 18th: Bowling at the Elks



## AMERICAN HEART DISEASE MONTH

Ah, love is in the air during the month of February! But, did you know that by showing yourself a little extra love this month by getting your heart checked, you can help make sure you have many more Valentine's days to celebrate. Cardiovascular disease (CVD) is the number one killer of women and men in the United States. Including heart disease, stroke and high blood pressure, CVD is the leading cause of disability, preventing Americans from working and enjoying life with their loved ones. You can control a number of risk factors, including: Diet, physical activity and tobacco use, to name a few. A great start would be to get your blood pressure and cholesterol checked. Your doctor can point you in the right direction for healthy food and exercise options that can make a profound difference in the way you feel and the way you'll live your golden years! If you decide to begin your journey toward better heart health, try not to become overwhelmed. Each step you take brings you closer to a healthy heart, and every healthy choice makes a difference!