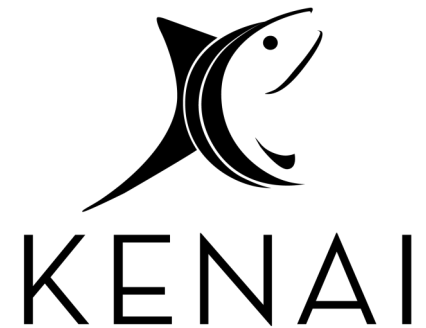


City of Kenai  
Kenai Senior Center  
361 Senior Ct.  
Kenai, Alaska 99611  
907-283-4156

# December 2020

The Kenai Senior Center

# Centerline



## Inside this issue

Birthdays .....	2
Recipe .....	4
Puzzle .....	11
Menu .....	12

## Special points of interest

- Christmas Traditions Around the World
- Christmas Scramble
- Kenai Senior Connection News
- 5 Letters We Should Write Now
- Benefits Deadlines
- Name that Christmas Song
- Eating Healthy As We Age

As the 2020 holiday season approaches, please know we miss the smiles, the hugs, the laughs, and your very presence around the Senior Center. Never would we have dreamt when our Center closed in March that we would still be apart in December. We anxiously await the time when we can all be together again. Until then, please stay safe, warm, and know we wish you the very best!

**Merry Christmas and Happy New Year!**

**The staff at the Kenai Senior Center.**

## KENAI SENIOR CENTER SERVICES

### CONGREGATE MEALS:

\*Suspended (COVID-19)  
Monday through Friday  
from 11:30 to 1:00pm

### HOME-DELIVERED MEALS:

Monday through Thursday  
Call 283-8212 for more  
information

### VINTAGE POINTE HOUSING:

Call 283-4156 for more  
information or to get on  
the waiting list

### FACILITY RENTAL:

\*Suspended (COVID-19)

### TRANSPORTATION:

\*Suspended (COVID-19)

### SUGGESTED DONATIONS:

Congregate Meals - \$7  
(60 years and older)  
Home-delivered Meals - \$7  
Transportation - \$3



## WHAT YOU CAN DO TO PROTECT YOURSELF FROM COVID-19

- Wash your hands often.
- Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community.
- Clean and disinfect frequently touched services.
- Stay at home as much as possible
- Avoid all cruise travel and non-essential air travel.

# DECEMBER BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Patricia Roderick	10	Barbara L'Heureux	26	Marti Slater
1	Rosalind Foster	11	Rita Lindsey	27	Jimmie English
2	Maxine Purugganan	13	Carole O'Donnell	27	Marjorie Seymour
2	Rhoda Turinsky	14	David Newton	27	Nina Weatherly
3	Petria Falkenberg	14	William Sadler	27	Steven Best
3	Gregory Fisher	14	Cindy Boettcher	27	Wayne Hinze
4	Doug Vance	16	Diana Damitz	28	Jean Goodlife
4	Judy Reynolds	16	Cynthia Todd	28	Don Thompson
5	Sharon Fisher	18	Joan Seaman	28	Denny Thomas
6	Fred Cates	20	Marie Kasak	29	Buck Steiner
7	Lyudmyla Kaiberda	21	Barbara Baldwin	30	Gale Rudolph
8	Christina Mamaloff	22	Linda Nelson	31	Leroy Heinrich
9	Juanita Aguilar	22	Timothy Johnson	31	Donna Marie Hutton
9	Coralee Price	23	Pat Moye	31	Geraldine Kidd

## What is \$5 Club?

**Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!**

All funds are used to assist with the Senior Center budget and for special needs throughout the year. We thank everyone for your support as we continue to grow and serve the needs of our senior community. Donations may be made on a monthly or year-to-year basis. Items purchased with these funds include the piano!

**We proudly post our \$5 Club members on the bulletin board and in the Centerline!**

### DECEMBER \$5 CLUB

Ardith Arbelovsky	Pete Hallgrimson	Marge Milewski	Vivian Terry
Bob & Cheryl Arrington	Joel & Laura Henkelman	Kari Mohn	Terry Turner
Steve Best	Jan Hollers	Harry Nagasako	Ray & Yen-ti Verg-in
Patricia Bravo	Gary Hollier	Bill Nelson	Frosty Walters
Sue Carter	Joanna Hollier	Lois Nelson	Virginia Walters
Dee & Lee Cassel	Donna Hoyt	Joseph & Lola Nightingale	Roy & Ozella Williams
Glenn Clifford	Molly Jackson	Alice Nuxoll	Janice Wilsack
Patsy Clifford	Leanne King	Robert & Netella Peterson	
Carol Freas	Lisa Lambert	Pat Robinson	
Velda Geller	Paula Maier	Barbara Schmidt	
Omer Goodman	Susan Malmquist	Bill & Sondra Starnes	
	Len Malmquist, Jr.	Charles & Janice Thornton	



### Business Hours

Mondays 8:00am ~ 5:00pm  
Tuesdays 8:00am ~ 5:00pm  
Wednesdays 8:00am ~ 5:00pm  
Thursdays 8:00am ~ 5:00pm  
Fridays 8:00am ~ 5:00pm

### Need to speak with someone in administration?

**Director, Kathy Romain**

283-8213

**Administrative Assistant, Angie Clary**

283-8212





## Soft Christmas Cookies



Ingredients:		
3 3/4 cups all-purpose flour	1 cup butter, softened	2 eggs
1 tsp. baking powder	1 1/2 cups sugar	2 tsp. vanilla extract
1/2 tsp. salt		

**Step 1** Sift flour, baking powder, and salt together, set aside. In a large bowl, cream together the margarine and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Gradually blend in the sifted ingredients until fully absorbed. Cover dough, and chill for 2 hours.

**Step 2** Preheat oven to 400 degrees F (200 degrees C). Grease cookie sheets. On a clean floured surface, roll out small portions of chilled dough to 1/4 inch thickness. Cut out shapes using cookie cutters.

**Step 3** Bake 6 to 8 minutes in the preheated oven, or until edges are barely brown. Remove from cookie sheets to cool on wire racks.

*"I heard the bells on Christmas Day  
Their old, familiar carols play,  
And wild and sweet the words repeat  
Of peace on earth, good-will to men!"*

*~Henry Wadsworth Longfellow*

	9			1			3	
		6		2		7		
			3		4			
2	1						9	8
		2	5		6	4		
	8						1	

I made myself a snowball,  
As perfect as could be,  
I thought I'd keep it as a pet,  
And let it sleep with me.  
I made it some pajamas,  
And a pillow for its head,  
Then last night it ran away,  
But first-- it wet the bed.







## Christmas Traditions Around the World That May Surprise You!

There are so many Christmas traditions in the United States: trimming a tree, baking holiday cookies, and opening Christmas presents, to name a few. But what are the Christmas traditions around the world? Many countries celebrate the holiday differently than we do. Not only do some populations eat different Christmas foods, but Christmas isn't even observed on December 25 in some places.

### Philippines

If we think the US goes all out with Christmas decorations, we should see what the Philippines does. Every year, the city of San Fernando holds *Ligligan Parol* (or Giant Lantern Festival) featuring dazzling parasols (lanterns) that symbolize the Star of Bethlehem. Each *parol* consists of thousands of spinning lights that illuminate the night sky. The festival has made San Fernando the “Christmas Capital of the Philippines.”

### Japan

Although Christmas isn't a national holiday in Japan, its citizens still find an interesting and delicious way to celebrate. Rather than gathering around the table for a turkey dinner, families head out to Kentucky Fried Chicken. The tradition began in 1974 after a wildly successful marketing campaign called “*Kurisumasu ni wa kentakkii*” or “Kentucky for Christmas!”

### Iceland

Similar to the 12 days of Christmas in the U.S., Iceland celebrates 13. Each night before Christmas, Icelandic children are visited by 13 Yule Lads. After placing their shoes by the window, they'll either have received candy (if they're good) or be greeted with shoes full of rotten potatoes if they're bad. And we thought coal was a terrible gift!

### Finland

On Christmas morning, Finish families traditionally eat a porridge made of rice and milk topped with cinnamon, milk, or butter. Whoever finds the almond placed inside one of the puddings “wins”. At the end of the day, it is customary to warm up in a sauna together.

### New Zealand

Because summer falls during Christmastime for Kiwis, a number of their traditions center around a “barbie” or grill, where families and friends gather for a casual cookout of fresh seafood, meat and seasonal vegetables. The New Zealand Christmas tree is the Pohutukawa, a coastal species that blooms a bright-red color in December, providing shade during sunny days as they sing carols in both English and Maori.

### Martinique

In the French Caribbean island of Martinique, *la ribote* is a longstanding tradition where families visit their neighbors during Advent and then again on New Year's Day bearing holiday food like yams, *boudin creole*, *pates sales*, and pork stew. They sing Christmas carols together into the early hours of the morning, adding their own creole verses to traditional lyrics.

### Norway

In Norway, the Christmas season, called *julebord*, begins December 3, filling local bars and restaurants throughout the month. Families celebrate Little Christmas on December 23; each have their own ritual for the day that may include decorating the tree, making a gingerbread house, and eating *risengrynsgrøt* (hot rice pudding).

(Continued on page 6 )

## (Christmas Around the World, continued)

### Ireland

The Irish leave a tall red candle in a front window overnight, a welcoming symbol of warmth and shelter for the holiday season. Traditional Christmas fare in Ireland often includes homemade roast goose, vegetables, cranberries, and potatoes.

### Barbados

A Christmas table in Barbados isn't complete without a baked ham decorated with pineapple and sorrel glazes, a rum cake, and *Jug Jug*, a dish inspired by the Scottish influence on the island combining pigeon peas, guinea corn flour, herbs, and salt meat.

### Poland

On Christmas Eve in Poland, many families share *oplatek* (an unleavened religious wafer), each person breaking off a piece as they wish each other Merry Christmas. Dinner may not begin until the first star appears in the night sky and, traditionally, an extra setting is left at the table should someone show up uninvited.

### The Netherlands

*Sinterklaas* is the Dutch name for Saint Nicholas, the man recognized by children by his long white beard, red cape, and red miter. Kids put a shoe by the chimney or back door and wake up on Christmas morning to find treats like gingerbread men, marzipan, and chocolate letters inside.

### Portugal and Brazil

Brazilian and Portuguese families come together on Christmas Eve to eat dinner as late as 10 p.m. Then, at exactly midnight, they exchange gifts, toasts, and wish each other a Merry Christmas. Midnight mass, *Missa Do Galo* (Rooster Mass), is a chance to meet up with neighbors and extended family to wish them well for the holiday season. The service is often followed by fireworks in the town square.

### South Africa

While the traditions around South Africa vary by region and culture, most families come together for a cookout, called *braaiing* on the holiday. Marinated steaks and boerewors sausages serve as the main course, followed by a customary dessert of malva pudding served with a custard. Traditional fir Christmas trees are decorated with a variety of baubles including hand-beaded African ornaments.

### Ukraine

Orthodox Christians make up nearly 49 % of Ukraine's population. They observe Christmas Day on January 7 by dressing in traditional garments and walking through town singing carols. A dish called *kutya*, made of cooked wheat mixed with honey, ground poppy seeds, and sometimes nuts, is a popular Christmas Eve treat. Some families throw a spoonful of *kutya* at the ceiling. If it sticks, there will be a good harvest in the new year.





## CHRISTMAS SCRAMBLE



Please Unscramble the List of Christmas Words

1. seevl \_\_\_\_\_

2. neerpsts \_\_\_\_\_

3. jcsftrkao \_\_\_\_\_

4. gsosntkic \_\_\_\_\_

5. oeardece \_\_\_\_\_

6. htnor-oelp \_\_\_\_\_

7. fstyor \_\_\_\_\_

8. naast \_\_\_\_\_

9. nswmano \_\_\_\_\_

10. oufdrl \_\_\_\_\_

11. orelacrs \_\_\_\_\_

12. rnchgi \_\_\_\_\_

13. lshmcarts \_\_\_\_\_

14. iomelestt \_\_\_\_\_

15. ieerenrd \_\_\_\_\_

16. lhmaehbte \_\_\_\_\_

17. dynca acen \_\_\_\_\_

18. ngogeg \_\_\_\_\_

19. ngarme \_\_\_\_\_

20. etuyild \_\_\_\_\_

21. orsgoce \_\_\_\_\_

22. rbecmdee \_\_\_\_\_

23. lpeifreca \_\_\_\_\_

24. tscehsutn \_\_\_\_\_

25. stelin \_\_\_\_\_





# Christmas Songs



## Name That Tune

Listed below is ONE LINE from some Christmas Favorites.

Can you name the Title which each line goes to?

1. Glories stream from heaven afar \_\_\_\_\_
2. He led them down the streets of town, right to the traffic cop; \_\_\_\_\_
3. Bells on bob-tail ring. Making spirits right. \_\_\_\_\_
4. Good tidings for Christmas, and a Happy New Year. \_\_\_\_\_
5. Bless all the dear children in thy tender care. \_\_\_\_\_
6. And I've bought some corn for popping. Let \_\_\_\_\_
7. Our finest gifts we bring, \_\_\_\_\_. To lay before the king \_\_\_\_\_
8. Then one foggy Christmas Eve, Santa came to say: \_\_\_\_\_
9. May your days be merry and bright \_\_\_\_\_
10. Strike the harp and join the chorus \_\_\_\_\_
11. Underneath his beard so snowy white: \_\_\_\_\_
12. My true love sent to me: \_\_\_\_\_
13. Let ev'ry heart prepare him room; \_\_\_\_\_
14. And so it continued both day and night. \_\_\_\_\_
15. He knows if you've been bad or good \_\_\_\_\_
16. Joyful, all ye nations rise. Join the triumph of the skies \_\_\_\_\_
17. Please have snow and mistletoe and presents on the tree \_\_\_\_\_
18. Walking home from our house Christmas Eve \_\_\_\_\_
19. Word of the Father, now in the flesh appearing \_\_\_\_\_
20. Later we'll have some pumpkin pie and we'll do some caroling \_\_\_\_\_



## Kenai Senior Connection, Inc. NEWS



Hello everyone, this year has come and nearly gone. Kenai Senior Connection, Inc. still hasn't been able to have a meeting because of the COVID-19 Virus. We had plans for a meeting, but the day before the meeting we got word that we couldn't do it as COVID numbers had spiked, so we had to make some of our decisions by telephone.

We were given another doll with clothing to raffle from Fran Kilfoyle! We had no way or place to sell tickets, so it has been put off for now. **Thank you Fran for your donation**, it is very much appreciated.

This year while we could not host the annual Food and Toy drive, the staff is putting together some food gifts to go out by Christmas with funds from Kenai Senior Connection, Inc.

As we look back over the year it has certainly been different. I remember in March we postponed our March for Meals Fundraiser for a couple of weeks, which has turned into nearly a year.

While so many of our fundraisers and functions have not happened this year, we have great memories to cherish from years past. Remember how much fun we had at the Halloween Party for the kids? We are just going day by day.....thinking and praying this situation will soon go away and we can get back to a normal life.

Now that December is here, let's look back and be thankful for what we have, our health, homes, families, and friends. I personally am very thankful to be living in Alaska and I thank God every day for watching over us. Now it is time to just set back and reminisce, watch it snow, and dream of a White Christmas. ***Velda Geller, President Kenai Senior Connection***





FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received \_\_\_\_\_ Received by \_\_\_\_\_

With the recent closures due to the COVID-19 virus, it has become apparent that we are missing or have outdated information on many of our patrons. Please help us to update our database by filling out this form and giving it to the receptionist, or mailing it to:

**Kenai Senior Center, 361 Senior Ct., Kenai, AK 99611**

~Thank you for your help!

Name \_\_\_\_\_  
First Middle Last

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Physical Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

## Kenai Senior Center Donation Form

### *Helping People Age With Dignity*

Your tax deductible donations are a valuable and necessary means for the sustainability of Kenai Senior Center services. If you would like to make a meaningful donation to help those in need, please make a selection from the following services:

*Please make checks to **Kenai Senior Center**:*

- ☐ Congregate Meal Program
- ☐ Transportation Services
- ☐ Home Delivered Meal Program
- ☐ Newsletter Mailing (\$10, Jan—Dec)
- ☐ Newsletter E-Mailing (Free of charge)

*Please make checks to **Kenai Senior Connection, Inc.**:*

- ☐ \$5 Club
- ☐ monthly - \$5      ☐ yearly - \$60
- ☐ Memorial Donation

Name \_\_\_\_\_ Address \_\_\_\_\_

Mail to: Kenai Senior Center, 361 Senior Court, Kenai, AK 99611.

Thank you for your financial support! Every *little* bit can make a **BIG** difference.

# Holiday Tunes

Away in a Manger  
Choir of the Bells  
Dominick the Donkey  
Frosty the Snowman  
Holly Jolly Christmas  
Jingle Bell Rock  
Jingle Bells  
Let it Snow  
Little Drummer Boy  
Little St Nick  
O Holy Night  
Rudolph  
Santa Baby  
Silent Nigh  
Silver Bells  
The Christmas Song  
The First Noel  
Winter Wonderland



S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
G	N	O	S	S	A	M	T	S	I	R	H	C	E	H	T	I	J	L	L
Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
D	R	T	J	T	I	R	H	V	A	A	H	X	I	P	S	N	A	E	W
F	E	I	F	W	V	T	E	C	M	B	E	U	U	B	T	E	S	L	S
N	D	T	U	C	C	H	S	A	Y	A	A	I	N	S	N	L	C	L	Q
B	N	E	V	X	E	G	N	X	I	L	M	T	R	I	I	I	Y	R	W
F	O	L	N	I	A	I	O	Z	T	K	L	I	N	X	C	S	J	O	U
B	W	V	E	S	Y	N	W	K	M	G	F	O	O	A	K	T	E	C	N
G	R	O	K	A	C	Y	M	V	Z	E	U	A	J	Y	S	L	D	K	U
M	E	Q	W	Q	O	L	A	O	H	K	P	I	T	Y	K	B	N	M	Q
G	T	A	P	U	I	O	N	T	S	L	L	E	B	E	L	G	N	I	J
L	N	F	G	C	Z	H	N	S	L	L	E	B	R	E	V	L	I	S	E
I	I	Y	E	K	N	O	D	E	H	T	K	C	I	N	I	M	O	D	S
L	W	B	T	K	S	L	L	E	B	E	H	T	F	O	R	I	O	H	C
U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B

*"There is nothing in the world so irresistibly contagious  
as laughter and good humor"*

*~Charles Dickens*



**Answers to Christmas Scramble:** 1. elves 2. presents 3. jackfrost 4. stockings 5. decorate 6. north-pole 7. frosty 8. santa 9. snowman 10. Rudolph 11. carolers 12. grinch 13. Christmas 14. mistletoe 15. reindeer 16. Bethlehem 17. candy cane 18. eggnog 19. manger 20. yuletide 21. scrooge 22. December 23. fireplace 24. chestnuts 25. tinsel


**Answers to Name That Tune!** 1. Silent Night 2. Frosty the Snowman 3. Jingle Bells 4. We Wish You A Merry Christmas 5. Away in a Manger 6. Let it Snow 7. The Little Drummer Boy 8. Rudolph the Red Nosed Reindeer 9. White Christmas 10. Deck the halls 11. I Saw Mommy Kissing Santa Claus 12. The Twelve Days of Christmas 13. Joy to the World 14. The First Noel 15. Santa Claus is Coming to Town 16. Hark! The Herald Angels Sing 17. I'll Be Home for Christmas 18. Grandma Got Run Over by a Reindeer 19. O Come All Ye Faithful 20. Rockin' Around the Christmas Tree



# DECEMBER 2020 MENU

If you would like to order a meal for pick-up, please call 283-4156 by 10:30am for same day pick up.

*\*Soup and Salad when available\**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chef Salad Fresh Fruit Bran Muffin  ♥	2 BBQ Ribs Cowboy Beans Honey Carrots Corn Bread	3 Creamy Chicken Shrimp Scampi Roasted Cherry Tomatoes Garlic Bread	4 Tomato Soup Grilled Turkey w/ Tomato & Cheese Sandwich Fruit Cup
7 Chicken Fried Steak Mashed Potatoes w/ Gravy Mixed Veggies	8 Creamy Lemony Pork w/Mushrooms Brown Rice Zucchini	9 BBQ Brisket Sandwich Parmesan Fries Coleslaw	10 Orange Teriyaki Beef Noodles Red Pepper Mushroom Medley	11 Cheese Burger Soup Antipasto Salad Cheesy Parsley Rolls
14 Swedish Meatballs Egg Noodles Gravy Pickled Beets	15 Liver & Onions Mashed Potatoes w/ Gravy Brussel Sprouts	16 Biscuits & Gravy Scrambled Eggs Sausage Links Roasted Potatoes	17 Halibut Burger Sweet Potato Fries Honey Dew	18 Turkey Sandwich on Whole Wheat Soup & Salad  ♥
21 Baked Ham Cheesy Potatoes Yellow Squash	22 Chicken Tacos w/ Creamy Cilantro Sauce Mexican Rice Pinto Bean & Corn Salad ♥	23 Sweet & Sour Beef Jasmine Rice Stir Fry Veggies Egg Roll	24 Cornish Game Hen Lemony Green Beans Sweet Potato Cranberry Bake	25 <i>Christmas Day</i>  CLOSED
28 English Muffin w/Egg Sausage Patty & Cheese Roasted Potatoes Fruit Cup	29 Chicken Caesar Salad Soup Fresh Fruit Bran Muffin ♥	30 Spaghetti w/Meat Sauce Italian Veggies Garlic Bread	31 Missy's Pizza Spinach Salad Fruit Cup Cheese Cake	<i>January 1, 2021</i> <i>New Year's Day</i> CLOSED

*\*Menu is subject to change\**



## 5 Letters We Should Write Now

*adapt ed from Sharp Health News*

Do you find yourself lamenting the missed opportunity to learn something new or accomplish something great during the stay-at-home COVID season? While some of these things will not be accomplished, in quarantine or otherwise, there is something we can do to boost our mood and brighten someone's day. It doesn't take much more than a pen and paper, or even just a digital device—and there's no learning curve required. While we are mostly sticking close to home, we should take the time to write a letter to the people who have made a difference in our lives.

Writing a letter allows us to profess the love, admiration, and gratitude we feel—a practice shown to improve health and wellness, while lifting the spirits of someone we care about. And during these challenging times, that's definitely a task worth completing.

### 1. Thank you

Writing a letter to someone who is working on the health care front line, or send a brief note to a loved one expressing gratitude. Offering someone thanks for the things they've done, both big and small, is a wonderful gift we can give to them and ourselves. Kindness and compassion will help get us through the pandemic and a thank-you note is an excellent way to recognize both.



### 2. I'm sorry

There no benefit to hanging onto something that has been weighing on our conscience. Telling someone we're sorry for something we did to disappoint them, that we feel badly about the disintegration of the relationship or that we weren't there for them when experienced a loss may not be easy, but it is beneficial to both. If this global crisis has taught us anything, is that we shouldn't sweat the small stuff. Here's our chance to put those words into action.

(5 letters, continued)

### 3. You're the best

Imagine how great we would feel if someone took the time to share all the ways in which they admire us? Now, let's use those warm and fuzzy feelings as inspiration to do the same for another. We might admire them for their grit, their kind or their kick-back ways, but we can never go wrong by letting someone know they're seen and appreciated. A letter might be touching them at a time when they most need to be reminded how special they are and that they have the strength to get through the current challenge.

### 4. Thinking of you

Living through a public health emergency is incredibly difficult, and is harder for some more than others. Even if we've suffered our own losses—a job, ability to travel, in-person contact with loved ones or worse—letting others know they are on our mind and in our heart can be healing for all of us. Getting through tough times together is far easier than alone. Let's make sure the people we care about know we are there for them and they'll likely be there for us, too.

### 5. Do you remember?

We might not be able to recall the last time we went out in public without a mask and concerns about the health risks caused by COVID-19, but we can probably easily remember a past great night, trip or laugh with a good friend or family member. Let's lift someone's mood by reminding them of all those good times we had together and make a point of suggesting new activities and adventures we can plan once this emergency has passed.



Love, hope, and positivity can be far more infectious than a virus. Let's make a point to spread them by writing a letter or two today!

# 6

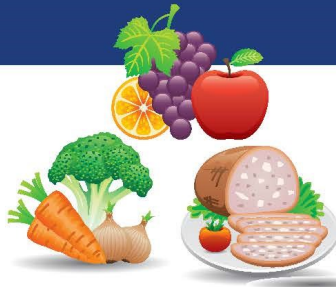
# Ways to Eat Well As You Get Older



## Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

1



## Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

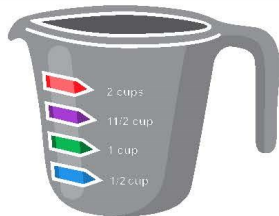
2



## Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



## Use recommended servings

Learn the recommended daily servings for adults aged 60+ at [heart.org](http://heart.org)

4



## Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



## Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](http://BenefitsCheckUp.org/getSNAP)

6

City of Kenai  
Kenai Senior Center

**Our Mission Statement**

To serve as a community focal point for senior services where adults 60+ come together for fellowship and program participation, to engage in opportunities for dignity and personal growth, to improve and enrich their quality of life, to support the needs of older individuals, to enhance their independence, and to broaden their involvement within the community.

Kenai Senior Connection, Inc.



**NEW! Beginning January 2021**

**City of Kenai  
Kenai Senior Center**

**Kenai Senior Center  
361 Senior Court  
Kenai, Alaska 99611**

Phone: 907-283-4156  
Fax: 907-283-3200  
E-mail: [senior@kenai.city](mailto:senior@kenai.city)  
<https://www.facebook.com/kenaisenior/>

PLEASE  
PLACE  
STAMP  
HERE

