

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

# FEBRUARY 2021

The Kenai Senior Center

# Centerline

## Know Your Neighbor Centenarian Pearl Larson

*By Yen-ti Verg-in*



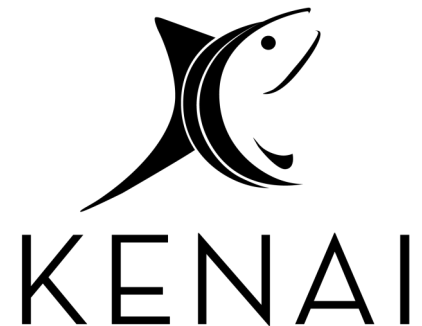
How often do we have a centenarian living amongst us? We are so honored to have Pearl Larson, who celebrated her 100<sup>th</sup> birthday on February 10, 2020 at the Vintage Pointe Manor here in Kenai.

Pearl was born in 1920 in Groton, South Dakota. She met and fell in love with her high school teacher, Arnold Larson. They married in 1937, when Pearl was 17 years old! They lived in Philadelphia and California, and eventually settled in North Dakota. Arnold taught math, history and music, while Pearl was busy at home with her family. She is a seamstress, enjoyed sewing, knitting, and garden work. Arnold passed away about thirty years ago. They had four children: Peter, David, Mark, and Karen.

She came to Alaska about three years ago, moving from Dickinson, North Dakota which she had called home for over four decades to be close to her children. Her fondest memories are the joy and love that she had and has with her husband and children. The most difficult time was when Arnold was in the military and went to Europe during WWII. Mark, her youngest son, said that his father was in the battle of Normandy on the second day of the landing. Pearl and her family spent endless days and months in a nerve-racking state of worrying during the War days.

At the age of 100 years, Pearl still enjoys her healthy living. She believes the main factor for her longevity is **DIET**: she eats sensibly and with right choices of food -- lots of fruits and vegetable and not many sweets. She also stresses the importance of **EXERCISE**. She said she used to play tennis and was quite active when she was younger. She considered herself a tomboy during her youth days. She still keeps up with her daily walks. One can see her walking up and down the hallways at least twice a day in Vintage Pointe.

*(Continued on Page 4)*



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### Special points of interest

- Kenai Senior Connection News
- Know Your Neighbor
- PFD Application Information
- COVID-19 Online Support Education Resources
- Valentine's Day Origin & Traditions

## KENAI SENIOR CENTER SERVICES

### PICK UP MEALS:

Monday through Friday at 11:30 AM. Call the front desk by 10:30 am to arrange for a pickup meal.

### 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:

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

## PFD Filing Information:

### Anyone Can Apply Online!

- All applicants can conveniently file online and electronically sign a PFD application. Adults can use an already created myAlaska account or create a new one.
- Anyone who does not want to electronically sign the PFD application can still file online by selecting the bottom option; I do not want to electronically sign.
- Paper applications are available at the Senior Center. Please call us and we can mail one directly to you.
- Remember, Kenai Senior Connection, Inc. is now a Pick. Click. And Give. Organization. Every dollar given through Kenai Senior Connection, Inc. directly benefits the Kenai Senior Center.



Kenai Senior Connection, Inc.

# FEBRUARY BIRTHDAYS

Day	Name	Day	Name	Day	Name	Day	Name
1	Barbara Smith	10	Corrine Fairchild	14	Cheryl Arrington	23	Jan Daniels
3	Bonnie Juliussen	10	Pearl Larson	16	Barbara Modigh	23	Nels Bodine
4	Flora Pollard	10	Sandra Effenbeck	16	Sharon Moorehart	24	Dale Cocklin
4	John Strother	10	Eileen Bryson	17	Robb Geesen	25	Roy Williams
5	Mark LeBrell	11	Peter Hansen	17	John Macanas	25	Carolyn Broussard
5	Jack Taylor	11	Marcia Heinrich	18	Ron Fullinck	25	Sondra Close
6	Bob McIntosh	11	Sharon Williams	20	John Pilatti	26	Don Erwin
6	Beverly Waldrop	11	Milan Galey	21	Henry Kroll	27	Constance Jackson
6	Thomas Cullington	12	Gary Lee	21	George Pollard	28	Rosie Tepp
7	Cynthia Wineteer	13	Mary Wyne	21	Ruth Merrill	28	Ava Nell Bassett
8	Robert Romig	14	Sharon Moore	21	Mary Kennedy	29	Judy Buffington
9	Margaret Hermanson	14	Lee Johnson	22	Margie Vance	29	Raymond Purugganan
♥	♥ ♥ ♥ ♥ ♥	♥	♥ ♥ ♥ ♥ ♥	♥	♥ ♥ ♥ ♥ ♥	29	Betty Truesdell

## 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!**

<b>FEBRUARY \$5 CLUB</b>	Joel & Laura Henkelman	Kari Mohn	Steve Smith
Juanita Aguilar	Cliff Heus	Harry Nagasako	Bill Starnes
Patricia Bravo	Kathy Heus	Bill Nelson	Sondra Starnes
Sue Carter	Jan Hollers	Lois Nelson	Buck Steiner
Glenn Clifford	Donna Hoyt	Marian Nickelson	Shiela Steiner
Patsy Clifford	Molly Jackson	Ray Nickelson	Vivian Terry
Carol Freas	Anita Kwan	Joseph & Janice Nightingale	Charles & Janice Thornton
Velda Geller	Lisa Lambert	Carol Prior	Terry Turner
Omer Goodman	Paula Maier	Pat Robinson	Ray & Yen-ti Verg-in
Pete Hallgrimson	Judy Martin	Barbara Smith	Janice Wilsack



## 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





## TOMATO BASIL SALMON



Healthy

<b>Ingredients:</b>	1 Tomato, Thinly Sliced
2 Boneless Salmon Fillets	1 Tablespoon Olive Oil
1 Tablespoon Dried Basil	2 Tablespoons Grated Parmesan Cheese

### Directions:

**Step 1:** Preheat oven to 375°. Line a baking sheet with a piece of aluminum foil, and spray with nonstick cooking spray. Place the salmon fillets onto the foil, sprinkle with basil, top with tomato slices, drizzle with olive oil, and sprinkle with the Parmesan Cheese.

**Step 2:** Bake for about 20 minutes (salmon should be opaque in the center, and the Parmesan Cheese is lightly browned on top).

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*"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." — Helen Keller*

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### Know Your Neighbor *(Continued from page 1)*

Pearl comes from a long line of ancestors who enjoyed a long and healthy life. Her father passed away at 93, her mother at 97, and one of her aunts lived to be 104. So, **LONGEVITY GENES** play an important role.

Her advice to the younger generation is to **"Eat the right food" and "Keep active."** To quote Louise Caulder, "Move it or Lose it," and Joanna Hollier, "Old people don't get stiff; Stiff people get old!"

So folks, we may not have any longevity genes, but we do have control over our diet and exercise. Remember to **"EAT RIGHT!"** and **"EXERCISE!"** We have more than a 67% chance to live a healthy life as a centenarian like Pearl.



**HAPPY BIRTHDAY CENTENARIAN-PLUS-ONE,  
PEARL LARSON!!!**





# Romantic



## SCRAMBLE

1. aedmirr
2. nycda
3. igreegnt drca
4. athre
5. csherih
6. elebdov
7. eb nmie
8. esrso
9. coheslctao
10. bcrheu
11. pdciu
12. idevonot
13. oncmutkors
14. ovcliske
15. esiroblvd
16. asopnsi
17. omcrean
18. hetwetsaer
19. naentivle
20. evlo

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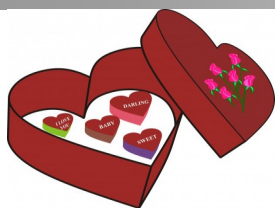
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## HISTORY OF VALENTINE'S DAY

*Adapted from Valentine's Day Traditions Around the World/Traveltriangle.com*

Valentine's Day around the world is celebrated in the name of Saint Valentine, but who is this mysterious saint and why is the festival celebrated with such gusto? Although the truth behind the festival is murky, there are a few stories you would like to know. It's said that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II announced that single men made better soldiers than those with families and wives, he outlawed marriage for young soldiers.

Valentine went against this injustice being done to young men and started performing secret marriages for young lovers. When the Emperor found out about Valentine's actions, he ordered that the Saint be put to death. The other tale suggests that the Saint may have been killed while helping the Christians escape harsh Roman prisons, where they were tortured. Gradually, Saint Valentine became so popular that couples all across the world started celebrating Valentine's Day as the day of love.

**France:** It is believed the first ever Valentine's Day card originated in France when Charles, the Duke of Orleans, sent love letters to his wife from the prison in 1415. Since then, the French village called "Valentine" turned into the epicenter of romance between the 12<sup>th</sup> and 14<sup>th</sup> day of February.

**South Korea:** The romantic couples in South Korea celebrate the day of love on the 14<sup>th</sup> of each month, i.e. "the day of roses" is celebrated in May, "the day of kisses" is celebrated in June, "the day of Hugs in December" and single people celebrate "the black day" in April by eating black noodles.

**Ghana:** in Ghana, February 14 is celebrated as the "National Chocolate Day." It was a step the Ghana government took in 2007 to increase tourism in the country. Ghana is among the largest cocoa producing countries in the world.

**Bulgaria:** Bulgaria celebrates Valentine's Day in its own style when San Trifon Zartan is celebrated (which means "day of winemakers"). Young and old couples celebrate their love with a glass of wonderful local wine.

**Wales:** In Wales, Valentine's Day is celebrated in the most unique way – the country celebrates its day of love on January 25, which is called the "day of San Dwynwen." On the day, lovers exchange unique and beautifully handcrafted wooden spoons to each other. This tradition has been practiced since the 16<sup>th</sup> century.

**Denmark:** Although Valentine's Day is one of the new Denmark festivals, the country also celebrates the day of love and romance with a twist. In Denmark, Valentine's Day is not limited to roses and chocolates. Friends and lovers exchange handmade cards with pressed white flowers that are called snowdrops.

**Estonia:** Estonia celebrates friendship day known as Sobrapaev. This festival includes everyone, from couples to singles, so not just couples, but family members and friends also exchange gifts and celebrate love.

**Slovenia:** Saint Valentine is one of the patron saints of spring. It is believed that February 14 plants start to regenerate as this day marks the first day of working in the fields for the New Year. There is another popular belief that birds "propose" to each other on this day. In order to witness this occasion, one must walk barefoot through fields that are often still frozen.

**England:** On Valentine's Day in England, women used to place five bay leaves on their pillows. This was done with an aim to bring dreams of their future husbands. In Norfolk, Jack Valentine acts as a Santa for Valentine's Day. Children anxiously wait for the Santa, though they don't get to see Old Father Valentine.

**Scotland:** In medieval times, Scots would traditionally present the object of their affections with a Luckenbooth brooch, which consisted of entwined hearts topped with a crown and takes its name from 'Locking Booths' – the small shops along Edinburgh's Royal Mile that jewelry and trinkets. According to legend, they were first given as a symbol of devotion given by Mary Queen of Scots to Lord Darnley.



## KNOW YOUR NEIGHBOR

By Carol Prior

Let me introduce you to one of our new residents to Kenai. Her name is Francis Ann (Meeks) Stone. She moved into Vintage Pointe in February 2020, just before the COVID storm hit us. Ann, as she likes to be called, was born in Porterville, California on April 1 (April Fools' Day...sorry Ann). Her family moved to Alaska in 1952 and her father went to work at one of the local canneries. It wasn't long before her mom went to work there also. They lived in a small trailer on cannery property. Ann says they homesteaded twice. Once on Mackey Lake. When living there, she remembers walking three miles out to the road to catch the school bus. She says her father and mother were Roger and Francis Meeks. Wes Meeks, who you may remember, lived at Vintage Pointe too.



Ann said she graduated from high school and went to Fairbanks to college. She was hired by the Base School System and transferred to Kodiak and taught kindergarten and first grade there. One day, a co-worker picked up a hitchhiker. He was very interesting to the co-worker and when the co-worker was asked if there were any single ladies teaching at the school, Ann was immediately on the radar. A meeting was arranged and when Ann met Everett Stone, a courtship began. They were married in December 1974. They have two sons: Matt and Chris, who are both grown now. Ann lost her husband in 2010.

When I asked Ann how she was doing during this time, she said: "I feel like I've been in jail for several months now and am ready to be bailed out." We all hear you there Ann. Hope 2021 is better for all of us.

*"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand." – Harry S. Truman*

## A Love Story

From a You-Tube Video

(Transcribed by Yen-ti Verg-In on March 28, 2020)



In order to renovate a house, a builder in Japan broke open a wall. When tearing down the walls, he found there was a lizard stuck in there with a nail nailed to one of its feet. When he checked the nail, he found that it had been nailed there five years before when the house was first built! What happened? The lizard had survived in such a position for five years in a dark wall partition without moving! It is impossible and mind boggling. Then he wondered how this lizard survived for those five years without moving a single step – since its foot was nailed. So, he stopped his work and observed what the lizard had been doing to survive. Suddenly, another lizard appeared with food in its mouth. The builder was stunned and deeply touched to find another lizard had been feeding the nailed lizard for the past five years. It had been doing this untiringly without giving up hope on its partner. **Imagine what a small creature can do and humans blessed with a brilliant mind cannot.**

Please never abandon your loved one.  
never say you're too busy when they really need you.  
You may have the entire world at your feet,  
but you may be the only one in their world.  
A moment of negligence might break the very heart  
which loved you against all odds.  
Before you say something just remember:

**It takes a moment to break but an entire life time to make.**



# US Presidents

Find all of the US President names. The names can be up, down, forward, backward, or diagonal.



ADAMS  
ARTHUR  
BUCHANAN  
BUSH  
CARTER  
CLEVELAND  
CLINTON  
COOLIDGE  
EISENHOWER  
FILLMORE

FORD  
GARFIELD  
GRANT  
HARDING  
HARRISON  
HAYES  
HOOVER  
JACKSON  
JEFFERSON  
JOHNSON

KENNEDY  
LINCOLN  
MADISON  
MCKINLEY  
MONROE  
NIXON  
OBAMA  
PIERCE  
POLK  
REAGAN

ROOSEVELT  
TAFT  
TAYLOR  
TRUMAN  
TYLER  
VAN BUREN  
WASHINGTON  
WILSON



## Kenai Senior Connection, Inc. NEWS

January 2021 has already come and gone. I remember back when I was just grade-school age hearing my parents say, 'It seems like the older we get, the faster the time goes.' I now understand what they were talking about. However, life is so much easier now than then. We need to look back and compare our lifestyle today with what it was for our parents when they were our age.

Last week, the Senior Connection Board had its first face-to-face meeting since March 13, 2020. Hopefully having a face-to-face meeting means the Senior Center is getting closer to reopening. However, no date for reopening has been scheduled.

At our meeting, Kathy reviewed the many modifications that have been made and still will be made to the Center, both building-wise (remodeling several areas) and operational (purchase of extra food and supplies). She and Angie have done an extraordinary amount of work in preparing and submitting COVID CARES Act Funding grant applications through the Kenai Peninsula Borough, Meals on Wheels of America, and the State of Alaska. Grantwriting is a lengthy process as it includes scrutinizing required needs, researching prices and specifications. Borough grant funds paid for a large part of the remodeling and purchasing of supplies, including meal trays; PPE and sanitizing materials; food (including fresh, canned, food box supplies, etc.); additional thermal meal delivery bags (Missy and Ethan have been preparing approximately 200 meals a day and Ethan, Patty, Marti, and Bonnie delivering); refurbishing dining room tables; touchless faucets and soap dispensers; disposable utensils, cups, plates, and bowls; electrostatic handheld sprayer with cleaner; signage; digital touchless thermometer; and webcams for offices and the computer lab.

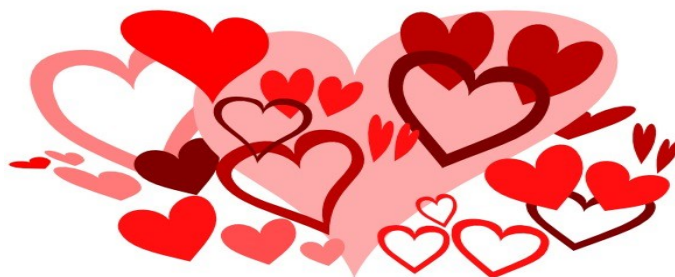
Because the Connection, like many other groups, has not been able to do any fundraising due to the virus, it received a \$25,000 grant in COVID CARES Act Funding through the City of Kenai's grant application process for businesses and non-profits. Because the Connection supports the Center (a department of the City of Kenai), it was recommended the grant funds be used to assist in the Center's COVID-related upgrades. To that end, the Board approved the \$25,000 grant funds be used for the purchase of new desktop computers, program licensing, and laptops (which will be available for seniors to use for personal needs and classes while at the Center); coolers for home meal clients (which will remain the property of the Center); a touchless water bottle filling station/drinking fountain filling station; and a touchless ice and water dispenser (the Connection provided an additional \$2,300 for this purchase).

In addition, the yearly election of officers was held with the following persons elected:

President:	Velda Geller
Vice-President:	Terry Turner
Secretary:	Carol Freas
Treasurer:	Bill Nelson

Due to the lack of fundraising, we continue to appreciate and thank you for your \$5-A-Month Club contributions.

Velda Geller President Kenai Senior Connection Inc.





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.

# FORGET-ME-NOT ADULT DAY PROGRAM

Have Covid-19 lockdowns got you stuck in a rut?  
Forget-Me-Not may be able to help! We assist  
Alaskans 60+ to continue to live their best lives. You  
may be able to receive services in your home! You  
can participate in trivia, games, crafts, music and  
laughs! Everything is person-centered which means  
YOU tell us your likes and dislikes and we will create  
activities based on that.



For more  
information  
call us at:  
907-714-6698

- Medicaid
- Grant Services
- Private Pay  
with Sliding Fee



Frontier Community Services 43335 K-Beach Rd Ste.36 Soldotna, AK 99669  
(907)262-6331



# FEBRUARY 2021 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 Baked Ham w/Cranberry Glaze Cheesy Potatoes Mixed Vegetables	2 Veggie Soup Chicken & Sundried Tomato Wrap Peaches & Cottage Cheese 	3 Spaghetti w/ Meat Sauce Italian Veggies Garlic Bread	4 Pizza Mandarin Orange Spinach Salad	5 Ham & Beans Cornbread Coleslaw Fruit Cup
8 Fried Chicken Mashed Potatoes Gravy Mixed Veggies	9 Chef Salad Fresh Fruit Bran Muffin 	10 Biscuits & Gravy Scrambled Eggs Sausage links Roasted Potatoes	11 Teriyaki Chicken Mac & Cheese Baked Zucchini Cornbread Muffin Dessert	12 Soup & Sandwich Salad
15 <b>PRESIDENTS' DAY</b>  <b>CENTER CLOSED</b>	16 Chicken Tortellini Salad Fruit Cup 	17 BBQ Ribs Buttered Corn Cowboy Beans Fruit Cup	18 Salisbury Steak Mashed Potatoes Gravy Mixed Vegetables	19 Soup & Sandwich Salad
22 Bacon, Onion, Mushroom & Red Pepper Quiche Loaded Potato Bites Fruit Cups	23 Liver & Onions Mashed Potatoes Gravy Green Beans	24 Creamy Garlic Mushroom Chicken Thighs Egg Noodles Broccoli Florets	25 Tangy Thai Shrimp Stir Fry w/ Thai Sauce Brown Rice Egg Roll	26 Soup & Sandwich Salad 
1 Chicken & Dumplings Peas & Carrots Pickled Beets	2 Tomato Basil Pan-Seared Cod Yellow Squash Lemon Rice 	3 Slow-Cooked French Onion Shredded Beef Sandwich Potato Salad Fruit Cup	4 Creamy Steak Fettuccine Honey Carrots Garlic Bread	5 Soup & Sandwich Salad

*\*Menu is subject to change\**

# **NEED A PROJECT????**

*(Kathy's Crochet Cabin Website)*

## **What are the benefits of crochet and knitting?**

Other benefits include improved self-esteem from the accomplishment of learning a new skill and completing a project. Crochet and knitting can also be a wonderful form of self-expression for older adults who may find a renewed passion and sense of freedom in choosing a project and colors.

## **Is knitting and crochet good for seniors?**

Knitting and crochet can help improve seniors' emotional well-being, improve cognitive and physical abilities, and enhance quality of life. In this post we will explore some of these knit and crochet benefits and tips for seniors to encourage success.

## **WHEELCHAIR LAPGHAN PATTERN**

Materials Needed: Worsted Weight Yarn, Size J Hook

### Stitches Used:

CH = Chain

SC = Single Crochet

DC = Double Crochet

SL ST = Slip Stich

SP = Space

Level? EASY

### Begin:

CH 104 Stitches

Row 1: DC in Third CH from Hook and in each CH across, CH 2, Turn

Row 2: DC in each DC across. CH 2, Turn

Row 3: DC in next ST \*CH 1, Skip next ST and DC in Next St\* across, ending with a DC in Last 2 ST, CH 2, Turn.

Row 4: DC in next ST \*DC in CH 1 SP, DC in next ST across.\* CH2, turn.

Row 5: DC in each ST across, CH 2, Turn.

Rows 6-41: Repeat Rows 3, 4, and 5 for pattern.

### Edging:

Row 1: At the end of Row 41, CH 1, Work 3 SC in same SP. SC evenly all the way around, working 3 SC in each corner. Join with a SL ST to top of SC.

Row 2: CH 1, 5 DC, 1 SC in same ST. \*Skip next three ST, SC 5 DC, SC in next ST\* around.

Join with SL ST to Top of CH 1. Finish Off.





# What You Need to Know about the COVID-19 Vaccines

by Kathleen Cameron and Jeremiah McCoy, NCOA

## Key Takeaways

- The approved COVID-19 vaccines require two doses to provide optimal protection against the virus.
- The vaccine is free for people with and without insurance—beware of scams asking you to pay.
- Check with your health department, pharmacy, or doctor about when and where to receive the vaccine.

The past year has been historic for many reasons, including the development and launch of COVID-19 vaccines. Importantly, older adults and individuals from diverse backgrounds have been considered at every step during the research and development process. Below are common questions and answers on the COVID-19 vaccines.

## What vaccines are currently available?

Two COVID-19 vaccines have been approved by the U.S. Food and Drug Administration (FDA). Results from large-scale clinical trials from Pfizer/BioNTech and Moderna showed 94-95% effectiveness in preventing illness. These results are remarkable and much better than expected. We can be assured the vaccines are effective, but experts are still reviewing how long they will last.

## How are the vaccines similar and different?

Both vaccines use novel mRNA vaccine technology to give our cells instructions on how to make a harmless protein that is unique to the coronavirus. Our cells make copies of that protein, which our bodies recognize as foreign, prompting an immune response. This immunity then fights the virus that causes COVID-19 if we are infected.

Both vaccines require two shots or doses. Neither includes live virus. This vaccine technology is new, but it has been rigorously studied for decades and the research was used to speed vaccine development.

One difference is that the Pfizer/BioNtech vaccine requires very cold temperatures of  $-94^{\circ}\text{F}$ . Moderna's vaccine requires storage at regular freezer temperatures. Depending on where you live, the Moderna vaccine may be the only option.

## Why are two shots needed?

The first dose readies your immune system to respond. It provides some protection from the coronavirus within a couple of weeks. The second dose is the booster that provides optimal protection against the virus. The FDA approved the vaccines using the two-dose regimen.

The second dose of Pfizer's vaccine must be administered 21 days after the first shot, and Moderna's second dose is administered 28 days after the first. You should get your second shot as close to the recommended time as possible.

*(continued on page 15)*

## What You Need to Know about the COVID-19 Vaccines, continued

The two vaccines are not interchangeable, so you must remember which one you received first. Vaccine sites are providing cards as a reminder. Bring your card with you when you receive your second dose.

## Is the COVID-19 vaccine safe and are there side effects?

The vaccines were evaluated through the same process as all other vaccines approved by the FDA. Drug companies were required to provide extensive safety data from clinical trials involving tens of thousands of people.

Side effects are normal signs that our bodies are building protection. They may affect your ability to do daily activities, but they should go away in a few days. Common side effects reported so far are pain and swelling at the injection site or upper arm. Others may include fever, chills, tiredness, and headache.

When you receive your vaccine, you will be required to wait at least 15 minutes to check for an allergic reaction, which is rare but may occur in some people, especially those with a history of anaphylaxis. If you fall into this category, speak with your doctor about the vaccine.

## Will I need a vaccine every year?

It is still unclear how long the vaccine will provide protection and whether they will be needed every year like the flu vaccine. For older adults, these questions are very important because as we age, our immune systems weaken. Experts are studying the long-term response to the vaccine.

## What will the vaccines cost?

The federal government has announced that the COVID-19 vaccine will be free for people with Medicare, Medicaid, and private insurance and for those with no insurance. Vaccine providers can bill insurance companies for the cost to vaccinate, so bring your Medicare or other insurance card with you when you get vaccinated.

Be aware of scams! The federal government has provided the following information:

- You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- You will not be solicited door-to-door to receive the vaccine.
- No one from Medicare or the health department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, credit card, or bank account information to sign you up for the vaccine.



*(continued on page 16)*

## What You Need to Know about the COVID-19 Vaccines, continued

### Where can I get the vaccine?

Vaccines have been distributed across the U.S. since mid-December. In general, state and local health departments are responsible for the rollout.

- **Talk with your local pharmacist** about when they will be giving shots. Some pharmacies have already started.
- **Check with your doctor** as they are also receiving the vaccine to administer. Your doctor should be aware of vaccine sites in your community. If you receive care through a health clinic or home health, check with them for the latest information.
- **Contact your Senior Center.** (See page 18 for more information on signing up.)

### Will I still have to wear a mask and take other precautions after I'm vaccinated?

Although the vaccines are more than 94% effective at reducing illness, we don't yet know whether they can reduce the likelihood of contracting the coronavirus and being an asymptomatic carrier and unknowingly infecting others. It will take some time to vaccinate most of the population.

That's why it's important to continue following the very important safety precautions issued by the CDC, states, and localities:

- **Wear a face mask at all times in public and when around people not in your household**
- **Keep 6 feet apart from people not in your household**
- **Wash hands frequently**
- **Avoid crowds**

### The bottom line . . .

Getting vaccinated is one of the most important steps you can take to protect yourself and others from COVID-19. For many older adults and those with ongoing conditions like heart disease and diabetes, the vaccine can prevent severe illness or death from the coronavirus.

Vaccination will get us back to normal, something we all want as soon as possible!

*Article taken from <https://www.ncoa.org/blog/what-you-need-to-know-about-the-covid-19-vaccines/> Written by Kathleen Cameron and Jeremiah McCoy 1.20.2021*

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# Bored? Looking for something new to do?

## COVID19: ONLINE SUPPORT EDUCATION RESOURCES *Information Provided by Mat-Su Senior Services*

Avoiding public places continues to be one of the most effective ways to avoid potential COVID-19 exposure. That's why it is so important to learn about the growing availability of online resources. Here are a few to consider:

Aging & Disability Resource Center	<a href="http://www.dhss.alaska.gov/dsds/Pages/adrc">www.dhss.alaska.gov/dsds/Pages/adrc</a>
Online Basics Education	<a href="http://www.generationsonline.org/family">www.generationsonline.org/family</a>
Call-In Shared Interest Groups	<a href="http://www.covia.org/services/well-connected">www.covia.org/services/well-connected</a>
Computer Chat Rooms for +50	<a href="http://www.highway61.co">www.highway61.co</a>
Aging Fall Prevention	<a href="http://www.ncoa.org/healthy-aging/falls-prevention">www.ncoa.org/healthy-aging/falls-prevention</a>
700 Free Online Classes for Seniors	<a href="http://www.openculture.com/freeonlinecourses">www.openculture.com/freeonlinecourses</a>
Free Lead Online Exercise Classes	<a href="https://www.facebook.com/SeniorGroupFitness">www.facebook.com/SeniorGroupFitness</a>
Museums to Explore Online	<a href="http://www.travelandleisure.com/attractions/museums-galleries">www.travelandleisure.com/attractions/museums-galleries</a>
More Places to Explore Online	<a href="https://artsandculture.google.com/search/streetview?hl=en">https://artsandculture.google.com/search/streetview?hl=en</a>
San Diego Zoo Videos & Live Cams	<a href="http://www.sdzsafaripark.org/giraffe-cam">www.sdzsafaripark.org/giraffe-cam</a>
Georgia Aquarium Web Cams	<a href="http://www.georgiaaquarium.org/webcam/ocean-voyager/">www.georgiaaquarium.org/webcam/ocean-voyager/</a>
Virtual Walking Tours	<a href="http://www.nps.gov/yell/learn/photosmultimedia/virgualtours.htm">www.nps.gov/yell/learn/photosmultimedia/virgualtours.htm</a>

## City of Kenai Vaccine Transportation Program

The City of Kenai partnered with Alaska Cab and CARTS to provide round-trip transportation to individuals receiving COVID-19 vaccinations in Kenai from a location with a Kenai address to vaccination clinics in Kenai at no cost to the individual. The program will be offered on a first-come, first-driven basis until the budgeted funds run out. Participants will need to provide proof of vaccination to the provider for rides to and from the vaccination location. Information identifying individual participants in the program would not be shared with the City.



**CALL TO SCHEDULE A RIDE!**  
**ALASKA CAB: 283-6000**  
**CARTS: 262-8900**



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.

## WHERE DO I SIGN UP FOR A COVID VACCINE?

Open this website and it will take you to the site to find a vaccination clinic.

[cw2-alaska-production.herokuapp.com](https://cw2-alaska-production.herokuapp.com)

- Click on **Find a Vaccination Clinic**
- Search by Home City & State
- Choose one of the available dates

**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/>

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