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

July 2020

### The Kenai Senior Center

# Centerline

### **Happy Independence Day**

by Carol Prior

Happy Independence Day! Are we going to be released from this quarantine and get to go outside and celebrate the Fourth of July? Good question. I have never been sent to my room for something this long. You can't even sneak out the window, (even if I tried, he-he), without a big deal. Wear a mask, cover your mouth; just try and breathe in those hot things.

Remember when wearing a mask was trying to disguise yourself, or maybe be a robber? You couldn't go into a bank or grocery store with a mask on, now you can't go in there without one. No wonder we are a confused bunch of people.

There are some good sides to this ordeal though. A lot of us got to catch up on house work, got the closets cleaned out, and found things that have been missing for years. We spent more time with family and friends, either at home or on the phone. I probably got the most out of this in getting caught up on home work. Not the kind the children do in school, but the kind that piles up in corners or closets. Speaking of school, I am amazed at how much extra work the parents had to do to keep the children current in school. Glad I'm a grandma and that didn't affect me. The kids had a long vacation and now they get to have summer.



So I am curious, how many of you have been talking to yourself? I have been talking to anything or anyone who will listen. I lost my little dog about a month before this so I didn't even have her to talk to. As if she ever listened anyway. I have reconnected with my grandchildren and that has been a blessing. They do care and are pretty special to me. My own children have been wonderful to me, also. I am convinced that they have gone out of their

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#### Special points of interest

- Memorials
- What does my \$5 Club Donation help with? See page 9
- Wordfind
- OLD TIMERS LUNCHEON
   CANCELLED



https://www.facebook.com/kenaisenior/

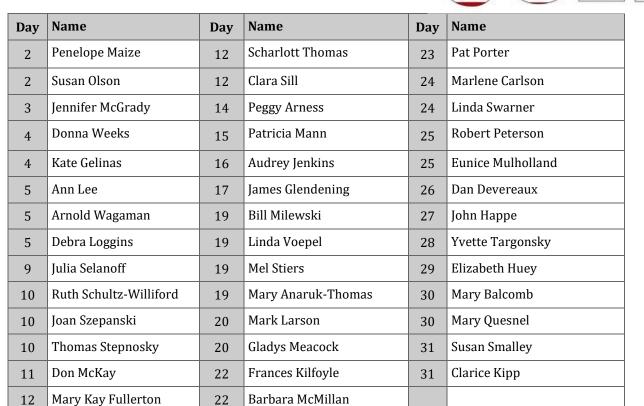
To receive services at the Kenai Senior Center, seniors must fill out an intake form. This documentation is essential to continue receiving federal, state and city funds.

#### Thank You!

### **KENAI SENIOR CENTER SERVICES**

- CONGREGATE MEALS: \*Suspended (COVID-19) Monday through Friday from 11:30 to 1:00pm
- HOME-DELIVERED MEALS: Monday through Friday Call 283-8212 for more information
- VINTAGE POINTE HOUSING: Call 283-4156 for more information or to get on the waiting list
- FACILITY RENTAL: Call 283-8212 for more information
- TRANSPORTATION: \*Suspended (COVID-19)
- SUGGESTED DONATIONS: Congregate Meals - \$7 (60 years and older) Home-delivered Meals - \$7 Transportation - \$3







BIRTHDAYS

#### Front page story (cont.)

way to make sure things are good with me. Thank you all of you for that.

Now to my friends here and outside Alaska. I hope you are all well and ready for this to be over, too. I miss my Wednesday followers for my stories. I have been collecting them just in case we get to be together again. My friends outside keep in touch on Facebook but there is nothing better than a good old smile and hug, one on one.

So let's keep our hopes up, and just wait and see what comes next. So if I don't see you on the Fourth; have a great Fourth of July and remember it is our celebration of Independence. Let's hope it is getting out of Covid-19 jail. Miss you all.

### \* Dependent on COVID-19 Mandates <u>KP Family Caregivers Group</u>

Tues., July7-1p, Sterling Center Tues., July 14-1p, Soldotna Senior Center **Tues., July 21-1p, Kenai Senior Center** Tues, July 28-1p, Soldotna Senior Center

### Law Office of Constance A. Aschenbrenner

#### In response to the Corona Virus, my office is offering Free Virtual Estate Planning Webinars "The 7 Threats to Your Estate Plan"

This Workshop covers frequently asked questions and misconceptions on:

#### WILLS & TRUSTS, POWERS OF ATTORNEY, ASSET PROTECTION, MEDICAID PLANNING

My estate planning and Medicaid law practice is ready to assist you in updating and creating your estate plan and answering your questions. I am making appointments on the telephone, Facetime, or through Zoom.

Planning is more important than ever given our current circumstances. We also have a recording of the estate planning workshop that we can email to you.

July 9, 9:30 a.m. to 11:30 a.m. July 14, 6:00 p.m. to 8:00 p.m. July 29, 9:30 a.m. to 11:30 a.m.

Reserve your space at www.akwillstrusts.com. Or call to reserve your space today. ANCHORAGE: (907)334-9200 Licensed in Alaska

205 E. Benson Blvd., Suite 121-D, Anchorage, Alaska 99503

### KSC Activity Hours

Mondays 8:00am ~ 4:00pm Tuesdays 8:00am ~ 4:00pm Wednesdays 8:00am ~ 4:00pm Thursdays 8:00am ~ 9:30pm Fridays 8:00am ~ 4:00pm

### <u>Need to speak with someone in</u> <u>administration?</u>

Director, Kathy Romain 283-8213 Administrative Assistant, Angie Clary 283-8212 Activities/Volunteer Coordinator, Tawni Eubank 283-8214

### **IMPORTANT ACTIVITY NOTE**

Things have been changing very quickly with the coronavirus pandemic. We have removed the Activity Calendar until we are able to open up to the public and resume activities. At this time we have no way of knowing when that will be.

Please check our Facebook page or the City of Kenai's webpage for status updates. When we do open, we will do our best to get the news out!

#### Thank You!

https://www.facebook.com/kenaisenior/

https://www.kenai.city/

### 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.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

For more information on steps you can take to protect yourself, see CDC's <u>How to</u> <u>Protect Yourself</u>



### **GOOD TO KNOW**

### **The Senior Center on Facebook**

Where can you find the most up-to-date information on happenings at the Senior Center? We post what is happening on our page, check it out! <a href="https://www.facebook.com/kenaisenior">https://www.facebook.com/kenaisenior</a>

### Alaska REAL ID Driver License or ID Card

Date Extended!

Beginning October 1, 2021, the Department of Homeland Security will require your driver license (DL) or identification (ID) card be REAL ID compliant if you wish to use it as identification to board a domestic flight or enter military bases and most federal facilities. A flyer with additional information is available in the Center entryway.

### **Lunch Alternate Requests**

We are pleased to provide alternate lunch requests for you! However, please arrange the request with the Receptionist and before 10:30 a.m. Complying with the 10:30 a.m. submission time provides the kitchen staff time to prepare and is especially helpful when there is a large group having lunch.

Thank you for your cooperation!

### **PIONEERS OF ALASKA, LOCAL CHAPTER**

Lived in Alaska over 20 years? Interested in preserving Alaska history? Consider joining Pioneers of Alaska, which now meets at the Kenai Senior Center. Meetings are held the second Monday each month, starting with a potluck at 6:00 p.m., guest presentation, and business meeting at 7:00 p.m.

\*\*Dependent on COVID-19 Mandates

Next Potluck: July 13, 2020 Senior Center: Dining Room Questions? Contact Kit Hill at 690-4658. We hope to see you soon! \*\*If the KSC is open to the public\*\*

### Memorials

Memorials can be given in honor of friends or family at any given time. We can give you a receipt for tax purposes and you can even decide where you would like the funds to be designated. Memorials will be posted 2-3 times per year in the Centerline. Thank you for considering this as you remember your friends and family.

### **BENEFITS UPDATE**

This section is a new addition to our newsletter and we hope you'll like it. Keep your eyes peeled each month for helpful benefits information, covering a variety of topics. This month's topic is...Senior Farmer's Market Coupons are still available!

With the extended daylight, loads of sunshine and warmer weather this time of year, our local area farmers have been gearing up for the fresh, Alaskan-grown food season!

What does this mean for the senior community? The State of Alaska oversees an incomebased program, called "Senior Farmer's Market Nutrition Program" or "SFMNP". Through distribution agencies, such as the Kenai Senior Center, low-income seniors can complete a simple application to receive \$30 worth of coupons. These coupons allow for you to access fresh fruits, vegetables, fresh-cut herbs and honey through authorized farmers in the community.

If this is something you think you could benefit from, please contact Angie Clary for more information about the program. She can be reached by phone at (907) 283-8212, or email to aclary@kenai.city.

"Freedom is one of the deepest and noblest aspirations of the human spirit." ~Ronald Reagan

### 1/2 teaspoon sugar

Crust (makes 6 pies)

flour

1 1/2 cups all-purpose

1/4 teaspoon kosher salt 1/2 cup (1 stick) chilled unsalted butter, cut into

### **Blueberry Hand Pies**

6 servings, Prep Time: 35 minutes, Total Time: 1 hour\*

Filling

1/2-inch pieces

#### ounces)

All-purpose flour (for dusting) 2 cups blueberries (about 10 1 teaspoon finely grated lemon zest

1 tablespoon fresh lemon juice 1/4 teaspoon kosher salt 1 large egg, whisked with 1 teaspoon water 1 tablespoon raw sugar

#### **Buttery Pie Crust**

Pulse flour, sugar, and salt in a food processor. Add butter; pulse until the texture of very coarse meal. Add 1/4 cup ice water; pulse, adding more water if dry, until dough comes together in clumps. Form into a square, wrap in plastic, and chill until firm, about 2 hours.

DO AHEAD: Crust can be made 3 days ahead. Keep chilled. Let stand at room temperature 15 minutes before rolling out.

#### **Recipe Preparation**

Preheat oven to 375. Roll out dough on a floured surface to a 15x12inch rectangle. Cut into 6 rectangles.

Toss blueberries, lemon zest, lemon juice, sugar, and salt in a medium bowl. Brush edges of rectangles with water; mound some blueberries in center of each. Fold dough over, and press edges to seal. Place on a parchment-lined baking sheet, brush with egg wash, and sprinkle with raw sugar. Cut slits in tops.

Bake hand pies, rotating sheet halfway through, until juices are bubbling and pastry is golden brown, 35-40 minutes (juices will run onto parchment). Transfer to a wire rack. Serve warm or at room temperature.

Nutritional Content: 6 servings, 1 serving contains: Calories (kcal) 290 Fat (g) 16 Saturated Fat (g) 10 Cholesterol (mg) 75 Carbohydrates (g) 36 Dietary Fiber (g) 3 Total Sugars (g) 13 Protein (g) 4 Sodium (mg) 170

"99Classic 4thof July Recipes to Celebrate Peak Summer in America." bonappetit.com. Web. https://www.bonappetit.com/recipe/blueberry-hand-pies



### **Senior Connection Corner**



We are getting ready to go into our 5<sup>th</sup> month of being quarantined. My prayers for you are that you stay well. I hope you all are enjoying this nice summer. For reasons beyond of our control, we cannot have our Pie/Hot Dog Fundraiser booth at the City Park this year. We have held this event for over 30 years, starting with just pies and adding different foods throughout the years. We will be back at it next summer!

This year a large number of tomato plants were donated to share at the Center, some of them are planted in pots and living in the Senior Center Craft Room to be used in our kitchen. There isn't anything much better than a home-grown tomato.

I thought this would be a good time to share with you some of the **many** projects that Kenai Senior Connection, Inc. (KSC Inc.) has been involved with over the last several years:

- The first thing I remember, many years ago, we purchased a keyboard for use in the dining room.
- In 2003, KSC Inc. financed the Computer Lab with new computers which are internet available for seniors to use. A few years later we added nice comfortable computer chairs.
- In 2004, we purchased the previous Reception Desk.
- In 2005, the Center had a major Kitchen remodel which KSC Inc. helped to finance. In case you haven't noticed, our Center has a very nice kitchen... staffed with a super Kitchen Crew!
- In 2016, KSC Inc.'s project was the 'MySeniorCenter' Program. This program has been very helpful to our staff, so everyone please be sure to sign in when you come!
- In 2017, KSC Inc. was very happy to learn that the Dining Room Atrium Project was going to be replaced and we
  had the opportunity to be a part of that project. It is great to not have to deal with a leaking roof and the remodel
  has made the dance floor and the dining room even nicer. The shades and new carpet make it look like a brand
  new room! This same year, KSC Inc. purchased the BizHub. It came to live close to the office doors and can really
  be considered a new employee because of its capability when it's programed.

Over the past years we have purchased tablecloths, for everyday and special use events. We are currently in the process of having our dining room tables refinished with new tops.

We also purchased the portable round tables which are used in the game room, computer room, or where ever they might be needed. The new tables and chairs in the computer room are also from KSC Inc.

Besides financially helping the Center, KSC Inc. has co-hosted numerous occasions; such as memorial services, concerts, and dances.

As I mentioned before, we are all volunteers and members of the \$5 a month club selected to serve on the board of KSC Inc. As president, I would like to thank each of you for your contribution to the \$5 a month club.

Velda Geller Kenai Senior Connection, Inc. President



### THANK YOU, THANK YOU, THANK YOU to our July \$5 Club Members! 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.

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

### July \$5 Club

Ardith Arbelovsky Bob & Cheryl Arrington Patricia Bravo Sue Carter Dee & Lee Cassel Glenn Clifford Patsy Clifford Dale Cocklin Velda Geller Omer Goodman Monica Griffin Joel & Laura Henkelman Jan Hollers Gary Hollier Joanna Hollier Donnly Hoyt Molly Jackson Leanne King Paula Maier Susan Malmquist Len Malmquist, Jr. Marge Milewski Bill Nelson Lois Nelson

Alice Nuxoll Robert & Netella Peterson Pat Robinson Barbara Schmidt Bill & Sondra Starnes Vivian Terry Terry Turner Frosty Walters Virginia Walters Roy & Ozella Williams

Memorial donations have been made to the KSC in honor of:

Ardith Arbelovsky Molly Jackson Ed Back Bill & Lois Nelson

Jeanne JackínskyRobín JoyBill & Lois NelsonBob & Cheryl Arrington

Dorothea McDonaldMerle MeisingerBill & Lois NelsonBill & Lois Nelson

*Herb Stettler* Bill & Lois Nelson

### Joanna Hollier

Bill & Lois Nelson Carrie Hollier Cliff & Kathy Heus Ed & Terrie Zehrung Kenai Bridge Club Marion Nelson Molly Jackson Terry & Dianne Bahnub Walt & Rachael Craig Wiona Sledge



### WRITER'S GROUP

### Ballerina, My Childhood Dream

By Yen-ti Verg-in

This morning, I participated in a Beginner Ballet Dance for Seniors via Zoom. It brought back the memory of one of my childhood dreams.

When in Jr. High School, I was never too serious about studies and always day dreamed to be somewhere else or somebody else. Somewhere we watched a performance of Swan Lake. The ballet dancers were graceful and elegant; the ballet movements were smooth and effortless. I wanted to be a ballerina!

I started my own practice: Frist step: Recalled and imitated some basic movements of arms, twists and turns, stood straight, arms bend, and head turned, tip-toed ....

Second step: I needed ballet shoes to help me to stand on my toes. Taking classes and buying shoes was out of the question. This was when my "can do" attitude took over. So, I found two pieces of thin boards, and some tying twine. I put the board on my soles and tied with twine. Viola, this version of the "ballet shoes" helped me to stay on my toes.... I was very proud my invention.

To show off my ingenuity, I asked Yen, my younger sister, to come to the roof top and watch me perform. Our roof top was made of tin roofing sheets over some bamboo support; it was strewn with loose tin sheets, scrap metal, nails, and other unneeded/unused junk.

I gingerly climbed out the window, stepped onto my "performance stage", tip-toed my thin-board dancing shoes, did a few turns, and stepped back down, right on...

... a small inch long rusty nail. It pierced through the ball of my right foot, and blood started to flow profusely. My sister helped me get back in the house and pulled the nail out, cleaned it as best as she could. We didn't dare to tell anyone because I was not using my time to study as I was told to do.



Needless to say, that was the end of my ballet dancing dream for over six decades.

That is until this morning; the free dancing class rejuvenated my desire to improve my posture and be graceful. At the end of class, the instructor incorporated some of the basic movements with the Swam Lake music. I was delighted; and Ray was watching me holding the kitchen counter top, moving my arms and legs, glancing back forth from the computer screen...

And I commented to him, "It is Swan Lake; don't I look like a beautiful swam?"

His comment was: "Seems more like an Ugly Ducking...."

End of the story. There went my dream of ever being a graceful ballerina.

### Find the Wildflowers



LILY OF THE VALLEY

PARTRIDGE BERRY

MULLEIN

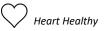
BLUE VIOLET

BUNCHBERRY

BUTTER AND EGGS

CANADA MAYFLOWER

©Sheri Amsel www.exploringnature.org



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### JULY 2020 MENU

Please do not take extra food home from the dining room.

### If you are ill, you may call the office before 10am and request a meal to be delivered. Upon approval, we will deliver your meal to you.

*Soup and Salad when available*				
Mon	Tue	Wed	Thu	Fri
		1 Baked Potato w/ All the Fixings Broccoli Spears	2 South of the Border Beef Caprese Salad Fruit Cup Bran Muffin	3 CLOSED Independence Day Observed
6	7	8	9	10
Ham & Lima Beans Carrot Salad Peaches & Cottage Cheese Corn Bread	Chicken Fried Steak Mashed Potatoes Gravy Mixed Veggies	Biscuits & Gravy Scrambled Eggs Sausage Links Roasted Potatoes	Sweet-n-Sticky Chicken Thighs Brown Rice Peas & Carrots	BBQ Brisket Sandwich Pineapple Coleslaw Onion Rings
13 Chili Dogs w/ All the Fixings Tater Puffs	14 BBQ Chicken Mac & Cheese Buttered Corn	15 Roast Turkey Mashed Potatoes Gravy Green Beans Stuffing Birthday Cake	16 Halibut Burger Seafood Salad Fruit Cup	17 Fried Chicken Mashed Potatoes Gravy Mixed Veggies
20 Sundried Tomato Chicken Wraps Potato Salad Chips	21 Tacos Spanish Rice Mexi Corn Southwestern Pasta Salad	22 Spaghetti & Meatballs Italian Veggies Garlic Bread	23 Baked Salmon Brown Rice Broccoli Spears	24 Cheeseburger Cowboy Beans French Fries
27	28	29	30	31
Turkey Sandwich on a Croissant Pasta Salad Fruit Cup	Sweet & Sour Chicken Stir Fry Veggies Jasmine Rice Egg Roll	BBQ Ribs Au gratin Potatoes Oven Roasted Zucchini	Roast Beef Mashed Potatoes Gravy Summer Veggies	Pizza Strawberry Spinach Salad

	FOR OFFICIAL USE ONLY	-DO NOT WRITE IN THIS BOX
Update Your Information	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, placing it in the box in the Kenai Senior Center entryway, 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	
Email Spouse's Name			
Your tax deductible donations are	•		
Congregate Meal Program	_ !	Home Delivered Meal Program	
Transportation Services	D )	Kenai Senior Endowment Fund	
□ \$5 Club		Newsletter Mailing (\$10, Jan—Dec)	
□ monthly - \$5 □ yearly - \$	60 🗆 I	Newsletter E-Mailing (Free of charge)	
Memorial Donation		Email Address:	
In Memory of:	D \$	Senior Activities (line dancing, exercise, road trips, etc.)	
Name	_Address		
	nai Senior Center, 361 Senior		
Thank you for you	financial support! Every <i>litt</i>	<i>le</i> bit can make a <b>BIG</b> difference.	

### 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.

## This Event Has Been

After careful consideration for the health and safety of our clients and

employees, we have decided to CANCEL our OLD TIMER'S LUNCHEON

(originally scheduled for August, 2020).

We thank everyone for their hard work and donations toward this event and we look forward to bringing you **OLD TIMER'S LUNCHEON 2021!** 

### THE EAGLES ARE BACK!!

The Eagle Cam is now live on YouTube.

Log in to <a href="https://youtu.be/lvVvHyCMm21">https://youtu.be/lvVvHyCMm21</a> to see what they are up too!



Where did George Washington get his hatchet? ...at the chopping mall

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 https://www.facebook.com/kenaisenior/ PLEASE PLACE STAMP HERE

