

City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska 99611

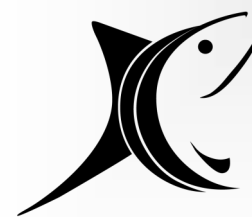
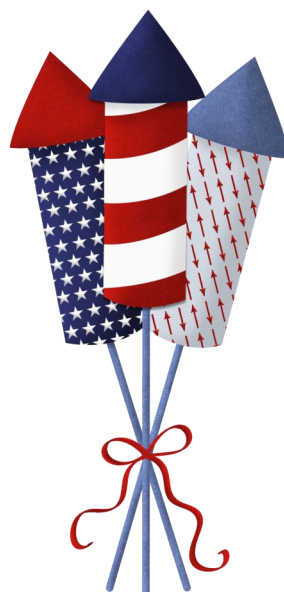
JULY 2021
The Kenai Senior Center

Centerline



Celebrate the 4th of July Kenai Style!

- ★ Parade Begins at 11 am
- ★ Festivities on the Kenai Green
Strip 12—4 pm
- ★ Live Music 2—4 pm
- ★ Kenai Senior Center's Pie
Booth Opens at 8 am with
Biscuits & Gravy



KENAI

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Special points of interest

- Kenai Senior Connection News
- Craft Class
- Walkabout Wednesdays
- Thursday night Bluegrass & Game Night
- COVID Scams Alert
- July 4th Pie Booth
- Farmer's Market Coupons
- SNAP Updates

We are OPEN !

Monday—Friday from 8 am—5 pm
Thursdays until 9:30 pm.

Dining room meals Monday—Friday

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.

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm
No RSVP Required

FACILITY RENTAL:

Please contact Angie at 283-8212

TRANSPORTATION: Coming Soon!

SUGGESTED DONATIONS:

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



JULY BIRTHDAYS

Day	Name	Day	Name	Day	Name
2	Penelope Maize	12	Scharlott Thomas	22	Barbara McMillan
2	Susan Olson	14	Peggy Arness	24	Linda Swarner
4	Kate Gelinas	14	Clara Sill	25	Robert Peterson
4	Mavis Pearson	16	Audrey Jenkins	25	Mata Taggart
5	Sammy Crawford	17	Jim Glendening	28	Yvette Targonsky
5	Ann Lee	18	Thomas Ritchey	29	Elizabeth Huey
9	Julia Selanoff	19	Bill Milewski	29	Donna Stocks
10	Ruth Schultz-Williford	19	Linda Voepel	29	Frank Mariman
10	Joan Szepanski	19	Mary Anaruk-Thomas	30	Mary Balcomb
10	Thomas Stepnosky	20	Mark Larson	30	Mary Quesnel
12	Mary Kay Fullerton	22	Frances Kilfoyle	31	Susan Smalley
				31	Clarice Kipp

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 in the Centerline!

JULY \$5 CLUB

Kenneth Aaron	Omer Goodman	Kari Mohn	Bill Starnes
Juanita Aguilar	Phyllis Ann Halstead	Twyla Mundy	Sondra Starnes
Bob Arrington	Cliff Heus	Wayne Mundy	Buck Steiner
Cheryl Arrington	Kathy Heus	Harry Nagasako	Sheila Steiner
Vera Barrett	Jan Hollers	Nelson Nakamura	Linda Swarner
Steve Best	Donna Hoyt	Bill Nelson	Vivian Terry
Wanda Carlson	Molly Jackson	Lois Nelson	Charles & Janice Thornton
Glenn Clifford	Leanne King	Ray Nickelson	Gerda Trent
Patsy Clifford	Anita Kwan	Marian Nickelson	Terry Turner
Rachael Craig	Lisa Lambert	Joseph & Janice Nightingale	Ray & Yen-ti Verg-In
Walter Craig	Pearl Larson	Alice Nuxoll	Beverly & Don Waldrop
Jim & Shirie Drath	Paula Maier	Carol Prior	Roy & Ozella Williams
Carol Freas	Judy Martin	Barbara Schmidt	Janice Wilsack
Nadine Gabbett	Marge Milewski	Barbara Smith	
Velda Geller	Lee Moeglein	Steve Smith	
Jim Glendenning	Mary Moeglein	Randi Smith	

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

Activity/Volunteer Coordinator, Kayla Feltman

283-8214



GO FISH

By Chuck Thornton

"You get a line, I get a pole, Honey.
You get a line, I get a pole, Babe
You get a line, I get a pole,
We'll go fishin' in a crawdad hole,
Honey, Babe, mine."

So goes an old song that gives us at least one view of what fishing is all about.

Another perspective may be seen when we observe someone who schedules a boat in advance, selects carefully all the various pieces of equipment he thinks are, and just might be, needed, books travel and lodging, and finally, goes to the point of demarcation for the fishing trip.

The last view of fishing far surpasses that of this author who, as a boy, would have a line and hook in his pocket, catch some grasshoppers on the way to the creek, pick up a tree branch to use as a pole, tie a small rocket to my line, and go fishing. To which I might add, I have caught a few fish down at the creek. These, in turn, would grace the dinner table, thanks to my Mom who cooked them.

Guess which approach to fishing best describes the people who envision catching "that BIG one" when they come to the Kenai Peninsula of Alaska.

Yep. You guessed correctly. After choosing among the places from which to go fishing -- Kenai, Seward, Homer, or points in between, one must select the right boat to use. There are always the "Cap'n Jack's" to decide between. Of course, the boat comes complete with all essential equipment required for a good fishing experience.

And so...away we go.

At the end of the day, worn out, tired out, and almost fished out, we come back to land. There we weigh our bounty to determine whether we have caught a trophy or not.

Whether it measures up or not, we may go home again speaking in glowing terms of our experience "in the briny deep," while seeking the elusive world record fish. "maybe next year..." we say. But when we get home, we can tell the story any way we see fit...the wilder the better!



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18 INTERESTING FACTS ABOUT AMERICAN INDEPENDENCE DAY

By macsadventure.com

On the fourth of July (which means it is American Independence Day), across America, people will be celebrating with fireworks, parades, barbecues and other festivities. Here are 18 interesting facts to share with your friends this Independence Day.

1. On July 4, 1776, the American colonies were declared free and independent States from Great Britain and its king.
2. Did you know it was actually on July 2, 1776, that the Declaration of Independence began? It started with a letter to Britain's King George to explain why the Continental Congress voted to declare America's independence.
3. It was on July 4, that the final wording of the declaration was agreed.
4. Thomas Jefferson drafted the Declaration of Independence.
5. Jefferson later served as the third President of America from 1801 to 1809.
6. Coincidentally, Jefferson died on July 4, 1826.
7. Strangely, two other US presidents, John Adams and James Monroe, also died on July 4.
8. Meanwhile, the 30th president of America, Calvin Coolidge, was born on July 4, 1872.
9. The first Independence Day was celebrated on July 8, 1776, in Philadelphia and the official signing took place on August 2.
10. Every Fourth of July, the Liberty Bell in Philadelphia is tapped (although not actually rung) 13 times in honor of the original 13 American colonies.
11. The stars on the original American flag were in a circle so all the Colonies would appear equal.
12. The White House celebrated Independence Day for the first time in 1801.
13. America's oldest continuous Independence Day celebration is the Fourth of July Parade in Bristol on Rhode Island. This year it will celebrate its 232nd year.
14. The first Independence Day was celebrated by around 2.5 million people compared to more than 316 million people today.
15. Almost 100 years after the Declaration of Independence, in 1860, July 4 was made an official holiday by Congress.
16. Fireworks are a major part of the celebrations because the first Independence Day celebration on July 4, 1777, saw Americans gathering to watch as the sky illuminated to celebrate the new nation.
17. Americans take their July 4 celebrations seriously. On this day, some 150 million hot dogs will be eaten.
18. Benjamin Franklin proposed the turkey as the national bird, but he was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.



Betsy Ross, née Elizabeth Griscom

Marc Leepson, *The Editors of Encyclopaedia Britannica*

Betsy Ross (born January 1, 1752, Philadelphia, Pennsylvania [U.S.]—died January 30, 1836, Philadelphia), seamstress who, according to family stories, fashioned and helped design the first flag of the United States.

Elizabeth Griscom, the eighth of 17 children, was brought up as a member of the Society of Friends, educated in Quaker schools, and became an apprentice to a Philadelphia upholsterer. She married another upholsterer's apprentice, John Ross, in 1773 and was disowned by the Society of Friends for marrying outside the faith. By 1775 the Rosses had opened a small shop in the commercial district of Philadelphia where they lived. John was killed in January 1776 soon after he joined a local militia company to fight in the American Revolution. Betsy continued to work as a seamstress and upholsterer. In June 1777 she married Joseph Ashburn, who would die in prison in England in 1782 after the merchant marine brigantine on which he was serving was captured during the war. In 1783 Betsy married again, this time to John Claypoole, who had been imprisoned with Ashburn and brought the news of his death and with whom Betsy joined the newly formed Free Quakers. Betsy ran her upholstery business with Claypoole and then for years afterward with her daughters, granddaughters, and nieces, producing flags among other objects.

The story that Betsy Ross made and helped design the American flag has been disseminated since her grandson William Canby presented his paper "The History of the Flag of the United States" to the Historical Society of Pennsylvania in 1870. According to Canby's account, his grandmother not only made the first Stars and Stripes at George

Washington's behest but also helped design it. Canby based his paper on stories that he had heard from family members, along with his own memories of his grandmother's tales of her involvement in making flags.

Canby claimed that in June 1776 Washington and a committee from the Continental Congress asked his grandmother to make a flag for the new country on the verge of declaring its independence. The story then goes on to say that Ross made suggestions to improve a rough sketch of the flag that was presented to her—including the use of the five-pointed star rather than the six-pointed one chosen by Washington—and Washington incorporated her suggestions. Ross then fashioned the flag in her back parlour—again, according to the legend.

On June 14, 1777, the Continental Congress adopted the Stars and Stripes as the national flag of the United States. It is known that Ross made flags for the navy, but there is no firm evidence in support of the popular story about her making (and designing) the national flag. Since the turn of the 20th century, the Betsy Ross House on Arch Street in Philadelphia has been a museum; though it is debatable whether Ross actually ever lived or worked in this house, it is likely that she did live and work in the vicinity.



ACTIVITIES:

Stronger Together Support Group	Mondays	2p in the Dining Room
Growing Strong	Mon/Wed/ Fri	10am in the Dining Room
Tai-Chi	Tues/Thurs	10:30am in the Dining Room
TOPS Weight Loss Group	Tuesdays	10a in the Game Room
Writers' Group	Wednesdays	1p in the Game Room
Bluegrass Music *2nd, 3rd and 4th Thursday nights	Thursdays	6p—9:30 pm in the Dining Room
Adult Coloring	Fridays	11a-12p in the Game Room
Card Making with Kim	July 14	1pm Craft Class
Caregiver Support	July 20	1—3 pm

GAMES:

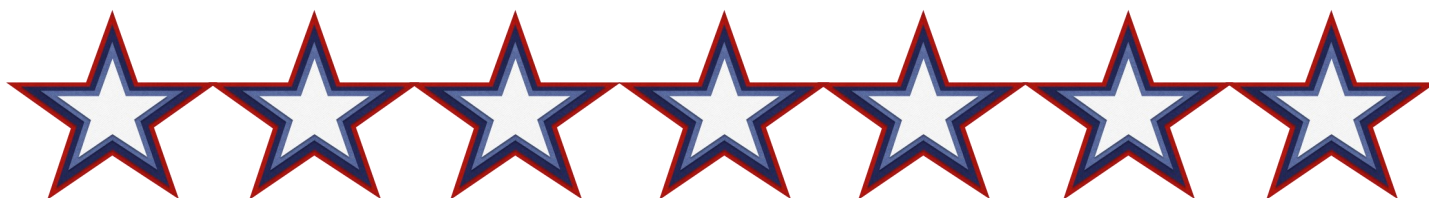
Monday	12:30p—4:30 pm	Pinochle
Tuesday	12:30p-4:30p	Bridge
Wednesday	12:30p	Dominoes
Thursday	6p—9:30p	Cribbage
Friday	12:30p	Pinochle

**Calling all
Pinochle
Players!**



Mondays and Fridays at 12:30

See you there!

**BREADED AND BAKED ZUCCHINI**

Allrecipes

Ingredients:

2 T brown mustard
2 T fat free Italian salad dressing
1/3 C seasoned bread crumbs
1 Zucchini, sliced 1/4-inch thick

**Preparation:**

Prep: 15 min; Cook: 30 min; Servings: 2

1. Preheat oven to 325° F.
2. Mix mustard and Italian dressing together in a bowl. Place bread crumbs in a separate bowl.
3. Dip zucchini slices in the mustard mixture; coat with bread crumbs. Arrange coated zucchini in a casserole dish.
4. Bake in preheated oven until soft, about 30 minutes.

Did you know?

(A personal note from Velda Geller)

Because of a unknown virus in March 2020, the Kenai Senior Center initially was to be closed for a “couple of weeks.” However, no one had an inkling the “couple of weeks” would turn into 1-1/2 years! So very disappointing to all of us. Now the Center has reopened and we are all very happy about it.

Did you know?:

- The staff worked every day (just like normal) during the Pandemic, cooking and delivering meals like always, providing about 200 Meals on Wheels a day. Nobody complained. Many changes were made to provide the continuation of services.

- Presently there is a shortage of staff and volunteers. The current staff is doing extra duties such as Meals on Wheels delivery, janitorial backup, gardening/flower/lawn care, etc. If anyone is able and willing to volunteer with any of these jobs, I feel sure the Center administration would appreciate the help. (Come on folks--let's see what we can do to help!)

- Continuing the use of disposable plates and utensils is so the dining room can be open and provide meals Monday through Friday. It also allows the kitchen staff to keep up with meal preparation/clean-up work and not have hours of dishwashing every day as well.

In saying all of this, if you enjoy coming to the Center, I am asking that you respect and appreciate what it offers. We owe the staff a very big THANK YOU! for all they do for the Center.



COFFEE BREWING

By Fran Kilfoyle

Quite the nicest thing that can happen to me is to have someone else, in my family, get up before me and make the morning coffee. As a rule, I am the first one up at my house and I make the coffee.

On those rare occasions, upon waking, my nose twitches, and my nostrils flare. My brain registers the message: **“COFFEE!”** Does anything else smell so delicious? The pleasing odor, which has penetrated the entire house, almost speaks the words: “It’s morning!” While lying in bed, eyes still closed, my nose relays the sensation to my mouth, bringing anticipatory saliva to my tongue. I swallow the anticipation, letting my mind dwell on the taste of the brew that my nose has identified so easily. It is such an appetizing thought.

It is even nicer if someone brings me a cup of the finished product of the “Mr. Coffee,” but that rarely happens. If I must, I slip out of my bed and blunder into the kitchen, where I pour myself a cup of the steaming, odorous stuff. Carrying it reverently, I pad back to bed and wrap up in my covers again. Leaning back on my pile of pillows, I hold the cup in both hands and let the aroma wash over me like the ebb and flow of ocean waves. Cautiously, I lift the cup to my lips, I take a sip, and my mouth agrees with my nose. **“COFFEE!”**





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.

Kenai Senior Connection, Inc. NEWS

The Senior Connection is very busy planning and preparing for our yearly Fourth of July fundraiser at the Kenai City Park Strip. This year we will be serving biscuits and gravy starting about 8:00 am. Later in the morning we will be selling rhubarb/strawberry and apple pies either by the piece or you can purchase a whole pie. We will also have coffee, hot tea, and bottled water for sale. This has been a tradition for the Senior Connection for many years.

As expressed in the Bylaws, the Connection is "...to provide financial assistance for the continued operation of the Kenai Senior Center..." Our Fourth of July sale of pies, biscuits and gravy, quilt raffle tickets, etc. is one of our major fundraising projects undertaken for that purpose. Others will happen throughout the year.

With funding provided by the Bill Osborne family, the Connection is researching styles of greenhouses, as well as local greenhouse builders. The greenhouse will be placed at the kitchen end of the Senior Center and used for growing flowers, vegetables, herbs, etc. for use by the Center. This activity is ongoing so stay tuned!

June's weather has been rather cool, with rain showers, but keeping gardens and yards looking pretty and forest fire danger controlled. Hopefully July will be as productive, but warmer.

Velda Geller

President, Kenai Senior Connection, Inc.

P.S. Kenai Senior Connection, Inc. is in need of two new members. If you're interested, please contact me, or any one of the current board members.

Kenai Peninsula

Tuesday, July 20

1– 3 pm

Computer Lab

family
caregiver
support
program



As lives return to "normal", support groups are now able to start meeting again here at the Center. Dani Kebschull with the Kenai Peninsula Family Caregiver Support Program will be joining on the third Tuesday of each month. If you are a caregiver and can use support from others, please come and join in. The first session will be "Getting to Know You" so Dani can plan training topics based on what YOU want to know.

Walkabout Wednesdays at 10:00 am



Do you enjoy walking but worry about walking by yourself? Join us as we walk the perimeter of the Senior Center and Vintage Pointe Manor. We will meet in the lobby of the Senior Center and you can walk at your leisure.

**Get out those walking
shoes - Summer is here!**



Senior Farmer's Market Nutrition Program

Will you be 60 years of age or older by
September 30, 2021?

Do you like fresh fruits and veggies but purchasing these
items are a little hard on your pocketbook?

If you answered yes to both of the questions above you will
be happy to hear that the Kenai Senior Center is a
distributing agency again for Farmer's Market Coupons!

For more information about the program and to inquire as
to whether you are eligible, please call the
Kenai Senior Center at (907) 283-4156.



How Countries Celebrate Independence Day Around the World

(from Up with People, 6/28/2018)

Throughout the world, countries celebrate their independence through national holidays and other cultural celebrations. From fireworks in the United States to flying kites in India, let's take a look at how independence day is celebrated around the world.

Bolivia, August 6: Bolivia throws a two-day party packed with marches, gun salutes, fireworks, music, parades and carnivals. The main event of the celebrations are the military parades on August 6. The day is a national holiday of Bolivia locally known as Dia de la Patria. The celebrations continue for a full day especially in the capital city of Bolivia "La Paz."

Cambodia, November 9: Cambodian Independence Day is celebrated with festivals, parades, and firework displays across Cambodia. The main gathering point is Phnom Penh's Independent Monument which was built to mark Cambodia's 1953 liberation from French rule.

India, August 15: To symbolize its freedom from British rule, saffron, white and emerald-green kites evoking the young country's tri-colored flag are flown. It is also typical in most parts of the country for a ceremony and unfurling of the national flag.

Norway, May 17: This day celebrates the signing of the Constitution of Norway. In Norway, children play a special part in the

celebration of their independence day. Several children's parades are held during the day where the children march with flags and school banners led by marching bands. In the capital city of Oslo, the children will pass the Royal Palace, where the royal family will wave to the parade participants from the balcony. In most cities, local schools arrange games, activities and lotteries with nice prizes, as well as selling cakes, soda, ice cream and candies. In the evening, people gather with family and friends to have dinner or barbecues together.

Australia, January 26: Officially known as Australia Day, the celebration honors the creation of the first British settlement in Australia. On this day, Australians celebrate with surfing races, ferry races and a tall ships race. Fireworks are also customary in Australia, where they are even lit on moving boats and skyscrapers.

Costa Rica, September 15: Traditional dancing takes center stage in Costa Rica's Independence Day celebrations on September 15. Unlike other countries in the Americas, there was no fight for independence in Central America. Depleted by the war with Napoleon Bonaparte, and a few Latin American wars, Spain actually supported Central American independence because the region had become a burden.

France, July 14: July 14 marks the storming of the Bastille prison in Paris, which was the beginning of the French Revolution. Bastille Day is observed as the French National Day and is celebrated with many different traditions, such a firefighter organized dance parties, military parades, and fireworks.



Join us at the Park Strip on **July 4th**

Kenai Senior Center's Pie Booth and Country Store

Opens at 8:00 am

- ★ **Biscuits and Gravy**
- ★ **Strawberry Rhubarb Pie**
- ★ **Apple Pie**
- ★ **Bottled Water, Coffee & Tea**
- ★ **Homemade Crafts & Quilt Raffle**



Sponsored by :

Kenai Senior Connection, Inc.

All proceeds directly benefit the Kenai Senior Center.

Seniors & SNAP: 5 Myths Busted

Get help paying for healthy food!

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at www.BenefitsCheckUp.org/getSNAP.

1 Myth

SNAP is only for families with children.

Fact

SNAP is for everyone who qualifies, including seniors.



2 Myth

I'll only get \$15 a month, so it's not worth applying.

Fact

The average national SNAP benefit for a senior living alone is \$104 a month.



3 Myth

Other people need SNAP more than I do.

Fact

Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.



4 Myth

No stores near me accept SNAP.

Fact

Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.



5 Myth

It's too hard to apply for SNAP.

Fact

Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.



Visit www.BenefitsCheckUp.org/getSNAP to get your application now!

WORD SEARCH

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

Independence

Red

Fireworks

Patriotic

Freedom

Holiday

America

Fourth

White

Blue

Celebration


July



JULY 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 Fettuccini Chicken Alfredo w/Sundried Tomatoes Veggies Garlic Bread Soup	2 Halibut Burger Honey Lime Slaw Pasta Salad Fruit Salad
5  CENTER CLOSED FOURTH OF JULY HOLIDAY	6 Tuna Salad on Whole Wheat Couscous Salad Fruit Cup Soup 	7 Biscuits n' Gravy Sausage Links Scrambled Eggs Roasted Potatoes Salad	8 Beef Stroganoff Noodles w/ Mushroom Gravy Peas & Carrots Soup	9 Meatloaf Mashed Potatoes Gravy Mixed Veggies Salad
12 Peachy Pork Brown Rice Lemony Green Beans Salad 	13 Teriyaki Chicken Baked Beans Butter Corn Soup 	14 Fried Chicken Sweet Potatoes Zucchini Medley Salad	15 Roast Turkey Mashed Potatoes Gravy Green Beans Stuffing/Cranberry Sauce Soup	16 Clam Chowder Seafood Pasta Fruit Cup Muffin Salad
19 Tomato Soup Grilled Ham n' Cheese Fruit Cup Salad	20 Spaghetti w/ Meat Sauce Italian Veggies Garlic Bread Soup	21 Orange Teriyaki Beef w/Low Mein Noodles Red Pepper/ Mushroom Stir Fry Egg Roll Salad 	22 Liver & Onions Mashed Potatoes Gravy Green Beans Soup	23 BBQ Brisket Sandwich Onion Rings Carrot Salad Salad
26 Corn Chowder Grilled Rueben Jello Salad Salad	27 Beef Enchiladas Mexi-Corn Refried Beans Soup	28 Beef Barley Stew Cheesy Parsley Rolls Peaches & Cottage Cheese Salad 	29 Pizza Mandarin Orange Spinach Salad Soup	30 Sloppy Joes Sweet Potato Fries Coleslaw Salad

Menu is subject to change

10 Red-Hot COVID Scams Vexing Older Americans

After scams involving fake test kits and phony cures, nonexistent cleaning supplies and bogus stimulus grants and other financial benefits (some still wreaking havoc), here's what officials said are among today's red-hot COVID-19 scams:



1. Vaccine scams. You can't pay to skip the line, reserve an appointment spot or join a clinical trial. Be wary of inbound calls or texts that ask for your Social Security number, financial details or insurance information to reserve your spot. There also have been reports of scammers impersonating local health departments and vaccine providers. Never share personal, financial or medical information with people you don't know. If your pharmacy sends you a text, don't respond; instead reach out with a phone number you know is legit.

2. Vaccine-for-sale scams. Ignore ads touting vaccine for sale from an online pharmacy or elsewhere. It is not.

3. Contact tracing scams. Genuine contact tracers will not ask for money or your Social Security number, bank account or credit card number. Nor will you be asked to disclose your immigration status

4. At-home test kit scams. While the Food and Drug Administration (FDA) has authorized at-home diagnostic tests for COVID-19, scammers are posing as Medicare representatives and asking for Social Security numbers in exchange for what they purport is a free test kit. Some promise overnight delivery. Don't believe it. Instead check with your health department to find a legitimate testing site.

5. Government payment scams. Government agencies will not ask you for payments via cash, gift cards, wire transfers or cryptocurrency.

6. Air filter scams. Fraudsters are emailing, texting, calling and sending letters claiming they have air filters that "will remove COVID-19 from the air in your home." The claim is false.

7. Charity scams. Any emergency or disaster leads to a spike in fraudulent charities, so do your homework before giving, especially if the request arises on social media.

8. Errand scams. Bad actors will offer to go to the store for you or do another errand, but run off with your money without delivering the goods or performing the task. Instead of paying a stranger, ask for help from a trusted neighbor or friend.

9. Package scams. Last fall leading up to the holidays, there was a rise in text messages with links that led to websites impersonating legitimate delivery companies. Victims were asked for money or personal information for the delivery of bogus packages or goods they never ordered.

10. Peer-to-peer (P2P) mobile payment scams. Exercise caution if you are asked for a fast digital payment. The Venmo app, for example, points out that it is intended for use only between friends and others they trust. The same applies to similar apps.

**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.

Coming in August:

- ★ Old Timer's Luncheon
- ★ River Walk
- ★ No Host Dinner



**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

