

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



MARCH 2021

The Kenai Senior Center

Centerline



Know Your Neighbor

By Carol Prior

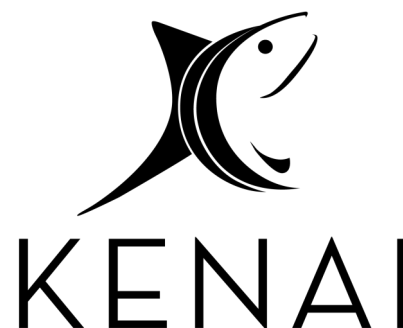
Can you believe it is March already? If things were normal before Covid days we would be preparing for our annual March for Meals Fundraiser. But not now. Who knows when we will be back into what we remember as normal.

This brings me to my person of the month. **Frances Kilfoyle**, our seamstress-doll-clothes-maker extraordinaire. Fran has been making doll clothes and providing a doll for raffling off at the Senior Center for twelve years. Last year we were already to go with another one when everything came to a halt.

Fran said she has been making doll clothes since she was a small child. She has her own "American Girl Doll" she calls Lily and she prefers the 18" doll. She has made doll clothes for her daughters, granddaughters, and for the Kenai Senior Connection, Inc. (for the raffle). She doesn't make Barbie doll clothes because they are too small. If you have seen any of her doll displays, you know the doll has quite a wardrobe. Fran makes everything from the outfits to shoes, coats and hats to match.

Fran was born in North Carolina, a small town called Roxboro. Her mama and dad were farmers until they found work that paid money to live on before Fran was born. During the war, Fran said mama was a "Rosie Riveter" and dad worked in the boiler room of a big fabric factory that made parachutes for the service men. She has one sister 10 years older than she is so she felt like an only child. Fran and her husband were married in January 1956 and they had six children: three boys and three girls.

(Continued on Page 4)



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Special points of interest

- Kenai Senior Connection News
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REOPENING
News Inside

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:

Please contact Angie at 283-8212

TRANSPORTATION: Coming soon for medical appointments!

SUGGESTED DONATIONS:

Pick up Meals - \$7
(60 years and older)

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.



MARCH BIRTHDAYS

Day	Name	Day	Name	Day	Name	Day	Name
1	Betty Osborn	8	Bruce Wolf	15	Ann-Lillian Schell	21	Sharon Rogers
3	Cynthia Stewart	8	Twyla Mundy	15	Ed Steiner	22	Linda Barnes
4	Michael Adams	8	Carolyn Coffey	17	Lee Moeglein	24	Dee Cassel
5	Juanita Ross	9	Nelson Nakamura	18	Larry Croft	24	Douglas Norbeck
6	Lorraine Ashcraft	10	Lee Cassel	18	Donna Atkins	25	Chris Wehr
6	Victor Hett	10	Mary Peter	18	Dana Zillyette	26	Bob Engelke
6	Allman Clifford	11	Randi Smith	19	Kathryn Searle	26	Larry Klawunder
7	Patsy Clifford	12	Reed Knackstedt	20	Nadine Gabbett	28	Elmer Swartz
7	Carol Perkins	12	Barbara Schmidt	20	Emma Haase	28	Michele Martin
7	Brenda Zubeck	13	Renee Clifford	20	Joe Harris	31	Carolyn Patterson
7	Tammy Matthiesen	13	Leon Marcinkowski	20	Anita Necessary		
7	Charles Maier	13	Jack Evans	20	Dick Woodin		

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!

MARCH \$5 CLUB

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

MARCH 13...



Deviled Chicken Thighs

TasteofHome.com



Ingredients:	
	Dash of pepper
1 tsp. butter, softened	2 skinless/boneless chicken thighs (about 1/2 pound)
1 tsp. cider vinegar	3 T soft bread crumbs
1 tsp. prepared mustard	2 T chopped cashews
1 tsp. paprika	

Directions:

In a large bowl, combine the butter, vinegar, mustard, paprika, and pepper. Spread over chicken thighs. Place in a greased 11x 7" baking dish. Sprinkle with bread crumbs.

Bake, uncovered, at 400° F for 15 minutes. Sprinkle with the cashews. Bake until chicken juices run clear and topping is golden brown, 7-12 minutes longer.



Know Your Neighbor *(Continued from page 1)*

The children all live here in Alaska except one daughter in Texas. She has eight grandchildren and two great grandchildren.

Her husband Tom worked at a summer camp as a maintenance man for Marjorie Merriweather Post on a huge estate in New York called Top Ridge. He worked the summers as a guide for the Posts on the estate. There he met Secretary of Interior, Walter J. Hickel one summer. Secretary Hickel suggested that Tom come to Alaska so in 1975 he came up, and moved the family up in 1976. Fran explains it was quite a trip moving across the country in a Motorhome with six kids, a dog, and towing a trailer behind them. (That must be a whole story in itself.)

Fran and Tom settled in Kenai because it was the only school outside of Anchorage that had a football team. She said when they first came here they lived in Wildwood Apartments before it became a prison. Her children were very active in sports, football, hockey, volleyball, track and the grandchildren followed in the same path.

Fran says she worked for 13 years as a cashier in Fred Meyers until she retired. I met her in TOPS and she still is the one we have to face when it is time to weigh in every week.

Fran is still sewing doll clothes and if we ever get to reopen, maybe you can buy tickets for the fundraiser and admire her beautiful work. We just want to thank Fran big time for all she has done for the Senior Center. Fran, you are so appreciated!





St. Patrick's Day Word Search



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

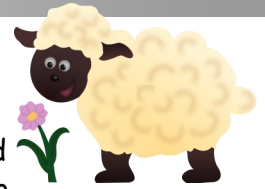
Charm
Clover
Coins
Emerald
Fortune
Four Leaf

Gold
Green
Irish
Leprechaun
Lucky
Magical

March
Patrick
Pot
Rainbow
Seventeenth
Shamrock

The World's 11 Craziest Easter Traditions

Wanderlust/Peter Moore, 2019



1. Whip-cracking in the Czech Republic and Slovakia: If you're a woman and you find yourself in the Czech Republic or Slovakia on Easter Monday, it is perhaps best to stay indoors. All the local men and boys will be roaming the streets with gaily decorated willow switches, usually adorned with ribbons, looking for girls to "lightly" whip. The whipping is not intended to be painful, but instead is meant to encourage good health and beauty. You may feel otherwise.
2. The butter lambs of Russia: In Russia, the Easter meal is accompanied by a knob of butter fashioned into the shape of a lamb. It dates back to ancient times when it was considered a lucky omen to meet a lamb. Why a lamb? Because you can be certain it's not Satan in disguise. Old Beelzebub can take on the form of all animals, except the lamb because of its religious symbolism.
3. The Easter Bilby from Australia: In an attempt to raise awareness about the dwindling Bilby population, confectioners in Australia have taken to making chocolate likenesses of this small rabbit-size marsupial. Aussies can scoff at will, knowing that every bite they take is helping to save an endangered species.
4. The world's biggest Easter omelette in France: Every Easter Monday, the residents of Haux crack more than 4,500 eggs into a gigantic pan to create a massive Easter omelette that serves over 1,000 people. Each family breaks the eggs in their homes in the morning and they gather in the main square where the eggs are cooked for lunch. And dinner. And breakfast the next morning..
5. A time to splash out, Hungary: In Hungary, women dress up in traditional clothes on Easter Sunday and get splashed with water. Uncomfortable, yes. But it certainly beats getting whipped.
6. The witches of Easter-wick in Finland: Halloween comes early to Finland as children dress up as witches and wander the streets with broomsticks in the hunt for treats. The tradition is said to have come from the belief that witches would fly to Germany and cavort with Satan. Bonfires are meant to scare them away.
7. Tobacco trees in Papua New Guinea: Chocolate isn't much use in the steamy jungles of Papua New Guinea, so Easter trees at the front of churches are decorated with sticks of tobacco and cigarettes instead. These are handed out after the service.
8. Crucifixion and flagellation in The Philippines: In the Philippines, some devout Catholics have taken to the practice of self-crucifixion and self-flagellation on Easter. Their thinking is that it helps purify them and cleanse them of the sins of the world. The Roman Catholic Church is not keen on the idea and has been actively trying to discourage This practice, without much success.
9. The Easter Bunny sees red in Greece: Easter is known around the world for multi-colored, decorated eggs. But in Greece, you will find only red eggs. Red is the color of life, you see, as well as a representation of the blood of Christ. From ancient times, the egg has been a symbol of the renewal of life, and the message of the red eggs is victory over death. Got it?
10. Criminal intent in Norway: Easter time is crime time in Norway. Television channels run crime shows and a slew of new detective novels are commissioned to come out just before Easter. People across the country escape into their mountain cabins and spend the weekend with the "Whodunnit" television shows or books.
11. The Great Easter Bunny Hunt in New Zealand: While the rest of the world hunts for Easter eggs hidden around the house, the good folk of Otago grab their guns for the annual "Great Easter Bunny Hunt." The idea is to rid farmlands of 'invasive pests,' with over 500 hunters vying for the coveted trophy and the \$NZ3,500 prize money. With over 20,000 rabbits meeting their maker each year, the Easter Bunny sensibly gives this corner of New Zealand a miss.



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

BEWARE OF SOCIAL SECURITY PHONE SCAMS

The Social Security Administration and Office of the Inspector General continue to receive reports of scammers impersonating SSA employees over the phone, to request personal information or money.

- Imposters may threaten you and demand immediate payment to avoid arrest or legal action. **DO NOT FALL FOR IT!**
- SSA employees will **NEVER** threaten you for information or promise a reward or resolution in exchange for personal information or money.
- **DO NOT** use caller ID to verify that the caller is a government employee. Many scam calls “spoof” official government numbers, such as SSA’s National 800 number, the Social Security Fraud Hotline, local Social Security field offices, SSA press offices, or local police numbers.
- Imposters may use legitimate names and phone numbers of SSA employees.
- If the caller demands sensitive personal information, payment via gift card or pre-paid debit card or wire transfer, **IT IS A SCAM!**
- If the caller makes threats when you do not comply with their request, **IT IS A SCAM!**

IF YOU RECEIVE A SUSPICIOUS CALL:

- 1. HANG UP!!!!**
- 2. Do not give them money or personal information!**
- 3. REPORT THE SCAM AT [OIG.SSA.GOV/REPORT](https://oig.ssa.gov/report)**



2021 HAS ARRIVED!

It's hard to believe that it has been a year since the Senior Center closed to the public. I recall being at the Center on Friday, March 13, 2020, finalizing our March for Meals Fundraiser scheduled for just a week away, when we were told we needed to postpone it for a couple weeks (and then later cancel it altogether).

Due to things beyond our control, the Kenai Senior Connection, Inc. will not be having our yearly fundraiser as normal. Instead, a mail-out campaign will be held which will entail letters to previous contributors, as well as the 2021 Donation form (**a copy of the donation form is included on Page 10 for your use**).

The Center's administration, along with the Kenai City Manager, have been working out details of how and when the Center may reopen to the public and specifics of the rules we will ALL need to follow when visiting the Center. There have been physical changes to the Center to ready it for reopening. Due to COVID-19, how activities are conducted may change or will be discontinued (at least for the time being). Personally, I believe, even with changes needing to be made, we still have a wonderful Center and for that we need to be thankful. Everyone's cooperation will be needed in following the rules determined to be the best way the Center can be reopened and do as much as possible to keep everyone safe (wearing masks, social distancing, room occupancy levels, etc.)

Now that Spring is coming, let's say goodbye to Winter and look forward to what 2021 will offer. I like to watch for that first robin of the season. Soon we can watch the river flats for the geese and ducks laying over on their flight north. Hopefully we will have access to the City's Eagle Camera this year as well.

Velda Geller

President, Kenai Senior Connection, Inc.



*"March comes in like a lion
and goes out like a lamb."*

Old English Proverb



2021 Donation Form

Yes, I want to support meals for seniors in my community!

Name _____
Billing/Mailing address _____
City| State| Zip Code _____
Phone|Fax | Email _____

Please consider one of the following:

Home-Delivered and/or Congregate Scholarship Meal Programs

The following options sponsor individuals who cannot afford to contribute toward their meals (the current suggested donation of \$7 for a meal DOES NOT cover the full cost of a meal):

- ☐ \$49/Sponsor one Senior for one week (7 meals)
- ☐ \$98/Sponsor two Seniors for one week (14 meals)
- ☐ \$210/Sponsor one Senior for one month (30 meals)
- ☐ \$420/Sponsor two Seniors for one month (60 meals)
- ☐ _____ (Other Amount)

We accept **Checks, Cash, MasterCard, Visa** and **Discover**. Donations can be processed over the phone anytime by calling the Kenai Senior Center at 283-4156. Donations can also be contributed directly to the Kenai Senior Connection, Inc. through the State of Alaska **Pick.Click.Give.** program (when filing for your Permanent Fund Dividend or amend the application to provide the donation after filing), or by mailing it directly to the Kenai Senior Connection, Inc. at P.O. Box 806, Kenai, AK 99611.

Acknowledgement Information

Please use the following name(s) in all acknowledgements:

☐ I (we) wish to have our gift remain anonymous.

*We thank you for your generosity! Every **little** bit can make a **BIG** difference.*

Mail to: Kenai Senior Connection, Inc. P. O. Box --- 806, Kenai, AK 99611.

KenaiConnection@gmail.com

Phone: 283-4156

Fax: 283-3200



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.



MARCH 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 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
8 Sicilian Meatloaf Noodles w/ Marinara Sauce Garlic Bread	9 Cobb Salad Lettuce Wraps Fruit Cup 	10 Roast Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce	11 Jambalaya Jasmine Rice Orange-Spiced Carrots Cornbread	12 Soup & Sandwich Salad
15 Beef Enchiladas Black Beans & Corn Jasmine Rice Sliced Tomatoes	16 Thai Chicken Salad w/ Peanut Dressing Rice Noodles Fruit Cup 	17 Corned Beef Cabbage, Carrots Roasted Potatoes 	18 Beef Brisket Mashed Potatoes Onion Gravy Mixed Vegetables	19 Soup & Sandwich Salad
22 Swedish Meatballs Egg Noodles Pickled Beets	23 Chef Salad Fresh Fruit Bran Muffin 	24 Cheeseburger Onion Rings Baked Beans	25 Beef & Broccoli w/ Lo Mein Noodles Egg Roll Fruit Cup	26 Soup & Sandwich Salad
29 Sweet & Sour Pork Brown Rice Tangy Cucumbers	30 Steak Salad w/ Tomatoes and Mango Fruit Cup 	31 Pancakes Scrambled Eggs Sausage Links Roasted Potatoes	1 Chile-Honey Chicken Fajitas Spanish Rice Red Peppers & Corn Salad	2 Soup & Sandwich Salad

Menu is subject to change



REOPENING

Effective March 1, the Kenai Senior Center will be open for scheduled group meetings and private appointments.

This includes:

*Monday, Wednesday, Friday	Growing Stronger Exercise	10:00 am
(*beginning Monday, March 8)		
Tuesdays	TOPS Weight Loss Group	10:00 am
Wednesdays	Writer's Group	1:00 pm
Thursday, March 11	Council on Aging	4:30 pm
Friday, March 26	Kenai Senior Connection, Inc.	9:30 am

- ★ **Books, puzzles, and videos can now be exchanged in person.**
- ★ **Private in person appointments can be made for help with forms and paperwork.**
- ★ **Pick up meals are available Monday—Friday**

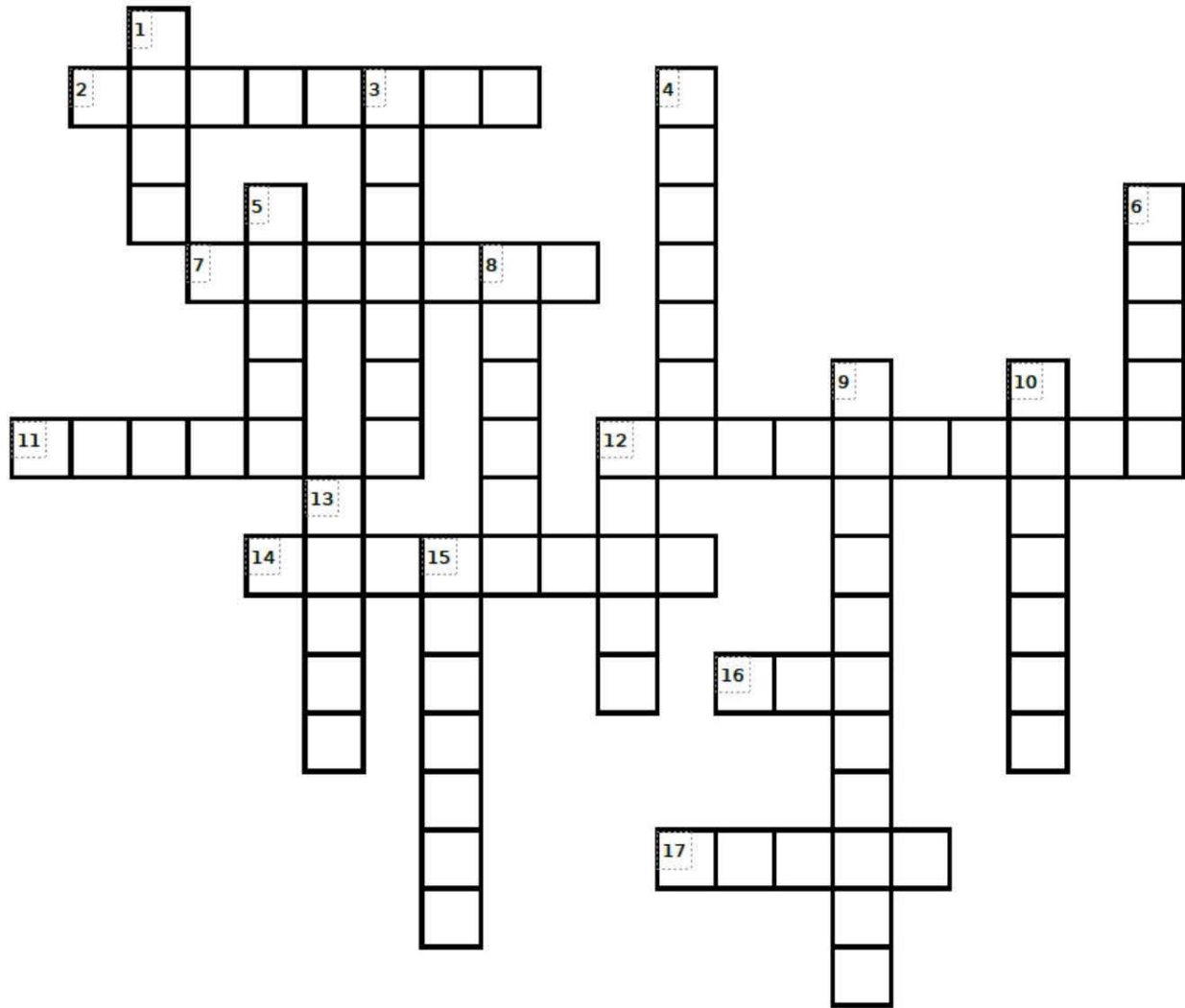
Please call the receptionist to schedule a time or for more information.

MASKS are required to enter the building and social distancing guidelines will be in effect. We ask you to respect the rules set in place to ensure we can continue to re-open in a safe manner.

COMING SOON! Limited medical transportation and congregate meals.



St. Patrick's Day Crossword



Across

1. What is inside the pot at the end of a rainbow
3. Gemstone the color of St. Patrick's Day
4. A large amount of wealth
5. The month that St. Patrick's Day is celebrated
6. What color represents St. Patrick's Day
8. Lucky plant
9. Day of the Month it is celebrated
10. 6 colored arch across the sky
13. An item that is considered lucky

Down

2. What kind of clover is lucky
7. Which St is the day about
11. What nationality represents St. Patrick's Day
12. Little person with a green coat and hat
14. A lucky fourleaf clover
16. Sits at the end of a rainbow full of gold
17. Gold circles that are in the pot



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

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





St. Patrick's Day Word Scramble



1. LFOREUFA
2. OLCRVE
3. ENEGR
4. NOICS
5. RLEMAED
6. BAONIWR
7. OTP
8. NETVHESETE
9. SMCRHKA O
10. GCMILA
11. RHCAM
12. RACPTKI
13. PLCAEUHAEN
14. TNRFUOE
15. OGLD
16. ISRIH
17. KLCUY

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.



PFD Filing Deadline

March 31!

Need help? Call us!

**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

