

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

MAY 2021
The Kenai Senior Center

Centerline



REMEMBERING OUR MOTHER

by Yenti Verg-in

My mother was born at the beginning of the 20th Century in a rural countryside in Northern China. She seldom talked about the “olden days.” It was a period of time with many bleak memories she chose to forget and

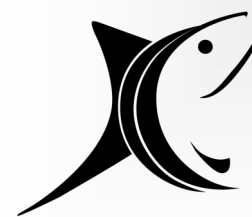
ignore. One thing that was a constant reminder of her painful past was her bound feet.

My mother was one of the many who had to suffer the foot binding ritual when she was growing up. The bound feet was referred to as tiny "golden lotus" feet -- achieved through breaking girls' toes and arches and binding them to the sole of the foot with cloth. Because of the odd shapes of her feet, Mother had to make her own shoes all her life. Going outdoors, she would wear her homemade shoes inside a pair of child sized rain boots to shed the snow and mud.

I guess the bound feet did serve its purpose by restricting my mother's activities indoors. She was a master of crafts, excellent cook, a model wife; resourceful, high endurance of hardship, and seldom complained.

Margaret, my older sister, recalled that in 1979, she accompanied our mother back to China to see our brother (who we weren't able to see or keep in touch with for over 30 years). After the plane landed in Guangzhou Airport, regardless of my mother's bound feet and difficulty in walking, she showed her agility literally by running over a mile long cobblestoned street to catch a train to Beijing to see her long lost son. *(continued on page 8)*

As in the recent issues of the Centerline, we are highlighting stories written by our own Kenai Senior Center Writer's Group. This month we've included stories pertaining to Mother's Day. If you are interested in joining the Writer's Group, they meet on Wednesday at 1:00 pm in the Game Room. THANK YOU Writer's Group !



KENAI

Inside this issue

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Special points of interest

- Kenai Senior Connection News
- 2021 Annual Survey
- Mother's Day Stories
- Older Americans Month

REOPENING

Updates!

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

Tuesdays and Fridays 12—1 pm
No RSVP Required

FACILITY RENTAL:

Please contact Angie at
283-8212

TRANSPORTATION: Medical
transportation available Monday—
Wednesday

SUGGESTED DONATIONS:

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



In Flanders Fields

by John McCrae

Written on May 3, 1915

**In Flanders fields the poppies blow
Between the crosses,
row on row,**

**That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.**

**We are the Dead. Short days ago
We lived, felt dawn, saw sunset flow,
Loved and were loved, and now we lie,
In Flanders fields.**

**Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If he break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.**

Day	Name	Day	Name	Day	Name	Day	Name
1	Betty Porter	7	Sue Carter	16	Geraldeen Meeks	24	Christine Morin
1	Gerda Trent	9	Alfred Walters	16	Gwen Klawunder	24	Robert Hollis, Jr.
1	Mary Jane Lewis	9	John J. Williams	18	Nancy Andersen	25	Glenn Clifford
3	Linda Hollier	9	Shirley Sue Drath	20	Stephen Smith	25	Deaphon Alexia
3	Larry Burcham	11	Terry Cramer	21	Jennifer Paramore	26	James Cassidy
4	Chuck David	12	Yen-ti Verg-in	22	Jeannine Hunt	26	Janyne Craig
5	Audrey Little	13	Dennis Rofoli	23	Patricia Bravo	29	Sheila Steiner
5	Lois Nelson	14	Dani Kebschull	23	Bernard Ruckhardt	29	Harry Wood
6	Ruth Osborne	15	Vince Spady	23	Mike Reynolds	30	Rachael Craig
7	David Thompson	16	June Harris	24	Michael Cachet	30	Debra Thomas
						31	Janice Bobek



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!

MAY \$5 CLUB

Juanita Aguilar	Jim Glendening	Paula Maier	Steve Smith
Patricia Bravo	Omer Goodman	Judy Martin	Randi Smith
Bob Arrington	Pete Hallgrimson	Marge Milewski	Bill Starnes
Cheryl Arrington	Phyllis Ann Halstead	Kari Mohn	Sondra Starnes
Wanda Carlson	Cliff Heus	Harry Nagasako	Buck Steiner
Glenn Clifford	Kathy Heus	Bill Nelson	Sheila Steiner
Patsy Clifford	Jan Hollers	Lois Nelson	Vivian Terry
Rachael Craig	Molly Jackson	Ray Nickelson	Charles & Janice Thornton
Walter Craig	Leanne King	Marian Nickelson	Terry Turner
Carol Freas	Anita Kwan	Joseph & Janice Nightingale	Ray & Yen-ti Verg-In
Nadine Gabbett	Lisa Lambert	Carol Prior	Roy & Ozella Williams
Velda Geller	Pearl Larson	Barbara Smith	Janice Wilsack
			Beverly & Don Waldrop

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



SATURDAY, MAY 15, 2021

BAKED ORANGE CHICKEN (for Two)

(Senior Chef)

Ingredients:	
Two chicken pieces	1/4 C hot water
4 T orange Juice	1 T honey
2 t grated orange rind	1 t prepared mustard
1/4 C dry breadcrumbs	1 t cornstarch
1 chicken bouillon	Salt & Pepper to taste



+



+



= YUM!!!

Preparation:

1. Preheat the oven to 350° F.
2. Lightly grease an ovenproof dish.
3. Place orange juice and rind in a bowl and the breadcrumbs in another bowl.
4. Dip each piece of chicken in the juice and then the crumbs.
5. Place in ovenproof dish and bake for 30 minutes.
6. While the chicken is cooking, make the sauce by combining bouillon, hot water, honey, mustard, cornstarch, salt & pepper to the leftover orange juice. Mix well. Pour over chicken and return to the oven for an additional ten (10) minutes.

“Motherhood: All love begins and ends there.”
—Robert Browning



Virgin Grandma

Biz Robbins

Mother’s Day means to me the love of three children I never had. Let me explain.

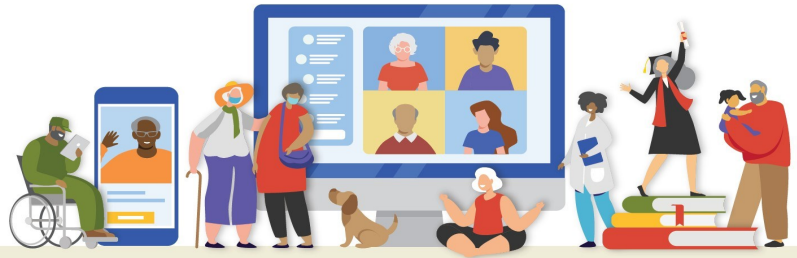
I’ve never borne children, but I’m a grandma; a virgin grandma is what I call myself. It all began with my cousin Karen. She and I grew up as sisters, living next door to each other. She lined me up for my first big high school dance. I was maid of honor at her wedding and godmother to her first and only child, Cindy. As life happens, we lived hundreds of miles apart, keeping together with frequent phone calls and occasional visits as we grew older.

When my husband was ill with cancer, Karen was my rock. After he died, she came to Ketchikan to help me grieve. And then, too soon, she contracted an aggressive cancer and I was able to help her and her daughter Cindy. But Karen died, not even a year after my husband. So there I was, grieving with Cindy...a pregnant Cindy.

Cindy’s baby was expected to arrive around Christmas, and she asked if I’d be with her since her mother couldn’t and I wouldn’t have to teach then. I flew to Minnesota during the school break to be there, to help her first through the holiday, and then the delivery and the afterward.

I was there when Nicole was born...I’ll never forget holding that small child, just minutes old, and asking Cindy, “Does this mean that I’m her grandma?”

Cindy said, “Only if you take my other two.” So Brandi and Jeffrey became my grandkids too. Mother’s Day became Grandma’s Day--and I celebrate Grandma’s Day with them.



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in our Kenai area communities as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, the **Kenai Senior Center** will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! Please join the **Kenai Senior Center** in strengthening our community and tell us if you found one of these four ways to celebrate. Posting on our Facebook page, share it on the community bulletin board inside the Senior Center or simply call. We'd love to hear from you!

MAY MEMORIALS

Afd.defense.gov, Wikipedia, History.com, Parade.com

ARMED FORCES DAY (May 15, 2021) President Harry S. Truman led the effort to establish a single holiday for citizens to come together and thank our military members for their patriotic service in support of our country.

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy, Marine Corps and Air Force Days. The single day celebration stemmed from the unification of the Armed Forces under the Department of Defense.

MEMORIAL DAY

(May 31, 2021): An American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries. By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

Memorial Day originally honored only those lost while fighting in the Civil War. But during World War I, the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in

all wars, including World War II, the Vietnam War, the Korean War, and the wars in Iraq and Afghanistan.



MOTHER'S DAY (May 9, 2021): Anna Jarvis is considered the "mother of Mother's Day" in the U.S.

Jarvis's mother passed away in 1905 and three years later, Jarvis organized a memorial ceremony in West Virginia to honor her mother, and all mothers. She sent 500 white carnations to the service and held her own memorial in Philadelphia. That day, May 10, 1908, is considered the first official celebration of Mother's Day.

Over the next few years, Jarvis campaigned to have Mother's Day recognized by the federal government, and in 1914, President Woodrow Wilson signed a bill that designated the second Sunday in May as Mother's Day. The resolution requested that the American flag be displayed that day at businesses and homes "as a public expression of our love and reverence for the mothers of our country."

Franklin D. Roosevelt personally designed a Mother's Day stamp in 1934. It featured the famous "Whistler's Mother" painting by James Abbott McNeill Whistler.

The white carnation is the official flower of Mother's Day. Founder Anna Jarvis compared carnations to a mother's love in a 1927 interview, according to National Geographic. "The carnation does not drop its petals, but hugs them to its heart as it dies, and so too, mothers hug their children to their hearts, their mother love never dying," she said.

MOTHER'S DAY TRADITIONS

Care.com



United Kingdom: In the UK, Mother's Day is celebrated on the fourth Sunday of Lent, and is called Mothering Sunday. During medieval times, poor families often sent their children off to work as domestic servants or apprentices to rich families. Their rare day off was traditionally granted during the Lenten season, so they could worship the Virgin Mary and visit their home "mother church" and their families. The children would often pick flowers to give to their mothers and bake special cakes called Mothering Cakes or Simnel Cakes. Today, Mother's Day in the UK is celebrated in the same way as it is in America, with flowers, cards, gifts and family meals.

Brazil: In Brazil, Mother's Day is one of the most commercial holidays celebrated, second only to Christmas. Brazil commemorates this special day on the second Sunday in May with special children's performances and church gatherings, which often culminate in large, multi-generational barbecues.

Germany: Muttertag takes place on the second Sunday in May. In Germany, the giving of Mother's Day cards is extremely popular. During WWII, Mother's Day traditions took on political significance as the day to acknowledge women for producing children for the Vaterland, or Fatherland. Medals were awarded in gold, silver or bronze, based upon how many children were in the household. After the war, it assumed a softer feel, with the giving of gifts, cards, and flowers, as well as festive meals earmarking the day.

Japan: Mother's Day is celebrated on the second Sunday in May and is symbolized by beautiful carnations, which represent the gentle strength of mothers who are revered in Japanese culture. Children draw pictures of their mothers in school and sometimes enter them in art contests. Like most other countries, Mother's Day is a day of pampering for moms — kids help take over the household chores, have a special family meal, like sushi or eggs, and give their mothers red carnations or roses and cards.

Peru: Mother's Day is celebrated the second Sunday of May with gifts, chocolates, and joyous family meals. In Peru, children often give their moms handmade items, which are reciprocated with gifts from them, in turn. Peru's indigenous Andean population, however, also celebrates the gifts of Mother Earth, or Pachamama, in early August. Pachamama is an ancient mythological goddess beloved by many indigenous Andean populations. Mythology cites Pachamama as the cause of earthquakes and bringer of fertility. Her special worship day is called Martes de Challa.

France: Fete des Meres takes place in late May or early June, based upon Pentecost. It didn't become an official day of celebration until 1950, but was originally declared a holiday by Napoleon. On this day, like in the United States, moms relax, relying on their children to cater to their needs and do the chores. Gifts are given and sometimes short, original poems are recited. A large, celebratory meal ends this relaxing, enjoyable day.

Ethiopia: Mother's Day is celebrated at the end of the fall rainy season, as part of the three-day Antrosht festival, dedicated to moms. When the weather clears up and the skies empty of rain, family members come home to celebrate with a large feast. Daughters traditionally bring vegetables, butter, spices and cheese, while the sons bring meat of various types, including lamb or bull. These will be included in a traditional hash recipe. Singing and dancing is shared by all family members.

Serbia: Celebrated over three days to fully acknowledge their mothers and the spirit of family, in Serbia. There, Mother's Day takes place in December and is part of a series of holidays including Children's Day and Father's Day. All three holidays take place on consecutive Sundays and require lots of rope! On Children's Day, children are tied up and must agree to behave before they are unbound; on Mother's Day, it is mom's turn to be tied up where she will remain until she supplies yummy treats and small gifts to her children; and, dads are tied up with rope on Father's Day until they give their families Christmas gifts. At that point, everybody feasts!



India: Hindus celebrate the goddess Durga, or Divine Mother, during a ten-day festival called Durga Puja in October. Durga Puja celebrates the triumph of good over evil and is earmarked by gifts given to friends and family, as well as feasts and celebrations.

(REMEMBERING OUR MOTHER, continued from page 1)

Yen-chiao, my younger sister, remarked that my mother's bound feet didn't hinder her adventurous spirit and her creativity. She spent her last two decades traveled between US, Canada, Taiwan, China, and Alaska by herself. She couldn't read or write either in Chinese or English, so my sisters made a set of index cards with pictures on it. On the long flight, she would show the steward the picture or pantomiming what she needed. She made these transcontinental trips on her own at least a dozen times. Truly a remarkably independent traveler!



My mother lived with us on and off for twenty years. Ray doesn't speak Chinese, and my mother no English, but they got along fabulously. She enjoyed ice fishing, processing wild games, making crafts with scrap materials, watching Daniel Boone on TV, and sipping on beer. Occasionally our friend would bring her a bottle of mescal tequila; she would save it for special events.

This year MOTHER'S DAY falls on May 9th, the day to remember and honor our mother. We sisters will wear purple, a color shows her wisdom and nobility, have a shot of mescal, watch Daniel Boone reruns (if possible), and eat dumplings, a symbol of our mother's ultimate love of us!

"HERE IS TO YOU, MOM!"

"It's such a grand thing to be a mother of a mother—that's why the world calls her grandmother." — Unknown

Mother's Day

By Ann Lee

Mother's Day is A VERY IMPORTANT DAY in most people's lives. Mother's Day is dearer to me because of what my mother did for me by saving my life--which is the ultimate sacrifice from a mother.

I am a recovering Alcoholic. My mom realized my problems. My father (who was also an alcoholic), after all his years of drinking, had his first reprimand with alcohol and got an ankle monitor at 79 for driving while drinking. Obviously, he was a better driver than I when it came drinking as I'd had two DUI's. Anyway because of my dad's dilemma, my mom begged me to quit drinking so I wouldn't end up like my dad. I made a promise to my mom that I would quit.

Two years after that promise to my mom, I heard a voice telling me (probably God or my conscience), "Ya know, you made a promise to your mom and you might want to follow through before your Mom dies." Wow, I wonder what that was about? I thought God had a plan for my mom soon, so I set out to quit drinking. I managed to do it alone.



It's been seven years now. I can't thank my mom enough for having me promise to quit. It saved my life and she never got to know as she already had Alzheimer's. But every Mother's Day I pray to my mom in heaven thanking her for what she did for me. ~ Happy Mother's Day Mom! And I love you every day and wish I could tell you with a hug.



As the Kenai Senior Center begins to re-open and offer events once more, to be compliant with the CDC and State safety regulations, in-house dining seating is limited to 4 per table.

We are currently offering the following programs and services:

Growing Strong Exercise	Monday, Wednesday & Friday	10:00 am
Caregiver Group Session	Mondays	2:00 pm
TOPS Weight Loss Group	Tuesday	10:00 am
NEW!! Tai Chi Exercise	Tuesdays	10:30 am
Writers' Group	Wednesday	1:00 pm
Bluegrass Music	Thursday	2:00 - 5:00 pm
NEW!! Adult Coloring Class	Fridays	10:30 am
Dining Room Meals (RSVP no longer required.)	Tuesdays & Fridays	12:00—1:00 pm
Medical Transportation	Monday, Tuesdays, Wednesdays	By appointment only



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.



MAY 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
3 Baked Potato w/ Fixings Broccoli Spears Muffin Salad	4 Beef Teriyaki Noodle Bowls Soup 	5 Beef Enchiladas Spanish Rice Cilantro Lime Coleslaw Salad	6 Chicken Cordon Bleu Honey Carrots Apple Dumplings Soup	7 Honey-Garlic Pork Tenderloin Mased Potatoes Gravy Zucchini Salad
10 Clam Chowder Seafood Pasta Salad Mellon Muffin Salad	11 Stuffed Peppers Mixed Vegetables Fruit Cup Soup 	12 Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes Salad	13 BBQ Pulled Pork Sandwich Hawaiian Macaroni Salad Fruit Cup Soup	14 Teriyaki Chicken Cowboy Beans Buttered Corn Salad
17 Ham & Beans Broccoli Salad Jalapeno Cornbread Salad	18 Steak Salad w/ Balsamic Dressing Mellon Cottage Cheese Soup 	19 Roast Turkey Mashed Potatoes Gravy Green Beans Stuffing Cranberry Sauce Salad	20 Oven Baked Chicken Parmesan Italian Veggies Garlic Bread Soup	21 Halibut Burger Tater Puffs Pasta Salad Salad
24 Swedish Meatballs Egg Noodles Pickled Beets Salad	25 Thai Chicken Salad w/ Peanut Dressing Rice Noodles Fruit Cup Muffin Soup 	26 Chicken & Dumplings w/ Peas & Carrots Fruit Cup Salad	27 Meatloaf Mashed Potatoes Gravy Mixed Veggies Soup	28 Mongolian Beef Jasmine Rice Egg Roll Salad
31 MEMORIAL DAY CENTER CLOSED	1 Quiche Roasted Potatoes Muffin Fresh Fruit Soup 	2 Pizza Strawberry Spinach Salad Fruit Cup Salad	3 Liver & Onions Mashed Potatoes Gravy Green Beans Soup	4 Cheeseburger Cowboy Beans French Fries Jello Salad

Menu is subject to change

Kenai Senior Connection, Inc. NEWS

The Kenai Senior Connection, Inc. met on April 23. Items discussed at the meeting were:

- Fourth of July booth (in addition to pies, we will also be selling biscuits & gravy, along with coffee, bottled water, and tea)
- Greenhouse Project (expected placement early summer)
- Dip Net Activities (will be discussed further at the May meeting)

If you haven't been into the Center lately, there are a number of changes already made. Next will be the installation of a new water and ice dispenser along with Missy's new stove! Very exciting!!! The bulk of the facility's changes were made through awards of grant funds which staff requested. The Connection provided funding to acquire several items as well.

Don't forget May 9 is Mothers Day, May 15 is Armed Forces Day, and of course, Memorial Day on May 31.

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

Velda Geller

President, Kenai Senior Connection, Inc.



NEW CLASS BEGINS on FRIDAYS at 10:30a

Did you know that coloring has the therapeutic

potential to reduce anxiety, create focus and bring more mindfulness? Coloring can also provide the following:

1. Trains your brain to focus.
2. Helps with emotional and mental health issues.
3. Replaces negative thoughts with positive thoughts.
4. Gives you a chance to be social.

Join Cheryl Arrington as she shares her love for coloring. Bring yourself and any art coloring pencils (if you have them). The class will meet in the Card/Library Room.

Cards with Kimberly is back!

In the digital age in which we live, cards seem to be even more special than they were before. How many times do we wish someone Happy Birthday on Facebook instead of taking the time to send a card?

Kimberly is bringing all of her expertise in making these beautiful cards. Join the fun on Wednesday, May 12 at 10:00 am in the Craft Room. All of the supplies will be provided.





Mother's Day



Word Scramble

1. SMOEMERI _____
2. EWSTE _____
3. RADC _____
4. IDNK _____
5. EPASCLI _____
6. GUSH _____
7. FSIGT _____
8. EOLV _____
9. OTSHEMR ADY _____
10. ORSLWFE _____
11. SESKSI _____
12. LNHDCRIE _____
13. TECOLOHCA _____
14. YANCD _____
15. GRACNI _____



2021 Kenai Senior Center Survey

We are committed to providing you with the best experience possible, so we welcome your comments. Please fill out this questionnaire and place it in the box in our lobby or mail it to:

Kenai Senior Center, 361 Senior Court, Kenai, AK 99611

How frequently do you visit the Kenai Senior Center?

☐ 4 or more times per week ☐ 1-3 times per week ☐ Once per month ☐ Occasionally ☐ Never

How frequently do you get Home-Delivered Meals from the Kenai Senior Center?

☐ 4 or more times per week ☐ 1-3 times per week ☐ Once per month ☐ Occasionally ☐ Never

What is the age of the person receiving services from the Kenai Senior Center?

☐ 20—39 years ☐ 40—59 years ☐ 60—79 years ☐ 80—99 years ☐ 100 years or older

Do you eat at the Kenai Senior Center? ☐ Yes ☐ No

If yes, please evaluate the following statements (*circle one*):

Please rate the quality of the food you receive at the Kenai Senior Center.

(Disappointing) 1 2 3 4 5 6 7 8 9 10 (Exceptional)

I enjoy having entertainment during lunch at the Kenai Senior Center.

(Never true) 1 2 3 4 5 6 7 8 9 10 (Always true)

I like the variety of the menus.

(Never true) 1 2 3 4 5 6 7 8 9 10 (Always true)

In the past, have you used use our transportation services? ☐ Yes ☐ No

If yes, please evaluate the following statements (*circle one*):

I feel safe when riding in the van.

(Never true) 1 2 3 4 5 6 7 8 9 10 (Always true)

The van is clean and comfortable.

(Never true) 1 2 3 4 5 6 7 8 9 10 (Always true)

The drivers are helpful and patient.

(Never true) 1 2 3 4 5 6 7 8 9 10 (Always true)

Do you receive home meals? ☐ Yes ☐ No (Continued on page 15.)

2021 Kenai Senior Center Survey, continued

If yes, please evaluate the following statements (*circle one*):

The quality of my meal is always excellent.

(Never true) 1 2 3 4 5 6 7 8 9 10 (Always true)

My Meals-on-Wheels driver is kind and caring.

(Never true) 1 2 3 4 5 6 7 8 9 10 (Always true)

I like the variety of the menu.

(Never true) 1 2 3 4 5 6 7 8 9 10 (Always true)

What is your favorite food served? _____

Do you participate in activities? ☐ Yes ☐ No

If yes, please circle the activities you participate in:

~Bingo ~card games ~sewing ~crafts ~blood pressure checks ~video exercise

~growing strong ~dog therapy ~bell choir ~guitar ~tai chi ~writer's group

~informational classes ~Spanish ~movie night ~shopping ~day trips

What other types of other activities or food items would you like to see offered?

Would you recommend the services at the Kenai Senior Center? ☐ Yes ☐ No

What do you appreciate most about the Kenai Senior Center?

What could the Kenai Senior Center do that would be helpful to Seniors in the area?

How did the COVID-19 Virus affect you? _____

Thank you for taking the time to fill out this survey. Your opinion is important to us!

**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.

**OLDER
AMERICANS
MONTH**



COMMUNITIES OF STRENGTH: MAY 2021

**City of Kenai
Kenai Senior Center**

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

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