

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

# November 2020

The Kenai Senior Center

# Centerline

*We asked for what you were thankful, these  
are from those who answered*

**WE ARE THANKFUL FOR....**



## Surprise!!

**By Chuck Thornton**

Today two bags appeared outside our door.  
Surprise! We did not see them there before.

The contents, when we looked, were a surprise.  
Like gifts, at Christmas time, before our eyes.

The bags (from Hilcorp) opened to reveal  
Food from the Food Bank – also Meals on Wheels.

4 books in all – the topics we shall read –  
The Kenai Library thought we might have need.

The masks are great, we'll wear them very soon.  
The nuts and other eats we share at noon.

The Kenai Senior Center played its part.  
Helped place them at our doorstep (bless your heart).

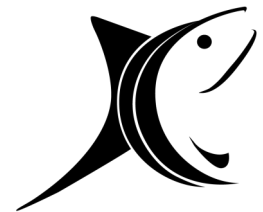
We, Seniors, sure are treated "awful nice."  
The gifts you gave have truly added "spice."

Ruby and I are tough, but thankfully God has  
been on our side throughout this pandemic and  
that we have maintained our health. Amen!

Praise be to Jesus.

Annie

*More  
thankful  
notes  
continued  
inside...*



# KENAI

## Inside this issue

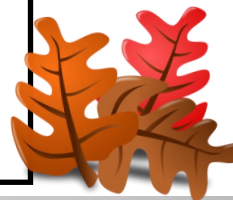
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## Special points of interest

- Veteran's Day Dedication
- Story of a Father's Love

I am thankful that I said yes to my Lord and Savior, Jesus Christ, when He came knocking and I let him in. I am beyond blessed as He continues to care for and provide daily for me while I journey to meet up with Him in the near future.

Janice Wilsack



## KENAI SENIOR CENTER SERVICES

### CONGREGATE MEALS:

\*Suspended (COVID-19)  
Monday through Friday  
from 11:30 to 1:00pm

### 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:

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

## 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 several times per year in the Centerline.  
Thank you for considering this as you remember your friends and family.

### Ardith Arbelovsky

Doug & Mary Noe

### Jan Warnix

Marilyn Bannock

### Debra Fullinck

Bill & Lois Nelson

### Michael Skinner

Bill & Lois Nelson

### Bill J. Rackley

Patricia Thomson

### Jim Evenson

Bill & Lois Nelson

If you would like to order a meal for pick-up, please call  
283-4156 by 10:30am for same day pick up.

# NOVEMBER BIRTHDAYS



Name	Day	Name	Day	Name	Day	Name	Day
Barbara Moore	1	Louis Ferrara	9	Jerry Norris	15	Netella Peterson	21
Maurice Dorsey	1	BK Kivi	10	Florence Struempler	18	Joan Corr	21
Rosemary Bird	2	Timothy Stone	11	Pete Hallgrimson	18	Hal Smalley	22
Shirley Henley	5	Harry Nagasako	12	Darrell Moore	19	Wayne Boettcher	24
Mark Weathers	5	Elaine Cessnun	12	Jane Russell	19	Donna Mortensen	27
Shirley Johnsrud	5	Ozella Williams	13	Randall Leitch	20	Pierce Bassett	28
Donna Hoyt	7	Donald Essex	14	Walter Craig	20	Samuel Bird	28
Douglas Norris	7	Bruce Berget	14	Phyllis Halstead	20	Jana Moran	28
Helen Carlson	8	Sylvia Reynolds	14	Susan Carr	20	June Truelove	29
Anita Kwan	8	Sharell Russell	18	Marian Nickelson	21		

## What is \$5 Club?

**Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!**

All funds are used to assist with the Senior Center budget and for special needs throughout the year. We thank everyone for your support as we continue to grow and serve the needs of our senior community. Donations may be made on a monthly or year-to-year basis. Items purchased with these funds include the piano!

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

## NOVEMBER \$5 CLUB

Ardith Arbelovsky  
Bob & Cheryl Arrington  
Patricia Bravo  
Sue Carter  
Dee & Lee Cassel  
Glenn Clifford  
Patsy Clifford  
Velda Geller  
Omer Goodman  
Pete Hallgrimson  
Joel & Laura Henkelman

Jan Hollers  
Gary Hollier  
Joanna Hollier  
Donna Hoyt  
Molly Jackson  
Leanne King  
Lisa Lambert  
Paula Maier  
Susan Malmquist  
Len Malmquist, Jr.  
Marge Milewski

Kari Mohn  
Bill Nelson  
Lois Nelson  
Joseph & Janice Nightingale  
Alice Nuxoll  
Robert & Netella Peterson  
Pat Robinson  
Barbara Schmidt  
Bill & Sondra Starnes  
Vivian Terry  
Terry Turner

Ray & Yen-ti Verg-in  
Frosty Walters  
Virginia Walters  
Roy & Ozella Williams

*thank you*

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. Following is the Alaska Department of Motor Vehicles website with regard to the REAL ID: <http://doa.alaska.gov/dmv/akol/>



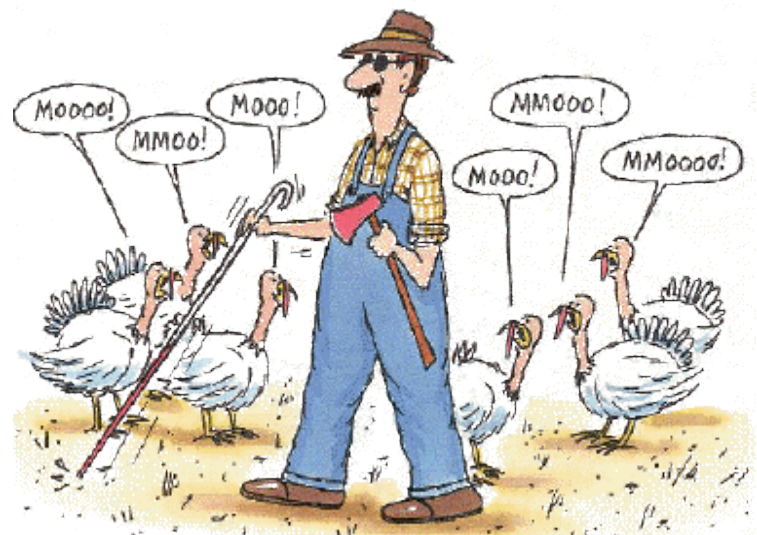
**YOUR OLD**  **CRUCIAL SERVICES**  
 **FOR SENIORS**



### DONATE IT NOW

Did you know that your old cell phone is worth up to \$30, depending on the make and model? Don't let that money go to waste. Your old phone can help to provide meals on wheels, care giving support, health promotion activities and life-long learning.

**TO DONATE: CALL 283-4156 AND DROP OFF YOUR OLD PHONE AT THE KENAI SENIOR CENTER**



## What I am Thankful For

*By Anita Kwan*

October marks a one-year anniversary of my goals of improving my health. It all started with walking around the local area with Angie Clary on a special day. We were joined by a lady from Nikiski who joined us that day. I mentioned to them that I wanted to continue walking all winter and that the center was not going to continue the weekly walks.

The lady from Nikiski, whom I will call "Lady L", said she would be my walking partner. We started out with her pedometer showing 2 miles, we continued walking and then we were up to 3 miles. By the beginning of this summer, we were doing 4 miles, and Lady-L is very interesting to be with. She is quite knowledgeable about the local plant and trees in our area. She has told me what the names of the trees are and identified the mushroom species for me. I have learned which are eatable and which are not.



She has been quite an inspiration to me. We are continuing our walking and I would recommend you get a partner and do the same.

Once again thank you to the Senior Center Staff and Lady-L for being there for me.

### **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



### **State/Federal Election**

**Tuesday, November 3, 2020**

#### **REMINDER: Precinct Changes**

<u>Kenai Precinct No. 3</u> Old Carr's Mall	<u>Kasilof</u> Soldotna Prep School
<u>Salamatof</u> Nikiski Community Rec Center	<u>K Beach</u> Soldotna Sports Center

Polls are open from 7:00 AM to 8:00 PM on Election Day. Persons registered with the State of Alaska, who have resided in the State for a period of thirty (30) days prior to the election and meet all other qualifications, are eligible to vote.



## 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.



*"The best thing to hold in life is each other."*

*~Audrey Hepburn*

## RECIPE

### Pumpkin Streusel Muffins (Serves 12)

Bread Ingredients:		Streusel Topping
1 Cup Sugar	1/4 Teaspoon Baking Powder	1/4 Cup Brown Sugar
1/2 Cup Vegetable Oil	1/2 Teaspoon Baking Soda	3 Tablespoons Flour
2 Large Eggs	1 Teaspoon Cinnamon	2 Tablespoons Butter
1 Cup Pumpkin Puree	1/2 Teaspoon Ground Nutmeg	
1-1/2 Cups Sifted Flour	1/4 Teaspoon Ground Ginger	
1/4 Teaspoon Salt	1/4 Teaspoon Ground Cloves	



#### Instructions:

Preheat oven to 325° F. Grease and flour 12-cup muffin tin (or line with cupcake liners). Mix dry ingredients in medium mixing bowl. In separate mixing bowl, beat sugar with oil until blended. Add eggs one at a time, beating well after each addition. Continue beating until light and fluffy. Mix in pumpkin on low speed. Add in dry ingredients on low speed and mix well. Divide into muffin tins.

For Streusel Topping: Mix all ingredients with a fork or pastry blender until crumbly texture. Top each of the muffins with Streusel.

Bake 35 minutes or until toothpick inserted near center of muffin comes out clean. Let cool for five (5) minutes before removing to wire rack to finish cooling completely.



Xie, Xie, BaBa ~~ Thank you, Dad  
The Legacy that My Father Left me  
By Yen-ti Verg-in

There are so many things in my life for which I am thankful. But none can compare to the legacy that my father left me.

Wang Kuai Yi, my father's name, has special meaning: "Wang", the family's surname, "Kuai", the middle name of his generation in our Wang family, "Yi", means that he was the first born. He was born in 1908; four years younger than my mother; in the old tradition, wife needed to be older than husband, so she could take care of him and his family. My father was born in Lai-Yong, a rural pear orchard growing country in Northern China, Shan-Tong Province. His family was not rich, but probably was considered as a land owner by the Communist standard.

Back in the 30's and 40's, China was torn of wars; Manchuria in northern China was occupied by Japan, and the rest of the country was fighting between the communist party and Kuoming Party. Our family was torn between the constant warring and raiding. To make a living my father and his cousin went to Da Lian, a Japanese occupied territory and took a clerkship at a retail fabric store; leaving farming and caring for his parents and his own family to my mother. He earned what he could and sent the money home to the rest of the family to live on. He learned to speak Japanese and learned about fabrics.

Later on, when the communist took over the country, there weren't any safe places to make a living. We were told that the streets in Taiwan were lined with bananas. The weather was warm year round; food, clothing, shelter could be all taken care of in this paradise without too much struggle and hardship. My father secured boat fares for his family of six, plus the fare for his cousin, my third uncle, and took a few yards of fabric for trading. We went to Taiwan with nothing but the clothes on our back. His Japanese helped to bridge the communication problem with local Taiwanese.

In order to make a living; one must work and work hard. One of endeavors my parents started was to sell soybean milk. My parents would get up at 3 in the morning, grind the soybeans, make fresh soybean milk, and sell on the street corner at dawn. My father built a "lean-to" by the railroad track. So every day and night, we would hear the "CHOO, CHOO..." and felt the shake when trains passing by. Little by little, this lean-to was improved to be a bamboo dwelling with public water and sewer nearby. There were thousands with similar situation who lived in our neighborhood.

*My father insisted that making a living was his and my mother's responsibility and each child's duty was to go to school; study, learn and achieve. My sisters took my father's words seriously; they were focused and achieved high honors in school. I, on the other hand, studying and being an obedient daughter was not in my immediate sphere. During my teenage years, I was rebellious, restless, did not have much common sense; all I wanted to do was to be free spirited and day-dreaming, totally irresponsible, which no doubt caused much heart-ache and gave my parents endless sleepless nights.*

In order to obtain a college degree, we had to go through a rigorous College Entrance Exam. My sisters passed the exam with flying colors, and their education was paid by scholarship and tuition free obtained from the first rated government university. I ended up in an expensive private college. The financial burden for my education and my father's constantly battled with his chronic health problems shadowed our growing up years.

I was relieved when I got my bachelor degree, and thought the thing that I needed to do then was to find a rich husband, and he would take care of me and my family. However, my father had something else in mind. He insisted that all his children had to go to America and get a higher education. For my sisters, it was a "given", they had a smooth educational paths, they were born with desire to achieve, and there was no questions that they could go high in anything that they choose to do.

(Cnt'd Pg. 8)

## Kenai Senior Connection, Inc. NEWS

November is here, it seems this year has gone by very fast.

As we look back over the year we were all excited about our March for Meals Fundraiser that would have been coming up in March. We had picked our theme, THE ROARING 2020's. The dinner menu, decorations and invitations were sent out. We were all excited until the afternoon of March 13 when we got the news we had to postpone. We hoped to go ahead a few weeks later, but that didn't work out, so now we are planning to pickup where we left off this coming March 2021.

As we look back over 2020, it is probably one we will never forget. We were blessed with a beautiful summer and fall. My suggestion to each of you is to concentrate on Thanksgiving. This would be a good time to send a note or make a call to someone you haven't heard from or seen in a while.

As President of Kenai Senior Connection, Inc., I want to wish each and every one of you a VERY HAPPY THANKSGIVING. ~ Velda Geller

If you haven't already voted—**plan to vote Tuesday, November 3.**



### **The Legacy my Father Left Me**, Continued from page 7....

With me, it required much persuasion and foresight. My father explained that a bachelor degree was decent, but we needed to do better. He believed a master's degree or even higher was a MUST to get ahead; education will create opportunities to compete in the tough job market. My father only had four years of formal education; all his life he had to work very hard to take care of his family. He didn't want us to end up like him, slaved all his life, just to make a living to support his family. That life style was like a hamster stuck in the cage, going round and round, and never could get ahead.

He sold our small dwelling and my mother's little jewelry. He saved/borrowed about US\$2,000, which was barely enough to buy an airline ticket and guarantee money for my older sister, Margaret, to come to US for a higher education; the same money used to support me one year later, and then to my younger sister, Yen-Chiao the year after. That money was well invested. We all learned how to support ourselves, how to save, how to budget, study and pursue our higher education, which led us to decent jobs. We were our parents' investment, me and my sisters. Everything went into us.

I was the "black sheep" in the family. In 1970, Ray and I eloped to Idaho, standing in front of the court house; I called my parents and told them that I was going to marry Ray. There was a long pause, and then my father said; "I have done all I could to ensure you to have a good and secure life. If you think this foreigner could provide for you, then I have nothing to say."

In the fall of 1973, my dad came to Marshall, Alaska visited his "foreign devil" son-in-law, Ray, to make sure that I was happy and not mistreated. We owned a boat, snow machine, and even an airplane. In my dad's eyes, we must be "rich". Both Ray and I had respectful jobs as teachers; even though we lived in the "frozen Alaska"! My father fished and hunted, sampled all kinds of delicacies which only "rich" people in China could afford: moose nose, bear paw and bladder, salmon roe, to name a few. After staying with us for a couple of months, he left with satisfaction and knowledge that this particular "foreign devil" was an OKAY guy providing for his wife nicely.

My father passed away in the hospital with a mass heart attack on Christmas Eve, 1974.

The legacy he left me was not money or material things; it was the higher education that he insisted I obtain. The person I am is the legacy result of his watching, encouraging, and investment in the person I am today.

~ Yen-ti Verg-in



# VETERANS DAY DEDICATION



*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  
glow,*

*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 ye break faith with us who die  
We shall not sleep, though poppies  
Grow in flanders' fields.*

*John Mc Crae, 1915*



## NOVEMBER 2020 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\**

Mon	Tue	Wed	Thu	Fri
2 Fried Chicken Mashed Potatoes w/Gravy Mixed Veggies	3 Saucy Chicken Cheese Tortellinis Italian Veggies Garlic Bread	4 Biscuits & Gravy Scrambled Eggs Sausage Links Roasted Potatoes	5 Pepper Steak Stir Fry Jasmine Rice Egg Roll	6 Baked Ham Yams Green Beans w/ Bacon & Parmesan
9 Tacos Spanish Rice Corn Salad Fruit Cup	10 Baked Potato w/Fixings Broccoli Muffin	11 <i>Veteran's Day</i>  <b>CLOSED</b>	12 Teriyaki Chicken Parmesan Fries Pineapple Coleslaw	13 Cream of Mushroom Soup Chicken Salad on Croissant Chips
16 Chicken & Dumplings w/Peas & Carrots 3 Bean Salad	17 Liver & Onions Mashed Potatoes w/Gravy Green Beans	18 Honey Chicken Mashed Potatoes w/Gravy Autumn Veggies	19 Pizza Spinach Salad Fruit Cup	20 Clam Chowder Seafood Salad On Croissant Fruit Cup
23 Chili Dogs Tater Puffs Broccoli Salad	24 Roast Turkey Mashed Potatoes Green Beans Stuffing Cranberry Relish Pumpkin Pie	25 Beef Stew Fall Salad Cheesy Rolls Fruit Cup	26 <i>Thanksgiving Day</i> <b>CLOSED</b>	27 <b>CLOSED</b>
<div>Thanksgiving Break KSC Closed</div>				
30 Croissant Egg Sandwich w/Ham Roasted Potatoes Fruit Cup	1 Chef Salad Fresh Fruit Bran Muffin	2 BBQ Ribs Yams Baked Beans Fruit Cup	3 Creamy Chicken Shrimp Scampi Roasted Cherry Toms Garlic Bread	4 Tomato Soup Grilled Turkey Tomato & Cheese Fruit Cup

## Find the Arctic Animals

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

ARCTIC FOX  
ARCTIC HARE  
ARCTIC TERN  
ARCTIC WOLF  
BELUGA WHALE  
BLUE WHALE  
CARIBOU  
DALL SHEEP  
ERMINE

GREENLAND SHARK  
HARP SEAL  
KILLER WHALE  
LEMMING  
MUSKOX  
NARWHAL  
NORTHERN FUR SEAL  
POLAR BEAR  
PTARMIGAN

PUFFIN  
SNOWGOOSE  
SNOWY OWL  
WALRUS  
WOLVERINE

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[www.exploringnature.org](http://www.exploringnature.org)



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.

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.

# **OPEN**

# **Enrollment**

**Medicare Part D Prescription Drug Plan**

**Oct 15—Dec 7**

**Medicare.gov makes it real easy to look at different plans and see what works best for you!**

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**Kenai Senior Center**

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

Phone: 907-283-4156  
Fax: 907-283-3200  
E-mail: [senior@kenai.city](mailto:senior@kenai.city)  
<https://www.facebook.com/kenaisenior/>

PLEASE  
PLACE  
STAMP  
HERE

