

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

September 2020

The Kenai Senior Center

Centerline

Hunkered Down

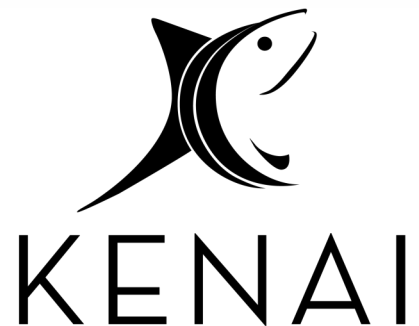
So here I sits all hunkered down,
My brow all creased into a frown.
I see the calendar upon my wall.
I blink out loud and nearly fall.
Good Lord, I think, how can it be?
September's here, and we're still not free?

We're still trapped by this Covid bug,
that nowadays can stop even a hug.
Some are angry and some are sad;
Some even think it's a phony fad.

It IS true, that we've ALL been bitten,
In one way or another, we're all smitten.
Maybe not directly — that sneaky little flea --
But sure as words are written,
It has affected you and me.

So now we are a-waiting,
While trusting in the Lord,
For those happy words,
That this bug at last has gone.
When we can be together
In our happy Senior Center,
And chat some happy happenings
When again we're back together.

~Gerry Sanger



Although we are not able to hold our Flu Shot Clinic, shots are available at Safeway and Walmart.

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Special points of interest

- What does my \$5 Club Donation help with? See page 3
- Crossword
- Help us keep our information current with our Update your Information form.



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

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

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

Thank You!

Memorials

Memorials can be given in honor of friends or family at any given time. We can give you a receipt for tax purposes and you can even decide where you would like the funds to be designated.

Memorials will be posted several times per year in the Centerline.

Thank you for considering this as you remember your friends and family.

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

SEPTEMBER BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Peggy Nash	9	Denny Doolittle	16	Carol Stables
1	Mary McAnelly	10	Karen Olsen	18	Stephen Williford
1	Shawna Moro	10	Sherlyn Anderson	19	Dan English
2	Anna Ludy	11	Candy Kohniak-West	19	Joyce Harris
2	Don Roderick	12	Al Weeks	19	Terry Turner
2	Diane Friend	12	Richard Marquez	20	Gary Sonnevil
3	Wiona Sledge	12	Bobbie Johnson	22	Ruth Malston
5	Wanda Carlson	14	Dustin Rhodes	25	Shane Massey
7	Catherine Wade	14	Patricia Thompson	25	Alida Bayes
8	Virginia Walters	15	Richard Jordan	26	Jewell Coverstone
8	Susan Malmquist	15	Mark Necessary	27	Marie Weller
8	Moses Kilbuck	15	Russell Sonberg	27	Dianna Locke
8	Denise Klaschen	15	Vivian Terry	29	Janine Adams



THANK YOU, THANK YOU, THANK YOU

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!

SEPTEMBER \$5 CLUB

Ardith Arbelovsky	Monica Griffin	Susan Malmquist	Bill & Sondra Starnes
Bob & Cheryl Arrington	Pete Hallgrimson	Len Malmquist, Jr.	Vivian Terry
Steve Best	Joel & Laura Henkelman	Marge Milewski	Terry Turner
Patricia Bravo	Jan Hollers	Kari Mohn	Ray & Yen-ti Verg-in
Sue Carter	Gary Hollier	Bill Nelson	Frosty Walters
Dee & Lee Cassel	Joanna Hollier	Lois Nelson	Virginia Walters
Glenn Clifford	Donna Hoyt	Joseph & Janice Nightingale	Roy & Ozella Williams
Patsy Clifford	Molly Jackson	Alice Nuxoll	
Dale Cocklin	Leanne King	Robert & Netella Peterson	
Velda Geller	Lisa Lambert	Pat Robinson	
Omer Goodman	Paula Maier	Barbara Schmidt	

thank you

SENIOR CONNECTION CORNER

September has arrived, Senior Connection still hasn't been able to have a meeting since last March, but that doesn't mean we have disappeared, as soon as possible we hope we can all get back into the groove of things.

September usually means it is about time to say good bye to summer. We've had a beautiful summer in spite of the pandemic keeping us all quarantined. Great weather for gardening, now it's time to pick those last tomatoes, clean out the greenhouse for next spring. Harvesting what is left in the garden such as pulling the carrots and onions and digging the potatoes and get them stored away for the winter.

Hopefully we can have a few weeks of Indian Summer, that would be a great time to go berry picking.

Fall is right around the corner, in the morning you can feel and smell it in the air. Lots of dew on the grass, a few leaves starting to turn. School has already started, it is a little different this year, so many parents are concerned about sending their kids to school and the little ones to daycare but they both have to work. Since becoming a Grandma so many years ago I have been available to help with my grandkids and great grandkids when mom or dad needed me. I was doing them a favor, but I was the one who got the blessings. If you are able to help someone out let them know, because they probably won't ask.

The 2020 Municipal Election will be held on Tuesday, October 6, 2020

The 2020 United States Presidential Election Tuesday November 3

We have the privilege and duty to vote, so if at all possible please vote. Some of the voting places have changed, if you can't find yours I will be glad to help you, just give me a call. (283-4329)

Velda Geller,

President—Kenai Senior Connection, Inc.

WHAT YOU CAN DO TO PROTECT YOURSELF FROM COVID-19

- Wash your hands often.
- Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community.
- Clean and disinfect frequently touched services.
- Stay at home as much as possible
- Avoid all cruise travel and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#)



BENEFITS UPDATE

This month's topic is...Heating Assistance!

The Heating Assistance Program assists households with income at or below 150% of the federal poverty income guidelines, who have a minimum of \$200 in out-of-pocket heating costs per year, and meet all other eligibility criteria. The benefit is a one-time payment to the household's vendor, sent to the vendor, and applied to the customer's account as a credit. It is open to homeowners and renters.

The program opens on October 1st each year and benefits are issued beginning on November 1st. Applications are available at Department of Public Assistance offices throughout the state, WIC offices, vendor locations, senior centers such as the Kenai Senior Center, and online at www.heatinghelp.alaska.gov beginning on October 1.

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



QUICK FALL MINESTRONE

INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 6 cups vegetable broth
- 2 1/2 cups (3/4 inch) cubed peeled butternut squash
- 2 1/2 cups (3/4 inch) cubed peeled baking potato
- 1 cup (1 inch) cut green beans (about 1/4 pound)
- 1/2 cup diced carrot
- 1 teaspoon dried oregano
- 1/2 tsp. freshly ground black pepper
- 1/4 tsp. salt
- 4 cups chopped kale
- 1/2 cup uncooked orzo (rice shaped pasta)
- 1 (16 ounce) can cannellini beans or other white beans, rinsed and drained
- 1/2 cup (2 ounces) grated fresh Parmesan cheese

Yield: 8 servings (serving size: 1 1/2 cups soup and 1 Tbsp. cheese.

HOW TO MAKE IT

Heat the oil in a large Dutch oven over medium-high heat. Add onion and garlic/ sauté 2 1/2 minutes or until tender. Add broth and the next 7 ingredients (broth through salt); bring to a boil. Reduce heat, and simmer 3 minutes. Add kale, orzo, and beans; cook 5 minutes or until orzo is done and vegetables are tender. Sprinkle with cheese.

Nutritional Information

Calories 212, Calories from Fat 21%, Fat 5g, Saturated 1.6 g, Monofat 1g, Polyfat 1.2g, Protein 9.6g, Carbs 36g, Fiber 3.9g, Cholesterol 5mg, Iron 1.9mg, Sodium 961mg, Calcium 164mg

"Myrecipes." myrecipes.com. Web. <https://www.myrecipes.com/recipe/quick-fall-minestrone>

SEPTEMBER 2020 MENU

***Meals delivered
Monday-Thursday**

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

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

Soup and Salad when available

Mon	Tue	Wed	Thu	Fri
August 31 Saucy Chicken Tortellini Yellow Squash Garlic Bread	1 BBQ Brisket Sandwich Carrot Salad Sweet Potato Fries	2 Liver & Onions Mashed Potatoes Gravy Green Beans	3 Pizza Spinach Salad	4 Clam Chowder Tuna on Rye Fresh Fruit Salad 
7 <i>Labor Day</i> CLOSED	8 Tacos Spanish Rice Pinto Beans Salsa	9 Roast Beef Mashed Potatoes Gravy Mixed Veggies	10 Ribs w/ Sauerkraut Yams Nantucket Veggies	11 Tomato Soup Grilled Turkey & Cheese Sandwich Salad 
14 Honey Lime Chicken Lemon Rice Pilaf Sweet Red Pepper Medley 	15 Cheese Burger Cowboy Beans French Fries	16 Garlic Beef & Broccoli Lo Mein Roasted Cherry Tomatoes 	17 Roast Turkey Mashed Potatoes Gravy Green Beans Stuffing	18 Veggie Soup Roast Beef Sandwich Pea Salad 
21 Meatloaf Mashed Potatoes Gravy Mixed Veggies	22 Chef Salad Peaches & Cottage Cheese Muffin 	23 Pepper Steak Egg Noodles Sweet Potato Medley	24 Teriyaki Chicken Brown Rice Stir Fry Veggies Egg Roll 	25 Corn Chowder Egg Salad Sandwich on Rye Salad
28 Tangy Sweet-n-Sour Meatballs Brown Rice Roasted Zucchini 	29 Fried Chicken Mashed Potatoes Gravy Buttered Corn	30 Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes	October 1 Chicken & Five Cheese Penne Pasta w/ Marinara Italian Veggies Garlic Bread	October 2 Enchilada Chicken Soup Ham & Swiss Sandwich Pasta Salad

Menu is subject to change

STATE CAPITALS

ACROSS

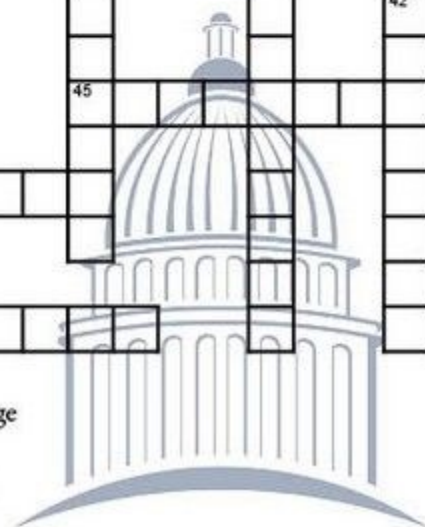
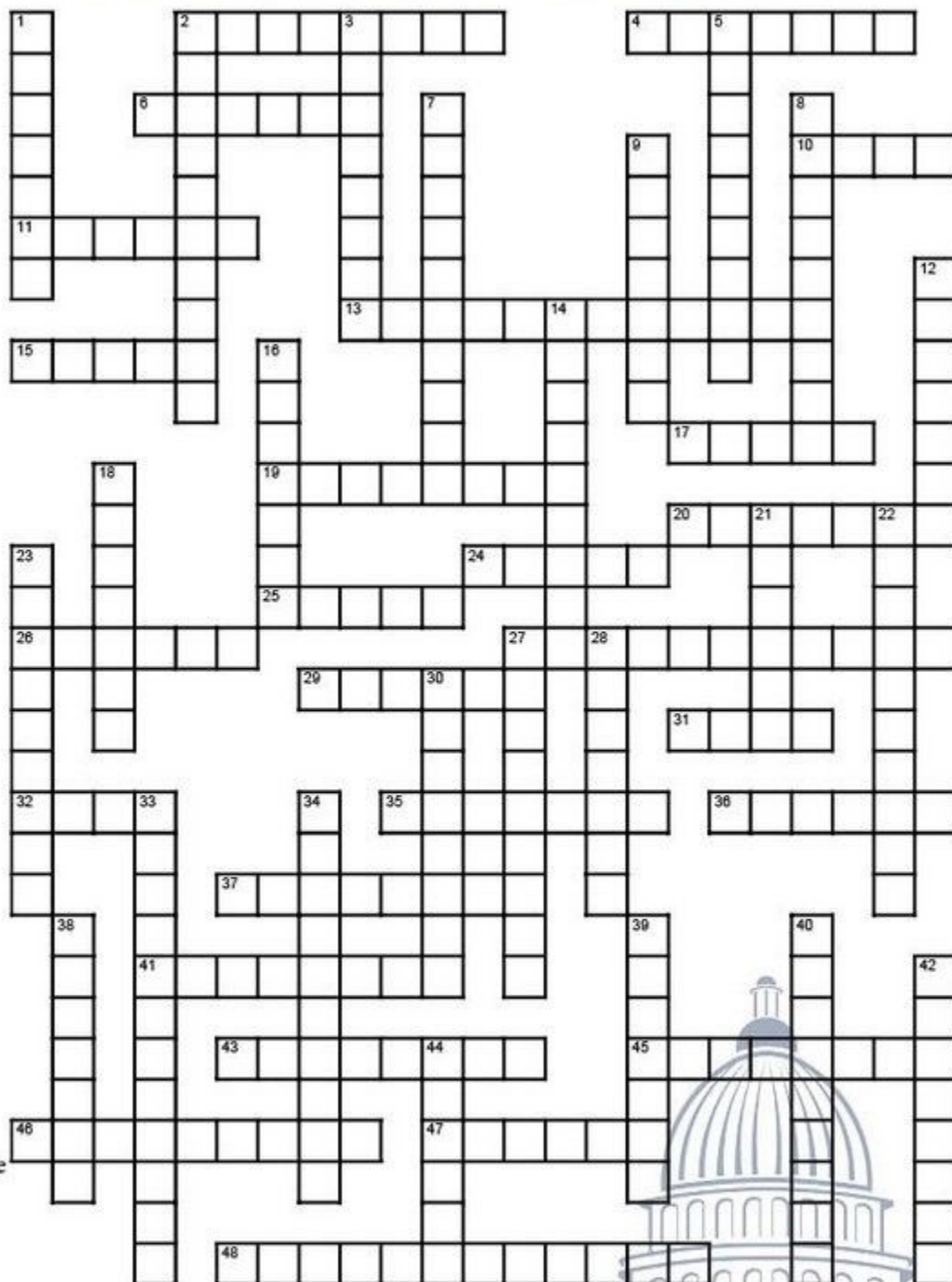
2. South Carolina
4. Helena
6. Topeka
10. Des Moines
11. Colorado
13. Indiana
15. Boise
17. Austin
19. Wyoming
20. Nebraska
24. Augusta
25. Delaware
26. Juneau
27. Bismark
29. South Dakota
31. Salt Lake City
32. Columbus
35. Arizona
36. Salem
37. Springfield
41. Connecticut
43. Annapolis
45. Lansing
46. Madison
47. Massachusetts
48. Harrisburg

DOWN

1. Tallahassee
2. West Virginia
3. Jefferson City
5. Tennessee
7. Rhode Island
8. St. Paul
9. Washington
12. Mississippi
14. Santa Fe
16. New Hampshire
18. Montgomery
21. Carson City
22. Arkansas
23. Kentucky
27. Trenton
28. North Carolina
30. Virginia
33. Oklahoma

34. Sacramento
38. Atlanta
39. Montpelier

40. Baton Rouge
42. Hawaii
44. New York



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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 _____

Email _____ Spouse's Name _____

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)

Email Address: _____

- ☐ Senior Activities (line dancing, exercise, road trips, etc.)

*Please make checks to **Kenai Senior Connection, Inc.**:*

- ☐ \$5 Club
 - ☐ monthly - \$5 ☐ yearly - \$60
- ☐ Memorial Donation
- ☐ Kenai Senior Endowment Fund

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.

"Believe you can and you're halfway there."

~Theodore Roosevelt



Really hate having to wait till September to drive my new car.

...shouldn't have bought an autumnobile

Sorry.



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

PLEASE
PLACE
STAMP
HERE

