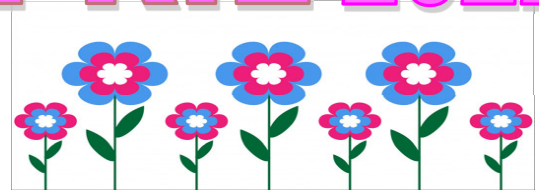


The Centerline

APRIL 2022

City of Kenai
Kenai Senior Center
361 Senior Ct.



March for Meals 2022

This year's meals fundraiser has come and gone, but the memory of a wonderful evening lives on. Thank you to everyone who participated, volunteered, or donated towards this time honored event!

(Pictures courtesy of Ken Aaron & Kris Ayers)



Kenai Senior Connection, Inc. Board Member Mary Ann Lamecker and daughter Celebrity Dessert Table



Kenai Senior Connection, Inc. President Velda Geller & Kenai Mayor Brian Gabriel welcoming the crowd.



Kenai Senior Connection, Inc. Board Member Vivian Terry taking tickets.



Kris & Ken Ayers



Don Erwin checking out the Silent Auctions



Kenai Senior Connection, Inc. Board Member Bobbie Jedlicki in 1920's style.



Special points of interest

- Council on Aging & Kenai Senior Connection, Inc., Meetings
- No Host Dinner—The Catch Restaurant
- April Menu
- Afternoon Drive
- Social Security Video-Conferencing News

(More March for Meals pictures inside)

APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
28 10a— Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	29 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowing	30 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	31 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	1 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
4 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p—Choir Presentation/Dining Rm 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	5 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	6 9-Noon-Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	7 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	8 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
11 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	12 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Easter Egg Coloring 1p—Wii Bowling 5p—No Host Dinner/ The Catch Restaurant	13 10a—Growing Strong 11a—Noon/Bluegrass Noon—Lunch 1p—Writers’ Group 1p—Card Making with Kim 1p-3p—Quilting/Crafting 2p—Ukulele 3p—Movie “Easter Parade”	14 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3p—Council on Aging Meeting	15 10a—Growing Strong 11a-12p—Adult Coloring Noon– Easter Brunch/Easter Bonnet Fashion Show 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
18 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	19 10a—Tai Chi 10a—TOPS 11:30a-1p—Independent Living Center Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling 1-3p—Family Caregiver Support Group 1:30p Easter Bunny Painting With Primrose	20 9-Noon-Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH/Birthday Lunch 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele 3p—Sing-Spiration	21 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	22 10a—Kenai Connection Mtg. 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
25 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	26 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling 1:30p—Afternoon Drive	27 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	28 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3p—Council on Aging Work Session	29 8a-10a Waffle Breakfast 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot

APRIL BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Ann Stone	10	Patty Segura	19	Olen Shears
2	Paula Maier	10	Barb Johnson	20	Don Eide
2	Bill Nelson	11	Linda Wilcox	20	Alice Nuxoll
2	Patricia Rhodes	11	Kit Hill	21	Ian Jenkins
3	Betty Ames	13	Gordon Merrill	22	Mary Moeglein
3	Julie Trudell	14	Tim Sperling	24	Kerry Wells
4	David Heatherly	15	Jacques Beaumier	24	Lorraine Rowland
5	Deanna Beauchamp	16	Don Estes	24	Molly Musgrove
6	Leola Monteiro	17	Barb Norbeck	25	Richard Segura
8	Robert Rollen	17	Candie Allen	30	Dan Grant
9	Betsy Grant	18	Patricia Reilly	30	Dena Tanner
10	Sheryle Coon	19	Stanley Wells		



NO-HOST DINNER

Tuesday, April 12, 2022

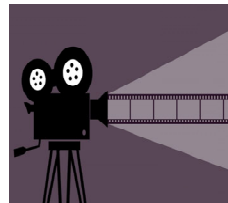
The Catch Restaurant

Leaving Center at 5:00p.

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at **The Catch Restaurant**.

There will be limited transportation available at charge of \$5.00, so RSVP early. Sign up at the Reception Desk.

It is important to let us know if you will be attending the No Host Dinner but driving separately. We let the restaurant know ahead of time for seating capability and if there is a change or cancellation, we can notify you. Remember to let the receptionist know if you plan to attend, whether you ride the Senior Center van or have your own ride.



Wednesday Afternoon Movie

April 13, 2022

3:00 p.m., Game Room

Now showing: Easter Parade

In this lavish musical, Broadway star Don Hewes' (Fred Astaire) dancing partner (Ann Miller) goes solo, and Don declares that he can make a hit performer out of the next dancer he sees. This turns out to be the inexperienced Hannah (Judy Garland), who bristles as Don tries to make her into his old partner. But as he realizes that he is falling in love with Hannah, Don knows that he must let her grow into her own kind of dancer if he wants her to reach her full potential.

dates to remember

Friday, April 1	April Fool's Day	
Wednesday, April 6	Social Security	9a-Noon
Thursday, April 7	Unocal Luncheon	11:30a
Tuesday, April 12	"No Host" Dinner/The Catch Restaurant	5:00 p.m.
Wednesday, April 13	Card Making with Kimberly	1:00 p.m.
	Wednesday Afternoon Movie "Easter Parade"	3:00 p.m.
Thursday, April 14	Council on Aging Meeting	3:00 p.m.
Friday, April 15	Easter Brunch /Bonnet fashion show	12:00 Noon
Tuesday, April 19	Easter Bunny Painting	1:30 p.m.
Wednesday, April 20	Social Security	9a-Noon
	Birthday Lunch	12:00 Noon
	"Singspiration"	3:00 pm
Friday, April 22	Senior Connection, Inc. Meeting	10:00 a.m.
Tuesday, April 26	Afternoon Drive	1:30 p.m.
Thursday, April 28	Council on Aging Work Session	3:00 p.m.
Friday, April 29	Friday Morning Waffles	8—10 am

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:

Contact Red at 283-8212

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm
No RSVP Required

FACILITY RENTAL:

Please contact Kayla at 283-8214

TRANSPORTATION: Monday—Thursday, call the front desk to schedule a ride.

DONATIONS FOR SERVICES:

Pick up Meals - \$7
60 years and older)
Home-delivered Meals - \$7
Transportation - \$3—\$10



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, Red Piersee

283-8212

Activity/Volunteer Coordinator, Kayla Feltman

283-8214

Doctor's 11 Tips to Boost Your Immune System in this COVID-19 World

by Dr. Alok Trivedi

We all know by now that some of the best ways to reduce the spread of COVID-19 are to focus on things like social isolation, self-quarantining, washing hands and not touching our faces. But what else can you do to boost the immune system, optimize your health and stay safe?

Drink a lot of water: Staying hydrated is always good advice. As it relates to COVID-19, water can help washout the body and help rid it of viruses. Coconut water is also a good alternative because it has a lot of potassium. When your sodium and potassium levels are in balance, you're going to be healthier.

Get enough vitamins and minerals: In other words, eat a lot of fruits and veggies, especially green vegetables. It is best to get the nutrients you need through real living food, but during this pandemic you can also supplement with the use of high-quality vitamins and minerals.

Boost your immune system with vitamin C, zinc and echinacea. Of course, always talk to your own personal physician first. This can help you avoid the Coronavirus

and fight it off if you do get it.

Drink apple cider vinegar: Drink one to two tablespoons of apple cider vinegar mixed with water each day. The health benefits are many, but as it relates to Coronavirus, it will detox your body, boost the immune system, clear your sinuses and increase your energy.

Avoid sugar and processed foods:

This is also good advice in general, but even more so during these times. Sugar will proliferate a virus. It causes inflammation and obesity. If you can't cut it out altogether, eliminate it as much as you can. Similarly, avoid processed foods and stick to living foods which will aid in digestion.



Stay away from acidic foods like meat: Now is a good time to reduce your meat consumption or cut it out all-together. Too much meat brings acidity to the body, or a condition called acidosis. This has a host of side effects that can make it tougher to fight off viruses like COVID such as respiratory issues, kidney problems, fatigue, headache, shortness of breath and more. (continued on page 6)

Avoid dairy: Dairy has casein which some people are allergic to. This can cause havoc on your digestive system and brings all kinds of unpleasant side effects, reactions and lower the immune system. Stick to water when possible.

Don't drink OJ: While Orange Juice may be high in vitamin C which can boost the immune system, it's also loaded with sugar. opt for eating a real orange instead which is much healthier and has loads of vitamin C.

Get a lot of Aerobic exercise. The idea is to get the blood pumping and oxygenate the lungs. One of the simplest ways to do this is to go for a walk every single day. It can help protect you from viruses and is great for your overall health.

Avoid family arguments: If you are avoiding crowds and self-quarantining, you are going to be spending a lot of time around family. Tensions can quickly rise and you can become stressed. Too much stress lowers the white blood cell count, and white blood cells are needed to fight off infection. Focus on coming together and appreciating the time together.

Do something productive toward combating the virus: Whether it's social isolation, self-quarantining, washing your hands, wiping down surfaces in your home, doing something that gives you a sense of accomplishment toward beating the virus is a good immune system boost. It also changes your mental attitude for the better knowing you have taken steps to protect yourself and your family.



Easter Egg Coloring

Tuesday, April 12
1:00pm

Do you have some free time for some fun time? There will be egg decorating taking place in the craft room on April 12. The eggs will be included in home-delivered meals as a special gift for the season. Please sign up on the bulletin board.



EASTER BUNNY PAINTING

With Primrose

Tuesday, April 19, 2022
Craft Room at 1:30 pm

Whether you are a Rembrandt or a Color by Number painter, this is the class for you! Primrose will be teaching us how to paint a delightful Bunny perfect for the winter season. The cost is \$7 per person and the class is limited to 6 individuals. All supplies will be provided. Sign up and pay at the front desk.



Singspiration!

Kenai Methodist Church donated their hymnals to the Center a few years ago and we are putting them to use! If you miss singing those old hymns you remember from years gone by, join us on April 20th at 3:00 pm for Singspiration. You can pick the songs we sing!

Waffle Bar Returns!



We will be offering waffles on last **Friday of every month** from 8-10:00 am. Come in for coffee, juice, and a hot waffle for just \$3. No need to sign up, just show up and enjoy this special treat.

Why the Friday Before Easter was Called, "Good Friday"?

By: Margaret Chou,

Toastmaster Speech 4.9.2021

(Margaret is sister to Yen-ti Verg-In)

Let us all close our eyes, teleport ourselves to an ancient court almost 2000 years ago. A sinless man was surrounded by a crowd of angry mob. "Crucify Him! Crucify Him!" People shouted. They stripped the man, twisted together a crown of thorns, and set it on His head. He was mocked, spitted on, flogged and ordered to carry the cross on which he would be crucified to death.

Now, open our eyes. What words would you use to describe the images that you just visualized? Brutal? Violent? Horrific? Was there any word that could somewhat resemble as being "Good"? N.O.N.E., None. Then why do we call the Friday before Easter as "Good" Friday?

I attended a memorial service of my best friend's mother, Ms. Fang, last Friday. While sitting there listening to the eulogy and testimonies from the family members and friends, we were all touched by the resilience of Ms. Fang despite all the challenges that she had to face in life. A hint of her trade mark smile was still on her face when she was escorted to her maker by a host of angels, so we were told.

The imaginary reminded me about the last days of my mother.

In 1979, mom got blisters all over the most awkward places on her body. It was not properly diagnosed as shingles until days later. The cruciate nerve pain stayed with her ever since. In 1986, mom was diagnosed to have pancreatic cancer. Even when she announced she had only six months to live, she managed to fly to Alaska to take care of the two teenage kids of my older younger sister, Yen-ti, while she was in Japan for school work.

Before mom came back to Canada for her final treatment, she made 300 dumplings, Yen-ti's favorite food, and put them in the freezer for Yen-ti.

I was privileged to spend her final days with her 24/7 in the hospital. In order to ease her pain besides taking the heavy dosage of morphine the doctor prescribed, I sang to her, "....." Psalm 23, the only song that I remembered. "The Lord is my shepherd. I shall not be in want. He makes me lie down in green pastures, he leads me besides quiet waters. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me. Surely goodness and love will follow me all the days of my life and I will dwell in the house of the Lord forever. "

I sang it over and over. Her morphine intake kept on dropping and dropping. All the wakening hours, she was fully alert with very little pain. She was able to go to the bathroom without help. That was the most important wish she had. One day, after she bid good-byes to all her loved ones, including Yen-ti who came back from Japan, I started singing to her again. "....."

Mom said in Shangdongese, "Er men Er, I am going home now." Translation: "My second daughter, I am going home now." With an expression of content, she took her last breath.

Why the terrible Friday when an innocent and sinless man was crucified to death on the cross is called "Good Friday"? The dictionary may claim the adjective, "Good" designates a day on which religious observance is held or the word "Good" derives from "God" and thus this Holy Day is actually "God's Friday." But for me, nothing speaks louder than watching how Ms. Fang, my mother and zillions of others live their life with such great HOPE. Yes, that brutal, violent, horrific Friday, indeed is "Good."



What is the \$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!**

MARCH \$5		CLUB	
Juanita Aguilar	Nadine Gabbett	William LaTocha	Carol Prior
Ken & Kris Ayers	Velda Geller	Xiaopei LaTocha	Trish Roderick
Steve Best	Jim Glendening	Paula Maier	Barbara Schmidt
Patricia Bravo	Omer Goodman	Marge Milewski	Barbara Smith
Elsa Bronson	Phyllis Ann Halstead	Jeanie Miller	Steve Smith
Larry Burcham	Joel & Laura Henkleman	Kari Mohn	Bill & Sondra Starnes
Wanda Carlson	Howard Hill	Twyla Mundy	Vivian Terry
Glenn Clifford	Kit Hill	Wayne Mundy	Gerda Trent
Patsy Clifford	Jan Hollers	Molly Musgrove	June Truelove
Jewell Coverstone	Donna Hoyt	Nelson Nakamura	Yen-ti Verg-In
Rachael Craig	Joe Huard	Bill Nelson	Beverly & Don Waldrop
Walter Craig	Molly Jackson	Lois Nelson	Roy & Ozella Williams
Terry Cramer	Leanne King	Alice Nuxoll	Gary Walker
Jan Daniels	Henry Knackstedt	Susan Olson	Janice Wilsack
Shirie Drath	Anita Kwan	Ruth Osborne	
Laurel Eisinger	Mary Ann Lamecker	Katie Pault	
Carol Freas	Pearl Larson	Robert Peterson	



LIBRARY NEWS

It's April!!! Time for a little spring cleaning. We will be weeding the dvds and the vcr tapes in the next few weeks. Watch for some giveaways!!!

We have recieved some new books lately. They are on the shelf with the romances. And remember to submit something for the May Centerline. It's fun to read what you all have to say. Let's hear from more of you.

More Pictures from March for Meals 2022



Sieglinde Moore, Activity/Volunteer Coordinator Kayla Feltman, and Country Store Coordinator Kit Hill



Marcia Shea and Jerry



Kenai City Manger Paul Ostrander with his wife, Terri Ostrander



Bob & Cheryl Arrington



Anita Kwan & Donna Atkins



Our Infamous Auctioneer



Primrose Srisakphet



Dena Tanner, Nadine Gabbett and Ozella Williams



Patsy & Glenn Clifford



Admin, Red Piersee and Director, Kathy Romain

Kenai Senior Center 2022 Client Satisfaction Survey

Each year the Kenai Senior Center (KSC) seeks client input to help shape the services provided by the Center. Your feedback is important and valued. Additionally, the KSC utilizes this information to provide to the State of Alaska and other entities when applying for program funding.

Please check all programs/activities that you have participated in this year:

<input type="checkbox"/>	Congregate Meals	<input type="checkbox"/>	Activities	<input type="checkbox"/>	Volunteer Opportunities
<input type="checkbox"/>	Home-Delivered Meals	<input type="checkbox"/>	Information and Assistance	<input type="checkbox"/>	Events
<input type="checkbox"/>	Transportation	<input type="checkbox"/>	Medicare Counseling	<input type="checkbox"/>	Education

What year were you born? _____

1. How often do you eat at the KSC?

- ☐ 4+ times per week
- ☐ 1-3 times per week
- ☐ Occasionally
- ☐ Never
- ☐ No Answer

2. How often do you receive Home-Delivered Meals?

- ☐ 4+ times per week
- ☐ 1-3 times per week
- ☐ Occasionally
- ☐ Never
- ☐ No Answer

3. Please rate the quality of meals you receive:

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Poor

4. What is your favorite meal served? _____

5. Do you enjoy having entertainment during your meal:

- ☐ Yes
- ☐ No

Comment: _____

6. Do you use KSC Transportation services?

- ☐ Yes
- ☐ No
- ☐ N/A

7. Do you feel that all KSC staff have your safety as their main priority?
- ☐ All of the time
☐ Some of the time
☐ Most of the time
☐ None of the time
8. The KSC vehicles and facility are always clean?
- ☐ All of the time
☐ Some of the time
☐ Most of the time
☐ None of the time
9. Do you feel that services provided by the KSC help maintain or increase quality of life and the ability to age in place?
- ☐ All of the time
☐ Some of the time
☐ Most of the time
☐ None of the time
10. How would you rate your overall quality of services received from the KSC?
- ☐ Excellent
☐ Good
☐ Fair
☐ Poor
11. What activities do you participate in? _____
_____.
12. What activities would you like to see at the KSC?

_____.
13. Do you have any cost saving ideas for the Center?

_____.
14. Comments: _____

_____.

Please return your survey to the Kenai Senior Center.

Thank You—We value your input!

Traumatic Brain Injuries Can Result from Senior Falls

(adapted from Caregiver.com)

Traumatic brain injuries, or TBIs, are caused by a bump or blow to the head; however, they may be missed or misdiagnosed among older adults. TBI often results in long-term cognitive, emotional, and/or functional impairments. In 2005, TBIs accounted for 50 percent of unintentional fall deaths and eight percent of nonfatal fall-related hospitalizations among older adults.



Falls are not an inevitable consequence of aging, but they do occur more often among older adults because risk factors for falls are usually associated with health and aging conditions. Some of these conditions include mobility problems due to muscle weakness or poor balance, loss of sensation in feet, chronic health conditions, vision changes or loss, medication side effects or drug interactions, and home and environmental hazards such as clutter or poor lighting.

“Most people think older adults may only break their hip when they fall, but our research shows that traumatic brain injuries can also be a serious consequence,” said Dr. Ileana Arias, director of CDC’s National Center for Injury Prevention and Control. “These injuries can cause long-term problems and affect how someone thinks or functions. They can also impact a person’s emotional well-being.”

Each year, one in three older Americans (65 and older) falls, and 30 percent of falls cause injuries requiring medical treatment. In 2005, nearly 16,000 older adults died from falls, 1.8 million older adults were treated in emergency departments, and 433,000 of these patients were hospitalized. Falls are the leading cause of injury deaths and nonfatal injuries for those 65 and over.

Data from the National Center for Health Statistics’ National Vital Statistics System and the Agency for Healthcare Research and Quality’s Nationwide Inpatient Sample show:

Death rates for fall-related TBIs were higher among men than women (26.9 per 100,000 and 17.8 per 100,000, respectively).

Rates for fall-related TBI hospitalizations were similar among men and women (146.3 per 100,000 and 158.3 per 100,000, respectively).

Death and hospitalization rates for fall-related TBIs generally increased with age.

Additional findings:

The majority of men and women hospitalized with a fall-related TBI spent two to six days in the hospital (54.9 percent of men; 61.5 percent of women).

The median total charges for these hospitalizations were \$19,191 for men and \$16,006 for women.

Stay safe. Always ensure you have proper footwear and have something to steady yourself.

STATE OF ALASKA HEATING ASSISTANCE PROGRAM INFORMATION

The State of Alaska has heating assistance programs for low-income families and individuals that may be able to help pay a portion of your home heating costs.

It's easy to apply. Application forms are available by **contacting the Heating Assistance Program at 1-800-470-3058 or liheap.alaska.gov**.

Or, schedule an appointment with Red (907-283-8212) and she will assist you.

Income Guidelines

No. of People in Home*	Yearly Gross Income
1	\$24,135
2	\$32,655
3	\$41,175



Tuesday, April 19, 2022

11:30am—1 pm

Dining Room

A Representative from the Independent Living Center will be on hand to answer questions and discuss what they can do for you to help maintain living an independent senior lifestyle.

Kenai Peninsula

Tuesday,

April 19, 2022

1– 3 pm

Computer Lab

(907) 262-1280

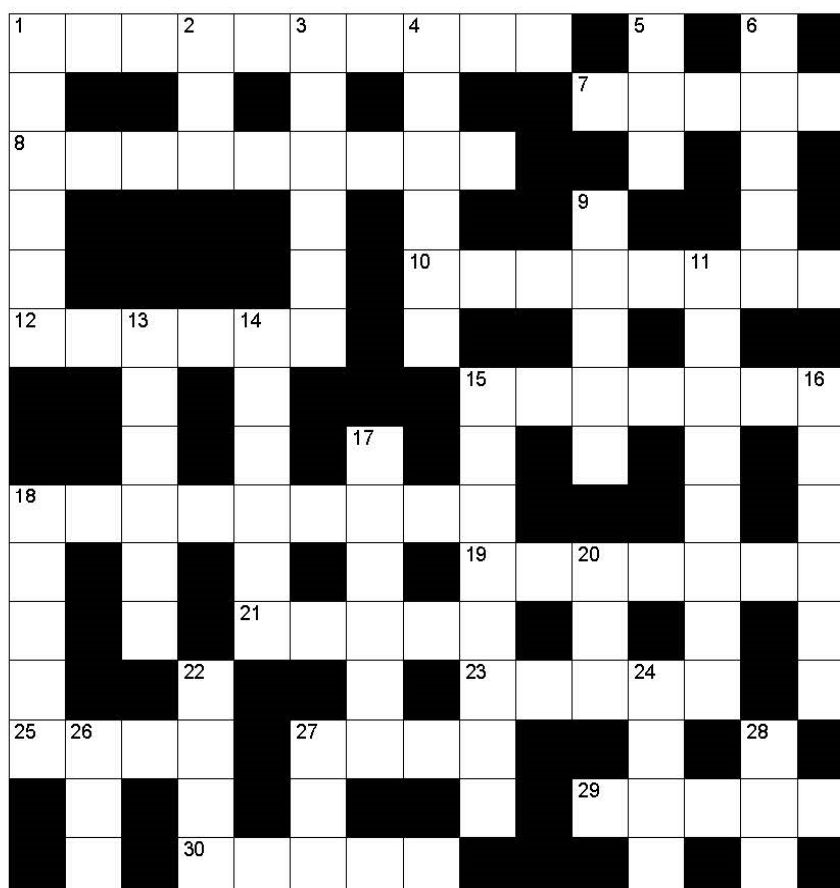


As lives return to “normal”, support groups are now able to start meeting again here at the Center. Dani Kebschull with the Kenai Peninsula Family Caregiver Support Program will be joining on the third Tuesday of each month. If you are a caregiver and can use support from others, please come and join in.

Social Security Video Conferencing is Back!!!

On the 1st and 3rd Wednesdays of each month, a Social Security Representative will be available via video cam in the Senior Center Computer Lab. It is first come, first served with sign-ins available after 8 am on that morning. Call the Senior Center if you have any further questions (907.283.4156).

April's Crossword Adventure



Across

- 1 Binge (10)
- 7 Homebody, perhaps (5)
- 8 Unify (9)
- 10 Supplants (8)
- 12 Kind of organization SPCA is. (6)
- 15 Charge (president) with crime (7)
- 18 Direction to the party (9)
- 19 Banks named on credit cards (7)
- 21 It sounds like K (5)
- 23 Basilica sections (5)
- 25 Many a carnival game (4)
- 27 Taunt in fun (4)
- 29 Young seal (5)
- 30 Cowhands' home (5)

Down

- 1 Dr. Seuss character (6)
- 2 Called before (3)
- 3 Where a vigil light burns (6)
- 4 Road junction (6)
- 5 Macabre tale teller (3)
- 6 "C'mon, my turn!" (5)
- 9 Skier's milieu (5)
- 11 Moves noisily (8)
- 13 Tiny nation in Europe (6)
- 14 Credit card-only, say (6)
- 15 Direct attention to (8)
- 16 Bank jobs (6)
- 17 Sketched over (6)
- 18 They may be slammed (5)
- 20 Many urban rds. (3)
- 22 All-Star second baseman Infante (4)
- 24 All the way through 12th grade, informally (4)
- 26 Larry Page, at Google (3)
- 27 Decimal-system base (3)
- 28 Scroll and Key member (3)

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



So far, we have had lots of showers (including snow showers) so let's all be concentrating on the flowers part of this old saying. This year, Easter comes in April, so keep watching for the Easter Bunny to find some green grass to share with us.

We had so much snow in March, our moose were having a hard time finding something to eat. So many have come into town and eating trees. I personally lost at least six special trees in my yard to hungry moose.

Right now, while I am trying to rest, I'll bring you up to date on our Friday's March for Meals event. The weather cooperated and we had a good turn out, selling out all the seats. The food was delicious and no one went home hungry! The Celebrity Dessert Auction was VERY popular and generated high bid prices. Split-the-Pot, Silent Auction, \$5-a-Slice, Balloon Scramble, and the Country Store were also very popular. Together, the food and activities during the evening created a large amount of excitement, anticipation, full tummies, and fun!

As President of the Kenai Senior Connection, Inc., THANK YOU to everyone who helped! As we think about how tired we are, how much work it was to plan the event and accomplish it all, we need to remember the purpose was to help those who need it and we are the ones receiving the blessing.

—Velda

April Quotes...

"Spring is when you feel like whistling even with a shoe full of slush."

-Doug Larson

~~~

Spring shows what God can do with a drab and dirty world."

-Virgil A. Kraft

~~~

"Blossom by blossom the spring begins."

Algernon Charles Swinburne.

~~~

"Let the rain kiss you

Let the rain beat upon your head with silver liquid drops

Let the rain sing you a lullaby"

-Langston Hughes.



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,**

- ☐ \$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.





Heart Healthy

# APRIL 2022 MENU

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

*\*Menu is subject to change\**

*\*Soup and Salad when available\**

| Monday                                                                                        | Tuesday                                                                                                                                                  | Wednesday                                                                           | Thursday                                                                                                                                                       | Friday                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 28<br>Beef Enchiladas<br>Mexi-Corn<br>Spanish Rice<br>Soup                                    | 29<br>Chef Salad<br>Fruit Cup<br>Bran Muffin<br>Soup<br>                | 30<br>Liver & Onions<br>Mashed Potatoes<br>Gravy<br>Green Beans<br>Salad            | 31<br>Corn Chowder<br>Tuna-on-a-<br>Croissant<br>Broccoli Salad<br>Soup                                                                                        | 1<br>Diner-Style<br>Turkey Sandwich<br>w/ Stuffing,<br>Mashed Potatoes<br>& Gravy<br>Peas & Carrots<br>Salad                                                                                  |
| 4<br>Chicken-Fried Steak<br>Mashed Potatoes<br>Country Gravy<br>Mixed Veggies<br>Soup         | 5<br>Chicken Gyro Salad<br>w/ Tzatziki Sauce<br>Fruit Cup<br>Soup<br> | 6<br>Sweet & Sour<br>Chicken<br>Stir-Fry Veggies<br>Rice<br>Egg Roll w/             | 7<br>Biscuits & Gravy<br>Sausage Links<br>Scrambled Eggs<br>Roasted Potatoes<br>Soup                                                                           | 8<br>Sloppy Joe's<br>Parmesan Fries<br>Salad                                                                                                                                                  |
| 11<br>Spaghetti &<br>Meatballs<br>Italian Veggies<br>Garlic Bread<br>Soup                     | 12<br>BBQ Ribs<br>Baked Beans<br>Coleslaw<br>Soup                                                                                                        | 13<br>Swedish Meatballs<br>Gravy & Noodles<br>Pickled Beets<br>Salad                | 14<br>Tacos<br>Spanish Rice<br>Mexi-Corn<br>Soup                                                                                                               | 15<br>Baked Ham<br>Sweet Potatoes<br>Fresh Veggie Cups<br>Salad<br>                                      |
| 18<br>Corn Chowder<br>Sensational Seafood<br>Salad Sandwich<br>Coleslaw<br>Kettle Chips       | 19<br>Meatloaf<br>Mashed Potatoes &<br>Gravy<br>Mixed Veggies<br>Soup                                                                                    | 20<br>Cheeseburgers<br>Cowboy Beans<br>Sweet Potato Fries<br>Birthday Cake<br>Salad | 21<br>Sweet & Sticky<br>Chicken<br>Drumsticks<br>Mac & Cheese<br>Mixed Veggies<br>Soup                                                                         | 22<br>Beef Stew<br>Antipasto Salad<br>Cheesy Parsley<br>Rolls<br>Salad                                                                                                                        |
| 25<br>Baked Chicken<br>Tucson Casserole<br>Parmesan Zucchini<br>Chips<br>Garlic Bread<br>Soup | 26<br>Taco Salad<br>Chips & Salsa<br>Fruit Cup<br>Soup                                                                                                   | 27<br>Liver & Onions<br>Mashed Potatoes<br>Gravy<br>Green Beans<br>Salad            | 28<br>Onion-Braised<br>Chicken<br>Honey Carrots<br>Brown Rice<br>Soup<br> | 29<br>Turkey Wraps w/<br>Cranberry Cream<br>Cheese & Lettuce<br>Macaroni Salad<br>Fruit Cup<br>Salad<br> |