

The Centerline

APRIL 2023

March for Meals 23 Highlights—Photos by Ken Aaron

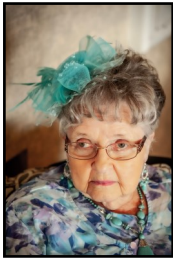


Special Points of Interest

- No Host Dinner—Carla's
- Good Friday Luncheon
- Prom Breakfast
- Genealogy Workshop with Cheryl
- Thursday Nights Start Again!

City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska 99611
907-283-4156
senior@kenai.city

Highlights, continued



Find us on Facebook

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

E-mail: senior@kenai.city

Phone: 907-283-4156

Fax: 907-283-3200

Kenai, Alaska 99611

361 Senior Court
Kenai Senior Center

City of Kenai
Kenai Senior Center

PLEASE
PLACE
STAMP
HERE

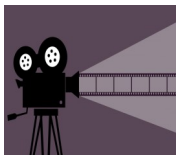
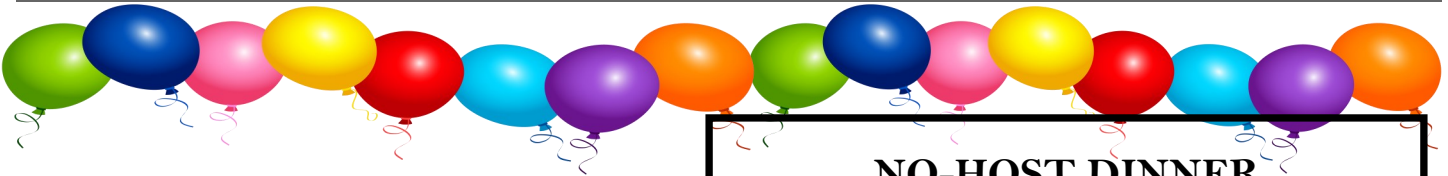
APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1:00p—Choir Practice 2:00p—Ukelele Group 2-3:30pm Stronger Together Support Group	4 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 4p—Short Story Club	5 9a-Noon-Social Security 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting	6 10a—Tai Chi Noon—LUNCH 1p—Easter Egg Coloring 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5:00p—Cribbage 6:30p— Movie Night: Murphy’s Romance	7 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring 11a—”Grow with Me” with Steve Latz 11:30a—Easter Choir and Brunch 1p—Wii Bowling 1-4:30p—Bridge
10 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1:00p—Choir Practice 2:00p—Ukelele Group 2-3:30pm Stronger Together Support Group 5p—No Host Dinner/ Carla’s Restaurant	11 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 4p—Short Story Club ???	12 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting	13 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 3:00p—Council on Aging 5:00p—Cribbage 6:30p—Bluegrass	14 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 11a—”Grow with Me” with Steve Latz 1p—Wii Bowling 1-4:30p—Bridge
17 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1:00p—Choir Practice 2:00p—Ukelele Group 2-3:30pm Stronger Together Support Group	18 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	19 9a-Noon-Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH/Birthday 1p-Card making w/Kim 1p—Writers’ Group 1-3p—Family Caregiver Support Group 1p-3p—Quilting/Crafting 3p—Sing-Spiration	20 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 1-3p—Chromebooks Class w/ Elizabeth Kleweno 5:00p—Cribbage 6:30p—Bluegrass	21 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring 11a—”Grow with Me” with Steve Latz Noon—LUNCH 1p—Wii Bowling 1p—Genealogy Workshop w/ Cheryl 1-4:30p—Bridge
24 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1:00p—Choir Practice 2:00p—Ukelele Group 2-3:30pm Stronger Together Support Group	25 10a—Tai Chi 10a—TOPS Noon—LUNCH 11:30a-1p Independent Living Center 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	26 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 10 am—4 pm Alzheimer's Conference	27 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 3:00p—Council on Aging 5:00p—Cribbage 6:30p—Bluegrass	28 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 10a—Senior Connect. 11a—”Grow with Me” with Steve Latz 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge



Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Ann Stone	7	Lisa Lambert	16	Don Estes
2	Paula Maier	8	Robert Rollen	17	Barb Norbeck
2	Bill Nelson	9	Betsy Grant	18	Patricia Reilly
2	Patricia Rhodes	9	Judith Jenkinson	19	Stanley Wells
3	Betty Ames	9	Chris Lombard	19	Olen Shears
3	Mary Reichert	10	Sheryle Coon	20	Don Eide
3	Julie Trudell	10	Patricia Segura	21	Ian Jenkins
3	Lavona Smith	10	Barb Johnson	22	Mary Moeglein
3	Rebecca Blanchard	10	Jane Coghill	24	Kerry Wells
4	David Heatherly	10	Bill Graves	24	Lorraine Rowland
5	Deanna Beauchamp	11	Kit Hill	25	Richard Segura
6	Theresa Lusby	12	Scott Romain	29	Marie Kehl
6	Leola Monteiro	13	Gordon Merrill	30	Dan Grant
6	Silvia Kushner	14	Tim Sperling	30	Dena Tanner



**Thursday Evening
Movie**
April 6, 2023
6:30 p.m.

Now showing: **Murphy's Romance**

Starring James Garner & Sally Field

Emma Moriarity is a 33-year old, divorce mother who moves to a rural Arizona town to make a living by training and boarding horses. She becomes friends with the town's pharmacists, Murphy Jones, an idiosyncratic widower. A romance starts to develop until Emma's derelict ex-husband shows up What will happen???

NO-HOST DINNER

Carla's Restaurant
Monday, April 10, 2023

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at **Carla's Restaurant** in Nikiski.

There will be limited transportation available at a charge of **\$7.00**, 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.

dates to remember

Saturday, April 1	April Fool's Day	
Wednesday, April 5	Social Security	9a–Noon
Thursday, April 6	Movie Night: Murphy's Romance	6:30 pm
Friday, April 7	Easter Brunch/Bonnet Fashion Show	11:30 am
Monday, April 10	"No Host" Dinner /Carla's Restaurant	5:00 pm
Thursday, April 13	Council on Aging	3:00 pm
Wednesday, April 19	Social Security	9a—Noon
	Birthday Lunch	11:30 am
	Card Making with Kimberly	1:00 pm
	Sing-Spiration	3:00 pm
Friday, April 28	Waffle Friday	8-10 am
	Kenai Senior Connection, Inc. Meeting	10:00 am

Do you need a ride or know someone who could use some meals? Maybe you'd like to pickup a meal instead of dining inside. We can help! Use the contacts below for more information.

PICK UP MEALS:

Monday through Friday at **11:30 AM**. Call the front desk by **10:30 AM** to arrange to pick up a meal.

HOME-DELIVERED MEALS:

Contact Red at 907-283-8212

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm
No RSVP Required

FACILITY RENTAL:

Please contact Kayla at (907) 283-8214

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

DONATIONS FOR SERVICES:

Pick up Meals - \$7
60 years and older)
Congregate Meals—\$7
Home-delivered Meals - \$7
Transportation - \$5—\$10



We've missed you!

Kenai Senior Center Info

Monday—Friday, 8:00 am—5:00 pm

Need to speak with someone in administration?

Director, Kathy Romain

(907) 283-8213 or kromain@kenai.city

Administrative Assistant, Red Piersee

(907) 283-8212 or apiersee@kenai.city

**Activity/Volunteer Coordinator,
Kayla Feltman**

(907) 283-8214 or kfeltman@kenai.city

Card Making with Kim

Wednesday, April 19 at 1:00pm

Senior Center Dining Room

Please sign up on the bulletin board



Stronger Together Support Group



Mondays 2 –3:30 pm

Are you a caregiver who could use the support of others on a more regular basis? This may be for you!

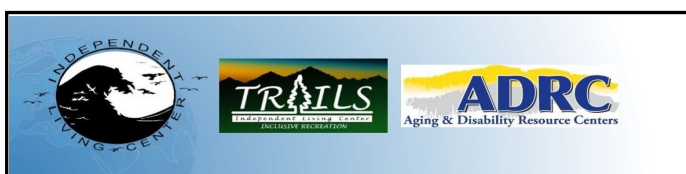
Short Story. CLUB

The **SHORT STORY CLUB** will be meeting **Tuesday, April 11 at 4:00 pm** in the **Computer Lab**.

They will be discussing the 1941 classic “**They**” by: **Robert A. Heinlein**. Copies are available in the Computer Lab. Please feel free to join us! See Jerry Nassen for more information.

Waffle Bar

Waffles will be offered on the last **Friday** of **every month** from 8-10:00 am. Come in for coffee, juice, and a hot waffle for just \$3. You may bring your own goodies to add to your waffle. No need to sign up. Just show up and enjoy this special treat.



Tuesday, April 18

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 Family Caregivers

Tuesday,

April 19

1– 2 pm

Computer Lab

(907) 262-1280



A representative 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.

Singspiration!

If you miss singing those old hymns you remember from years gone by, join us on **April 19 at 3:00 pm** for Sing-Spiration. You can choose the songs we sing!



Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

APRIL HAS ARRIVED. Hopefully winter has gone for a while. I am sure we are all ready for a nice sunny warm spring with summer coming soon after. The Kenai Senior Connection spent a lot of time lately getting ready for it's annual fundraiser March for Meals. We put in a lot of time thinking and planning about but what we do as we feel like it is an especially important project.



By the time you see this article, I hope you all enjoyed your March for Meals as much as we did putting it together. **A very special THANK YOU goes out to everyone who participated in any way.**

Another project we are working on is learning the many things about planting and raising gardens. Our friend, Steve Latz, is coming to the Senior Center Dining Room every Friday at 11:00am to talk about and learn to plant and grow a garden. I can tell you from experience, gardening is one of the most enjoyable, satisfying things you can do. There is nothing quite like going to the garden for vegetables, potatoes, carrots, etc.; go in the greenhouse and see tomatoes and cucumbers growing, and go back to the house and fix dinner.

Waffle Friday's returns this month on April 28!

Lets get ready for summer; enjoy it, get some fishing in and maybe have a fish to go with your garden dinner! Happy Summer! *Velda*



Genealogy Workshop

Friday, April 14

At 1:15pm in the Computer Room

Need help breaking down that brick wall, or maybe you need help organizing your research? Perhaps your interested in learning how to get started tracing your family history? Cheryl can help! Please join her at 1:15pm on Friday, April 14 in the computer room.

Exercises classes are from 10:00—10:45 am every weekday morning. The Dining Room is available during this time for coffee and quiet conversation. Please be mindful.



**Bluegrass is back on
2nd, 3rd, Last
Thursdays of
the month at
6:30pm**



**Celebration
Good Friday,
April 7, 2023**

11:30am. Dining Room

Missy will be preparing a special luncheon to celebrate the spring season. Join us... you know it will be yummy!!!. Wear your best Easter Bonnet or Bow Tie for a chance to win a prize. Sign up on the bulletin board.



**Easter Choir
Friday, April 7
at 11:30 am**

Join us for a mini concert on Good Friday, April 7 just in time for Easter. Songs will be a mixture of Spring, sacred, and popular music.

Easter Egg

Coloring

Tuesday, April 6

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 6th. The eggs will be included in home-delivered meals as a special gift for the season. Please sign up on the bulletin board.

Prom Breakfast

Sunday, Midnight, April 16

The Center is again "the place to be" for the Kenai Central High School Prom attendees. Volunteers are needed to help prepare breakfast beginning at Midnight with breakfast being served at 4:00am. Sign up on the bulletin board.

Remembering

Dave & Ruth Merrill

Sunday, April 23 at 2 pm



Please join the Merrill family to celebrate the lives of their parents, Dave & Ruth. These dear folks have been a part of our Senior Center family for many years and will be greatly missed.



APRIL TO-DO LIST

Wake up with gratitude & Joy

Tell a Joke that makes people laugh

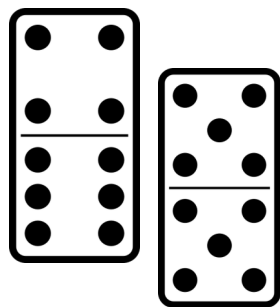
Take time to wind down before bed

Spend time on a hobby

Do a brain dump for mind clarity



OurMindfulLife.com



Calling all Dominos Players!

Interested in playing dominos?
Please join us every Thursday at
1:00pm in the card room. See you
there!

Meal Donations Can Be Given Privately

While the Kenai Senior Center is funded by various grants, these only cover a small portion of the meal costs. We rely on fundraisers and private donations for the remaining costs. While the suggested donation is \$7, this is **purely** a suggestion and may or may not fit into everyone's budget. Why not consider something **up to** \$7? Some individuals cannot afford any donation and we do understand these circumstances. If you want to give your donations privately, we have a small wooden box in the hallway next to the Writers' Group bulletin board for donations and meal tickets.

LIBRARY NEWS by Virginia Walters

It's Spring!!! We have taken down the community puzzle. Too much going on to spend time there! Please feel free on any given rainy day to start another one.

The big (1000 piece) puzzles have gone to their forever home (donated to Salvation Army). The romance novels are next... If you have a favorite, please take it home with you.

The DVDs are shelved alphabetically, ahead of the letter; that is, B is between a and b dividers.

Think daffodils!!! These snow piles will be gone soon.





Our Bizhub Copier was donated by

KENAI SENIOR CONNECTION, INC.

So,.... all copy/fax charges are given back to the Connection to save for the next Bizhub purchase.

The Senior Center pays for the maintenance contract and paper for the copier.

Charges for each use:

Black and White Copies **.10 per side**

Color Copies **.25 per side**

Faxing **\$1.00 per fax**



“Grow with Me” with Steve Latz

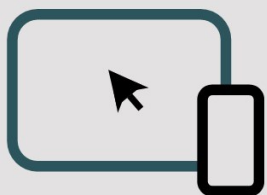
Interested in learning about gardening? Please join us every Friday at 11:00 am in the dining room/solarium to learn more about growing flowers and vegetables from seed. We will be utilizing these plants in our greenhouse and flowers around the Center. April topics include earth boxes, ventilation, light sources, fertilizer, growing mediums, greenhouses, high tunnels, seed starting germination methods and technique. Seeds that we will be starting are kohlrabi, broccoli, cabbage, kale, dill, cauliflower, Livingston daisy (ice plant), alyssum, cilantro, basil, calendula, bachelor button, stock, nasturtium, and godetia. Have you considered planting a row for the Kenai Senior Center? Please talk with me to arrange growing the starts for you.

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	Marilyn Hallstrom	Len Malmquist	Bill Starnes
Ken & Kris Ayers	Karolee Hansen	Marge Milewski	Sondra Starnes
Marilyn Bannock	Kathy Heus	Kari Mohn	Buck Steiner
Steve Best	Howard Hill	Nelson Nakamura	Sheila Steiner
Patricia Bravo	Kit Hill	Jerry Nassen	Deborah Marie Stiers
Larry Burcham	Jan Hollers	Bill Nelson	Linda Swarner
Glen Clifford	Donna Hoyt	Lois Nelson	Vivian Terry
Renee Clifford	Joe Huard	Janice & Joe Nightingale	Charles & Janice Thornton
Jewell Coverstone	Molly Jackson	Susan Olson	June Truelove
Terry Cramer	Bobbi Jedlicki	Katie Pault	Terry Turner
Dave & Allison Darsey	Peggy Jones	Robert S. Peterson	Ray Verg-in
Shirie Drath	Read Kent	Judith (Kent-Hunter)Pock	Yen-ti Verg-in
Barb Dudley	Fran Kilfoyle	Carol Prior	Arnold Waggaman
Carol Freas	Leanne King	Biz Robbins	Delores Waggaman
Velda Geller	Henry Knackstedt	Trish Roderick	Beverly & Don Waldrop
Margaret Goggia	Anita Kwan	Gladys Routh	Frosty Walters
Omer Goodman	Hoa Le	Marcia Shea	Virginia Walters
Bill Graves	Chris Lombard	Hal Smalley	Marie Weller
Luna Graves	Jennifer Lombard	Susie Smalley	Ozella Williams
Jeffrey & Monica Griffin	Carol & Mike Louthan	Barbara Smith	Roy Williams
Darrell Hagen	Paula R. Maier	Steve Smith	Janice Wilsack
Xiaopei LaTocha	William LaTocha	Scott Romain	Clayton Yoncher





Chromebooks @ the Senior Center

Thursday
April 20th
1:00pm

Join us at the Kenai Senior Center as we learn about Chromebooks and how to use them. This class will go through the basics of Chromebooks and build confidence using this device.



Please sign up on the bulletin board to reserve your spot.



Computer Lab Open Times

The Senior Center computer lab is open for your use on the following days/times:

Monday—8-11 am & After 12:00 pm

Tuesday—After 11:30 am

***Thursday—All Day**

***Friday—All Day**

* There will be an occasional meeting in the Computer Lab where it will not be available to the general public.

TAX PREPARATION FOR SENIORS

BY APPOINTMENT ONLY!!!

SOLDOTNA COMMUNITY LIBRARY
235 N. Binkley Street
Soldotna

CALL DEBBIE (AARP)
(828) 803-3599



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

Email Address: _____

Please make checks to Kenai Senior Connection

- ☐ \$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.

LIVING WITH ALZHEIMER'S FOR MIDDLE-STAGE CAREGIVERS

An education program presented by the Alzheimer's Association®



In the middle stage of Alzheimer's disease, needs change and care partners become hands-on caregivers.

Join us to hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

Topics include communication, personal care, behaviors, wandering and care options.

**Wednesday, April 26, 2023
10 a.m. to 3:30 p.m.**



**Kenai Senior Center
361 Senior Ct.
Kenai, AK 99611**

**Presented without charge
and open to the public.
Lunch is included; lunch tickets
issued during the program.**

**For more information call Joel Loiacono
at the Alzheimer's Association at
509.321.4581.**



**RSVPs requested; register at
<https://bit.ly/KenaiMS>
or phone the Alzheimer's Association
at 800.272.3900**

ALZHEIMER'S ASSOCIATION®



Heart Healthy

APRIL 2023 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
<p>3</p> <p>Sloppy Joe's Parmesan Fries Cheese Tortellini Soup</p>	<p>4</p> <p>Chef Salad Cottage Cheese & Fruit Cup Bran Muffin Salad </p>	<p>5</p> <p>Spaghetti & Meatballs Italian Veggies Garlic Bread Salad</p>	<p>6</p> <p>Spicy Peanut Chicken & Noodles Stir-Fry Veggies Egg Roll Soup</p>	<p>7</p> <p>Baked Ham Yams Cheesy Potatoes Fruit Salad</p>
<p>10</p> <p>Tomato Soup Toasted Cheese Sandwich Carrot Salad Soup</p>	<p>11</p> <p>Beef Enchiladas Spanish Rice Corn Salsa Salad</p>	<p>12</p> <p>Baked Potato w/ Fixings Broccoli Florets Salad </p>	<p>13</p> <p>Honey Soy Chicken Thighs Brown Rice Peas & Carrots Soup</p>	<p>14</p> <p>Pizza Spinach Salad</p>
<p>17</p> <p>Brats w/ Onions & Peppers Sauerkraut Mac & Cheese Soup</p>	<p>18</p> <p>Taco Salad Chips & Salsa Fruit Cup Salad </p>	<p>19</p> <p>Fried Chicken Mashed Potatoes Gravy Zucchini Medley Salad</p>	<p>20</p> <p>Sweet & Spicy Cranberry BBQ Meatballs Jasmine Rice Mixed Veggies Soup</p>	<p>21</p> <p>Creamy Lemon Chicken w/ bow tie pasta Zucchini Medley Garlic Bread Salad</p>
<p>24</p> <p>Crispy Chicken Caesar Salad Muffin Fruit Cup Soup </p>	<p>25</p> <p>Liver & Onions Mashed Potatoes Gravy Green Beans Salad</p>	<p>26</p> <p>Blueberry Pancakes Scrambled Eggs Sausage Links Roasted Potatoes Salad</p>	<p>27</p> <p>Teriyaki Chicken Baked Beans Buttered Corn Soup</p>	<p>28</p> <p>Cheeseburger Onion Rings Bacon Ranch Pasta Salad</p>



Photo by ANTHC Marketing

APRIL IS ORAL HEALTH MONTH

The health of your mouth directly contributes to your overall health and wellness.

Taking care of your teeth and gums is a good practice to prevent cavities and gum disease. Gum disease can contribute to other chronic diseases such as **heart disease** and **diabetes**.

One out of two adults suffer from gum disease.

Gum disease is a general term used when someone has been diagnosed with **Gingivitis** or **Periodontitis**. Gum disease is a film or plaque that causes red, tender, swollen, and bleeding gums. Gum disease can be mild to severe. It can be prevented or may be reversed with good mouth practices. If you are experiencing any symptoms, talk to your dentist.

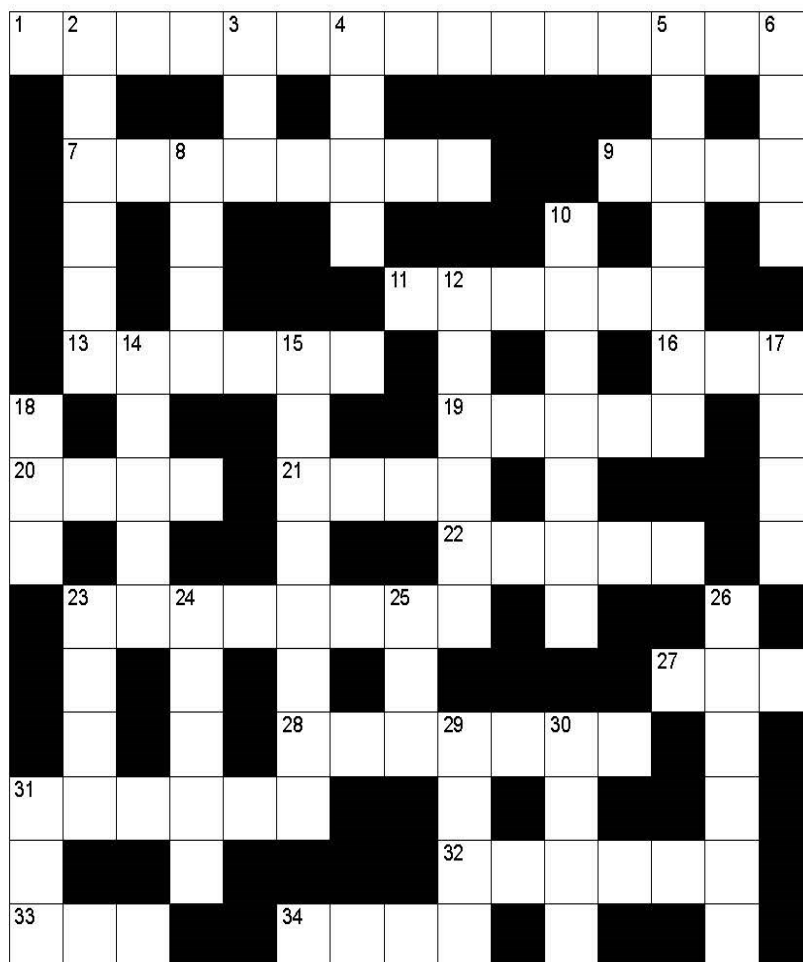
Good mouth practices:

- Brush teeth for two minutes at least twice a day
- Use a soft bristle brush and fluoridated toothpaste
- Floss everyday using floss, floss picks, interdental brushes, and/or a water flosser
- If you wear dentures, clean them as advised
- Eat a healthy diet
- Consume fewer foods and drinks with added sugar
- Visit your Dentist for routine exams
- Visit your Dental Hygienist for cleanings at least twice a year
- Avoid smoking, vaping, chewing, and nicotine products
- Drink plenty of water to stay hydrated and rinse teeth between brushings

For more information about mouth health visit the American Dental Association at <https://www.mouthhealthy.org/>

For more information about [health benefits](#) and quitting smoking, visit [Alaska Tobacco Quit Line](#)

April Crossword



Across

- 1 "That subject's off the table!" (15)
- 7 Prays for earnestly (8)
- 9 Type of disposition (4)
- 11 Deep ravine (6)
- 13 Celine Dion's "I'm Your Angel" duet partner (6)
- 16 "Mad TV" rival (3)
- 19 Occasionally newsworthy comment (5)
- 20 Prime time, in ads (4)
- 21 Distance not run in the Olympics (4)
- 22 Totally unfamiliar (5)
- 23 How some interest is paid (8)
- 27 They keep "Q" from "U" (3)
- 28 Rand Corporation employee (7)
- 31 Opposite of austere (6)
- 32 Political refugee, e.g. (6)
- 33 "Morning Edition" carrier (3)
- 34 Guinness in movies (4)

Down

- 2 British Columbia town or television pundit Craig (6)
- 3 Anguilla rostrata (3)
- 4 Raw linen color (4)
- 5 Exam that's sight-specific? (7)
- 6 Gloaming followers (4)
- 8 Long stick (4)
- 10 Africa's largest nation (7)
- 12 Yoked beasts, collectively (6)
- 14 Olympic swimming gold medalist Ledecky (5)
- 15 Dessert with a tart filling (8)
- 17 Title for an earl or baron (4)
- 18 Rockport's cape (3)
- 23 Long-nosed swimmer (4)
- 24 Storytelling Uncle of fiction (5)
- 25 Sport-___ (rugged vehicle) (3)
- 26 Matters in dispute (6)
- 29 Sans antonym (4)
- 30 Octavia's "others" (4)
- 31 Majerle of the Suns (3)