

# The Centerline

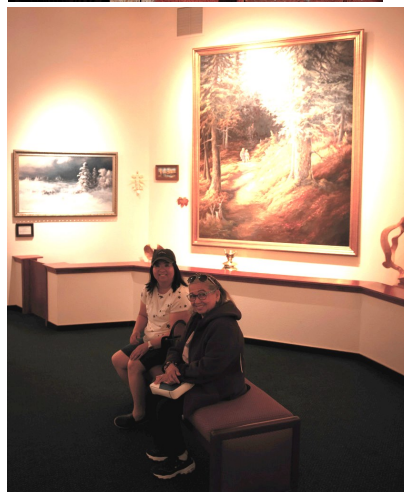
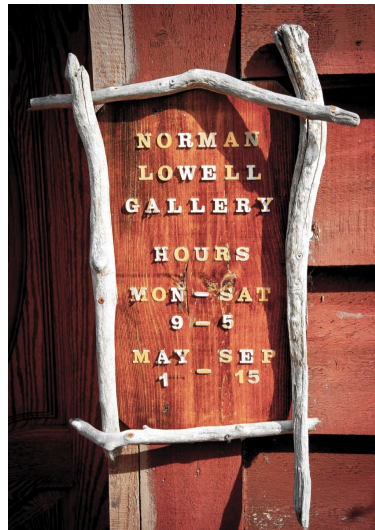
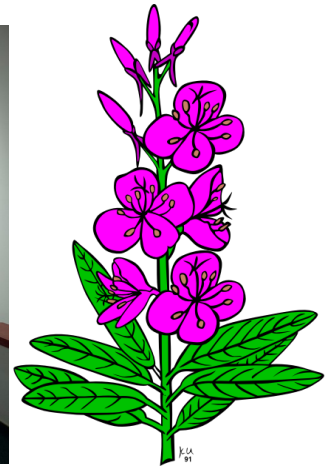
City of Kenai

Kenai Senior Center

361 Senior Ct.

Kenai, Alaska 99611

# AUGUST 2022



KENAI

## Special points of interest

- Council on Aging & Kenai Senior Connection, Inc., Meetings
- No Host Dinner—Tree House Restaurant
- August Menu
- Social Security Video-Conferencing News
- Kenai Peninsula Fair  
Palmer State Fair



# Glass Succulent Terrarium Class

City of Kenai  
Kenai Senior Center

Kenai Senior Center  
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/>

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PLEASE  
PLACE  
STAMP  
HERE

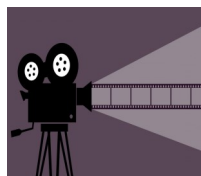


# AUGUST 2022

| Monday                                                                                                 | Tuesday                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                        | Thursday                                                                                                                                                                         | Friday                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>10a—Growing Strong<br>11a—Bells<br>Noon—LUNCH<br>12:30p-4:30p—Bridge<br>1-3p—Hand & Foot   | <b>2</b><br>10a—Tai Chi<br>10a—TOPS<br>Noon—LUNCH<br>12:30-1p—Bingo<br>12:30-4:30p Pinochle<br>1p—Wii Bowling                                                                                                           | <b>3</b><br><b>9a-Noon-Social Security</b><br>10a—Growing Strong<br>11a—Noon/Bluegrass<br>Noon—LUNCH<br>1p—Writers’ Group<br>1p-3p—Quilting/Crafting<br>2p—Ukulele                               | <b>4</b><br>10a—Tai Chi<br>Noon—LUNCH<br>1p—Wii Bowling<br>5:30p-Cribbage<br><b>6:30p — Movie Night:<br/>Netflix Film<br/>Persuasion</b>                                         | <b>5</b><br>9:30a-12p—Quilting/Crafting<br>10a—Growing Strong<br>11a-12p—Adult Coloring<br>Noon—LUNCH<br>1p—Bridge<br>1p—Wii Bowling<br>1-3p—Hand & Foot                                                                 |
| <b>8</b><br>10a—Growing Strong<br>11a—Bells<br>Noon—LUNCH<br>12:30p-4:30p—Bridge<br>1-3p—Hand & Foot   | <b>9</b><br>10a—Tai Chi<br>10a—TOPS<br>Noon—LUNCH<br>12:30-1p—Bingo<br>12:30-4:30p Pinochle<br>1p—Wii Bowling<br><b>5p—No Host Dinner/<br/>Tree House<br/>Restaurant</b>                                                | <b>10</b><br>10a—Growing Strong<br>11a—Noon/Bluegrass<br>Noon—LUNCH<br>1p—Card Making with<br>Kimberly<br>1p—Writers’ Group<br>1p-3p—Quilting/Crafting<br>2p—Ukulele<br><b>3p—Sing-Spiration</b> | <b>11</b><br>10a—Tai Chi<br>Noon—LUNCH<br>1p—Wii Bowling<br>5:30p-Cribbage<br>6:30-Bluegrass                                                                                     | <b>12</b><br>9:30a-12p—Quilting/Crafting<br><b>10a-4p Bell Ringers/ Kenai<br/>Peninsula Fair</b><br>10a—Growing Strong<br>11a-12p—Adult Coloring<br>Noon—LUNCH<br>1p—Bridge<br>1p—Wii Bowling<br>1-3p—Hand & Foot        |
| <b>15</b><br>10a—Growing Strong<br>11a—Bells<br>Noon—LUNCH<br>12:30p-4:30p—Bridge<br>1-3p—Hand & Foot  | <b>16</b><br>10a—Tai Chi<br>10a—TOPS<br><b>11:30a-1p—<br/>Independent Living<br/>Center</b><br>Noon—LUNCH<br>12:30-1p—Bingo<br>12:30-4:30p Pinochle<br>1p—Wii Bowling<br><b>1-3p—Family Caregiver<br/>Support Group</b> | <b>17</b><br><b>9a-Noon-Social Security</b><br>10a—Growing Strong<br>11a—Noon/Bluegrass<br>Noon—LUNCH/Birthday<br>1p—Writers’ Group<br>1p-3p—Quilting/Crafting<br>2p—Ukulele Group               | <b>18</b><br>10a—Tai Chi<br>11:30a—LUNCH<br>1p—Wii Bowling<br>1-3p—Computer Skills<br>Class w/ Elizabeth<br>Kleweno<br>3:00—Council on Aging<br>5:30p-Cribbage<br>6:30-Bluegrass | <b>19</b><br>9:30a-12p—Quilting/Crafting<br>10a—Growing Strong<br>11a-12p—Adult Coloring<br>11:30a —LUNCH/<br>1p—Bridge<br>1p—Wii Bowling<br>1-3p—Hand & Foot                                                            |
| <b>22</b><br>10a—Growing Strong<br>11a—Bells<br>Noon—LUNCH<br>12:30p-4:30p—Bridge<br>1-3p—Hand & Foot  | <b>23</b><br>10a—Tai Chi<br>10a—TOPS<br>Noon—LUNCH<br>12:30-1p—Bingo<br>12:30-4:30p Pinochle<br>1p—Wii Bowling                                                                                                          | <b>24</b><br><b>8a-10p Alaska State Fair</b><br>10a—Growing Strong<br>11a—Noon/Bluegrass<br>Noon— LUNCH<br>1p—Writers’ Group<br>1p-3p—Quilting/Crafting<br>2p—Ukulele Group                      | <b>25</b><br>10a—Tai Chi<br>Noon—LUNCH<br>1p—Wii Bowling<br>5:30p-Cribbage<br>6:30-Bluegrass                                                                                     | <b>26</b><br><b>8-10a WAFFLES</b><br>9:30a-12p—Quilting/Crafting<br>10a—Kenai Senior<br>Connection Mtg.<br>10a—Growing Strong<br>11a-12p—Adult Coloring<br>Noon—LUNCH<br>1p—Bridge<br>1p—Wii Bowling<br>1-3p—Hand & Foot |
| <b>29</b><br>10a— Growing Strong<br>11a—Bells<br>Noon—LUNCH<br>12:30p-4:30p—Bridge<br>1-3p—Hand & Foot | <b>30</b><br>10a—Tai Chi<br>10a—TOPS<br>Noon—LUNCH<br>12:30-1p—Bingo<br>12:30-4:30p Pinochle<br>1p—Wii Bowling                                                                                                          | <b>31</b><br>10a—Growing Strong<br>11a—Noon/Bluegrass<br>Noon— LUNCH<br>1p—Writers’ Group<br>1p-3p—Quilting/Crafting<br>2p—Ukulele Group                                                         | <b>1</b><br>10a—Tai Chi<br>Noon—LUNCH<br>1p—Wii Bowing<br>5:30p-Cribbage                                                                                                         | <b>2</b><br>9:30a-12p—Quilting/Crafting<br>10a—Growing Strong<br>11a-12p—Adult Coloring<br>Noon—LUNCH<br>1p—Bridge<br>1p—Wii Bowling<br>1-3p—Hand & Foot                                                                 |

# AUGUST BIRTHDAYS

| Day | Name              | Day | Name              | Day | Name                |
|-----|-------------------|-----|-------------------|-----|---------------------|
| 2   | Janice Thornton   | 11  | Mike Lockwood     | 22  | Jennifer Reynoldson |
| 3   | Karen Fredericks  | 12  | David Johnsrud    | 22  | Joan Epling         |
| 4   | Linda Wehr        | 15  | Clarence Duncan   | 23  | Colleen Sonnevil    |
| 5   | Nikki Turnbull    | 15  | Gerald Sanger     | 24  | Benjamin Swan       |
| 6   | Frostie Walters   | 16  | Mary Ann Lamecker | 24  | Elena Pate          |
| 7   | Karen Dorcas      | 20  | Steve Latz        | 27  | Jeanne Spinney      |
| 7   | Michael Christian | 20  | Gary Hollier      | 29  | Marti Anderson      |
| 8   | Marge Milewski    | 21  | Carol Prior       | 29  | Bonnie Kane         |
| 9   | Donald Waldrop    | 21  | Millard Spinney   | 29  | Leone Meredith      |
| 11  | Charlene White    | 22  | Janice Wilsack    | 29  | Ronald Dukowitz     |
|     |                   |     |                   | 30  | Kathryn Medcoff     |



## Thursday Evening Movie

August 4, 2022  
6:30 p.m.

### Now showing: Netflix Film Persuasion

When Frederick Wentworth -- the one who got away -- crashes back into Anne Elliot's life, she must choose between putting the past behind her or listening to her heart when it comes to second chances.

Join us on the 17th for a party to celebrate August Birthdays! Is August your birthday month? If so lunch on the 17th is on us!

## NO-HOST DINNER

**Tuesday, August 9 2022**  
**Tree House Restaurant**

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

There will be limited transportation available at a 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.

# dates to remember

|                      |                                         |            |
|----------------------|-----------------------------------------|------------|
| Wednesday, August 3  | Social Security                         | 9a-Noon    |
| Thursday, August 4   | Movie Night: Netflix Film "Persuasion"  | 6:30 p.m.  |
| Tuesday, August 9    | "No Host" Dinner/Tree House Restaurant  | 5:00 p.m.  |
| Wednesday, August 10 | Card Making with Kimberly               | 1:00 p.m.  |
|                      | "Singspiration"                         | 3:00 p.m.  |
| Friday, August 12    | Bell Ringers/Kenai Peninsula Fair       | 10:00a.m.  |
| Wednesday, August 17 | Social Security                         | 9a-Noon    |
|                      | Birthday Lunch                          | Noon       |
| Saturday, August 20  | Farmers' Market transportation with Red | 10a-2p     |
| Wednesday, August 24 | Alaska State Fair                       | 8a-10p     |
| Friday, August 26    | Friday Morning Waffles                  | 8a-10a     |
|                      | Senior Connection, Inc. Meeting         | 10:00 a.m. |

## 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 (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)  
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

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

### Administrative Assistant, Red Piersee

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

### Activity/Volunteer Coordinator, Kayla Feltman

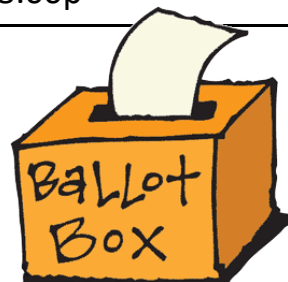
(907) 283-8214 or kfeltman@kenai.city



## STATE OF ALASKA ELECTIONS INFORMATION AUGUST, 2022

| WHEN:                                              | ELECTION:                                                                               | WHAT:                                                                                          | WHERE:                                                                                                               |
|----------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>AUGUST 1 <u>through</u><br/>AUGUST 16, 2022</b> | <u>Special Election</u> (to fill Rep. Young's Seat) and <u>Regular Primary Election</u> | Absentee In-Person, Special Needs Voting Available — Ballots for all of KPB will be available. | Kenai City Hall<br>9:00a to 4:00p                                                                                    |
| <b>AUGUST 16, 2022</b>                             | Special Election and Regular Primary Election Day                                       |                                                                                                | Polls Open 7:00a-8:00p<br><br>In-Person Absentee, Special Needs Voting Available at Kenai City Hall From 7:00a-8:00p |

**DO YOU WANT TO ARRANGE A RIDE TO KENAI CITY HALL TO VOTE ABSENTEE IN-PERSON OR ARRANGE FOR A SPECIAL NEEDS BALLOT FOR SOMEONE?**



**DO YOU WANT TO ARRANGE A RIDE TO THE KENAI PRECINCT POLLS ON AUGUST 16 (ELECTION DAY)?**

**CALL (907) 283-4156 EARLY TO ARRANGE A RIDE.**

**KENAI PRECINCT NO. 1**

**OLD CARR'S MALL**

**KENAI PRECINCT NO. 2**

**CHALLENGER CENTER**

**KENAI PRECINCT NO. 3**

**OLD CARR'S MALL**



## Singspiration!

If you miss singing those old hymns you remember from years gone by, join us on **August 10 at 3:00 pm** for Sing-Spiration. You can choose the songs we sing!

## Card Making with Kim

Wednesday, **August 10** at 1:00  
Senior Center Dining Room



## Senior Farmers' Market

### Nutrition Program

Will you be 60 years of age or older by September 30, 2022?

Do you like fresh fruits and veggies but purchasing these items are a little hard on your pocketbook?

If you answered yes to both of the questions above you will be happy to hear that the Kenai Senior Center is a distributing agency again for Farmers' Market Coupons!

For more information about the program and to inquire as to whether you are eligible, please call the Kenai Senior Center at (907) 283-4156 and ask for Red.

## Celebrate the 71st



**Friday, August 12**

The Bell Ringers will be playing (2:00pm) at the Fair and we'll be providing rides for those of you who would like to take a trip, listen to and support the players, plus, enjoy an afternoon at the Kenai Peninsula Fair. The bus will leave at 10am and return around 4:00p. The transportation fee is \$12. Please pay for admission at the gate.

Please sign up and prepay for the ride at the Receptionist desk.





**ALL ABOARD  
KENAI & SOLDOTNA  
NEXT STOP:  
ALASKA STATE FAIR**

**WEDNESDAY, AUGUST 24, 2022**

BOARDING at 8:00AM sharp at  
SOLDOTNA SENIOR CENTER and  
RETURNING at 10:00PM

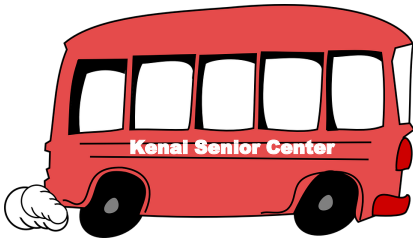
Bus Fare Cost: \$70 per person (does not include admis-  
sion fees).

Must be signed up and paid by  
August 10, 2022.

Only 26 seats available for both senior centers.



## Transportation News



The Kenai Senior Center (KSC) is in the process of expanding transportation services to what was previously available prior to Covid-19. Currently the KSC transportation program is very much in demand. To be able to accommodate as many seniors as possible, we are asking that you book your rides as far **in advance** as possible. When scheduling a ride you must schedule it with the receptionist—**not the driver**. Rides must be scheduled for **ALL** stops as well as scheduling your return ride at the time of the initial booking. This is to ensure that you will have a return ride. Same day transportation is not guaranteed. However, we will do our best to accommodate this if there is the availability. Transportation is available Monday through Thursday. Rides begin at 9:15am with the last appointment ending at 3:30pm.

Due to rising fuel costs, as of July 1, 2022, transportation cost will increase to the following:

- Rides within the Kenai city limits will be a suggested donation amount of \$5.
- Rides outside the Kenai city limits will be a suggested donation amount of \$10.

If you have any additional questions please reach out to Red Piersee at (907) 283-8212.

***Stay tuned for more updates!***

### Farmers' Market Transportation With Red!

On **Saturday, August 20, 2022** the KSC will be providing transportation with stops at the Soldotna Saturday Market and the Kenai Saturday Market from 10am-2pm. This is a great opportunity for individuals that have Farmers' Market Coupons to access vendors for fresh fruit and vegetables. Seating is limited. Sign-up by calling the front desk at (907) 283-4156



# Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



Can you believe August is already here? Last month I told you we were very busy getting ready for our annual Fourth of July pie and biscuits & gravy fundraiser at the Chamber's Fourth of July celebration. So now, I will give you an update about our day.

Around 5:00 a.m., Kathy and husband Scott, began their day making the biscuits and gravy. Soon there were helpers coming to move the tables, chairs, and the supplies (including the pies, biscuits & gravy, coffee, hot water, etc.) to the pavilion at the park strip where the after-parade activities were held. When that crew got to the park, there were more volunteers there to pitch in and assist with decorating tables, organizing the pie and biscuits & gravy corners, and generally getting everything ready for customers.

We had barely gotten the biscuits & gravy set up when we had our first customer! Our pie crew busily cut slices of pies for the pie-by-the-slice sales, and wrapped whole pies for whole pie sales. Everyone had an assignment and all went quite well. Last year we sold out of biscuits & gravy early, so this year the recipe was doubled. Would you believe, we sold out this year again! The Senior Center's kitchen staff and two volunteers made 99 pies for selling by the slice or as a whole pie. All 99 pies were sold! We probably had the best turnout we have had in a few years.

The Center's Country Store was situated next door in the pavilion and had many handmade articles for sale. They too had a very good day. Quilt raffle tickets were also sold (the drawing will be held October 31, 2022).

We all had a good time but were satisfactorily tired by the time we got home. For those who assisted in transporting, setting up, working the booths, etc., THANK YOU SO VERY MUCH!!! And to the customers thank you as well — we look forward to seeing you next year!



## Quotes About Alaska


Compiled by [historyfangirl.com](http://historyfangirl.com)

*"It's from an Aleut word, Alyeska. It means 'that which the sea breaks against,' and I love that."* -John Green

*"I went to Alaska as a young man just looking for adventure. And like so many of us in the '70s, we found it."* -Tom Bodett

*"There's a land—oh, it beckons and beckons, and I want to go back—and I will."* —Robert W. Service

*"The mountains are calling, and I must go."* -John Muir



**Tuesday, August 16**  
**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.



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 your pet  
 Family name  
 Club/Organization  
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 Endless possibilities

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 ONLY 4 AVAILABLE

**Price Includes:**  
 Plaque  
 25 letters  
 Additional letters  
 \$2 each

**CONTACT**  
 Pat Porter  
 907-252-5992

Kenai Dog Park

## Kenai Peninsula Family Caregivers

**Tuesday,**  
**August 16**  
**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 Keschull 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.

## 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.

## 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.



## What is the \$5 Club?

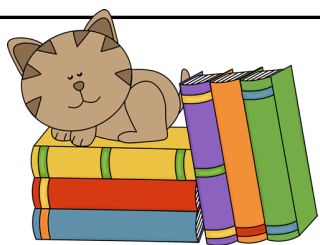
**Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!**

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!**

### **JULY**

### **\$5 CLUB**

|                   |                        |                          |                       |
|-------------------|------------------------|--------------------------|-----------------------|
| Juanita Aguilar   | Velda Geller           | Marge Milewski           | Barbara Schmidt       |
| Ken & Kris Ayers  | Omer Goodman           | Jeanie Miller            | Marcia Shea           |
| Steve Best        | Joel & Laura Henkleman | Lee Moeglein             | Barbara Smith         |
| Patricia Bravo    | Cliff Heus             | Mary Moeglein            | Steve Smith           |
| Elsa Bronson      | Kathy Heus             | Kari Mohn                | Bill & Sondra Starnes |
| Larry Burcham     | Howard Hill            | Molly Musgrove           | Buck Steiner          |
| Glenn Clifford    | Kit Hill               | Jerry Nassen             | Sheila Steiner        |
| Patsy Clifford    | Jan Hollers            | Bill Nelson              | Deborah Marie Stiers  |
| Jewell Coverstone | Donna Hoyt             | Lois Nelson              | Vivian Terry          |
| Rachael Craig     | Molly Jackson          | Janice & Joe Nightingale | June Truelove         |
| Walter Craig      | Leanne King            | Susan Olson              | Yen-ti & Ray Verg-In  |
| Jan Daniels       | Henry Knackstedt       | Ruth Osborne             | Beverly & Don Waldrop |
| Shirie Drath      | Anita Kwan             | Katie Pault              | Gary Walker           |
| Laurel Eisinger   | Mary Ann Lamecker      | Robert Peterson          | Marie Weller          |
| Carol Freas       | Paula Maier            | Carol Prior              | Roy & Ozella Williams |
|                   | Len Malmquist          | Trish Roderick           | Janice Wilsack        |



## **LIBRARY NEWS**

If you've walked through the game room lately you may have noticed the library has received many donations of books, puzzles, VCRs and DVDs. Our cup runneth over! We must do some weeding.

If you are using the VCR tapes, please let Kayla know. If they are not getting any use, they will be donated elsewhere. If they are being used, we will attempt to weed them to keep the most watched. The DVDs will be sorted by age, with those before 2000 going, unless it is a classic or part of a series.

Puzzles go by size, with the largest ones being donated. If you have a friend who likes puzzles, feel free to give them one or two.

More happily, the next rainy day we will start a community puzzle in the game room. When it goes up, feel free to stop and put in a few pieces. If you would like to start it, let Kayla know.

## Sock, Pin-cushion, and Other Stuff

### THINGS THAT MY MOTHER USED TO DO

By Yen-ti Verg-in

July 21, 2022

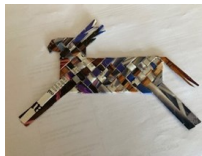
What do you do when you have a "holey" sock?  
Put in the trash can.

My mother would mend it. She even made a mold to put the sock over so the sock would retain the right shape for mending.

What do you do with all those colorful pages in the magazine?

Nothing. The magazine goes to the recycling bin.

My mother would cut off the colorful pages and fold into long strips, then make artistic deer, fish, or bird.



What do you do with all those used tin cans? Out to the garbage bin.



My mother would use them to make foot-stools. She would lace the cans together, wrap with burlap, and cover it with thick fabric trimmings for the exterior. These footstools are strong enough to sit or stand on; an ideal "step" for reaching high places.

What do you do with all the hair you lose?  
Sigh and murmur: "With this rate, I will be bald shortly...."

My mother would roll up her loose long hair, made it into a ball, and covered it with a piece of fabric to make it into a nice looking pin-cushion.

What do you do for birthdays? A chocolate cake for Ray, and a hamburger for Rhy.

My mother would make long stranded noodles from scratch to symbolize longevity, then put a stalk of green onion and two eggs on top to wish me to score 100% on all my tests and studies.

The list of things that my mother used to do keeps on going,....

**I MISS YOU, MOM.**



## Let's Ask Grandma

By Jerry Nassen

"Mama, can I help you cook Easter dinner today? You promised you'd teach me how to cook," inquired nine-year-old Susie. "I promise to pay attention."

So how do you turn down an invitation like that? Anything that teaches a life skill and gets children 'off the screen' can't be all bad, after all.

And so the lesson begins. The ham comes out of the fridge and onto the counter top.

"Now first," I say, you have to take a big sharp knife and cut the pointy end off the ham."

Ever the inquisitor and currently in mid-question-everything stage, Susie immediately asks, "Why?"

Since I know that the "because I said so" response doesn't work with this little girl, coupled with the realization that I really didn't know the answer, I had to tell the truth..."I don't know why, but that's the way my momma taught me," I said.

Grabbing her cell phone (so much for the negative screen time) Susie said, let's call her and ask her.

And so we did. After thinking about it for a minute or so, Grandma replied, "You know, I really don't know why, it was just the way I was taught by my mother."

Susie's immediate response was, "So let's call GGMA and ask her."

So once again, we did, and finally received a solid reason for why we cut the pointy end off the ham before we bake it...

"Because I only had one pan, and it was shorter than the ham!"

### TAKE A FEW MNUTES TO THANK THEM.

By Mary Ann Lamecker

Do you realize how blessed we are to have this wonderful senior center to allow us to gather and be cared for: healthy and delicious meals, activities to keep us busy, and have fun, transportation, music during meals, beautiful grounds, caring staff.

## An Unlikely Winner

By Biz Robbins



When spring comes to Southeast Alaska, the flowers of the forest blossom into their most colorful, beautiful forms. The fragile-looking pink lanterns of the blueberry, the bright magenta salmonberry blossoms, the white daisies, the yellow and blue violets, and the yellow skunk cabbage share the platform with the lesser known, though equally as colorful and beautiful, wintergreens, twin flowers, and butterworts.

One year, the Guardian of the Forest overheard the flowers gossiping, casting aspersions on other flowers as to the quality of their beauty in an effort to discern the most beautiful from the ugliest. Berry flowers were arguing amongst themselves—the salmonberry blossoms, being the most plentiful, thought their early arrival and colorful petals were much more attractive than the pale, almost translucent, pink of the huckleberries. The flowers of the forest floor, the daisies, the buttercups and the violets, were arguing as well. It seemed as if each flower was trumpeting its own merits, wanting to be high on the list they were developing.

The skunk cabbage was quiet. Yes, its blossom was a beautiful yellow color, but it had no special attractions. It stuck out of the ground like a big ear of corn with a yellow coat covered by huge green leaves. It had no sweet scent, but instead smelled of the musky skunk. No, it thought it might well be on the bottom of the list, the ugliest flower of the forest.

When the Guardian of the Forest understood what the flowers were doing, she took matters into her own hands. “Flowers of the Forest, listen to me,” she commanded. Her voice had a steely edge as she was brooking no arguments. “I will name the most beautiful Flower of the Forest. I know you well, and I know which of you will win.”

That caused consternation among the flowers. They began mumbling, asking each other for thoughts as to whom the Guardian might choose. Their boasting turned into questions, their confidences not as solid as they had been.

“This flower is a beautiful color,” The Guardian began. “Not only does it have colorful foliage, but it is a useful flower. The bears need it when they come out of hibernation as it provides fiber for their digestive system.

It is one of the few sources of the deer’s springtime protein. And the Natives have found the flower to have many medicinal values as well as using the leaves to steam their salmon. This beautiful flower has a scent many avoid, but that shouldn’t matter. It is part of the plant’s character. Beauty is as beauty does. Congratulations go to the top of the beautiful list: the skunk cabbage.”

And with that announcement, the other flowers were silent. The skunk cabbage straightened its leaves and stood a little taller. And if anyone could tell, it smiled.

## Earthquake

By Jerry Nassen



Our assignment this week was a simple, one-word prompt: Earthquake. Easy peasy I thought, no limitations, no special circumstances, no difficult prompts (think ‘constantly biting their lip’ or ‘ninjas’ for example), just whatever direction you want to go featuring earthquakes.

Then I got to thinking, what do I know about earthquakes? Nothing. What experiences have I had involving earthquakes? Even less.

You see, unlike you native born or seasoned Alaskans, I did not grow up in earthquake country. I didn’t experience my first ‘felt’ earthquake until in my 60’s, and that was in...you guessed it, Alaska. Just wasn’t a thing where I come from. As for knowledge of earthquakes, I do remember a few things from high school, college and media, but nothing I feel the need or ability to write about.

But there is one area of interest to me where earthquakes play a major, you might say starring role: I love disaster movies! Volcanoes! Pandemics! Giant meteors! Armageddon! Zombies! Tornadoes/Hurricanes! Earthquakes! Basically any movies about Mother Nature lashing out at us unruly humans is a must-watch for me. Bring on the popcorn and unplug the phone, it’s showtime!



## **Telecommunications Equipment and Tablet Distribution Program (TEDP)**

### **Telecommunication equipment for Alaskans who are Deaf, Hard of Hearing or Speech-Disabled.**

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To take advantage of the TEDP, you must be an Alaskan resident and have a need for distance communication. In addition, you must have one of the following as certified by a physician, audiologist or hearing-aid specialist, speech-language pathologist, the Division of Vocational Rehabilitation or the Department of Education:

- Significant Hearing Loss
- Speech Impairment
- Communication disorder which severely interferes with communication effectively over the telephone

Individuals who would like to be considered for speech apps must be able to access text-based communication. Once Assistive Technology of Alaska receives your completed application and proof of residency, a representative will contact you to conduct an interview to better understand your distance communication needs.

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#### Equipment Examples:

CapTel phones  
Amplified phones  
Outgoing amplified phones  
Tablets with appropriate applications and case  
iBox  
Teletypewriters (TTY)  
Hearing Carry-Over phones  
Flasher for TTY, phone, or videophone  
Accessory to access mobile devices

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How do I apply for the TEDP? Contact the ATLA team and they will assist deaf or hard of hearing customers with the equipment distribution program applications forms.

Contact information:



ATLA Assistive Technology of Alaska  
1500 W 33rd Ave, Suite 120, Anchorage, AK 99503  
[atla@atlaak.org](mailto:atla@atlaak.org) (E-mail)  
800-723-ATLA (Toll-Free Phone)  
907-563-2599 (Voice)  
907-561-2592 (TTY)  
907-268-4676 (Videophone)  
907-563-0699 (Fax)



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.



## Has Inflation Affected Your Budget?

Many will have undoubtedly noticed the increased costs at the grocery store or at the gas pump. The Senior Center has experienced increased costs over this winter which has made a substantial impact to our budget. Moving forward, we will continue to look even further at minimizing costs and becoming more efficient without further impact to our services.

## Are the Senior Center's Services & Meals Free?

The Senior Center is funded by grants for only a portion of our budget. We rely on fundraisers, contributions, and donations for the remaining costs. Our meals and transportation grant pays for a very small portion of the costs and we are expected to ask the recipient for a contribution toward the remainder. Without these contributions, we would not be able to operate.

## How Can You Help?

1. **Suggested Contributions/Donations** The suggested contribution amounts may or may not fit into everyone's budget. The suggestion for a meal, which costs over \$20.00 for us to prepare, is just \$7.00. If you cannot give \$7.00, please consider something **up to** \$7. If you want to give donations privately, we have a wooden box in the hallway next to the Writers' Group bulletin board where donations may be deposited. For those receiving home meals, you can call the Senior Center or give your contribution to the driver.
2. **Coffee and Activities** Anytime you walk into the Senior Center, you can find either a newspaper, Wi-Fi access, or a cup of coffee or tea. Again, these items have costs and are budgeted expenses. Why not give even \$1 for a cup of coffee? Over the course of a year, this can make a sizeable difference.
3. **Costs Savings** If you have a cost savings idea, please tell us about it. We welcome your input as we work together to make our Center the best it can be!
4. **Yearly Contributions** We have been blessed to receive donations from individuals who need to expend IRA funds. Thank you for these as they've become vital to our continued operations.





Heart Healthy

# AUGUST 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                                                                                |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1<br>Swedish Meatballs<br>Noodles & Gravy<br>Pickled Beets<br>Soup | 2<br>Chef's Soup<br>Salmon Sandwich on<br>Croissant<br>Broccoli Salad<br>Fruit Cup                                                          | 3<br>Baked Potato w/<br>Fixings<br>Broccoli Spears<br>Muffin<br>Salad                                                                                       | 4<br>Saucy BBQ Chicken<br>Thighs<br>Jasmine Rice<br>Mixed Veggies<br>Soup  | 5<br>Cheeseburger<br>Cowboy Beans<br>Sweet Corn<br>French Fries<br>Salad              |
| 8<br>Chicken Alfredo<br>Italian Veggies<br>Garlic Bread<br>Soup    | 9<br>Meatloaf w/ Mashed<br>Potatoes & Gravy<br>Mixed Veggies<br>Salad                                                                       | 10<br>Soft Tacos<br>Corn, Bean, Tomato<br>Salsa<br>Mexican Rice<br>Salad  | 11<br>Roast Turkey<br>Mashed Potatoes &<br>Gravy<br>Green Beans<br>Stuffing/Cranberry<br>Sauce<br>Soup                                                        | 12<br>Chili Dogs w/<br>Fixings<br>Parmesan Fries<br>Salad                             |
| 15<br>Turkey Tetrazzini<br>Mixed Veggies<br>Garlic Bread<br>Soup   | 16<br>Chef's Salad<br>Fruit Cup<br>Bran Muffin<br>Salad  | 17<br>Pork Ribs w/<br>Sauerkraut<br>Scalloped Potatoes<br>Parmesan Zucchini<br>Salad<br>Birthday Cake                                                       | 18<br>Beef Tips<br>Mashed Potatoes<br>Mushroom Gravy<br>Capri Veggies<br>Soup                                                                                 | 19<br>Cream of Mushroom<br>Soup<br>Monterey Chicken<br>Sandwich<br>Fruit Cup<br>Salad |
| 22<br>Baked Ham<br>Cheesy Potatoes<br>Mixed Veggies<br>Soup        | 23<br>Blueberry Pancakes<br>Sausage Links<br>Scrambled Eggs<br>Roasted Potatoes<br>Salad                                                    | 24<br>Chinese Chicken<br>Salad<br>Teriyaki Rice<br>Noodles<br>Salad      | 25<br>Basil Tomato<br>Salmon<br>Brown Rice<br>Broccoli<br>Soup                                                                                                | 26<br>BBQ Pulled Pork<br>Sandwich<br>Fries<br>Carrot Salad<br>Salad                   |
| 29<br>Teriyaki Chicken<br>BBQ Salmon<br>Cowboy Beans<br>Soup       | 30<br>Liver & Onions<br>Mashed Potatoes<br>Gravy<br>Mixed Veggies<br>Salad                                                                  | 31<br>Chicken Dragon<br>Noodles<br>Muffin<br>Fruit Cup<br>Salad          | 1<br>Sweet & Sour Pork<br>Stir Fry Veggies<br>Egg Roll<br>Soup                                                                                                | 2<br>Pizza<br>Summer Couscous<br>Salad                                                |