

# The Centerline

**City of Kenai**  
**Kenai Senior Center**

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

# DECEMBER 2021

## *An Old-Fashioned Christmas*

Helen Monnette

I thought of an old-fashioned Christmas  
When the world was aglitter with snow,  
When stars, in the locket of velvet  
Their silvery beams rain below.

Where a Christmas tree stands in a corner  
Decked out in the season's attire,  
With a pearl-white necklace of popcorn  
The stringing, the children's desire.

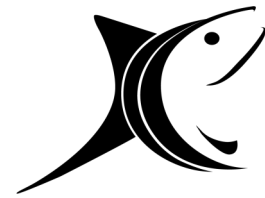
The shutters unclosed at the windows  
And friendly the light shining there,  
Like the neighbors who linger when passing,  
For it is the hour of prayer.

I thought of an old-fashioned Christmas  
And a church in the valley of peace,  
And the bell with its silver chiming  
That eased our cares ere it ceased.

The peals of the laughter of children  
In toy land around the green tree;  
Pleasing and happy the merriment,  
How wonderful childhood must be.

The logs blaze bright in the fireplace  
As the hearts that are merry and gay,  
As the sleigh bells I hear in the distance  
And wish they were coming my way.

I wish you and old-fashioned Christmas  
With neighbors and family and friends,  
With church bells and singing and blessings  
As the old year comes to an end.



## KENAI

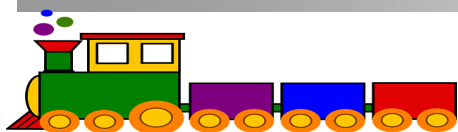
### Special points of interest

- Christmas Party
- No-Host Dinner
- Pre-New Year's Eve Brunch
- Kenai Senior Connection News
- Craft Classes
- Thursday night Bluegrass & Game Night
- Let's Make Latkes!



# DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 12:30p—Dominoes 1p—Writers’ Group 1p-3p—Quilting/Crafting	2 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 6p-9p—Cribbage	3 10a—Growing Strong 11a-12p—Adult Coloring 11a—Christmas Carol Singing with Donna Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting
6 10a Growing Strong 11a Bells Noon—LUNCH 12:30p-4:30p Bridge 2p Stronger Together Support Group	7 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	8 10a—Growing Strong 11a—Noon/Bluegrass 11:30-Noon—LUNCH 1p—Writers’ Group 1p— <b>Card-Making by Kim</b> 1p-3p—Quilting/Crafting	9 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3p—Council on Aging/No Meeting in December 6p-9p—Cribbage	10 10a—Growing Strong 11a-12p—Adult Coloring 11a—Christmas Carol Singing with Donna Noon—LUNCH 1p—Wii Bowling 1p-3p—Quilting/Crafting
13 10a Growing Strong 11a Bells Noon—LUNCH 12:30p-4:30p Bridge 2p Stronger Together Support Group 4:30—No Host Dinner to Froso’s	14 10a—Tai Chi 10a—TOPS Noon—LUNCH ‘ 12:30-1p—Bingo 1p—Wii Bowling	15 10a—Growing Strong 11a—Noon/Bluegrass Noon— <b>Birthday Lunch</b> 1p—Writers’ Group 1p-3p—Quilting/Crafting 3 pm— <b>Let’s Make Latkes!</b>	16 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 6p-9p—Cribbage 6:30p-9:30p—Bluegrass	17 9:30a- <b>Sen. Connection Mtg. DATE CHANGE</b> 10a—Growing Strong 11a-12p—Adult Coloring 11a—Christmas Carol Singing with Donna 11:30— <b>Ugly Sweater Contest</b> Noon—LUNCH 1p—Wii Bowling 1p-3p—Quilting/Crafting
20 8a—10a Breakfast with Santa 10a Growing Strong 11a Bells 12:30p-4:30p Bridge 1p LUNCH 2p Stronger Together Support Group	21 10a—Tai Chi 10a—TOPS 11:30a-1p— <b>Independent Living Center</b> Noon—LUNCH 1p—Wii Bowling 1:30-3:00— <b>KP Family Caregivers Association</b>	22 10a—Growing Strong 11a—Noon/Bluegrass 11:30a— <b>Senior Center’s Christmas Party</b> Noon LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting	23 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 6p-9p—Cribbage	24  <b>CHRISTMAS HOLIDAY CENTER CLOSED</b> 
27 10a Growing Strong 11a Bells 12:30p-4:30p Bridge 1p LUNCH 2p Stronger Together Support Group	28 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	29 10a—Growing Strong 11a—Noon/Bluegrass Noon LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting	30 10a—Tai Chi 10a— <b>Talent Show</b> 10:30a-12:30p <b>BRUNCH</b> 12:30p—? <b>GAMES</b> 1p—Wii Bowling 6p-9p—Cribbage 6:30p-9:30p—Bluegrass	31  <b>NEW YEAR’S HOLIDAY CENTER CLOSED</b> 



# DECEMBER BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Trish Roderick	12	Carole Wherry	27	Jimmie English
1	Rosalind Foster	14	David Newton	27	Marjorie Seymour
2	Rhoda Turnisky	14	Bill Sadler	27	Steven Best
3	Petria Falkenberg	14	Robert Range	27	Wayne Hinze
4	Doug Vance	14	Sharon Hanke	28	Jean Goodlife
6	Frederick Cates	16	Diana Damitz	28	Denny Thomas
7	Luda Kaiberda	16	Cynthia Todd	29	Buck Steiner
8	Chris Mamaloff	18	Joan Seaman	30	Gale Rudolph
9	Juanita Aguilar	22	Linda Nelson	31	Leroy Heinrich
10	Barbara L'Heureux	22	Timothy Johnson	31	Donna Marie Hutton
11	Rita Lindsey	23	Pat Moye	31	Geraldine Kidd

## SEASON'S ACTIVITIES

### **NO-HOST DINNER & CHRISTMAS LIGHTS TOUR**

**Monday, December 13, 2021**

**Froso's (Soldotna)**

**Leaving Center at 4:30p**

Those leaving from the Senior Center parking lot will head out at 4:30p. Or, meet your friends at **Froso's**.

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, 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.



**National Ugly  
Holiday Sweater Day  
December 17, 2021  
Noon, Dining Room**

### **Senior Center Christmas Party Wednesday, December 22—11:30am**



It's time for fun, games, carols, and fellowship as we celebrate the season together. We will have a gift exchange, so bring a gift of \$10 or more if you'd like to participate.





Kenai Senior Connection, Inc. Annual  
**Doll Raffle**  
Just in time for Christmas



**22 handmade outfits complete with accessories!**  
**\$1 Ticket or 6/ \$5**

**Drawing to be held on December 20 at Breakfast With Santa. Need not be present to win! ALL proceeds go to benefit the programs at the Kenai Senior Center. Doll clothes made and donated by Fran Kilfoyle.**



# dates to remember

Friday, December 3, 10, 17	Carol Singing with Donna	Dining Room 11:30 a.m.
Thursday, December 9	Council on Aging Meeting ( <b>No December Meeting</b> )	
Monday, December 13	"No Host" Dinner at Frosco's (Soldotna)	4:30 p.m.
Wednesday, December 15	Birthday Lunch	11:30 a.m.
Friday, December 17	<b>DATE CHANGE!</b> Senior Connection Mtg. National Ugly Sweater Day!	9:30 am 11:30 am
Monday, December 20	Breakfast with Santa Doll Raffle Drawing	8a-10a Noon
Wednesday, December 22	Christmas Party	11:30 a.m.
Friday, December 24	<b>CHRISTMAS HOLIDAY</b>	<b>CENTER CLOSED</b>
Thursday, December 30	New Year's Brunch, Talent Show and Afternoon Games	Brunch: 10:30a-12:30p Activities: 12:30p-????
Friday, December 31	<b>NEW YEAR'S HOLIDAY</b>	<b>CENTER CLOSED</b>

## 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:

Monday through Thursday  
Call 283-4156 for more information.

### DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm  
No RSVP Required

### FACILITY RENTAL:

Please contact Kayla at 283-8214

### TRANSPORTATION: Monday—Thursday

### SUGGESTED DONATIONS:

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

## *SEASON'S ACTIVITIES, continued*

**Monday, December 20, 2021**

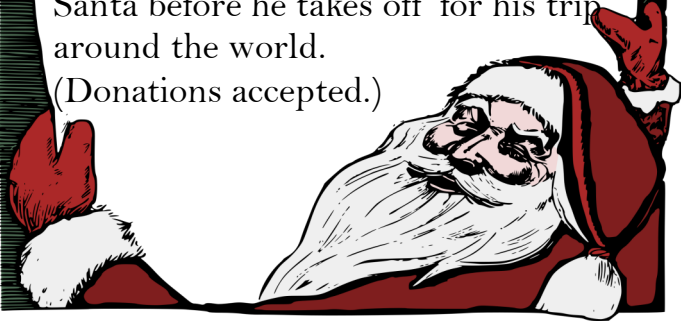
### **"Breakfast with Santa"**

**8:00 am—10:00 am**

#### **Dining Room**

Bring the whole family for some pancakes and a quick visit with Santa before he takes off for his trip around the world.

(Donations accepted.)

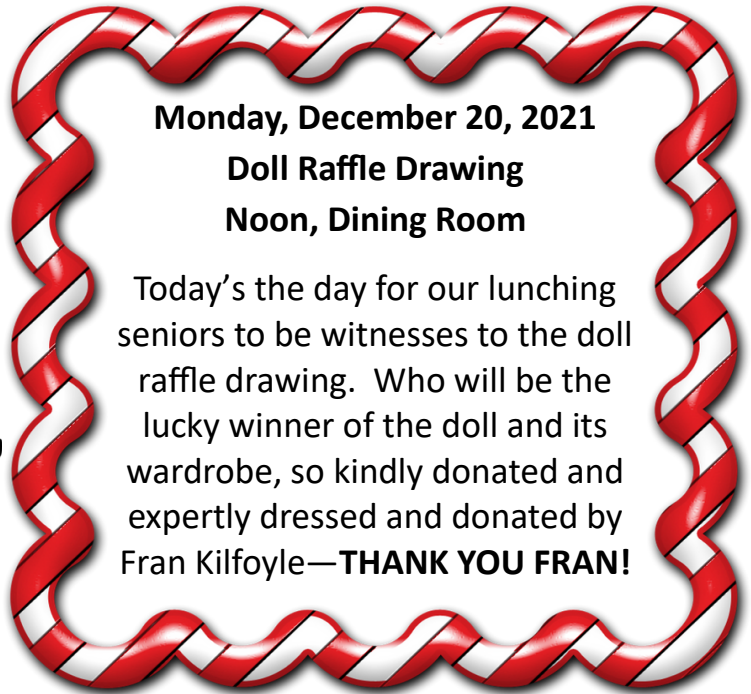


**Monday, December 20, 2021**

### **Doll Raffle Drawing**

**Noon, Dining Room**

Today's the day for our lunching seniors to be witnesses to the doll raffle drawing. Who will be the lucky winner of the doll and its wardrobe, so kindly donated and expertly dressed and donated by Fran Kilfoyle—**THANK YOU FRAN!**



### **"Toys For Kids"**

Christmas is coming soon! Our "Toys for Kids" goal is to fill a large box with new toys for children in need who attend Mountain View Elementary School. The teachers involved in this project tell us there are some children who would not otherwise get anything new for Christmas. The box will be located in the game room. If you would like to give a monetary donation toward some toys, let us know as we have shoppers available and ready to shop for you. The toys/money need to be turned in by **MONDAY, December 13, 2021.**



**"New Year's Brunch,  
Talent Show and  
Afternoon Games"  
Thursday,  
December 30, 2021  
10:30a-12:30p,  
Dining Room**

Be among the first in Kenai to ring in the New Year with an amazing breakfast buffet and some wonderful talent from you, your friends and your neighbors. Sign up on the bulletin board to share your talent. **No regular lunch today: only breakfast from 10:30a-12:30p.**



## WHO IS NEW ON OUR STAFF?



Astrea (Red) Piersee, our new Administrative Assistant III, is one of the new ladies running around the building. Red was born in California (L.A.), but grew up in Washington where she went to high school and college. She moved to Alaska with her husband and three daughters who are “all grown up now” with one living outside and two remained in Alaska. Red and her husband “are left with two fur-babies” -- a Labrador retriever and a cat, both seven years old.

Red’s first job in Alaska was working at The Moose is Loose Bakery. She started with them when they first opened (does that mean she can bake some of those goodies?). She says she decided to change career paths and went to Kenai Peninsula College and received her Certified Nursing Assistant Degree and, from there she worked at Heritage Place, Frontier Community Services (FCS), working with individuals with Alzheimer and dementia related illnesses. She also worked in assisted living homes and the Forget-Me-Not adult day program, focusing on senior programs until October 2021. For our Center, Red will be working with Kathy on grants, coordinating home meals as well as Medicare, Medicaid counseling and various senior support programs. She will be busy!

Michelle Frank, has been a Meals-on-Wheels driver for a couple of months paid through a grant from Meals on Wheels of America. This is a temporary position and she will be with us through December. You may remember Michelle and her husband Joe who owned the Kenai Health Food Store back in the late 1990’s – 2000’s.



Don Erwin is back driving on Wednesdays and Thursdays. You may remember the years of volunteering Don gave to the Center before accepting a permanent position with our team. Don is retired from Marathon Gas and enjoys many aspects of life in Alaska. He and his wife Jan, are actively involved in Barn Hunt, a safe and fun sport for dogs.

Paul Klaben, is also transportation driver, but working on Mondays and Tuesdays. Paul is retired from the FAA and enjoys flying his own plane and traveling in his spare time. His wife Suzanne, is a teacher at KBeach Elementary and they have a daughter who lives in Whitehorse, Yukon, Canada.





## New on Staff, Cont.



Ken Aaron, our new janitor originally hails from Nevada and has served in the Army and the Navy. Ken has travelled extensively and just came to Alaska for the first time last year. He decided to stay and check out what Alaska offers. He is versed in vintage books and history—which makes for some great conversation!

Primrose Srisakphet is a practicum (intern) student with the University of Alaska – Kenai Peninsula Campus. She chose our Center to intern for her final year of studies. Originally from Thailand, she came to Alaska in 2018 on a student work exchange. She loved it so much, she enrolled in UAA's Human Services Program. After graduation in May of 2022, she will continue her education pursuing social work or counseling. She is newly married and loves experiencing our Alaskan winter. She's had a wonderful experience learning about life in Alaska and so enjoys her time here at the Kenai Senior Center.



**Please join us as we welcome all of these individuals to our team!**



## Christmas Village Display

If you haven't visited our Dining Room lately, be prepared for a holiday wonderland completed with a Christmas Village donated by Nancy Speedy (Carol Bannock's mom).



(Current Activities/Volunteer Coordinator Carol Bannock set up the display with the help of Chris and Ken Ayers and Sam Byrd. )



**\*\*Editor's Note:** You may notice photos are not printing very well as we are awaiting backordered parts for the BizHub.

## **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!**

### **NOVEMBER \$5 CLUB**

Juanita Aguilar	Velda Geller	Kari Mohn	Barbara Schmidt
Ken & Kris Ayers	Jim Glendening	Twyla Mundy	Barbara Smith
Steve Best	Omer Goodman	Wayne Mundy	Steve Smith
Patricia Bravo	Phyllis Ann Halstead	Nelson Nakamura	Randi Smith
Elsa Bronson	Joel & Laura Henkleman	Bill Nelson	Bill Starnes
Wanda Carlson	Cliff Heus	Lois Nelson	Sondra Starnes
Glenn Clifford	Kathy Heus	Ray Nickelson	Buck Steiner
Patsy Clifford	Jan Hollers	Marian Nickelson	Sheila Steiner
Jewell Coverstone	Donna Hoyt	Joseph & Janice Nightingale	Linda Swarner
Rachael Craig	Leanne King	Alice Nuxoll	Vivian Terry
Walter Craig	Anita Kwan	Susan Olson	Gerda Trent
Terry Cramer	Pearl Larson	Ruth Osborne	Terry Turner
Jan Daniels	Wm. & Xiaopei LaTocha	Katie Pault	Yen-ti & Raymond Verg-in
Jim & Shirie Drath	Paula Maier	Carol Prior	Beverly & Don Waldrop
Laurel Eisinger	Judy Martin	Floyd Richards	Roy & Ozella Williams
Carol Freas	Marge Milewski	Trish Roderick	Janice Wilsack
Nadine Gabbett	Jeanie Miller	Ann-Lillian Schell	

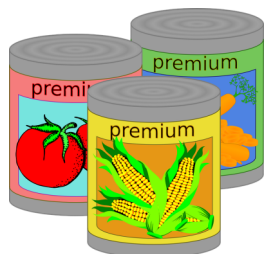
If you would like to send a personal thank-you note to HILCORP for the lovely Thanksgiving meal provided to you, the address is:



**HILCORP LLC**  
3800 Centerpoint Dr., Ste 1400  
Anchorage, AK 99503  
Attn: Betty Veldhuis

## HOW CANNED FOOD REVOLUTIONIZED THE WAY WE EAT

*From History.com*



From pickling and salting to smoking and drying, humans have been finding ways to make food last longer since prehistoric times. But, by the 18<sup>th</sup> century, an efficient -- and truly effective -- means of preservation remained elusive.

In 1795, the French government decided to do something about it. The year, the country was fighting battles in Italy, the Netherlands, Germany and the Caribbean, highlighting the need for a stable source of food for far-flung soldiers and seamen. France's leaders decided to offer a 12,000-franc prize through the Society for the Encouragement of Industry for a breakthrough in the preservation of food.

Nicholas Appert, a young chef from the region of Champagne, was determined to win. Appert, who had worked for a chef for the French nobility, dove into the study of food preservation. He eventually came up with a radical innovation: food packed in champagne bottles, sealed airtight with an oddly effective mixture of cheese and lime. Appert's discovery built on earlier imperfect techniques, which either removed air or preserved food by heat but had not managed to do both.

Running a bustling lab and factory, Appert soon progressed from champagne bottles to wide-necked glass containers. In 1803, his preserved foods (which came to include vegetables, fruit, meat, dairy, and fish)

were sent out for sea trials with the French navy. By 1804, his factory had begun to experiment with meat packed in tin cans, which he soldered shut and then observed for months for signs of swelling. Those that didn't swell were deemed safe for sale and long-term storage.

In 1806 the legendary gastronome Grimod de la Renyiere wrote glowingly of Appert, noting that his canned fresh peas were "green, tender, and more flavorful than those eaten at the height of the season." Three years later, Appert was officially awarded the government's prize, with the stipulation that he publish his method. He did in 1810 as *The Art of Preserving, for Several Years, all Animal and Vegetable Substances*.

Appert's process (which was quickly built upon by canners across the English Channel) was all the more amazing because it predated Louis Pasteur's discoveries of germ growth and sterilization by more than 50 years. Canned food also predated, by around 30 years, the can opener itself. The first metal canisters were made of tin-plated steel or even cast iron, with heavy lids that had to be chiseled open or stabbed through with soldiers' bayonets.

After winning the prize, Appert spent many more years working to improve his method amidst the chaos of post-Napoleonic France. His factories remained innovative but unprofitable, and he died a poor man in 1841 and was buried in a common grave. By then, variants of his process were used to can foods ranging from New York oysters and Nantes sardines, to Italian fruit, and Pennsylvania tomatoes.

The availability of canned food played a crucial role in the 19<sup>th</sup> century, feeding the enormous armies of the Crimean War, the

*Continued on page 11*



U.S. Civil War, and the Franco-Prussian War, and offering explorers and colonialists a taste of home in unfamiliar lands. Following the global depression of 1873, U.S. exports of canned foods boomed, led by the Campbell, Heinz and Borden companies. In 1904, the Max Ams Machine Company of New York patented the double-seam process used in most modern food cans. Today, a double-seam machine can safely seal more than 2,000 cans a minute--a long way indeed from Appert's pea-packed bottles.



## LIBRARY NEWS

The Christmas puzzles are out for your entertainment. When you have completed one and bring it back, please replace it on the table for others to enjoy.

We received a number of new Harlequin and other romances. They are on the shelf. We weeded the collection of books not read for awhile to make room. Those weeded will be donated to the Little Libraries project to be enjoyed by readers about town.

When hardback books are donated they are put on the table in the lunch room for anyone to take. We don't have space to shelve them so feel free to pass them along to a friend.

## The CENTERLINE wants to hear from its readers!

Starting in February, 2022, the newsletter will publish pieces submitted by YOU, any topic, humorous or serious; any length (up to 300 words...



sorry, space considerations) AND you get a prize: a lunch ticket goes to each submitter. In addition, every month, one writer will receive the "Bonus Prize" for the piece selected by a readers panel as the favorite of the month. The Writers Group will be the readers (that group will not be eligible for a prize).

Rules are simple: have your piece to the desk by the third Wednesday of the month. No name on the page. Title only. Use the form supplied (You can pick one up at the desk) to give title, name, and contact info. If you would rather email it, send it as a Word (docx) attachment to [senior@kenai.city](mailto:senior@kenai.city). Please be sure to add contact info in the body of the email.

Let the writing begin! First entries due by January 17, 2022 for the February CENTERLINE. A reminder will be forthcoming in each newsletter for the next month.

## NEW TURKEY DRESSING

4 Cups crushed dry bread	½ Cup sage
¼ Cup chopped onion	½ Cup chopped celery
½ Cup unpopped popcorn	1 Teaspoon Salt
5 Cups broth	

Mix well; stuff turkey. Cook five hours at 300°F or until the popcorn blows the backside off the turkey.



## 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](http://liheap.alaska.gov).**

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

**What are the income guidelines?**



No. of People in Home*	Yearly Gross Income
1	\$24,135
2	\$32,655
3	\$41,175
4	\$49,695
5	\$58,215
6	\$66,735
7	\$75,255
8	\$83,775

\*For households with more than eight people, add \$8,520 per additional person. Always check with the appropriate managing agency to ensure the most accurate guidelines.

### 2022 Forms Due

- Renewal of the Release of Liability** forms for 2022 are required for anyone who rides in a Senior Center vehicle.
- Exercise Packet.** If your are due for 2022, you will have a remind when you sign into MySeniorCenter.

Please turn your forms into the reception desk. If you need more information, see Kayla.



### Did you miss the 50th Anniversary Celebration?

We had a wonderful time of celebrating our cherished Center on Tuesday, November 30. Former Mayor Pat Porter, who was also the Senior Center Director for 23 years, gave a video presentation on the history of the Senior Center. If you missed this, you can find it on our Facebook page. If you don't have Facebook and would like to view it at the Senior Center, let us know and we can make that happen! Thank you to everyone who helped make it a very special event and the Kenai Writer's Group for their stories of our history in the November Centerline.



## Kenai Senior Connection, Inc. NEWS

In October, Senior Connection sponsored a drive-through Trick or Treat event at the Kenai Senior Center's front door. Approximately 100 vehicles with adults and children aboard participated and the Connection provided gift bags of goodies that were distributed by witches, along with a princess, polar bear and unidentifiable critters. A special thank you to Bill Nelson and Rachel Craig for directing cars in the parking lot.

Have you purchased your doll raffle tickets yet? Fran Kilfoyle has donated a doll and handmade wardrobe for the last twelve years. This year, the doll has a 22-piece wardrobe. Tickets are \$1 each, or \$5 for six tickets.

Hilcorp Alaska LLC again provided the Center with \$2,500 to provide Thanksgiving dinner to area seniors. This year, 300 meals were prepared for delivery to Meals on Wheels clients and other area seniors who picked up their meals (the event was not held in the dining room due to COVID issues). A special THANK YOU goes to the Center's kitchen and administrative staff for their hours of preparation and the many volunteers for their assistance in assembling and meal pick up coordination.

Marge Milewski, a long-time member of the Connection, resigned her position as a Connection Board Member. If you are interested in becoming a member, please contact me or any other member of the Board.

It's December, the holidays are all around us, and the Senior Center is all decked out to celebrate! Remember Monday, December 20, 2021, the Center's "Breakfast with Santa" event will take place from 8:00a-10:00a in the dining room. Don't be shy — Santa will be happy to see the youngsters, as well as the oldsters!



*Velda Geller*

President, Kenai Senior Connection, Inc.

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		5	7					
				4			8	
		6						
8					1		7	

## Quilt Raffle Winner!

Loren Hollers picture below with Connection President, Velda Geller





# LETTERS TO SANTA

*Submitted from our Kenai Senior Writer's Group*

Dear Santa...

OMG! Here is Christmas coming again! It seems like it comes faster and faster as I get older. I wonder if it feels like that to you Santa. I bet you are surprised to hear from me since it has been quite a few years (to say the least) since you last heard from me. I'm 68 years old now. Oh, but you probably know that.

I would like a very special present for all I know who are suffering in these times of COVID. Please Santa, find it in your heart to bring them something special that will bring some joy back into their lives during these trying times. If anyone can do this, you can. I still believe in the spirit of Christmas as I am sure many of these folks do while they remember their childhoods and opening gifts you dropped down their chimneys, or just put under their tree.

Thank you and God Bless! Annie

P.S. If my request comes true, I'll know you really do exist!



Dear Santa...

I have not been crying or pouting; I have been nice and not naughty. I have earned many gold stars which I awarded myself, so it is seemly fit that I write a letter to you and ask for a few favors.

What do I want for Christmas? Since the "Fountain of Youth" is a myth, there is no way to reverse the time or slow down the aging process, the first thing popped into my mind is the song: "All I want for Christmas is my two front teeth; oh my two front teeth..." Wait a minute! I really don't need more front

teeth. My teeth were implanted seven decades ago, and they are still under warranty, so strike the two front teeth from my list.

My hearing is okay, my taste buds work great (this can be proved by the swimming suit size...), but, the seeing part needs a bit of help. I have at least a half dozen reading glasses laying around the house. Most of the time they are playing "Hide and Seek" and are seldom in the right place at the right time. A good amount of time is spent looking for glasses. It will be great if you can grant me the ability (like Samantha in "Bewitched,") to twitch my nose, and the reading glasses just magically prop on my nose for reading. Think about the time I can save!

I am a happy camper when it comes to our living arrangement. Vintage Pointe has many pluses. My only complaint is the "No Pet" policy. I understand the management point of view, but it is really lonesome without having a pet to fuss over.

Since we can't have a live pet, how about a ROBOTIC PET? Come to think of it, why bother with a pet? Why not just give me the Robot #7 (from Short Circuit)? Number 7 can clean, cook, organize, find any information I need by flipping his fingers. No more googling, or any maid services for cleaning or cooking. I can carry on a one-way conversation without being rebuked; #7 can even dance with me. If this model has not been fully developed for the public consumers, I will be glad to put some down payment for the first prototype and try it out in my place.

*Continued on page 13*

*Continued from page 13*

Mrs. Santa probably doesn't want you to have cookies or other sweets, so I have prepared a vegetable tray with healthy food for you. What's more, I have painstakingly taken all the calories out. The Irish Cream is to warm you up and the carrot sticks are for the reindeer.

By the way Santa, I have noticed you wear reading glasses. To help you read my letter, I have enlarged the font size so you don't need to strain your eyes to read my long list.

I better put this in the mail so it can get to you before you leave for the trip around the world. Or better yet, I'll just email this to you at [santaclaus@northpole](mailto:santaclaus@northpole). Hope you receive this sooner than others and you can give it favorable consideration.

Your grateful friend, Yen-ti Verg-in



Dear Santa,

My name is Frances, but all the people who love me, just call me Fran. I am 83 years old. Maybe you remember me and maybe you don't. I have not written you many letters even over this many years. I was taught that a gift was something somebody chose and gave to you, not something you asked them to give you. As a child, I was not encouraged to write letters to you asking you for things. I was always happy with the things you chose to give me, and always surprised that what you chose to bring to me was something that I really loved and would have chosen for myself. I wondered how you knew, and early on, I realized that you are just magical!

Throughout all these years I have always believed in you, Santa. I have always understood that you, as the Spirit of Christmas, represent the joy of giving. Just as Christmas is the time when God, in His abounding love, chose to give to the people of the world His greatest gift--His son, you chose to give us the joy of receiving gifts and teach us the joy of giving them as well. As you have evolved from a Saint (in long flowing robes giving gifts to the needy and deserving) into a jolly little old elf in a red suit bringing gifts to everyone around the world, your message has remained the same: Giving gifts is an act of love.

I am not writing this letter to ask you for a gift. I am writing to give you my thanks for all the wonderful gifts you have given me in my life, including instilling in me and keeping alive in me, the joy of giving. Over the years of a long life, I have experienced much happiness from gifts I have received (not only from you, but from others who love me), and even more joy from giving gifts to them.

This Christmas, as in all Christmases of the past, my greatest enjoyment will be in buying gifts, wrapping them each for that special person, and putting them under my Christmas tree. For, giving a gift is an act of love.

Thank you Santa, for who you are, for who you have always been, and will always be.

Love, Fran





## HOME

By Ruth Osborne

I spent a few minutes with the dictionary and a Thesaurus looking at the word “home.” There is a whole page or more in each of related meanings. What do I mean when I say the word “home?” For me, the word has always had an emotional meaning. Not the place where I grew up, even though I had a wonderful childhood. Not the state where I grew up or the city. There was never any emotional attachment to those places. For me, the feeling of home always involved “woods.”

Growing up, our family frequently went to my aunt’s cabin in the woods near the beginning of the Snake River at Mack’s Inn, Idaho. This was back in the days before tourists found the spot. In the early 1920’s, folks were given 99-year rights to establish cabins along the river. As far as I remember, there were no rules. Cabins were built probably 30 to 40 feet from the water’s edge. A road went along above the cabins and connected probably ten or twelve cabins before it dead ended.

Even though I spent probably less than two weeks each summer there, it always felt like “home.” We pushed the pole boat upriver to Mack’s Inn (we were not allowed to go downstream). Along the way, there was an island that was mostly submerged in a few inches of water. Oh, the delights we found! Frogs used this island to lay eggs. We would carefully put a few of the eggs in a jar and watched them hatch into tadpoles and grow into frogs. A wonderful hands-on science project.

The cabin was heated by the fireplace and had no interior ceilings, except a wooden

roof. What a wonderful drum the roof made when it rained. This magical place was “home” to me and always will be. Where is the magical place you feel is home?



**Tuesday, December 21, 2021**

**11:00am—1 pm**

**Dining Room**

Natalie with the Independent Living Center will be on hand to answer questions and discuss what her agency can do for you to help maintain living an independent senior lifestyle.



**Kenai Peninsula  
Tuesday,  
December 21, 2021  
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.





FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received \_\_\_\_\_ Received by \_\_\_\_\_

With the recent closures due to the COVID-19 virus, it has become apparent that we are missing or have outdated information on many of our patrons. Please help us to update our database by filling out this form and giving it to the receptionist, or mailing it to:

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

~Thank you for your help!

Name \_\_\_\_\_  
First Middle Last

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Physical Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

## Kenai Senior Center Donation Form

### *Helping People Age With Dignity*

Your tax deductible donations are a valuable and necessary means for the sustainability of Kenai Senior Center services. If you would like to make a meaningful donation to help those in need, please make a selection from the following services:

**Please make checks to Kenai Senior Center:**

- ☐ Congregate Meal Program
- ☐ Transportation Services
- ☐ Home Delivered Meal Program
- ☐ Newsletter Mailing (\$10, Jan—Dec)
- ☐ Newsletter E-Mailing (Free of charge)

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

- ☐ \$5 Club
- ☐ monthly - \$5      ☐ yearly - \$60
- ☐ Memorial Donation

Name \_\_\_\_\_ Address \_\_\_\_\_

Mail to: Kenai Senior Center, 361 Senior Court, Kenai, AK 99611.

Thank you for your financial support! Every *little* bit can make a **BIG** difference.



Happy  
Hanukkah

## Latkes

### Ingredients

6 to 8 large, thin-skinned potatoes  
(California Long Whites or Yukon Gold)

1/4 – 1/2 cup Matzo Meal

3 eggs, beaten well

1 Tbsp. salt

### Directions:

Grate the raw potatoes using the large grating disk on a processor or the largest holes on a grater. Place grated potato in a colander, rinse with cold water, and drain.

Combine eggs, salt, pepper, and matzo meal in a 3-quart bowl. Mix thoroughly.

Change to the cutting blade on your processor. Add onions to the work bowl. Pulse on and off five times. Add 1/4 of the grated potatoes to the onion and pulse on and off to make a coarse paste. Add to the egg mixture and stir to combine.

Add the drained potatoes to the bowl and mix thoroughly using a large spoon or your hands. Heat a large frying pan or large skillet for 20 seconds. Add enough oil to cover the pan to a depth of 1/4 inch and heat for an additional 20 seconds.

Drop mounds of potato mixture into the pan. Fry on both sides until golden. Drain fried latkes on a platter covered with crumpled paper towels. Serve with applesauce and sour cream. *Serves 8*

*From dmagazine.com/Tina Wasserman & Nancy Nichols*

“Latkes are traditionally served for Hanukkah because they are cooked in oil (to commemorate the vial of oil lasting for eight days), and freshly rendered goose fat was readily available. I serve them with homemade applesauce, alongside a brisket. Applesauce was the original topping for potato latkes in the early 1800s, when potatoes were popular.”

## Let's make latkes!!!

Wednesday December 15, 2021

3:00p, Dining Room

There will be some potato grating, egg beating, and frying going on. Come and join in to make some traditional Hanukkah latkes! Guaranteed to be yummy!



KENAI SENIOR CITIZENS CENTER  
 KENAI RECREATION CENTER-----NEXT DOOR TO KENAI FIRE DEPT.  
 BOX 3140, Kenai, Alaska, 99611 PHONE: 283-4156  
 CENTER HOURS: 10:00 AM until 3:00 PM.

DECEMBER ACTIVITIES 1971

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		(1) SENIOR CITIZENS PEP CLUB 11 A.M. (Bring a Sandwich)	(2)	(3)
(6) JEAN DOUGLAS will help us paint our plaques and candle holders Starts 11AM-Bring a sandwich.Come see.	(7) MARION KEMPF will be here at 11 A.M. to show us how to make Christmas cards, making block prints. Bring a sandwich.	(8) SENIOR CITIZENS PEP CLUB 11 A.M. (Bring a Sandwich)	(9) DEMONSTRATION Decorating Christmas Mint Candies Anytime from 11AM until 3 PM.	(10) POT LUCK LUNCH & BIRTHDAY PARTY 12 noon Everybody come!!
(13) Christmas Candles anytime from 11 A.M until 3 PM. Bring a sandwich.	(14) Cards & Handicrafts 11 AM until 3 PM Bring a sack lunch	(15) SENIOR CITIZENS PEP CLUB 11 A.M. (Bring a Sandwich)	(16) AARP ACTIVITY DAY. 11 A.M. (Bring a Sandwich)	(17) Christmas Crafts Cards for the men. 11 AM until 3 PM. Bring your lunch
(20) Christmas Crafts.	(21) Christmas Crafts.			
(27)	(28) Cards & Handicrafts 11 AM until 3 PM Bring a sack lunch.			

DECEMBER NOTES

HAPPY BIRTHDAY TO:

Josey Strother Lillian McMaster Mary Nissen Elmer Knudson

HAPPY ANNIVERSARY TO:

Chaplain & Mrs. Edwards

Is Christmas really only 25 days away? I hope all of you are further along on your Christmas Cards than I, and that all of your gift packages to the South 48 are off and away. As usual, I'm not ready, but by dint and endeavor, I will be. I do hope some of you will stop in during the month. We have all kinds of material on hand to make some last minute gifts. Sylvia Johnson stopped by and left us a sack full of satin balls and all kinds of trim, so if you'd like to make a Christmas Ornament for a favorite person, it's here for you. Also, some time back, Mr. & Mrs. Lowell Holmes gave the Center a wonderful Necchi Sewing Machine. It purrs like a kitten, so if you don't have a machine and want to stop by and use this one, please do. We feel we are very fortunate to have such wonderful and generous people in our community. Thanks to all who have helped us to get this program under way. And to those who aren't registered, please stop by and register and have a cup of coffee. You will note we are continuing the exercise classes. I will be trying to lead until after the New Year, when we hope to have Jean Haller back, and doing it right. Thursday evening the AARP will be having an election of officers and their Christmas Party at Fort Kenai. This is Dec. 2 so maybe I'll see many of you there. On December 17th, the American Legion Auxilliary will be hosting a Christmas Party for all area wide Old Timers and Senior Citizens. It sounds like a lot of fun, so I'll see you there, again, I hope. *at Ft. Kenai, at 7:30 P.M.* If I missed your birthday, here's wishing you an extra Happy one. Please let me know of any birthdays for January, so they can be remembered. And be sure to attend the Birthday Party on Dec. 10th. It's a Pot Luck, so bring your favorite dish. If it's your birthday, be our guest. And so to all, do have a wonderful, happy time over the holidays.

*Betty Warren* PROGRAM DIRECTOR

**Kenai Senior  
 Services Center**  
*Pages from the  
 Past*  
**December 1971**







## BENEFITS CHECKUP—Medicare Open Enrollment for Part D

Fall brings upon us its own set of “to do” items. Medicare open enrollment is open from **October 15 through December 7**. If you need assistance with looking at new plans, please call Red so she can set up a time to review and look at options. This is also a great time to see if you may be eligible for Medicare extra help. Medicare extra help assists with Medicare part D prescription costs and is available for low- income seniors.

October 1<sup>st</sup> (until September 30, 2022) also marks the opening of the new season for **heating assistance applications**. Higher income levels will help many seniors with money to pay for rising heating costs. In addition, the Department of Health and Social Services recently announced that most households eligible for heating assistance during this past year will see an additional one-time payment of \$790. This payment should be distributed by November 15 and as we all know every little bit helps. If you have questions or need assistance with the application process, Red is happy to help—contact her at 907-283-8212!

### 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 Writer’s Group bulletin board for donations and meal tickets.

6	4	8	1	5	3	9	2	7
1	3	9	2	7	8	6	4	5
2	5	7	9	6	4	8	1	3
3	8	1	4	9	6	7	5	2
7	6	2	3	8	5	1	9	4
4	9	5	7	1	2	3	6	8
9	1	3	5	4	7	2	8	6
5	7	6	8	2	9	4	3	1
8	2	4	6	3	1	5	7	9

Solution for Page 12



Heart Healthy

# DECEMBER 2021 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 Creamy Tuscan Salmon Brown Rice Roasted Zucchini Salad	2 Corn Chowder Tuna on a Croissant Soup	3 Stuffed Red Pepper Rings Broccoli Muffin Salad 
6 Chicken & Dumplings Peas & Carrots Soup	7 Liver & Onions Mashed Potatoes Gravy Brussels Sprouts Salad	8 Spaghetti w/ Meat Sauce Italian Veggies Garlic Bread Salad	9 Teriyaki Chicken Brown Rice Honey Carrots Soup 	10 Pepper Steak Noodles, Gravy Mixed Veggies Salad
13 Cream of Mushroom Soup Rueben Sandwich Three Bean Salad Fruit Cup	14 Beef Enchilada Mexican Rice Corn Salsa Salad	15 BBQ Ribs Cowboy Beans Coleslaw Birthday Cake Salad	16 Baked Ham Yams Nantucket Veggies Soup 	17 Halibut Burger Seafood Pasta Jello Salad Salad
20 Cheesy Bacon Chicken w/ Grape Tomato Pan Sauce Noodles Salad	21 Pizza Spinach Salad Fruit Cup Salad	22 Roast Beef Yorkshire Pudding Mashed Potatoes/ Gravy Red Pepper Mushroom Medley Cherry Cheese Cake Salad	23 Baked Potato w/ Fixings Broccoli Spears Soup 	24 <b>CHRISTMAS HOLIDAY CENTER CLOSED</b> 
27 Veggie Soup Philly Cheese Sandwich Three Bean Salad Chips	28 Chicken Caesar Salad Fruit Cup Bran Muffin Salad 	29 Fried Chicken Mashed Potatoes/ Gravy Nantucket Veggies Salad	30 Cheesy Bacon Potato Casserole Cheese Blintz w/ Blueberry Compotes Spiced Hot Fruit Bake	31 <b>NEW YEAR'S HOLIDAY CENTER CLOSED</b> 



# Holiday

## TRIVIA

1. Gingerbread houses were inspired by what fairy tale?
2. Who played George Bailey in “It’s a Wonderful Life”?
3. What Christmas beverage is also known as “milk punch”?
4. Which ornament is usually placed on top of the Christmas tree?
5. What train carried children to the North Pole on Christmas Eve?
6. What holiday goodies were shaped to resemble a shepherd’s staff?
7. What was Mr. Scrooge’s first name?
8. Which country first adopted the Christmas tree?
9. In the song “Frosty the Snowman, what made Frosty come to life?
10. What are the two other most popular names for Santa Clause?
11. What type of Christmas will Elvis have?
12. What didn’t the other reindeer let Rudolph do because of his shiny red nose?
13. How many ghost show up in A Christmas Carol?
14. What real-life department store is Miracle on 34th Street based on?
15. What words follow “Silent Night” in the song?