

# The Centerline

City of Kenai  
Kenai Senior Center  
361 Senior Ct.  
Kenai, Alaska 99611

# FEBRUARY 2022

## *My Funny Valentine...*

*Adapted from Readers Digest*

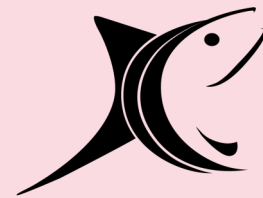
### More Than a Greeting Card

"My friend Mark and I work in a lawn-mower-parts warehouse. Somehow Mark got the idea that his wife did not want a card on Valentine's Day, but when he spoke to her on the phone he discovered she was expecting one. Not having time to buy a card on his way home, Mark was in a quandary. Then he looked at the lawn-mower trade magazines scattered around the office—and got an idea. Using scissors and glue, he created a card with pictures of mowers, next to which he wrote: 'I lawn for you mower and mower each day.' Mark's wife loved it. The card immediately graced their refrigerator door." — *Contributed by Gene Hyde*

### Check-Out Romance

"I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally he unearthed one of the rubber stamps I used to identify reference books. 'Since I couldn't find the right engagement ring,' he said, 'this will have to do,' and he firmly stamped my hand. Across my knuckles, in capital letters, it read NOT FOR CIRCULATION."

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*Continued on Page 7*



## KENAI

### Special points of interest

- Card Making Class
- Council on Aging & Kenai Senior Connection, Inc., Meetings
- Valentine Memory Tree
- Return of Waffle Fridays
- Gnome Making
- No Host Dinner—Paradisos

# FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
31 10a— Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2p—Stronger Together Support Group	1 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	2 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele 3p—Movie “Groundhog Day”	3 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	4 8-10a—Waffle Friday 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting
7 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2p—Stronger Together Support Group	8 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling 5:00p — “No Host” Dinner/Paradisos Restaurant	9 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p—Card-Making by Kim 1p-3p—Quilting/Crafting 2p—Ukulele	10 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3p—Council on Aging Meeting	11 8-10a—Waffle Friday 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—LUNCH/Super Bowl Party 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting
14 10a—Growing Strong 11a—Bells Noon—LUNCH/ Valentine’s Day 12:30p-4:30p—Bridge 2p—Stronger Together Support Group	15 10a—Tai Chi 10a—TOPS 11:30a-1p—Independent Living Center Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling 1-3p—Family Caregiver Support Group	16 10a—Growing Strong 11a—Noon/Bluegrass Noon—Birthday Lunch 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	17 10a—Tai Chi Noon—LUNCH 1p-2p—Winter Blues Presentation 1p—Wii Bowling	18 8-10a—Waffle Friday 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting
21  PRESIDENTS’ DAY  CENTER CLOSED	22 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	23 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	24 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	25 8-10a—Waffle Friday 10a—Kenai Senior Connection Meeting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting
28 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Gnome Making 2p—Stronger Together Support Group	1 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	2 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	3 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	4 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting

# FEBRUARY BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Barbara Smith	11	Sharon Williams	21	Norman (Paul) Canavan
2	Greg Geller	13	Mary Wyne	23	Jan Daniels
4	John Strother	14	Lee Johnson	23	Nels Bodine
6	Beverly Waldrop	14	Cheryl Arrington	23	Craig Allen
6	Thomas Cullington	16	Barbara Modigh	23	Hildegard Plagge
6	Mary Deen	16	Sharon Moorehart	24	Dale Cocklin
7	Cynthia Wineteer	16	Margaret Johnson	24	James Hawkins
8	Robert Romig	16	Rose Ann Keating	25	Roy Williams
10	Paul Gray	17	Robb Geesen	25	Carolyn Broussard
10	Pearl Larson	17	John Macanas	26	Don Erwin
10	Sandra Effenbeck	18	Ronald Fullinck	27	Molly Jackson
10	Leo Foster	20	Lynda Toloff	28	Ava Nell Bassett
10	Eileen Bryson	21	Henry Kroll	29	Judy Buffington
11	Milan Galey	21	Ruth Merrill	29	Betty Truesdell
11	Marcia Heinrich	21	Mary Kennedy		

## NO-HOST DINNER

**February 15, 2022**  
**Paradisos Restaurant**  
**Leaving Center at 5:00p.**

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

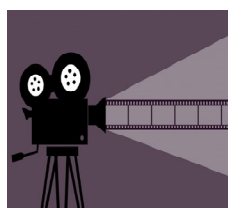
There will be limited transportation available at charge of \$3.00, so RSVP early. Sign up at the Reception Desk.

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

## **Wednesday Afternoon Movie**

**February 2, 2022**

**3:00 p.m., Game Room**




Now showing: "Groundhog Day"— A 1993 comedy fantasy starring Bill Murray, Andie MacDowell and Chris Elliott. Murray portrays Phil Connors, a cynical television weatherman covering the annual Groundhog Day event in Punxsutawney, Pennsylvania. He becomes trapped in a time loop, forcing him to relive February 2nd repeatedly.

## **Waffle Bar Returns for February!**



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

# dates to remember

Wednesday, February 2	"Groundhog Day" Movie	3:00p
Friday, February 4, 11, 18, 25	Waffle Fridays!	8a-10a
Tuesday, February 15	"No Host" Dinner at Paradisos	5:00 p.m.
Thursday, February 10	Council on Aging Meeting	3:00 p.m.
Friday, February 11	Super Bowl Party!!!	11:30
Monday, February 14	<b>VALENTINE'S DAY LUNCHEON</b> Please sign up to reserve your seat 	12:00 Noon
Wednesday, February 16	Birthday Lunch	12:00 Noon
Monday, February 21	<b>PRESIDENTS' DAY</b> <b>CENTER CLOSED</b>	
Friday, February 25	Senior Connection, Inc. Meeting	10:00 am

## KENAI SENIOR CENTER SERVICES

### PICK UP MEALS:

Monday through Friday at **11:30 AM**.

Call the front desk by **10:30 AM**  
to arrange for a pickup meal.

### HOME-DELIVERED MEALS:

Contact Red at 283-8212

### DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm  
No RSVP Required

### FACILITY RENTAL:

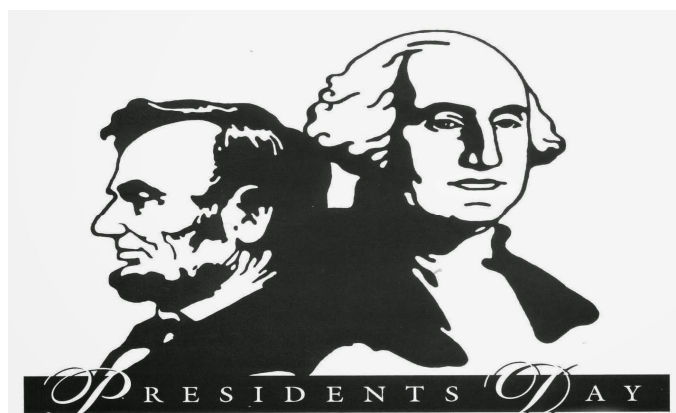
Please contact Kayla at 283-8214

### TRANSPORTATION: Monday—

Thursday, call the front desk to  
schedule a ride.

### 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



# Trees

By Joyce Kilmer

I think that I shall never see  
A poem lovely as a tree.

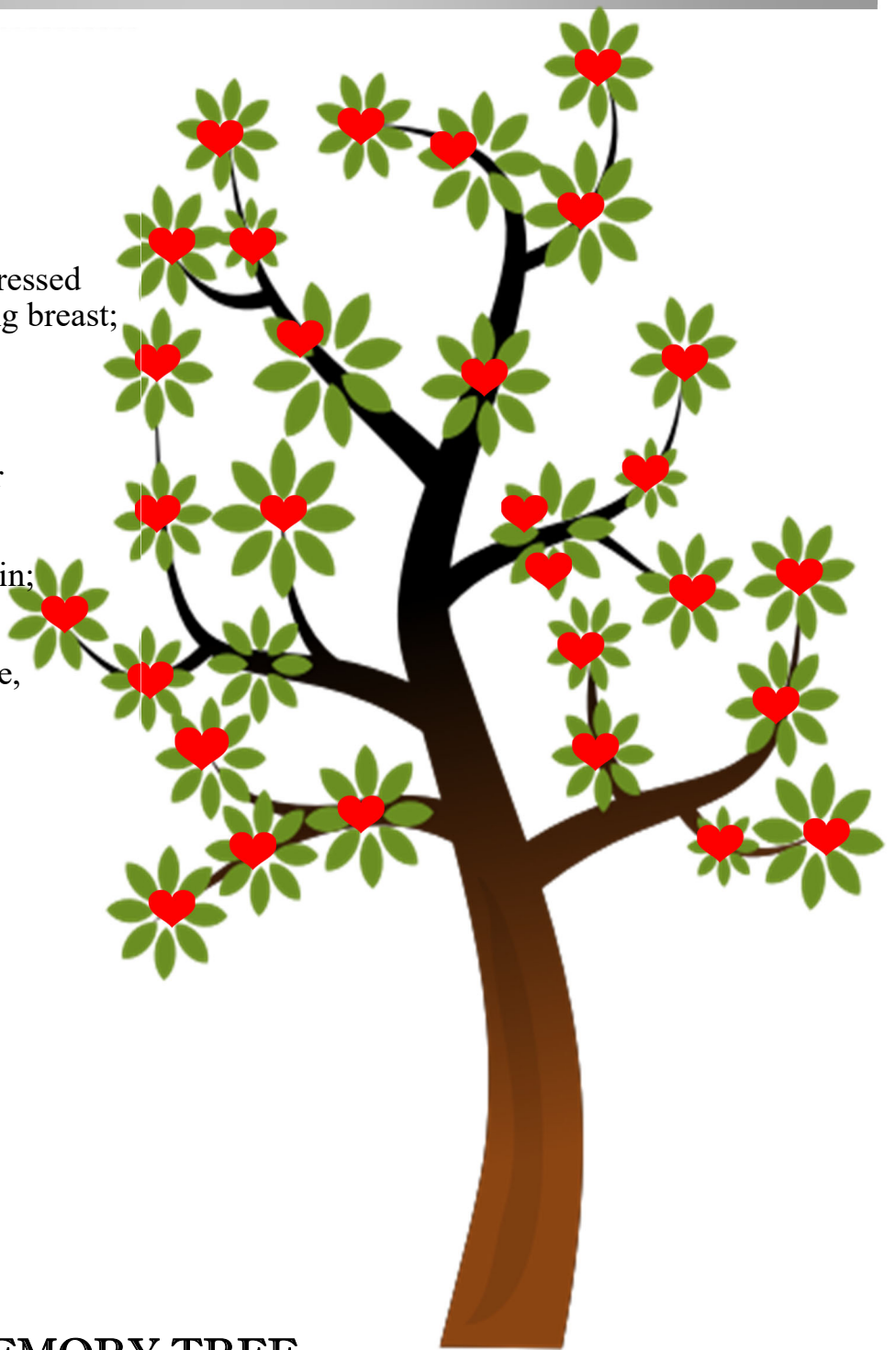
A tree whose hungry mouth is pressed  
Against the earth's sweet flowing breast;

A tree that looks at God all day,  
And lifts her leafy arms to pray;

A tree that may in Summer wear  
A nest of robins in her hair;

Upon whose bosom snow has lain;  
Who intimately lives with rain.

Poems are made by fools like me,  
But only God can make a tree.



## VALENTINE MEMORY TREE

Tree longevity is part of the magic of trees. Perhaps that's why tree imagery is often used in genealogy. Just as trees live on for decades, families stretch from generation to generation, handing down memories from one generation to another to extend proof the names on a family tree did exist.

A memory tree can be a meaningful way to remember and honor a loved one. We will be providing a "Valentine Memory Tree" in the Dining room for those wishing to add names and memories to honor friends and loved ones.

# The History of Maple Syrup: From Early North American Days to the Present

*Organic Maple Syrup* | December 1, 2013

Walking through the woods this time of year, the sugar maples are easy to find with their vibrant red leaves. It will not be long before the ground is carpeted with them—and soon thereafter, the maple limbs will be bare, and snow will be falling. That is when one begins to visualize metal buckets full of sap hanging on trees and being carried back to a “sugar house” where the sap will be boiled down and turned into maple syrup.

The tradition of collecting sap and making maple syrup likely began one spring when temperatures rose from freezing at night into the 40s or 50s during the day allowing the sap to run. Whether Native Americans or French explorers were the first to boil down sap to make maple sugar is unknown. What is known is that colorful tales have been told of sugaring the maple tree over the past few centuries.

## Early Tales

Native American legends vary on how the first maple syrup was made. One tells of an Indian chief who came home after a day of hunting and stuck his tomahawk in a maple tree where there happened to be a vessel sitting at the base of the tree. The next day, after the chief pulled his tomahawk from the tree, the sap flowed from the gash left by the tomahawk into the vessel. When the chief's daughter went to find water to boil for dinner, she found the pot full of “water” sitting by the tree and used it. The chief enjoyed the sap, boiled down into syrup, that night. A more popular version involves a hunter's wife who accidentally discovered sap dripping from a tree and uses it to boil a piece of meat for her husband.

The first written documentation of maple sugaring in North America was reported in 1557 by French explorer André Thévet. He writes, “There is a tree with the thickness and shape of a large walnut tree ... It remained unused for a long time until someone tried to cut one down, releasing a kind of sugar, which they found to be as tasty and as delicate as any good wine from Orleans or Beaune.”

In 1672, Nicholas Denys, a French aristocrat who became an explorer and founded settlements in Nova Scotia and New Brunswick wrote, “The Maple is also a good wood... That tree has sap different from that of all the others. There is made from it a bever-

age very pleasing to drink, of the colour of Spanish wine but not so good. It has a sweetness which renders it of very good taste; it does not inconvenience the stomach... This is the drink of the Indians, and even of the French, who are fond of it.”

In 1799, Jamestown settler James Smith's story “An Account of the Remarkable Occurrences in the Life and Travels of Col. James Smith” was published... The story includes a description of how the Native Americans made maple sugar:

*Shortly after we came to this place the squaws began to make sugar. We had no large kettles with us this year, and they made the frost, in some measure, supply the place of fire, in making sugar. Their large bark vessels, for holding the stock-water, they made broad and shallow; and as the weather is very cold here, it frequently freezes at night in sugar time; and the ice they break and cast out of the vessels. I asked them if they were not throwing away the sugar? They said no; it was water they were casting away, sugar did not freeze, and there was scarcely any in that ice. They said I might try the experiment, and boil some of it, and see what I would get. I never did try it; but I observed that after several times freezing, the water that remained in the vessel, changed its colour and became brown and very sweet.*

## 1800 – 2000

The next two hundred years of maple sugaring saw the evolution of efficient systems to produce more syrup faster. In the 1800s, the introduction of horse or oxen drawn sleds made transporting sap to the boiling place a faster and less tedious project than the former method of hand carrying sap in buckets from trees.

Hollowed-out logs were traded for wooden sap buckets, which were used from the 1700s into the early 1900s. The first metal sap spout was developed in 1860. As a result of these developments, specialized maple equipment companies began to emerge throughout the northeastern United States and Canada.

At the end of the 18<sup>th</sup> century, sugarhouses (which often doubled as workshops for other trades such as blacksmithing) began to be used as a place to process sap into syrup. Until the last half of the 19<sup>th</sup> century, which saw an increase in the building of sugarhouses, maple sap was boiled



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# VALENTINE'S DAY LUNCHEON

Monday, February 14

11:30 a.m.

Bring your favorite date to this luncheon and celebrate Valentine's Day with a scrumptious menu fit for some special person in your life or just treat yourself. Don't forget to R.S.V.P. on the bulletin board.



## Super Bowl Party

Friday, February 11

Dining Room

11:30a

Join us to draw the numbers for our Super Bowl Pool and get ready for the BIG game on Sunday, February 13, 2022. Rumor has it there will be some fun and games as well.

## GNOME MAKING With Jeannine Hunt

Monday, February 28  
Craft Room at 1:00 pm



Jeannine will be teaching us how to create a lovable gnome with a twinkling eye. It'll be sure to bring a smile to you and others' faces. The cost is \$3 per person and the class is limited to 6 individuals. Some supplies will be provided. Please bring a pair of white socks preferably men's and pair of colorful socks. Sign up and pay at the front desk.

## Calling all Bridge Player Wannabes!

Interested in learning how to play bridge? See Kayla to sign up for an upcoming Bridge class.

See you there!



## Do you experience Depression, Seasonal Affective Disorder (SAD), Winter Blues, or Grief ??

Thursday, February 17 in the Game Room at 1:00 pm

Individuals living with depression, know too well how it feels. Each person's experiences depression in his or her own way. Join Ken Youngberg, a Clinical Social Worker Specialist as he shares some good ideas to help during the winter months.

Entries from January:

## Companionship

by Sandy King

"I wrote this for our 50th Anniversary last May"

50 years ago, I made a vow to you,  
That I would love and cherish,  
And always to you be true.

You asked if I would be  
Your wife, lover, and friend,  
The mother of our children,  
Together until life's end.

I was young and in love,  
So quickly answered yes.  
I had no way of knowing  
How much I would be blessed.

You have been my companion,  
All these many years.  
We walked life's road together  
In spite of toil and tears.

I look across a room,  
I see a smile just for me.  
I'm warm inside just to know  
I'm loved so constantly.

It's an irreplaceable gift:  
All the time we share.  
The walks, talks, and cuddles  
That let me know you care.



## The CENTERLINE wants to hear from its readers!

The March Centerline is waiting for your submissions. Lots to write about this month: St. Patrick's Day, First Day of Spring, Daylight Savings Time, even melting snow<sup>2</sup> (we hope) and lengthening days. Have your pieces to the desk by February 20 for publication in the Centerline and a free lunch ticket!

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!**

You tell me you see beauty  
Although I'm old and gray.  
You help and protect me  
And kiss me everyday.

Now we have become  
One body, mind, and soul.  
Christ holds us together  
For He has made us whole.



More entries on page 9



Writer Entries from January, continued.

## **My Story**

*By Addison YongMcArthur*

(Words that have to be in the story:  
Shelby, penguin, lost mom, dentist)

**Once upon a time there lived a woman named Shelby. She lived in the artic. Since there were no dentists in the arctic she had to op on a plane to go the dentists. A penguin found the plane just before it took off. The penguin got on the plane and managed to get inside the plane. The plane was very empty so the penguin got a front row seat. When the plane landed, Shelby got off the plane. When she was gone the penguin realized he had lost his mom. He began to cry. When Shelby got back from the dentist she found the penguin crying. She took the penguin back and he found its mom. THE END**

Addison is Yen-ti Verg-in's great niece. She is currently 10 years old and attends fifth grade. She likes to read fantasy books and she also enjoys writing. During the pandemic, Addison and her family started hiking and exploring the beautiful forests and trails around their Vancouver, BC home. In2021, they made it a family goal to complete 100 hikes/walks. They are proud to have reached 103 hikes/walks!

When Addison was less than four weeks old, she received a heart transplant. She and her family are volunteers with BC Transplant, raising awareness about the importance of organ donation. They also

## **A FISHERMAN'S LAMENT**

*By Leon Marcinkowski*

*We came to fish  
but can't get started*

*We hear the wind  
and feel downhearted*

*It must be time for this season to end  
So we can start making plans to start  
all over again*

*To take some time to reflect back on  
the year*

*Remembering who we are  
as we enjoy a beer*

*You endure the bad with the good  
And try to have some fun  
But to do it with the one's you love  
You're a very lucky one*

*So I thank the powers who be  
The one's who rule the wind, the sea,  
And me.*



set up the Addison Fund to raise money in support of pediatric transplant research. Transplant in not a cure and Addison needs to take toxic medication daily to avoid rejection of her gifted heart. Their wish would be to turn transplant into a cure through research.

Addison lives in Vancouver, BC, Canada with her mom, dad and slightly annoying little sister Charlie.

*(Thank you Addison, Sandy, and Leon for  
contributing to our February  
Centerline! )*



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Since collecting sap from individual maple trees can be extremely labor intensive, experimentation with plastic tubing as a collection began in the late 1950s. The use of it was perfected over the next two decades. By the 1980s large maple producers were almost exclusively using plastic tubing to collect sap from thousands, rather than hundreds, of trees.

### **Modern Day**

Gary Gaudette, a board member of the International Maple Syrup Institute, believes the biggest change in maple syrup production in modern day times occurred ten years ago with the introduction of vacuum systems. This new method uses a pump to create a negative pressure that is transferred via a tubing network to individual tapholes. Prior to vacuum systems, the average sap yield was 10 gallons of sap per tap, which produced about one quart of maple syrup. Since the advent of new vacuum systems, maple farmers now produce 20 – 25 gallons per tap.

With the increase in sap flow, better maple syrup equipment capable of processing double the amount of sap was needed. According to Gaudette, more and more people are using a process known as “reverse osmosis,” in which the sugar concentration of maple sap is increased prior to boiling by pumping the sap, under high pressure, through a special filter that removes a lot of the water from the sap and creates a sweeter concentrate.

Maple syrup evaporators, that process maple sap into maple syrup by evaporation through boiling, have also become 75% more efficient with the addition of what Gaudette describes as “heat efficient units” that go on top of the evaporators. “Twenty years ago when we got a real good sap run our storage capacity was not large enough,” said Gaudette. “The buckets were not large enough, and sap would overflow. On a good hard sap run a lot of producers lost sap. Now with reverse osmosis we can process a lot more sap per hour so we don’t lose any sap.”

One sugarmaker can handle about 500 taps when using buckets. However, a sugarmaker can handle 10,000 or more taps when tubing is used. And because no roads are required for tractors or horses, the forest sustains less damage.

Sugaring may have begun as a happy accident several centuries ago, but it is now a thriving industry run by farmers who care deeply about the forest and the health of their maple trees. The new technologies make sugaring more productive and sustainable. The

good news is that as the industry grows and more trees are tapped, more forest is kept out of development and in a more natural state. Happily, sugaring is yet another reason why Vermont is so beautiful.

**If you see steam rising from a sugar camp you will know maple season is upon us!**



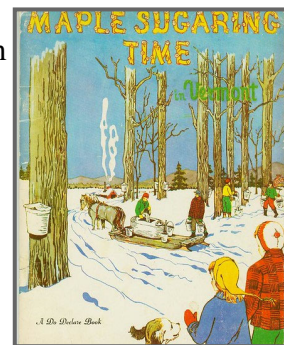
*Somerset Co., PA Maple Producers*

The sweetest tree in Pennsylvania is the sugar maple. Its sap is used to make pure maple syrup. Tapping the trees consist of drilling a 7/16” hole about 1½” deep and inserting a plastic or steel spile. Maple syrup is made by boiling the thin sap of the sugar maple tree in large shallow pans over a very hot fire until most of the water in the sap has evaporated to syrup. As much as 40 -45 gallons of sap are needed to produce one gallon of syrup. Warm sunny days and cold nights are ideal for sap flow. The Maple season usually starts in the middle of February and may last 4 to 8 weeks, depending on weather conditions.

Somerset County sugar camps still use age-old traditions but many new technologies are being utilized in maple syrup production. Pure maple syrup products are proudly produced by the maple camps. Stop by when you see the steam rising to help gather the sap the old fashion way in keelers, or maybe even enjoy some maple samples such as spotza or maple candy. These are some of nature’s sweetest treats.

**Maple Syrup Grades - No difference in quality but in color and flavor**

- Grade A: Golden color with delicate taste
- Grade A: Amber color and rich taste
- Grade A: Dark color and robust taste
- Grade A: Very dark and strong taste



## 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!**

### **FEBRUARY \$5 CLUB**

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



## **LIBRARY NEWS**



Generally, 1000 piece puzzles are not displayed because of space constraints in putting them together. We have left a few out recently. If anyone would like to start a community put-together in the game room, please feel free to use a table near the windows for the project.

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**REMINDER:** Remember to forward your article(s) for the March CENTERLINE. Have it/ them to the front desk by February 20th, or email to [senior@kenai.city](mailto:senior@kenai.city). Remember, no name on the entry, title only. Get a submission form from the desk and put the title, your name and contact information on that.

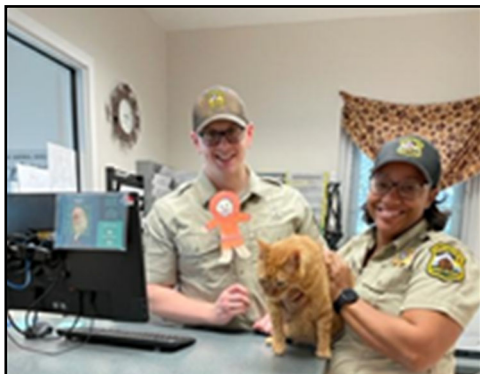
Each entry will receive a meal ticket, with one submission winning a bonus prize, to be announced each month.



## News from the Sewing and Quilting Group

### Wednesdays and Fridays from 1—3 pm

We have resumed sewing and quilting activities! A recently completed project we completed was making fleece tray covers for cat enclosures at the Kenai Animal Shelter. The staff was delighted to receive them and expressed gratitude that it would save much needed time in caring for their cats.

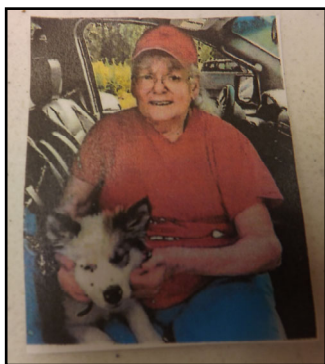


Animal Control Manager JJ Hendrickson (holding the kitty) and staff member



Pictured above: Wayne Hinze, Kit Howard, Jeanine Hunt, and Kris Ayers

## HONORING ANITA...



If you would like to join in our project to create a lasting memory of our friend and fellow quilter, Anita Cates, we are starting to collect squares. A quilt panel will be made from the squares and displayed in the craft room. The square should tell something about Anita. For example, she loved frogs and often used denim in quilts.

Finished squares should be 6 x 6 inches. Please allow for a 1/2" seam allowance, so that your design fits into a 5½ x 5½-inch square within your 6" block.

Confused but still want to participate? Join us on Wednesday afternoon or Friday morning in the craft room and we can help you get started. Advice, machines and material will be available. Or, if you prefer, you can work on your square independently and turn the square in.

Questions? Talk with Kit Hill.

*(Editor's Note: Anita Cates was a long time Senior Center member, former employee, and quilter who helped make projects for various projects. Anita passed away this last year, but her memory lives on through her friends and in our Center.)*



# H2O *Just how important is it ????*

The Centers for Disease Control and Prevention (CDC) report getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

## **Water helps your body:**

- Keep a normal temperature
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

## **Your body needs more water when you are:**

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting



Most of your fluid needs are met through the water and beverages you drink. You can get some fluids through the foods that you eat – especially foods with high water content, such as many fruits and vegetables.

## **Tips to Drink More Water:**

- Carry a water bottle with you and refill it throughout the day.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water over sugary drinks.
- Opt for water when eating out. You'll save money and reduce calories.
- Serve water during meals.
- Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

## **DID YOU KNOW???**

**We have KENAI SENIOR CENTER reusable water bottles just for you! If you haven't received yours, stop by the reception desk. There are TWO touch free options to fill these —in the Dining Room at the ice/water dispenser and in the lobby by the restrooms. Take advantage of these resources and get “watered up”.**

## 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.

#### Income Guidelines

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



**Tuesday, February 15, 2022**

**11:30am—1 pm**

**Dining Room**

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

**Kenai Peninsula  
Tuesday,  
February 15, 2022  
1– 3 pm  
Computer Lab  
(907) 262-1280**



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

PFD forms are available at the front sign in desk. If you need online help with your PFD application, sign up on the board and we can schedule a time for you. **Did you Know? Kenai Senior Connection, Inc. can be found under the Click.Pick.Give. option. If the Center has blessed you this year, why not consider remembering us through your PFD.**



# Valentine's Day

## WORD SCRAMBLE

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## Kenai Senior Connection, Inc. NEWS

Happy February 2022 and greetings From the Kenai Senior Connection, Inc.!!!

January 2022 has already come and gone. It has been an extra cold one so far this year. It reminds me of the 1960-70's when it was in the -40's. So far we haven't gotten there.



The annual election of the Board of Director officers was held at the January 21 meeting. Elected officers for 2022 are: Velda Geller, President; Terry Turner, Vice President; Carol Freas, Secretary; and Bill Nelson, Treasurer.

The Board is currently making plans for the Annual March for Meals Fundraiser (our major event for supporting the Senior Center's meal programs) and it is scheduled for March 25, 2022. The theme for this event is the "The Roaring Twenties." We planned to use that as our theme in 2020, but as you remember, the event was cancelled due to the pandemic. We're hoping it won't need to be cancelled again .

There will be several events going on this month, including Valentine's Day and Presidents' Day (February 21 and the Center will be closed).

Everyone stay well, warm and let's hope we don't have any more earthquakes or power outages.

P.S. The Connection Board has a seat vacancy. If you're interested in an appointment to the Board, please contact me or any member of the Board.

*Velda Geller*

President, Kenai Senior Connection, Inc.

### What is.....

2/22/22 at  
2:22p.m.????



**A twoooooos day!**

**John Quincy Adams:** "If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

**Harry S. Truman:** "It's amazing what you can accomplish if you do not care who gets the credit."

**John F. Kennedy:** "Efforts and courage are not enough without purpose and direction."





FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

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

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

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

~Thank you for your help!

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

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

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

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

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

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

## Kenai Senior Center Donation Form

### *Helping People Age With Dignity*

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

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

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

**Please make checks to Kenai Senior Connection,**

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

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

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

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

## ine Tenths of the Law

### Across

1. Computer sold in lime and strawberry flavors
5. Speak in Spanish?
10. "Super Trouper" group
14. Prefix with rail or pole
15. Popular reeds
16. Fertile soil
17. Argument in favor?
19. Supermodel Kate
20. Nice friend?
21. Campus drill grp.
22. Endor aliens
24. It's in tune but not sung
26. Goats and antelopes?
29. Call for
31. Cause for a re-trial
32. Tristan's beloved
35. King James verb ending
36. Where to find a winner's belt
41. Competition for the "bobtail nag"
42. Outplayed
43. Irreverence
47. It may make you drool
51. Prison conveyance?
54. Send as payment
55. Like old cheese, perhaps
56. Laugh-fest
58. Ghostly greeting
59. Like the biblical magi
60. Cash-box for a roadside shop?
63. Like some skirts

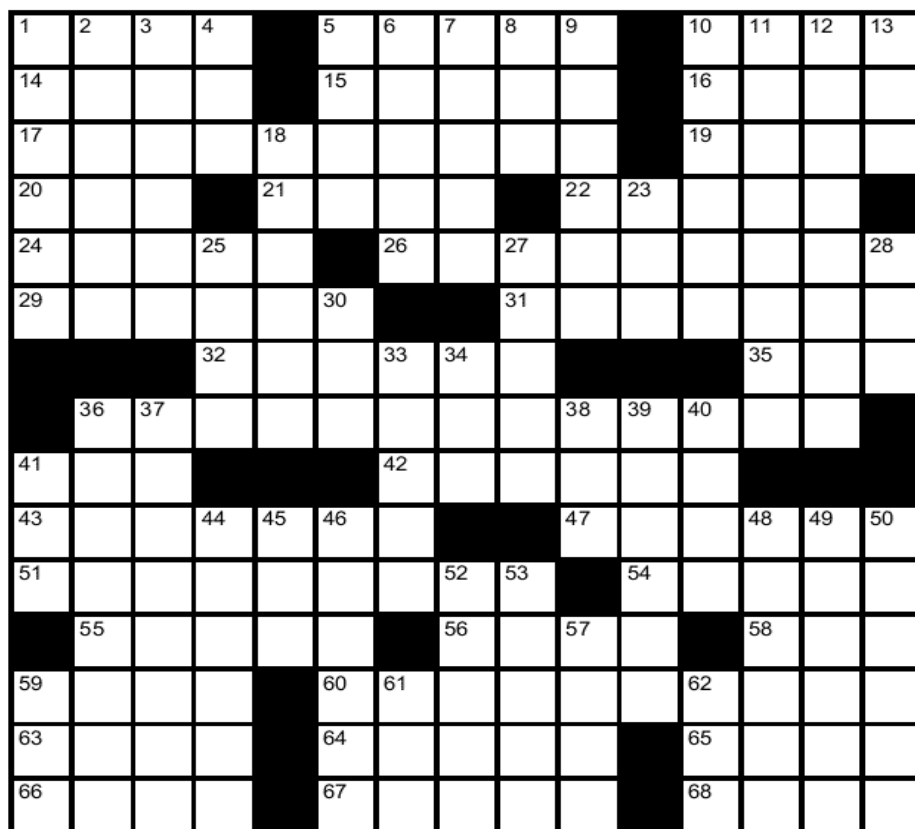
64. Schlepped
65. First murder victim
66. Falconer's aid
67. Visionary ones
68. Strokes

### Down

1. Prepare for shish kebab
2. Follower of Joseph Smith, Jr.
3. Apply oil to
4. Trig. ratio
5. Yuletide yuks?
6. Is the wheelman
7. "Ship of Fools" artist
8. Aloha wreath
9. "\_\_\_\_\_ on TV"

10. Nearly
11. Tally accounts
12. Washtub musicians?
13. Store opening hrs.
18. Obvious fact
23. FDR agency
25. Titanic mother?
27. Utopias
28. Highest degree
30. Prune
33. Tripoli's home
34. Unknown surname
36. Soothing tea
37. Mesmeric ritual
38. Ways to go, abbr.
39. "\_\_\_\_\_ of Space" (radio show)

40. Run without moving
41. Ball-point brand
44. Oceanic specks
45. LAX letters
46. Liaisons
48. Take on water?
49. Purple perennial
50. Reef rings
52. Seeing red
53. Frisco fullback, e.g.
57. They may be long
59. It covers the NYSE
61. Kind of shoe
62. Kind of shoe



## Music and Story Time at Art Works Alaska Gallery

Thursday, February 3

Thursday, February 17

Leaving the Senior Center at 1:00pm

Please join Bunny Swan Gease, a Culture Bearer for the Dena'ina Athabascan culture, from Kenai, Alaska for an afternoon of Alaskan cultural experience of storytelling and music. She is an active member of the Kenaitze Indian Tribe IRA. Ms. Swan is a professional artist and musician. Bunny will combine ancient and modern rhythms to inspire, create and educate her audiences locally and internationally, on the benefits of participating and supporting the Arts! Light refreshments to be served. There is no cost for this activity, but please sign up on the Reception Desk.



*Continued from Page 1—Reader's Digest*

### Making the Grade

"My high-school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the Valentine season, I sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: "BE MINE." The following day, I received in return a Valentine from the teacher. It read: Thank you, but it's still BE MINE-US." —

*Contributed by Brad Wilcox*



### Devoted and Determined

"During World War II my parents had planned a romantic Valentine's Day wedding. Suddenly my father, then stationed at Camp Edwards in Massachusetts, received orders to prepare to ship out, and all leaves were cancelled. Being a young man in love, he went AWOL. He and my mother were married four days earlier than originally planned and he returned to base to an angry sergeant. After hearing the explanation, the sergeant understandingly replied, 'Okay, okay!' Then, as an afterthought: 'But don't let it happen again!'" — *Contributed by Sandra L. Caron*



Heart Healthy

# FEBRUARY 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                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 31<br>Meatloaf<br>Mashed Potatoes<br>Gravy<br>Winter Veggies<br>Soup                                                     | 1<br>Cilantro Lime Chicken<br>Salad<br>Carrot Salad<br>Fruit Cup<br>Soup                  | 2<br>Biscuits/Gravy<br>Sausage Links<br>Scrambled Eggs<br>Roasted Potatoes<br>Salad                       | 3<br>Soft Taco<br>Black Beans &<br>Corn Salsa<br>Refried Beans<br>Soup                                                      | 4<br>Halibut Burger<br>Seafood Pasta<br>Salad<br>Creamy Grape<br>Tomatoes<br>Salad                    |
| 7<br>Chicken &<br>Dumplings<br>Parmesan Roasted<br>Zucchini<br>Soup                                                      | 8<br>Spicy Peanut<br>Chicken Noodle<br>Salad<br>Pineapple &<br>Mandarin Oranges<br>Soup  | 9<br>Hamburger<br>Stroganoff<br>Honey Orange<br>Carrots<br>Fresh Rolls<br>Salad                           | 10<br>Turkey Cranberry/<br>Cream Cheese/<br>Bacon on Croissant<br>Dried Cranberries/<br>Broccoli Salad<br>Fruit Cup<br>Soup | 11<br>Chili Dogs w/<br>Fixings<br>BBQ Chicken Legs<br>Sweet Potato Fries<br>Root Beer Floats<br>Salad |
| 14<br>Chicken Cordon<br>Bleu w/Parmesan<br>Cream Sauce<br>Roasted Lemon<br>Potatoes<br>Cherry Cheese<br>Cupcakes<br>Soup | 15<br>Taco Salad<br>Chips & Salsa<br>Soup                                               | 16<br>Roast Beef<br>Mashed Potatoes &<br>Gravy<br>Mushroom/Red<br>Pepper Medley<br>Birthday Cake<br>Salad | 17<br>Chicken Alfredo<br>Italian Veggies<br>Garlic Bread<br>Soup                                                            | 18<br>BBQ Pulled Pork<br>Sandwich<br>Parmesan Fries<br>Coleslaw<br>Salad                              |
| 21<br><b>CENTER CLOSED</b><br><b>PRESIDENTS' DAY</b>                                                                     | 22<br>Chef's Salad<br>Bran Muffin<br>Fruit Cup<br>Soup                                  | 23<br>Mongolian Beef<br>Stir-Fry Veggies<br>Jasmine Rice<br>Salad                                         | 24<br>Baked Potato w/<br>Fixings<br>Broccoli Spears<br>Homemade Roll<br>Soup                                                | 25<br>Diner-Style Hot<br>Turkey Sandwich<br>Mashed Potatoes<br>Gravy<br>Corn<br>Salad                 |
| 28<br>Baked Ham<br>Green Beans<br>Cranberry Pecan<br>Sweet Potato<br>Casserole<br>Soup                                   | 1<br>Creamy Seafood<br>Enchiladas<br>Lemon Parmesan<br>Rice<br>Buttered Corn<br>Bread Pudding<br>Soup                                                                      | 2<br>Saucy Chicken<br>Thighs<br>Brown Rice<br>Yellow Squash<br>Salad                                      | 3<br>Beef Thai Noodles<br>Mushroom Medley<br>Egg Roll<br>Soup                                                               | 4<br>Lasagna<br>Italian Veggies<br>Garlic Bread<br>Salad                                              |