

# The Centerline



## FEBRUARY 2024



### The Arrington's

*By Biz Robbins, Vera Barret and Yen-ti Vergin*

Cheryl Arrington is a beautiful, courageous, smart, and accomplished lady with a sharp sense of humor. She was born on Valentine's Day in 1951, the youngest child, seven years after her brothers and sister, and she was her dad's Valentine. He said that she was born to be a sweetheart, and after her birth, her mom never gave her dad another gift. Not on Valentine's Day. On Father's Day, she'd ask Cheryl to put a red ribbon in her hair, and she was her dad's gift. "The gift that keeps on giving," she said.

She grew up in New York City—Manhattan—and lived on the first floor of a tall apartment building. Cheryl said she liked to run and play, and her

parents would whistle when it was time to come home. A different whistle for each sibling, and if you didn't come by the third whistle, you were in trouble.

Cheryl's family moved to Queens, N.Y., when she was in sixth grade, and she had next door neighbors who'd adopted six children. As fast as she could eat her oatmeal and drink her orange juice, she'd go outside to play with them. In school, she particularly enjoyed English and history, which have been the basis for some of her interests today. (She calls herself an addict that's hooked on paper and office supplies—she writes, paints, and colors, offering to teach a group at the senior center.)

When she was a teenager, one of Cheryl's friends asked her to meet his new girlfriend. Cheryl met him, but he wasn't alone. He was with his man friend, not the girlfriend she was expecting to meet-- a man (Bob) with a motorcycle and wearing a blue leather suit. Her friend gave Cheryl and hug with his hi—the man in the blue leathers thought Cheryl was his girlfriend.

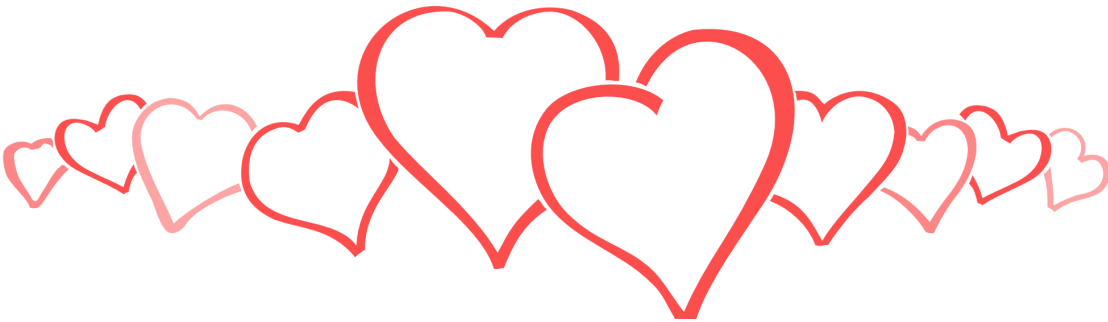



*Continued on Page 12*

### Special Points of Interest

- Movie Afternoon  
Return to Me— Feb. 1
- No Host Dinner  
Carla's Restaurant—Feb. 12
- Valentine's Luncheon—Feb. 14
- Birthday Lunch—Feb. 21
- Second Movie Afternoon  
Leap Year—Feb. 29

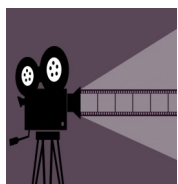
**City of Kenai**  
**Kenai Senior Center**  
361 Senior Ct.  
Kenai, Alaska 99611  
907-283-4156  
[senior@kenai.city](mailto:senior@kenai.city)

# FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot <b>3:00p— Movie</b> <b>Afternoon: Return to Me</b>	<b>2</b> 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH <b>1p—Alzheimer’s Virtual Zoom Program</b> 1p—Wii Bowling 1-4:30p—Bridge
<b>5</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir 1p—Mexican Dominos 2:30p—3:30p Understanding Your Grief Support Group	<b>6</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>7</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>8</b> 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot <b>3pm—Council on Aging</b>	<b>9</b> 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring <b>11:30a—LUNCH/Super Bowl LVIII Party!!!</b> 1p—Wii Bowling 1p— Genealogy Class 1-4:30p—Bridge
<b>12</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir 1p— Making Valentine’s Favor Packets 2:30p—3:30p Understanding Your Grief Support Group <b>5:00p—No Host Dinner/Carla’s Restaurant</b>	<b>13</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS 11:30a—LUNCH/Shrove Tuesday Pancake Race 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>14</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass <b>11:30a—LUNCH/ Valentine’s Celebration</b> 1p—Card making w/Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>15</b> 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot	<b>16</b> 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
<b>19</b>  <b>CENTER CLOSED</b>  	<b>20</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS <b>11:30a-1p Independent Living Center</b> Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling <b>1p-3p—Family Caregiver Support Group</b>	<b>21</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass <b>Noon—LUNCH/ Birthday</b> 1p—Writers’ Group 1p—Cabin Fever Creations 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>22</b> 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos <b>1p—News Bank w/ Elizabeth Kleweno</b> 1-3p—Hand & Foot	<b>23</b> <b>8-10a WAFFLES</b> 9a—Growing Strong 9:30a-12p—Quilting <b>10a—Senior Connection</b> 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
<b>26</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir 2:30p—3:30p Understanding Your Grief Support Group	<b>27</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>28</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>29</b> 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot <b>3:00p—Second Movie</b> <b>Afternoon: Leap Year</b> 	

# Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Diane L. Sadler	10	Paul Gray	21	Mary Kennedy
1	Barbara Smith	10	Pearl Larson	21	Carol Barner
2	Kathryn Pierson	10	Leo Foster	22	Margie Vance
2	Greg Geller	10	Eileen Bryson	23	Jan Daniels
2	Catherine Peterson	11	Marcia Heinrich	23	Hildegard Plagge
3	Barb Dudley	11	Sharon Williams	24	Dale Cocklin
4	Melissa Bailey	13	Imelda Lee	24	James Crain
4	Leslie Hamman	14	Lee Johnson	25	Carolyn Broussard
5	Henry Knackstedt	14	Cheryl Arrington	26	Ingrid Edgerly
5	Juanita Griffith	15	Patrick Tassell	26	Donald Erwin
6	Beverly Waldrop	16	Barbara Modigh	27	Constance Jackson
6	Thomas Cullington	17	Robb Geesen	28	Ava Nell Bassett
7	Cynthia Wineteer	17	John Macanas	29	Judy Buffington
8	Robert Romig	18	Ronald Fullinck	29	Betty Truesdell
9	Deborah Stiers-Tremelling	21	Henry Kroll		



## Thursday Afternoon Movie

**February 1, 2024,  
3:00 p.m.**

### Now showing: Return to Me

Heartbroken and struggling emotionally after his wife's death in a car accident, Bob Rueland (David Duchovny) agrees to go on a blind date set up by his friend Charlie (David Alan Grier). Though the date fizzles, sparks fly between Bob and the waitress, Grace (Minnie Driver), a recovered heart transplant patient with intimacy problems of her own. When Bob discovers Grace's heart came from his own organ donor wife, an unusual romance blossoms between the two.

## NO-HOST DINNER

### Carla's Restaurant

**Monday, February 12, 2024**

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

There will be limited transportation available at a charge of **\$7.00**, so RSVP early. Sign up at the Reception Desk.

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

# dates to remember

Thursday, February 1	Movie Afternoon: Return to Me	3:00 pm
Wednesday, February 7	Social Security	9a–Noon
Thursday, February 8	Council on Aging Meeting	3:00 pm
Friday, February 9	Super Bowl LVIII Party!!!	11:30 am
Monday, February 12	“No Host” Dinner/Carla’s Restaurant	5:00 pm
Wednesday, February 14	<b>VALENTINE’S DAY LUNCHEON</b> Please sign up to reserve your seat	<i>Happy Valentines Day</i> 11:30 am
Monday, February 19	<b>PRESIDENTS’ DAY CENTER CLOSED</b>	
Wednesday, February 21	Social Security	9a—Noon
	Birthday Lunch	Noon
Friday, February 23	Waffle Friday	8-10 am
	Senior Connection Meeting	10 am
Thursday, February 29	Second Movie Afternoon: Leap Year	3:00 pm

## Kenai Senior Center Info

Monday—Friday, 8:00 am—5:00 pm  
Need to speak with someone in administration?

**Director**

**Kathy Romain**

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

**VP Housing, Council on Aging  
Kenai Senior Connection, Inc.**

**Administrative Assistant**

**Red Piersee**

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

**Home Delivered Meals**

**Benefits Counseling**

**Vintage Pointe Housing Rental**

**Activity/Volunteer Coordinator,**

**Kayla Feltman**

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

**Activities**

**Volunteer Opportunities**

**Senior Center Facility Rentals**



Do you need a ride or know someone who could use some meals? Maybe you'd like to pick up a meal instead of dining inside? We can help!

For Pick up Meals:

**Call the front desk by 10:30AM\* (M-F)**

For pick-up at **11:30 AM. Meals must be picked up from the front desk.**

For Transportation:

Call the front desk at least **24 hours** in advance to schedule a ride. We will do our best, but same day transportation is not guaranteed.

Dining Room Meals (Congregate)

Monday-Friday 12pm-1pm

No reservations required

(Except for special events)

# Effective Communication Strategies

An education program presented by the Alzheimer's Association



Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways.

## Join us to learn more about:

- Understand the communication changes that take place throughout the course of the disease.
- Decode the verbal and behavioral messages delivered by someone with dementia and respond in helpful ways.
- Identify strategies to help you connect and communicate at each stage of the disease.

**Friday, February 2nd**

**1:00 pm**

**Virtual Zoom Program**

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## Registration Info

Michelle Larson

[mlarson@alz.org](mailto:mlarson@alz.org) | 208-666-2996

**ALZHEIMER'S**  **ASSOCIATION®**



# Grief Support Group

**BEGINS Feb 5  
2:30pm-3:30pm**

Have you experienced the loss of a loved one? Do you feel isolated in your grief? Want to know where to go from here? Join our 10-week support group as we navigate the journey of grief together.

Kenai Senior Center | Contact Jared for more info | 907.262.0453



## **Super Bowl Party**

**Friday, February 9**

**Dining Room**

**11:30a**

Super Bowl squares go on sale February 1! See the receptionist to purchase them and the limit is 5 squares. Join us on the 9th to draw the numbers for our Super Bowl Pool and get ready for the BIG game on Sunday, February 11, 2024. Please join us, there may be some fun and games!!

### **Stronger Together Support Group**



**Wednesdays 2 –3:30 pm**

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



- Unless purchasing a large amount for transportation or lunch tickets, we cannot break a bill over \$20.
- You are welcome to take home leftovers from your meal, but please bring your own container.
- Coffee bar and bakery dollar donations are much appreciated. Thank you for your generosity. Items from the bread table are limited to just one per person daily.

### **MAKING VALENTINE TABLE FAVOR PACKETS**



**Monday, February 12**

**1:00p**

**Card Room**

Come and help Kayla prepare favor packets for the Center's Valentine's Day luncheon. Supplies will be provided.

**We appreciate your  
understanding.**

## Shrove Tuesday Pancake Race

Tuesday, February 13

11:30am

Shrove Tuesday (also called Pancake Tuesday) is the day before Ash Wednesday. Come find out why it's called Pancake Tuesday. Eat pancakes and see the pancake race!



## AARP TAX PREPARATION

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### BY APPOINTMENT ONLY

**February 13 & 27**

**March 12 & 26**

**April 9**

**3 pm—6:30 pm**

## Kenai Community Library

**CONTACT DEBBIE AT:**

**(828) 803-3599**

**FOR AN APPOINTMENT**

♥happy♥  
*Valentine's*  
♥day♥

## VALENTINE'S DAY LUNCHEON

**Wednesday, February 14**

Bring your favorite date to this luncheon and celebrate Valentine's Day. A delicious menu is planned and will be fit for some special person in your life — or just treat yourself. Don't forget to R.S.V.P. on the bulletin board. **An R.S.V.P. is REQUIRED!** There may be door prizes!

## Card Making with Kim

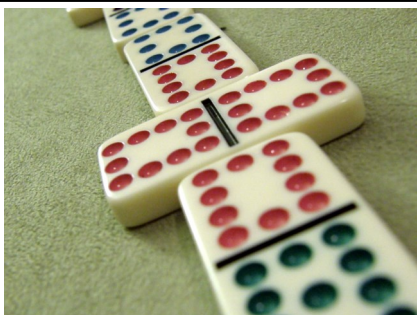
Wednesday, February 14 at  
1:00pm Senior Center Dining  
Room. Please sign up on the  
bulletin board.



**Tuesday, February 20, 2024**

**11:30am—1 pm**

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.



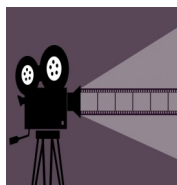
## Calling all Mexican Dominos Players!

Interested in playing or learning about Mexican dominos? Please join us once a month on the first Monday of the month at 1:00pm in the dining room. It's so much fun and see you there!

**Kenai Peninsula  
Tuesday,  
February 20, 2024  
1– 3 pm  
Computer Lab  
(907) 776-7654**



Are you a caregiver? Do you know someone who is a caregiver? Join us on the third Tuesday of the month, February 20<sup>th</sup> at 1 pm for Kenai Peninsula Family Caregiver Support Group. The upcoming topic is "All About Medicaid" with guest speaker Valerie Flake, Care Coordinator.



## Second Thursday Afternoon Movie

**February 29, 2024  
3:00 p.m.**

### Now showing: Leap Year

When yet another anniversary passes without a marriage proposal from her boyfriend, Anna (Amy Adams) decides to take action. Aware of a Celtic tradition that allows women to pop the question on Feb. 29, she plans to follow her lover to Dublin and ask him to marry her. Fate has other plans, however, and Anna winds up on the other side of the Emerald Isle with handsome, but surly, Declan — an Irishman who may just lead Anna down the road to true love.



## Waffle Bar Returns



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

## Is Medicare Sending Out New Cards?



**NO.**  
**Medicare is NOT issuing new plastic cards!**

If you get a call saying you qualify for a new card - **HANG UP!** This is a scammer calling. Do not verify your Medicare number or other personal information.

Have you given out or confirmed your Medicare number over the phone? The Alaska Senior Medicare Patrol can help you protect yourself. Call us for help.

Call 907-269-3680 or 1-800-478-6065

## LIBRARY NEWS by Virginia Walters

We have begun weeding the DVDs, taking out anything directly aimed at teenagers or children, including Super Heroes, Twilight, and any duplicates. Those removed will be on the table in the lunch room. Please do not return them to the shelves. The labels have been scribbled over.

February has an extra day this year. Time to finish a puzzle or an audio book.



Soon it will be **SPRING!**

## Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

February 2024 is arriving already. Let's see what's has been going on at the Kenai Senior Center and what is planned for the Month of February.

Senior Center volunteers were honored and thanked for all they do in support of the Center and its activities on Friday, January 26. There was a great turnout and a tasty meal provided. Thank you all!

The March for Meals Committee has been busy planning for the April 5, 2024 event and will continue to meet very other week. As we get closer to the event day, there will be many things needing to be done. If you would like to help for an hour or so, please contact one of the Center's staff. And remind folks you see and know about the April 5, 2024 event.

Enjoy the rest of our winter and be happy we are adding more seconds of sunlight every day!

## TOPS Weight Loss Group

*By: Jerry Nassen  
(Take Off Pounds Sensibly)*

On Tuesday January 16th, TOPS AK #0189 Kenai (which meets Tuesday mornings in the Card Room at the Center) did our normal weigh in, then adjourned to the second floor social room at Vintage Point to celebrate our KOPS members (those of us who have progressed from TOPS Take Off Pounds Sensibly members to KOPS Keep Off Pounds Sensibly status).



When Marcia and I joined the local TOPS group, there were fifteen members, three of whom were KOPS. That was in January of 2022. Two years later, our group has grown to twenty-five members, eight of whom are KOPS!

At our celebration, we honored one Reinstated KOPS (Kathy Medcoff), two new KOPS (MaryAnn Lamecker and Karen Monell), both sharing Chapter Co-Queen honors with a 21.5 pound loss each, three KOPS achieving one year status (Juanita Aguilar, Marcia Shea and Jerry Nassen), one two-year KOPS (Fran Kilfoyle), and our star, Aline Huey, a twelve year KOPS who received her ten year consecutive KOPS award.

The stats for 2023 aren't compiled yet, but for 2022 AK #0189 Kenai received the top honor among Alaska chapters for a combined net weight loss of 165 pounds (15 pounds per member). Our own Fran was the 2021 Alaska State Queen, and Jerry was the 2022 Alaska State King and International Division III winner. See, TOPS works! Thanks yet again for our wonderful sponsors, the Kenai Senior Center, for giving us such an awesome place to meet! Consider joining us, and let it work for you, too.



When it was cleared that she wasn't, Bob asked her out. Cheryl thought he was cute and agreed. They were married when she was seventeen and their marriage has lasted a long time.

Bob Arrington was a widower, eighteen years older than Cheryl. He is Tall, Handsome, and Strong; he Loves music, dancing, (and wii bowling). He is Educated, intelligent, and a kind son. He is A sharing husband, A loving father, grandfather, and great grandfather, Soft hearted, and compassionate. A devoted Christian through and through. He worked security in high school making sure who was entering the school was a student and helped with the crowds at basketball games. He was a member of the Blue Knights, a motorcycle group. The group sometimes headed to Canada handing out teddy bears to children. The blue uniform represents the men in blue who always protect you. And knights do too.



Bob was called in to help with the riots in Attica, as a captain.

He was a warden at Rikers Island for 4 or 5 years. The 'Son of Sam' was there when he started as warden.

Bob and Cheryl married in 1968 and had five children. One has since passed away. She stated in the interview that she raised 81 children, counting children that went through her Day Care, named A Kare, that she started when their youngest came along 17 years after the other 4. All the children went on to higher education and found success in life. She is delighted that she still hears from them. They have fourteen grandchildren and seven great-grandchildren. She is proud that her children and many grandchildren have all gone to college.

After their marriage, Bob insisted that she go to school, and she ended up with degrees in two areas: art and nursing, attending first a school of art and design, and then NYU and VCU (they were living in Virginia at the time.) While attending NYU and majoring in art design, she worked as an administrative assistant for the producer Abe Burrows. You may know him for the hit "King of Siam" with Yul Brynner or "Guys and Dolls" on Broadway. Cheryl met many stars and people involved with Broadway while employed there.

Before starting the daycare Cheryl and Bob moved from New York to Virginia where she attended the Virginia College of Medicine and obtained a nursing degree. She was one of the first health care professionals certified to treat HIV-AIDS. She worked at night to be home in the day. The day care started when their younger daughter was born and her friends seeing her home would ask her to babysit.

Her first introduction to Alaska was through their youngest daughter. The daughter's teacher urged her to apply to the Jason Project which was being funded by National Geographic to inspire students to do research in the scientific field. Bob Ballard, the fellow who was responsible for the Titanic exploration and researching the journey of PT 109, started the Jason Project.

*(continued on next page)*



After filling out all the applications and reading 10 books about the Alaska area their youngest was one of the 75 out of 300 finally selected to travel to Alaska to study ice worms. Her area of study was out of Seward. She fell in love with Alaska and was able to return after college and marriage and the birth of a child. This was the draw for Cheryl and Bob as it is for many of us, our children and grandchildren. Their youngest grandchild is here.

When asked why she moved to Alaska, she replied that she was getting old. People with gray hair are targets for muggers. She was mugged once, and when she discussed the incident with an officer, pointing out that she lived in a “good” neighborhood, he reminded her that residents there probably had much more valuable things than people in “bad” neighborhoods.

Cheryl and Bob have been married over fifty years, and Cheryl offered two suggestions as to why they have stayed together. First, she noted that they had argued, but nobody had a rash word because Bob walked out of the house. Later they would discuss the hot item again with a different frame of mind. Second, they pledged that they’d never go to bed mad at each other—ended the day with a kiss before the good night. And also they pledged never to put each other in nursing homes. ♥



**Sunday, February 4, 2024**

**1:30 p.m.**

**Kenai Senior Center**

**Speaker Debra Corbett  
Archaeologist with the**

**Kenaitze Indian Tribe Youth Susten Camp**

**Kenai Historical Society meetings are open to the public, though we invite you to become a member of our historical organization that has been operating continuously since 1967. All future meetings will be held at the Kenai Senior Center, located at 361 Senior Court, Kenai.**

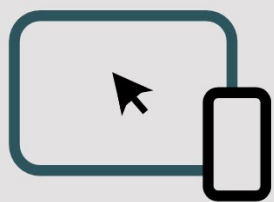


## Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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 2024 \$5 CLUB

|                   |                          |                         |                           |
|-------------------|--------------------------|-------------------------|---------------------------|
| Kay Aber          | Jeffrey & Monica Griffin | Jennifer Lombard        | Sondra Starnes            |
| Juanita Aguilar   | Darrell Hagen            | Carol Louthan           | Buck Steiner              |
| Ken Ayers         | Karolee Hansen           | Mike Louthan            | Sheila Steiner            |
| Kris Ayers        | June Harris              | Paula Maier             | Linda Swarner             |
| Marilyn Bannock   | Joel & Laura Henkelsman  | Marge Milewski          | Rachel Tamagni            |
| Carol Barner      | Kathy Heus               | James Miller            | Vivian Terry              |
| Rosco Barrett     | Donna Hoyt               | Jeanie Miller           | Charles & Janice Thornton |
| Vera Barrett      | Susan Hurley             | Kari Mohn               | Gerda Trent               |
| Patricia Bravo    | Molly Jackson            | Bill Nelson             | John Trent                |
| Glen Clifford     | Bobbie Jedlicki          | Lois Nelson             | June Truelove             |
| Jewell Coverstone | Linda Jennings           | Marian Nickelson        | Terry Turner              |
| Rachael Craig     | Peggy Jones              | Ray Nickelson           | Ray Verg-in               |
| Walt Craig        | Read Kent                | Susan Olson             | Yen-ti Verg-in            |
| Terry Cramer      | Fran Kilfoyle            | Katie Pault             | Beverly & Don Waldrop     |
| Elmer Curtis      | Leanne King              | Robert Petersen         | Frosty Walters            |
| Dorothy Diamond   | Gina Kuntzman            | Judith Pock             | Virginia Walters          |
| Shirie Drath      | Anita Kwan               | Carol Prior             | Marie Weller              |
| Robin Feltman     | Gaye Larane              | Biz Robbins             | John White                |
| Carol Freas       | William LaTocha          | Trish Roderick          | Janice Wilsack            |
| Velda Geller      | Xiapopei LaTocha         | Gladys Routh            | Clayton Yoncher           |
| Omer Goodman      | Hoa Le                   | Steve & Barbara Smith   |                           |
| Bill Graves       | Meldie Lee               | Gary & Colleen Sonnevil |                           |
| Luna Graves       | Chris Lombard            | Bill Starnes            |                           |



# NewsBank

## @Kenai Senior Center

Thursday  
February 22nd  
1:00pm

Join us at the Kenai Senior Center to learn how to access local and national newspapers online through NewsBank with your Kenai Community Library card. Don't have a library card yet? Call us at 907-283-4378 to learn how you can get one.



**NewsBank**<sup>inc.</sup>

**We've Got News  
For You.**

Online access to local, state  
& national news stories



KENAI

### Computer Lab Open Times

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

**Monday—8-11 am & After 12:00 pm**

**Tuesday—After 11:30 am**

**\*Thursday—All Day**

**\*Friday—All Day**

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



### Genealogy Workshop

Need help breaking down that brick wall, or maybe you need help organizing your research? Perhaps you are interested in learning how to get started tracking your family history? Cheryl Hamann can help! Please join her at 1:00p on Friday, February 9 in the computer room.



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.



Heart Healthy

# FEBRUARY 2024 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                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 29<br>Biscuits & Gravy<br>Scrambled Eggs<br>Sausage Links<br>Roasted Potatoes<br>Soup                                                                                   | 30<br>Liver & Onions<br>Mashed Potatoes<br>Gravy<br>Green Beans<br>Salad                                                                    | 31<br>Spaghetti w/ Meat<br>Sauce<br>Italian Veggies<br>Garlic Bread<br>Salad                                                              | 1<br>Garlic Lemon<br>Chicken Thighs<br>Cranberry Almond<br>Rice Pilaf<br>Mixed Veggies<br>Soup  | 2<br>Beef Stew<br>Peaches & Cottage<br>Cheese<br>House Salad<br>Rustic Rolls                                          |
| 5<br>Clam Chowder<br>Seafood Pasta<br>Muffin<br>Fruit Cup                                                                                                               | 6<br>Chef Salad<br>Fruit Cup<br>Muffin<br>                 | 7<br>Baked Potato<br>w/all the fixings<br>Broccoli<br>Salad                                                                               | 8<br>Sweet & Sour<br>Chicken<br>Stir Fry Veggies<br>Jasmine Rice<br>Egg Roll<br>Soup                                                                                               | 9<br>BBQ Pulled Pork<br>Sandwich<br>Coleslaw<br>Onion Rings                                                           |
| 12<br>Veggie Soup<br>Toasted Turkey<br>& Tomato<br>Sandwich<br>Fruit Cup<br>Soup<br> | 13<br>Blueberry<br>Pancakes<br>Sausage Link<br>Scrambled Eggs<br>Roasted Potatoes<br>Salad                                                  | 14<br>Creamy Butter<br>Chicken & Shrimp<br>Piccata w/ Linguini<br>Noodles<br>Roasted Mini<br>Peppers<br>Chocolate Cherry<br>Cake<br>Salad | 15<br>Chili Dogs<br>Tater Puffs<br>Carrot Salad<br>Soup                                                                                                                            | 16<br>Quiche<br>Grape Tomato Salad<br>Parmesan Potatoes                                                               |
| 19<br><br><b>CENTER<br/>CLOSED</b>                                                   | 20<br>Taco Salad<br>                                     | 21<br>Fried Chicken<br>Mashed Potatoes<br>Gravy<br>Green Beans<br>Salad<br><u><b>Birthday Cake</b></u>                                    | 22<br>Baked Ham<br>Cheesy Potatoes<br>Yams<br>Soup                                                                                                                                 | 23<br>Spinach Lasagna<br>Roll Up<br>Mixed Veggies<br>Garlic Bread                                                     |
| 26<br>BBQ Chicken<br>Legs<br>Baked Beans<br>Soup                                                                                                                        | 27<br>Chicken Caesar<br>Salad<br>Fruit Cup<br>Muffin<br> | 28<br>Turkey BLT on A<br>Croissant<br>Tortellini Salad<br>Chips<br>Salad                                                                  | 29<br>Pork Enchilada<br>Spanish Rice<br>Mexican Corn<br>Chips and Salsa<br>Soup                                                                                                    | 1<br>Cheese Burgers<br>Fries<br> |

## Worksheet: Home Safety Checklist



The following room-by-room checklist can alert you to potential hazards in an older person's home. Use it to identify any changes or repairs needed to help keep them safe. Keep in mind that it may not be necessary to make all of the suggested changes. It is important, however, to reevaluate home safety every so often as the person's behavior and needs change.

### Throughout the home

- ☐ Are any repairs needed?
- ☐ Is the house well lit, inside and out, particularly at the top and bottom of stairs? Do any lightbulbs need to be replaced?
- ☐ Are emergency phone numbers (ambulance, Poison Control, doctors, hospital, etc.) and the person's home address near all telephones?
- ☐ Is there clutter, which can cause disorientation and confusion and increase the risk of falling?
- ☐ Is mail, recycling, or trash piling up? Do there need to be more trash and recycling containers around the house?
- ☐ Is each bottle of prescription medicine clearly labeled with the person's name, name of the drug, drug strength, dosage frequency, and expiration date?
- ☐ If there are guns in the home, are they locked up and unloaded, with ammunition stored separately?

### Floors

- ☐ Are there any tripping hazards at exterior entrances or inside the house (throw rugs, for example)?
- ☐ Are there non-slip strips or mats on tile and wood floors or surfaces that may get wet? Are carpets fixed firmly to the floor?
- ☐ Are all walking areas free of furniture and extension and electrical cords?
- ☐ Have smoke and carbon monoxide alarms been installed near the kitchen and in all bedrooms? Have the batteries been checked recently?

### Stairs

- ☐ Are the stairs manageable, or is a ramp or gate needed?
- ☐ Could handrails be installed on both sides of the staircase?

☐ Is there at least one stairway handrail that extends beyond the first and last steps on each flight of stairs?

☐ Are any outdoor steps sturdy and textured to prevent falls in wet or icy weather? Mark the edges of steps with bright or reflective tape.

### Bathrooms

☐ Are there grab bars near toilets and in the tub or shower?

☐ Have nonskid adhesive strips, decals, or mats been placed in the tub and shower? If the bathroom is uncarpeted, consider placing these strips next to the tub, toilet, and sink as well.

☐ Have a plastic shower stool and a hand-held shower head been installed to make bathing easier?

☐ Is the water heater set at 120° F to avoid scalding tap water?

☐ Is there a night light to make overnight trips to the bathroom safer?

### Kitchen

☐ Are there safety knobs and an automatic shut-off switch on the stove?

☐ Is there enough food in the fridge? Is any of it spoiled? Are there staple foods (such as cereal, sugar, canned soup) in the cabinets?

☐ Has a drain trap been installed in the kitchen sink to catch anything that may otherwise become lost or clog the plumbing?

### Outdoors

☐ Are there secure locks on all outside doors and windows?

☐ If a walker or wheelchair is needed, can the entrances to the house be modified — perhaps by putting in a ramp to the front door?

☐ Is there a small bench or table by the entry door to hold bags and packages while unlocking the door?

☐ Is outside lighting adequate? Light sensors that turn on lights automatically as you approach the house may be useful.

☐ Have bushes and foliage been pruned away from walkways and doorways?

☐ If there is a swimming pool, is it safe? Restrict access to a swimming pool by fencing it with a locked gate, covering it, and closely supervising it when in use.

☐ Have you addressed any uneven surfaces or walkways, hoses, and other objects that may cause a person to trip?





# Valentine's Day

## WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | U | P | G | G | W | J | B | C | X | M | W | I | V |
| A | C | U | P | I | D | G | H | D | M | R | E | V | N |
| L | E | C | N | A | M | O | R | R | J | E | S | O | C |
| E | I | J | G | L | C | G | G | E | T | R | K | E | D |
| N | T | G | X | O | J | Z | D | V | E | I | F | L | S |
| T | M | L | L | Z | A | F | P | W | X | M | N | P | E |
| I | M | A | S | B | R | L | O | B | S | D | T | U | S |
| N | T | S | R | I | M | L | T | Z | O | A | R | O | S |
| E | U | R | E | N | F | R | W | Q | G | G | I | C | I |
| S | V | N | Y | R | A | U | R | B | E | F | L | X | K |
| A | D | D | W | E | I | S | Q | V | Y | J | F | I | Q |
| S | E | Q | H | J | I | X | O | K | E | K | W | F | X |
| E | T | A | D | C | T | L | G | V | P | V | L | Z | Q |
| D | C | A | R | I | N | G | R | U | Z | J | E | I | D |

VALENTINES  
ADMIRER  
LOVE  
DATE  
COUPLE

CHOCOLATE  
ROMANCE  
HEART  
CUPID  
KISSES

CARING  
FEBRUARY  
FLIRT  
FLOWERS  
FRIENDS



## Center Funders & Supporters

City of Kenai

Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations

## Kenai Senior Connection, Inc.

is now able to receive donations through the  
Alaska Permanent Fund Dividend

# Pick. Click. Give.

These donations directly benefit the  
Kenai Senior Center meal programs.

PLEASE  
PLACE  
STAMP  
HERE

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

E-mail: [senior@kenai.city](mailto:senior@kenai.city)

Fax: 907-283-3200

Phone: 907-283-4156

Kenai, Alaska 99611

361 Senior Court

Kenai Senior Center

City of Kenai  
Kenai Senior Center