

The Centerline

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

JANUARY 2022

Auld Lang Syne

Robert Burns, 1759-1796

*Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne!*

Chorus:

*For auld lang syne, my dear,
For auld lang syne.
We'll tak a cup o' kindness yet,
For auld lang syne.*

*And surely ye'll be your pint stowp!
And surely I'll be mine!
And we'll tak a cup o' kindness yet,
For auld lang syne.*

Chorus...

*We twa hae run about the braes,
And pou'd the gowans fine;
But we've wander'd mony a weary fit,
Sin' auld lang syne.*

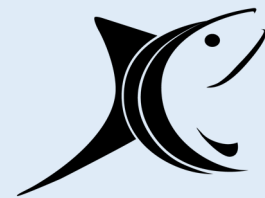
Chorus...

*We twa hae paidl'd in the burn,
Frae morning sun till dine;
'but seas between us braid hae roar'd
Sin' auld lang syne.*

Chorus...

*And there's a hand, my trusty fere!
And gie's a hand o' thine!
And we'll tak a right gude-willie waught,
For auld lang syne.*

Chorus...



KENAI

Special points of interest

- Lunch with a Cop!
- Card Making Class
- Paint a Snowman
- Winter Blues Dance
- Council on Aging & Kenai Senior Connection, Inc., Annual Meetings

JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 10a Growing Strong 11a Bells Noon—LUNCH 12:30p-4:30p Bridge 2p Stronger Together Support Group	4 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	5 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	6 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	7 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting Russian Orthodox Christmas 
10 10a Growing Strong 11a Bells Noon—LUNCH—Law Enforcement Day 12:30p-4:30p Bridge 2p Stronger Together Support Group	11 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling 5:00p — “No Host” Dinner/Louie’s	12 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p—Card-Making by Kim 1p-3p—Quilting/Crafting 2p—Ukulele	13 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3p—Council on Aging Annual Meeting	14 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1p-3p—Quilting/Crafting
17 10a Growing Strong 11a Bells Noon—LUNCH 12:30p-4:30p Bridge 2p Stronger Together Support Group	18 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	19 10a—Growing Strong 11a—Noon/Bluegrass Noon—Birthday Lunch 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	20 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	21 10a—Kenai Senior Connection Meeting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1p-3p—Quilting/Crafting
24 10a Growing Strong 11a Bells Noon—LUNCH 12:30p-4:30p Bridge 2p Stronger Together Support Group	25 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling 1p—Snowman Painting	26 10a—Growing Strong 11a—Noon/Bluegrass Noon LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	27 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	28 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1p-3p—Quilting/Crafting 6-9p—”Winter Blues” Dance
31 8a—Super Bowl Pool/Sale of Squares Begins 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	3 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	3 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1p-3p—Quilting/Crafting

JANUARY BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Sylvia Reynolds	10	Ray Nickelson	23	Charles Thornton
1	Stephen Widmer	10	Edna King	23	Ellen Hudson
1	Steve Arbelovsky	11	Linda Werner	24	Robert Arrington
1	Lillian Johnson	12	Celia Ball	24	Mary Anne Cowgill
2	Glenese Pettey	14	Ray Verg-in	25	Joe Jolly
5	Charles Kahakawila	14	LeeAnn King	25	Bill Perrigo
6	Jack Castimore	15	Diane Sadler	26	Linda Sutton
6	Jim Doyle	15	Bobbi Jedlicki	28	Sally Kaas
7	Christine Hutchison	16	Karen Taylor	29	Ardele Trail
8	Wanda Stuart	20	Don Weller	31	Jan Erwin
8	Mike Meeks	22	Shirley Oehler	Join us on January 19th for a Birthday Lunch in your honor!	
9	Virginia Hallmark	23	Bonnie Cain		

NO-HOST DINNER

January 11, 2022

Louie's 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 **Louie's 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, 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.




Super Bowl Squares On Sale

Monday, January 31, 2022

"Are you ready for some football????"
The Super Bowl is scheduled for Sunday, February 13, 2022. If you're a betting person, you'll be able to buy two squares the first week and then an unlimited number of squares the second week prior to the big game. Payment is made at the Reception Desk. Good Luck!

dates to remember

Friday, January 7	Russian Orthodox Christmas 	
Monday, January 10	Celebrating "Law Enforcement Day"	11:30 a.m.
Tuesday, January 11	"No Host" Dinner at Louie's	5:00 p.m.
Thursday, January 13	Council on Aging Annual Meeting	3:00 p.m.
Wednesday, January 19	Birthday Lunch	11:30 a.m.
Friday, January 21	Senior Connection, Inc. Annual Meeting (*Temporary Date Change)	9:30 am
Friday, January 28	"Winter Blues" Dance	6-9 p.m.

KENAI SENIOR CENTER SERVICES

PICK UP MEALS:

Monday through Friday at 11:30 AM.

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

HOME-DELIVERED MEALS:

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, 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



**Law Enforcement Day
Lunch with a Cop!
Monday, January 10, 2022
at Noon**

It's Law Enforcement Day! Here's your chance to say thank you and show your support of law enforcement in general and our Kenai Police Department (KPD) personnel. Wear blue in support — members of the KPD who will be joining us for lunch.

Tips to Help Avoid Elder Financial Abuse

An estimated 37% of U.S. senior citizens have experienced some form of financial abuse. These scams often originate through unsolicited phone calls, emails or in-person contact. Elderly victims may be asked to pay money upfront with the promise of a financial return that never comes to fruition. Family or friends may also attempt to build the trust of their victim in order to gain access to retirement savings accounts.

Even in light of these daunting facts, there are ways to help protect yourself from being a victim of financial abuse or fraud. Here are some precautionary steps to consider:

**SNOWMAN PAINTING
With Kayla**

**Tuesday, January 25, 2022
Craft Room at 1:00 pm**

Whether you are a Rembrandt or a Color by Number painter, this is the class for you!

Kayla will be teaching us how to paint a delightful snowman perfect for the winter season. The cost is \$7 per person and the class is limited to 6 individuals. All supplies will be provided. Sign up and pay at the front desk.



1. Screen Your Telephone Calls

Financial scams targeting the elderly are sometimes perpetuated through unsolicited phone calls. To avoid becoming a target of these scams, use caller identification (often referred to as "Caller ID") to screen calls from unknown numbers before answering your phone. Keep in mind, though, that Caller ID numbers can be spoofed to make it look like a legitimate business is calling.

Play it safe: Let your voicemail or answering machine pick up to allow the unknown caller to leave a message. Return the call only after you've verified the phone number as belonging to a legitimate business. To verify it, use a pre-determined telephone number typically found on your bank statements or on the back of your debit or credit card.

Continued on page 6

Tips to Help Avoid Elder Financial Abuse, cont.

If you do answer the phone and talk to someone, never provide your personal information, such as a birth date, social security number, bank account, credit card information and, most importantly, passwords. Companies with which you have an existing relationship should have the information needed to work with you. When you speak to someone over the phone about a business transaction, write down the caller's name, place of business and phone number for your records.

Another common scam against elderly individuals occurs where callers claim to be grandchildren in need of money (for example, to make bail, to get home, or to make tuition payments). If you receive such a request, hang up and call back the parent of the grandchild at a pre-determined phone number.

2. Monitor Your Finances

Fraudsters may prey on senior citizens in hopes of gaining access to their retirement savings. If you suspect that someone is trying to steal your identity to open new accounts in your name or gain access to your existing accounts, alert your bank as soon as possible. Set up text or phone notifications to receive alerts when someone tries to access your accounts. Review your bank statements for any unusual activity, such as withdrawals by unfamiliar names or companies. If this happens to you, consider contacting three credit bureaus to freeze your accounts, to help protect against further fraud. If online banking is available, sign up to monitor your account activity more frequently. Check your credit report at least once per year to spot signs of

financial abuse, such as loans you did not apply for or previously inactive accounts with current balances. Consider purchasing credit monitoring to receive alerts about unauthorized activity on your accounts.

3. Know the People Handling Your Money

Unfortunately, there have been reported cases of elder financial abuse perpetuated by close friends or family members. To prevent this type of fraud, take care to only place your assets in the hands of those you trust. Develop business relationships with your banker, an investment advisor or an insurance agent to develop a professional network to rely on. You can work with your trusted network to set financial and spending goals. Consider providing written instructions identifying who you authorize to have access to your accounts and make financial decisions on your behalf.

4. Review Legal Documents Before Signing

You should never be pressured into signing a contract or other legal agreement. Rather than signing on the spot, ask for a copy of the document to review on your own. If you are making a large purchase, understand how refunds are handled beforehand in case you are not satisfied with the service or product. If you don't understand part of the contract or wish to make changes before signing, consult a lawyer for assistance.

Being vigilant about your personal and financial information is an important way to help protect yourself from being the victim of financial abuse or fraud. Make it your practice to follow these precautionary steps daily.

Courtesy of Travelers Insurance

Pennsylvania Dutch Recipes and Traditions

Eating Sauerkraut on New Year's Eve is a long-standing tradition in Germany. It is believed that eating Sauerkraut will bring blessings and wealth for the new year. Before the meal, those seated at the table wish each other as much goodness and money as the number of shreds of cabbage in the pot of Sauerkraut.

The pig has long been a symbol for good luck and well-being. Because of this, many people believe that eating a meal with pork will bring luck in the coming new year. For those who prefer not to eat pork on New Year's Eve, a sweet alternative, such as Marzipan-Pigs (Marzipanschweine) or pig-shaped chocolates, is believed to bring the same benefits.

Fun fact: The pig isn't able to turn its head side to side or to look behind itself. The pig is only able to look forward and so, in addition to being considered a symbol of good luck, the pig also serves as a reminder to us to look forward into the new year and new possibilities, not backward at what has already happened.



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. 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.

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.



WINTER BLUES

DANCE



FRIDAY,

JANUARY 28, 2022

6-9 P.M.

CENTER'S DINING ROOM



DANCE THE NIGHT AWAY
FEATURING MUSIC FROM
THE
40'S TO THE 70'S
THROUGH THE DJ STYLINGS
OF
CAROL PRIOR



SNACKS WILL BE ON SALE INCLUDING POPCORN,
SODA, COOKIES, AND MILKSHAKES!

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!

JANUARY \$5 CLUB			
Ken & Kris Ayers	Nadine Gabbett	Twyla Mundy	Barbara Schmidt
Steve Best	Jim Glendening	Wayne Mundy	Barbara Smith
Patricia Bravo	Omer Goodman	Molly Musgrove	Steve Smith
Elsa Bronson	Phyllis Ann Halstead	Nelson Nakamura	Bill & Sondra Starnes
Wanda Carlson	Joel & Laura Henkleman	Bill Nelson	Vivian Terry
Jewell Coverstone	Jan Hollers	Lois Nelson	Gerda Trent
Rachael Craig	Donna Hoyt	Alice Nuxoll	June Truelove
Walter Craig	Leanne King	Susan Olson	Yen-ti & Raymond Verg-in
Terry Cramer	Anita Kwan	Ruth Osborne	Beverly & Don Waldrop
Jan Daniels	Pearl Larson	Katie Pault	Janice Wilsack
Laurel Eisinger	Wm. & Xiaopei LaTocha	Trish Roderick	
Carol Freas	Jeanie Miller	Ann-Lillian Schell	

LIBRARY NEWS



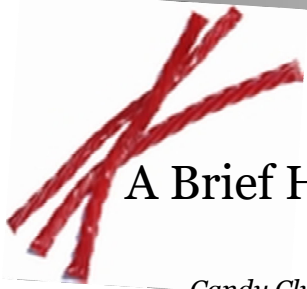
The Christmas puzzles have been put away for another year and replaced with ANIMAL puzzles on the windowsill. Enjoy!

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 February CENTERLINE. Have it/them to the front desk by January 17, 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.



## A Brief History of Licorice Candy

*Candy Club.com, February 11, 2019*

Licorice has a long history that dates back thousands of years. Evidence of the plant has been found in ancient Egyptian, Chinese, Greek Roman, and Hindu civilizations, and many prominent historical figures are said to have utilized licorice for its medicinal properties, including King Tut, Alexander the Great, Julius Caesar, and Napoleon Bonaparte -- who consumed it so often, it is said his teeth turned black from the juices!

Its usage has also evolved over the years. From the licorice juice ancient people mixed into drinks as medicine, to the licorice flavor extract 13<sup>th</sup> century Europeans used to sweeten cakes and breads, to the wide array of shapes and flavors the term has come to represent, licorice has a long and varied set of uses, and occupies a big space in the canon of food history.

Intrigued? Let's dive deeper into long and fascinating story of this versatile treat, from what gives licorice its flavor to of what licorice candy is made.

### What is Black Licorice?

The first thing to know is that licorice candy originally gets its name from the licorice plant, a herbaceous shrub that has a lot of imitators! The most common licorice impersonator in food and confectionery is anise, the herb that makes the Greek liqueur Ouzo taste like licorice. Though today the term "licorice" is also used as a blanket term for a specific set of candy shapes that don't actually contain the herb at all, like the red whip or rope candies we all know. So, if you're wondering "what is licorice candy

made of," the answer is right there in its name--the licorice plant!

### Uses for the Roots

Licorice first gained popularity for its medicinal properties. The root, when chewed, not only helps keep people hydrated, but also contains essential juices that are thought to help alleviate mild inflammation, chest congestion, and allergies. The soldiers of Alexander the Great were ordered to chew the roots to keep themselves healthy and hydrated, and in the medieval era, no Italian apothecary worth his pharmacy would be caught without some in stock. And they weren't wrong! Modern medical studies have confirmed that licorice can soothe the stomach and cleanse the respiratory system, among other helpful effects.

### Originally a Drink

Today, we are familiar with candy with licorice flavor, but it wasn't until around the 13<sup>th</sup> century CE that licorice started appearing in confectionary. Prior that time, it was most commonly brewed into a beer, which was consumed both recreationally and for medicinal purposes. As the Medieval Era gave way to the Renaissance, licorice saw increased use in cakes and other sweets, most notably those of the Pontefract monastery in Yorkshire, England.

### Sweeter than Sugar

By the 17<sup>th</sup> century, the modern style of licorice candy we know and love today began to emerge in Holland, and to this day, Dutch youth are known to drop a piece of licorice root into a water bottle to sweeten the water. This is because licorice contains glycyrrhizin, a compound that is said to be 30-50 times sweeter than sugar. That's what makes licorice candy so delicious!

*Continued on page 11*



## Other Uses for Licorice

With its sweet licorice flavor and medicinal properties, you might already think of licorice as

a wonder plant, but it can do even more!

Water treated with licorice extract was used to extinguish fires prior to our modern methods. Even the dregs of licorice root, left over once the other useful parts of the root have been removed, have been used to make boards that are fairly sturdy and often used for boxes.

You probably weren't aware that this classic treat had been enjoyed for thousands of years, due to its many properties. Its properties haven't been revered by Buddhist monks and Green philosophers, war heroes and, more recently, medical experts. From its roots in medicine to sweetening cakes to the black licorice candy we know today, the history of licorice and licorice candy is certainly a fascinating one. And now that you know the full story, go out and enjoy a piece of delicious licorice candy today!

## T.O.P.S. NEWS

by Carol Prior

This week our TOPS Club celebrated a very important day for one of our: Fran Kilfoyle, who has been in TOPS for over 30 years, reached her goal weight loss to become a KOPS (Keep Off Pounds Sensibly).



You may not think this is a big thing, but it is a BIG THING!! Fran has been on this rollercoaster for over 30 years and she finally said "stop" and got off. Fran lost 30 pounds this year alone, and over 87 pounds to reach her goal. She will still have to work hard to stay at her goal as a KOPS but she has her chapter to support her.



Before

Fran said the best things happening to her since losing the weight are: getting off some of her medications; lowering her insulin for her diabetes; feeling a lot better; and, can move without hurting all the time.

Congratulations Fran! You are an inspiration to all of us. I will always remember the smile on your face when you said, "I did it!"

## PIONEERS OF ALASKA LOCAL KENAI CHAPTER

The Kenai Igloos have made many donations to agencies in the Kenai area, including the Kenai Senior Center, in honor of Audrey Johnson, a long-time member, past President and Secretary of the Pioneers. This year, the Kenai Igloo gave a monetary donation to the Center and purchased a new Christmas tree for the Center's dining room in Audrey's name. Thank you Pioneers of Alaska Kenai Chapter!

Sadly, the Pioneers of Alaska Men's Igloo 33 and Pioneers of Alaska Women's Igloo 16, are closing the Kenai Igloos. Those members who wish, may transfer memberships to other Igloos within Alaska.

## 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, January 18, 2022**  
**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,**  
**January 18, 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.**

## Kenai Senior Connection, Inc. NEWS

Wow! Where has the year gone??? Let's go back through 2021 and reminisce a little:

- January, 2021, the Senior Connection had its first face-to-face meeting since March 2020 and after, toured the Center remodeling.
- Though the format for our annual March for Meals Fundraiser was modified due to COVID-19, approximately \$17,000 was received by mail and other donations.
- In March and April, the Center welcomed back the exercise and writers' groups, Senior Connection, Council on Aging, lunches by reservation available two days a week, and then open to five days a week.
- May brought planning for the 4<sup>th</sup> of July Pie and Biscuits n' Gravy Booth (we sold out by early afternoon).
- We welcomed three new members to the Board in July (Yen-ti Verg-in, Bobby Jedlicki, and Hal Smalley) and assisted in assembling 200 emergency buckets for home-meal clients as well as other qualified seniors.
- The building of the Senior Center's greenhouse (built in memory of Bill Osborn with his family's donated funds) came to fruition in October. The greenhouse is now ready for use in the Spring.
- Hilcorp of Alaska once again furnished Thanksgiving dinner for area seniors, both home-delivered and those picking up the meals. Over 300 meals were prepared and distributed.
- The Senior Center's 50<sup>th</sup> anniversary was celebrated in November and the drawing for the 2021 quilt raffle was held.
- In December the Senior Connection, Senior Center, and Hilcorp of Alaska filled 150 bags of food and miscellaneous items and distributed to area seniors; Breakfast with Santa was held; the doll raffle drawing complete with a homemade wardrobe (donated by Fran Kilfoyle) was held; and, Toys for Kids were collected and donated.

Thank you all who participated in our fundraising efforts which assist in supporting the Kenai Senior Center! Now it's January and we will start all over.

*Velda Geller*

President, Kenai Senior Connection, Inc.

P.S. The Connection's January 2022 meeting and annual election of officers will be held a week early on Friday, January 21. We also have a board seat vacancy on the Board. If you're interested in an appointment to the Board, please contact me or any member of the Board.





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)

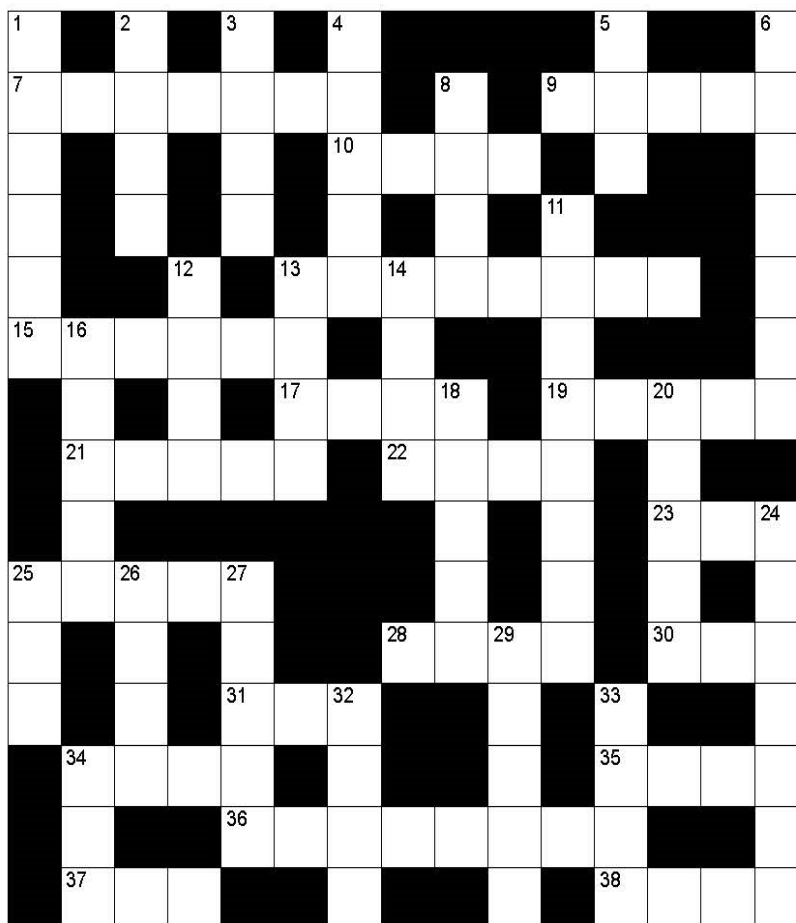
**Please make checks to Kenai Senior Connection, Inc.:**

- ☐ \$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.



### Across

- 7 Hot condiment (7)
- 9 Orono campus (5)
- 10 Some places that pamper (4)
- 13 Preface to a heart-to-heart conversation (8)
- 15 Ex -- (from nothing) (6)
- 17 Kylo's mom in "The Force Awakens" (4)
- 19 Earns an athletic ban, perhaps (5)
- 21 School, in Nice (5)
- 22 Bond villain based on Crab Key (4)
- 23 CFL stats (3)
- 25 Jaw-dropping courtroom admission (5)
- 28 Head-'em-off site (4)
- 30 1967 Rookie of the Year (3)
- 31 Homer Simpson's bartender (3)
- 34 Combined, in Cannes (4)
- 35 \_\_\_ palm (tree with a healthful berry) (4)
- 36 Oceanside scuttler (8)
- 37 Sneaky and smart (3)
- 38 Jackpots (4)

### Down

- 1 Strands, as by a winter storm (6)
- 2 Jaguarundi (4)
- 3 Be \_\_\_ something (4)
- 4 Horizontal band in an escutcheon. (5)
- 5 Part of a drum roll (3)
- 6 Show promos (7)
- 8 Pianist Hines (4)
- 11 Small fields (8)
- 12 Hawaiian city or bay (4)
- 13 \_\_\_-playing game (4)
- 14 Not suitable for farming (4)
- 16 Words before pretty, good, or love, in each of three song titles (5)
- 18 Key in Seattle, for one (5)
- 20 Seller of chew toys (5)
- 24 Some narrow passages (7)
- 25 Skin art, informally (3)
- 26 Periodic table neighbor of manganese (4)
- 27 Symbols of thinness (5)
- 29 Nobelist in Physics (5)
- 32 Mrs. Turnblad in "Hairspray" (4)
- 33 Mexican resort, familiarly (4)
- 34 Letters before Kitty Hawk (3)

## Top 10 Healthy New Year's Resolutions for Older Adults

**Making New Year's resolutions** to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

### Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

**In later life, you still need healthy foods, but fewer calories.** The USDA's Choose My Plate program ([choosemyplate.gov](http://choosemyplate.gov)), and your healthcare provider, can help you make good choices.

Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

### Be active

**Physical activity can be safe and healthy for older adults**—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local fitness centers.

### See your provider regularly

**You should schedule an annual Medicare wellness visit with your healthcare provider** around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

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## Top 10 New Year's Resolutions for Older Adults, continued from previous page

### **Quit smoking**

Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website ([www.smokefree.gov](http://www.smokefree.gov)) for resources. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

### **Toast with a smaller glass**

Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week.

### **Guard against falls**

One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

### **Give your brain a workout**

The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college — some offer free classes for adults 65 and older.

### **Speak up when you feel down or anxious**

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

### **Get enough sleep**

Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website ([www.sleepfoundation.org](http://www.sleepfoundation.org)) for more tips on how to sleep better.

### **Reconsider multivitamins**

Reconsider using vitamins or nutrition supplements. as many older adults do not need them. Consult your healthcare provider if you have any issues or concerns about your nutrition.



Heart Healthy

# JANUARY 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                                                                                                |
|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>3</b><br>Tomato Soup<br>Toasted Roast Beef<br>Sandwich<br>Macaroni Salad<br>Fruit Cup | <b>4</b><br>Soup<br>Chef's Salad<br>Bran Muffin<br>Fruit Cup                             | <b>5</b><br>Swedish Meatballs<br>Noodles/Gravy<br>Pickled Beets<br>Salad                          | <b>6</b><br>Monterey Chicken<br>Sandwich<br>Tortellini Salad<br>Fruit Cup<br>Soup     | <b>7</b><br>Orange Teriyaki<br>Beef Bowls<br>Lo Mein Noodles<br>Stir Fry Veggies<br>Egg Roll<br>Salad |
| <b>10</b><br>Beef Enchilada<br>Mexi-Corn<br>Spanish Rice<br>Chips & Salsa<br>Soup        | <b>11</b><br>Soup<br>Asian Ramen<br>Chicken<br>Salad<br>Muffin<br>Fruit Cup             | <b>12</b><br>Pepper &<br>Mushroom Steak<br>Mashed Potatoes<br>Gravy<br>Buttered Corn<br>Salad     | <b>13</b><br>Baked Honey BBQ<br>Popcorn Chicken<br>Brown Rice<br>Mixed Veggie<br>Soup | <b>14</b><br>Cheeseburger<br>French Fries<br>Cowboy Beans<br>Salad                                    |
| <b>17</b><br>Cream of<br>Mushroom Soup<br>Rueben Sandwich<br>Jello Salad                 | <b>18</b><br>Soup<br>Green Chickpea<br>Chicken Salad<br>Creamy Cucumbers<br>Fruit Cup  | <b>19</b><br>Ribs w/ Sauerkraut<br>Scalloped Potatoes<br>Winter Veggies<br>Birthday Cake<br>Salad | <b>20</b><br>Spaghetti &<br>Meatballs<br>Italian Veggies<br>Garlic Bread<br>Soup      | <b>21</b><br>Chicken Fried<br>Steak<br>Mashed Potatoes<br>Gravy<br>Green Beans<br>Salad               |
| <b>24</b><br>Sloppy Joes<br>Parmesan Fries<br>Soup                                       | <b>25</b><br>Roasted Sweet<br>Potato Beef Salad<br>Pea Salad<br>Fruit Cup<br>Soup      | <b>26</b><br>Liver & Onions<br>Mashed Potatoes<br>Gravy<br>Green Beans<br>Salad                   | <b>27</b><br>Baked Potatoes<br>w/Trimmings<br>Broccoli Spears<br>Soup                 | <b>28</b><br>Beef Stew<br>Broccoli Salad<br>Fruit Cup<br>Cheesey Rolls<br>Salad                       |
| <b>31</b><br>Meatloaf<br>Mashed Potatoes<br>Gravy<br>Winter Veggies<br>Soup              | <b>1</b><br>Cilantro Lime Soup<br>Chicken Salad<br>Carrot Salad<br>Fruit Cup<br>Soup   | <b>2</b><br>Biscuits & Gravy<br>Sausage Links<br>Scrambled Eggs<br>Roasted Potatoes<br>Salad      | <b>3</b><br>Soft Tacos<br>Corn Salsa<br>Refried Beans<br>Soup                         | <b>4</b><br>Halibut Burger<br>Seafood Pasta<br>Salad<br>Creamy Grape<br>Tomatoes<br>Salad             |