

# The Centerline

## JULY 2023



### **Meet Your Neighbor: Janice Thornton**

*By: Chuck Thornton*

Allow me to introduce you to a very special lady. She has lived at Vintage Pointe, in Kenai, for about six years. Prior to that time her home was in Soldotna. Before that...but that is just geography. There is much more than simply geography that goes into the making and significance of any individual.

Janice Thornton was born during the depression, the youngest of three siblings. At age five, her father died, so she was raised by her mother. She learned to play both piano and organ. Such skill was not wasted, because she served at either instrument during her husband's fifty-some years ministry as a pastor.

After becoming a Christian, Janice (now in her teen years) began to give thought to that which many girls devote hours...marriage. Where could she best find a Christian husband? Umm! Ahh! I have it – where better than a Christian college? So-o, she followed her cousin to Bryan College in Dayton, Tennessee.

There she met this fellow from Missouri. And that started it all. Suffice it to say that on Graduation Day (four years later) she said “Yes” to the BIG question.

### **Special Points of Interest**

- Movie Night
- No Host Dinner—Two Brothers—Cooper Landing
- Seward Trip - July 27
- Waffle Friday– July 28

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

**Center Funders & Supporters**

**City of Kenai**

**Alaska Commission on Aging**

**Kenai Peninsula Borough**

**Center Volunteers**

**Kenai Senior Connection, Inc.**

**Private Donations**

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

**Kenai Senior Center**

**361 Senior Court**

**Kenai, Alaska 99611**

**Phone: 907-283-4156**

**Fax: 907-283-3200**






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

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



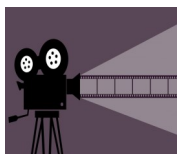
PLEASE  
PLACE  
STAMP  
HERE

# JULY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2p—Ukelele Group	<b>4</b> <b>HAPPY FOURTH OF JULY-CENTER CLOSED</b>  <b>SEE YOU AT THE PIE BOOTH!</b>   <b>Parade starts at 11:00am</b>	<b>5</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>6</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage <b>6:30p— Movie Night: I Can Only Imagine</b>	<b>7</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a—Garage Saling 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 1p—Wii Bowling 1-4:30p—Bridge
<b>10</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2p—Ukelele Group	<b>11</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>12</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p-Card making w/Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting 3p—Sing-Spiration 2-3:30p Stronger Together Support Group	<b>13</b> 10a—Tai Chi Noon—LUNCH/Jim & Elena Entertainment 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	<b>14</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11a—”Grow with Me” with Steve Latz 11:30a—LUNCH/ 1p—Wii Bowling 1-4:30p—Bridge
<b>17</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2p—Ukelele Group	<b>18</b> 10a—Tai Chi 10a—TOPS 11:30a-1p Independent Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling <b>4p—No Host Dinner/ Two Brother’s Roadhouse</b>	<b>19</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH/Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>20</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	<b>21</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 10a—Senior Conn. 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
<b>24</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2:00p—Ukelele Group	<b>25</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>26</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 1:00p—Glass bead Suncatcher 2-3:30p Stronger Together Support Group	<b>27</b> <b>7:30—9:00p Seward Trip</b>  10a—Tai Chi  Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	<b>28</b> <b>8-10a Waffle Day</b> 9a—Growing Strong  9a—10a Blood Pressure Check 9:30a-12p—Quilting/ 10a—Growing Strong 10a—Senior Conn 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
<b>31</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2:00p—Ukelele Group				

# Happy Birthday!

Day	Name	Day	Name	Day	Name
2	Susan Olson	14	Peggy Arness	22	Frances Kilfoyle
2	Cheryl Hamann	16	Audrey Jenkins	22	Barbara McMillan
3	Robert Van Loan	17	Jack Castimore	24	Linda Swarner
4	Mavis Pearson	17	James Glendening	25	Robert Peterson
5	Ann Lee	18	Lucille Thomas	27	James Onstott
5	Arnold Wagaman	19	Bill Milewski	29	Elizabeth Huey
9	Julia Selanoff	19	Mary Anaruk-Thomas	30	Mary Balcomb
11	Jerry Nassen	20	Mark Larson	30	Mary Quesnel
12	Mary Kay Fullerton	20	Gladys Meacock	31	Susan Smalley
12	Thomas Scharlott	20	Elizaveta Shadura		



**Thursday Evening  
Movie**  
**July 6, 2023**  
**6:30 p.m.**

## Now showing: **I Can Only Imagine**

Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band MercyMe.

## **NO-HOST DINNER**


**Tuesday, July 18, 2023**

Those leaving from the Senior Center parking lot will head out at 4:00p. Or, meet your friends at **Two Brother's Roadhouse** in Cooper Landing.

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

<b>Tuesday, July 4</b>	<b>HAPPY FOURTH OF JULY—CENTER CLOSED</b>	
Wednesday, July 5	Social Security	9a–Noon
Thursday, July 6	Movie Night: I Can Only Imagine	6:30 pm
Wednesday, July 12	Card Making with Kimberly	1:00 pm
Thursday, July 13	Council on Aging	3:00 pm
Tuesday, July 18	“No Host” Dinner /Two Brother’s Roadhouse	4:00 pm
Wednesday, July 19	Social Security	9a—Noon
	Birthday Lunch	11:30 am
	Sing-Spiration	3:00 pm
Friday, July 28	Waffle Friday	8-10 am

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\***

(Monday through Friday)

For pick-up at **11:30 AM.**

**Meals must be picked up from the front desk NOT from the kitchen.**

For Transportation:

Call the front desk at least **24 hours** in advance to schedule a ride. **Same day transportation is not guaranteed.**

Dining Room Meals (Congregate)  
Monday-Friday 12pm-1pm  
No reservations required (Except for special events)

Use the contacts below for more information.

HOME-DELIVERED MEALS:  
Contact Red at (907)283-8212

FACILITY RENTAL: Contact Kayla at (907)283-8214



\*Effective July 1, 2023 all pick-up meals must be ordered by **10:30am (no exceptions)** and must be picked up from the **front desk only. No meals will be released directly from the kitchen.**

Just remember this includes “to go” orders as well. If you believe you want to purchase a meal “to go” in addition to your dining room meal it must be **ordered by 10:30am** and **picked up from the front desk.**





## Transportation News!

There are many exciting changes happening to the Kenai Senior Center's transportation program starting July 1, 2023!

- July 1, transportation will be available Monday through Fridays, from **9:15am-4pm.**
- The cost of transportation will increase as of July 1st to the following: for round trip costs:
  - To Senior Center for a meal: \$6:00 **Donation**
  - Kenai: \$6.00 **Fee**
  - K-Beach Road: \$6.00 **Fee**
  - Soldotna: \$15.00 **Fee**
  - Each additional stop (**limit of 2**): \$3.00 **Fee**

New Additions Thursdays in July:

July 6	9:30am-11:30am Nikiski pool Lap swim (pool fee \$2)
	1-3:30pm Shopping at Fred Meyer/Walgreens(\$5.00 fee)
July 13	9:30am-11:30am Nikiski pool Lap swim (pool fee \$2)
	1-3:30pm Shopping at Fred Meyer/JoAnne's (\$5.00 fee)
July 18	9:30am Aquafit class @ Nikiski Pool (\$5.00 pool fee)
July 20	9:30am-11:30am Nikiski pool Lap swim (pool fee \$2)
	1-3:30pm Shopping at Fred Meyer/Walgreens(\$5.00 fee)

***The Kenai Senior Center accepts Medicaid Waiver for transportation.***

Have ideas for other places to shop? Contact Red Piersee @ (907) 283-8212



### **ATTENTION all wannabe Ukulele Players!**

If anyone is interested in playing or learning Ukulele please join us every Monday at 2:00pm in the Computer lab.

**Hope to see you there!**

## **Short Story. CLUB**

is taking a hiatus for the summer and will resume in the fall.

## **SCHOOL DAYS SCHOOL DAYS DEAR OLD GOLDEN RULE DAYS**

August is the month when a new school year starts. Do you remember the days when most elementary teachers were unmarried women? Do you remember when chalkboards were blackboards made of slate, and books, pencils, crayons, and paper were all that was in the classroom. We would like to make a slide show of your school days' memories. Please look through your pictures and bring any you would like to share by August 1st. Ken will copy them and arrange our show. Your pictures will be returned to you. Please do some looking in your archives and help us share School Days, School Days Dear Old Golden Rule Days.

## **Card Making with Kim**



Wednesday, July 12 at 1:00pm

Senior Center Dining Room

Please sign up on the bulletin board.

## **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!

## **Glass Bead Suncatcher**

Wednesday, July 26 at 1:00pm

Glass bead suncatchers are so colorful and cheerful! You can hang them in the window and they



brighten up the room as the sun shines through the colorful beautiful beads or use them as ornaments. The cost is \$6.00 per person and class is limited to 8 individuals. Please sign up and pay at the reception desk.

## **Waffle Bar**



Waffles will be offered on the last **Friday of every month** from 8-10:00 am. 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.

What we're all wondering....



Q: Who wrote “chopsticks” and when?

A. Arthur de Lulli was originally listed as the composer, but that turned out to be a pseudonym for a 16-year-old girl named Euphemia Allen. It was written 1877, the same year Bell Telephone Company sold its first telephone. And barbed wire prices dropped from 18 to 8 cents a pound. And, Thomas Edison yelled “Mary had a little lamb” into a phonograph.

## Volunteers Needed!



Who has a green thumb? We would love your help with planting flowers around the Senior Center and Vintage Pointe. If you are interested please sign up at the bulletin board.

This Fall, we will be hosting a **Volunteer Appreciation** evening to honor those who have volunteered throughout this last Fiscal Year (July 1, 2022—June 30, 2023). We get the list of volunteers from MySeniorCenter and those who have taken the time to sign in when volunteering. **If you volunteered throughout this year and forgot to register those hours**, please let Kayla know to ensure you get counted!

Volunteers are the ♥ of our Center....



**Friday, July 7**

**At 9:30am Garage Saling with Kayla**

We will be leaving the center with a van at 9:30am to hit some yard sales, garage sales, and maybe even moving sales. Don't forget to bring cash with you. We will be back before noon so you can have lunch at the center. Please sign up at the receptionist desk.

Exercise classes are held from 9:00—10:45 am every weekday morning. The Dining Room is available during this time for coffee and quiet conversation. Please be mindful.





## Day Trip to Seward

Thursday, July 27, 2023



The planned trip will include these options:

Transportation cost is \$30.00.

Kenai Fjords Tours Cruise	5 hrs	\$125.00
AK Sealife Center & Shopping	All	\$25
Stoney Creek Canopy Zip Line	3 hrs	\$169.00

Please pre-pay and sign up at the front desk by Thursday, July 20.

This will be a long day. We will stop somewhere in Seward to eat after our excursions and then head on home.

**Remember!**

The cash box at the Reception Desk has limited funds. The cash available is for and from transportation, lunch purchases, and making change for those purposes.

Unless purchasing a large amount for transportation or lunch tickets, We cannot break a bill over \$20.

We appreciate your understanding.

**Walkabout  
Wednesdays  
at 10:00 am**



Do you enjoy walking but worry about walking by yourself? Join us as we walk the perimeter of the Senior Center and Vintage Pointe Manor. We will meet in the lobby of the Senior Center and you can walk at your leisure. Get out those walking shoes - Summer is here!

## LIBRARY NEWS by Virginia Walters

We weeded some of the DVDs. Those we took were older than the year 2000. They were put on the free table with a pink 'squiggle' through the 'belongs to..' label. If you find one of those please do not return it to the shelf.

It's officially summer! Someone please tell Mother Nature.



## Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

Can you believe that 2023 is already half gone?

So far our summer hasn't been very nice and warm like we would like, but we need to take it and be thankful for what we have. We have been very blessed with a safe place to live.



So far this month, Senior Connection has planted flowers with some city donated soil. The flowers were started in the dining room and greenhouse. They are planted into the pots that are lined up behind the craft room and greenhouse, also in front of the building. If you want to see them you can look out the windows in the craft room.



We are also getting ready for our annual 4th of July fund raiser, homemade rhubarb/strawberry pie, and biscuits and gravy at the Kenai city park on Tuesday, July 4 from 9am-4pm, we will be there following the parade.

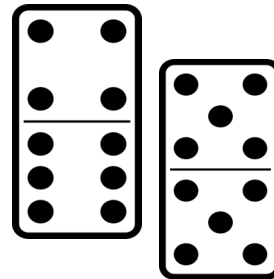
Happy July 2023!



### Genealogy Workshop

The group decided not to have a meeting until August 25th. Everyone will be busy visiting with their family and friends in July.

Thank you for understanding.



### Calling all Dominos Players!

Interested in playing dominos?

Please join us every Thursday at 1:00pm in the card room. See you there!



Our Bizhub Copier was donated by

## **KENAI SENIOR CONNECTION, INC.**

So,.... all copy/fax charges are given back to the Connection to save for the next Bizhub purchase.

The Senior Center pays for the maintenance contract and paper for the copier.

### Charges for each use:

**Black and White Copies .10 per side**

**Color Copies .25 per side**

**Faxing \$1.00 per fax**

### **“Grow with Me” with Steve Latz**



How does your garden grow? Please join us Friday July 14th at 11:00 am in the card room to learn more about our progress of growing flowers and vegetables from seed. Plan to tour the greenhouse onsite and check out the plants that we started growing back in early March. We will be sharing recipes of our favorite way to preserve cucumbers, zucchini, onions, tomatoes, kohlrabi, and cabbage. Please bring your favorite recipes as well.



**Tuesday, July 18**

**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.

### **2024 Kenai Peninsula Senior Games**

**Volunteer Board Members Needed**

If you want to be part of the planning committee. Please sign up at the bulletin board.  
For more information call or text Bonnie Cain  
(907) 953-5950



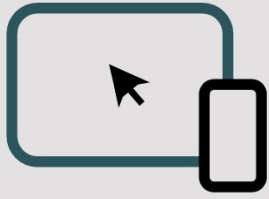
## Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

All funds are used to assist with the Senior Center budget and for special needs throughout the year. We thank everyone for your support as we continue to grow and serve the needs of our senior community. Donations may be made on a monthly or year-to-year basis. **We proudly post our \$5 Club members in the Centerline!**

### JULY \$5 CLUB

Juanita Aguilar	Omer Goodman	Chris Lombard	Hal Smalley
Robert Arrington	Bill Graves	Jennifer Lombard	Susie Smalley
Cheryl Arrington	Luna Graves	Carol & Mike Louthan	Barbara Smith
Ken & Kris Ayers	Jeffrey & Monica Griffin	Paula R. Maier	Steve Smith
Marilyn Bannock	Darrell Hagen	Marge Milewski	Bill Starnes
Carol Barner	Marilyn Hallstrom	Lee Moeglein	Sondra Starnes
Roscoe Barrett	Karolee Hansen	Mary Moeglein	Deborah Stiers
Vera Barrett	Kathy Heus	Kari Mohn	Linda Swarner
Steve Best	Howard Hill	Nelson Nakamura	Darlene Tachick
Patricia Bravo	Kit Hill	Jerry Nassen	Vivian Terry
Larry Burcham	Donna Hoyt	Bill Nelson	Charles & Janice Thornton
Glen Clifford	Molly Jackson	Lois Nelson	June Truelove
Renee Clifford	Bobbi Jedlicki	Marian Nickelson	Terry Turner
Jewell Coverstone	Peggy Jones	Ray Nickelson	Ray Verg-in
Rachael Craig	Read Kent	Janice & Joe Nightingale	Yen-ti Verg-in
Walt Craig	Fran Kilfoyle	Susan Olson	Arnold Waggaman
Terry Cramer	Leanne King	Katie Pault	Delores Waggaman
Dave & Allison Darsey	Henry Knackstedt	Robert S. Peterson	Beverly & Don Waldrop
Shirie Drath	Gina Kuntzman	Judith (Kent-Hunter)Pock	Frosty Walters
Barb Dudley	Anita Kwan	Carol Prior	Virginia Walters
Robin Feltman	William LaTocha	Biz Robbins	Ozella Williams
Carol Freas	Xiaopei LaTocha	Trish Roderick	Roy Williams
Velda Geller	Hoa Le	Gladys Routh	Janice Wilsack
Margaret Goggia	Meldie Lee	Marcia Shea	Clayton Yoncher





# Tech Classes @ the Senior Center

## On Hiatus June and July

Tech classes are on hiatus in June and July while our Summer Reading Program is in full swing. We'll be back in August.



### 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.

### Exercise Class x 2?

The 10:00 am class on M,W, and F is rapidly outgrowing the space, so you now have the option to attend class at 9 and 10 am. Kudos to the early birds!





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

# JULY 2023 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
3 Ham & Lima Bean Soup Carrot Salad Cornbread	4 <b>FOURTH OF JULY</b> <b>CENTER CLOSED</b>	5 Baked Ham Scalloped Potatoes Zucchini Medley Salad	6 Teriyaki Chicken Cowboy Beans Buttered Corn Soup	7 Mongolian Beef Jasmine Rice Stir-Fry Veggies Egg Roll 
10 Meatloaf Mashed Potatoes/ Gravy Mixed Veggies Soup	11 Chef Salad Fruit Cup Bran Muffin 	12 Blueberry Pancakes Scrambled Eggs Sausage Links Roasted Potatoes Salad	13 BBQ Pulled Pork Sandwiches French Fries Ramen Salad Soup	14 Lasagna Italian Veggies Garlic Bread
17 Clam Chowder Seafood Pasta Fruit Cup Salad Muffin	18 Swedish Meatballs Noodles/Gravy Pickled Beets Salad	19 Fried Chicken Mashed Potatoes Gravy Green Beans Salad Birthday Cake	20 Peachy Pork Brown Rice Honey Carrots Soup 	21 Asian Burger Onion Rings Apple Cranberry Coleslaw
24 Chili Dogs Tater Puffs Soup	25 Thai Chicken Salad w/Peanut Dressing Rice Noodles Fruit Cup 	26 Spaghetti & Meatballs Italian Veggies Garlic Bread Salad	27 Tacos Mexi-Corn Spanish Rice Chips & Salsa Soup	28 Pizza Spinach Salad Peaches
31 Veggie Soup Tuna on Rye Fruit Cup Chips Soup 	1 Liver & Onions Mashed Potatoes Green Beans Salad	2 BBQ Pork Ribs Baked Beans Yellow Squash Salad	3 Chicken Scaloppini w/Mushrooms & Capers Mixed Veggies Garlic Bread Soup	4 Cuban Pork Sandwich Black Bean Pasta Salad Watermelon

## Avoiding Quiz Scams



By Nona Aguilar

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*What's your ideal dog breed?*

*What's your real personality like?*

*Where's the ideal retirement location for you?*

...and what's the password on your online bank account?

**HUH?**

Online quizzes promise to tell you fun things like (for example) your *real* personality type, the dog breed that best suits you, the ideal post-retirement vacation for you and other quirky, interesting personal matters.

Who *wouldn't* enjoy taking such a fun quiz?

### **Quizzing away your data**

The problem: Our fondness for online quizzes (and surveys, too) can make it possible for scammers to gain access to our private information. Scammers have figured out ways to collect a single data point here, another one there and link them to larger “data collections”.

**Answering seemingly innocuous questions — your city of birth, your father's first name, the color of your first car— can be data points that sophisticated scammers use to identify you.**

### **Next step, disaster?**

Their next step? Getting access to your personal financial information, your credit cards, bank accounts, even identity theft. Scammers are skilled at combining data

**(Avoiding Quiz Scams continued on page 16)**



points – with the help of the dark web, phishing, and scam phone calls – to cause all sorts of mischief.



## How to protect yourself

How to protect yourself? The easy way is not to reply to any quizzes either directly or via social media, whether you visit it, or it visits you. Still, if you find an online quiz to be so intriguing that you find it hard to resist, give *faux* information. For example:

- Instead of your father's first name, use a random name instead
- Fake your birthday date and year.
- Name a random birth city (not yours).
- Favorite hobby? Name crocheting (when it's really when it's really quilt-making) or wood-working (when it's really fiddling with computers).

How best to protect yourself? The basics are worth repeating. They include:

- **Using strong passwords for all your accounts.** You know the rules: Create long passwords (the longer the better) that include letters, characters and upper- and lower-case letters.
- **Change** your passwords often.
- **Use Two-factor authentication.** Use a second – even a third — means of proving yourself. A common authentication process used by financial institutions is to call you with a code that you must input before you can access your account.
- **Pick security questions that only you can answer.** Public record security questions (like where you were born) are easily breached. Instead, use questions to which only you know the answer: the name of your favorite poem, your best friend from your first job, your oldest niece, or first college roommate, your favorite china or silverware pattern. You can use anything ***as long as this information hasn't been shared or revealed by you anywhere online.***

Why so thorough? Scammers use incredibly sophisticated programs to scour – literally – millions of places where your information sits, waiting to be harvested and matched with other data.

If you fall for an online quiz (or survey) that you suspect is a scam, report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

For more information on online quiz scams, go to the FTC's site: <https://consumer.ftc.gov/consumer-alerts/2023/01/dont-answer-another-online-quiz-question-until-you-read>



## **—SOMETHING**

By: Jerry Nassen

How old are you? I'm twenty-something!

I once was listening to a radio show (remember radio?) where two young guys were providing the morning banter. It seems one of them was about to have a birthday, and he was lamenting "turning thirty, which rhymes with dirty" so he decided if there's a twenty-eight, and a twenty-nine, why can't there be a twenty-ten?

That was one of those 'ah-ha' moments for me. I don't remember just how old I was when I heard this discourse, but it has stuck with me for many years. So for quite a while now, I've been in my twenties. As I've gotten older, the math has become a little harder (let's see, first remember your actual age, take that number, subtract twenty from it, then add that number to twenty-no, not actually ADD, just say twenty and that number-confusing maybe, but good exercise for our aging brains.

Which reminds me, I actually have a birthday coming up in July, and I'll be ... let's see, seventy-one, minus twenty, then remember that number and say ... got it: Twenty-fifty one!



### **(Meet your Neighbor continued from page 1)**

How does one, whose wedding is a year away, spend the intervening time? Why, teaching Pre-first, First, and Second Grade Navajo children in New Mexico, of course. There was just a wee problem: Janice knew no Navajo, nor did the children know any English. Our young lady, however, did what any (well, almost any) novice teacher would do – improvise. Making use of pictures, music, and other forms of communication, our teacher was able to effectively lead her students in their growth as bi-lingual children.

Wedding bells rang! The adventure of married life began. As a pastor's wife, she became accustomed to moving to churches that were struggling. Rapid growth in size was not to be. Rather, restoration to health was the objective. Our "Lady of the Parsonage" quickly found ways to connect with the church women, who enjoyed her humor and love for ping pong. (In one church, she was named "Ping Pong Queen".)

"Into each life some rain must fall" is an old saw. Nor has Janice been exempt from that rain. In December of 1981, just before Christmas, Mary, her youngest daughter – aged 17, and about to graduate from high school, was killed in a car accident. While the deaths of her father, mother, then of her brother were sad, this one "capped" them all. This fact of life did not, however, stunt her enjoyment of life or people.

Even today, at age 92, she has an aptitude for laughter. The sheer enjoyment of life, the delight in seeing people happy and smiling, all serve to give her a lift in her spirit. While people in general give her joy, she has a special thrill when she is able to be present with her children as well as their offspring.

I trust you now have a bit clearer sense of who Janice is as well as what makes her happy.

## July is National Recreation and Parks month

This month we want to highlight the many ways Alaskan's can be active in the beautiful Alaskan outdoors. Being active outdoors connects you with family and friends, connects you with the land and history of our great state, and improves your heart health. Staying active increases your chances of more quality years of enjoying Alaskan summers.



- **Alaska State Parks:** One way Alaskan's can be active is to visit some of the many State Parks managed by the Alaska Department of Natural Resources (DNR). There are several programs available to make access to our state parks easier, including the Disabled Veteran Camping Pass. Many of the state facilities, such as trails, cabins or campgrounds, have accessible features.
- **National Parks:** Alaska is home to several national parks and recreation sites. The US National Park Service offers several entry discounts for military, seniors, people with disabilities, and children.



- **Outdoor Recreation:** In other parts of Alaska, outdoor time can look like traditional hunting, fishing, or gathering practices. Many families have gathered or hunted on the same traditional lands for generations.
- **Local Parks and Playgrounds:** For some families, time spent at outdoor playgrounds and parks are a great way to get moving as a family. A picnic under the shade and some time on the swings can create lifelong memories.

### Other summer outdoor ideas:

- Set a personal or family challenge to spend as many outdoor hours as possible.
- Make a scavenger hunt while you are outdoors to keep your little ones busy, or adults.
- Set a goal to visit every park or playground within a set of miles from your house.
- Participate in traditional food gathering activities.
- Teach the next generation the importance of outdoor activity and keeping your body healthy.

While you are out and about, use this time to teach your children about and acknowledge the traditional lands you are enjoying. Visit <https://native-land.ca/> to look up the lands you are on and learn more about the cultures that stewarded these lands for generations before.

However you do it, July is a great time to get moving in the fresh Alaskan air.

### For information on Alaska State Parks, visit

- General camping information: <https://dnr.alaska.gov/parks/units/campsitelist.htm>
- A list of sites with accessibility: <https://dnr.alaska.gov/parks/interp/pdf/aspbrochure.pdf>
- The DAV (Disabled Alaska veterans) Camping Pass: <https://dnr.alaska.gov/parks/asp/vetpass.htm#:~:text=Per%20AS%2041.21,obtained%20from%20the%20offices%20below.>

For more information on the National Parks Service sites, visit <https://www.nps.gov/index.htm>.

To learn more about no cost programs aimed at helping you achieve all your wellness goals, visit [Freshstart.alaska.gov](https://Freshstart.alaska.gov).