

The Centerline

MARCH 2022

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



The Writer's Group dedicated their writing this month to our own Missy Bailey. Read all of the Missy stories on the group's bulletin board.

The Legend of Missy Bailey

I have known Missy for at least ten years. She has been the Senior Center's head chef for almost 20 years. We all know Missy is a super hero and great cook; but there is a lot more to her than just that. She loves animals, takes care of the birds around the center and I even saw her trying to feed a moose!

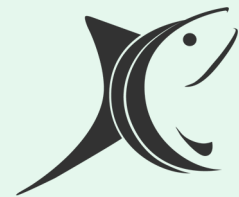
Missy cooks for almost 200 people every day and when we have a special dinner, she can roll out a gourmet meal for 500 if necessary. She entered into a contest with local chefs from the Peninsula and won first place for her appetizers. Even though she didn't win the Best Chef award, she is our favorite Chef. After all, how many people can cook the best liver and onions you ever had and still hate liver? Missy Can! She is also well known for her cinnamon rolls and chocolate chip cookies, if you don't believe me just ask the City Fire Department or City Council.

Missy plans the menus a month at a time, orders the food she needs, and puts together meals for home delivery and in-house. Even through Covid-19, Missy never failed to keep the kitchen going. I am sure she will be the first to admit she has a great team helping her, but they will tell you she is the leader of the pack.

I have to tell a personal funny story on Missy. We were having a Staff Secret Santa gift exchange and I was getting great gifts. Each one included treats for my puppy. One day, I opened up my gift, and there was a Seahawks Chef's hat and apron! I knew then it was Missy. I put them on and went into the kitchen and said "put me in coach." Missy blurted out, "Oh, do you like them?" She immediately knew she had blown it. We laughed and she said Shari warned her she would give it away. When we had our reveal, she gave me two dozen eggs. It's a good thing she didn't throw them at me.

Missy is the best-est cook, the best-est co-worker and a very good friend. She loves the seniors she cooks for and if you ever had any complaints she would handle that with grace, and kindness.

Thank You Missy for making our Day.
By Carol Prior



KENAI

Special points of interest

- Council on Aging & Kenai Senior Connection, Inc., Meetings
- No Host Dinner—Duck Inn
- MARCH FOR MEALS/Friday, March 25, 2022/6P

MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<div>28</div> <div>10a— Growing Strong</div> <div>11a—Bells</div> <div>Noon—LUNCH</div> <div>12:30p-4:30p—Bridge</div> <div>1-3p—Hand & Foot</div> <div>2p—Stronger Together Support Group</div>	<div>1</div> <div>10a—Tai Chi</div> <div>10a—TOPS</div> <div>Noon—LUNCH</div> <div>12:30-1p—Bingo</div> <div>1p—Wii Bowing</div>	<div>2</div> <div>10a—Growing Strong</div> <div>11a—Noon/Bluegrass</div> <div>Noon—LUNCH</div> <div>1p—Writers’ Group</div> <div>1p-3p—Quilting/Crafting</div> <div>2p—Ukulele</div>	<div>3</div> <div>10a—Tai Chi</div> <div>Noon—LUNCH</div> <div>1p—Wii Bowling</div>	<div>4</div> <div>10a—Growing Strong</div> <div>11a-12p—Adult Coloring</div> <div>Noon—LUNCH</div> <div>1p—Bridge</div> <div>1p—Wii Bowling</div> <div>1p-3p—Quilting/Crafting</div> <div>1-3p—Hand & Foot</div>
<div>7</div> <div>10a—Growing Strong</div> <div>11a—Bells</div> <div>Noon—LUNCH</div> <div>12:30p-4:30p—Bridge</div> <div>1-3p—Hand & Foot</div> <div>2p—Stronger Together Support Group</div>	<div>8</div> <div>10a—Tai Chi</div> <div>10a—TOPS</div> <div>Noon—LUNCH</div> <div>12:30-1p—Bingo</div> <div>1p—Wii Bowling</div>	<div>9</div> <div>10a—Growing Strong</div> <div>11a—Noon/Bluegrass</div> <div>Noon—LUNCH</div> <div>1p—Writers’ Group</div> <div>1p-3p—Quilting/Crafting</div> <div>2p—Ukulele</div> <div>3p—Movie “Leap Year”</div>	<div>10</div> <div>10a—Tai Chi</div> <div>Noon—LUNCH</div> <div>1p—Wii Bowling</div>	<div>11</div> <div>10a—Kenai Senior Connection Meeting* (temporary meeting date change)</div> <div>10a—Growing Strong</div> <div>11a-12p—Adult Coloring</div> <div>11:30a—LUNCH</div> <div>1p—Bridge</div> <div>1p—Wii Bowling</div> <div>1p-3p—Quilting/Crafting</div> <div>1-3p—Hand & Foot</div>
<div>14</div> <div>10a—Growing Strong</div> <div>11a—Bells</div> <div>Noon—LUNCH</div> <div>12:30p-4:30p—Bridge</div> <div>1-3p—Hand & Foot</div> <div>2p—Stronger Together Support Group</div>	<div>15</div> <div>10a—Tai Chi</div> <div>10a—TOPS</div> <div>11:30a-1p—Independent Living Center</div> <div>Noon—LUNCH</div> <div>12:30-1p—Bingo</div> <div>1p—Wii Bowling</div> <div>1-3p—Family Caregiver Support Group</div> <div>5p—No Host Dinner/ Duck Inn</div>	<div>16</div> <div>10a—Growing Strong</div> <div>11a—Noon/Bluegrass</div> <div>Noon—Birthday Lunch</div> <div>1p—Writers’ Group</div> <div>1p-3p—Quilting/Crafting</div> <div>2p—Ukulele</div> <div>3:30p—Sing-Spiration</div>	<div>17</div> <div>10a—Tai Chi</div> <div>Noon—LUNCH/Saint Patrick’s Day</div> <div>1p—Wii Bowling</div> <div></div>	<div>18</div> <div>10a—Growing Strong</div> <div>11a-12p—Adult Coloring</div> <div>Noon—LUNCH</div> <div>1p—Bridge</div> <div>1p—Wii Bowling</div> <div>1p-3p—Quilting/Crafting</div> <div>1-3p—Hand & Foot</div>
<div>21</div> <div>10a—Growing Strong</div> <div>11a—Bells</div> <div>Noon—LUNCH</div> <div>12:30p-4:30p—Bridge</div> <div>1-3p—Hand & Foot</div> <div>2p—Stronger Together Support Group</div>	<div>22</div> <div>10a—Tai Chi</div> <div>10a—TOPS</div> <div>Noon—LUNCH</div> <div>12:30-1p—Bingo</div> <div>1p—Wii Bowling</div> <div>1:30p—Picture Frame Decorating w/ Primrose</div>	<div>23</div> <div>10a—Growing Strong</div> <div>11a—Noon/Bluegrass</div> <div>Noon— LUNCH</div> <div>1p—Writers’ Group</div> <div>1p-3p—Quilting/Crafting</div> <div>2p—Ukulele</div>	<div>24</div> <div>10a—Tai Chi</div> <div>Noon—LUNCH</div> <div>1p—Wii Bowling</div>	<div>25</div> <div>MARCH FOR MEALS EVENT</div> <div>ALL ACTIVITIES CANCELLED</div> <div>NO LUNCH SERVED</div>
<div>28</div> <div>10a—Growing Strong</div> <div>11a—Bells</div> <div>Noon—LUNCH</div> <div>12:30p-4:30p—Bridge</div> <div>1-3p—Hand & Foot</div> <div>2p—Stronger Together Support Group</div>	<div>29</div> <div>10a—Tai Chi</div> <div>10a—TOPS</div> <div>Noon—LUNCH</div> <div>12:30-1p—Bingo</div> <div>1p—Wii Bowling</div>	<div>30</div> <div>10a—Growing Strong</div> <div>11a—Noon/Bluegrass</div> <div>Noon— LUNCH</div> <div>1p—Writers’ Group</div> <div>1p-3p—Quilting/Crafting</div> <div>2p—Ukulele</div>	<div>31</div> <div>10a—Tai Chi</div> <div>Noon—LUNCH</div> <div>1p—Wii Bowling</div>	<div>1</div> <div>10a—Growing Strong</div> <div>11a-12p—Adult Coloring</div> <div>Noon—LUNCH</div> <div>1p—Bridge</div> <div>1p—Wii Bowling</div> <div>1p-3p—Quilting/Crafting</div> <div>1-3p—Hand & Foot</div>

MARCH BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Betty Osborn	8	Twyla Mundy	18	Dana Zillyette
1	Donald Ware	9	Nelson Nakamura	18	Roxanne Dodds
3	Cynthia Stewart	10	Lee Cassel	20	Nadine Gabbett
3	Kenneth Ayers	11	Randi Smith	20	Emma Haase
4	Kris Ayers	12	Reed Knackstedt	20	Joe Harris
4	Donald Zoske	12	Barbara Schmidt	20	Anita Necessary
5	Juanita Ross	13	Renee Clifford	20	Richard Woodin
6	Elizabeth Ashcraft	13	Leon Marcinkowski	21	Sharon Rogers
6	Clifford Allman	13	Jack Evans	21	Nancy Rafferty
7	Patsy Clifford	15	Ann-Lillian Schell	24	Douglas Norbeck
7	Brenda Zubeck	15	Steven Steiner	25	Chris Wehr
7	Tammy Matthiesen	17	Lee Moeglein	26	Bob Engelke
7	Charles Maier	17	Gerald Terp	26	Larry Klawunder
8	Gail Duncan	18	Lawrence Croft		
8	Bruce Wolf	18	Donna Atkins		

NO-HOST DINNER

Tuesday, March 15, 2022
Duck Inn 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 **the Duck Inn on K-Beach Road.**

There will be limited transportation available at charge of \$5.00, so RSVP early. Sign up at the Reception Desk.

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



Wednesday
Afternoon Movie
March 9, 2022
3:00 p.m., Game Room

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 boyfriend 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.

dates to remember

Wednesday, March 9	Wednesday Afternoon Movie	3:00 pm
Friday, March 11	Senior Connection, Inc. Meeting "DATE CHANGE"	10:00 am
Saturday, March 13	Daylight Savings Time Begins	
Tuesday, March 15	"No Host" Dinner/Duck Inn	5:00 p.m.
Wednesday, March 16	Birthday Lunch	12:00 Noon
Thursday, March 17	St. Patrick's Day Lunch/Party (Wear Green!)	11:30a
Tuesday, March 22	Picture Frame Decorating Class	1:30 pm
Friday, March 25	March for Meals Fundraiser Event (No Lunch or Activities Today)	6:00 pm

KENAI SENIOR CENTER SERVICES

PICK UP MEALS:

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

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

HOME-DELIVERED MEALS:

Contact Red at 283-8212

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm
No RSVP Required

FACILITY RENTAL:

Please contact Kayla at 283-8214

TRANSPORTATION: Monday—

Thursday, call the front desk to
schedule a ride.

SUGGESTED DONATIONS:

Pick up Meals - \$7
60 years and older)
Home-delivered Meals - \$7
Transportation - \$3—\$10



Business Hours

Mondays 8:00am ~ 5:00pm

Tuesdays 8:00am ~ 5:00pm

Wednesdays 8:00am ~ 5:00pm

Thursdays 8:00am ~ 5:00pm

Fridays 8:00am ~ 5:00pm

**Need to speak with someone in
administration?**

Director, Kathy Romain

283-8213

Administrative Assistant, Red Piersee

283-8212

Activity/Volunteer Coordinator, Kayla Feltman

283-8214



Dietary fiber: Essential for a healthy diet

By Mayo Clinic Staff

Eat more fiber. You've probably heard it before. But do you know why fiber is so good for your health?

What is dietary fiber?

Dietary fiber, also known as roughage or bulk, includes the parts of plant foods your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates — which your body breaks down and absorbs — fiber isn't digested by your body. Instead, it passes relatively intact through your stomach, small intestine and colon and out of your body.

Fiber is commonly classified as soluble, which dissolves in water, or insoluble, which doesn't dissolve.

Soluble fiber. This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

Insoluble fiber. This type of fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes, are good sources of insoluble fiber.

The amount of soluble and insoluble fiber varies in different plant foods. To receive the greatest health benefit, eat a wide variety of high-fiber foods.

Benefits of a high-fiber diet

A high-fiber diet:

Normalizes bowel movements. Dietary fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fiber may help to solidify the stool because it absorbs water and adds bulk to stool.

Helps maintain bowel health. A high-fiber diet may lower your risk of developing hemorrhoids and small pouches in your colon (diverticular disease). Studies have also found that a high-fiber diet likely lowers the risk of colorectal cancer. Some fiber is fermented in the colon. Researchers are looking at how this may play a role in preventing diseases of the colon.

Lowers cholesterol levels. Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad," cholesterol levels. Studies also have shown that high-fiber foods may have other heart-health benefits, such as reducing blood pressure and inflammation.

Helps control blood sugar levels. In people with diabetes, fiber — particularly soluble fiber — can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fiber may also reduce the risk of developing type 2 diabetes.

Aids in achieving healthy weight. High-fiber foods tend to be more filling than low-fiber foods, so you're likely to eat less and stay satisfied longer. And high-fiber foods tend to take longer to eat and to be less "energy dense," which means they have fewer calories for the same volume of food.

Helps you live longer. Studies suggest that increasing your dietary fiber intake — especially cereal fiber — is associated with a reduced risk of dying from cardiovascular disease and all cancers.

Continued on page 5

Fiber: Daily recommendations for adults

	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams

Your best fiber choices

If you aren't getting enough fiber each day, you may need to boost your intake. Good choices include:

Whole-grain products Fruits
Vegetables Nuts and Seeds
Beans, peas and other legumes

Refined or processed foods — such as canned fruits and vegetables, pulp-free juices, white breads and pastas, and non-whole-grain cereals — are lower in fiber. The grain-refining process removes the outer coat (bran) from the grain, which lowers its fiber content. Enriched foods have some of the B vitamins and iron added back after processing, but not the fiber.

Fiber supplements and fortified foods

Whole foods rather than fiber supplements are generally better. Fiber supplements — such as Metamucil, Citrucel and FiberCon — don't provide the variety of fibers, vitamins, minerals and other beneficial nutrients that foods do.

Another way to get more fiber is to eat foods, such as cereal, granola bars, yogurt and ice cream, with fiber added. The added fiber usually is labeled as "inulin" or "chicory root." Some people complain of gassiness after eating foods with added fiber.

However, some people may still need a fiber supplement if dietary changes aren't sufficient or if they have certain medical conditions, such as constipation, diarrhea or irritable bowel syndrome. Check with your doctor before taking fiber supplements.

Tips for fitting in more fiber

Need ideas for adding more fiber to your meals

and snacks? Try these suggestions:

Jump-start your day. For breakfast choose a high-fiber breakfast cereal — 5 or more grams of fiber a serving. Opt for cereals with "whole grain," "bran" or "fiber" in the name. Or add a few tablespoons of unprocessed wheat bran to your favorite cereal.

Switch to whole grains. Consume at least half of all grains as whole grains. Look for breads that list whole wheat, whole-wheat flour or another whole grain as the first ingredient on the label and have at least 2 grams of dietary fiber a serving. Experiment with brown rice, wild rice, barley, whole-wheat pasta and bulgur wheat.

Bulk up baked goods. Substitute whole-grain flour for half or all of the white flour when baking. Try adding crushed bran cereal, unprocessed wheat bran or uncooked oatmeal to muffins, cakes and cookies.

Lean on legumes. Beans, peas and lentils are excellent sources of fiber. Add kidney beans to canned soup or a green salad. Or make nachos with refried black beans, lots of fresh veggies, whole-wheat tortilla chips and salsa.

Eat more fruit and vegetables. Fruits and vegetables are rich in fiber, as well as vitamins and minerals. Try to eat five or more servings daily.

Make snacks count. Fresh fruits, raw vegetables, low-fat popcorn and whole-grain crackers are all good choices. A handful of nuts or dried fruits also is a healthy, high-fiber snack. Fruits are high in calories.

High-fiber foods are good for your health. But adding too much fiber too quickly can promote intestinal gas, abdominal bloating and cramping. Increase fiber in your diet gradually over a few weeks. This allows the natural bacteria in your digestive system to adjust to the change.

Also, drink plenty of water. Fiber works best when it absorbs water, making your stool soft and bulky.





Has Inflation Affected Your Budget?

Many will have undoubtedly noticed the increased costs at the grocery store or at the gas pump. The Senior Center has experienced increased costs over this winter which has made a substantial impact to our budget. Moving forward, we will continue to look even further at minimizing costs and becoming more efficient without further impact to our services.

Are the Senior Center's Services & Meals Free?

The Senior Center is funded by grants for only a portion of our budget. We rely on fundraisers, contributions, and donations for the remaining costs. Our meals and transportation grant pays for a very small portion of the costs and we are expected to ask the recipient for a contribution towards the remainder. Without these contributions, we would not be able to operate.

How Can You Help?

1. **Suggested Contributions/Donations** The suggested contribution amounts may or may not fit into everyone's budget. The suggestion for a meal which costs over \$20.00 for us to prepare, is just \$7.00. If you cannot give \$7.00, please consider something **up to** \$7. If you want to give donations privately, we have a wooden box in the hallway next to the Writer's Group bulletin board where donations may be deposited. For those receiving home meals, you can call the Senior Center or give your contribution to the driver.
2. **Coffee and Activities** Anytime you walk into the Senior Center, you can find either a newspaper, Wi-Fi access, or a cup of coffee or tea. Again, these items have costs and are budgeted expenses. Why not give even \$1 for a cup of coffee? Over the course of a year, this can make a sizeable difference.
3. **Survey** Coming out next month will be the annual survey where you get to rate the quality of the services at your Kenai Senior Center. This is a great opportunity to tell us what we do well and how our services might be improved. If you have a cost savings idea, please tell us about it. We welcome your input as we work together to make our Center the best it can be!
4. **Yearly Contributions** We have been blessed to receive donations from individuals who need to expend IRA funds. Thank you for these as they've become vital to our continued operations.

Unless one is expecting a windfall, it is never fun or easy to talk about money, is it? Most seniors/retirees live on a fixed income and need to find savings wherever possible. The Senior Center also lives on a fixed income. We want to remain a vital place in our community to enrich the quality of the lives impacted on a daily basis. During lean years and increasing inflation, this will take all of us to achieve this goal.

MARCH CENTERLINE ENTRIES

LUCKI

By Janice Wilsack and Yen-ti Verg-in
February, 2022



Kenai Senior Center has a talented art teacher, Cheryl Arrington. She voluntarily teaches an Adult Coloring Class.

There are many gifted people come around KSC, but not many can surpass Cheryl's creative and imaginative talents. She contributes her achievement to her parents recognizing her talents at an early age, and put her through a prestige Art and Design High School for rigorous training, and later on she attended the University of Visual Arts to further her Fine Art studies.

The Adult Coloring class starts with the introduction of colors, the different ways to combine colors and make various shades of other colors. Then coordinate the colors, so the result is pleasing to the eyes. Each week, there is something new to color, either by colored pencils, crayons, markers, water coloring, and using pastel. Cheryl is teaching us how to bring out the best of a picture.

Cheryl often says that if everyone colors the same picture, it will look different, because "Art is in the eye of the beholder!"

A study from the U.K.'s Office of National Statistics found that February babies are more likely to become artists than those born in any other month. This certainly is true with Cheryl; she is gifted in the realm of creativity, intuition, and imagination. If these are not enough, her birthday is on Valentine's Day, celebrations of love!

She likes her birth month; President's Day is in this month; Abraham Lincoln, George Washington, and Ronald Reagan all born in the month of February; it is also a month for civil rights achievements.

Cheryl's nick name is LUCKI because she is lucky in many endeavors. She touches many people's lives being good hearted and caring. She was born in New York, retired to Virginia, and moved to Kenai about five years ago.

We are the lucky ones to have Cheryl as our instructor. The Coloring class meets every Friday from 11:00 – 12:00 at the Kenai Senior Center. Come and join us to have fun and a relaxing time! LUCKI will help you to recognize your hidden artistic talents; also will bring much luck to you!

Hi, Folks,

Come and check us out, even if you feel that your talent is not in art, you might be surprised!

Every Friday from 11-12 p.m., we learn a little, feel relaxed and have fun as we create works of art that become pleasing to the eyes of many of our viewers.

Consider this your Special Invite!

Cheryl Arrington

March Submissions from our Readers

Rainbows

by Gary Richards

As was Jacob's ladder
Let down from Heaven,
So to the rainbow
To mortal's given.



As we climb the rainbow
In the rain of our needs,
We ascend to glorious heights,
By our Lord's grace... thus he seeds

The rainbow's promise made
Does not mean no cloudy times
For in our darkness is when we need God

Then his lustrous love doth shine.
With lightning and thunder in our hearts
The rainbow brings clean air
A seen of purity for a new start
We are reassured of Yahweh's care.

Christ is God's rainbow
Set in clouds of human sin
The way He does not only show
But is the way for Mortal men.
"I am the way the truth and the life."

The Wall

by Gary Richards

The sun reflects off the Wall's polished luster
Like a beacon glowing within.
Visitors search for the correct panel
and line for
A specific name... so the healing may begin

58,188 heroes are listed on the wall,
These are the men that answered the call
These are the men that stood tall,
But eventually would fall.
These are the men that gave us their all

I observe the many objects I
aid at the wall's base
Some are a vestiges of what remains,
others tokens of memories.
Perhaps a photograph or flowers in a vase
All are treasures from the causality's family.
(The Vietnam Memorial sits at our Capitol's mall.
It is better known to us soldiers as "The Wall".)

The Accident

By Sandy King

One minute I'm hurrying;
hiking on a trail,
The next one I'm down,
flat on my tail.

I wish I hadn't slipped,
That day in the past.
Now, for two months,
my arm's in a cast.

A one armed person
can't tie their shoe.
Can't play the piano
or accordion, too.

I can't dress myself
to go out anywhere.
I can't do zippers, snaps
or even roll my hair.

I thank God for friends
who took me to ER.
In surgery and recovery,
they were never far.

My dear husband
does everything he can.
As nurse, cook, and cleaner,
he's my man!

I guess God knew
that I needed rest.
Quiet recuperation
with prayer is best.



The Vietnam Memorial, Washington, D.C.

"Missy" Queen of the Kitchen

By Mary Ann Lamecker



We've all heard that the early bird gets the worm, but in Missy's world the early bird opens the kitchen, (at the break of dawn, which is often dark in Alaska)! She writes out a menu for a month at a time. Can you imagine planning for a month at a time, most of us do good to plan for a week at a time? She has a very organized kitchen and a hard working team of helpers. Most of them are drivers for "meals on wheels", including a driver that picks up food at the food bank or groceries needed to make enough meals for 100+ people for home delivery, including residents of Vintage Point and others that come into the dining area. Volunteers serve the people in the dining room, do clean-up dishes and tables and floors.

Missy has become a living legend to the Kenai Senior Center. What a legend! It can be a well-known or notorious person in a particular field. Missy is right up there with Betty Crocker or Martha Stewart. Maybe one day she'll be on one of those baking championship shows. She already received an award from the Peninsula Chefs. In her 20 years she has certainly mentored many people who may become future chefs.



The Ballad of Missy

By Chuck Thornton

(to the tune of "The Brady Bunch")

Here's the story, of a gal named Missy
Who can cook up far more meal than you can eat.
Be it steak, or merely sandwich,
You would always leave the table filled replete.

Up at six, each workday morning,
She would hurry to get dinner on the stove.
If her helpers became lazy,
She would speed them up by giving them a shove.

'Til one day she tried a new menu,
'Twas some fancy meal she tested, don't you see.
People yelled: "Remember, Missy.
Eggs and bacon are good enough for me."

In the last verse I spoke wrongly,
Missy doesn't make a goof as some cooks o.
Meals are cook as for some sovereign.
Common people eat it gladly (me and you).

If we tried to do her in justice,
An ocean voyage just might do the trick.
Or a week in the Bahamas
For a brief vacation. Wouldn't that be slick?

I confess we love her dearly.
But the things we do are quite inadequate.
So we folks, here at the Center
Just enjoy the food she cooks us, you can bet.

Meanwhile Missy keeps on feeding
All us seniors by her wonderful, cooked food
We would surely be lost without her,
Cause the meals she keeps on cooking taste so good!



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!**

MARCH \$5 CLUB

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

LIBRARY NEWS



We have retired the animal puzzles and are displaying the CARS. Thought we had a few more, but these look like fun. They are on the windowsills. Enjoy!!

Thanks to Gary for his poems for this issue of CENTERLINE, and to Allison, who has become an ad hoc member of the writers group. She faithfully submits the 'assignments' when her auntie, Yen-ti, tells her about the prompt. Her writings will appear regularly as space permits.

April is next!! Easter is early in the month and we can hope for budding trees, blooming flowers and longer days. Let the CENTERLINE hear from you with your thoughts about the strange winter we have experienced, or anything else you might have to write about. Bring your piece to the front desk by March 23 for a lunch ticket and possible bonus prize. OR send it to senior@kenai.city with your contact info in the body of the email.

Lots of new books lately. We will be pulling soon for the little libraries so take a look and enjoy.



**Picture Frame
Decorating
With
Primrose**
Monday, March 22
At 1:30 pm

Primrose will be showing us how to decorate old picture frames to hang up on your wall or door. The cost is \$3 per person and the class is limited to six (6) individuals. Sign up and pay at the front desk.

**Music and Story Time at Art Works
Alaska Gallery
on Beaver Loop**

Thursday, March 24

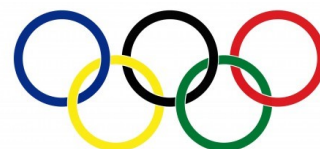
Leaving the Senior
Center at 1:00pm



Please join Bunny Swan Gease, a Culture Bearer for the Dena'ina Athabascan culture, from Kenai, Alaska for an afternoon of Alaskan cultural experience of storytelling and music. She is an active member of the Kenaitze Indian Tribe IRA. Ms. Swan is a professional artist and musician. Light refreshments to be served. There is no cost for this activity, but please sign up on the Reception Desk.

For Addison's Adventure Corner:

Note: Luge is one of the fastest sports on ice. It is a sport where either one or two athletes ride a flat sled, laying feet first on their back. The track is designed to go downhill slightly so gravity can pull the athlete and sled down the track. It is one of the Winter Olympics favorite events.



Sliding Down the Icy Water Slide

by Addison McArthur

I step down onto the Whistler Luge Track with the coach supporting me as I carefully lie down in my sled. The coach says something into his walkie-talkie. Then he says to me, "Ok you ready to try out some luge?" I nod even though I feel the exact opposite. He says "don't let..." "go" I finish. "Ok" he says and lifts his foot. I start out on the track gaining speed as I go down. As I go sideways onto turn 16, the final turn. I feel my stomach get rocked in my body. After what feels like forever I finally get onto the flat stretch and some coaches stop me. Once I get off the track I wait to hear my time. A loudspeaker says my time was 18.232secs with a fastest speed of 72.9 km/45.2 miles per hour! After all that I still can't believe I went down the same track that set a world record!

Addison's Footnote:

The luge program was a onetime thing, I did the session in November 2021. The Luge Program is part of the Olympic sports legacy program in Vancouver BC. The program is to encourage kids to join the sport and become part of the luge. The world record was 154 km/h 96mph on the Whistler Luge track. Yes, Whistler Luge track is a sports center. It is called Whistler Sliding Center. There are 16 corners on the track but I started from corner 13 so that's why my time was so fast.



St. Patrick's Day Word Search



H	N	E	E	R	G	P	D	U	E	O	C	G	H
O	L	N	V	I	T	O	F	O	R	T	U	N	E
O	A	E	C	N	C	T	E	C	G	R	E	P	A
C	R	L	P	L	M	D	M	E	O	H	M	S	E
M	I	I	A	R	O	R	C	U	L	N	R	E	S
C	A	N	C	C	E	V	A	A	D	S	L	M	E
T	N	R	R	O	I	C	E	H	A	N	R	E	V
C	O	E	C	C	S	G	H	R	C	I	A	R	E
P	M	M	K	H	I	C	A	A	A	O	I	A	N
S	H	A	M	R	O	C	K	M	U	C	N	L	T
I	P	A	T	R	I	C	K	C	C	N	B	D	E
L	I	R	I	S	H	N	B	I	O	E	O	D	E
E	E	L	U	C	K	Y	E	C	R	V	W	O	T
L	O	G	E	F	O	U	R	L	E	A	F	D	H

Charm
Clover
Coins
Emerald
Fortune
Four Leaf

Gold
Green
Irish
Leprechaun
Lucky
Magical

March
Patrick
Pot
Rainbow
Seventeenth
Shamrock

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**.

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, March 15, 2022

11:30am—1 pm

Dining Room

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

Kenai Peninsula

Tuesday,

March 15, 2022

1– 3 pm

Computer Lab

(907) 262-1280

**family
caregiver
support
program**



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.**

13th Annual Kenai Senior Connection, Inc.

March for Meals

(for the Roaring 20's)

So no senior goes hungry.

FRIDAY, MARCH 25, 2022

6:00 P.M.

Kenai Senior Center

\$30 per person (Limited to 125)

- 🌀 **Dinner** *(Including, Brown-Sugar Ribs, Orange-Glazed Yams, Waldorf Salad, Fresh Herb Bread)*
- 🌀 **Homemade Dessert Auction**
- 🌀 **Silent Auction Bonanza**
- 🌀 **Split the Pot**
- 🌀 **Balloon Prizes**
- 🌀 **Country Store (opens at 5)**
- 🌀 **No Host Bar**

Ticket Location: Kenai Senior Center or call—283-4156
361 Senior Court, Kenai, Alaska 99611

Silent auction donations can be dropped off Monday—Friday 8:00am to 5:00 pm
All of the proceeds go to benefit the Kenai Senior Center's meal programs



Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



I have been asked to think back though the years of our March for Meals Fundraisers and give some history.

Most of us had no idea how to do a fundraiser like this so we put our heads together and came up with some ideas. Missy and her kitchen crew provide menu suggestions and always prepare wonderful meals. The menu is selected. Then, we decided to have a homemade pie auction. I took on the responsibility to recruit pie makers (which wasn't difficult) for providing 20 "celebrity" pies to be auctioned off. Next, an auctioneer. Someone suggested Duane Bannock and he graciously accepted and has done wonderful job! Duane has a special way of convincing people to purchase a pie and sometimes adds a bribe by offering a gift ticket for a meal at Louie's or a gas card from Chevron. He has a special way of keeping the crowd's attention!

Through the years, we have many businesses and individuals who donate items for the silent auction or the balloon prizes, which I think is the most fun! We collect donated items and place them in a bag and number the bag. We then blow up the same amount of balloons and put a corresponding number inside the balloon. People go crazy to purchase a balloon for \$20. When the balloons are all purchased, everyone pops their balloon at once and then retrieves their gift (the bag with the same number as was in the balloon). We started with 20 balloons and over the years the number has grown to 50!

As we always receive more than the 20 celebrity pies for the auction, we started another fun thing called the Dollar Raffle. Duane holds up a pie and individuals raise their dollars until the chosen number (which only Duane knows) is collected. You might even win a pie for just \$15!!

One or two of our meal drivers talk about their daily routes and how much the people need and appreciate the meals coming to their home. Some recipients have said, their driver is the only person they see all day. This is really what this project is all about. After all of my years on the Senior Connection and President for the past several years, I feel this is the most important event we do throughout the year.

If you would like to participate or help out with this year's March for Meals, please contact one of the Senior Center staff or myself. We would be glad to have you!

On another note, a big thank you to the Thornton Family for the Valentine Memory Tree. What a wonderful tribute to those loved ones no longer with us.

Another huge thank you to the Senior Center staff for providing a very nice Valentine's lunch, Superbowl Party, and the Wednesday Afternoon Movie. We certainly have a busy group around here and though they've been shorthanded over the last few weeks, you notice we haven't missed a meal. I encourage all of you to stop and say thank you.

I'm anxious and ready for the longer sunny warmer days of spring and summer, how about you? Everyone stay well—*Velda*



FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received _____ Received by _____

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

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

~Thank you for your help!

Name _____
First Middle Last

Mailing Address _____

City _____ State _____ Zip _____

Physical Address _____

City _____ State _____ Zip _____

Date of Birth _____ Home Phone _____ Cell Phone _____

Kenai Senior Center Donation Form

Helping People Age With Dignity

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

Please make checks to Kenai Senior Center:

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

Please make checks to Kenai Senior Connection,

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

Name _____ Address _____

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

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



Heart Healthy

MARCH 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
28 Baked Ham Green Beans Cranberry Pecan Sweet Potato Casserole Soup	1 Creamy Seafood Enchiladas Lemon Parmesan Rice Buttered Corn Bread Pudding Soup 	2 Saucy Chicken Thighs Brown Rice Yellow Squash Salad	3 Beef Thai Noodles Mushroom Medley Egg Roll Soup	4 Lasagna Italian Veggies Garlic Bread Salad
7 Chicken Cranberry Wraps Tangy Tomatoes & Cucumbers Macaroni Salad Soup	8 Spicy Honey/Lime Chicken Salad Fruit Cup Soup 	9 Cheeseburger Onion Rings Cowboy Beans Salad	10 Beef Ragu Italian Veggies Garlic Bread Soup	11 Pizza Spinach Salad Salad
14 Split Pea w/ Ham Soup 1/2 Rueben Sandwich Potato Salad Fruit Cup Chips	15 Tomato Basil Pan- Seared Halibut Jasmine Rice Yellow Squash Soup 	16 Roast Turkey Mashed Potatoes Stuffing & Gravy Nantucket Veggies Birthday Cake Salad	17 Corned Beef Cabbage & Carrots Buttered Potatoes Soup	18 Quiche Roasted Potatoes Sausage Links Salad
21 Honey-Garlic Pork Tenderloin Rice Roasted Veggies Soup	22 Taco Salad Chips & Salsa Fruit Cup Soup 	23 Sicilian Meatloaf w/Marinara & Noodles Mixed Veggies Salad	24 Brats w/ Sweet Peppers, Onions, Sauerkraut, Mac & Cheese Mixed Veggies Soup	25 NO MEALS TODAY
28 Beef Enchiladas Mexi-Corn Spanish Rice Soup	29 Chef Salad Fruit Cup Bran Muffin Soup 	30 Liver & Onions Mashed Potatoes Gravy Green Beans Salad	31 Corn Chowder Tuna-on-a- Croissant Broccoli Salad Soup	1 Diner-Style Turkey Sandwich Stuffing, Mashed Potatoes & Gravy Peas & Carrots Salad