

# The Centerline

## MAY 2022

City of Kenai

Kenai Senior Center

361 Senior Ct.

Kenai, Alaska 99611

### MAY IN VERSE

By Charles Thornton

Spring has come. It really has.  
No more Fall and Winter "blahs."  
Methinks the dark will soon be gone,  
While "Summer Sun" shines, night or noon.

Grass is greening. It can be seen.  
Whereas in winter, white's the scene.  
Flowers are blooming gorgeously  
While leaves are hanging from each tree.

May 1 is Mayday, world around.  
Great celebrations may be found.  
Whether in Ireland, Germany,  
Even Alaska (where I be).

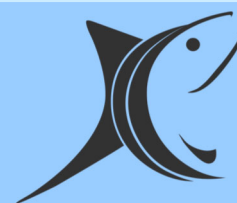
May 8th is Mother's Day, this year,  
A day to honor mothers dear.  
They fed and clothed and helped us grow  
To be fine grownups as we go.

May 30 is Memorial Day.  
'Tis then that we honor display  
For those whose lives were lost, so we,  
Who are yet living, might live free.

In Arlington, where they now rest,  
Or some dark forest, we are blest  
To have the freedom they fought for  
Amid the horrors of some war.

This month, of all the months, so far,  
Serves to remind us who we are.

A people who live happily  
In freedom with our family.



## KENAI

### Special points of interest

- Council on Aging & Kenai Senior Connection, Inc., Meetings
- No Host Dinner—Golden International
- May Menu
- Mother's Day Lunch
- Social Security Video-Conferencing News
- Clean-up Day

# MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10a— Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	<b>3</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	<b>4</b> <b>9a-Noon-Social Security</b> 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	<b>5</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	<b>6</b> 10a—Growing Strong 11a-12p—Adult Coloring Noon— <b>Lunch/MOTHER’S DAY</b> 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
<b>9</b> 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p—Choir Presentation/Dining Rm 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group <b>5p—No Host Dinner/ Golden International Restaurant</b>	<b>10</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	<b>11</b> 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele 3p — Movie “Mother’s Day”	<b>12</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3p—Council on Aging Meeting	<b>13</b> 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
<b>16</b> 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	<b>17</b> 10a—Tai Chi 10a—TOPS <b>11:30a-1p—Independent Living Center</b> Noon—LUNCH 12:30-1p—Bingo <b>1-3p—Family Caregiver Support Group</b> 1p—Wii Bowling	<b>18</b> <b>9a-Noon—Social Security</b> 10a—Growing Strong 11a—Noon/Bluegrass Noon—Lunch/Birthday 1p—Writers’ Group 1p—Card Making with Kim 1p-3p—Quilting/Crafting 2p—Ukulele <b>3p—Sing-Spiration</b>	<b>19</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling <b>1:00p — Clean-Up Day</b>	<b>20</b> 10a—Growing Strong 11a-12p—Adult Coloring 11:30a —LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
<b>23</b> 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	<b>24</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling 1:30p—Afternoon Drive/ Greenhouse Tour	<b>25</b> 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2p—Ukulele	<b>26</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling	<b>27</b> 10a—Kenai Senior Connection Mtg. 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH/Memorial Day Program 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot
<b>30</b>  <b>MEMORIAL DAY/ CENTER CLOSED</b>	<b>31</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling			

# MAY BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Gerda Trent	11	Terry Cramer	22	Jeannine Hunt
1	Mary Jane Lewis	12	Yen-ti Verg-in	23	Patricia Bravo
1	Jeanette Desimone	13	Dennis Rofoli	23	Bernie Ruckhardt
3	Linda Hollier	14	Dani Kebschull	24	Christine Morin
3	Larry Burcham	14	Barbara Trombley	24	Robert Hollis, Jr.
4	Kathy Wallace	15	John Trent	25	Glenn Clifford
5	Audrey Little	16	June Harris	25	Deaphon Alexia
5	Lois Nelson	16	Geraldeen Meeks	27	Patricia See
6	Ruth Osborne	16	Ernest DeBaca	29	Sheila Phillips Steiner
7	David Thompson	17	Gwen Klawunder	29	Harry Wood
7	Elaine Torres	17	Franz Plagge	30	Rachael Craig
7	Sue Carter	18	Nancy Andersen	30	Debra Thomas
9	John Williams	20	Stephen Smith	31	Janice Bobek
9	Shirie Sue Drath	21	Jennifer Paramore		

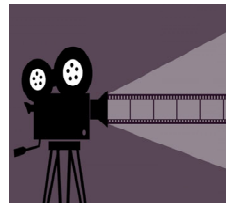
## NO-HOST DINNER

**Monday, May 9, 2022**  
**Golden International**

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at **Golden International**.

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**

**May 11, 2022**  
**3:00 p.m., Game Room**

Now showing: "Mother's Day" Sandy (Jennifer Aniston) is a stressed-out, single mom who learns that her ex-husband is marrying a younger woman. Her friend Jesse (Kate Hudson) is a fitness freak who doesn't tell her parents that she has a family. Bradley is a widower (Jason Sudeikis) who's trying to raise two daughters on his own, while Miranda (Julia Roberts) is too busy with her career to worry about having children. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning.

# dates to remember

Wednesday, May 4	Social Security	9a-Noon
Friday, May 6	Mother's Day Lunch	11:30a
Monday, May 9	"No Host" Dinner/Golden International in Sterling	5:00 p.m.
Wednesday, May 11	Card Making with Kimberly	1:00 p.m.
	Wednesday Afternoon Movie "Mother's Day"	3:00 p.m.
Thursday, May 12	Council on Aging Meeting	3:00 p.m.
Wednesday, May 18	Social Security	9a-Noon
	Birthday Lunch	12:00 Noon
	"Singspiration"	3:00 p.m.
Thursday, May 19	Clean-up Day	1:00 p.m.
Tuesday, May 24	Afternoon Drive/Greenhouse Tour	1:30 p.m.
Friday, May 27	Friday Morning Waffles	8a-10a
	Senior Connection, Inc. Meeting	10:00 a.m.
Monday, May 30	CENTER CLOSED/MEMORIAL DAY	

## 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.

### DONATIONS FOR SERVICES:

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



## Silent Auction for March for Meals 2022

2 Roundtrip Tickets on Alaska Railroad  
**Anchorage—Fairbanks—Anchorage**

Contact the Kenai Senior Center at 283-4156  
To place a bid, or stop by 361 Senior Court, Kenai

**Auction closes on May 31 at 4:00 pm**

Valid until 9.10.2022; DENALI STAR Adventure Class; Valid for RAIL ONLY;  
Subject to Availability; Reservations Required; No Cash Value;

**100% of the proceeds go to the Kenai Senior Connection, Inc.**  
**in support of the Kenai Senior Center meal programs.**

# Mother's Day Lunch

## Friday, May 6, 2022

### 11:30 a.m.



This will be a special day with a salute to our mothers. Have a photo of your mother you would like to share? Bring it along. We can all guess whose mother is whose!

### Singspiration!

Kenai Methodist Church donated their hymnals to the Center a few years ago and we are putting them to use! If you miss singing those old hymns you remember from years gone by, join us on **May 18, 2022 at 3:00 pm** for Sing-Spiration. You can choose the songs we sing!

### Clean-Up Day

**Thursday, May 19 at 1:00p**

Come help the Center Staff to spruce up around the outside of the Center and Vintage Pointe.

Please sign up on the bulletin board. Those participating will be rewarded with a frosty and delicious root beer float.



### SPECIAL STATE PRIMARY ABSENTEE VOTING INFORMATION:



#### Absentee In-Person Voting

will be available in the Council Chambers, downstairs at Kenai City Hall, beginning May 27, 2022 and will continue through Friday, June 10, 2022 from 9:00 a.m. to 4:00 p.m.

### Waffle Bar Returns!



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

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\* "Youth fades; love droops; the leaves of friendship fall; A mother's  
\* secret hope outlives them all." —Oliver Wendell Holmes  
\*  
\*  
\*\*\*\*\*

## Memorial Day (Observed)

**Friday, May 27 at 11:00a**

Join together to remember past service people, and those presently serving, deployed or at home. If able, wear a red shirt in support of our troops, past or present.

The American Legion Honor Guard will be here to open the program



## Afternoon Drive/Greenhouse Tour

**Tuesday, May 24 at 1:30p**



Let's take an afternoon drive to a few greenhouses in our community and check out what's blooming this Spring. Please sign up at the front desk if you want to participate.

## Kenai Senior Center sewing group presents:

"Upcycled Bags..." for gift giving or everyday use!

Need a button sewn on? Or a hem on those pant legs repaired? If you are interested in purchasing a bag or you need your clothes repaired. Please contact Kayla at 283-8214 for further assistance.

**Ole, Mexico, Ole!**

By Biz Robbins



Party coming,  
Gringo speaking:  
Got to find the wine!

Some Corona  
And Modelo  
Beers that will combine

With Cazadores,  
Teremana  
Both tequilas fine.

Guacamole  
Crispy nachos  
Appetizers mine.

Huevos Rancheros  
Green pozole  
Foods on which to dine.

Mariachis  
Sweet pinatas  
Fun and games that shine.

\*

\*

Celebration  
Puebla Battle  
1862

Mexican victory  
Over French guys  
Shindigs since ensued.

Hurrah! Cinco de Mayo! Ole!

## 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!**

MAY		\$5 CLUB	
Juanita Aguilar	Laurel Eisinger	Mary Ann Lamecker	Robert Peterson
Ken & Kris Ayers	Carol Freas	William LaTocha	Carol Prior
Steve Best	Velda Geller	Xiaopei LaTocha	Trish Roderick
Patricia Bravo	Omer Goodman	Paula Maier	Barbara Schmidt
Elsa Bronson	Joel & Laura Henkleman	Marge Milewski	Barbara Smith
Larry Burcham	Cliff Heus	Jeanie Miller	Steve Smith
Glenn Clifford	Kathy Heus	Kari Mohn	Bill & Sondra Starnes
Patsy Clifford	Howard Hill	Molly Musgrove	Vivian Terry
Jewell Coverstone	Kit Hill	Nelson Nakamura	Gerda Trent
Rachael Craig	Jan Hollers	Bill Nelson	June Truelove
Walter Craig	Molly Jackson	Lois Nelson	Yen-ti Verg-In
Terry Cramer	Leanne King	Alice Nuxoll	Beverly & Don Waldrop
Jan Daniels	Henry Knackstedt	Susan Olson	Gary Walker
Shirie Drath	Anita Kwan	Ruth Osborne	Roy & Ozella Williams
		Katie Pault	Janice Wilsack



## LIBRARY NEWS

Big Thanks to Driver Don Erwin for alphabetizing the mystery/adventure books and grouping the authors. And to Jerry Nassen for categorizing the DVDs. I think they were librarians in another life.

Puzzle season is winding down. We will be weeding the puzzles again, getting rid of the 1000 piece ones. If you know someone or some group that wants or needs puzzles, those can be donated where they will be used.

We have more and more audio books. Good for the summer as you take road trips or work in the garden. Lots of diverse titles.

As summer begins, write about your adventures for the Centerline. Everyone would like to read about what you find. Turn your piece in to the desk before the last Wednesday of the month. We are into June already next month: weddings, Flag Day, first day of summer and tourists. Tell the Centerline readers what you think.

## PICK YOUR MAY DAY

By Jerry Nassen

Part of my morning routine (coffee first, always coffee first) is checking Facebook for... news? Actually Facebook is where I keep up with family, mostly the younger more tech-savvy ones, plus several hobby groups and a couple humor groups. Nothing beats starting off your day with caffeine and a good chuckle.

The first thing that popped up on the humor group was a warning to get ready for the first Saturday in May, which is "National Garden in the Nude Day." Depending on your age, they were either advising you so you could prepare for, or totally avoid that day. I am aware that almost everything has its 'day,' but this was a new one on me, so I thought I'd look it up.

The first thing that popped up in the Google search was the site, [nationaldaycalendar.com](http://nationaldaycalendar.com) and according to them, there is no National Garden in the Nude Day, but there were even sillier (in my opinion) days scattered throughout May (and the rest of the year I'm sure). According to my limited research, there truly is a 'day' for almost everything, ranging from the well-deserved to the deservedly silly...again, just my opinion.

Some examples of the totally deserving honors are May 1st—National School Principal Day; May 5th—you guess; May 9th—Women's Checkup Day; May 15th—Peace Officer's Memorial Day; and, May 25th—National Missing Children's Day. Some examples of the 'lighter' memorials are May 3rd—National Lumpy Rug Day and National Two Different Colored Shoes Day; May 14th—National Dance Like a Chicken Day; and, May 25th—National Towel Day.

Are you, like me, a foodie?

Congratulations, you're in luck! You can celebrate a different food every single day of May, and throughout the year if you so desire. For example, and I'm just going to choose some of my personal favorites here, if you're a true carnivore might I suggest May 7th (roast leg of lamb); 10th (shrimp); 16th (BBQ); 24th (escargot); or, 28th (beef burger and brisket).

Are sweets your thing? Then get ready for May 3rd/8th/9th/13th/ 19th/22nd/31st (chocolate custard/chocolate cream pie/butterscotch brownie/apple pie/devil's food cake/vanillapudding/macaroon, respectively). Then there's a few days that just 'make sense' and some that fit in the 'say what' column, and I'll let you decide which is which: May 4th (Star Wars Day, may the force be with you); May 5th (Cinco De Mayo); May 17th (National Pack Rat Day—is that for the personal habit or for the actual rodent?); May 18th (National No Dirty Dishes Day); and, May 29th (National 529 Day—so does that make the next day National 530 Day?).

In the course of my admittedly limited research, I did come across two 'days' that I feel should qualify regardless of the day of the calendar. The first is May 31st which is National Smile Day, and finally, with not only National but International status is May 22nd, which is International Being You day. I can only speak for myself when I declare that every day is "Being Me" day.

The moral of the story is this: No matter your likes/dislikes/proclivities, do some research because I'm sure there's a day just for you. After all, "every dog has his day"...but you have to wait until Friday August 26th this year.





## Strawberry: A Brief History

University of Missouri

"Doubtless God could have made a better berry, but doubtless God never did." Over 400

years later, this quote by 17th century English writer Dr. William Butler still reflects the high esteem most people hold for strawberry. Its fragrant aroma, delightful sweet flavor, and brilliant color make strawberry nearly irresistible. Whether eaten freshly sliced or prepared, the taste of strawberry makes it one of America's most beloved fruits and May is an ideal month to sample this year's harvest.

Throughout antiquity, strawberry has seen many different uses other than as a food source. For example, it was used as a symbol for Venus, the Goddess of Love, because of its heart shape and red color. The ancient Romans believed that strawberry had great medicinal value; they used it to alleviate the symptoms of a wide array of maladies ranging from melancholy to kidney stones. Medieval stone masons carved strawberry designs on altars and around the tops of pillars in churches and cathedrals to symbolize perfection and righteousness. In one of its most bizarre uses, Madame Talian, a prominent figure at the court of the Emperor Napoleon, was famous for bathing in fresh strawberry juice. Reportedly, she used 22 pounds of strawberry fruit per bath.

Botanically, the "fruit" of the strawberry is not a fruit at all. The fleshy, edible part of the plant is the enlarged receptacle of the flower. The visible "seeds" that dot the surface of the strawberry actually are achenes. An achene is a type of dry fruit borne by some plants in nature where the ripened ovary contains but a single seed.

Many people assume the common name "strawberry" stems from the fact the plant is most often mulched with straw during the winter. Although the exact origin of its common name is uncertain, the name

strawberry probably is a corruption of "strewn berry". The latter was an early designation for the plant which made reference to the fact that, as a strawberry plant produced runners and spread, its berries were strewn about the ground. Other sources suggest its name stems from the fact that English youth picked wild strawberries and sold them impaled on grass straws to the public.

Strawberry is a member of the *Rosaceae* (Rose) family and goes by the scientific name of *Fragaria x ananassa*. The letter "x" in its name indicates that strawberry is of hybrid origin and, in the case of strawberry, of two different species. The origin of that hybridization is very interesting and involves a Pan American union that occurred in Europe.

There are species of strawberry native to temperate regions all around the world. However, it was the union of two species native to the Americas that gave us our garden strawberry. *Fragaria virginiana* is a species of strawberry native to North America. It is characterized by its highly aromatic berries borne in great abundance but rather small in size. History records *Fragaria virginiana* was taken from the New World to France in 1624.

*Fragaria chiloensis* is a wild species of strawberry native to Chile. It bears berries the size of walnuts. It, too, was taken to France but in 1712. Both species were widely grown (presumably side-by-side) in European gardens. Chance seedlings representing crosses between the two species appeared. Some were vigorous, large-fruited and productive. These probably served as the ancestors of our modern garden strawberry, *Fragaria x ananassa*.

It was not until the late 1700's that garden strawberry made its way (back) to the Americas, and by 1825 strawberry production was well-established in the United States. One of the first popular cultivars was 'Hovey' introduced in 1838 by Charles Hovey, a fruit grower, plant breeder and

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writer from Massachusetts. Since that time, plant breeders made tremendous progress in improving the fruit quality and overall productivity of strawberries.

Modern strawberry cultivars can be classified into one of three different types: June-bearing, everbearing, or day-neutral. June-bearing cultivars respond to the short-days of spring by blooming and setting fruit. They bear their entire crop over a period of from two to three weeks. In contrast, everbearing cultivars produce two crops annually: one in the spring and a second, smaller crop in the fall. Day-neutral cultivars do not respond to the length of day versus length of night. They flower and set fruit whenever the temperature is between 35 and 85 degrees F. Unlike June-bearing types, day-neutral cultivars produce a crop the first year they are planted.

Strawberries are ideal for the home garden in that they do not require much space and (normally) produce good yields. They prefer a full-sun setting in a garden loam amended with organic matter. June bearing types should be spaced between about 18 inches apart in rows 24 inches wide. Allow about four feet between rows. Planting depth is very critical for success; cover the roots and only half of the crown of the transplant with soil.

For a complete discussion of strawberry culture including recommended cultivars, fertilizing, weed control, and insect and disease management, please refer to MU Extension Publication G6135 (Home Fruit Production: Strawberry Cultivars and Their Culture). The latter can be found at <http://extension.missouri.edu/p/G6135>

#### **Interesting Strawberry Facts:**

According to the United States Department of Agriculture, the annual per capita consumption of fresh and frozen strawberries is 4.85 pounds.

Over 53 percent of seven to nine year olds picked strawberries as their favorite fruit.

Strawberries are low in fat but high in vitamin C, fiber, folic acid and potassium. One cup of strawberries contains only 55 calories.

Strawberries are grown in every state in the United States and every province of Canada.

California produces an amazing one billion pounds of strawberries each year. If all the strawberries produced in California in one year were laid berry to berry, they would circle the Earth 15 times.

According to the Guinness Book of Records, the world's largest strawberry shortcake was 827 square feet in size and weighed 6,000 pounds. It was made in 1999 in Plant City, Florida.



#### **Healthy Strawberry Oatmeal Bars**

(Wellplated.com)

##### Ingredients/Strawberry Bars:

1 C Old-fashioned rolled oats  
3/4 C white whole wheat flour or white flour  
1/3 C light brown sugar  
1/4 t. ground ginger  
1/4 t. kosher salt  
6 T unsalted butter, melted (or coconut oil)  
2 C small-diced strawberries (*divided*)  
1 t. cornstarch  
1 T lemon juice  
1 T granulated sugar (*divided*)

Bake in 8x8" lined pan at 375°F. for 35 min.

Combine oats, flour, sugar, ginger, and salt. Pour melted butter over and stir until forms clumps and dry ingredients are evenly moistened. Set aside 1/2 C of the crumble mixture. Press remaining crumbles into pan. Scatter half of strawberries over top; sprinkle with cornstarch, lemon juice and 1/2 T granulated sugar of berries. Scatter on the remaining berries and then the remaining granulated sugar. Sprinkle the remaining crumble mixture over top. Bake till golden brown.

# In My Closet

By John Straughan

Our first error...  
A thought or an action?  
Or, perhaps, inaction?  
An action, I've been told.  
That "fruit."  
In thoughts, I understand.  
And these choices I pursue,  
They're derived from my thoughts.

I must choose to do  
...my words...  
They are actions.  
But can I blame these pursuits  
On a prompt?  
...my thoughts, perhaps...  
But what I say and do?  
Those are mine.

She didn't make his choice.  
That was his disregard,  
his trust shifted.  
...from You...  
to her...  
and to himself.  
To judgements less true.  
Less Good.  
And so the pages turn.

Only Your thoughts  
Your words  
Remain True.  
How unfortunate  
that our plentiful  
Expressions of them  
do, in fact, err.  
...in their arrogance.  
Just as they have from the first.

I Must learn from You.  
As You help me sift  
Your Truth from the source.  
To simply walk what I gather  
from You.  
each day.  
Knowing that my words are not Yours.  
And neither those of any other.

That Your words  
Are Best understood  
From You.



## IN FLANDERS FIELDS

By John McCrae

In Flanders fields, the poppies blow  
Between the crosses, row on row  
That mark our place, and in the sky  
The larks, still bravely signing, fly  
Scarce heard amid the guns below.

We are the dead, short days ago  
We lived, felt dawn, saw sunset glow  
Loved, and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe.  
To you from failing hands we throw  
The torch, be yours to hold it high  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields



**Tuesday, May 17, 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,**

**May 17, 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.

## Social Security Video Conferencing is Back!!!

On the 1st and 3rd Wednesdays of each month, a Social Security Representative will be available via video cam in the Senior Center Computer Lab. It is first come, first served with sign-ins available after 8 am on that morning. Call the Senior Center if you have any further questions (907.283.4156).

## May 2022 | Celebrating Mother's Day and May 2022 | High Blood Pressure Awareness Month



As we start the month of May it is time to *smell the flowers, celebrate the moms in your life and to take care of yourself!*

We need to take care of ourselves so we can take care of others. No one knows this better than Mom! How about celebrating Mother's Day with some active fun like a having a dance party, going on a hike and healthy picnic, or taking the kids outside for a scavenger hunt? Getting active and spending time outdoors reduces stress and anxiety, is frugal and fun.

May is High Blood Pressure Awareness month. About half of American adults have high blood pressure and most of them don't know it. High blood pressure increases your risk of heart attack and stroke.

Have you wondered what high blood pressure is? <https://www.heart.org/-/media/Files/Health-Topics/Answers-by-Heart/What-Is-High-Blood-Pressure.pdf>

Or how to measure your blood pressure? [https://www.heart.org/-/media/Files/Health-Topics/High-Blood-Pressure/How\\_to\\_Measure\\_Your\\_Blood\\_Pressure\\_Letter\\_Size.pdf](https://www.heart.org/-/media/Files/Health-Topics/High-Blood-Pressure/How_to_Measure_Your_Blood_Pressure_Letter_Size.pdf)

What can you do to improve your blood pressure? <https://www.heart.org/-/media/Files/Health-Topics/High-Blood-Pressure/What-can-I-do-to-improve-my-blood-pressure.pdf>

Learn more about ways you can prevent chronic diseases like high blood pressure and diabetes by joining an online program at no cost to Alaskans  
<https://go.omadahealth.com/alaska>



## What is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. It's measured in millimeters of mercury (mm Hg).

High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top, or larger, number (called systolic pressure) is the pressure when the heart beats. The bottom, or smaller, number (called diastolic pressure) is the pressure when the heart rests between beats.

**Normal blood pressure** is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have **elevated blood pressure**. **High blood pressure** is a systolic pressure of 130 or higher, or a diastolic pressure of 80 or higher, that stays high over time.

High blood pressure usually has no signs or symptoms. That's why it is so dangerous. But it can be managed.

Nearly half of the American population over age 20, has HBP, and many don't even know it. Not treating high blood pressure is dangerous. High blood pressure increases the risk of heart attack and stroke.

Make sure you get your blood pressure checked regularly and treat it the way your health care professional advises.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

### Am I at higher risk of developing HBP?

There are risk factors that increase your chances of developing HBP. Some you can control, and some you can't.

Those that can be controlled are:

- Cigarette smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

Factors that can't be modified or are difficult to control are:






- Family history of high blood pressure
- Race/ethnicity
- Increasing age
- Gender (males)
- Chronic kidney disease
- Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living needs, medication, health care professionals, and the ability to adopt lifestyle changes.

(continued)



## What Can I Do To Improve My Blood Pressure?

Modification	Recommendation	Approximate SBP Reduction Range
 Weight reduction	Maintain normal body weight (BMI=18.5-24.9 kg/m <sup>2</sup> )	5 mm Hg
 DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	11 mm Hg
 Restrict sodium intake	<1500 mg of sodium per day	5-6 mm Hg
 Physical activity	Be more physically active. Aim for at least 90 to 150 minutes of aerobic exercise per week.	5-8 mm Hg
 Moderation of alcohol consumption	No more than 2 drinks/day for men and 1 drink/day for women	4 mm Hg

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension



American Heart Association

Ranges According to 2017 Hypertension Clinical Practice Guidelines  
Recommendations for Treatment and Management of Hypertension

## 17 BEST FOODS FOR HIGH BLOOD PRESSURE

(Healthline)

Citrus Fruits  
Salmon & Other Fatty Fish  
Swiss Chard  
Pumpkin Seeds  
Beans & Lentils  
Berries  
Amaranth (grain)  
Pistachios

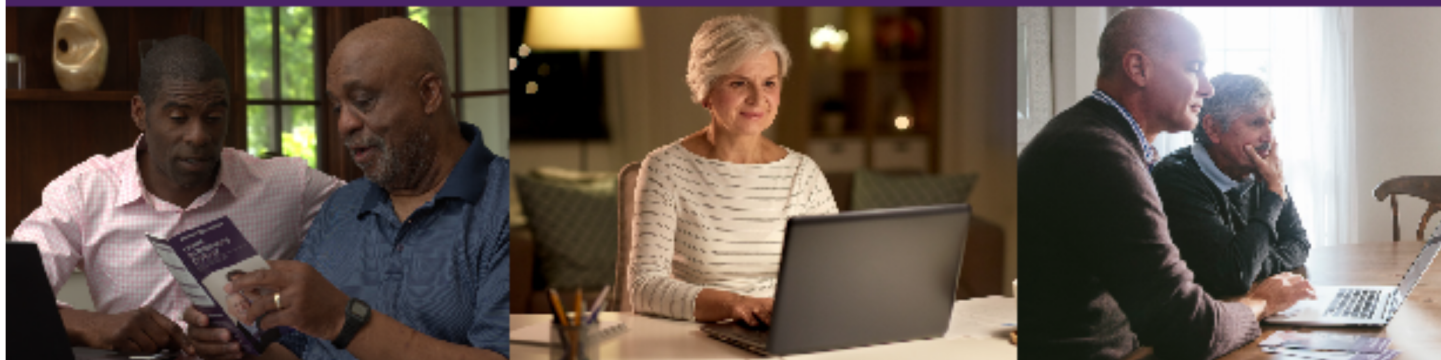
Carrots  
Celery  
Tomatoes & Tomato Products  
Broccoli  
Greek Yogurt  
Herbs & Spices  
Chia & Flax Seeds  
Beets, Beet Greens, and Beet Juice



# REGISTER TODAY

## ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



**10 Warning Signs of Alzheimer's**  
May 10, 11 a.m.-12 p.m. | [REGISTER](#)  
May 18, 12-1:30 p.m. | [REGISTER](#)

**Advancing the Science: The Latest in Alzheimer's and Dementia Research**  
May 17, 11 a.m.-12 p.m. | [REGISTER](#)

**Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**  
May 4, 11 a.m.-12 p.m. | [REGISTER](#)  
May 4, 12-1:30 p.m. | [REGISTER](#)

**Effective Communication Strategies**  
May 25, 11 a.m.-12 p.m. | [REGISTER](#)  
May 31, 11 a.m.-12 p.m. | [REGISTER](#)

**Healthy Living for Your Brain and Body: Tips from the Latest Research**  
May 3, 9-10 a.m. | [REGISTER](#)

**Legal and Financial Planning for Alzheimer's Disease**  
May 25, 12-2:30 p.m. | [REGISTER](#)

**Legal Planning for Alzheimer's Disease**  
May 4, 3:30-5 p.m. | [REGISTER](#)

**Managing Money: A Caregivers Guide to Finances**  
May 17, 3:30-5 p.m. | [REGISTER](#)

**Understanding Alzheimer's and Dementia**  
May 24, 12-1:30 p.m. | [REGISTER](#)

**Understanding and Responding to Dementia-Related Behavior**  
May 9, 9-10:30 a.m. | [REGISTER](#)  
May 12, 12-1:30 p.m. | [REGISTER](#)

*All sessions here are listed in Alaskan Time, online listings may be different; please note time zone.*

TO LEARN MORE OR TO REGISTER, PLEASE  
CALL 800.272.3900 OR VISIT US ONLINE  
AT: [ALZ.ORG/ALASKA/HELPING\\_YOU](https://alz.org/alaska/helping_you)



For course descriptions and a full list of available webinars and Association events, please visit us online at: [alz.org/alaska/helping\\_you](https://alz.org/alaska/helping_you)



## Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

Welcome to the month of May! Most, if not all the snow is finally gone and we can look forward to the trees unfurling their leaves, and the tulips blooming. The area greenhouses are already full of flowers and tomato plants for sale. A sure sign of summer to come!

As you probably know, the annual March for Meals fundraiser is our major way of raising funds to support the Senior Center's meal programs. As President of the Kenai Senior Connection, Inc., thank you to each one of you who worked and helped to make this year's March For Meals such a great success. It takes a lot of time and help to bring this event to such a great completion.

Thank you also to Mayor Brian Gabriel, Kenai City Council Members, Paul Ostrander, Kenai City Manager, as well as city employees who supplied and purchased desserts, auction items, etc. A special thank you to those Walmart employees who, not only donated to the event, but also volunteered time to, among other things, serve meals, bus tables, and fill water glasses.

Of what you not be aware, there is a \$5-a-Month Club available for any user of the Senior Center to join. The funds donated are also used to support the Center's meal programs.

Watch for newsletter information related to celebration of Mother's Day, Memorial Day, and Waffle Fridays. Also, the Center's greenhouse is being readied for use and will be dedicated in July, as the Bill Osborne Memorial Greenhouse, when Bill's family travels to Kenai. The dedication date will be announced when final plans are made.

Happy Summer everyone!

### ***May Quotes...***

"Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary – it's an act of infinite optimism." —Gilda Radner

"All that I am, or ever hope to be, I owe to my angel mother." —Abraham Lincoln

"Any mother could do the jobs of several air traffic controllers with ease" —Lisa Alther

"Acceptance, tolerance, bravery, compassion. These are the things my mom taught me." —Lady Gaga



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

# MAY 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
2 Clam Chowder Seafood Pasta Salad Fruit Cup Cornbread Soup	3 Crunchy Lemon-Pesto Chicken Garden Salad Fruit Cup Muffin Soup 	4 Fried Chicken Mashed Potatoes Gravy Green Beans Salad	5 Beef Enchiladas Cilantro-Lime Corn Spanish Rice Soup	6 Chicken Cordon Bleu Lemony Green Beans Fresh Fruit Cup Mini Cheese Balls Salad
9 Chili Dogs w/ Fixings Sweet Potato Fries Carrot Salad Soup	10 Asian Salmon Honey Sesame Noodles Yellow Squash Soup 	11 Blueberry Pancakes Sausage Links Scrambled Eggs Roasted Potatoes Salad	12 Korean-Style Pork Chops Jasmine Rice Sweet Peas Soup	13 Pizza Strawberry Spinach Salad Salad
16 Teriyaki Chicken Baked Beans Red Pepper Medley Soup	17 Sicilian Meatloaf Broccoli Florets Garlic Bread Soup	18 Roast Turkey Mashed Potatoes Gravy Sweet Corn Stuffing Salad	19 BBQ Pulled-Pork Sandwich French Fries Coleslaw Soup	20 Hawaiian Loco Moco Hawaiian Macaroni Salad Fruit Cup Salad
23 Marinated Pork Loin Parmesan Fries Fresh Veggies Soup	24 Cranberry Chicken Wraps Potato Salad Fruit Cup Soup 	25 Swedish Meatballs Noodles Pickled Beets Salad	26 Honey BBQ Chicken Cheesy Scalloped Potatoes Spring Veggies Soup	27 Salmon Burgers Creamy Cucumber Salad Parmesan Fries Salad
30 <b>MEMORIAL DAY            CENTER CLOSED</b>	31 Liver & Onions Mashed Potatoes Gravy Green Beans Salad	1 Baked Chicken Tuscan Casserole Parmesan Zucchini Chips Garlic Bread Salad	2 White Wine Tomato Basil Salmon Brown Rice Sunrise Veggies Soup 	3 Pork Carnitas Cilantro-Lime Slaw Fruit Cup Salad