

The Centerline

Know your Staff:

Kathy Romain

By Biz Robbins



Kathy Romain is the Director of the Kenai Senior Center. Whether you meet her in her office, in the hall, or in the dining area, she has a smile on her face. If you eat lunch at the center, you probably will find her gliding from table to table, that smile lighting her face, and a coffee pot in her hand, as she stops to talk to the diners whether she pours coffee or not.

If you want to chat a little while when she's at your table, ask her about her vintage Pyrex collection. Her mom gave Kathy all of hers when she moved, and then Kathy began collecting the bowls and other vintage kitchen wares herself. Or you could ask about her garden—she loves gardening and her favorite flower is the delphinium. Of course, you can talk about your hobbies, too. Kathy enjoys talking to the people she meets at the Center. As you might guess, the favorite aspect of her job is working with people and that she is able to help others.

Kathy was born in the Los Angeles area while her dad was attending graduate school—a seminary—and the family moved from there to her father's pastoral calls to Iowa, Illinois, Southern Colorado, and Denver. Then her dad received a call to minister in Sterling. When Kathy and her brother saw the letter and where it was from, they almost threw it away. No way did they want to move again, especially to Alaska. But in 1980 when her parents moved to Sterling, Kathy was fifteen.

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MAY 2024

Special Points of Interest

- Mother's Day Lunch— May 10
- No Host Dinner Froso's Family Dining—May 13
- Birthday Lunch—May 15
- Greenhouse Visit— May 25
- Senior Health and Fitness— May 29

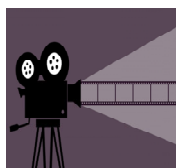
City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska 99611
907-283-4156
senior@kenai.city

MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	2 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 3p—Movie Afternoon: Barbie	3 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
6 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Mexican Train Dominos 1p—Choir	7 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—"Grow with Me" w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	8 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	9 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 3pm—Council on Aging 5p—Cribbage 6:30p—Acoustic Jam	10 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Mother's Day Luncheon 1p—Wii Bowling 1-4:30p—Bridge
13 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 5:00p—No Host Dinner/Froso's Family Dining	14 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—"Grow with Me" w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p-2p—Family Caregiver Support Group	15 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH/ Birthday 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group 3:00p—Afternoon High Tea	16 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Intro to Google Tools w/ Elizabeth Kleweno 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	17 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
20 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir	21 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—"Grow with Me" w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—CLEAN UP DAY 1p—Wii Bowling	22 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH/ 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	23 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	24 9a—Growing Strong 9:30a-12p—Quilting 10a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring 11:30p—Lunch/ Memorial Day Observed Program 1p— Genealogy Class 1p—Wii Bowling 1-4:30p—Bridge
27 MEMORIAL DAY CENTER CLOSED 	28 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—"Grow with Me" w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	29 9a—Senior Health and Fitness Day 9a—Growing Strong 10a—Growing Strong CANCELLED TODAY Noon—LUNCH/ 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	30 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	31 8-10a WAFFLES 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 10:30a—Greenhouse Tour in Anchor Point & No Host Lunch 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge

Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Mary Jane Lewis	12	Joy Zuke	25	Glenn Clifford
1	Antonio Reyna	13	Deborah Meyers	25	Deaphon Alexia
3	Larry Burcham	14	Dani Keschull	26	Janyne Craig
4	Keith Stuart	16	June Harris	27	Rosemary Anowlic
5	Audrey Little	16	Geraldeen Meeks	29	Sheila Phillips Steiner
5	Lois Nelson	16	Gwen Klawunder	29	Rick Epling
6	Ruth Osborne	17	Franz Plage	29	Kathy Kenner
6	June Harris	19	Sondra Starnes	29	Larry Semmens
7	David Thompson	19	Mary Jean Ivy	29	Kevin Barrett
7	Sue Carter	21	Jennifer Paramore	29	Tona Bravo
9	John Williams	22	Jeannine Hunt	30	Rachael Craig
9	Shirie Drath	23	Patricia Bravo	30	Debra Thomas
11	Terry Cramer	23	Bernie Ruckhardt	30	Ralph Wellborn
11	Yookyung Um	23	Rudy Villegas	31	Janice Bobek
12	Yen-ti Verg-in	24	Robert Hollis, Jr.	31	Colleen Kenedy



Thursday Afternoon Movie

May 2, 2024,
3:00 p.m.

Now showing: **Barbie**

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

NO-HOST DINNER

Froso's Family Dining
Monday, May 13, 2024

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

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

Wednesday, May 1	Social Security	9a–Noon
Thursday, May 2	Movie Afternoon: Barbie	3:00 pm
Wednesday, May 8	Card Making with Kimberly	1:00 pm
Thursday, May 9	Council on Aging Meeting	3:00 pm
Friday, May 10	Mother's Day Luncheon	11:30 pm
Monday, May 13	"No Host" Dinner/Froso's Family Dining	5:00 pm
Wednesday, May 15	Social Security	9a—Noon
	Birthday Lunch	Noon
	Afternoon High Tea	3:00 pm
Friday, May 24	Kenai Senior Connection, Inc. Meeting	10:00 am
Wednesday, May 29	Senior Health and Fitness Day	9:00 am
Friday, May 31	Waffle Friday	8a-10 am
	Greenhouse Tour in Anchor Point	10:30 am

Kenai Senior Center Info

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

Director

Kathy Romain

(907) 283-8213 or kromain@kenai.city
**VP Housing, Council on Aging
 Kenai Senior Connection, Inc.**

Administrative Assistant

Red Piersee

(907) 283-8212 or apiersee@kenai.city
**Home Delivered Meals
 Benefits Counseling
 Vintage Pointe Housing Rental**

Activity/Volunteer Coordinator,

Kayla Feltman

(907) 283-8214 or kfeltman@kenai.city
**Activities
 Volunteer Opportunities
 Senior Center Facility Rentals**

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

For Pick up Meals:

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

For pick-up at **11:30 AM. Meals must be**

picked up from the front desk.



For Transportation:

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

Dining Room Meals (Congregate)

Monday-Friday 12pm-1pm

No reservations required

(Except for special events)



Anchorage Bowl Chamber Orchestra

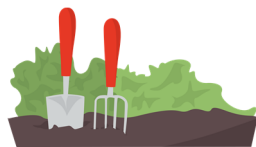
10th Annual Kenai Peninsula Tour
June 2, 2024

KENAI SENIOR CENTER

FREE AND OPEN TO THE PUBLIC

“Grow with Me” with Steve Latz

You are invited to meet with us every Tuesday at 11:00 in the card room to learn more about growing flowers and vegetables from seed. We will be utilizing these plants in the KSC greenhouse and around the Center. Our round table will focus on sharing our experiences with growing food for the table and flowers for eye candy. We will discuss your home garden/greenhouse and suggest options to maximize your return on investment. We will share our successes and failures learned from experience. We are not experts nor master gardeners but “wanna bees” that encourage you to experiment with your grow operation. Join us and start growing!



Card Making with Kim



Wednesday, **May 8** at
1:00pm Senior Center Dining Room.
Please sign up on the bulletin board.

Waffle Bar—Last Friday of each month.



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

May is Older Americans Month

The number of aging Alaskans has increased over the last decade. Currently, 1 in 5 Alaskans are over age 60¹. We age every day, without noticing it. As we move from early to mid- to later life, our health needs naturally change. Our attitudes about health may need to change as well.



Healthy aging takes action. Accessing healthcare and prioritizing healthy living are essential for independence and remaining self-sufficient as long as possible.

Making healthy choices can help us feel better. In addition to choosing healthy behaviors to improve the way we feel, many of these same healthy activities may help decrease chances of developing dementia.

There are things you can do to reduce dementia risk by up to 40%.



- Limit alcohol, especially heavy drinking
- Manage hypertension and diabetes
- Engage in physical and social activities
- Find and maintain a healthy weight
- Protect your head from injuries, wear a helmet if you are doing an activity where a head injury may happen
- Avoid or treat hearing loss
- Quit smoking and remain smoke free
- Treat depression
- Get enough sleep

Take proactive steps towards healthier living today. Making even small changes today can impact health, maintain independence, and reduce future burdens on others. Pick one thing you aren't already doing and try adding that into your normal schedule. Even small changes can improve your health and increase your ability to live healthy longer.

If you suspect you or a loved one may be struggling with memory, ask your provider about a cognitive screening. The earlier you know, the more you can plan and possibly slow dementia's progression. Resources and supports are available.

(Kathy Romain, Cont. from page 1)

There was culture shock, of course. Also the family dynamic had changed. Her two older siblings were out of the house—one off to college and the other married. Her playmates became the two younger brothers left at home. The family now lived in rural Alaska and enjoyed what it had to offer.

Kathy was enrolled in a private Christian school, located in Cooper Landing where the Princess Lodge now sits; when she graduated in 1982, she was valedictorian. She was also salutatorian and all the other “bests,” the only graduate that year in a school of 32 students, grades K-12.

She was turning into a “true Alaskan” -- learning to drive the family sedan on solid ice and having a base station CB, and many folks coming to her family’s home to use the phone. She had learned to cook and become proficient on the piano—beginning her piano teacher career at age 16. And then she left the state for awhile.

Kathy went “outside” to attend college, but her time was cut short. During her sophomore year, she was in an automobile accident that left her severely injured. She couldn’t return to school that fall, and when she was able, decided to work in Alaska.

She began her career working for the State of Alaska. When she was a Title Recorder, she learned that she really liked to help people—even more than her job allowed. Sometimes she was chastised for helping too much. She then moved retail management, working at *Seafoods from Alaska*. Since this was a summer job, she taught piano in the winter.

In 1997, she found herself a single mom with a 4-year-old son, and after having lived in Sterling and Soldotna, moved to Kenai. Newly divorced, she began working part time for the Kenai Senior Center as the Activity & Volunteer Coordinator. She found that the seniors became like family. She worked under former director Pat Porter. When Pat retired in 1998, her assistant moved into the directorship and Kathy was hired as the administrative assistant. She held that post for nineteen years, during which time Rachel Craig became the Center’s director. When Rachel retired in 2017, Kathy was hired to take her place.



Kathy and Andy, Halloween 1997

Kathy is quick to point out that the Center’s success is due to the team. She credits the team of administrators and staff who work together to provide the best programs they can, and that the working together is what creates the success. She firmly believes that creating good relationships is critical. For the individual senior who is lonely, the relationships formed at the Center and with Center staff are vitally important. She notes, “There are people who come to work here that don’t stay very long if they’re not geared to working as a team. They also have to share a passion for people, for seniors.” As has been mentioned before, Kathy and her cohorts share that passion.

(Continued on next page)

Kathy Romain, Cont.

Kathy said, “Here’s the thing-- we’re not a one-man show. Red does the stats, Kayla provides activities, Missy’s serves fabulous meals... the janitor, drivers, volunteers, and other all do their part”. Kathy herself writes the necessary grant requests and oversees the operations of the Senior Center and Vintage Pointe Manor. She cited the vision of Pat Porter, Kellie Kelso, and Rachel Craig that gave her the good fortune to carry on.

After she’d been single for seven years, her mom thought Kathy should consider dating again, perhaps with marriage in mind. Kathy joined an online matchmaking site--and twenty-two years ago, she met Scott, a single dad from Vancouver, B.C. After chatting online for two months, they met. A year and a half later, they married. “He has every letter that we emailed each other,” she said with a tender inflection. “He’s my gift!” They were married 20 years this past December. Scott and Kathy have 3 kids between them, Andy (31), Gloria (28), Noah (24), and grandkids Kaeden and Kali.

“Music feeds the soul.” Kathy began playing the piano at age four, with piano lessons and by listening to her older siblings. Music has always been a part of her life: teaching it, relaxing with it, using it as a healing tool. Kathy’s musical abilities have been utilized within the Center too. She plays the piano—solos, duets, accompanies, and leads the choir. She chooses the music and directs a couple dozen seniors, the Kenai Senior Center Choir, as they sing for various holidays.



So like the choir’s singing, the Center provides many other activities—exercise, writing class, Wii bowling, Tai Chi, several musical opportunities, and more that encourage participation and building social relationships. Even with all the activities, building social relationships is so important as we all age.

Kathy loves the small town life. She loves to fish and preserve fish in many ways. Berry picking is one of her therapies and she makes cordials and cranberry juice. She was diagnosed with breast cancer in 2005 and again in 2011. Thankfully, she is now in remission. Blessed by her faith, her family, her friends, her work (and all of us seniors too) she says, “My glass will always be half full.”

Looking forward, Kathy said she doesn't want to use the word “retire”. Instead, she thinks of what she might do afterward...one of these days...she asks herself, “What could I do that I would enjoy as much as what I do now?” The answer is, “I’m not sure there is anything I would enjoy more”. For the present, she is just so very proud of the Kenai Senior Center and what it means to the community—a bright spot in a special town.

Oh, and her favorite author is Jane Austen — “A woman far ahead of her time”, she cheers for the Denver Broncos or Kansas City, and she had great fun watching the Iowa Hawkeye’s women's team play in the NCAA Tournament. Just in case you want to chat with her when she’s pouring your coffee next time.

- Biz Robbins



YOU'RE INVITED TO AN
**AFTERNOON
HIGH TEA**

**At Kenai Senior Center Dining Room
361 Senior Court**

ON WEDNESDAY, MAY 15, 2024 at 3:00 p.m.

**PLEASE BRING YOUR FAVORITE FANCY COOKIES TO
SHARE**



Senior Health and Fitness Day

May 29, 2024

at the Kenai Senior Center



Join us for a walk, run, roll, and or dance through old-town Kenai and after visit the Kenai Senior Center for a health information fair. Area vendors will be on hand to share information on healthy aging and available services followed with a healthy lunch.

- Check-in begins at 9am
- Warm-up @ 9:45am
- Walk/Run begins @ 10am
- Vendor Booths from 9am-noon

Lunch:

- 60+ years of age- \$8
(Suggested Donation)
- Under 60 years old- \$16



To Register: visit the KSC Front Desk or call:
(907) 283-4156.



LIBRARY NEWS by Virginia Walters

We have acquired quite an Alaska collection, both fiction and non-fiction. It is on the second shelf, third section. Explore and enjoy.

It's May! The waiting season. Lots of DVDs, puzzles, audio books, and just good old paperbacks available to get you through the next few weeks until you can believe it's spring. Enjoy!



Mother's Day Lunch

Friday, May 10



This will be a very special day to honor our wonderful moms and enjoy a delicious Missy lunch. We may have a fashion show featuring our thrift store finds.

Do you have a photo of your mother you would like to share? Bring it to lunch and a table will be available where it can be placed for everyone's enjoyment.

Tuesday, May 21
1:00 pm

CLEANUP DAY Around the Senior Center & Vintage Pointe



It's that time of year when the snow disappears (finally!) and we get to see what has accumulated over the winter months. We could use your help to get our grounds ready for the summer season. Whether it's pickup up some litter or using a rake, come out and get some exercise too! Sign up on the board if you plan to attend.



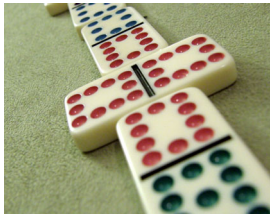
Memorial Day (Observed) Friday, May 24 at 11:30a

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.

**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!



**Calling all Mexican
Dominos Players!**

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

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!

**Kenai Peninsula
Tuesday,
May 14, 2024
1– 2 pm
Computer Lab**



The Kenai Peninsula Family Caregiver Support Program will meet from 1 pm – 2 pm on Tuesday, May 14 in the computer room at the Kenai Senior Center.

Anyone interested in learning more about the services we have to offer are more than welcome to attend. For more information, please contact Dani or Lisa at 907-776-7654.

**Greenhouse Tour in Anchor
Point**

**Friday, May 31 at
1:30p**



Let's take a morning drive to Anchor Point greenhouse and check out what's blooming this Spring. After the greenhouse tour, there will be a no-host lunch at Rosco's in Ninilchik. Please sign up at the front desk if you want to participate.

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



Guess what...May is here and summer is right around the corner!

Our April went very quickly. The March for Meals 2024 event was held the first week of April and was very successful. There was a large crowd and all had a good time.

The No-Host Dinner was held at Roscoe's in Ninilchik. Some of the group took a side trip around the area.

"Grow With Me," with Steve Latz is back every Tuesday. Steve talks plant-growing with people and offers advice with growing vegetables and flowers.

The Center's 2024 Client Survey is available for everyone to fill out. Please take a few minutes to fill one out.

Don't forget Waffle Fridays on the last Friday of the month from 8-10:00 a.m.

Have a happy on-coming summer! *Velda*

What's Your Story?

Got a story or a poem you want to share? Everyone has a story and some of you are even poets. Well we are looking for you to be bold and share your story. Any contribution to add to our Fundraiser project. We are calling it our "Kaleidoscope Project" Your stories can be as fun to read with a "Kaleidoscope" of topics and as colorful as the toy we used to play with. Please keep them to 1000 words and they can be poems, short stories, or songs. Pictures are also welcome. If you need help writing your story, that can be arranged. You may turn your stories into the front desk at the senior center, or send them by email to Senior@kenai.city.

You may contact Virginia Walters or any other member of the KSC Writers group. Better yet, come visit us on Wednesdays at 1pm in the Computer Room.

Kenai Senior Center 2024 Client Satisfaction Survey

Each year the Kenai Senior Center (KSC) seeks client input to help shape the services provided by the Center. The State of Alaska and other entities require the KSC to provide these findings when applying for program funding. **Please do not leave any questions blank** or the survey results will not be able to be accurately analyzed. All information gathered is kept confidential.

Please check all programs/activities that you have participated in this year:

<input type="checkbox"/>	Arts/Crafts	<input type="checkbox"/>	Classes/Workshops	<input type="checkbox"/>	Health/Fitness
<input type="checkbox"/>	Congregate Meals	<input type="checkbox"/>	Events	<input type="checkbox"/>	Entertainment
<input type="checkbox"/>	Home-Delivered Meals	<input type="checkbox"/>	Trips	<input type="checkbox"/>	Volunteer Opportunities
<input type="checkbox"/>	Transportation	<input type="checkbox"/>	Medicare Counseling	<input type="checkbox"/>	Information and Assistance

What year were you born? _____

1. Are you a registered member of the Kenai Senior Center?

Yes

No*

*If no, have you been provided information on how to become a member?

Yes

No

2. Upon arrival at the Kenai Senior Center have you been assisted by the front desk receptionist?

Yes*

No

*If yes, were all of your questions answered?

Yes

No

3. Are you aware of all of the program opportunities held at the Kenai Senior Center?

Yes

No

4. Are you interested in volunteering opportunities?

Yes

No

Already a center volunteer

5. How often do you eat lunch at the KSC?

4+ times per week

1-3 times per week

Occasionally

Never

No Answer

Kenai Senior Center 2024 Client Satisfaction Survey

6. How often do you receive Home-Delivered Meals?

- 4+ times per week
- 1-3 times per week
- Occasionally
- Never
- No Answer

7. Please rate the quality of meals you received:

- Excellent
- Good
- Fair
- Poor

8. What is your favorite meal served? _____

9. Do you use KSC Transportation services and if so, how often?

- 4+ times per week
- 1-3 times per week
- Occasionally
- Never
- No Answer

10. Do you feel that all KSC staff have your safety as their main priority?

- All of the time
- Some of the time
- Most of the time
- None of the time

11. Are the KSC vehicles and facility always clean?

- All of the time
- Some of the time
- Most of the time
- None of the time

12. Do you feel that services provided by the KSC help maintain or increase quality of life and the ability to age in place?

- All of the time
- Some of the time
- Most of the time
- None of the time

13. How would you rate your overall quality of services received from the KSC?

- Excellent
- Good
- Fair
- Poor

Kenai Senior Center 2024 Client Satisfaction Survey

14. What activities do you enjoy participating in at the KSC?

15. What activities would you like to see provided at the KSC?

16. Do you have any cost saving ideas for the Center?

17. Comments:

**Please return your survey to the front desk.
Thank you – We value your input!**

<https://www.surveymonkey.com/r/8T8NVCD>



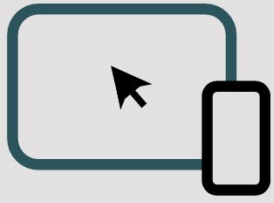


Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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 2024 \$5 CLUB

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



Intro to Google Tools @Kenai Senior Center

Thursday
May 16th
1:00pm

In this workshop, learn how to use Google's free web-based applications for creating documents, spreadsheets, presentations, and more. We'll go over the basics and assist with any questions you might have.



Computer Lab Open Times

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

Monday—8-11 am & After 12:00 pm

Tuesday—After 11:30 am

***Thursday—All Day**

***Friday—All Day**

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



Genealogy Workshop

Need help breaking down that brick wall, or maybe you need help organizing your research? Perhaps you are interested in learning how to get started tracking your family history? Cheryl Hamann can help! Please join her at 1:00p on Friday, May 24 in the computer room.



FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received _____ Received by _____

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

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

~Thank you for your help!

Name _____
First Middle Last

Mailing Address _____

City _____ State _____ Zip _____

Physical Address _____

City _____ State _____ Zip _____

Date of Birth _____ Home Phone _____ Cell Phone _____

Kenai Senior Center Donation Form

Helping People Age With Dignity

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

Please make checks to Kenai Senior Center:

Please make checks to Kenai Senior Connection

- 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.)

- \$5 Club
 - monthly - \$5 yearly - \$60
- Memorial Donation
- Kenai Senior Endowment Fund

Email Address: _____

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.

MAY 2024 MENU

If you would like to order a meal for pick-up, please call 283-4156 by 10:30am for same-day pick up.

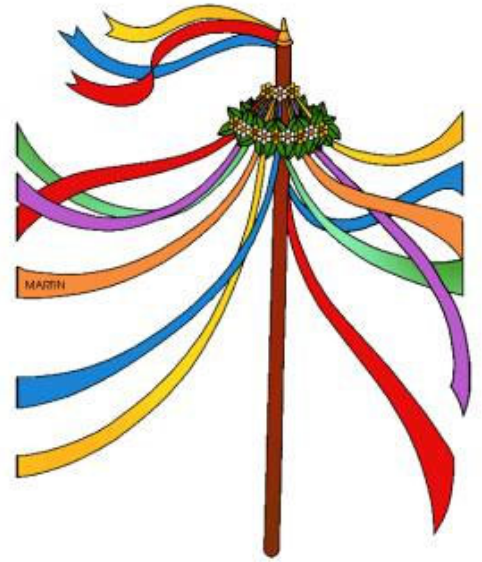
Menu is subject to change

Soup and Salad when available

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Stroganoff Butter-Roasted Yams Salad	2 Jumbo Cheese Ravioli w/Italian Sausage, Mushrooms & Spinach Italian Veggies Garlic Bread	3 Chicken Canelloni Roasted Sweet Potato & Black Bean Salad Whole Wheat Rolls 
6 Ham & Bean Soup Broccoli Salad w/ Red Grapes Jalapeno Cornbread	7 Chef Salad Watermelon Bran Muffin Salad 	8 Biscuits & Gravy Sausage Links Roasted Potatoes Scrambled Eggs	9 Teriyaki Chicken Roasted Mushrooms Rice Pilaf Soup	10 Stuffed Shrimp Twice-Bake Potato Red Pepper/ Asparagus Medley Strawberry Crepes
13 Clam Chowder Seafood Pasta Salad Mellon Muffin	14 Fried Chicken Mashed Potatoes Gravy Yellow Squash Salad	15 BBQ Ribs Cowboy Beans Peas & Corn Salad <u>Birthday Cake</u>	16 Beef Enchiladas Cilantro-Lime Corn Spanish Rice Soup	17 Hot Ham, Swiss & Bacon Sandwich Tater Puffs Cucumber Salad
20 Baked Potato w/ Fixings Broccoli Spears Soup 	21 Fry-Bread Tacos Mexi-Corn Spanish Rice Chips & Salsa Salad	22 Spaghetti w/ Meatballs Italian Veggies Garlic Bread Salad	23 Sweet & Sour Chicken Stir-Fry Veggies Fried Rice Egg Roll Soup	24 Roast Beef Mashed Potatoes Gravy Zucchini Medley
27 <u>MEMORIAL DAY</u> <u>CENTER CLOSED</u>	28 Honey-BBQ Chicken Legs Mac & Cheese Broccoli Spears Salad	29 Thai Chicken Salad w/Peanut Dressing Fruit Cup Bran Muffin Soup 	30 Creamy Garlic Butter Shrimp Piccata Mixed Veggies Garlic Bread Soup	31 Cheeseburgers French Fries Apple Coleslaw

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

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

**Find us on
Facebook**



PLEASE
PLACE
STAMP
HERE