

The Centerline

Know your Neighbor: Kari Mohn, A Life of Service

By: Gaye LaRane

Kari Mohn leads a life of service that involves every part of the human condition. She leads hikes, picks up trash, runs the kitchen at the Kenai United Methodist Church pantry, and volunteers at the hospital. Recently she took over the Kenai Senior Center library and keeps the Bluff Overlook book kiosk stocked. If that's not enough she serves waffles once a month on Waffle Friday at the senior center. I asked Kari what motivated her to give so much of herself to her community and her answer surprised me.

"My dad believed that when there's work to be done, we need to step up and help," she said. "He would say Kari, don't just sit there, make yourself useful." Making herself useful has guided her life, not just in her professional career, but in continued service to her community.

For example, May begins Kari's Thursday afternoon group hikes for women. Four to six women usually are part of the group and there is no cost to participate. Most of the hikers use trekking sticks for balance.

Kari said that she used to hike longer and more difficult distances, but as she aged she was diagnosed with osteoporosis and began to fall, so she now leads the shorter hikes. She said that the criteria is simple. "We leave our men, our children, our pets, our guns and our complaints at home."

Kari credits her love of the outdoors and her organizational ability to her father. "I learned from my dad how to make all necessary arrangements, from trip sheets, where to meet, what to bring, and time of departure and return," she said. "And so, when I lead hikes, I create trip sheets including information down to the last detail. Everything is listed on the trip sheets. That was from my dad."

Besides organized hiking, Kari enjoys keeping the outdoors clean. "I like picking up trash. I hate to see it number one, so I just want to get it picked up," she said. "And to me, it's very satisfying, because once it's picked up, it's done. It's not like having to make a bed over and over and over again. It's very satisfying."



Special Points of Interest

- Movie Afternoon—Argyle—May 1
- Mother's Luncheon Luncheon—May 9
- No Host Dinner— Rocky's Cafe— May 13
- Birthday Lunch—May 21

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

MAY 2025

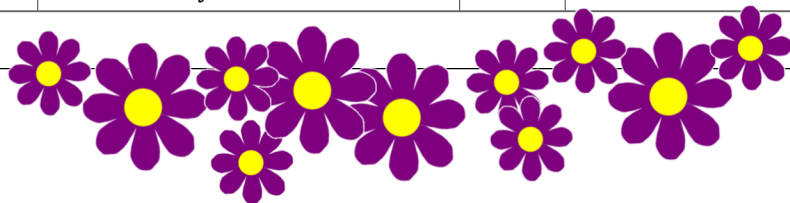
Monday	Tuesday	Wednesday	Thursday	Friday
			1 9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 3p—Movie Afternoon: Argyle	2 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
5 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers 	6 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1:30p—National Teacher Day	7 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Mexican Dominos 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group/ Family Caregiver Support Group	8 9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 3p—Council on Aging 5p—Cribbage 6:30p—Acoustic Jam	9 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11:30a— Mother’s Day Luncheon 1p—Wii Bowling 1-4:30p—Bridge
12 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	13 9a– Chair Yoga 10a—Tai Chi 10a—TOPS 11a—PCHS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 5:00p—No Host Dinner/ Rocky’s Cafe	14 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 1p—Card Making w/ Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together 3p—High Tea Party	15 9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	16 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
19 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	20 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	21 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH/ Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting/ 2-3:30p Stronger Together	22 9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH/ 1p—Clean Up Day 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	23 9a—Growing Strong 9:30a-12p—Quilting 10a—Senior Connection 10a—Growing Strong 11:30a—LUNCH/ Memorial Day Gala CHOIR CONCERT 1p—Wii Bowling 1-4:30p—Bridge
26  CENTER CLOSED	27 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	28 9a—Senior Health & 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	29 9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	30 8-10 WAFFLES 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 10:30a—Greenhouse Tour in Anchor Point & No Host Dinner Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge



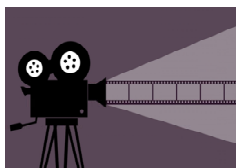
Happy Birthday!



Day	Name	Day	Name		
1	Mary Jane Lewis	14	Dani Kebschull	25	Glenn Clifford
3	Larry Burcham	16	June Harris	25	Deaphon Alexia
5	Audrey Little	16	Geraldeen Meeks	25	James Uno
5	Lois Nelson	16	Gwen Klawunder	26	Janyne Craig
6	Ruth Osborne	17	Franz Plagge	27	Rosemary Anowlic
7	David Thompson	17	Marilyn Knutson	27	LeAnn Uno
9	John Williams	19	Mary-Jean Ivy	29	Sheila Phillips Steiner
9	Shirie Drath	20	Stephen Smith	29	Rick Epling
10	Gwen Urciuoli	21	Jennifer Paramore	29	Lawrence Semmens
11	Terry Cramer	22	Jeannine Hunt	29	Tona Bravo
11	Yookyung Um	23	Patricia Bravo	30	Rachael Craig
12	Yen-ti Verg-in	23	Rudy Villegas	30	Debra Thomas
13	Deborah Meyers	24	Robert Hollis	30	Ralph Wellborn
				31	Janice Bobek



Thursday Afternoon Movie May 1, 2025 at 3:00p.m.



Now showing: Argylle

Reclusive author Elly Conway writes best-selling espionage novels about a secret agent named Argylle who's on a mission to unravel a global spy syndicate. However, when the plots of her books start to mirror the covert actions of a real-life spy organization, the line between fiction and reality begin to blur.

NO-HOST DINNER

Rocky's Cafe

Tuesday, May 13, 2025

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at Rocky's Cafe in Kasilof.

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

Thursday, May 1	Movie Afternoon: Argyll	3:00 pm
Wednesday, May 7	Social Security	9a–Noon
Monday, May 9	Mother's Day Luncheon Please sign up to reserve your seat	11:30 am
Tuesday, May 13	"No Host" Dinner/ Rocky's Cafe	5:00 pm
Wednesday, May 14	Card Marking with Kimberly	1:00 pm
	High Tea Party	3:00 pm
Wednesday, May 21	Social Security	9a—Noon
	Birthday Lunch	Noon
Friday, May 23	Kenai Senior Connection, Inc. Meeting	10:00 am
	Memorial Day Observed Luncheon/Choir Sings	11:30 am
Wednesday, May 28	Senior Health & Fitness Day	9:00 am
Friday, May 30	Waffle Friday	8-10 am
	Greenhouse Tour in Anchor Point & No Host Lunch	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)

Calling all Mexican Dominoes Players!



Interested in playing or learning about Mexican dominoes? Please join us once a month on the first **Wednesday** of the month at 1:00pm in the card 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!



Tuesday, May 6 at 1:30pm

National Teacher Appreciation Day is on the Tuesday during first full week in May as a reminder to show appreciation for teachers everywhere. We are using this National Day to say thank you to all teachers for their time and dedication to educate. Please come join us on Tuesday, May 6 to talk to other retired teachers. Cookies and punch will be provide for this gathering.

**Kenai Peninsula
Wednesday,
May 7 from 2:00p-3:30p**



The Kenai Peninsula Family Caregiver Support Program will meet at 2:00 pm on Wednesday, May 7 in the dining room at the Kenai Senior Center w/ the "Stronger Together" Group.

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 Nicole at 907-776-7654.

Card Making with Kim

Wednesday, May 14 at
1:00pm Senior Center
Dining Room



Please Sign up on the bulletin board.

Nikiski Pool Transportation:

Starting Thursdays in February there will be transportation available for both AM and PM sessions at the Nikiski pool. The van will leave the center at 9:30am for the morning session and 1pm for the afternoon session. There is no transportation fee for this service but the individual is responsible for the \$2 admission fee to the pool.





Mother's Day Lunch

Friday, May 9 at 11:30a

This will be a very special day to honor our wonderful moms and enjoy a delicious Missy lunch. We may have a Mother's Day trivia game and prizes.

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.



Thursday, May 22

1:00p

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 23 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.

Greenhouse Tour in Anchor Point

Friday, May 30 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.



LIBRARY NEWS

by Kari Mohn

Look for yellow tabs on books, DVDs, Blu-rays and jig-saw puzzles that are being added in May to the library collection. The green tabs of March will be removed. Most of the items will still be there, just the tabs will be gone. The pink tabs of April will remain until the first of June.

Our library received a large donation of 300 piece jig-saw puzzles with mostly animal themes. There were so many, some were held back until May.

A nice donation of Blu-rays arrived. Blu-rays are housed on the shelves below the TV. Some of these titles also have a DVD inside. Look for the pink tabs to examine the “new to the collection” titles.

We received a substantial donation of history books, mostly World War II. These have been placed in a new “History” section

The library shelves are now aligned. Since most of the oversized jig-saw puzzle boxes were 500 piece, they are now housed above the 500 piece shelf. The sections are now pretty much in alphabetical order starting with “Adventure” and ending with “Western”.



“Grow with Me” with Steve Latz

Interested in learning about all things gardening? Please join us starting Friday, March 21st at 1:00 pm in the dining room to learn more about growing flowers and vegetables from seed. I will introduce you to our grow lights, shelving system, and equipment needed to start plants from seed. I will transition these meetings to the Kenai Library starting April 4th through May 16th. They will be every Friday at 1:00 pm. Our round table will focus on sharing my experiences with growing food for the table and flowers for eye candy. We will discuss your home garden/greenhouse/

high tunnel and suggest options to maximize your return on investment. I will share the successes and failures I have learned from experience. I am not an expert but a lifelong gardener who wants to share my knowledge and encourage you to experiment with your growing operation. Please join me and start growing!





YOU'RE INVITED TO AN

AFTERNOON HIGH TEA

*At Kenai Senior Center Dining Room
361 Senior Court*

ON WEDNESDAY, MAY 14, 2025 at 3:00 p.m.

*PLEASE BRING YOUR FAVORITE FANCY COOKIES TO
SHARE*

Looking for something fun to do?
Enjoy hanging out with others?
The Kenai Senior Center is the
place for you!

- **First Thursday of the Month:** Movie Afternoon
3 PM to 5PM



- **Thursday Fun Night:**
happens every second, third,
and fourth Thursday of the
Month from **5 PM to 9 PM:**
Join us for Bluegrass music,
card games, cribbage, and
more!

Beat the blues and make your
Thursdays something to look
forward to. We
can't wait to see
you there!



Special Senior Walking Hours at the Kenai Rec Center

Looking for a safe, comfortable place to walk,
rain or shine? Starting Tuesday, November 5,
from **8-9 am**, the Rec Center is opening its doors
on **Tuesdays** and **Thursdays** with dedicated
walking hours just for seniors! The cost is \$2.50
per day—includes access to the exercise
machines, sauna, and showers after walking
time! Enjoy a peaceful, climate-controlled space
for walking, then stay to unwind and make the
most of their other amenities. It's a great way to
stay active, meet friends, and
enjoy the whole Rec Center
experience during these wintery
days. No need to register—just
drop in!



Tell Us Your Story!

In February, legislators returned to Juneau to begin the
next session. This was also when providers of senior
services traveled to the capital to advocate for the
funding that supports the meals, transportation, and
activities you enjoy.



We need your help to ensure your voice is heard! Please write a letter or
short note about how you've personally benefited from services like home-
delivered or congregate meals, transportation, or the activities offered at
the center.

Not much of a writer? No problem! Give us a call, and we'll gladly share
your story on your behalf.

Your stories make a difference—they show lawmakers the impact of these
services and why continued funding is essential. Thank you for sharing
and helping us advocate for the programs you value!



Correcting the Record About Social Security Direct Deposit and Telephone Services

Recent reports in the media that Social Security plans to eliminate telephone services are inaccurate. SSA is increasing its protection for America's seniors and other beneficiaries by eliminating the risk of fraud associated with changing bank account information by telephone.

SSA continuously investigates and analyzes potential threats to strengthen and secure our programs and protect people who receive benefits. Approximately 40 percent of Social Security direct deposit fraud is associated with someone calling SSA to change direct deposit bank information. SSA's current protocol of simply asking identifying questions by telephone is no longer enough to prevent fraud.

If someone needs to change their bank account information on SSA's record, they will need to either:

- Use two-factor authentication with SSA's "my Social Security" service; or
 - Visit a local Social Security office to prove their identity.
- These methods align with most major banks.

All other SSA telephone services remain unchanged.

Social Security Strengthens Identity Proofing Requirements and Expedites Direct Deposit Changes to One Day

The Social Security Administration (SSA) is taking proactive steps to enhance the security of its services by implementing stronger identity verification procedures. The updated measures will further safeguard Social Security records and benefits against fraudulent activity. Over the next two weeks, SSA will carefully transition to stronger identity proofing procedures for both benefit claims and direct deposit changes. Individuals seeking these services who cannot use their personal my Social Security account, which requires online identity proofing, will then need to visit a local Social Security office to prove their identity in person. At the same time, the agency will expedite processing all direct deposit change requests – both in person and online – to one business day. Prior to this change, online direct deposit changes were held for 30 days.

The agency's two-week transition plan includes training frontline employees and management about the new policy and careful monitoring of policy compliance. At the conclusion of the transition period, on March 31, 2025, SSA will enforce online digital identity proofing and in-person identity proofing. SSA will permit individuals who do not or cannot use the agency's online my Social Security services to start their claim for benefits on the telephone. However, the claim cannot be completed until the individual's identity is verified in person. The agency therefore recommends calling to request an in-person appointment to begin and complete the claim in one interaction. Individuals with and without an appointment will need to prove identity before starting a transaction. Individuals who do not or cannot use the agency's online my Social Security services to change their direct deposit information, can visit a local office to process the change or can call 1-800-772-1213 to schedule an in-person appointment.

SSA recently required nearly all agency employees, including frontline employees in all offices throughout the country, to work in the office five days a week. This change ensures maximum staffing is available to support the stronger in-person identity proofing requirement.

People who do not already have a "my Social Security" account can create one at www.ssa.gov/myaccount/.

Information taken from blog.ssa.gov

Widows/Widowers



Meet Mondays at 2pm

Come share your grief with others

Kenai Senior Center Atrium

Its your story for you to share and we are here
to support you

Calling all Ping Pong players!!

We need people who would like to play ping pong. No experience necessary. If you are unable to stand or would rather sit, you can use a chair or wheelchair. Paddles, ping pong balls and net(s) will be available to use.

Please contact Pam at pdowning@cruzio.com and let her know what times and days you would be able to play or contact Kayla with that information. And if there are a few people who want to play, we will let you know and finalize a time and date to play.



May the paddle be with you....



Colors

Just as the caterpillar
Becomes the butterfly
So does Alaska's spring emerge
From winters blanket of white
Only first comes the cocoon stage
A period of brown and gray
But just as a butterfly
emerges
It proves that Spring is
on the way



- Unless purchasing a large amount for transportation or lunch tickets, we cannot break a bill over \$20.
- You are welcome to take home leftovers from your meal, but please bring your own container.
- Coffee bar and bakery dollar donations are much appreciated. Thank you for your generosity. Items from the bread table are limited to just one per person daily.

We appreciate your understanding.



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 2025 \$5 CLUB			
Juanita Aguilar	Omer Goodman	Carol Louthan	Gayle Ross
Ken Ayers	Bill Graves	Mike Louthan	Richard Ross
Kris Ayers	Luna Graves	Paula Maier	Gladys Routh
Carol & Duane Bannock	Jeffrey & Monica Griffin	Marge Milewski	Julia Selanoff
Patricia Bravo	Darrell Hagen	James Miller	Marcia Shea
Larry Burcham	Lee & Phyllis Hallstead	Kari Mohn	Lavona Smith
Renee Clifford	June Harris	Twyla Mundy	Bill Starnes
Jewell Coverstone	Kathy Heus	Wayne Mundy	Sondra Starnes
Rachael Craig	Joe Huard	Jerry Nassen	Vivian Terry
Walt Craig	Bobbie Jedlicki	Bill Nelson	June Truelove
Terri Cramer	Ginger Kaona	Lois Nelson	Terry Turner
Elmer Curtis	Fran Kilfoyle	Marian Nickelson	Ray Verg-in
Michele DeMilta	Henry Knackstedt	Ray Nickelson	Yen-ti Verg-in
Deborah DeShong-Hayes	Mel Krogseng	Susan Olson	Beverly & Don Waldrop
Dorothy Diamond	Anita Kwan	Katie Pault	Frosty Walters
Pamela Downing	Gaye Larane	Bob Peters	Virginia Walters
Barbara Durnil	William LaTocha	Robert Peterson	Marie Weller
Robin Feltman	Xiaopei LaTocha	Judith Pock	John White
Carol Freas	Susan Lockwood	Carol Prior	Janice Wilsack
Velda Geller	Chris Lombard	Biz Robbins	Clayton Yoncher
Margaret Goggia	Jennifer Lombard	Geraldine Roberson	



Summer Hiatus

May, June and July

Tech Classes with Elizabeth of the Kenai Community Library are on hiatus for the months of May, June and July while the Summer Reading Program is in full swing. If you have tech questions Elizabeth has Tech Time on Tuesdays from 11:00am to 1:00pm at the Kenai Community Library. Please call 907-283-4378 to set up an appointment.



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.



Waffle Bar Returns!

We will be offering waffles on **The Last Friday of the month** from 8-10:00 am. Come in for coffee, juice, and a hot waffle for just \$3. You may bring your own goodies to add to your waffle. No need to sign up. Just show up and enjoy this special treat.



One trip, however, did not go quite as Kari had planned. The hiking group was picking up trash south of Soldotna on the road to Homer. There was a marsh on the right side of the road where high winds had scattered trash all over the place.

"I was out there picking up the blown stuff there with my breakup boots on," she said, "and I took one step too far and reached too far. I got stuck. I couldn't get my boot out of the mud."

She said that she called to the other hikers, but they couldn't hear her. She waved her arms frantically at the passing cars but all they did was wave back. No one paid any attention.

Finally, an employee of a snow machine and ATV business came out their side door and heard her when she yelled, "help!" She pointed down at her feet and loudly yelled "help, I'm stuck!"

The man nodded, yelled that he'd be right back and went back inside the building. Kari said that when he came back out, he had a rope, a pallet and another man. She said that they knew what to do. They laid down the pallet, threw her the rope and pulled her out of the muddy marsh.

When Kari asked him how he felt about being her knight in shining armor he said, "I'm just glad we got you out."

Another place where Kari found she could step up and do something is the Kenai United Methodist Church where she's been a member since 1968. She said that when they needed more volunteers for the food pantry she thought, "I can do this." She is now in charge of the kitchen.

The food pantry has been a ministry of the Kenai United Methodist Church for over twenty years. Although they don't have a commercial kitchen the pantry does reheat foods that are prepared in commercial kitchens.

"We're fortunate that we receive soup from Odie's Deli in Soldotna," said Kari. "On Wednesdays I go to Odie's and pick up three flavors of soup that they donate to our pantry. On Mondays we serve people who want to eat in. We serve on a table with tablecloth and real silverware. For takeouts we provide soup in paper cups with plastic lids, napkins and plastic spoons. In addition to the soup, we serve rolls, fruit, and packaged snacks that we get from the Food Bank or donations."

Kari is enthusiastic about her work at the food pantry. "First, it's very successful and I like to work with things that are succeeding," she said. "It has some very hard-working people that work there, and I enjoy my colleagues. Also, I see the need. there's a definite need in our area for food. And I like helping, I like finding a need and making myself useful."

Last week the food pantry served 42 bowls of soup.

"In addition," said Kari, "once a month we provide individuals or families with "sacks of food," that include items like canned meats, boxed macaroni and cheese, spaghetti and spaghetti sauce, and peanut butter. We also offer frozen meat, frozen fish, and staples like sugar, flour or rice, and offer jars of pickles, and produce when available.

The Kenai United Methodist Church also has free books available to all the food pantry patrons and anyone else in the church. When children come to the food pantry she always ask the parents if she can give them a book. Once a little girl asked if she could have a book for her older sister and Kari replied, "of course."

Kari makes herself useful in a food-related, but purely fun way. She serves waffles on the last Friday of each month at the Kenai Senior Center.



The Kenai Senior Center provides yet another way for Kari to be useful and serve the community. She recently took over the Kenai Senior Center library. "This library is a browsing library with paperback books," she said. "Genres include romance, mystery, adventure, science fiction, and Alaskana. The science fiction section is being expanded because of the genre's popularity. There is a DVD section which is very popular, and under the television there is a blu-ray collection.

Kari has been involved with libraries since the beginning of her working career. She says that shortly after becoming single again and with two children to support, she worked for both the Kenai law library and the Kenai School District, organizing and setting up the libraries. After earning her master's degree in library science from the University of Oregon, she went to work full time for the Kenai School District, and for over twenty years helped open libraries in new schools, a total of thirty-two before she retired.

Kari tells of a humorous event when Sky View High School opened. School district librarians were helping to unpack and organize all the books. "The books were stacked high on tables," she said. "When an earthquake happened, did the librarians dive under the tables? No, they dove for the books to keep the books from falling off the tables."

Kari also helped stock the Give a Book, Take a Book kiosks in Kenai city parks. She continues stocking books for the Bluff Overlook kiosk next door to the Kenai Senior Center.

Kari also serves the community by volunteering at the hospital. She works the welcome desk in the River Tower, greeting people and answering questions in a welcoming and supportive manner. "It can be stressful to see a doctor and we try to make people as comfortable as possible," she said.

At 83 years old, Kari Mohn continues to answer the challenge that her father issued when she was a child. When there's a need, she never just sits there. She rises up and makes herself useful.



Anchorage Bowl Chamber Orchestra

11th Annual Kenai Peninsula Tour

Sunday, June 1, 2025 at 2:00pm

KENAI SENIOR CENTER

FREE AND OPEN TO THE PUBLIC

Senior Health and Fitness Day

May 28, 2025

at the Kenai Senior Center



Join us to walk, run, or roll through old-town Kenai, followed by a health information fair at the Kenai Senior Center. 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.





Mother's Day



Word Scramble

1. SMOEMERI _____
2. EWSTE _____
3. RADC _____
4. IDNK _____
5. EPASCLI _____
6. GUSH _____
7. FSIGT _____
8. EOLV _____
9. OTSHEMR ADY _____
10. ORSLWFE _____
11. SESKSI _____
12. LNHDCRIE _____
13. TECOLOHCA _____
14. YANCD _____
15. GRACNI _____





FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received _____ Received by _____

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

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

~Thank you for your help!

Name _____
First Middle Last

Mailing Address _____

City _____ State _____ Zip _____

Physical Address _____

City _____ State _____ Zip _____

Date of Birth _____ Home Phone _____ Cell Phone _____

Kenai Senior Center Donation Form

Helping People Age With Dignity

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

Please make checks to Kenai Senior Center:

- ☐ Congregate Meal Program
- ☐ Transportation Services
- ☐ Home Delivered Meal Program
- ☐ Newsletter Mailing (\$10, Jan—Dec)
- ☐ Newsletter E-Mailing (Free of charge)
- ☐ Senior Activities (line dancing, exercise, road trips, etc.)

Email Address: _____

Name _____ Address _____

Please make checks to Kenai Senior Connection

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

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 2025 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 Veggie Soup Turkey-on-Croissant Pasta Salad Salad	29 Thai Crunch Chicken Salad w/ Peanut Dressing Fruit Cup Muffin 	30 Biscuits n/Gravy Roasted Potatoes Sausage Links Scrambled Eggs	1 Sweet n' Sour Chicken Sir-Fry Veggies Jasmine Rice Egg Roll	2 Orange Salmon Rice Fresh Fruit House Rolls 
5 Beef Enchilada Mexi-Rice Cilantro Lime Corn Salsa & Chips	6 Fried Chicken Mashed Potatoes Gravy Veggie Medley Salad	7 Beef Stew Peaches & Cottage Cheese House Salad Rolls	8 Spaghetti & Meatballs Italian Veggies Garlic Bread Soup	9 Cranberry Chicken Cordon Bleu Roasted Baby Potatoes Asparagus Strawberry Crepes
12 Clam Chowder Seafood Pasta Mellon Muffin	13 Blueberry Pecan Chicken Salad with Blueberry Vinaigrette Fruit Cup Muffin 	14 Chili Dogs Tater Puffs Carrot Salad	15 Swedish Meatballs Egg Noodles Pickled Beets Soup	16 Ham & Swiss on Croissant Pasta Salad Parmesan Fries
19 Lasagna Roll-Ups Italian Veggies Garlic Bread Soup	20 Chicken Chow Mein Stir-Fry Veggies Egg Roll Salad 	21 Roast Turkey Mashed Potatoes Gravy Stuffing Squash Medley Salad Birthday Cake	22 Raspberry Chipotle Chicken Salad Fruit Cup Muffin Ice Cream Bars Soup	23 BBQ Ribs Buttered Corn Cowboy Beans Root Beer Floats
26 MEMORIAL DAY CENTER CLOSED	27 Chef Salad Fruit Cup Muffin 	28 Veggie Soup Turkey on Rye Fresh Fruit Pistachio Fluff	29 Baked Chicken Mashed Potatoes Gravy Green Beans Soup	30 Sloppy Joes Steak Fries Cucumber Salad



Yet another March for Meals fundraiser (our 16th year of supporting this vital need to assure ‘no senior goes hungry’) is “in the books”, but the work isn’t over; now comes a very important next step: Thanking the many volunteers and contributors that contributed to the success of this project. The list is long and thanking everyone involved is a next-to-impossible prospect, and will be addressed in several different ways. In this short letter, we plan on focusing on the many local businesses that contribute to this effort.

To you, local businesses, we realize that you receive many solicitations for contributions, and having to choose from the plethora of worthy causes can be a daunting challenge. So, in support of those that chose March for Meals through the Kenai Senior Center, we want to do our little part in paying back to you what we can to thank you for paying forward with your donations.

What can we do in this regard? It’s simple, really. I call on you, everyone reading this communication, every person that benefited, everyone who has a friend or family member that benefited, even us that will or may someday in the future benefit from these benefactors to both thank and patronize these local supporters. Just as they have the discretion to pick and choose what programs and organizations they support, we as consumers have that same discretion when it comes to where we shop. So please remember to make a point of choosing from this list when that time comes. Thank them, tell them how important their support is to you, and support them in the same way that they have supported you and yours. *Jerry Nassen, Vice-President, Kenai Senior Connection, Inc. & Kathy Romain, Director, Kenai Senior Center*

BUSINESS DONORS

49 North Alaskan Adventures
Alaska Driving Academy
Alaska Scrap & Recycling
Altman Rogers
Antiques & Things
Alyeska Tire
Beachman Fisheries
Big Dog Custom 4x4 & Auto Repair
Bobbie Behrens, MD
Carla’s North Road Café
Dan’s TV & Appliance
Denali Family Dentistry
Doyle’s Fuel Service

Duke’s Transmission Auto
Echo Lake Meats
Ellis Automotive
Floors Unlimited
First National Bank of Alaska
Froso’s Family Dining
Ginger’s Restaurant
GLM Energy Services
Happy Buddha Imports
Jenwar Towing & Recovery
Jimmie Jack Fishing
JMJ Tax Relief
Jumpin’ Junction
Kaladi Brothers
Kasilof Mercantile/Rocky’s Café

Kenai Peninsula Charr
Louie’s Restaurant
M&J Plumbing
Maggie’s General Store
Martha’s Cocina
Matheson Tri-Gas
Mattress Ranch
McDonald’s Kenai
Molloy Schmidt
Mykel’s Restaurant
North Country Fair
Outlaw Body & Paint
Paradisos Restaurant
Paws-itively Pampered Grooming
Peninsula Bishops Attic

(con’t next page)

(Business List Thank you– Con't)

Peterkin Distributors
Pit Stop Garage
Playa Azul
Pollard E-Line Services
Preferred Plumbing & Heating
Pro Seal Services
R & R Motive
Riverside Wrenching

Salamatof Native Association
Save-U-More
Six States Distributors
Spenard Builders Supply
Sweeney's Clothing
TOPS AK 0189
The Best Shop/Transit Mix
The Annex Gunstore
The Duck Inn

The Goods
The Kenai Elks Club
The Pet Fort
Todd's Garage
Tommy's Burger Stop
Tundra River Boutique
Walters & Associates Insurance
Weaver Brothers
Whiskey & Roses Ink

The Delectable Desserts for auction were made by:

Charlotte's Black Bottom Pie, Donated by City of Kenai Mayor,
Brian Gabriel

Kenai City Vice Mayor Henry Knackstedt

Kenai City Councilmember Alex Douthit

Kenai City Councilmember Victoria Askin

Kenai City Councilmember, Deborah Sounart

Former City Council Member Glenese Pettey

City of Kenai City Clerk, Shellie Saner

Kenai Peninsula School Board Member, Sarah Douthit

Rocky's Café/Kasilof Mercantile Owner, Junie Steinbeck

FNB Branch Manager, Junie Steinbeck

Kenai Senior Connection, Inc. Board Member, Carol Prior

Kenai Senior Connection, Inc. Board Secretary, Carol Freas

Relay for Life Coordinator, Johna Beech

Duane Bannock's #1 Fan, Carol Bannock

Baker Extraordinaire Robin Feltman

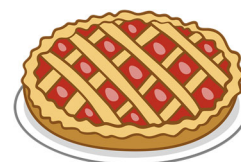
Kenai Senior Connection, Inc. Board Vice-President, Jerry Nassen

The Double Musky Pie, Donated by Kenai Senior Connection, Inc. Board Member, Howard Hill

March4Meals Committee Member, Mercedes Piersee

Kenai Senior Center Chef, Missy Bailey

Kenai Senior Center Assistant Chef, David Weeks



Special thanks also goes to individual donors who gave to March for Meals, Pie Makers for Pie by the Slice, Silent Auction Items, Volunteers, and Kenai Senior Connection Board Members.

The event was a wonderful success thanks to so many hands and hearts. We cannot forget our Auctioneer Extraordinaire #1, DUANE BANNOCK and Auctioneer Extraordinaire #2, CHELSEA CHESS !!

THANK YOU!

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