

# The Centerline

**NOVEMBER 2023**



Generously  
sponsored by:



**Hilcorp Alaska**

**Area Wide**

**Senior Thanksgiving Luncheon**

**Friday, November 17th  
at 12pm**

**Kenai Senior Center**

RSVP at 283-4156 or  
[senior@kenai.city](mailto:senior@kenai.city)

## **Special Points of Interest**

- Movie Night— Nov. 2
- Craft Fair—Nov. 4
- No Host Dinner— Nov. 13
- Cheese Tasting—Nov. 16

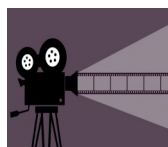
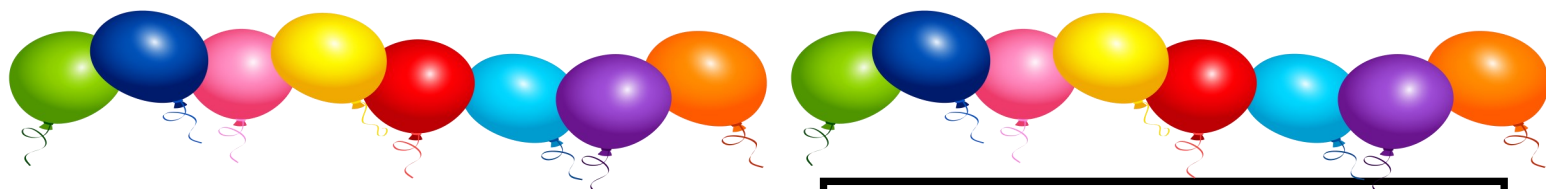
**City of Kenai  
Kenai Senior Center  
361 Senior Ct.  
Kenai, Alaska 99611  
907-283-4156  
[senior@kenai.city](mailto:senior@kenai.city)**

# NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>9a-Noon-Social Security</b> 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	<b>2</b> 9a– Chair Yoga 10a—Tai Chi 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage <b>6:30p— Movie Night:</b> <b>Jumanji: Welcome to the Jungle</b>	<b>3</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 1p—Wii Bowling 1-4:30p—Bridge
<b>6</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p— Bridge 1p—Choir Practice 2p—Ukelele Group	<b>7</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>8</b> 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon— LUNCH <b>1p-Card making w/Kim</b> 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>9</b> 9a– Chair Yoga 10a—Tai Chi 11:30a—Veterans’ Day Observed/VFW Color Guard/ <b>Kenai Civil Air Patrol Cadets</b> 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	<b>10</b> <b>OBSERVED VETERAN’S DAY ON NOVEMBER 11</b> <b>CENTER CLOSED</b> 
<b>13</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p— Bridge 1p—Choir Practice 2p—Ukelele Group <b>5p—No Host Dinner/Siam Noodles and Food</b>	<b>14</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS <b>11:30a-1p Independent LivingCenter</b> Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>15</b> 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—PCHS Resource Table 11a—Noon/Bluegrass Noon—LUNCH/Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>16</b> 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH <b>1p—Cyber Security Class w/ Elizabeth Kleweno</b> 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot <b>1:30p—Cheese Tasting @ Lucy’s Market</b> 5p—Cribbage 6:30p—Bluegrass	<b>17</b> <b>12p—Hilcorp Thanksgiving</b>  <b>All Activities regular canceled</b>  <b>Bridge will be playing in a predetermined location</b>
<b>20</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p— Bridge 1p—Choir Practice 2:00p—Ukelele Group	<b>21</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS <b>11:30 CHOIR CONCERT</b> Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>22</b> 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—PCHS Resource Table 11a—Noon/Bluegrass Noon—LUNCH/Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>23</b> <b>CENTER CLOSED For regular activities</b>  <b>THANKSGIVING POTLUCK—12 pm</b> 	<b>24</b> <b>CENTER CLOSED</b>  <b>Christmas Comes To Kenai</b> 
<b>27</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p— Bridge 1p—Choir Practice 2:00p—Ukelele Group	<b>28</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>29</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge <b>1p—Paint Christmas Ornaments</b> 2p—Ukelele Group	<b>30</b> 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	

# Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Maurice Dorsey	12	Gaye LaRane	20	Randy Leitch
3	Harold Flood	12	Harry Nagasako	20	Walter Craig
4	Elizabeth Robbins	12	Elaine Cessnun	21	Marian Nickelson
7	Donna Hoyt	13	Ozella Williams	22	Hal Smalley
7	Douglas Norris	14	Donald Essex	24	Wayne Boettcher
8	Helen Carlson	14	Sylvia Reynolds	28	Pierce Bassett
8	Anita Kwan	15	Jerry Norris	29	June Truelove
8	Rachel Tamagni	15	Michael Louthan	<b>BIRTHDAY PARTY NOVEMBER 15</b>	
9	Judith Jacobs-Morgan	18	Florence Struempler		
10	BK Kivi	19	Darrell Moore		



## Thursday Evening Movie November 2, 2023 6:30 p.m.

### Now showing: Jumanji: Welcome to the Jungle

Four high school kids discover an old video game console and are drawn into the game's jungle setting, literally becoming the adult avatars they chose. What they discover is that you don't just play Jumanji - you must survive it. To beat the game and return to the real world, they'll have to go on the most dangerous adventure of their lives, discover what Alan Parrish left 20 years ago, and change the way they think about themselves - or they'll be stuck in the game forever.

## NO-HOST DINNER

### Siam Noodles and Food

**Monday, November 13, 2023**

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at **Siam Noodles and Food** 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, November 1	Social Security	9a–Noon
Thursday, November 2	Movie Night: Jumanji: Welcome to the Jungle	6:30 pm
<b>Sunday, November 5</b>	<b>CHANGE YOUR CLOCKS...FALL BACK ONE HOUR!!!</b>	
Wednesday, November 8	Card Making with Kimberly	1:00 pm
Thursday, November 9	Council on Aging Meeting	3:00 pm
<b>Friday, November 10</b>	<b>VETERANS' DAY OBSERVED/CENTER CLOSED</b>	
Tuesday, November 13	"No Host" Dinner /Siam Noodles and Food	5:00 pm
Wednesday, November 15	Social Security	9a–Noon
	Birthday Lunch	11:30 am
Thursday, November 16	Cheese Tasting @ Lucy's Market	1:30 pm
Friday, November 17	AREA WIDE HILCORP SENIOR THANKSGIVING LUNCHEON	
<b>Thursday, November 23 and November 24</b>	<b>THANKSGIVING HOLIDAY/CENTER CLOSED</b>	

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)

## **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***

***Facility Rentals***



# November Transportation Schedule

MON	TUE	WED	THU	FRI
		1	2	3 Regular Transportation
6 Regular Transportation	7 Regular Transportation	8 Regular Transportation	9 Regular Transportation <a href="#">Nikiski Pool</a> <a href="#">Soldotna Route</a>	10 <b>Closed in observance of Veterans Day</b> 
13 Regular Transportation	14 Regular Transportation	15 Regular Transportation	16 Regular Transportation <a href="#">Nikiski Pool</a> <a href="#">Cheese Tasting @ Lucy's Market</a>	17 Regular Transportation
20 Regular Transportation	21 Regular Transportation	22 Regular Transportation	23 <b><u>Closed for the Thanksgiving Holiday</u></b>	24 <b><u>Closed for the Thanksgiving Holiday</u></b>
27 Regular Transportation	28 Regular Transportation	29 Regular Transportation	30 Regular Transportation <a href="#">Nikiski Pool</a> <a href="#">Soldotna Route</a>	1 Regular Transportation

- Regular Transportation- available most days from 9:15am-3:30pm. Call (907) 283-4156 to schedule a ride.
- [Nikiski Pool](#)- available **Thursday mornings**, whether utilizing the pool (\$2 pool fee) or walking the surrounding trails.
- [Soldotna Route](#): available **Thursday afternoons**, van will make stops at Soldotna area businesses like Fred Meyer, Walgreens, JoAnne's, North Country Fair, Peninsula Center Mall, Blazy Mall, and the Kenai Peninsula Food Bank. Must pre-sign up and there is a \$5 fee.



**Sunday, November 5, 2023**  
**TIME CHANGE**



**Cheese Tasting at Lucy's Market**  
**Thursday, November 16 at 1:30 p.m.**

The van will be leaving at 1:30pm. If you are interested in learning and tasting about the different types of cheeses at Lucy's Market, please sign up and pay at the front desk. The tasting is \$5 per person and you will get to taste as many cheeses that are available. The van ride cost is \$7 per person.

**Card Making with Kim**

**Wednesday, November 8 at 1:00pm**

Senior Center Dining Room  
 Please sign up on the bulletin board.



**Thursday, November 9, 2023**



**Veterans' Gala**  
**11:30a-1p,**  
**Dining Room**

In honor of our veterans, there will be a color guard from the VFW 10046 and American Legion Post 20 to recognize the occasion. If you are a veteran or you have a loved one who was/is a veteran, bring a photo of you/them in uniform and we'll proudly display them! **Kenai Civil Air Patrol Cadets** will be serving lunch to add to the celebration.



**Christmas Comes to Kenai**  
**Friday, November 24**

6:00 pm Electric Light Parade

7:30 pm Fireworks!!

Our Seniors provide cookies each year for the Santa and Kids during the day. Cookies are needed, so if you can help out, sign up on the board. We are looking for seniors to ride in one of our vans for the parade! Let's show some community spirit and fill a van!



## Toys For Kids

Christmas is just next month! We are kicking off our "Toys for Kids" November 1! Our goal is to fill a large box with new toys for children who are attending Mountain View Elementary School. The teachers involved in this project tell us there are some children who would not otherwise get anything new for Christmas. The box will be located just inside the library/card room.

## Christmas Food Drive

The Senior Center is requesting your assistance in spreading some Holiday Cheer to our friends and neighbors by sponsoring a Christmas Food Drive. Bring non-perishable items (be sure to check the expiration date) to the Kenai Senior Center anytime between now and Friday, December 15. Items such as small canned soups, veggies, fruit, chili, canned meats, cup of noodle packs and small jars of peanut butter are all helpful items for individuals in need. Kenai Senior Connection, Inc., will be donating funds for fresh fruit to add. The food bags will be delivered during the holiday season.

If you would like to donate toward either the toys or the food drive, but would like someone else to do the shopping for you, let us know, we have shoppers available and ready to do just that!



- 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.**

**Thursday, November 23**

**Thanksgiving Potluck**

**12:00 p.m. Dining Room**

Do you long for a full Thanksgiving without all the mess? Join your neighbors and friends at 12:00 p.m., November 23 for a delicious potluck Thanksgiving Dinner. KSC will provide the turkey, mashed potatoes and gravy.

Bring a dish to share.





## Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

### HAPPY NOVEMBER 2023

October was a little different this year: Instead of snow we had some rain, our temps have been winter along with sunshine, and there's green grass instead of snow. Our indoor Halloween Party went very well and our M4M planning committee has started making plans for next year.

November will be a busy and important time. Our new Doll has arrived for our doll raffle and tickets are ready to be purchased at the front desk of the Senior Center.

Starting November 1<sup>st</sup> we will be preparing for Christmas with a food drive for the needy, and also the Toys for Kids.



On Saturday November 4<sup>th</sup> our annual Vintage, Collectibles and Craft Show will take place at the Kenai Senior Center from 9:00 a.m. to 4:00 p.m..

Thank you (in advance) to all who help prepare the Center for the holidays. - *Velda*



## LIBRARY NEWS by Virginia Walters

When you return library items, or when you have something to donate, please DO NOT put them in the tote or box on top of the file cabinet. Those things are for the taking, and will be donated to another home in time.



Some DVDs have been pulled from the shelf and put on the table for anyone who wants them. Do not return a DVD with the return label scribbled over.

We're almost there! The Christmas puzzles will be out right after Thanksgiving. It's November! Time to think Turkey and pumpkin pie!

**Kenai Senior Connection Inc. Annual**

# **Doll Raffle**

Just in time for Christmas



**Complete with  
22 outfits  
& accessories  
made by  
Fran Kilfoyle**

**Tickets \$1 each or 6/\$5**

**Tickets located at the Kenai Senior Center.  
Drawing to be held on December 18, 2023.**

**All proceeds go to support the Kenai Senior Center**



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

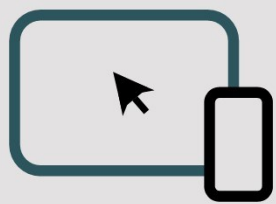
All funds are used to assist with the Senior Center budget and for special needs throughout the year. We thank everyone for your support as we continue to grow and serve the needs of our senior community. Donations may be made on a monthly or year-to-year basis. **We proudly post our \$5 Club members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

### OCTOBER \$5 CLUB

Juanita Aguilar	Luna Graves	Mike Louthan	Sondra Starnes
Robert Arrington	Jeffrey & Monica Griffin	Paula R. Maier	Buck Steiner
Cheryl Arrington	Darrell Hagen	Marge Milewski	Sheila Steiner
Ken Ayers	Karolee Hansen	Lee Moeglein	Deborah Stiers
Kris Ayers	Joel & Laura Henkelsman	Mary Moeglein	Linda Swarner
Carol Barner	Kathy Heus	Kari Mohn	Darlene Tachick
Vera Barrett	Howard Hill	Jerry Nassen	Rachel Tamagni
Steve Best	Kit Hill	Bill Nelson	Vivian Terry
Patricia Bravo	Donna Hoyt	Lois Nelson	Gerda Trent
Larry Burcham	Susan Hurley	Marian Nickelson	John Trent
Glen Clifford	Molly Jackson	Ray Nickelson	June Truelove
Jewell Coverstone	Bobbi Jedlicki	Susan Olson	Terry Turner
Rachael Craig	Linda Jennings	Katie Pault	Ray Verg-in
Walt Craig	Peggy Jones	Robert S. Peterson	Yen-ti Verg-in
Terry Cramer	Leanne King	Carol Prior	Arnold Waggaman
Dave & Allison Darsey	Henry Knackstedt	Biz Robbins	Delores Waggaman
Dorothy Diamond	Gina Kuntzman	Trish Roderick	Beverly & Don Waldrop
Shirie Drath	Anita Kwan	Gladys Routh	Frosty Walters
Robin Feltman	William LaTocha	Marcia Shea	Virginia Walters
Carol Freas	Xiapopei LaTocha	Hal Smalley	Marie Weller
Velda Geller	Hoa Le	Susie Smalley	Ozella Williams
Omer Goodman	Meldie Lee	Barbara Smith	Roy Williams
Bill Graves	Carol Louthan	Steve Smith	Janice Wilsack
		Bill Starnes	Clayton Yoncher







# Cyber Security @ Kenai Senior Center

Thursday  
November 16th  
1:00pm

This class is for anyone who is new to the internet or wants to build more confidence finding information online and navigating websites. Attendees will learn about web browsers and search engines, build skills to navigate the internet, and discover tips and tricks for basic and advanced searching online.



## 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

Cheryl has decided to wait until after the holidays to resume the Genealogy workshop. The next workshop will be in January. Thank you for understanding. Happy Holidays!

**Paint Christmas Ornaments**  
**Wednesday, November 29 at**  
**1:00pm**

Who would like to paint Christmas ornaments to decorate your tree or give them as gifts? If you are interested, please sign up at the front desk. The class cost is \$3.00 and limited to 8 individuals.





FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received \_\_\_\_\_ Received by \_\_\_\_\_

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

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

~Thank you for your help!

Name \_\_\_\_\_  
First Middle Last

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Physical Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

## Kenai Senior Center Donation Form

### *Helping People Age With Dignity*

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

#### **Please make checks to Kenai Senior Center:**

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

Email Address: \_\_\_\_\_

#### **Please make checks to Kenai Senior Connection**

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

Name \_\_\_\_\_ Address \_\_\_\_\_

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

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

**Tuesday, November 14, 2023**

**11:30am—1 pm**

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.

**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 SENIORS CHOIR CONCERT**

**Tuesday, November 21 at 11:30 am**

The October concert was postponed due to sickness. Please join us as celebrate the harvest season!

The choir will be practicing on Mondays throughout November and December for their Christmas concert.

We'd love to have you join us!!

**Hope to see you there!**



**TOPS Challenge**

*By: Jerry Nassen*

Since it was October and fall was in the air, the annual “Pumpkin Everything” craze was in full force. Pumpkin is often (usually) equated with sweets/desserts, think Pumpkin Spice lattes, pumpkin pie, pumpkin cookies, etc. Since one of TOPS’ main credos is ‘healthy eating’, one of our members (Howard Hill) issued the following challenge on October 17th: For next week, everyone bring a recipe (and samples if you wish) using pumpkin, but NOT a dessert. The group enthusiastically accepted, and the research and testing began in earnest.

At the following meeting on October 24th, with 15 members in attendance, we hurried through the normal order of business so the real agenda (getting to the sampling) could get underway. We had pumpkin curry, spicy roasted pumpkin, pumpkin hummus and a roasted pumpkin stuffed with a chicken and bulgar mixture. Recipes for all these dishes were passed out to all members, along with a number of other recipes brought but not sampled.

Thanks again Howard, for a fun, educational and darn right tasty challenge! Yes, we can Take Off Pounds Sensibly, without dessert!







Heart Healthy

# NOVEMBER 2023 MENU

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

*\*Menu is subject to change\***\*Soup and Salad when available\**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ Pulled Pork Sandwich Home Fries Coleslaw Salad	2 Teriyaki Chicken Baked Beans Buttered Corn Cornbread Muffin Soup	3 French Onion Soup Turkey Bacon Swiss w/Spicy Aioli Sandwich Fruit Cup Ice Cream Bars
6 Loaded Baked Potato Broccoli Spears Soup	7 Greek Salad Fruit Cup Muffin 	8 Blueberry Pancakes Sausage Links Roasted Potatoes Scrambled Eggs Salad	9 Roast Beef Mashed Potatoes Gravy Zucchini, Mushroom, Red Pepper Medley Apple Pie Ala Mode	10 <b>VETERANS' DAY OBSERVED</b>  <b>CENTER CLOSED</b>
13 Swedish Meatballs Noodles & Gravy Mixed Veggies Soup	14 Sweet & Sour Pork Stir Fry Veggies Jasmine Rice Egg Roll Salad	15 Veggie Soup Tuna on Rye Fruit Cup <u><b>Birthday Cake</b></u> 	16 Brats & Sauerkraut Macaroni & Cheese Yellow Squash Soup	17 Turkey Mashed Potatoes Gravy/Green Beans Stuffing Jello Salad Cranberry Relish
20 Baked Ham Acorn Squash Green Beans Soup 	21 Fried Chicken Mashed Potatoes Gravy Autumn Veggies Fruit Cup Salad	22 Beef Stew Fall Salad Cheesey Rolls Peaches & Cottage Cheese Salad	23 <b>THANKSGIVING HOLIDAY</b>  <b>CENTER CLOSED</b>	24 <b>THANKSGIVING HOLIDAY</b>  <b>CENTER CLOSED</b>
27 Clam Chowder Seafood Pasta Salad Muffin Fruit Cup	28 Beef Enchiladas Spanish Rice Mexi-Corn Salad	29 BBQ Ribs Cowboy Beans Cheesy Corn Pudding Salad	30 Saucy Chicken Thighs Brown Rice Honey Carrots Soup 	1 Sicilian Meatloaf Noodles & Marinara Sauce Garlic Bread

KENAI SENIOR CENTER'S

# Vintage Collectibles & Craft Show

**Senior Vendors  
Invited!**



SATURDAY, NOVEMBER 4TH ~ 9AM - 5PM

IT'S NEVER TOO SOON TO START YOUR HOLIDAY GIFT SHOPPING!

## Kenai Senior Center

JEWELRY, HANDMADE SOAPS & ESSENTIAL OILS, HOME DECOR, HANDPAINTED SIGNS,  
REFURBISHED FURNITURE & ANTIQUES, 100% SOY CANDLES, PERSONALIZED MUGS,  
SNACK BAR, BAKE SALE WITH DELICIOUS CUPCAKES  
AND BAKED GOODS, COUNTRY STORE AND MUCH MORE!



361 SENIOR COURT, KENAI, AK 99611  
CALL 283-4156 FOR MORE INFORMATION



## Dietary fiber: Essential for a healthy diet

**Eat more fiber.** You've probably heard it before. But do you know why fiber is so good for your health? Dietary fiber — found mainly in fruits, vegetables, whole grains and legumes — is probably best known for its ability to prevent or relieve constipation. But foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer. Fiber is commonly classified as soluble, which dissolves in water, or insoluble, which doesn't dissolve.

- **Soluble fiber.** This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.
- **Insoluble fiber.** This type of fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes, are good sources of insoluble fiber.

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

Good choices include:

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



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

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

Need ideas for adding more fiber to your meals and snacks? See full article at:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>



# UNDERSTANDING Durable Medical Equipment (DME)

Make sure that Medicare will cover it!

## What is DME?

- Durable Medical Equipment or DME includes items like walkers, wheelchairs, self catheter kits, back/knee braces and diabetic testing supplies. DME is equipment used primarily in a person's home.
- Medicare covers many DME items if the proper steps are taken.

## Follow these steps when needing DME:

- **Talk to your doctor first.** If you need DME, you and your doctor can make that decision. Your doctor knows your health needs.
- **A prescription is mandatory.** Your Medicare enrolled doctor will write an order for DME when it is medically necessary for you.
- **Find a Medicare approved supplier.** Only Medicare approved suppliers can bill Medicare. Find a supplier on Medicare.gov or call 1-800-MEDICARE
- **Make sure it fits!** Some DME must be sized so it will work best for you and fit in your home.
- **DME is not free.** DME usually has a copay. Be cautious if someone offers "free" DME items.

**Remember, talk to YOUR doctor first!**  
**If you receive an unsolicited call offering DME products, HANG UP!**

## Help Detect DME Fraud!

4 Things To Be On The Lookout For:



### Over the Phone Diagnoses -

Did you get an unsolicited call asking if you have pain or a medical condition?



### Medicare Summary Notice

- Are there charges for equipment you did not need, never requested, or did not receive?

**FREE**

**Free DME Offer-** Did you receive an offer of DME supplies at no cost to you?



### Requests Personal

**Information** - Did you get a call asking for your Medicare number or banking information?

**If you answer YES to any of the above questions, report the call to the Medicare Information Office!**

**Medicare Information Office**



**Report suspected Medicare Fraud or Scams to the Medicare Information Office!**  
**(800) 478-6065 (Statewide)**  
**(907) 269-3680 (Anchorage)**

**PROTECT** Personal Information | **DETECT** Fraud and Scams | **REPORT** Your Concerns

*This project was supported, in part by grant number 90MPG0067, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.*

# Oct. 15-Dec. 7 is the time to sign up for Medicare prescription drug plans.

Plans change, so compare each year for the best value.

If you have other prescription insurance, you may not need Medicare Part D.

Check with your plan!

## Questions?

Visit [www.medicare.alaska.gov](http://www.medicare.alaska.gov)

### Medicare Information Office



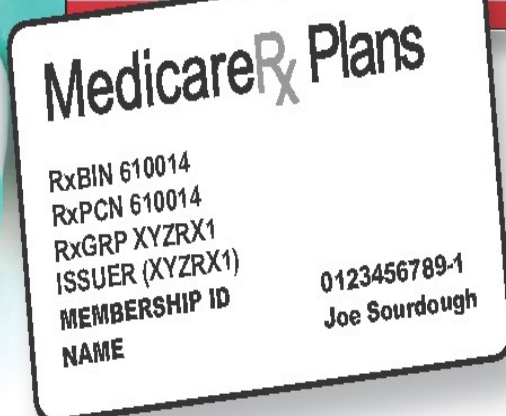
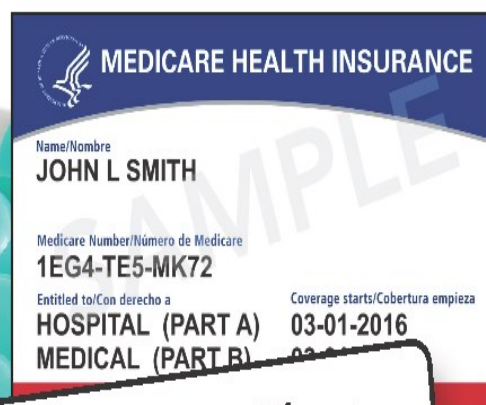
### Medicare Information Office Statewide Helpline

**(800) 478-6065**

or

**(907) 269-3680**

State of Alaska Dept. of Health • Division of Senior & Disabilities Services • Medicare Information Office This project was supported, in part by grant number 2201AKMIAA, 2201AKMISH, 2201AKMIDR, & 90SPAG0082 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.





GIVE  
*Thanks*

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