

The Centerline

OCTOBER 2023



Know your staff ~

Red Piersee

By: Biz Robbins

Are you looking for Red, Kenai Senior Center's Administrative Assistant? Sometimes you can't find her, but she's somewhere around. Figuring out schedules when someone

throws a monkey wrench into the driving schedule. Helping to solve problems. Putting out proverbial fires. Working behind the scenes, she's not always easily visible, but she's around.

Two years ago this month (October) Astrea "Red" Piersee joined the administrative team. She came to us extremely qualified, having served people from birth to end of life at Frontier Community Services for seventeen years. She is on the board of the Aging Disabilities Resource Center, which can be found in every state to help find services for those who need them. She's also a CNA, a CPR instructor, and a transfer instructor. What better place for her than with us seniors???

She says she's inherited her mom's work ethic. She's passed it on to her three daughters as she's found it important to work together, where each person is an integral part of the team.

That's why she feels she's found her place here—

In this building, everything is team oriented," she said.

Red values patience and is an avid listener. No wonder the favorite part of her job is to meet people and hear their stories. And we have many stories for her to hear.

Continued on Page 8

Special Points of Interest

- Movie Night— My Big Fat Greek Wedding 2
- No Host Dinner— Acapulco Mexican Restaurant
- Coffee with Cops/Waffle Friday October 27

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

Kenai Senior Connection, Inc.

is now able to receive donations through the
Alaska Permanent Fund Dividend

Pick. Click. Give.

These donations directly benefit the
Kenai Senior Center meal programs.

Thank You

To those in our community who donated part of
their PFD to Kenai Senior Connection, Inc.

Barbara Schmidt

Betsy Grant

Kari Mohn

Kathy Romain

Anonymous

Find us on
Facebook



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

E-mail: senior@kenai.city

Fax: 907-283-3200

Phone: 907-283-4156

Kenai, Alaska 99611




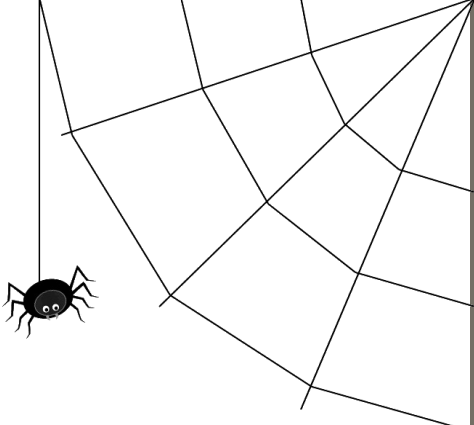
361 Senior Court

Kenai Senior Center

City of Kenai
Kenai Senior Center

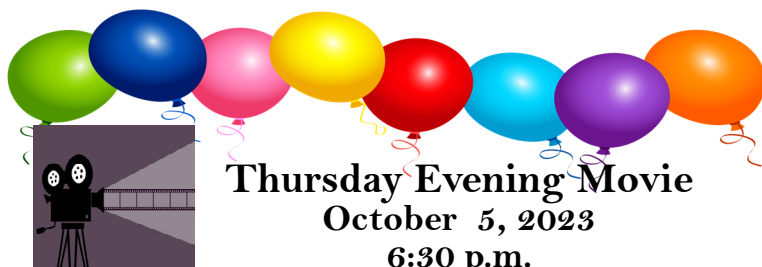
PLEASE
PLACE
STAMP
HERE

OCTOBER 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 2 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p— Bridge 1p—Choir Practice 2p—Ukelele Group | 3 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling VOTING DAY | 4 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 | 5 PFD Day!! 💰 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH/Jim & Elena Entertainment 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p— Movie Night: My Big Fat Greek Wedding 2 | 6 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 1p—Wii Bowling 1p—Craft Bazaar at Catholic Church 1-4:30p—Bridge |
| 9 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p— Bridge 1p—Choir Practice 2p—Ukelele Group | 10 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 5p—No Host Dinner/ Acapulco Mexican Restaurant | 11 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon— LUNCH 1p-Card making w/Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group | 12 9a— Chair Yoga 10a—Tai Chi 10:30a—Teachers’ Reminiscence Morning 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass | 13 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—LUNCH/ 1p—Wii Bowling 1-4:30p—Bridge |
| 16 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p— Bridge 1p—Choir Practice 2p—Ukelele Group | 17 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11:30a-1p Independent Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling | 18 ALASKA DAY <u>CENTER CLOSED</u>  | 19 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Cyber Security Class w/ Elizabeth Kleweno 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass | 20 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11:30p CHOIR CONCERT Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge |
| 23 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p— Bridge 2:00p—Ukelele Group | 24 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling | 25 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—PCHS Resource Table 11a—Noon/Bluegrass Noon—LUNCH/Birthday 1p—Writers’ Group 1p—Pompom Pumpkin Coasters 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group | 26 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass | 27 8-10a Waffle Day/ Coffee with a Cop 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting/ 10a—Growing Strong 10a—Senior Conn. Mtg. 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1:00—Genealogy Workshop w/ Cheryl Hamann 1-4:30p—Bridge |
| 30 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p— Bridge 2:00p—Ukelele Group | 31 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 4-7p—Trick or Treat at the Senior Center!!!  |   | | |

Happy Birthday!

| Day | Name | Day | Name | Day | Name |
|-----|-----------------|-----|-----------------------|-----|---------------------|
| 1 | Gypsy Jolly | 9 | Jon Gifford | 18 | Vickie Herrmann |
| 1 | Linda Tanner | 10 | Stephen Widmer | 19 | Ray Dennis |
| 2 | Carol Louthan | 11 | Terri Wisniewski | 19 | Kari Mohn |
| 3 | Barb Sandahl | 12 | Sherry (Bodin) Jeglum | 20 | Pamela Barrett |
| 3 | Mike Ables | 12 | Jerry Baty | 21 | Marilyn Every |
| 3 | Debra Carpenter | 13 | Laura Favretto | 21 | Jean Taylor |
| 3 | Paul Klaben | 14 | Barbara Valdez | 21 | Sherry Swafford |
| 5 | Carol Baumer | 14 | Babbi Malone | 23 | Deborah Sounart |
| 5 | Wayne Boedecker | 14 | Sammi Strawn | 23 | Teresa Broyles |
| 6 | Suzette Baty | 15 | Sharon Tackett | 25 | Joe Huard |
| 6 | Joy Ward | 15 | George Pierce | 26 | Howard Hill |
| 7 | Sandra Bise | 16 | Jennifer Lombard | 28 | Amy Haunold-Murrell |
| 8 | Robert Peterson | 16 | Katherine Thompson | 30 | Jim Pate |
| 8 | Normandie Hobby | 16 | Sandra Lamb | 31 | Deborah Sonberg |
| 9 | Pamela Strauch | 18 | Genevieve Williamson | 31 | Carol Bannock |



Thursday Evening Movie
October 5, 2023
6:30 p.m.

Now showing: My Big Fat Greek Wedding 2

Parenting and marriage is becoming tougher and tougher for Toula (Nia Vardalos) and her husband Ian. Not only has their relationship lost some of its spark, but they're also dealing with a rebellious teenage daughter who clashes with Greek traditions. On top of that, Toula must contend with aging parents and the endless needs of cousins and friends. When a shocking family secret comes to light, the entire Portokalos clan makes plans to come together for an even bigger wedding than before.

NO-HOST DINNER

Acapulco Mexican Restaurant **Tuesday, October 10, 2023**

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

| | | |
|------------------------------|---|--------------|
| Tuesday, October 3 | ELECTION DAY—CITY/BOROUGH ELECTION | 7a-8p |
| Wednesday, October 4 | Social Security | 9a–Noon |
| Thursday, October 5 | PDF Day!! | All Day |
| | Movie Night: My Big Fat Greek Wedding 2 | 6:30 pm |
| Tuesday, October 10 | “No Host” Dinner /Acapulco Mexican Restaurant | 5:00 pm |
| Wednesday, October 11 | Card Making with Kimberly | 1:00 pm |
| Thursday, October 12 | Council on Aging Work Session | 3:00 pm |
| Wednesday, October 18 | ALASKA DAY/CENTER CLOSED | |
| Thursday, October 19 | Cyber Security w/ Elizabeth Kleweno | 1:00 pm |
| Friday, October 20 | Fall Choir Concert | 11:30 am |
| Wednesday, October 25 | Birthday Lunch | 11:30 am |
| Friday, October 27 | Coffee with a cop/Waffle Friday | 8-10 am |
| | Kenai Senior Connection, Inc. Meeting | 10:00am |
| Tuesday, October 31 | Trick or Treating at the Kenai Senior Center | 4-7 p.m. |

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

October Transportation Schedule 2023

| MON | TUE | WED | THU | FRI |
|------------------------------|------------------------------|------------------------------------|--|------------------------------|
| 2 Regular Transportation | 3 Regular Transportation | 4 Regular Transportation | 5 Regular Transportation Soldotna Route | 6 Regular Transportation |
| 9 Regular Transportation | 10 Regular Transportation | 11 Regular Transportation | 12 Regular Transportation Soldotna Route | 13 Regular Transportation |
| 16 Regular Transportation | 17 Regular Transportation | 18 Closed for Alaska Day | 19 Regular Transportation Nikiski Pool Soldotna Route | 20 Regular Transportation |
| 23 Regular Transportation | 24 Regular Transportation | 25 Regular Transportation | 26 Regular Transportation Nikiski Pool | 27 Regular Transportation |
| 30 Regular Transportation | 31 Regular Transportation | | | |

- Regular Transportation- available most days from 9:15am-3:30pm. Call (907) 283-4156 to schedule a ride.
- **Nikiski Pool**- available some Thursdays, whether utilizing the pool (\$2 pool fee) or walking the surrounding trails.
- **Soldotna Route**: available some Thursdays, 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.



**Friday,
October 6th
Our Lady of Angels
Catholic Church**

Craft Bazaar

We will leave the Center at 1:00 pm and ride to Spruce Street in Kenai to peruse, shop, and visit the Craft Bazaar at the Catholic Church. We'll stop for ho-host coffee and/or dessert after. Sign up with the receptionist. Cost for the ride is \$3.



**Coffee and Waffles
with a Cop
(Waffle Day)**



**Friday, October 27, 2023
From 8-10am**

Here's your chance to have coffee and waffles with a cop. Members of the Kenai Police Department (KPD) who will be joining us for Waffle Day and you will get a chance to chat with them.

Waffles are offered on the last **Friday of every 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.

**DIY Halloween Easy
Pompom Pumpkin
Coasters**

**Wednesday,
October 25, 2023**

1:00pm

It's Halloween time! We are going to make these super adorable pompom coasters. These coasters will add a little holiday festivity to your home. The cost is \$4.00 for 2 coasters, limited to 6 individuals. Please sign up and pay at the receptionist desk.



Tuesday, October 31

4:00pm—7:00pm

TRICK-OR-TREATING

at the Kenai Senior Center

We are inviting area kids and their parents to trick-or-treat here at the Senior Center from 4-7pm. We will provide the candy and the hot chocolate, so get the word out and please come help us! If you have a costume, feel free to share it with us and we will have a ghostly good time! Please sign up on the board to be a host at one of the tables.



Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

October has arrived and the fall chill is in the air. The kids are all back to school, the dads are out moose hunting, and everyone else is getting ready for winter. Halloween will be here soon! Senior Connection is planning their annual Trick or Treat event for the youngsters here at the Kenai Senior Center in the dining room from 4pm until 7pm on Halloween evening, Tuesday, October 31, 2023.



We will have tables set up for Trick or Treating. The balloon clown will be here with lots of fun balloons. So get dressed up bring your moms and dads, grandparents, and friends, we will have the coffee pot on. Hope to see you here!

Remember to get that jacket on before you go out of the house because winter is on it's 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.

LIBRARY NEWS by Virginia Walters

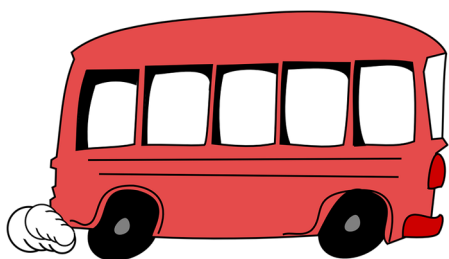
The puzzles on top of the shelves have been changed. Please feel free to take them to put together. We received many new ones, including some with fewer than 300 pieces. I am still rehoming the older ones, so please if you have a favorite, take it home.



A donor also gifted us the Time "This Century" set. Please when you look at it, be sure to return all of the set in its box. It is on the shelves under the T.V. screen. Also under the screen are some Golden Oldies movies. A recent donation, enjoy CAT BALLOU, THE ROBE, ANNIE, and lots more.

Time to give in! It's Fall. Still losing more than 5 minutes a day of light. Grab a book, or a puzzle, or a DVD and relax. It's only OCTOBER!

(RED PIERSEE, continued from page 1)



She is also goal-oriented. Currently she is working to grow the transportation opportunities. She often drives the van herself to understand the program's and drivers' concerns. Also she works to create the best meals program. Combining both transportation and meals leads to the Meals-on-Wheels program. In addition to what is presently offered, Red would like to provide "discharge meals," where the hospital refers someone for a week or two when they're at home rehabbing. She's always looking for ways to expand and improve.

So what does this lady do when she's not working? As previously mentioned, she has three daughters: a pre-school teacher and a new mom are local, and her youngest lives in Oregon working in the health care field. And that new mom has a son, a new grandbaby for Red to spoil.



Red's hobbies find her in the kitchen. She enjoys baking, making candy, and canning, making jelly and pickles. She collects unusual kitchen gadgets and told me about one that hulls strawberries. But her most favorite hobby is creating the "ambience of the holidays"—or special themed dinners. She recalled creating a "Godfather" themed dinner for her daughters when they were growing up, with lasagna and special cigars, made from seasoned ground chicken and wrapped in phyllo dough and then baked. She can make cannoli too. With a brand new grandson, she plans to make every holiday something special—Halloween is coming up! So what if he's too young to appreciate and understand the ambience? She'll still have fun. And he'll get older.

So, Red is a special catch for our Center. What' more, she likes it here.. She shared the thought that if people are confident in what they do, they will stay on the job forever. She enjoys working with her cohorts—they "set each other up for success." The smooth operation of our senior center indicates that they have set each other up well.



And to Red, the Kenai Senior Center feels like home, and everyone here is family. Maybe someday she'll make us some of those Godfather cigars too.

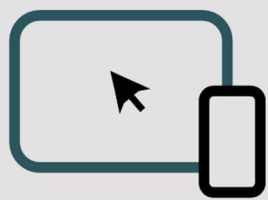


Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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



Cyber Security @ Kenai Senior Center

Thursday
October 19th
1:00pm

Learn about online safety and how to protect yourself from fraudsters and scams. This interactive program will help you build your confidence when visiting websites, creating passwords, and responding to email.



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

Friday, October 27

1:00pm

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 1:00pm on Friday, October 27 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:

- ☐ 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, October 17

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.

Card Making with Kim

Wednesday, October 11 at 1:00pm

Senior Center Dining Room

Please sign up on the bulletin board.



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!



ATTENTION all wannabe Ukulele Players!

If anyone is interested in playing or learning Ukulele please join us every Monday at 2:00pm in the Computer lab.

Hope to see you there!



WE NEED YOUR HELP!

The Kenai Senior Center is a recipient of a grant provided under the Older Americans Act, facilitated by the State of Alaska. This grant entails specific stipulations, one of which involves the annual request for updated information. This obligation is met through our Client Information Sheet, allowing us to maintain accurate and current details about you. It's important to emphasize that we keep this information confidential and solely utilize it to verify the number of clients we assist, thereby supporting our funding.

In the following two pages, you will find an updated Client Information Sheet accompanied by the revised Code of Conduct & Ethics for the Senior Center, recently updated by the Council on Aging. Kindly complete the form and deposit it into the designated box in the Senior Center's front lobby. For those who receive home meals, you can give your form to your meal's driver or leave it in your cooler. Your cooperation is highly appreciated, and we are immensely grateful for your vital contribution. Our mission would not be possible without your support!

Welcome to the Kenai Senior Center!

2023 Consumer Screening for Nutrition, Transportation & Support Services

This information is Confidential and for use under the Older Americans Act ONLY! *Thanks for your help!* Data is submitted annually for Federal Title III funds. Names and identifiers are not included. Information is protected by Privacy and Security Agreement. Unauthorized use is prohibited.

Personal Information (please print)

| | | | |
|--|--|---|------|
| Date: | | Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female | |
| Last Name: | | First Name: | |
| Birthdate: | Live Alone? <input type="checkbox"/> Yes <input type="checkbox"/> No, live with: | | |
| Physical Address: | City: | State: | Zip: |
| Mailing Address (if different than above): | City: | State: | Zip: |
| Email Address: | Phone: Cell Phone: | | |
| Emergency Contact (if applicable): | Emergency Contact Phone: | | |

PHOTO RELEASE: Permission for the Kenai Senior Center to use your picture in publications, bulletin board displays, social media, etc.? ☐ Yes ☐ No

Please complete the section below as it is very important for our requesting Federal funding.

Please check as many boxes that apply.

| Interests (How may we help you?) | ✓ | Ethnic Race | ✓ | Ethnicity |
|----------------------------------|---|------------------------------------|---|--------------------------------|
| Congregate Meals | | Black/African American | | Hispanic or Latino |
| Home Meals | | Asian/Asian American | | Not Hispanic or Latino |
| Medicare/Medicaid/Senior Care | | American Indian/Native Alaskan | | |
| Information & Assistance | | Native Hawaiian/Pacific Islander | | Military Veteran Status |
| Volunteer Opportunities | | Non-Minority (white, non-Hispanic) | | Yes |
| Activities | | White Hispanic | | No |
| Vintage Pointe Waiting List | | | | |

If you use personal or standby assistance, supervision or cues to perform the following activities,

Please check as many boxes that apply.

| Activities of Daily Living (ADL) | ✓ | Instrumental Activities of Daily Living (IADL) | ✓ | Mobility Information | ✓ | Sensory Impairments |
|----------------------------------|---|--|---|----------------------|---|---------------------|
| Feeding | | Preparing Meals | | No Issues | | Hearing |
| Dressing | | Shopping for Personal Use | | Disabled | | Sight |
| Continence | | Medication Management | | Bedridden | | |
| Bathing | | Managing Money | | Diabetes | | |
| Toileting | | Using Telephone | | Use of Cane | | |
| Transfers in/out of bed/chair | | Doing Laundry | | Use of Walker | | |
| | | Doing Heavy/light Housework | | Use of Wheelchair | | |
| | | Using Available Transportation | | | | |

Has Alzheimer's or Related Dementia/Disorder (ADRD): ☐ Yes ☐ No ☐ Don't Know

Has Traumatic or Acquired Brain Injury (TABI): ☐ Yes ☐ No ☐ Don't Know

| | |
|---|--------------------------|
| Is your income <u>below</u> the Guideline? <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Number in Home | Federal Income Guideline |
| | Year Month |
| 1 | \$18,210 \$1,518 |
| 2 | \$24,640 \$2,053 |
| 3 | \$31,070 \$2,589 |
| 4 | \$37,500 \$3,125 |
| 5 | \$43,930 \$3,661 |

FOR OFFICE USE ONLY

| | |
|--------------------------------------|------------------------------------|
| Medicaid Choice Waiver: | Medicaid/Medicare/Senior Benefits: |
| Care Coordinator: | Exercise Release: |
| Adult Day Client: | Volunteer: |
| Home Meals: | Route/Driver: |
| Home Meals Nutritional Health Score: | VP Waiting List: |
| MySeniorCenter Entered: | SAMS Entered: |

Please review the Code of Conduct & Ethics on the back of this page.

KENAI SENIOR CENTER

Code of Conduct and Ethics

Our Mission

To serve as a community focal point for senior services where adults 60+ come together for fellowship and program participation, to engage in opportunities for dignity and personal growth, to improve and enrich their quality of life, to support the needs of older individuals, to enhance their independence, and to broaden their involvement within the community.

Users of the Center are expected to follow standards of independence and behaviors as we strive to support the goals of a welcoming atmosphere and safe environment for all who come through our doors.

- If you are ill, please do not enter the building as this is the best way we can ensure everyone's safety and health. Hand sanitizer is available for your convenience.
- Please remember only ADA-approved service animals are permitted in the building. Owners are responsible for their animal by keeping the animal close and in control at all times. Service animals must not disrupt other patrons. Emotional support animals are not allowed in the Senior Center.
- Please know that smoking or vaping is not allowed within the Senior Center building or within forty (40) feet of the Center building entrances. KMC 12.40 Ashtray stands are located near the log cache in the parking lot.
- Please refrain from consuming alcohol on the premises during the Senior Center's regular hours. Participants who are under the influence will be asked to leave the premises.
- Please refrain from making or receiving calls within the main dining room. Phone calls may be taken outside or to other less populated areas of the Senior Center. Please silence all disruptive devices in the dining room to not disturb other patrons.
- Please keep in mind the provided items are intended for use at the Center. (Napkins, cream/sugar, etc.) **Please do not take these items for use at home.**
- Please refrain from wearing strong fragrances or hygienic products. Many seniors have allergies or are sensitive to strong odors.
- Please show respect to the staff, volunteers, other participants, and the Senior Center. The Kenai Senior Center promotes a safe and positive place. Harassment, violence, or threats will not be tolerated in any form.
- All persons shall respect others' right to privacy and personal space at the Kenai Senior Center. Any person who violates others' privacy or personal space can be asked by the Senior Center Director to leave the facility.
- Please dress appropriately and maintain personal cleanliness and good hygiene.
- Please remember solicitation or selling is not permitted within the Senior Center. If you have something you would like to advertise, feel free to use the community bulletin board.
- Medical Conditions or Issues: Participants should provide an emergency contact. If a participant experiences an emergency medical issue while on the premises, staff will notify emergency response on their behalf.

I have read the above Senior Center Code of Conduct & Ethics. _____
(Signature)

Updated by the Council on Aging 2023

OCTOBER 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 |
|--|---|---|--|---|
| <p>2</p> <p>Swedish Meatballs Noodle Gravy Pickled Beets</p> | <p>3</p> <p>Reubens Potato Salad Fruit Cup Veggie Soup Missy Cookies</p> | <p>4</p> <p>Meatloaf Mashed Potatoes Gravy Mixed Veggies Salad</p> | <p>5</p> <p>Pork Carnitas Spanish Rice Mexican Bean Salad Chips and Salsa Soup</p> | <p>6</p> <p>Clam Chowder Seafood Pasta Salad Fresh Fruit</p> |
| <p>9</p> <p>Loaded Baked Potato Broccoli Soup</p> | <p>10</p> <p>Chef Salad Muffin Fruit Cup</p> | <p>11</p> <p>Broccoli Sundried Chicken Alfredo Italian Veggies Garlic Bread Salad</p> | <p>12</p> <p>Saucy BBQ Chicken Legs Macaroni & Cheese Zucchini Chips Soup</p> | <p>13</p> <p>Sloppy Joes Onions Rings Broccoli Salad</p> |
| <p>16</p> <p>Tomato Soup Toasted Cheese with Turkey Fruit Cup Chips Soup</p> | <p>17</p> <p>Chili Dogs w/ all the fixings Tater Puffs Salad</p> | <p>18</p> <p><u>ALASKA DAY</u> <u>CENTER CLOSED</u> </p> | <p>19</p> <p>Baked Ham Scalloped Potatoes Mixed Veggies Soup</p> | <p>20</p> <p>Chicken and Dumplings Fruit Cup Kenai Senior Center Choir</p> |
| <p>23</p> <p>Greek Gyros Sweet Potatoes Fries Zucchini w/Lemon Soup</p> | <p>24</p> <p>Oriental Chicken Salad Teriyaki Noodles Muffin Fruit Cup</p> | <p>25</p> <p>Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes Salad Birthday Cake</p> | <p>26</p> <p>Roast Beef Mashed Potatoes Gravy Green Beans Soup</p> | <p>27</p> <p>Sweet & Spicy Pork Vegetable Stir Fry Brown Rice Egg Roll</p> |
| <p>30</p> <p>Fried Chicken Mashed Potatoes Gravy Yellow Squash Soup</p> | <p>31</p> <p>Beef Stew Spooky Rolls Spinach Salad Peaches w/ Cottage Cheese Salad</p> | <p>1</p> <p>BBQ Pulled Pork Sandwich Home fries Coleslaw Salad</p> | <p>2</p> <p>Teriyaki Chicken Baked Beans Buttered Corn Corn Bread Muffin Soup</p> | <p>3</p> <p>French Onion Soup Turkey Bacon Swiss w/Spicy Aioli Fruit Cup Ice Cream Bars</p> |

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





Thursday, October 12
10:30 am

Teachers' Reminiscence Morning

Class: Alaska Retired Teachers

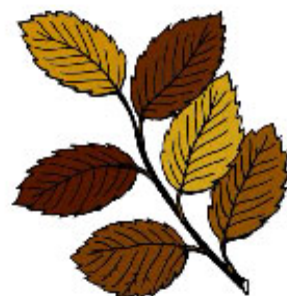
Classroom: Senior Center Game Room

Lesson Plan:

10:30 Session begins. No attendance taken.

10:30 → Eat, drink, share memories

12:00 Optional lunch at the Senior Center



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!



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

Medicare Information Office



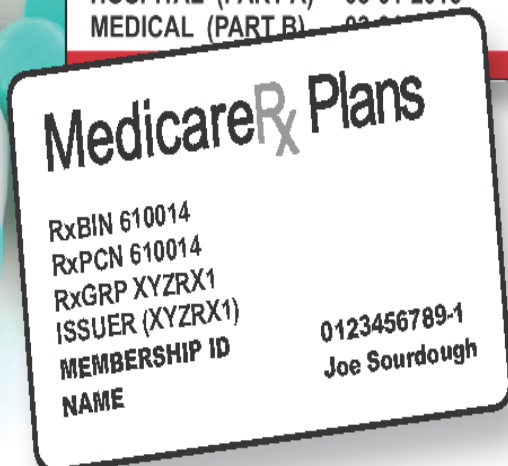
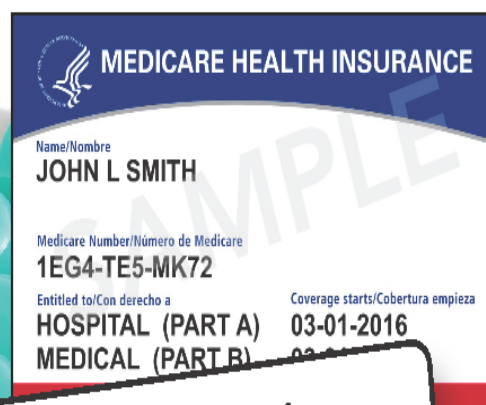
Medicare Information Office Statewide Helpline

(800) 478-6065

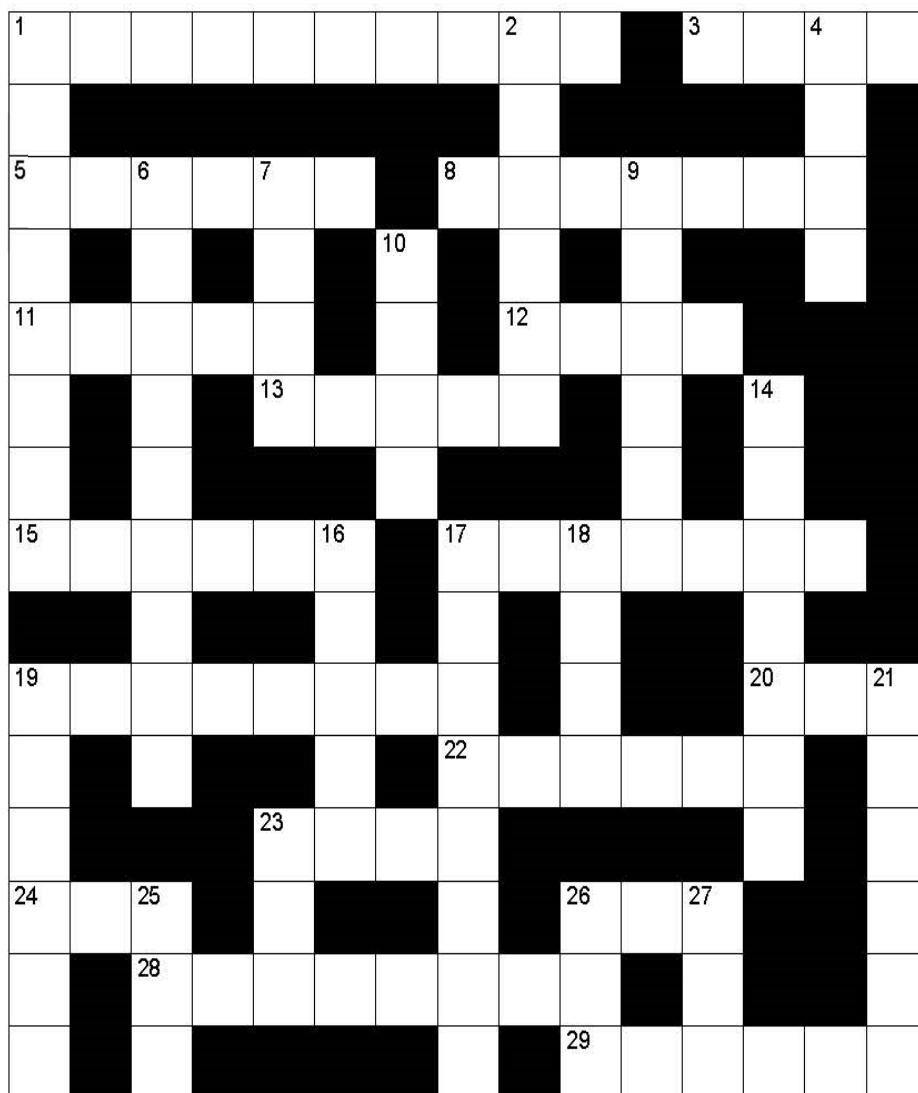
or

(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.



October Crossword Puzzle



Across

- 1 Tile size, perhaps (10)
- 3 Rose's attribute (4)
- 5 Abates (6)
- 8 Hybrid winter sport with a chute (7)
- 11 Cyberball maker (5)
- 12 Byzantine art work (4)
- 13 Enjoins (5)
- 15 Documentation (6)
- 17 Caverns (7)
- 19 Left nothing out (8)
- 20 Skilled person (3)
- 22 Type of proposition (6)
- 23 Move, in real estate slang (4)
- 24 Med. provider group (3)
- 26 Small ocean (3)
- 28 Unobtrusive, as a ringtone setting (8)
- 29 The Green Giant's sidekick (6)

Down

- 1 Zesty bowlful (8)
- 2 Giraffe cousins (6)
- 4 Valhalla god (4)
- 6 Convey — delight (9)
- 7 Mile or mil (4)
- 9 Bottom line (6)
- 10 Cook's pinch (4)
- 14 Retooling time? (7)
- 16 Bland (5)
- 17 Horse with a three-beat gait (8)
- 18 Bauxite and bornite (4)
- 19 Huge parties (6)
- 21 Suffers a bad defeat, in slang (6)
- 23 Homes that go with the flow? (3)
- 25 Stomach-punching sound (3)
- 26 Sacred-texts.com index (3)
- 27 Car financing abbr. (3)