

The Centerline

SEPTEMBER 2022

City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska 99611
907-283-4156



The Last Rose of Summer by Dave Thompson

The thunder rolls in tempo on this September day
Signaling the Autumn as Summer fades away
The garden plot stands browning, Ragosa hips drip rain
But looky there don't you see a rose bud once again

Next mid-day sun bursts forth pink petals to full bloom
A honey bee alights to reap its nectar soon
By chance I caught its beauty in a melancholy way
Oh last rose of Summer can't you forever stay

I'll coddle and protect you, guard your every move
But Autumn frosts are coming, driving rain you'll disapprove
So linger in the sunshine as you blush throughout the day
Oh last rose of Summer can't you forever stay

Last night the wind blew fiercely pelting rain upon my door
I thought of you a moment and the storm you must endure
Upon my early rising outside twas very plain
Your petals were dismembered by Autumn wind and rain

Alas you join the others, your fragrance fades away
You're my melancholy rose this late September day



Special points of interest

- Council on Aging & Kenai Senior Connection, Inc., Meetings
- No Host Dinner—China Sea Restaurant
- September Menu
- Social Security Video-Conferencing News
- Day Trip to Hope
- Flu Shots
- Crossword Puzzle
- Harvest Moon Local Food Festival

CALLING ALL VETERANS!

A representative with the Vet Center /Veteran's Outreach Services will be here on Thursday, September 22 at 11:00 am to discuss the New Pact Act and how it affect veterans. They can also help and refer most questions pertaining to the VA.

PLEASE
PLACE
STAMP
HERE


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/>

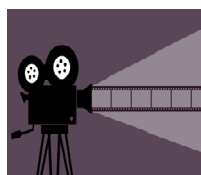
Find us on
Facebook

SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 5:00p—Cribbage 6:30p — Movie Night: The Man from Snowy River	2 9-10a Blood Pressure Check 9:30a-12p—Quilting/Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1-3p—Hand & Foot
	5 LABOR DAY <u>CENTER CLOSED</u>	6 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	7 9a-Noon-Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele	8 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 5:00p—Cribbage 6:30-Bluegrass
12 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 1-6pm Day trip to Hope	13 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	14 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH/Birthday 1p—Card Making with Kimberly 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele Group	15 10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Cyber Security Class w/ Elizabeth Kleweno 3:00—Council on Aging 5:00p—Cribbage 6:30-Bluegrass	16 9-10a Blood Pressure Check 9:30a-12p—Quilting/Crafting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a —LUNCH/ 1p—Bridge 1p—Wii Bowling 1-3p—Hand & Foot
19 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot	20 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 1-3p—Family Caregiver Support Group 5p—No Host Dinner/China Sea	21 9a-Noon-Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH/Birthday Noon— LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 1:30p—Seasonal Wreath making with Marcia 2p—Ukulele Group 3p—Sing-Spiration	22 10a—Tai Chi 11a—Veteran's Presentation Noon—LUNCH 1p—Wii Bowling 5:00p—Cribbage 6:30-Bluegrass	23 9-10a Blood Pressure Check 9:30a-12p—Quilting/Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1-3p—Hand & Foot 6—9 pm FALL DANCE
26 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 1:00—FLU SHOTS	27 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	28 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele Group	29 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3:00 pm Council on Aging Workplace 5:00p—Cribbage 6:30-Bluegrass	30 8-10a WAFFLES 9-10a Blood Pressure Check 9:30a-12p—Quilting/Crafting 10a—Kenai Senior Connection Mtg. 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1-3p—Hand & Foot

SEPTEMBER BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Peggy Nash	8	Denise Klaschen	19	Terry Turner
1	Mary McAnelly	10	Sherlyn Anderson	19	Sindia Grant
1	Shawna Moro	11	Gary Stonaker	20	Gary Sonnevill
4	Kimberly Jackinsky	12	Richard Marquez	22	Ruth Malston
4	David Thornton	12	Mary Arness	26	Jewell Coverstone
5	Wanda Carlson	14	Dustin Rhodes	27	Leonard Tunison
5	Susan Lockwood	14	Patricia Thomson	28	Ann Takata
7	Catherine Wade	15	Mark Necessary	28	Carolyn Aley
7	Charles Gould	15	Vivian Terry	29	Janine Adams
7	Karolee Hansen	15	Roger Ihde	29	Alice Heckert
8	Virginia Walters	16	Carol Stables	30	Marie Billings
8	Nancy Nelson	19	Dan English	30	Kenneth Aaron
8	Mel Krogsens	19	Joyce Harris	30	Carlyn Dukowitz



**Thursday Evening
Movie**
September 1, 2022
6:30 p.m.

Now showing: The Man from Snowy River

Jim Craig has lived his first 18 years in the mountains of Australia on his father's farm. The death of his father forces him to go to the low lands to earn enough money to get the farm back on its feet. Kirk Douglas plays two roles as twin brothers who haven't spoken for years, one of whom was Jim's father's best friend and the other of whom is the father of the girl he wants to marry. A 20 year old feud re-erupts, catching Jim and Jessica in the middle of it as Jim is accused of letting a prize stallion loose.

NO-HOST DINNER

Tuesday, September 20, 2022
China Sea Restaurant

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

There will be limited transportation available at a charge of **\$5.00**, so RSVP early. Sign up at the Reception Desk.

It is important to let us know if you will be attending the No-Host Dinner but driving separately. We let the restaurant know ahead of time for seating capability and if there is a change or cancellation, we can notify you. Remember to let the receptionist know if you plan to attend, whether you ride the Senior Center van or have your own ride.

dates to remember

Thursday, September 1	Movie Night: The Man from Snowy River	6:30 p.m.
Monday, September 5	LABOR DAY/CENTER CLOSED	
Wednesday, September 7	Social Security	9a-Noon
Saturday, September 10	Harvest Moon Festival	10:00a.m.
Monday, September 12	Day Trip to Hope	1-6 p.m.
Wednesday, September 14	Card Making with Kimberly	1:00 p.m.
Tuesday, September 20	"No Host" Dinner/China Sea Restaurant	5:00 p.m.
Wednesday, September 21	Social Security	9a-Noon
	Birthday Lunch	Noon
	Seasonal Wreath making with Marcia	1:30 p.m.
	"Singspiration"	3:00 p.m.
Thursday, September 22	Veteran's Outreach with the Vet Center	11:00 am
Friday, September 23	Fall Dance	6-9 p.m.
Monday, September 26	FLU SHOT CLINIC	1:00 p.m.
Thursday, September 29	Council on Aging Work Session	3:00 p.m.
Friday, September 30	Friday Morning Waffles	8—10 a.m.
	Senior Connection, Inc. Meeting	10:00 a.m.

PICK UP MEALS:

Monday through Friday at **11:30 AM**. Call the front desk by **10:30 AM** to arrange for a pickup meal.

HOME-DELIVERED MEALS:

Contact Red at 283-8212

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm
No RSVP Required

FACILITY RENTAL:

Please contact Kayla at (907) 283-8214

TRANSPORTATION:

Monday—Thursday, call the front desk to schedule a ride.

DONATIONS FOR SERVICES:

Pick up Meals - \$7
60 years and older)
Home-delivered Meals - \$7
Transportation - \$3—\$10

Business Hours

Mondays 8:00am ~ 5:00pm
Tuesdays 8:00am ~ 5:00pm
Wednesdays 8:00am ~ 5:00pm
Thursdays 8:00am ~ 5:00pm
Fridays 8:00am ~ 5:00pm

Need to speak with someone in administration?

Director, Kathy Romain

(907) 283-8213 or kromain@kenai.city

Administrative Assistant, Red Piersee

(907) 283-8212 or apiersee@kenai.city

Activity/Volunteer Coordinator, Kayla Feltman

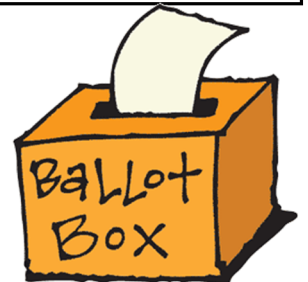
(907) 283-8214 or kfeltman@kenai.city



**CITY OF KENAI
KENAI PENINSULA BOROUGH
ELECTIONS INFORMATION
SEPTEMBER/OCTOBER, 2022**

WHEN:	WHAT:	ELECTION:	WHERE:
SEPTEMBER 19 through OCTOBER 4, 2022	Absentee In-Person, Special Needs Voting Available — Ballots for all of KPB will be available.	<u>City of Kenai and Kenai Peninsula Borough Elections</u>	Kenai City Hall 10:00a to 2:00p
OCTOBER 4, 2022	<u>ELECTION DAY</u>	City of Kenai And Kenai Peninsula Borough	Polls Open 7:00a- 8:00p In-Person Absentee, Special Needs Voting Available at Kenai City Hall From 8:00a -5:00p

**DO YOU NEED TO ARRANGE A RIDE TO KENAI CITY
HALL TO VOTE ABSENTEE IN-PERSON? OR
ARRANGE FOR A SPECIAL NEEDS BALLOT FOR
SOMEONE?**



**WE CAN PROVIDE A RIDE TO THE KENAI
PRECINCT POLLS ON OCTOBER 4 (ELECTION DAY)?**

CALL (907) 283-4156 EARLY TO ARRANGE A RIDE.

KENAI PRECINCT NO. 1	OLD CARR'S MALL
KENAI PRECINCT NO. 2	CHALLENGER CENTER
KENAI PRECINCT NO. 3	OLD CARR'S MALL



September 10, 2022
Soldotna Creek Park
10am-5pm

The Annual Harvest Festival is organized and hosted by Kenai Local Food Connection. This festival consists of vendor booths, food trucks, live music, food demonstrations, pie baking contest, and much more!

It will also include vendors that accept farmers market coupons!

Transportation with Red is available to attend the festival from 10am-2pm. Individuals wishing to attend can sign up at the front desk.

Seating is limited to 6

A sack lunch is included or lunch on your own

Transportation fee of 5\$

See Red if you have any questions!

Card Making with Kim

Wednesday,

September 14 at 1:00 p

Senior Center Dining Room

Please sign up on the bulletin board



Singspiration!

If you miss singing those old hymns you remember from years gone by, join us on **September 21 at 3:00 pm** for Sing-Spiration. You can choose the songs we sing!



Senior Farmers' Market

Nutrition Program

Will you be 60 years of age or older by September 30, 2022?

Do you like fresh fruits and veggies but purchasing these items are a little hard on your pocketbook?

If you answered yes to both of the questions above you will be happy to hear that the Kenai Senior Center is a distributing agency again for Farmers' Market Coupons!

For more information about the program and to inquire as to whether you are eligible, please call the Kenai Senior Center at (907) 283-4156 and ask for Red.



DAY TRIP TO HOPE **Monday, September 12** **1:00-6:00 p.m.**

Join us for a day trip to Hope and tour one of Alaska's first gold-rush towns! The van will leave the Center at 1:00 p.m. The day will include a no-host dinner at the Creekbend cafe. Cost for the ride is \$15.00. Please sign up and prepay at the receptionist desk.

*"Autumn carries more gold in its pocket
than all of the other seasons combined."*

~ Jim Bishop

Seasonal Wreath Making **with Marcia**

Wednesday, September 21
1:30p



Handmade fabric wreaths are a way to change your décor up throughout the seasons and keep things looking festive. Marcia will show us how easy to customize this rag wreath pattern for other holidays just by varying the fabric. The cost is \$7 per person, limited to 6 individuals. Please sign up and pay at the front desk.

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

Where has our summer gone???? Seems like it goes faster every year! The summer whizzed by, but your Connection stayed busy all summer long.

In August, Betty Osborne, family members and close friends came to the Center for the dedication of the Bill Osborne Memorial Greenhouse which was Bill's wish for the Kenai Senior Center's kitchen. Family members and friends donated to the greenhouse fund and the City of Kenai prepared the ground. A Senior Connection Committee chose Randy Workman and his wife to build the greenhouse. Steve Latz, a Senior Center volunteer and a Master Gardener, arranged the inside with shelving, planters and many plants. Now we are enjoying tomatoes and cucumbers in our salads at lunch time.

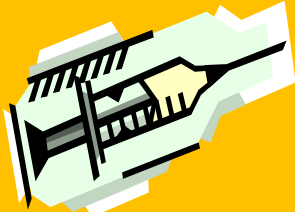
Don't forget the last Friday of the month is Waffle Day: Come join us between 8-10 a.m. for a waffle, juice, coffee, tea, or hot chocolate all for \$3.00.

Quilt raffle tickets are still available! The raffle drawing will be held on October 31! Tickets are \$1 per ticket, or six tickets for \$5.00.

Everyone stay well and enjoy the rest of your summer!



Flu Shots



Monday, September 26

1:00 pm

Kenai Safeway will hold a Flu-Shot Clinic in the Dining Room at 1:00 pm. Please sign up on the bulletin board to reserve your space.

Bring your Medicare card



Thursday, September 15

1:00 pm Computer Lab

Internet security is a HUGE issue in today's world, especially among our senior population. Elizabeth with the Kenai Library will be here for a class on how to enjoy the internet and what it provides while remaining safe from online predators.

A sign for 'BENCH SPONSOR' at Kenai Dog Park. The sign is white with a blue border and features a green bench illustration. It lists sponsorship options: 'Your Business or Memorial for your pet' (heart icon), 'Family name', 'Club/Organization', 'K9 Reconization', and 'Endless possibilities'. It shows a 6-foot bench for \$500 and a 4-foot bench for \$250, both with 'ONLY 4 AVAILABLE' text. A 'Price Includes:' section lists 'Plaque' and '25 letters', with 'Additional letters' at '\$2 each'. Contact information for Pat Porter (907-252-5992) is provided. The Kenai Dog Park logo, featuring a dog's head, is at the bottom right.

September 2022- Healthy Aging Month

We can take many steps to feel better as we get older, like staying physically active and eating a healthy diet. Research shows that being active and choosing healthy foods and drinks are key steps in managing our health, living independently as long as possible and maintaining our quality of life as we age.



Physical Activity

Moving our bodies—even in small ways like gardening, walking the dog and taking the stairs instead of the elevator—is a cornerstone of healthy aging. Research has found that people who stay active may live longer with a better quality of life as you age. That means more years of life without chronic health issues and pain or disabilities that may reduce our overall quality of life. Experts recommend that adults get 150 minutes of physical activity each week. Every minute of activity counts, though. Even adding 10 more active minutes a day can improve health today and for years to come. Older adults can have even better results by including balance training and muscle strengthening activities.

Healthy Eating

Choosing healthy foods and drinks can protect our health and may also improve brain function. The 2020-2025 Dietary Guidelines for Americans provide healthy eating recommendations for each stage of life. They suggest eating lots of fruits and vegetables, whole grains, healthy fats, and lean proteins.

For more information:

Learn more about the guidelines and find helpful resources for eating healthy: <https://www.dietaryguidelineolas.gov/>

Read more about the Research about healthy aging or to learn more about steps we can take to promote healthy aging: <https://www.nia.nih.gov/health/what-do-we-know-about-healthy-aging>



Fraud Alert

Medicare Information Office



In the last few days, the Medicare Information Office - Alaska SHIP/SMP has received several complaints about scammers calling pretending to be Medicare representatives, stating your Medicare card has been deactivated, and often using **caller ID spoofing** to mask their identity. (Spoofing is when a caller deliberately falsifies the information sent to your caller ID display to disguise their identity.)

Scammers may use different tactics to steal your money or identity. Some callers indicate your Medicare card has been compromised and they need to send you a new card. Some claim the new card has a microchip like credit cards or is a new plastic Medicare card. They may even request payment for the new Medicare card, ask you to "verify" your Medicare or Social Security Number, and/or ask for the name of your family member or primary care doctor. If successful, these thieves can steal your money or use your personal information to file false Medicare claims, fill prescriptions or sell your information to other fraudsters.

Here is information that you should know:



There is no fee for a new Medicare card.

There is no new card being issued due to the COVID (Coronavirus) pandemic.

Red, white, and blue Medicare (Part A and Part B) cards are paper - they do not come with a "gold chip", microchip, as a plastic card, or in a new color.

Medicare will never call you uninvited to request personal or private information in order for you to get your Medicare number and/or new card.

Any major communications from Medicare come through the postal mail, that includes when new cards are issued.

If someone calls you claiming to be from Medicare, hang up, even if the caller ID says they're calling from Medicare. Any phone number can be "spoofed".

If you need a new Medicare card you can order one online at the Federal website www.Medicare.gov or by telephone at 1-800-Medicare (1-800-633-4227, or TTY 1-877-486-2048). You will be asked to verify your personal information when you call Medicare for assistance.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

For more information visit www.medicare.gov/fraud.

You can also file consumer complaints about phone scams with your local Senior Medicare Patrol (SMP) the Federal Communications Commission (FCC) or the Federal Trade Commission (FTC).



Tuesday, September 20

11:30am—1 pm

Dining Room

A Representative from the Independent Living Center will be on hand to answer questions and discuss what they can do for you to help maintain living an independent senior lifestyle.

Kenai Peninsula Family Caregivers

Tuesday,

September 20

1– 3 pm

Computer Lab

(907) 262-1280



As lives return to “normal”, support groups are now able to start meeting again here at the Center. Dani Keschull with the Kenai Peninsula Family Caregiver Support Program will be joining on the third Tuesday of each month. If you are a caregiver and can use support from others, please come and join in.

Join us on the 21st for a party to celebrate September Birthdays! Is September your birthday month? If so lunch on the 21st is on us!



Computer Lab Reopens!

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

Monday—All Day

Tuesday—After 11:30 am

Thursday—All Day

Friday—All Day

Waffle Bar Returns!



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

Social Security Video Conferencing is Back!!!

On the 1st and 3rd Wednesdays of each month, a Social Security Representative will be available via video cam in the Senior Center Computer Lab. It is first come, first served with sign-ins available after 8 am on that morning. Call the Senior Center if you have any further questions (907) 283-4156.

Fall Dance

When: Friday, September 23

Where: Kenai Senior Center

Time: 6:00-9:00pm



Dancing ~ Friends ~ Fun ~ Food

Bring a snack to share

Dancing Music DJ by:
Carol Prior

Sign up on the bulletin board if you plan to attend



What is the \$5 Club?

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

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

JULY

\$5 CLUB

Juanita Aguilar	Omer Goodman	Len Malmquist	Barbara Schmidt
Ken & Kris Ayers	Karolee Hansen	Marge Milewski	Marcia Shea
Steve Best	Cliff Heus	Lee Moeglein	Barbara Smith
Patricia Bravo	Kathy Heus	Mary Moeglein	Steve Smith
Elsa Bronson	Howard Hill	Kari Mohn	Bill & Sondra Starnes
Larry Burcham	Kit Hill	Molly Musgrove	Buck Steiner
Glenn Clifford	Jan Hollers	Nelson Nakamura	Sheila Steiner
Patsy Clifford	Donna Hoyt	Jerry Nassen	Deborah Marie Stiers
Renee Clifford	Molly Jackson	Bill Nelson	Vivian Terry
Jewell Coverstone	Bobbi Jedlicki	Lois Nelson	June Truelove
Rachael Craig	Leanne King	Janice & Joe Nightingale	Yen-ti & Ray Verg-In
Walter Craig	Henry Knackstedt	Susan Olson	Beverly & Don Waldrop
Terry Cramer	Anita Kwan	Katie Pault	Gary Walker
Jan Daniels	Mary Ann Lamecker	Robert Peterson	Marie Weller
Shirie Drath	Xiaopei LaTocha	Carol Prior	Roy & Ozella Williams
Carol Freas	William LaTocha	Trish Roderick	Janice Wilsack
Velda Geller	Paula Maier		

LIBRARY NEWS



A community puzzle has been started in the game room. Stop by and put in a piece or two. Whoever puts in the final piece, please take a picture, or ask Kayla to so we

know how it looks!!

Some new books have been added: Dana Stabenow's Kate Shugak detective series and a few new westerns among others.

Summer is winding down. Time for book and videos and puzzles. Lots to be shared in the library. Enjoy!

What Is Labor Day? A History of the Workers' Holiday.

By **Karen Zraick**

Sept. 4, 2021

This article was first published in 2018.

President Grover Cleveland made it a national holiday in 1894, during a crisis over federal efforts to end a strike by railroad workers.



A Labor Day parade on Main Street in Buffalo in 1900. President Grover Cleveland made Labor Day a national holiday in June 1894, as he faced a crisis of railway workers striking in Chicago. Credit...Library of Congress

In the late 1800s, many Americans toiled 12 hours a day, seven days a week, often in physically demanding, low-paying jobs. Children worked too, on farms and in factories and mines. Conditions were often harsh and unsafe.

It was in this context that American workers held the first Labor Day parade, marching from New York's City Hall to a giant picnic at an uptown park on Sept. 5, 1882.

"Working Men on Parade," read The New York Times's headline. The article, which appeared on the last page, reported that 10,000 people marched "in an orderly and pleasant manner," far fewer than the organizers had predicted would attend. The workers included cigarmakers, dressmakers, printers, shoemakers, bricklayers and other tradespeople. Sept. 6, 1882 Credit...The New York Times

Because it wasn't yet an official holiday, many of the attendees risked their jobs by participating in the one-day strike. On their signs, they called for "Less Work and More Pay," an eight-hour workday and a prohibition on the use of convict labor. They were met with cheers.

The American labor movement was among the strongest in the world at the time, and in the

years that followed, municipalities and states adopted legislation to recognize Labor Day. New York did so in 1887, and The Times reported that that year's parade was larger than ever, even amid political tension over the role of socialist groups. Parks, shops and bars in the city were full.

LABOR'S FIRST HOLIDAY

THE BIGGEST PARADE IT HAS EVER HAD.

HONORED SOMEWHAT IN THE BREACH BY BUSINESS MEN, BUT IN THE OBSERVANCE BY WORKMEN.

Labor Day was honored in this city yesterday more in the breach than in the observance. The variation of a large and miscellaneous parade served only to impress on the public at large so far as could be observed, the unfitness of the season for a general holiday. Of course many stores were closed and there were vast numbers of people on the streets.

But business slept with an eye open, and behind the closed iron shutters in the wholesale district, which was apparently the one most seriously affected, clerks were as busy as at any time for the past week, trying to catch up with orders, and any purchaser who chose to edge his way within by way of the freight entrance could...

Sept. 6,
it...The New York Times

1887 Credit...

"The barrooms were never more resplendent," The Times wrote. "Liquorily, the first legal celebration of Labor Day may go down to history as an unqualified success."

But it took several more years for the federal government to make it a national holiday — when it served a greater political purpose. In the summer of 1894, the Pullman strike severely disrupted rail traffic in the Midwest, and the federal government used an injunction and federal troops to break the strike.

It had started when the Pullman Palace Car Company lowered wages without lowering rents in the company town, also called Pullman. (It's now part of Chicago.)

(Continued on Page 15)

When angry workers complained, the owner, George Pullman, had them fired. They decided to strike, and other workers for the American Railway Union, led by the firebrand activist Eugene V. Debs, joined the action. They refused to handle Pullman cars, bringing freight and passenger traffic to a halt around Chicago. Tens of thousands of workers walked off the job, wildcat strikes broke out, and angry crowds were met with live fire from the authorities.

During the crisis, President Grover Cleveland signed a bill into law on June 28, 1894, declaring Labor Day a national holiday. Some historians say he was afraid of losing the support of working-class voters.

"There were many political advantages at that moment to provide recognition for Labor Day," said Joshua B. Freeman, a distinguished professor of history at Queens College and the City University of New York Graduate Center.

But it wasn't the only workingman's holiday on the table. Starting in 1884, the labor movement had called for strikes and protests on May 1 to push for an eight-hour workday. That would-be holiday was called May Day, and it's now celebrated around the world, though it's not officially recognized in the United States.

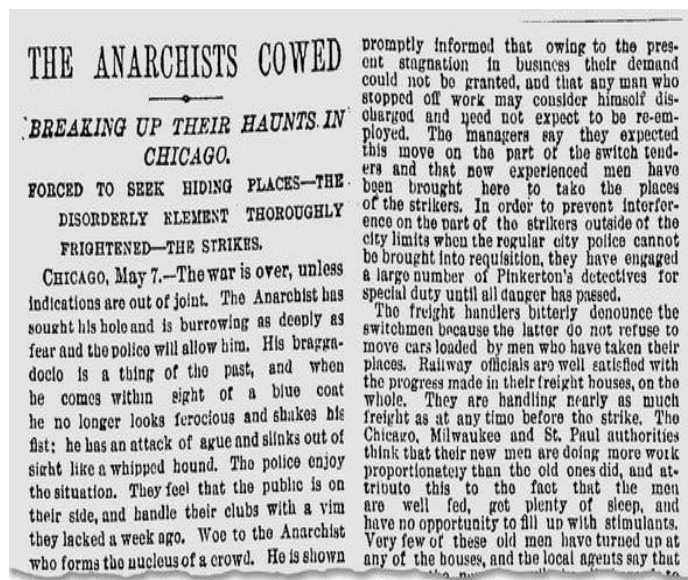
You might blame the Haymarket affair. On May 4, 1886, a bomb went off at a demonstration in Chicago's Haymarket Square in support of an eight-hour workday and against police killings of protesters. The authorities opened fire in response, and seven officers and four protesters were killed.

The episode made headlines around the world, and the police response in Chicago was fierce. "The Anarchists Cowed," read the headline on a front-page Times article on May 8, with a subtitle, "Forced to Seek Hiding Places — The Disorderly Element Thoroughly Frightened." Eight anarchists were convicted, and four were hanged. Critics argued the trial was conducted poorly, and seven years later, Gov. John P. Altgeld pardoned the three who were still alive.

In the years that followed, May Day became an occasion for protesting the arrests of socialists, anarchists and unionists. As it became associated with the radical left — and as Labor Day was recognized by more and more states — the latter came to be the dominant holiday in the United States.

In recent decades, Labor Day has been dominated more by barbecues, sales and last-chance

beach days than strident labor protests. The labor movement has weakened, and in New York, there are scheduling conflicts, such as out-of-town vacations and the large West Indian American Day Parade in Brooklyn, which generally includes a sizable labor contingent.



May 8, 1886, Credit...The New York Times

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Telecommunications Equipment and Tablet Distribution Program (TEDP)

Telecommunication equipment for Alaskans who are Deaf, Hard of Hearing or Speech-Disabled.

To take advantage of the TEDP, you must be an Alaskan resident and have a need for distance communication. In addition, you must have one of the following as certified by a physician, audiologist or hearing-aid specialist, speech-language pathologist, the Division of Vocational Rehabilitation or the Department of Education:

- Significant Hearing Loss
- Speech Impairment
- Communication disorder which severely interferes with communication effectively over the telephone

Individuals who would like to be considered for speech apps must be able to access text-based communication. Once Assistive Technology of Alaska receives your completed application and proof of residency, a representative will contact you to conduct an interview to better understand your distance communication needs.

Equipment Examples:

CapTel phones
Amplified phones
Outgoing amplified phones
Tablets with appropriate applications and case
iBox
Teletypewriters (TTY)
Hearing Carry-Over phones
Flasher for TTY, phone, or videophone
Accessory to access mobile devices

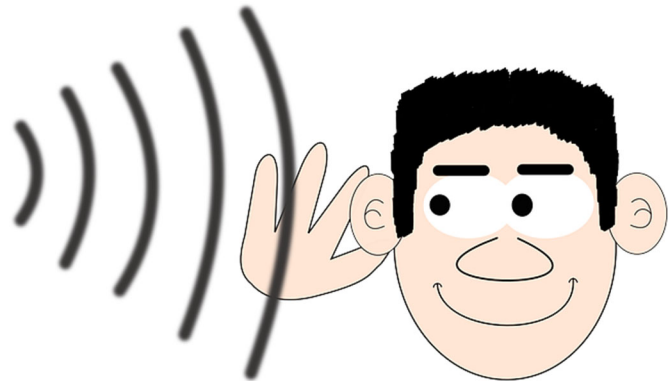
How do I apply for the TEDP? Contact the ATLA team and they will assist deaf or hard of hearing customers with the equipment distribution program applications forms.

Contact information:



ATLA Assistive Technology of Alaska
1500 W 33rd Ave, Suite 120, Anchorage, AK
99503

atla@atlaak.org (E-mail)
800-723-ATLA (Toll-Free Phone)
907-563-2599 (Voice)
907-561-2592 (TTY)
907-268-4676 (Videophone)
907-563-0699 (Fax)



See the Senior Center front desk for more information



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.

SEPTEMBER 2022 MENU

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

Menu is subject to change

Soup and Salad when available

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31 Chicken Dragon Noodles Muffin Fruit Cup Salad 	1 Sweet & Sour Pork Stir Fry Veggies Egg Roll Soup	2 Sloppy Joes Tater Puffs Macaroni Salad
5 LABOR DAY CENTER CLOSED	6 Spaghetti & Meatballs Italian Veggies Garlic Bread Salad	7 Soft Tacos Black Beans Corn Salsa Salad 	8 Corn Chowder Balsamic Chicken Tortellini Salad Fruit Cup Muffin	9 Beef Stew Peaches & Cottage Cheese Rustic Bread Rolls Ice Cream Bars Salad
12 Ham and Bean Soup Broccoli Salad Jalapeno Cornbread Fresh Fruit Cup	13 Turkey Wraps w/ Cranberry Cream Cheese Fruit Cup Salad 	14 Roast Beef Mashed Potatoes Gravy Stuffing Autumn Veggies Salad Birthday Cake	15 Loaded Baked Potato Broccoli Spears Muffin Soup	16 Pizza Spinach Salad Soup Dessert
19 Pork Tortellini Bake Italian Veggies Garlic Bread Soup	20 Vegetable Soup Chicken Caesar Salad Bran Muffin Fresh Fruit 	21 Mongolian Beef Stir-Fry Vegetables Brown Rice Egg Roll Salad	22 Beef Enchiladas Mexi-Corn Spanish Rice Soup	23 Breakfast Burritos Cucumber & Grape Salad with Poppy Seed Dressing Orange Juice
26 Clam Chowder Toasted Tuna on Rye Fruit Cup 	27 Liver & Onions Mashed Potatoes Gravy Mixed Veggies Salad	28 Swedish Meatballs Egg Noodles Gravy Pickled Beets Salad	29 Teriyaki Chicken Cowboy Beans Buttered Corn Soup	30 Cheeseburgers Onion Rings Coleslaw Salad