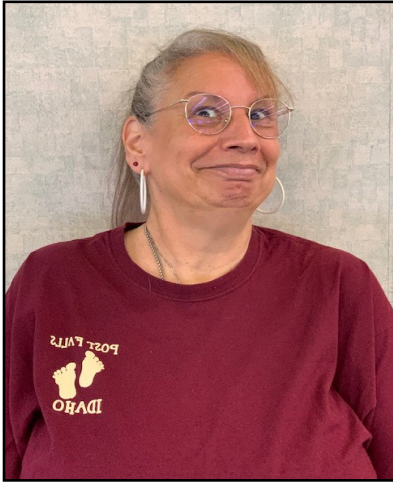


The Centerline

Know your Neighbor

Lunch with the Dragon Lady~~ Cheryl Hamann

By: Yen-ti Verg-in



Have you seen a little silver car with a dragon painted on the side door zipping around the city the lady driving it with dragon tattoos on her arms? That is our Dragon Lady.

Cheryl Hamann is her name. "How do you spell your last name Cheryl?" she said with a twinkle in her eye, "It spells like Ham

And Egg, but no egg at the end." You can tell she has a sense of humor.

On Monday, Wednesday, and Friday, Cheryl helps serving lunch at Kenai Senior Center. "How are you doing today? Would you like to have a cup coffee, with cream/sugar? How about milk or water? Please sit, I will bring your lunch tray over for you." She cheerfully chats with the patrons in the dining room. Her outgoing personality and perpetual smile on her face instantly puts you at ease.

She is a "dragon lady", why the roses tattooed on her arms not dragons? She explained, "Roses are my totem younger siblings. I am the oldest of four, two younger brothers and one younger sister. Look here..." She pointed the dragon on the other arm and continued, "the dragon's here is to protect them." She likes dragon because it symbolizes justice and adventures. She got her love for fantasy growing up in Germany and listening to all the fairytales, ancient lore and exploring old castles with her family, hence her love of dragons, fairies, elves, gnomes and the Wee People.



Special Points of Interest

- Movie Night– POMS
- No Host Dinner— Tree House
- Hope Trip - September 21
- Waffle Friday– September 29

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

Continued on Page 6

Center Funders & Supporters

City of Kenai

Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations



City of Kenai
Kenai Senior Center

Kenai Senior Center

361 Senior Court

Kenai, Alaska 99611

Phone: 907-283-4156

Fax: 907-283-3200

E-mail: senior@kenai.city

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

Find us on
Facebook



PLEASE
PLACE
STAMP
HERE

SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a—Garage Saling 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 1p—Wii Bowling 1-4:30p—Bridge
4 LABOR DAY <u>CENTER CLOSED</u> 	5 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	6 9a-Noon-Social Security 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	7 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: Poms	8 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
11 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2p—Ukelele Group	12 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 4p—No Host Dinner/Tree House Restaurant	13 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 1p-3pm—Independent Living Coalition 2-3:30p Stronger Together Support Group	14 9a— Chair Yoga 10a—FLU SHOTS 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	15 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
18 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2:00p—Ukelele Group	19 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	20 9a-Noon-Social Security 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	21 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 12:30—8p Day Trip to Hope 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	22 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting/ 10a—Growing Strong 10a—Senior Conn 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1:00—Genealogy Workshop w/ Cheryl Hamann 1-4:30p—Bridge
25 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2:00p—Ukelele Group	26 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	27 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p—Basic Leather Crafting 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	28 10a—Tai Chi Noon—LUNCH 1p—Ten Warning Signs of Alzheimer’s Presentation 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	29 8-10a Waffle Day 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge

Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Peggy Nash	10	Sherlyn Anderson	20	Gary Sonnevil
1	Mary McAnelly	11	Beverly Mix	22	Ruth Malston
1	Shawna Moro	12	Richard Marquez	22	Roscoe Barrett
2	Robert Wolf	14	Dustin Rhodes	25	William Starnes
4	Kimberly Jackinsky	14	Patricia Thomson	26	Jewell Coverstone
4	David Thornton	15	Mark Necessary	27	Agnes Weller
4	Spiridon Lazov	15	Russell Sonberg	27	Leonard Tunison
5	Wanda Carlson	15	Vivian Terry	28	Carolyn Aley
5	Susan Lockwood	15	Roger Ihde	29	Jeanine Adams
7	Catherine Wade	18	Nun Newton	29	Alice Heckert
7	Karolee Hansen	19	Joyce Harris	30	Kenneth Aaron
8	Virginia Walters	19	Al Hershberger	30	Carlyn Dukowitz
8	Mel Krogsens	19	Terry Turner		
10	Judy Hall	19	Sindia Grant		



Thursday Evening Movie
September 7, 2023
6:30 p.m.

Now showing: Poms

Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you. Starring Diane Keaton.

NO-HOST DINNER **Tree House Restaurant** **Tuesday, September 12, 2023**

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

There will be limited transportation available at a charge of **\$6.00**, 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, September 6	Social Security	9a–Noon
Thursday, September 7	Movie Night: POMS	6:30 pm
Tuesday, September 12	“No Host” Dinner /Tree House Restaurant	5:00 pm
Wednesday, September 13	Card Making with Kimberly	1:00 pm
Thursday, September 14	Flu Shot Clinic	10:00 am
	Cyber Security Class for Internet	1:00 pm
	Council on Aging	3:00 pm
Wednesday, September 20	Social Security	9a—Noon
	Birthday Lunch	11:30 am
Thursday, September 21	Day Trip to Hope	12:30—8 pm
Friday, September 29	Waffle Friday	8-10 am
	Kenai Senior Connection, Inc. Meeting	10:00am

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 NOT from the kitchen.

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

September Transportation Schedule

MON	TUE	WED	THU	FRI
<p>The Nikiski Pool transportation will be put on hold as the pool is closed September 1-October 15, 2023, for its annual maintenance. Rides to the pool will resume after this time.</p> <p>Fee's: (Roundtrip) To KSC: \$6 donation, Kenai: \$6 fee, K-Beach: \$6 fee, Soldotna: \$15 fee, addtl. stop's: \$3 fee (each - limit of 2)</p>				1 Regular Transportation
4 Closed for Labor Day	5 Regular Transportation	6 Regular Transportation	7 Regular Transportation a.m. Garage Saling Soldotna Route	8 Regular Transportation
11 Regular Transportation	12 Regular Transportation	13 Regular Transportation	14 Regular Transportation a.m. Garage Saling Soldotna Route	15 Regular Transportation
18 Regular Transportation	19 Regular Transportation Farm stand Trip	20 Regular Transportation	21 No PM Transportation Hope Trip	22 Regular Transportation
25 Regular Transportation	26 Regular Transportation Farm stand Trip	27 Regular Transportation	28 Regular Transportation a.m. Garage Saling Soldotna Route	29 Regular Transportation

- Regular Transportation- available most days from 9:15am-3:30pm. Call (907) 283-4156 to schedule a ride.
- **Garage Saling since the pool is temporarily closed we are taking the opportunity to have fun garage saling. The pool schedule will resume in October.**
- **Soldotna Route: available most 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.**
- **Farm stand Trip - Trip to Grace Acres Farm roadside stand. Purchase fresh produce. Redeem farmers market coupons and snap benefits. You do not have to have farmers market coupons to ride along!**



Just like a dragon, her heart is full of adventure. She enjoys reading, traveling, writing, and cooking. If you get a chance, spend some time with her, she is conversant, her stories are colorful and mesmerizing, and can transport you to a different realm. Also, try the delicious caramel apple she makes, yum yum....it's professional looking and scrumptious!

Things about Cheryl:

She was born in Ypsilanti, Michigan, grew up in Germany until she was 12 when she moved back to the US and spent her teenage years in Detroit, Michigan.

Both her parents were in the military. She enlisted in the Army when she was 17 years old, stayed for 7 years and was stationed all over the US and South Korea. Fort Richardson, Alaska was her last assignment. She started out as a Tank Mechanic and ended up in Personnel. Her favorite job as a "Colonel's Aide" while stationed in Korea.

She likes Alaska so much that she ended up staying here for 44 years. She lived in Anchorage for ten years, and then moved to Kenai. She worked at Tesoro Refinery for 19+ years, and finally retired a few years back. Currently she works at the Kenai Senior Center dining room as a volunteer.

Cheryl's hobbies including traveling (favorite places so far has been Amalfi, Italy and Scotland), reading (mostly fantasy, autobiographies and occasionally a good historical romance). She loves music, everything from classic rock, country, classical, 50/60's to opera. She also works stain glass and genealogy. She said that her love of genealogy is because of her interest in history and her people. She always wondered where her family's roots are in history. "Were we born into slavery or freed? Were we slave owners? Did we fight for the Union or the Confederate? When did we originally come to the United States?" Cheryl believes, "that all the decisions and choices our ancestors made throughout history are all a sum of who we are today."

She has had some grand adventures over the years and met some amazing people. She said, "I learned to milk a cow, make butter and slop pigs on a farm in Kentucky. I met Dan Haggerty (played Grizzly Adams on TV) at the Kentucky Derby Breakfast, Mr. & Mrs. Ford, singers Bob Seger, Stevie Nicks/Fleetwood Mac and Ted Nugent."

Cheryl believes that every day is an adventure as it can bring new thing and people into our lives; you just never know what waits out there for you. She is not sure what her next grand adventure will be, thinking about Egypt/Nile or Africa. We will just have to wait and see.

Cheryl's comment: "I am so thankful for the life I have, for all the people I have met along the way and those that I still have yet to meet. Can't wait to see where my next adventures lead me."

She heard that Tom Selleck has a home in Homer and Tom Cruise has a house in Amalfi. Maybe looking for them can be her next adventure.

-Yen-ti Verg-In



We would like to get to know YOU better! If you would be willing to share your story, see Kayla and we will get you lined up with one of our writers.



AUGUST BIRTHDAYS!! Don Waldrop, David Johnsrud, Frosty Walters, Mary Ann Lamecker, Janice Wilsack, Carol Prior, Linda Wehr, and Janice Thornton

September Birthday Party — Wednesday, September 20 at Noon. If this is your birthday month, lunch is on us! Come celebrate with us!!!

LIBRARY NEWS

by Virginia Walters

We have received more DVDs! Several sets of T.V. series. These are shelved under the T.V. screen.

By the end of the month all the VCR tapes will be gone. If there are some you would like to have, please take them next time through the game room.

With the donations we have received some DVDs are not on the original disc. We can not keep those, and will give them back to the donor if we know who it is, otherwise, they are disposed of. So please, when you donate DVDs be sure it is the original.

Please remember the audio books on the shelves under the screen, also. Great for road trips, or just sitting and knitting or whittling!





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!

Walkabout

Wednesdays

at 10:00 am



Do you enjoy walking but worry about walking by yourself? Join us as we walk the perimeter of the Senior Center and Vintage Pointe Manor. We will meet in the lobby of the Senior Center and you can walk at your leisure. Get out those walking shoes - Summer is here!



- 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.

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!

Waffle Bar



Waffles will be 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.

Card Making with Kim

Wednesday, September 13 at 1:00pm



Senior Center Dining Room

Please sign up on the bulletin board.

Basic Leather Crafting Class

Wednesday,
September 27 at 1:00p

The class is being taught by Tattered Magic (Tabby) on how to make an easy and cool leather keychain.

Please join us. The cost is \$3 per person, limited to 10 individuals. Please sign up and pay at the front desk.



Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

September has come, the leaves are turning yellow and falling, the grass needs that one last cutting for this year, and the flowers have seen their best. The Greenhouse has provided cucumbers, tomatoes, and other good things. The kids are back in school and everyone is ready to start watching football or off to go hunting.

The August 31 Quilt Raffle was won by Rosemary Anowlic. The beautiful Alaskan quilt was made and donated by Jan Johnson, sister to Kit Hill.

Funds are still coming in from the 2023 March for Meals, which reminds me that the March for Meals Committee will be starting to plan the events for 2024!

In August the choir began rehearsals and will be putting on a concert the first part of October with harvest and folks songs.

I hope everyone has had a good summer and is ready for a nice fall.

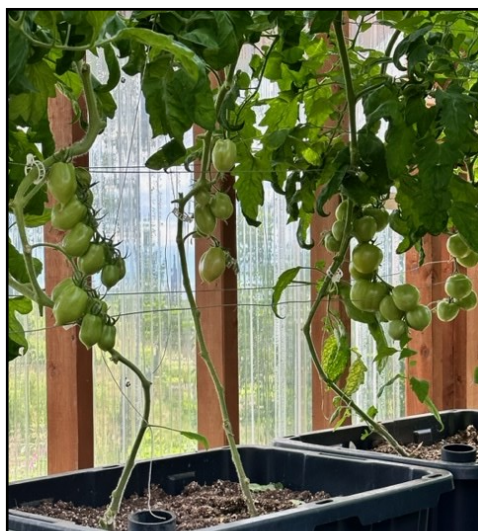
~ Velda



Patty Segura holds the quilt for Rosemary Anowlic. Pictured with Velda Geller, Sr. Connection President



Steve Latz who volunteers his time to work the greenhouse for the



Cucumbers and tomatoes grown to support the Senior Center's meals programs.



Flowers started at the Senior Center and in the greenhouse are now on parade on the back deck.



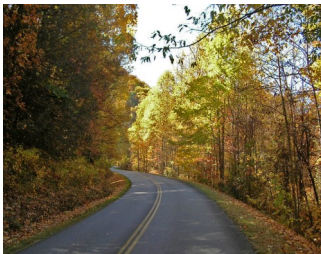
Senior Farmer's Market Nutrition Program

Will you be 60 years of age or older by
September 30, 2023?

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 for Farmer's Market Coupons! Coupons are now available. 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.

These are only available through the end of September so hurry!

* On September 19, and 26, from 1-3pm the Kenai Senior Center will be providing transportation from the Kenai Senior Center to the Grace Acres Farm roadside stand to purchase produce. Grace Acres Farm redeems not only farmers market coupons but also accepts double-up coupons and snap benefits. Call or see the front desk to reserve a seat.



Day Trip to Hope

Thursday, September 21, 2023

12:30p-8:00p

Join Kathy & Paul for a day trip to Hope. The vans will leave the Center at 12:30 p.m. The day will include a beautiful drive to see the fall colors and a no-host dinner at the Creekbend Café. Cost for the ride is \$15.00. Please sign up and prepay at the receptionist desk.

Tuesday, September 19



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.

2024 Kenai Peninsula Senior Games

Volunteer Board Members Needed

If you want to be part of the planning committee. Please sign up at the bulletin board. For more information call or text Bonnie Cain (907) 953-5950



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!**

SEPTEMBER \$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

Celebration of Life

in honor of

Barbara McMillan

Saturday, September 9 at 2:00 pm

Eagles Club, 5791 Kenai Spur Hwy, Kenai



Blue Grass Jam

in honor of

Dan Grant

Thursday, September 28 at 6:30 pm

Kenai Senior Center



Celebration of Life

in honor of

Len Malmquist

Saturday, September 30 from 11a-3pm

Kenai Senior Center



Please join these families and friends as they remember their loved ones. All of these dear folks will be greatly missed at the Senior Center.

MEMORIAL GIFTS GIVEN TO THE
Kenai Senior Center & Kenai Senior
Connection, Inc.
in honor of

Daniel English

Jimmie English
Walt & Rachael Craig

Shirley Johnsrud

Lee & Mary Moeglein

Billy J. Rackley

Patricia Thomson

Barbara McMillan

Hoa Le

Dan Grant

Bill & Lois Nelson

Jim "Slick" Rea

Bill & Lois Nelson

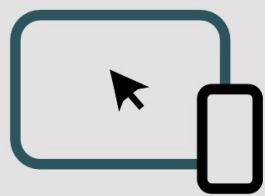
Flu Shots



Kenai Safeway will hold a Flu-Shot Clinic in the Dining Room at 10:00 am. Please sign up on the bulletin board to reserve your space.

Thursday, September 14
from 10:00 am-12:00 pm

Bring your Medicare card



Cyber Security @ Kenai Senior Center

Thursday
September 14th
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, September 22

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, September 22 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.



Heart Healthy

SEPTEMBER 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
28 Saucy Chicken Tortellini Yellow Squash Garlic Bread Soup 	29 Sweet & Sour Pork String Veggies Jasmine Rice Egg Roll Salad	30 Tuna on Rye Veggie Soup Fruit Cup Chips	31 Old Timer's Luncheon Turkey Mashed Potatoes Stuffing Green Beans Rhubarb Pie	9/1 Roast Beef Sandwich Onion Rings Autumn Salad
4 <u>LABOR DAY</u> <u>CENTER CLOSED</u>	5 Vegetable Soup Chicken on Rye Macaroni Salad Fruit Cup Chips 	6 Meatloaf Mashed Potatoes/ Gravy Green Beans Salad	7 Teriyaki Chicken Rice Mixed Veggies Soup	8 Sloppy Joes Home Fries Fruit Cup
11 Clam Chowder Seafood Pasta Muffin Mellon Soup	12 Soft Tacos Spanish Rice Mexi-Corn Chips & Salsa Salad	13 Fried Chicken Mashed Potatoes/ Gravy Mixed Veggies Salad	14 Tangy Sweet n' Sour Pork Stir-Fry Veggies Jasmine Rice Egg Roll Soup 	15 Beef Stew Peaches & Cottage Cheese Rustic Bread Rolls Ice Cream Bars
18 Teriyaki Pork Meatballs w/ Soy Noodles Broccoli Florets Soup	19 Chicken Caesar Salad Fruit Cup Muffin 	20 BBQ Ribs Cowboy Beams Zucchini Chips Salad Birthday Cake	21 Marsala Chicken Noodles Autumn Veggies Soup	22 Cheeseburgers Onion Rings Potato Salad
25 Taco Salad w/ Fixings Soup 	26 Liver & Onions Mashed Potatoes/ Gravy Green Beans Salad	27 Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes Salad	28 Sticky Honey Garlic Pork Brown Rice Yellow Squash Soup	29 Lasagna Italian Veggies Garlic Bread

REGISTER TODAY

Ten Warning Signs of Alzheimer's Presentation

Presented by the Alzheimer's Association®



Seward Senior Center

July 20- 1:00p.m. | [REGISTER](#)

<https://bit.ly/TWSSeward>

Nikiski Senior Center

August 9- 10:30am. | [REGISTER](#)

<https://bit.ly/TWSNikiski>

Soldotna Senior Center

August 29- 10:00am | [REGISTER](#)

<https://bit.ly/TWSSoldotna>

Kenai Senior Center

September 28- 1:00pm | [REGISTER](#)

<https://bit.ly/TWSKenai>

All sessions here are listed in Alaska Time, online listings may be different; please note time zone.



TO LEARN MORE OR TO REGISTER,
PLEASE CALL 800.272.3900

ALZHEIMER'S  ASSOCIATION®

For course descriptions and a full list of available webinars and Association events, please visit us online at: alzwa.org/education

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



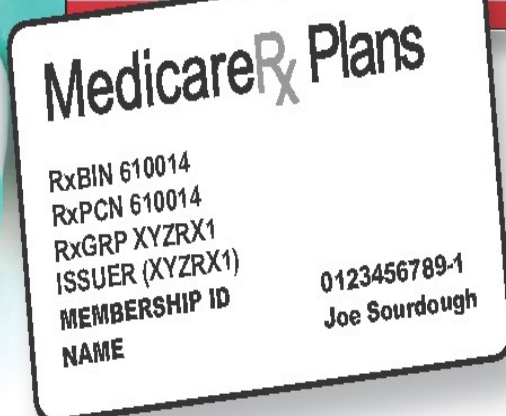
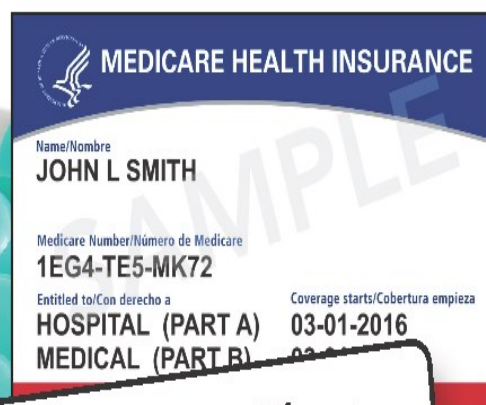
Medicare Information Office Statewide Helpline

(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.



Listening Session for State Plan for Independent Living



The Statewide Independent Living Council of Alaska needs YOUR feedback regarding barriers to Independent Living facing Alaskans with Disabilities.

Who we Need

Alaskans with all forms of disability, caregivers, advocates, and stakeholders. Disabilities are as diverse as Alaskans themselves, and can include (but not limited to) vision, hearing, and mobility impairments, mental and behavioral health, cognitive and developmental disorders, Traumatic Brain Injury, FASD and Substance Abuse disorders.

It is your experience, thoughts, and ideas that ensure the State Plan for Independent Living addresses barriers facing Alaskans with disabilities!

Topics

Transportation
Employment
Housing
Emergency Preparedness
Assistive Technology
Additional opportunities to enhance Independent Living for Alaskans with Disabilities.



When

*September 13th, 2023
1 pm-3pm*



Where

*Kenai Senior Citizens Center
361 Senior Ct, Kenai*

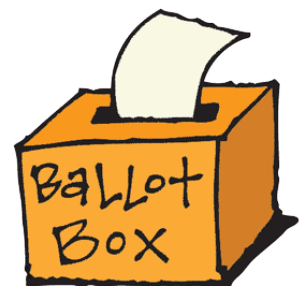
The room is accessible, however, if there is an accommodation needed to participate please contact info@alaskasilc.org or call 907-263-2011 at least 3 business days in advance



CITY OF KENAI
KENAI PENINSULA BOROUGH
ELECTIONS INFORMATION
SEPTEMBER/OCTOBER, 2023

WHEN:	WHAT:	ELECTION:	WHERE:
SEPTEMBER 18 through OCTOBER 3, 2023	Absentee In-Person, Special Needs Voting Available — Ballots for all of KPB will be available.	<u>City of Kenai and</u> <u>Kenai Peninsula</u> <u>Borough Elections</u>	Kenai City Hall 8:00a to 5:00p
OCTOBER 3, 2023	<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 7:00a -8:00p

**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 3 (ELECTION DAY)?

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

THANK YOU!!!

Yen-ti Verg-in

For organizing and arranging the Writers' Group bulletin board.
And, special kudos for the Old Timers' display!

YOU ROCK!!!

Scammers are always finding new ways to steal your money and personal information by exploiting your fears. The most effective way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

One common tactic scammers use is posing as federal agents and other law enforcement. They may claim your Social Security number is linked to a crime. They may even threaten to arrest you if you do not comply with their instructions. Here are three things you can do:

- Hang up right away or do not reply to the email.

- Never give personal information, money, or retail gift cards.

- Report the scam immediately to our law enforcement team at the Office of the Inspector General.

You should continue to remain vigilant of phone calls when someone says there's a problem with your Social Security number or your benefits. **If you owe money, you will be mailed a letter** explaining your rights, payment options, and information about appealing.

There are a few ways you can identify a scam call or email.

Remember that Social Security will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.

- Promise a benefit increase or other assistance in exchange for payment.

- Require payment by retail gift card, cash, wire transfer, internet currency or prepaid debit card.

- Demand secrecy from you in handling a Social Security-related problem.

Send official letters or reports containing personally identifiable information via email.

Remember, if you get a suspicious call claiming to be from Social Security, you should hang up and report it right away to the Office of the Inspector General at 1(800) 447-8477.

