



Kenai Council on Aging Commission

Work Session

September 10, 2026 - 3:05 PM or
Immediately Following Regular Meeting
Kenai Senior Center

361 Senior Ct., Kenai, AK 99611

Telephonic/Virtual Information on Page 1

Agenda

- A. **CALL TO ORDER**
- B. **INTRODUCTION** - Kathy Romain, Senior Center Director
- C. **COMMISSION DISCUSSION** - 2026 Goals Review 2
- D. **PUBLIC COMMENTS** (*limited to 3 minutes per individual*)
- E. **ADJOURNMENT**

Join Zoom Meeting

<https://us02web.zoom.us/j/87253557972?pwd=YzVER1RqOVU2OXdqRWRNZU13R0ROUT09>

Meeting ID: 872 5355 7972

Password: 209020

OR Dial in by your Location: (253) 215-8782 or (301) 715-8592

Meeting ID: 872 5355 7972

Password: 209020

The agenda and agenda items are posted on the City's website at www.kenai.city. Copies of the agenda items are available at the City Clerk's Office or at the Kenai Senior Center prior to the meeting. Please contact the Senior Services Director at 907-283-4156 for additional details.

****COMMISSIONERS, PLEASE CONTACT US IF YOU WILL NOT BE ABLE TO ATTEND THE MEETING****

INTRODUCTION

This area should include the advisory body's missions' statement and include a brief description of the overall purpose of the commission.

Note: Work plans developed by the advisory body will be submitted to the City Council for approval; therefore, it is a good idea to align the goals and objectives with city code, policy and the City of Kenai Comprehensive Plan.

Instructions: In the space provided below, identify an issue or goals (objective) your commission would like to address in the upcoming year, the information provided should include plans on how to address those issues. This item should include information regarding additional staff resources and/or community volunteers needed; funding resources, are funds available in the budget if not are you proposing council include funding in the upcoming budget cycle; and how long is it expected to obtain the objective. Please prioritize the objectives of your group with number one (1) being the top priority (objective number).



Objective No. **1** Objective: **Develop 3 Opportunities for Intergenerational Programs** Estimated Time to Complete: **2026**

Strategy: *(Provide a summary of tasks which need to be done to obtain the objective.)*

1. Junior Senior-SeniorProm - Approach Jr-Sr High students to coordinate with senior participants for a "Senior Prom".
2. Reaching Program at Kindergarten Level - Senior visits Kindergarten Class at Mountain View to read once a month.
3. College Level Students - Interact during lunch with seniors.

Narrative: *(Describe the benefits to the residents and visitors of the City.)*

Engaging younger generations with the Senior Center fosters a deeper understanding of its role in the community, helping to break down stereotypes about aging. By increasing awareness of how the Center operates and the programs it offers, more meaningful connections can be formed between senior and younger individuals. These intergenerational interactions not only help reduce loneliness among older adults but also enhance their sense of purpose and value. At the same time, mentoring opportunities allow youth to gain valuable life skills, guidance, and a sense of connection, creating positive outcomes for both generations.

Collaboration: *(Who needs to be involved to obtain the objective?)*

Collaboration will be between teachers at the Kenai Central High School and Mountain View Elementary. The Human Development Class and the Art Classes will also be contacted.

Funding: *(Are funds available, or is funding needed in a future budget?)*

None

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Objective No. **2** Objective: **Identify Programs and Activities for Health and Wellness** Estimated Time to Complete: **2026**

Strategy: *(Provide a summary of tasks which need to be done to obtain the objective.)*

1. Senior Health & Fitness Day - May 27th. Get a mailing list and send out invites and a survey.
2. Radio-talking about our wellness programs currently offered and other activities available. Three times a year? Maybe once a month?
3. Have available packets for Medicaid/Medicare/Adult Public Assistance/Senior Benefits.
4. Finish the booklet started in 2025 and disperse among community members.

Narrative: *(Describe the benefits to the residents and visitors of the City.)*

Promoting health and wellness among the senior population is essential to enhancing their quality of life. By identifying programs and activities that support physical, mental and social well-being, the Senior Center can better meet the diverse needs of older adults. These efforts extend beyond those who actively participate in the center, reaching a broader population and ensuring that more seniors have access to resources that contribute to their overall wellness.

Collaboration: *(Who needs to be involved to obtain the objective?)*

Senior Center Staff
Council on Aging Commission

Funding: *(Are funds available, or is funding needed in a future budget?)*

None