



# Ninilchik Senior Center

PO Box 39422. 66265 Aspen Ave. Ninilchik, AK. 99639 Phone: 567-3988 Fax: 567-3988 [www.NinilchikSeniors.org](http://www.NinilchikSeniors.org)

## Coming in February

**Lisa Murkowski**  
**Visits the Senior Center**  
**Thu 2/1**

**Groundhog Day**  
**Fri 2/2**

**Team Zappa**  
**Visits the Senior Center**  
**Tue 2/6**  
**After lunch**

**Valentine's Day**  
**Wed 2/14**

**Board Meeting**  
**Thu 2/15**

**Chinese New Year**  
**Fri 2/16**

**Sew Saturday**  
**Sat 2/17**

**President's Day**  
**Mon 2/19**  
**Center Closed**



# February

## **Note from the Vice President of the Board**

Oh my, how time flies! We are well into 2018 and our Senior Center is still the best! At least that's how I feel! Our staff is here daily helping with filing for your Permanent Fund Dividends, notarizing paperwork, sending faxes, cooking lunch and just keeping the Center warm and inviting.

We did have our problems and used paper plates for a few days before two very talented volunteers were able to get our dishwasher working without the ordered part we were waiting for. Thanks to these two and all the great people who volunteer their talents!

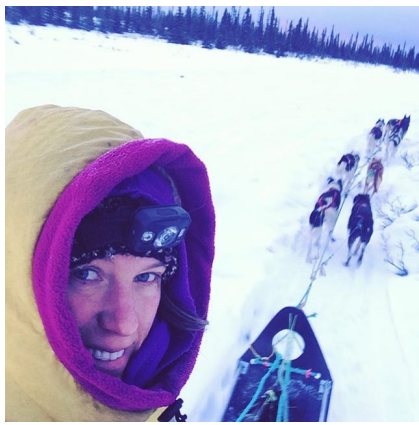
The office staff has been busy organizing activities and have some helpful events such as income tax professional help and the AARP driver's training class coming soon.

Soon our "snow birds" will be coming back to enjoy our wonderful Alaska summer and good times at the Center.

Please be safe, wear good shoes (CLEATS are good) and watch out for that ice that is hiding under a very thin layer of snow! See you at the Center soon.

*~Vi Nordgren*





## Meet Team Zappa!

Our Local Iditarod Mushing Team

Tuesday, February 6 after lunch  
(approx. 12:45pm)

We will also be kicking off our  
Iditarod Fun "Raffle" in February



# Iditarod

Support your Senior Center and join us in a Fundraiser based on the  
Iditarod Race

Come in to the Senior Center

*Fill out an Entry Sheet*

*Pay \$10 entry fee per musher*

*Pull a mushers name out of a can*

*Prizes are based on the Iditarod winners:*

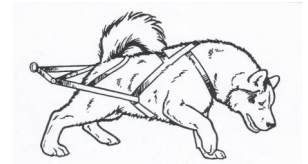
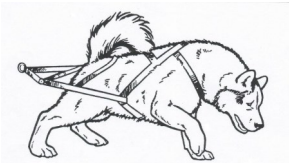
*50% to Ninilchik Senior Center*

*25% - 1<sup>st</sup> Place*

*15% - 2<sup>nd</sup> Place*

*10% - 3rd Place*

*And of course a "Red Lantern" Prize*





Last year (2017), the center received \$255.81 from Fred Meyer through their community rewards program. Thank you to those who participated and made this possible.

If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

The center's Organization Identification Number is 90966.

The Amazon Smile logo consists of the word "amazon" in black and "smile" in orange, with a curved arrow underneath that starts under "amazon" and ends under "smile".

**You shop. Amazon gives.**

So far the center has received \$84.34 from Amazon Smile. Consider signing up to support the Ninilchik Senior Center through Amazon Smile. Simply connect your account via this link: <https://smile.amazon.com/ch/52-1323828>, and Amazon will automatically make a donation to the center every time you make a purchase, at no cost to you. Thank you to those who are already participating.

## A NOTE FROM THE EXECUTIVE DIRECTOR

February is here! For me, February marks the beginning of the end of the winter season. The days are getting noticeably longer and the sun's warmth is getting a little stronger every day. But, as we all know there will still be many cold and snowy days yet to look forward to before spring is finally here to stay. We just never know what you're going to run into here in Alaska – so we need to be prepared for anything. I was reminded of that fact again with the earthquake and tsunami warning we recently experienced. Were you prepared? Did you know the steps to take to evacuate and get out of town quickly? Just as a reminder, here is some information from the Municipality of Anchorage's emergency management website regarding earthquake preparedness as it's never too early to be prepared! Stay safe everyone!

### **Before an Earthquake strikes:**

- Prepare a disaster supply kit - at home, at work, and for your car;
- Secure bookcases, file cabinets, pictures, mirrors, etc. to walls. Include hot water heaters and other appliances, which could move and rupture gas or electrical lines;
- Know where to locate switches and how to turn off home gas, electricity and water;
- Develop a family plan for disasters;
- Practice earthquake safety drills;
- Be able to take care of yourself and your family for 5 to 7 days after a disaster, before emergency services may be able to reach you;
- Know basic first aid;
- Know emergency phone numbers;
- Know how to open and close an automatic garage door manually.

Reference: (<http://www.muni.org/departments/oem/prepared/pages/>)



# Happy Birthday - February



*Bill Hamilton*

*Jack McHone*

*Harold Bartko*

*Dave Smith*

*Bob Wasser*

*Willard Bauman*

*Debbie MacLean*

*Maria Goins*

*Brent Johnson*

*Penny Wilcox*

*Ellen Smith*

*Darwin Waldsmith*

## “Join us for a Free Lunch”

In January we celebrated the New Year with a drawing each week for a free lunch.

The winners were:

Week 1 - Chuck Minium

Week 2 - Ken Rucker

Week 3 - Brandon MacGregor

Week 4 - Victor Bergeron

Now is the time of year to apply for your PFD. We have applications in the office if you need one. Let us know if you would like assistance filling it out.

Thank you to all who donated to the Ninilchik Senior Citizens, Inc. through last year's Pick Click Give Program. YOUR GENEROSITY IS APPRECIATED!!!

The Senior Center is NOT participating in this program this year. If you would still like to donate please see the office staff.



## A Tip O' The Hat To

**Dick Pitta, Doug MacLean, Willard Bauman, John Nofziger,** for Monday town shopping trips. **Dave Nordgren** for town trips, trash removal and vehicle maintenance, and to all of those who helped out or donated but didn't sign the volunteer book.

Thank you to **Cathy Perry, Doug & Debbie MacLean, Terry & Janie Nelson, Warren Hageman & Janice Pearson** for the donations.

A special Thank You to **Doug MacLean** and **Darwin Waldsmith** for fixing the dishwasher gasket!!!

Thank you to all our members!!!  
Thank you to all our Volunteers!!!  
Thank you to all our Donors!!!

## \$5 A Month Club

Thank you to the following who contributed to the club:

Jim Taylor

Bob Pearson

Cathy Perry

David & Judy Clemenson

We have a fund to provide items that are not in the budget.

If you would like to join the club, just bring or send a donation of \$5 any time you can.

THANK YOU!!!



# Ground Hog Day Word Search



CANDLEMAS	FESTIVAL	SUN	CLOUDY	PREDICTION
TRADITION	DELAWARE	FOG	GERMAN	GOBBLERS KNOB
HEDGEHOG	FERTILITY	PEEKS	GODDESS	PENNSYLVANIA
HIBERNATE	SOLSTICE	SAINT	WINTER	PUNXSUTAWNEY
WEATHER	SPRING	BRIGID	BURROW	WOODCHUCK
CHRISTIAN	EQUINOX	IMBOLC	INDIANS	GROUNDHOG
	SHADOW	CELTIC	SIX WEEKS	

## Massage Anyone?

When: Before & After lunch on Mondays      Where: The Ninilchik Senior Center  
 Cost: \$1.00 per minute (in Feb)      By: Terri Eggert — Mystic Rose Massage

Treat yourself!

# State of Alaska Senior Benefits Program

The Alaska Senior Benefits Program pays monthly cash benefits to Alaskans who are age 65 or older and have low to moderate income. Payment levels depend on available state funding and how many people apply and qualify for the program.

## Eligibility and Payment:

\*Eligibility and Payment amount is based on gross annual income.

\*Assets, such as savings, are not counted.

\*Income limits may change yearly along with Alaska's federal poverty level.

\*Payments are not available to seniors living in the following institutions:

Prison or jail

A nursing home

Alaska Pioneers' Home

Alaska Veteran's Home

Public or private institution for mental disease

Payments usually range from \$76 to \$250 a month based on income. If you would like more information regarding this program come to the office or call (907) 567-3988. Or look online at:

<http://dhss.alaska.gov/dpa/Pages/seniorbenefits/default.aspx>

All the information in this article was found at the above web page for the State of Alaska and Senior Benefits Program



## ALASKA HEALTH FAIR SCHEDULE

Community	Date & Time	Event	Location
Soldotna	3/10/2018, 9am- 1pm	Community Health Fair @ Kenai Peninsula College	Ward Building, KPC, 156 College Rd, Soldotna
Ninilchik	4/7/2018, 9am-1pm	Community Health Fair @	Ninilchik School, 15735

## Blood Tests

- **Blood chemistry screen** – (27 panels) – covers infection, anemia, liver disease, clotting ability, kidney and adrenal function, liver function, bone disease, tissue disease and damage, heart function, liver function, muscle function, and lipids (coronary heart disease) (fasting 10 hrs.) – **45**
  - **Thyroid screen** – **35**
  - **Prostate disease screen** – **25**
  - **Vitamin D screen (D2, D3)** – **50**
  - **A1C diabetes** – **25**
  - **Blood typing** – **20**
  - **Vitamin B12** – **35**
  - **Celiac disease** – **35**
  - **Ferritin** – **35**
  - **Allergy respiratory profile for Alaska** – **195**
- New! **Testosterone (men)** – **55**

## Men's Wellness Package –

includes Chemistry/Hematology Profile (Infection, Anemia, Liver Disease, Clotting ability, Kidney and adrenal function, Liver function, Bone disease, Tissue disease or damage, Heart function, Liver function, Muscle function, Coronary heart disease (lipids)), Thyroid Screen (Thyroid function), Vitamin D Screen (Bone metabolism, Parathyroid function), A1C Screen (Diabetes, Glucose), and Prostate Disease Screen (fasting 10hrs.) – **180**.

## Women's Wellness Package –

includes Chemistry/Hematology Profile (Infection, Anemia, Liver Disease, Clotting ability, Kidney and adrenal function, Liver function, Bone disease, Tissue disease or damage, Heart function, Liver function, Muscle function, Coronary heart disease (lipids)), Thyroid Screen (Thyroid function), Vitamin D Screen (Bone metabolism, Parathyroid function), and A1C Screen (Diabetes, Glucose) (fasting 10 hrs.) – **155**.

# About The Ninilchik Senior Center



## Our Mission

We are dedicated to making life easier, more interesting, and providing assistance to others in need among our members, as well as the surrounding community, in ways which lift the spirit and give a feeling of love to each other. We are dedicated to assisting one another through cooperation, respect, and strength of spirit, so that everyone feels welcome and their contributions valued.

## Board of Directors

President: Dick Hawkins  
V. President: Viola Nordgren  
Secretary: Kaye Waldsmith  
Treasurer: Debbie MacLean  
Trustee: Sharon Cook  
Trustee: Steve Vanek  
Trustee: Wayne Taggart

## Endowment Board of Trustees

Chair: Kathryn Kennedy  
Vice Chair: Ronn Lund  
Secretary: Diane Wilson  
Treasurer: John Nofziger  
Trustee: Lenore Jones  
Trustee: Jim Kenshalo

## Staff

Executive Director: Julie Otto  
Adm. Assist/Bookkeeper:  
Tandy Wallace  
Cook: Marti Sue Chapman  
Cook/Maintenance: Rick Ferguson  
Trans. Driver: Mark Brees  
NSC Homemaker: Shelley Estes

## Join us for lunch!

Lunch is served at 12:00 pm Mon-Fri.  
Suggested donation:  
\$7 for members, \$11 for non-members  
Lunch includes: soup,  
salad, entrée and dessert

## Events and Activities

### This Month

Ground Hog Day—Feb 2  
Super Bowl Sunday—Feb 4  
Make a Friend Day—Feb 11  
Lincoln's Birthday—Feb 12  
Valentine's Day—Feb 14  
Do a Grouch a Favor Day—Feb 16  
Random Acts of Kindness Day—Feb 17  
Washington's Birthday—Feb 19  
Be Humble Day—Feb 22  
Tell a Fairy Tale Day & National Pistachio Day—Feb 26  
Polar Bear Day & No Brainer Day—Feb 27

### Weekly

**Mondays:** Quilting/Sewing 1-4 pm  
**Tuesdays:** Craft Day 10 am-4 pm  
Pool Night 6-9 pm  
**Thursdays:** Game Day 1-4 pm  
Quilting/Crafts 10am-4pm  
**Fridays:** Knitting 1-4 pm  
Pool 1-4 pm  
Music Jammin' 6:30 – 9:00 pm  
*\$2.00 suggested donation per person for utilities for jamming nights.*





The Senior Center provides transportation for those needing to go to Kenai/Soldotna. We offer two days a week, Tuesday & Thursday.

The van would depart Ninilchik around 9:30 am and would return from town around 2:30 pm.

**Soldotna**

(with stops at Fred Meyer, Safeway and your medical appointments)

**Or Kenai**

(with stops at Walmart, Three Bears, Safeway & your medical appointments)

Suggested donation is \$15 per round trip.

**The Senior Center can also provide transportation to the center for lunch.**

If you would like to take advantage of any of these services:

Please call the office to schedule

**(907) 567-3988**

### The Homemaker Assistance Program

Is for individuals 60 years and older that find themselves needing a little help around the house. The program includes taking out the trash, sweeping & mopping the floors, vacuuming, cleaning the bathroom, making the bed, laundry, cleaning the kitchen, putting away dishes or groceries, etc.

*We have availability, please call the office to learn more about this program.*

**YOUR NTS HOMEMAKER IS HERE TO ASSIST YOU IN YOUR EVERY-DAY NEEDS. If you have any questions, please call the office at (907) 567-3988.**

The Senior Center is partially funded by these Corporate Sponsors



PJK LLC



- Alaska Food Coalition
- Alaska Railroad Corporation
- Bald Mountain Air Service
- Conoco Phillips Alaska
- Hilcorp Alaska
- Kenai Peninsula Borough
- Meals on Wheels America
- PJK LLC
- Private Donations
- State of Alaska/NTS Grant
- Tag's Rod & Reel
- Tesoro