



Ninilchik Senior Center

PO Box 39422. 66265 Aspen Ave. Ninilchik, AK. 99639 Phone: 567-3988 Fax: 567-3988 www.NinilchikSeniors.org

June 2018



Coming Up

Endowment
Dinner
Sat 6/2

Flag Day
Thu 6/14

Sew Saturday
Sat 6/16

Father's Day
Sun 6/17

Board Meeting
Thu 6/21

AARP Driver
Safety Class
Fri 6/22

A Note from the President of the Board

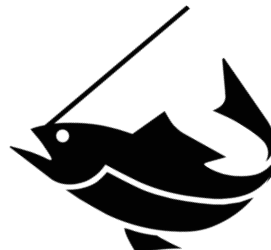
June already, where does the time go? June means the Endowment Dinner is here. June 2 is the day. Come and enjoy the wine and cheese hour starting at 4:00 and the prime rib dinner at 5:00 followed by a pie and dessert auction, as well as a live and silent auction. It is always so much fun and such a worthy cause.

June is also the end of the fiscal year. I'm glad to say we are ending the year in the black. It has been a lot of belt tightening, and attention to the bottom line in order to do that. Thanks to all the volunteers that have helped with making the Center successful.

When you come in to the Center make sure you stop by the office and say hi to Julie and Tandy. They keep things in the office running smooth. Then when you get back to the kitchen give Marti Sue and Rick a huge thank you. I never look at the menu to see what is for lunch. It doesn't matter, it is always good.

We have had a successful opening of the gazebo this spring. Thanks to Sandy Olson for heading that up and for the time she puts in working there. Thanks to other volunteers we are able to open the gazebo five days a week. Thanks to all our volunteers. Without you we would not be here.

~Dick Hawkins



Senior Farmers' Market Nutrition Program

2018

June is the time to start thinking about our local farmer's markets. Through the Federal Senior Farmer's Market Nutrition Program, for those that qualify, we have coupons worth \$30 for use at local farmer's markets when purchasing fresh produce and goods. Stop by the office to find out the details! The following items may be purchased with the program coupons:

Fruit

Apples	Cherries	Honeyberries	Marionberries	Rhubarb
Blackberries	Currants	Huckleberries	Melon	Strawberries
Blueberries	Gooseberries	Lingonberries	Plums	
Boysenberries	Haskaps	Loganberries	Raspberries	

Vegetables

Artichoke	Cauliflower	Green Beans	Peas	Sprout
Arugula	Celery	Kale	Pepper	Squash
Asparagus	Chickweed	Kohlrabi	Potato	Swiss Chard
Baby Greens	Collard	Leeks	Pumpkin	Taro
Beet	Corn	Lettuce	Radicchio	Tasoi
Bok Choi	Cucumber	Mushroom	Radish	Tomatilla
Broccoli	Egg Plant	Mustard Green	Romanesco	Tomato
Brussel Sprouts	Endive	Onion	Rutabaga	Turnip
Cabbage	Garlic	Pak Choi	Snap Bean	Watercress
Carrot	Good King Henry	Parsnip	Spinach	Zucchini

Fresh-Cut Herbs

Basil	Fennel	Oregano	Savory	Sprearmint
Chamomile	Lavender	Parsley	Scallions	Stevia
Chives	Lovage	Rosemary	Sorrel	Tarragon
Cilantro	Marjoram	Sage	Sourdock	Thyme
Dill	Mint			

Fruits, vegetables and herbs without added sugars or oils and which are not processed or prepared beyond their natural state (except for usual harvesting and cleaning).

Honey is approved too!

Contact the Ninilchik Senior Center Office Staff for an application.

Endowment Dinner is Saturday June 2nd

In 2018 We Celebrate the 20th Anniversary of the
Ninilchik Senior Citizens

Endowment Fund

We are Celebrating with a Theme of 20's and a goal of

\$20,000

20's 20's 20's 20's 20's 20's 20's 20's 20's 20's 20's 20's 20's 20's 20's 20's

We are asking our seniors to invest in the future
financial security of NSC through the
Endowment Fund

Will you donate \$20, \$200 or \$2,000? We appreciate anything you
can donate! Thank you!

Thank you to the businesses that have donated \$200 or more!!!

Alaskare Home Medical Equipment

Dolifka & Associates Attorneys At Law

GCI Communications Corp.

Lambe, Tuter & Wagner CPAs

Peninsula Internal Medicine, P.C.

"A financial endowment is a donation of money or property to a nonprofit organization for the ongoing support of that organization. Usually the endowment is structured so that the principal amount is kept intact, while the investment income is available for use, or part of the principal is released each year, which allows for their donation to have an impact over a longer period than if it were spent all at once. An endowment may come with stipulations regarding its usage."



amazonsmile

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

June already? So crazy how fast time goes! With June comes more sunshine and warmer weather – great time for gardening! We still have plots available in our community garden. A \$25 refundable deposit was started this year to help ensure everyone is able to enjoy a weed free garden area. If you keep your area weed free, you get your deposit back so time to get your hands dirty and start planting!

Busy, busy, busy....that's what I think of when June (and summer) come around. There is a lot going on here at the Senior Center including the Endowment Dinner on June 2, the train ride raffle, and the fishing charter raffles to name a few. Before the whole summer gets away from us, I'd like to give a big shout out of special thanks to all those volunteers that help make our Center a success. No matter what's needed, someone always rises to the challenge. From fixing doors to changing tires to making table runners, to making signs, to manning the gazebo, to planning and working our fundraisers, to being a board member; the list goes on and on. We are so fortunate to have such great volunteers. Thank you for taking the time and making the effort to help out. It means so much to me and the rest of the staff as well as the Center overall. Your efforts are so very much appreciated!

~Julie Otto

Watch the Colors Bloom!!!

These people saw a need for new table runners at the Center and stepped up and made new ones for us!!!

Thank you to our local sewing ladies for donating new table runners! Come and see the ones we have received so far. They are hanging on the wall in the entryway.

Lynne Beeker

Ruth Taggart

Donna Schaeztle

Ludie Ziehmer

Faye Woodhead

Cheryl Doyle

Gazebo Donations Needed!

The Gazebo is open!

We appreciate any items you would like to donate!

Please bring the items to the Senior Center.

Please do not leave them at the Gazebo when it is unattended!

Thank you!!!



Ninilchik Senior Center

Garden Plots

There are a few left.

Sign up now.

Fill out your Application and submit your \$25 refundable deposit.

At the end of the season if you keep your plot weeded and taken care of you will get your deposit back!

Saturday Market

Do you have crafts, farm items, etc., that you would like to sell? Ninilchik Saturday Market is up and going! For a \$5 suggested donation each Saturday, to the Ninilchik Senior Center you can sell your items behind the Gazebo.

Come join the fun or just check out the local wares.

Shop Local!!!

Sign Up Now!

AARP Driver Safety Program Class **At the Ninilchik Senior Center - June 22, 2018** **\$15 AARP Members - \$20 nonmembers**

“The AARP Driver Safety Program is the nation’s first and largest classroom course for drivers age 50 and older. The program has served over ten million people since its inception in 1979. The program was created to encourage safe driving among people age 50 and older. The course teaches participants the effects of aging on driving behaviors and how to adjust driving behaviors to accommodate for these changes.

- Almost all of the participants (97%) indicated that they have changed at least one key driving behavior as a result of what they learned in the AARP Driver Safety Program course.
- The percentage of participants who drive daily decreased from the baseline to follow-up period. This finding was especially true among drivers age 65 and older.
- As a result of the course, many participants are engaging in self-policing behaviors. For example, significant differences were found in the number of participants who reported always limiting their driving at night (14% at baseline vs. 21% during the follow-up), in bad weather (16% at baseline vs. 24% at follow-up), and on highways/freeways (10% vs. 12%).
- Classroom participants, women, and older participants reported more self-policing behaviors (e.g., limiting long-distance driving, limiting driving at night) than online participants, men, and younger participants.
- Health status plays a significant role in driving behavior. During both evaluation periods, those with a poorer health status drove less often. In addition, participants who rated their health as good, fair, or poor said they drove less often than they did during their baseline evaluation (44% drove daily at baseline compared to only 35% during the follow-up survey).
- The percentage of participants who correctly answered the course content questions increased, some dramatically, from the baseline to follow-up period. For example, during the baseline evaluation 37% of participants were able to identify the most common traffic violation among older people compared to 56% during the follow-up evaluation.

Experience with the AARP course was positive. More than eight in ten (83%) participants said they would be likely to take the course again. Seven in ten (71%) participants reported that the course met their expectations to a great extent and 88% felt the course was worthwhile.”

Taken from: <https://www.aarp.org/auto/driver-safety/info-2011/driver-safety-program-2010.html>

Insurance Savings???

“Completing our driver safety course could save you money on your car insurance. Consult your agent for details.*”



Last year (2017), the center received \$255.81 from Fred Meyer through their community rewards program. So far in 2018 we have received \$56.83. 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.

Happy Birthday - June

Pauline Hanson
John Chiri
Carolyn Rathert
Kathryn Kennedy
Terri Eggert

Ila Treat
Joyce Wainscott
John Ehlers
Chuck Minium

Betty Banta
Karen Covey
Stephen Nelson
John Steik

Derald Carr
John Zidalis
Jim Regeon
Charles Porter

Board Member Openings

This July we will have at least one opening on the Board of Directors for Ninilchik Senior Citizens, Inc. If you are interested in serving on the board please let the office staff know.

Gazebo

Thank you to our volunteers that are manning the Gazebo!!! We really appreciate you and your efforts!!!

Sandy Olson	Bev Graf	Faye Woodhead	Cheryl Doyle
Ron Jorgensen	Larry Wallace	Debbie MacLean	Doug MacLean
Josh Lynner	Carol Chapman		

And a Big Thank you to Ron Jorgensen for installing the signs on the Gazebo!!!

Thank You

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, Monica Vanek, Terry & Janie Nelson, Steve Vanek, Willard & Ruthe Bauman, Lynne Beeker, Elmer & Donna Schaetzle, Ruth Taggart, Fred Marshall, Cheryl Doyle, Faye Woodhead, Ruby Dennison, Myrtle Mae Erickson, Sandy Olson, Birch Ann Allen, Doug & Debbie MacLean and anyone we may have missed** for the donations.

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
Ludie Ziehmer
Terri Eggert
Lonnie Lambert
Tom & Phyllis McCutchan

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!!!

A HUGE THANK YOU to our Local Fishing Charters Who Donate Charter Trips to the Ninilchik Senior Center!!!

Please support the following Local Charters!

Come in to the Center to get your raffle tickets for a chance to go fishing!

AFISHUNT CHARTERS
 Ninilchik, Alaska, Kenai Peninsula
 Cook Inlet-Kasilof River-Kenai River-Seward



(877)234-7486
 (907)567-3393

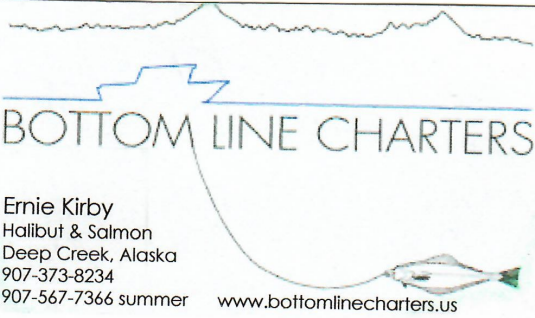


Alaskan
 Adventure
 Charters

907-262-7773

ALASKAN FISHING FEVER
 Halibut & Salmon Charters
 Ninilchik, Alaska
 JASON MEDIA
907-741-2477
 www.AlaskanFishingFever.net

BOTTOM LINE CHARTERS



Ernie Kirby
 Halibut & Salmon
 Deep Creek, Alaska
 907-373-8234
 907-567-7366 summer www.bottomlinecharters.us

Deep Creek View Campground
J&J Smart Charters
 Halibut & Salmon Fishing



P.O. Box 39023
 Ninilchik, AK 99639
 (907) 567-3320
 (May-Labor Day)

1-888-HALIBUT
 (toll free: 1-888-425-4288)

website: www.smartcharters.com
 e-mail: smartcharters@alaska.com

Captain Todd Robbins



KENAI RIVERBEND RESORT
 "The Ultimate Alaskan Fishing Adventure"
 Phone: (907) 283-9489
 1-800-625-2324
 www.kenairiverbend.com

P.O. Box 1270
 Soldotna, AK 99669 USA

DEEP CREEK • SEWARD • HOMER

Desiree Valdez
 907-260-7825
 desiree@nirilchik.com
 www.nirilchik.com



Nirilchik Charters
 P.O. Box 39638, Ninilchik, AK 99639

Nirilchik Saltwater Charters
 Halibut-Lingcod-Salmon-Clam



PO BOX 39353 Ninilchik, AK 99639
 15971 Sterling Hwy

907-567-3611 or 800-382-3611
 nsccharters@yahoo.com
 www.alaskabigfish.com

You Could Win a Trip on a Fishing Charter!

Halibut



Fishing Charter Raffles at The Ninilchik Senior Center

Raffle Drawings will be June 8, June 22, July 6 & July 20

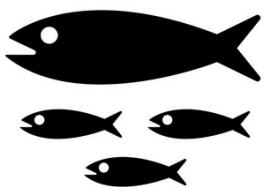
Donated by Local Charters Companies!

**Don't miss out!!! Get your tickets now at the Ninilchik Senior Center
The Buzz Café and Rosco's!!!**

All Proceeds support the Ninilchik Senior Center

Tickets \$10 each or 6 for \$50

State of Alaska Gaming Permit # 874



Salmon

**For more Info Call
907-567-3988**



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.

Please call the office to learn more about this program.

YOUR NTS HOMEMAKER IS HERE TO ASSIST YOU IN YOUR EVERYDAY 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

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

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.

Fish

Find and circle all of the fish that are hidden in the grid.

The remaining letters spell a secret message - a Benjamin Franklin quotation.

M U R D F S I L I A T E L P I R T
H S H A A N T L E M S B D D V C N
T A T I R E G U A S U S S O E R U
U I I B M I H T R L O A A L P A R
O P M L R U S S L G D S L L O P G
M A R U E U S H P U E A M Y M P H
R L E E N R E K C E V O O V P I S
A I P F D A E A E E E D N A A E I
W T I I D F R K R L A H D R N S F
W S M S E R I C C R L D S D O H T
H A S H A R K S O A L U O E L A O
S L H B U H C D H E M C N N I L R
I R O O S T E R F I S H N G T I R
F H R E O H S I F E N O B R E B A
W C A T F I S H B A D D N A S U P
E A N U T H G R A Y L I N G E T D
J K O O N S W O R D F I S H A Y S

BARRACUDA
BLUEFISH
BONEFISH
BULLHEAD
CATFISH
CHUB
COD
CRAPPIE
CREVALLE
DOLLY VARDEN

DORADO
DRUM
GAR
GRAYLING
GRUNT
HALIBUT
JEWFISH
MACKEREL
MUSKELLUNGE
PADDLEFISH

PARROTFISH
PERMIT
POMPANO
REDFISH
ROOSTERFISH
SALMON
SAND DAB
SAUGER
SHARK
SHEEPSHEAD

SMELT
SNOOK
STURGEON
SUNFISH
SWORDFISH
TILAPIA
TRIPLETAIL
TUNA
WAHOO
WARMOUTH

