



# 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 Up

**Crime Prevention Meeting**  
10/1 at 6 pm

**Neighborhood Watch Workshop**  
10/2  
9am-3pm

**BINGO!**  
10/2 at 6 pm

**Community Assistance Grant Meeting**  
10/3 at 1:30 pm

**Columbus Day Center Closed**  
10/8

**Adult Education Presentation**  
10/16 at 12:45

**Board Meeting**  
Thu 10/18 at  
9:30 am

**Sew Saturday**  
Sat 10/20

**Halloween Party**  
Wed 10/31



## A Note from the President of the Board

Here it is October already. I'm going to look back at September for just a few minutes. We had a fabulous and successful fall fundraiser on September 7. Fun was had by all, the food was amazing and we raised a record amount of money for the Senior Center. Thank you one and all for helping and helping, like never before.

Now on to Oct. What's up for this month? I'm pretty sure Halloween comes along at the end of October. Be sure to check in with Julie and/or Tandy to find out what kind of festivities we will have for Halloween. Before that we are having Bingo weekly in October, be on the lookout for dates & times. This has been a fun time for those that have attended. There may be some changes coming for Bingo also. Again, check with Julie to see what is happening in this regard. This may be the precursor of better things to come.

It is also time to start saying good-bye to our snowbirds. If you are heading out for the winter then please have a safe trip and we look forward to seeing you again in the spring.

-Dick Hawkins

# BINGO

is now at

## The Ninilchik Senior Center!

B	I	N	G	O
4	26	43	59	70
9	30	41	55	68
7	23	FREE 32 SPACE	50	63
8	20	31	60	75
13	18	34	52	69

\$5 for 6 games!

Win non-monetary prizes!

Have fun with Friends!

Play Bingo!!!



Tuesday, October 2 at 6:00 pm

doors open at 5:30 pm

Watch for other times in

October!



Open to the Public.

You must be at least 19 to play.

See Bingo House Rules.



# **Ninilchik Senior Center**

## **BINGO House Rules**

1. All players must be at least 19 years of age (photo ID may be required for proof of age and will be required for collecting winnings of \$100 or more.
2. Guests seated in the playing area must have a buy-in receipt and present the receipt upon request.
3. Games will only be honored on the day and session of purchase and will only be valid if date stamped with the date the games are played. Refunds will not be given for unused or incorrectly played games.
4. Paper games must be marked by some type of permanent marker. Paper games may be taped together; however, if they are glued to the tables, your bingo will be invalid.
5. You must yell “Bingo” on the last number called. When you yell “Bingo,” you must be loud enough for the caller to hear you and stop the game. The only valid bingo balls are those pulled from the hopper and called.
6. Once the game has been closed by the caller, no other Bingo’s will be honored.
7. Loud talking, foul or abusive language toward guests or employees, or other behavior deemed inappropriate will not be tolerated and you may be asked to leave.
8. No card or dice playing during the play of Bingo games.
9. No shoes, no shirt, no service – no inappropriate attire please.
10. This is a non-smoking and alcohol-free facility. Smoking is not allowed in the front of the facility or within 10 feet of any door.
11. Cell phones need to be silenced during the play of the games. If you must take or make a call, please step away from the playing area and keep your voice down.
12. Ninilchik Senior Center reserves the right to refuse service to anyone.
13. Most of all we want you to have fun. We encourage you to clap when players win. Winning is exciting and we appreciate you sharing the excitement. Good luck!

These rules have been devised to help us provide a comfortable, safe, fair and honest place to play. Thank you for your cooperation and helping support Ninilchik Senior Center’s Bingo.

# STATE OF ALASKA



## *Executive Proclamation* by *Governor Bill Walker*

WHEREAS, Alaska seniors, age 65 and older, are the fastest growing age demographic, representing 18 percent of our state's total population; and

WHEREAS, falls, a largely preventable community health problem, remain the leading cause of injuries among Alaskans age 65 and older. An estimated one out of every five falls results in either serious injury or death; and

WHEREAS, it is estimated that more than one out of three older Alaskans fall each year, with those falling being two to three times more likely to fall again; and

WHEREAS, falling, and the fear of falling, threaten a senior's safety, well-being, and independence and may cause a person to reduce their everyday activities thus becoming less active, resulting in a loss of strength and coordination, and consequently putting them at greater risk for falling; and

WHEREAS, research has identified many factors that contribute to falls such as lower body weakness, use of medicines that affect equilibrium, problems with vision and hearing, foot pain and poor footwear, in addition to inadequate indoor lighting and home hazards that often cause tripping; and

WHEREAS, Alaskan seniors should consult with their physician about resources to help seniors stay active and motivated to maintain a healthy lifestyle; and

WHEREAS, seniors can reduce their chances of falling by participating in evidence-based exercise programs to improve balance and strength such as Tai-Chi and walking, reviewing medications and nutritional regimens with a health care professional, having regular eye and hearing exams, participating in fall prevention education, reducing home hazards, and installing safety devices such as grab-bars and proper lighting.

NOW THEREFORE, I, Bill Walker, GOVERNOR OF THE STATE OF ALASKA, do hereby proclaim September 22, 2018 as:

### *Senior Falls Prevention Awareness Day*

in Alaska, and encourage all Alaskans to practice fall prevention, promote awareness about the dangers of senior falls, and offer their support to seniors and others at risk to prevent falls and injury.

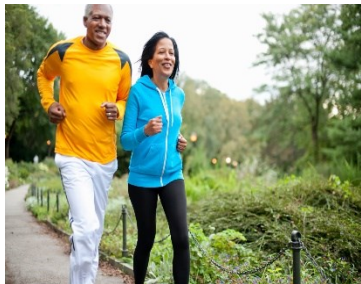
Dated: September 5, 2018



*Bill Walker*

*Bill Walker, Governor  
who has also authorized the  
seal of the State of Alaska to  
be affixed to this proclamation.*

## Staying Active Prevents Falls



Most of us know staying active reduces many illnesses and risk of injuries. Many of us also know or have a connection to someone who has suffered a fall. The two are related. Staying active prevents falls.

The annual Falls Prevention Awareness Day, Sept 22, 2018 raises awareness about how to prevent falls-related injuries among adults. On this day, national, state, and local partners collaborate to educate everyone about the impact of falls, share fall prevention strategies, and educate for the expansion of evidence-based community fall prevention programs.

### What do we know?

According to a 2018 Alaska Department of Health and Social Services recent report:

- Falls are the number one leading cause of serious injury requiring medical attention and the loss of independence among Alaska residents aged 55 plus.
- In 2016 alone, (most recently available compiled data) the total amount billed to Alaska seniors for falls-related injuries was approximately \$135 million—triple the amount billed in 2012. The average fall cost \$80,000 for acute services only; including emergency medical services, emergency departments, intensive care units, and hospital charges.
- Alcohol, prescription drugs, and other substances are associated with increased likelihood for falls. Of those screened, 64% tested positive for alcohol, 25% tested positive for prescription drugs, and 25% for other substances. Further analysis of the data indicates the majority of those who tested positive for other substances had also tested positive for marijuana.

The statewide Injury Prevention Program works with Alaska Commission on Aging and local and statewide partners to raise awareness about how to prevent fall-related adult injuries across the state. Specifically the Injury Prevention Falls Prevention Program has four primary goals:

1. Enhance Safety- home safety- promote resources for home safety checks and modifications
2. Promote Health- promote community evidence based fall prevention programs
3. Expand Education and Outreach-expand outreach with and through key partner relationships
4. Support Policies and Systems- provide quality and dissemination of fall data

### What is being done?



In collaboration with communities, public, private and tribal entities; the Injury Prevention Program works to improve the health and wellness of Alaskan Seniors by reducing falls through enhanced home safety awareness, health promotion, education and outreach, and support of policies and system through data dissemination.

### What Can You Do? Take a Falls Risk Assessment

The below fall risk factors may mean that you, or someone else, is at risk for a fall.

- experienced prior falls or feel unsteady when walking
- have a fear of falling
- are unsteady or been advised to use cane or walker
- need to push with hands to stand from chair
- rush to the toilet
- experience loss of feeling or sensation in feet
- take medications that make you dizzy or causes fatigue
- take medications, drink alcohol, or use marijuana or other substances
- feel sad, depressed, or lonely

# October 16 at 12:45 pm

Erling Hofseth will be at the Ninilchik Senior Center to answer questions about upcoming classes and to discuss the Senior Waiver Program

## ***Learn More About Adult Education Opportunities in Ninilchik***

**We Can Help!**

***KPC offers multiple resources to help you in Ninilchik***

- meet your educational goals.
- obtain information on attending College.
- find out how to earn your GED.
- GED class assistance and individual tutoring available.
- English as a Second Language Instruction Available
- learn about VA benefits and services.

**No Appointment Needed** .

UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: [www.alaska.edu/nondiscrimination](http://www.alaska.edu/nondiscrimination).



**Erling Hofseth**  
*Adult Education Facilitator*  
*Available at Ninilchik*  
*Library*  
*Tuesdays*  
*11:00 am—1:00 pm*

**Questions?**  
Call 262-0327  
or email Erling at:  
[ejhofseth@alaska.edu](mailto:ejhofseth@alaska.edu)

# Holiday Bazaar

Saturday, November 10 @

Sunday, November 11

From 10 am to 5 pm

At the  
**Ninilchik Senior Center**

Tables are available:

\$25 for both days

\$15 for one day

\$10 extra if electricity is needed

Please come by the Senior Center  
to register and reserve your tables

66265 Aspen Ave

(907) 567-3988



# Alaskan Trivia

1. True / False: Ice bridges had to be built during the construction of the trans Alaska pipeline.
2. Where was the first capital of Russian America?
3. True / False: In the Matanuska Valley cabbages grow up to 70 pounds.
4. True / False: Great White sharks have been found in southeast Alaskan waters.
5. What is "Nunapitchuk"?
6. Who was Alaska's first elected Republican Governor?
7. What is the most sought after bottom-fish in Alaska?
8. What is one of the favorite meals of the bald eagle?

Answers on Page 10



## **An Important Message from Medicare**

MEDICARE OPEN ENROLLMENT

October 15 - December 7

This is your time to see if you can find lower premiums and extra benefits. Look at all your Medicare health plan choices for 2018 - including prescription drug plans and Medicare Advantage plans from private insurers. Plans change every year - maybe your healthcare needs have changed, too.





**amazon**smile

**You shop. Amazon gives.**

So far the center has received \$94.27 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**

Welcome October! Fall is on its way out and we all know that winter is waiting at the door to come in. October also means the gazebo is closed for the season. A very special thank you to all those who helped out this year. Thanks to all of the volunteer power we were able to open the gazebo almost every day this summer! In addition to those volunteers who diligently staffed the gazebo I'd also like to thank those of you who donated items. Donations are what make the gazebo a reality. When you're ready to get rid of the clutter in your home or just looking to downsize, keep the gazebo in mind. We take household donations all year long – drop by the office during business hours and we'll take those unwanted items off your hands. Please note that we do not take furniture, appliances or used computer equipment or printers.

With October also comes Halloween! Time for all the little ghosts and goblins to make their annual appearance. Please plan on joining us for some special Halloween fun on the 31<sup>st</sup>. Marti Sue has already planned her special lunch menu and we've got lots of other tricks and treats in store as well. So come on in for lunch – dress in costume if you wish – we've got some ghoulish and ghastly fun planned for all!

*~Julie Otto*



## Alaskan Trivia Answers

1. True
2. Kodiak
3. True
4. True
5. A village of 350 people west of Bethel
6. Walter Hickel, 1968
7. Halibut
8. Spawned out salmon



## Ninilchik Senior Center Endowment Fund

Become a donor to the Ninilchik Senior Center Endowment, enabling funding now and into the future. Your donation will be invested to provide an income source year after year.

Your support is Valuable!!!  
(All gifts are tax deductible to the extent allowed by law)

Enclosed: \$ \_\_\_\_\_

My Name: \_\_\_\_\_

My Address: \_\_\_\_\_

\_\_\_\_\_

Mail to: NSC, PO Box 39422 Ninilchik, AK 99639

Thank you in advance for your financial support!!!

## Help us reach our Goal: \$20,000 for our 20th Year of the Endowment Fund



## Ninilchik Senior Center Board Meeting

The monthly Board Meetings are open to all.

If you have anything you want on the agenda, please let the office staff know.

The next meeting is October 18 at 9:30 am.

Hope to see you there!



Last year (2017), the center received \$255.81 from Fred Meyer through their community rewards program. So far in 2018 we have received **\$176.28**. 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 **GP013**.

# Happy Birthday - October

Paul Seaton  
Julie Boll  
Victor Bergeron  
Lowell Wilcox  
Ruth Taggart

Susie Chiri  
Virginia Davis  
Deanna Smith  
Janice Pearson  
Larry Lachinski

Russ Penrod  
Dottie Wiegman  
Marie Penrod  
Janie Nelson  
Jim Taylor

Bill Hagerty  
Cathy Perry  
Viola Nordgren  
Jerry Stout  
Diane Wilson



## happy halloween

### Gazebo

It's time to close the Gazebo until next spring. Thank you to our volunteers that manned 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	Becky Anderson	Larry Wallace

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, Terry & Janie Nelson, Steve Vanek, Willard & Ruthe Bauman, Fred Marshall, Cheryl Doyle, Faye Woodhead, Doug & Debbie MacLean, Ludie & Richard Ziehmer 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!!!  
Thank you to our Cooks!!!

### \$5 A Month Club

Thank you to the following who contributed to the club:

Jim Taylor  
Cathy Perry  
David & Judy Clemenson  
Tom & Phyllis McCutchan  
Wayne & Ruth Taggart  
Char Moore  
Mary Carr  
Justin Boyd  
Steve Stewart  
Bill Cress  
Bob Pearson

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!!!

# 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: Sharon Cook  
Trustee: Steve Vanek  
Trustee: Cheryl Doyle  
Trustee: Bill Cress



## 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: Caroline Correia

## 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  
Bingo (times to be determined)

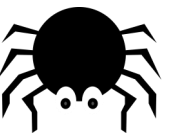
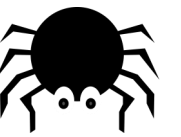
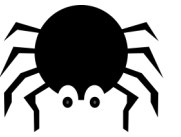
**Thursdays:** Game Day 1-4 pm  
Quilting/Crafts 10am-4pm

**Fridays:** Knitting 1-4 pm  
Pool 1-4 pm

# Spiders

Find and circle all of the spider species and anatomy words that are hidden in the grid.  
The remaining letters spell a secret message.

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



ABDOMEN  
 BLACK WIDOW  
 BOOK LUNGS  
 BRAZILIAN WANDERING  
 CAMEL  
 CARDINAL  
 CHELICERAE  
 CLAWS  
 EIGHT LEGS  
 ESOPHAGUS  
 EXOSKELETON  
 EYES

FANGS  
 FISHING  
 FUNNEL WEB  
 GIANT HUNTSMAN  
 GOLDEN HUNTSMAN  
 GRASS  
 HEAD  
 HEART  
 INTESTINE  
 LICHEN  
 MIRROR

MOUSE  
 OGRE FACED  
 ORCHARD  
 PEACOCK  
 PEDIPALPS  
 PELICAN  
 REDBACK  
 RED WIDOW  
 SETAE  
 SILK GLAND  
 SILKHENGE

SPINNERETS  
 TARANTULA  
 TEXAS RE-  
 CLUSE  
 THORAX  
 TRAPDOOR  
 VENOM  
 VIOLIN  
 WATER  
 WEBS  
 YELLOW GARDEN  
 YELLOW SAC



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**

\*\*Beginning in October we will only have ONE trip to town per week.

**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 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



- Alaska Food Coalition
- Alaskare Home Medical Equip.
- Amazon
- Aspen Hotel / Kenai Residence
- Dolifka & Associates, P.C.
- Enstar
- Fred Meyer/Kroger
- HEA
- Kenai Peninsula Borough
- Lambe, Tuter & Wagner
- Meals on Wheels America
- Ninilchik Family Dentistry
- Peninsula Memorial Chapel
- PJK LLC
- Private Donations
- State of Alaska/NTS Grant
- American Legion Post 18