



Ninilchik Senior Center

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

Coming Up

Daylight Saving
Time Ends
Fall Back 1 Hour
Sun 11/4

BINGO!
Wednesdays
after lunch

Holiday Bazaar
Sat 11/10
Sun 11/11

Veteran's Day
Center Closed
11/12

Board Meeting
Thu 11/15 at
9:30 am

Sew Saturday
Sat 11/17

Thanksgiving
Center Closed
Thu 11/22 &
Fri 11/23



A Note from the President of the Board

Hello everybody. I hope your October was as nice as mine was. Such a nice fall for the most part. Yes we have had a little rain but if we didn't have rain then how could we enjoy the sunshine? I'm not sure but we should give it a try sometime.

Remember, when it does start snowing (trust me it will) take your time on the roads. Hopefully you have been able to get your studded tires on your vehicles in time. Remember to give yourself extra time to get where you are going. It is also that time of year to think about some extras in your car, such as a blanket, some warmer foot wear, maybe some extra snacks, matches and fire starter of some sort. This is by no means a complete list but just some ideas to get you thinking.

November is typically the beginning of winter for most of us in Alaska. We shall see what happens this year. November is also the beginning of the holiday season. There will be a big two day bazaar at the Senior Center on Veterans Day weekend. There should be a ton of fun and interesting holiday selections to choose from. A good weekend to do some of your shopping for Christmas.

~Dick Hawkins

Thankful

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

It's All About Family!

Have you protected them?

If Crisis Strikes, You Risk:

- Losing Control
- Additional Stress on Your Family
- The Loss of What You Spent a Lifetime Building

Proper Planning Ensures You:

- Maintain control of Your assets for the sake of the family
- Give control to those you trust most when you're not able
- Remain home without stress on the family should the need for long term care arise
- Keep your family's business private

Come Discover
"The 7 Threats to
Your Estate Plan"
Call (907)334-9200
to reserve your
seat today.



Law Office of Constance A. Aschenbrenner, LLC

205 E. Benson Blvd., Ste 121-D
Anchorage, Alaska 99503

Phone: (907) 334-9200

Fax: (907) 334-9036

caschenbrenner@gci.net

www.akwillstrusts.com

Anchorage Senior Activity Center

1300 E. 19th Ave.
Anchorage, Alaska
(907) 770-2000

9:30 a.m. to 11:30 a.m.

DEC. 14, JAN. 4, FEB. 7

6:00 p.m. to 8:00 p.m.

JAN. 8, JAN. 29, FEB. 19

Wasilla Senior Center

1301 South Century Cir.
Wasilla, Alaska
(907) 376-3104

9:30 a.m. to 11:30 a.m.

DEC. 4,

JAN. 3, FEB. 5

Chugiak Eagle River Senior Center

22424 Birchwood Loop Rd.
Chugiak, Alaska
(907) 688-2674

9:30 a.m. to 11:30 a.m.

DEC. 5,

JAN. 10, FEB. 14

Ninilchik Senior Center

66265 Aspen Ave.
Ninilchik, Alaska
(907) 567-3988

9:30 a.m. to 11:30 a.m.

JAN. 11, FEB. 15

Mar 15

Estate Planning: Wills, Trusts, and Powers of Attorney. Medicaid Planning: Miller's Trusts and Special Needs Trusts

Seating is limited. Reservations are required.

Contact : Christina Soto, Client Services Coordinator

ANCHORAGE: (907)334-9200





VETERANS DAY

☆☆☆ HONORING ALL WHO SERVED ☆☆☆



*On the 11th Hour
of the 11th Day
of the 11th Month
We will
Remember
You*



Alaskan Trivia

1. Why was the Alaska highway built?
2. To what political party are the majority of Alaskans registered?
3. Name the Native Corporation which was established for the Arctic Region.
4. What famous airliner in Alaska started as Star Airways in Nome?
5. Name the year of statehood for Alaska?
6. What is “baked Alaska”?
7. Who was the City of Fairbanks named for?
8. In the late 1800’s what city in the Interior of Alaska was the main port of entry from Canada?
9. What world event boosted Anchorage into a boom town?
10. In what years did the construction of the Alaska pipeline begin and end?

Answers on Page 8



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.

Be Prepared for Winter

In the house:

Household emergency supplies should include enough food, water and supplies to last four days without power or help. Check your home emergency kit against this basic checklist.

- Food that doesn't require heating or refrigeration, such as canned meats, soups and stews, cereal, and energy bars
- Manual can opener
- Paper plates, cups and plastic utensils
- 1 gallon of water per person per day (allow enough for four days)
- Flashlights and batteries
- Battery-powered radio
- Battery-powered clock
- Cellular phone
- First-aid kit (printable first-aid kit checklist)
- Four-day supply of prescription medicines
- Blanket and cold-weather clothing for each family member
- Pet food and additional water for household pets



On The Road:

Winter transportation can mean coping with ice, snow, and hazardous roads. Road conditions can change in an instant. Before traveling, give cars a winter preparedness exam.

- Check antifreeze
- Check and replace older batteries
- Remember to keep the gas tank near full to avoid freezing water in the fuel line
- Check tires and spare tire for proper inflation

Make sure automobiles contain the following emergency supplies to handle winter road hazards.

- Bag of sand, road salt or non-clumping cat litter. The bag's extra weight means better traction, and the contents can be spread under slipping tires.
- Ice scraper
- Jumper cables
- Small shovel (to dig snow away from wheels, or scatter sand on roadway)
- Tire chains (every driver should practice putting them on)
- Flares or reflective triangle to warn other motorists if you break down
- Blanket
- Flashlight and batteries
- Gallon jug of drinking water
- First aid kit

When traveling by car, include emergency food and clothing for each traveler. Pack supplies in an easy-to-carry emergency backpack in case you need to abandon your car. Your emergency backpack should include these preparedness items.

- Jacket, hat, gloves and sturdy, snow-proof boots for each traveler
- Nonperishable food
- Bottled water
- Cellular phone
- Money



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.

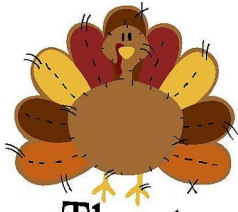
A Note from the Executive Director

Aaahhhh November - the time change month! Some people like it, some people don't but either way it's that time again – so don't forget....Sunday, November 4 – set your clocks back one hour. November also brings with it Veteran's Day and Thanksgiving Day, which, for most is the start of the very busy holiday season. Time for friends and family visits and lots of great food!

An article I read recently said that on Thanksgiving Day Americans consume between 45 and 46 million turkeys – equating to over 700 million pounds. That's a lot of turkey! And what about the pumpkin pie? It is estimated that over 50 million pumpkin pies are consumed on Thanksgiving! Whatever it is that you like to eat on Thanksgiving I hope it's wonderful and that you have a safe and happy holiday season.

-Julie Otto





Happy Thanksgiving

Thankful

Alaskan Trivia Answers

Questions & Answers are from "The Alaska Game of Trivia" by Teddy's Toys 1985

1. For military defense support and access to the continental United States.
2. None, they are registered independent.
3. Arctic Slope Regional Corporation.
4. Alaska Airlines
5. 1959
6. A dessert made of ice cream, cake and meringue and baked in a hot oven for three minutes.
7. Indiana Senator Charles Warren Fairbanks who was also Vice-President under Theodore Roosevelt.
8. Eagle.
9. World War II
10. 1974 to 1977



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



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 - November

Mike Chihuly
Jane Smith
Pat Palmer
Glen Thomas
Martha McQuiston
Michael Bostwick

Nancy Jo Pennington
Lenore Jones
Sterling Eide
Charlene Huhndorf
Delores Lindeman

Sue Moore
Anita Kwan
Harriet Covey
Deborah Bandelow
Jody Michaeli

Jack Rathert
Torvald Hanson
Pam Noratuk
Faye Woodhead
Paul Nelson



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 Liz Kruzick, Cathy Perry, Terry & Janie Nelson, Steve Vanek, Willard & Ruthe Bauman, Fred Marshall, 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
Char Moore
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
Trustee: David Clemenson

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

Wednesdays: Bingo (after lunch)

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

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

Saturdays: Music Jammin'
3rd Saturday - Sew Saturday

Thankful For

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

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

ACTS OF KINDNESS

A PLACE TO LIVE

BEACHES

BEAUTIFUL NATURE

BLESSINGS

BOOKS

BROTHERS

CARE GIVERS

CHILDREN

CHRISTMAS

CLEAN WATER

CLOTHING

COMPUTERS

ELECTRICITY

EYEGASSES

EYESIGHT

FAITH

FAMILY

FLOWERS

FOOD

FREEDOM

FRESH AIR

FRIENDS

FUN

GOOD HEALTH

GRANDMA

GRANDPA

HAPPY MEMORIES

HEARING

HOLIDAYS

HUMOR

INTERNET

LAUGHTER

LIFE

LOVE

MUSIC

NURSES

PARENTS

PEACE

PETS

RAINBOWS

SCHOOL

SINGING

SISTERS

SMART PHONES

SMILES

SUNSHINE

TEACHERS

TELEVISION

VOLUNTEERS

WARM SHOWERS



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

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



TESORO



Peninsula Internal Medicine



- Alaska Food Coalition
- Alaskare Home Medical Equip.
- Amazon
- Aspen Hotel / Kenai Residence
- Dolifka & Associates, P.C.
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