



# 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

### **BINGO!**

Wednesdays after  
lunch

### **Pearl Harbor Remembrance Day**

Fri 12/7

### **Gingerbread House Contest**

Mon 12/17

### **Sew Saturday**

Sat 12/15

### **Winter Solstice Winter Begins**

Fri 12/21

### **Holiday Party**

Fri 12/21

Cookie Potluck

### **Christmas Eve**

Mon 12/24

Center closes at 1  
pm

### **Christmas Day**

Tue 12/25

Center Closed



### **Winter Shutdown**

12/25 - 1/1

Center Closed

### **Center Opens**

Wed 1/2



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

Greetings. Merry Christmas and Happy New Year. Is it December already? Why yes it is. I hope all your holidays are blessed this year with lots of family and friends that bring wonderful memories and tasty treats to tempt the taste buds.

If you are in the Ninilchik area please keep praying for some winter like weather. It would be nice to have a white Christmas this year. If you're not in the Ninilchik area then I wish for you the weather that is appropriate for where you are.

The staff at the Senior Center is busy decorating for the Christmas season. Julie Otto (our wonderful, talented and ever so helpful Director) told me the other day she has a vision for how she wants to decorate the Center. I can hardly wait to see what happens. Maybe some pictures that she could share on line. You never know.

We are still waiting patiently for our van. We still have hopes that it will arrive before the end of the year. Things like this always seem to take longer than first expected. It will be nice when it finally arrives. The good news in this area is that grant dollars received from the Rasmuson Foundation and the Kenai Peninsula Borough Community Assistance Program will cover the majority of the center's cost of the van. We are grateful to both of these entities and this is truly good news.

I want to say a little about the meals that are served at the Senior Center. As most of you know, we ask for a \$7 donation per meal for members and \$11 for non-members. The costs of these meals are partially covered by grant dollars. We want to be able to serve all seniors needing/wanting a nutritious meal. If you don't have the money on a particular day please don't let that stop you from joining us for a meal. We don't want anybody to go without. We also have a shelving area that has free items on it for our members. Take what you need, leave what you don't. And remember, except for the free shelf the food that is served at the center needs to be eaten at the center.

Have a wonderful December and to quote Charles Dickens, "God Bless us Everyone."

~Dick Hawkins

## Letter from the Endowment Board Chair

It is big news that your Endowment Fund grew to over \$600,000 this summer. The Senior Center now counts on the fund to provide money annually as income to help run the Senior Center. I want to correctly report that the Endowment Fund gave \$19,425 for this fiscal year's use. Very impressive but not nearly enough to meet a \$200,000 budget, keep meal prices low and make the future secure, which is my dream for NSC.

\$600,000 is a great deal of money yet it would take six million to fund the full budget. The Endowment Board perseveres toward that lofty goal. Not easily achieved but every effort counts.

The Endowment Board is committed to protect, preserve and invest the fund money so it grows over the years. We are conservative so significant growth from interest is not rapid. We do an annual fundraiser to help raise money each year. We developed a Corporate Sponsorship program. The entry walls were remodeled to recognize individual and corporate donors. In celebration of twenty years of the formation of the Endowment Fund there is a big thermometer in the dining room showing the progress of raising \$20,000 in this calendar year. We are proud to be at \$17,207 and trust to make the goal.

The Endowment Board's job is to build security for Ninilchik Senior Center. We need your support and commitment to that cause. As an example of the importance of maintaining an investment fund think of the Permanent Fund and Social Security. None of us really wants the state of Alaska to use the Permanent Fund to pay for government spending and stop giving us our annual dividend checks or to see our government spend Social Security funding and cut off our retirement income. Preserving those investments is critical to yearly payouts now and into the future.

Supporting the concept of the Endowment Fund is first. Second is contributing to it. Please consider making Ninilchik Senior Center a beneficiary of some percent of your will or investments. We have a lawyer who will advise and assist amending your documents to make that happen at no cost to you. Philanthropy begins in house.

Committed and hopeful,

Kathryn Kennedy

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



# NINILCHIK SENIOR CENTER ENDOWMENT FUND TRUST

## Contribution Form

Name	
Mailing Address	
Home Phone	
Mobile Phone	
Email	

Our total legacy commitment to the Ninilchik Senior Center Endowment Trust Fund:

Codicil to Will	\$
Life Insurance Beneficiary	\$
Annuity Beneficiary	\$
Living Trust	\$
Stock Transfer (TOD)	\$
Investment Fund Beneficiary	\$

Note: The Ninilchik Senior Center has legal service available upon request. Your insurance agent can assist you on the Beneficiary designations and your investment broker can assist you on the stock transfer.

Our Total Pledge to the Ninilchik Senior Center Endowment Trust Fund:

Annual	\$	Cash, Credit Card (circle)	Start Date:
Semi Annual	\$	Cash, Credit Card (circle)	Start Date
Monthly	\$	Cash, Credit Card (circle)	Start Date:

Your Signature:
Date:

Accepted by:

President of Ninilchik Senior Center Board of Directors	
Date:	

## Gingerbread House Contest

Monday, December 17 after lunch

Sign up by December 7, \$5 suggested donation

Come enjoy the festive decorating and you may win a prize!

If you have any special decorations you would like to use and or share, bring them along.



## Holiday Party December 21

Holiday Cookie Potluck

If you are feeling festive, bring in a plate of your favorite holiday cookies to share.



We will also be having a Gift Exchange. If you would like to participate, bring in a wrapped gift costing no more than \$15-\$20.

Join us for some fun, festive times!



# 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**



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 .



# Alaskan Trivia

1. What is "Creek Street" in Ketchikan known for?
2. What North American Native culture was known to make houses of snow and ice?
3. Name the Bay that became synonymous with the big oil strike.
4. What animal is 90% of the Golden Eagle's diet?
5. Where is Alaska's "First City"?
6. What is the name of the official state flower?
7. In Alaska, what is a rabbit with oversized hind feet?
8. How many stars were on the flag when the first American flag was unfurled over Baranof's castle in Sitka?
9. True/False The clan chief in the Tlingit culture was usually the oldest brother.
10. What is another name for a chinook salmon?

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.



**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.

DECEMBER

### **A Note from the Executive Director**

It's December in Alaska once again and if you're like me, you're patiently waiting for some snow with a white Christmas to follow! This is one of my favorite times of year. I remember many a Christmas during my childhood that was spent with friends and family – drinking hot cocoa, playing board games, and going to bed early in hopes that Santa would get there sooner!

The holiday season is a happy time for most but for some it can be the most difficult time of year. This year my hope is that when you're out and about on your holiday comings and goings, you keep a smile on your face and laughter in your heart and take every opportunity to brighten someone's day. We've all heard the phrase...."It's the little things in life that make the difference"....this I firmly believe as you just never know when that one little thing may make all the difference in the world to someone!

Wherever you are this holiday season, snow or no snow, I wish each of you a very Merry Christmas and a blessed New Year.

*~Julie Otto*



## Alaskan Trivia Answers

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

1. It is an old "red light" district and a favorite tourist attraction.
2. Canadian Eskimos.
3. Prudhoe Bay.
4. Arctic Ground Squirrel.
5. Ketchikan.
6. Forget-me-not.
7. Snowshoe hare.
8. Thirty-six.
9. True.
10. King Salmon or Blackmouth.





## Feel Down? Get Up! Emotional Benefits of Exercise Even in the Dark Days of Alaska Winter.

Research has shown that the [benefits of exercise](#) go beyond just physical well-being. Exercise helps support emotional and mental health. So, next time you're feeling down, anxious, or stressed, try to get up and start moving even in the dark days of winter!



Physical activity can help:

- Reduce feelings of [depression](#) and stress, while improving your mood and overall emotional well-being.

- Increase your energy level.

- Improve [sleep](#).

- Empower you to feel more in control.

- Improve your winter mood.

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Exercise ideas to help you lift your mood:

**Walking, bicycling, or dancing.** [Endurance activities](#) increase your breathing, get your heart pumping, and also boost chemicals in your body that may improve mood.

**Yoga.** A mind and body practice that typically combines physical postures, breathing exercises, and relaxation.

**Tai Chi.** A “moving meditation” that involves shifting the body slowly, gently, and precisely, while breathing deeply.

**Activities you enjoy.** Whether it's gardening, playing tennis, kicking around a soccer ball with your grandchildren, or something else, choose an activity you want to do, not have to do.

### Quick Tip

**Exercise with a friend and get the added benefit of emotional support.**

Dawn Groth RN, BSN, MEd

Chronic Disease Prevention and Health Promotion, Division of Public Health

Active People, Healthy Nation| Special Projects: Active Transportation and Breastfeeding

3601 C St, Suite 722, Anchorage, AK 99503 | 907-334-5966 | [dawn.groth@alaska.gov](mailto:dawn.groth@alaska.gov)

# Happy Birthday - December

Byron Moore  
May Goins  
Jerry Reinhart  
Allan Yost  
Ann Woehr

Terry Nelson  
Russ Cross  
Larry Tanner  
Ruthe Bauman  
Warren Togni

Mary Carr  
Elsie Lanxon  
Dar Van Offeren  
Steve Vanek  
June Josten

Cal Bosworth  
Ken Rucker  
Gene Giovanini  
Helena Torretta



## The 2018 Holiday Bazaar was a success!

Thank you to all the vendors that participated this year and all the shoppers!  
Thank you Vi Nordgren for overseeing the event.

Also, a big THANK YOU to

Ruth Taggart, Liz Spinasanto, Donna Schaeztle, Ruthe Bauman,  
Doug MacLean, Willard Bauman, Sandy Olson, Vi Nordgren, Cal Johnson  
For setting up and running the MARGY TEED Fabric Sale.

Margy Teed donated all her fabric & sewing items to the Senior Center.

Margy will be missed.



# 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 Birch Ann Allen, Jim Beall, Sue Moore & Sara Rose, June Josten, Steve Vanek, Willard & Ruthe Bauman, Fred Marshall, Brie Wallace, The Hamiltons 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
- Mary Holshouser

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' 2-4 pm  
Sew Saturday -the 3rd Saturday of each month

# Christmas Gift Ideas

Find and circle all of the words that are hidden in the grid.  
The remaining 13 letters spell an additional Christmas gift idea.

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



- BAKING
- BELT
- BOOK
- BRACELET
- CANDLES
- CANDY
- CHOCOLATES
- CLOTHES
- COFFEE MAKER
- COFFEE MUG
- COLOGNE

- COOKIES
- DOLL
- EARRINGS
- ELECTRONICS
- FLOWERS
- GAME
- GIFT BASKET
- GIFT CARD
- HERBAL TEAS
- JEWELRY
- MONEY

- MOVIE
- MUSIC
- NECKLACE
- NECKTIE
- PANTS
- PENDANT
- PERFUME
- PLANT
- SCARF
- SHIRT
- SLIPPERS

- SNEAKERS
- SOCKS
- STUFFED ANIMAL
- SWEATER
- TELEVISION
- TOOL SET
- TOY
- TREE ORNAMENT
- WATCH
- WINE





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.

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**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 Senior Center is partially funded by these Corporate Sponsors



TESORO



Peninsula Internal Medicine



**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.**

- 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