



# 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

**Groundhog Day**  
Sat 2/2

**Valentine's Day**  
**Surprise Lunch**  
**Menu!**  
Thu 2/14

**Free Workshop:**  
**The 7 Threats to**  
**Your Estate Plan**  
Fri 2/15

**Sew Saturday**  
Sat 2/16

**President's Day**  
**Center Closed**  
Mon 2/18



## A Note from the President of the Board

Greetings to all. I must begin this letter on a sad note. Bill Cress, one of our board members, passed away January 21. I ask everybody to keep his family in your thoughts and prayers. He will be missed. Our next board meeting is 22 Feb. at 9:30. Hopefully we will be able to appoint someone to fill the term he left. If you have an interest in serving on the board of directors please contact Julie at the office, myself, or another board member to let us know of your interest.

February is a fun month for me. I look forward to the days getting longer. It always excites me when it is still light after six in the evening. Ah, it's the little things that thrill me.

Valentine's Day comes along this month also. Remember to treat your sweetheart to something special. I'm sure there will also be something fun at the Center that day, so please join us if you can. You never know what Julie and the staff will come up with to celebrate.

As of February 1, we also say goodbye to Caroline Correia as our house keeper. She is moving on to other adventures and we wish her well. That of course leaves a staff vacancy. Contact Julie at the office if you are interested in this position.

As always, if you would like to see what your Senior Center is all about, come to a board meeting. All are welcome. We have some comfortable easy chairs and couches for you while the board is in session. If you have something you would like to address the board about just let us know.

~Dick Hawkins

# 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**

February 15



Last year (2017), the center received \$255.81 from Fred Meyer through their community rewards program. In 2018 we received **\$237.79**. 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**.

# 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

## **Donations, Donations, Donations**

**It's PFD Application time again!**

**Just a reminder that the Ninilchik Senior Center is no longer participating in the Pick, Click, Give program due to the costs associated with the program.**

We thank all of you who have donated this way in the past.

If you would like to donate to the Senior Center, there are many different ways to donate.

~ Donate needed items like office supplies, kitchen needs, etc.

~ Donate through the \$5 a month club

~ Donate monies to the Senior Center Endowment Fund

~ Donate monies directly towards Senior Center operating costs

Please stop by the office for more information.



# Alaskan Trivia

1. What month is generally the coldest in the Arctic?
2. What is the “Iron Trail”?
3. What is the largest national park in the United States?
4. What is known as the “iron dog”?
5. What are “barn door” halibut?
6. Who selected the willow ptarmigan as the Alaska state bird?
7. Name the mountain that can be seen from both Fairbanks and Anchorage on a clear day.
8. What happened in 1902 that started the town of Fairbanks?
9. Fungus always grows which way?
10. Name the longest river in Alaska.
11. What is the biggest fish found in the Interior of Alaska?
12. Name one of the original explorers in Alaska who was famous for his exploration of the South Pacific and later died in Hawaii.

Answers on Page 6







**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

February! The month of hearts, flowers, cute stuffed animals, and longer days! Except for all this snow on the ground – spring is almost here! This is the time of year my mind starts to wander to warmer days and gardening! Yes, it's a bit too early to start looking for spring flowers but not too early to start planning. For those of you like me, who can't wait to play in the dirt, keep in mind that we have garden plots available here at the Senior Center. The water hose is right there for easy watering and the soil is rich for growing lots of goodies. Beat the rush and sign up now.

Although the warmer days are not far off, the late January snowfall reminded us that winter is still here. Be careful when out and about as there's still lots of ice under all that snow. Shoveling snow is a great way to get some exercise and be outside but remember your back and your heart and take it easy. Here are a few tips to follow when shoveling:

### 10 Safe Digging Techniques You Should Be Following

1. Warm Up
2. Keep Your Core Muscles Strong
3. Maintain A Good Digging Posture
4. Lift With Your Legs
5. Don't Twist
6. Hold Your Shovel Correctly
7. Don't Overload Your Shovel
8. Use A Wheelbarrow
9. Take Regular Breaks
10. Stay Hydrated

# State of Alaska Heating Assistance Program

The Heating Assistance Program assists households with income at or below 150% of the federal poverty income guidelines, who have a minimum of \$200 in out-of-pocket heating costs per year, and meet all other eligibility criteria. The benefit is a one-time payment to the household's vendor, sent to the vendor, and applied to the customer's account as a credit. It is open to homeowners and renters.

The program opens on October 1. Applications are available at Department of Public Assistance offices throughout the state, WIC offices, vendor locations, senior centers, and on line at [www.heatinghelp.alaska.gov](http://www.heatinghelp.alaska.gov) beginning on October 1. You can also contact the Heating Assistance Office at 1-800-470-3058 or [liheap@alaska.gov](mailto:liheap@alaska.gov) and we'd be more than happy to mail one out to you.

## **FY 2019 Income Guidelines**

**Ask the office staff  
for applications**

# of People in Home	Monthly Gross Income
1	\$1,897
2	\$2,572
3	\$3,247
4	\$4,597

## Alaskan Trivia Answers

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

1. February.
2. The old railroad to Cordova from the copper fields.
3. Denali (McKinley) National Park.
4. A snow machine.
5. Very large halibut that exceed 300 pounds.
6. School Children.
7. Denali (Mt. McKinley).
8. Gold nuggets were found.
9. Horizontally.
10. Yukon River.
11. Sheefish (weight up to 70 pounds)
12. Captain James Cook.





**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!!!



***Now with possible Monetary prizes!***

***Don't miss out on the fun!***



Open to the Public.  
You must be at least 19 to play.  
See Bingo House Rules.

***Anita Kwan won  
the first cash  
prize of \$10!!!***

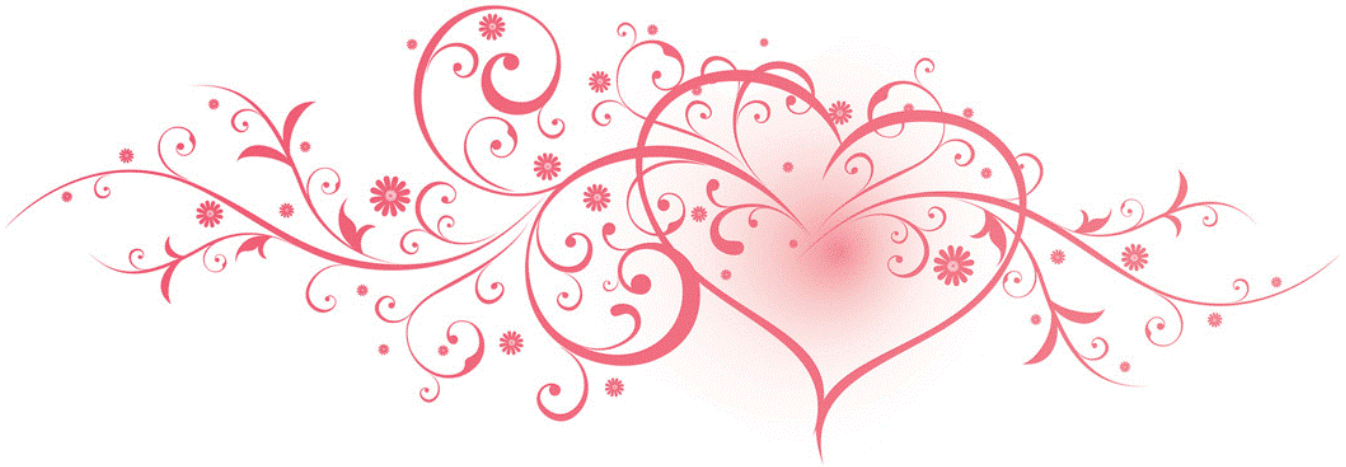
# Happy Birthday - February

Bill Hamilton  
Bob Wasser  
Mary Hulse  
Penny Wilcox

Colleen Regeon  
Gary Jackinsky  
Maria Goins  
Ellen Smith

Albert Lee  
Willard Bauman  
Brent Johnson  
Darwin Waldsmith

Dave Smith  
Debbie MacLean  
Brenda Jackinsky



## 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, Steve Vanek, Willard & Ruthe Bauman, Fred Marshall, Myrtle Mae Erickson, Bill Cress 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  
David & Judy Clemenson  
Tom & Phyllis McCutchan  
Char Moore  
Steve Stewart  
Bill Cress  
Bob Pearson  
Cathy Perry

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:

## Endowment 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:

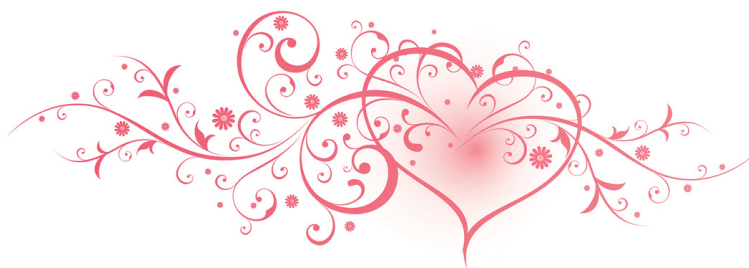
## Join us for lunch!

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



## More 1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1950's song.

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

ALL SHOOK UP  
ALMOST GROWN  
AT THE HOP  
BIRD DOG  
BLUE MONDAY  
CHANCES ARE  
CHANTILLY LACE  
CRY  
DON'T BE CRUEL  
EL PASO

FLAMINGO  
GET A JOB  
GOODNIGHT IRENE  
I'M A MAN  
I'M WALKIN'  
JIM DANDY  
JUKE  
LITTLE DARLIN'  
LONELY AVENUE  
LOUIE LOUIE

LUCILLE  
MAYBE  
MONEY HONEY  
MR SANDMAN  
PERSONALITY  
REBEL ROUSER  
ROLLIN' STONE  
SEA CRUISE  
SINCERELY  
SO WHAT

SOUL ON FIRE  
STAGGER LEE  
THE BELLS  
THE WIND  
TIPITINA  
TOM DOOLEY  
TRY ME  
WHITE LIGHTNING  
YOUNG BLOOD



The Senior Center provides transportation for those needing to go to Kenai/Soldotna. We offer one trip to town a week, Tuesday or 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

**ConocoPhillips**  
Alaska

**Walmart**

**Hilcorp Alaska**

**TESORO**

**andeavor**



Peninsula Internal Medicine

**central peninsula hospital**

**GCI**

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