

Ninilchik Senior Center

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

Coming Up

BINGO!

Wednesdays after lunch

Night Bingo

Tue 10/1 at 6 pm Doors open at 5:30

Columbus Day Center Closed Mon 10/14

Board Meeting Thu 10/17

Sew Saturday
Sat 10/19

Halloween

Thu 10/31



October 2019



A Note From the President of the Board:

Happy Fall to All.

So much for my poetic skills. We are having very nice fall weather however, even the few days of rain was nice because we needed that rain so much. Now it is time to get motivated to get all the outside chores done that need to get done before the snow comes. OH! Did I just say the "S" word? Shame on me.

We have been seeing our snowbirds start to depart for warmer climates and we will be seeing more of you leaving in the next few weeks. If you are planning to leave us for the winter we pray for safe travels and look forward to seeing you next summer. Make sure that the Center has your email address. You don't want to miss out on the monthly news letter. Tandy does such a wonderful job of putting together our monthly newsletter. Thank her when you get a chance. Once again I must brag about the staff and volunteers at the Senior Center. We had an occasion when Julie was gone on vacation and Tandy dislocated her should and was out for a couple of days. Casey stepped up to fill in in the office and she did a wonderful job. Thanks also to Cheryl Doyle for stepping in to help in the office during this period. Thank you so much. If somebody else helped out also sorry I didn't mention you by name, but know that I appreciate everything that you did.

We also received a very nice moose. Thank you to Fish and Game for letting us know about it, and to those of you that helped by going to Homer to pick it up and helping to process it. That will give us more that a few meals in the months to come.

Finally, I want to thank everybody who came to support the Center at our Fall Fundraiser. It was a success again. In the neighborhood of \$10,000 raise to help your Senior Center. It was a fun evening.

~ Dick Hawkins

Thank you for helping with the Moose Project!

Terry Nelson, David Clemenson, Arnold Mason, Gene Giovanini, Ron Jorgensen







The Fall Fundraiser was a Success!!!
The Board and the Staff want to say
Thank You

To Everyone who helped and donated and attended the event!



Ninilchik Senior Center's

HOLIDAY BAZAAR

Space is available - call 907-567-3988

NOV 9, 2019 • 10 AM- 5 PM

66265 Aspen Avenue, Ninilchik

TABLES ARE \$25 EACH

Ninilchik Senior Center (NSC) Progressive Split the Pot Raffle

<u>Cost</u>: \$1 per ticket. Members may purchase as many tickets as desired each week. Tickets purchased are valid only for that week's drawing. Tickets must be purchased each week if the member wishes to participate in that week's drawing.

Drawing Time: Every Friday at 12:00 pm

Location: Ninilchik Senior Center 66265 Aspen Ave Ninilchik, AK

Progressive Split the Pot Raffle Rules:

One winner every week.

Winner does not need to be present to win, however, if the person is not present, only 50% of the prize won will be awarded

Open to NSC members only. Membership must be current.

The Third Raffle will last up to 16 weeks. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

16 cards

(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5

The third raffle is in progress and the Pot is up to \$760.92

As of July 1, 2019 your membership must be current to participate in this raffle. Thanks!



Medicare Open Enrollment begins October 15 and ends December 7, 2019.

Cite the CMS website: https://www.cms.gov/Medicare/Medicare-General-Information/MedicareGenInfo/index.html

Medicare Program - General Information

Medicare is a health insurance program for:

People age 65 or older.

People under age 65 with certain disabilities.

People of all ages with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant).

Medicare has different parts that help cover specific services:

Medicare Part A (Hospital Insurance) - Part A helps cover inpatient care in hospitals, including critical access hospitals, and skilled nursing facilities (not custodial or long-term care). It also helps cover hospice care and some home health care. Beneficiaries must meet certain conditions to get these benefits. Most people don't pay a premium for Part A because they or a spouse already paid for it through their payroll taxes while working.

Medicare Part B (Medical Insurance) - Part B helps cover doctors' services and outpatient care. It also covers some other medical services that Part A doesn't cover, such as some of the services of physical and occupational therapists, and some home health care. Part B helps pay for these covered services and supplies when they are medically necessary. Most people pay a monthly premium for Part B.

Medicare Part D (Prescription Drug Coverage) - Medicare prescription drug coverage is available to everyone with Medicare. To get Medicare prescription drug coverage, people must join a plan approved by Medicare that offers Medicare drug coverage. Most people pay a monthly premium for Part D.

If you're a person with Medicare or help a person with Medicare, visit Medicare.gov to find more information about Medicare.

See the next page for the newest tool in helping to select a plan from Medicare.

THE NEW MEDICARE PLAN FINDER

Open Enrollment October 15 - December 7

For the first time in 10 years, Medicare's most used tool, the **Medicare Plan Finder** has a new look and features.

WHY?



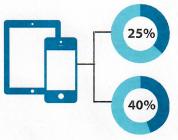
61 million people enrolled in Medicare



20 million people used Plan Finder during Open
Enrollment 2018



10,000 people enroll in Medicare **EACH DAY**



of people used Plan Finder on a mobile device last year

increase of mobile users over 2017

Medicare.gov is now completely mobile optimized!

COMING SOON



Real-time plan data API for 3rd party users



WHAT'S NEW?



Personalized search to find and compare plans



More information about extra plan benefits



Improved comparison of coverage options



Simpler drug list built from prescriptions you filled



More accurate drug pricing

HOW TO ENROLL IN A PLAN



Medicare.gov/plan-compare



1-800-MEDICARE (1-800-633-4227)



Find a local SHIP counselor



Ask a trusted agent or broker

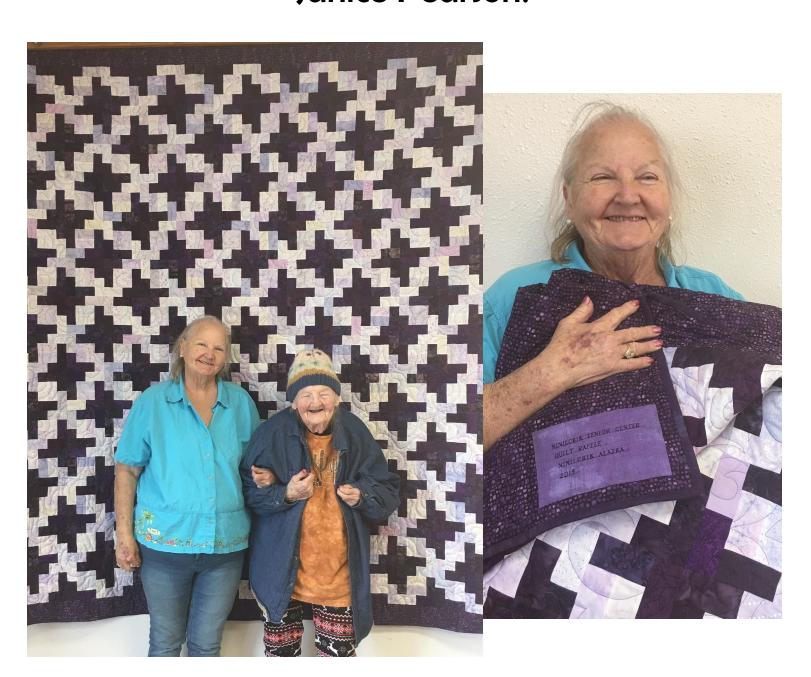
CMS Product No. 12065-P

Quilt Raffle

King Size "Old Fashioned Quilt" in Purples

Donated by: Ruthe Bauman, Donna Schaetzle, Cheryl Doyle and Faye Woodhead Thank you Ladies!!!

The Winner of the Quilt is Janice Pearson!





Alaskan Trivia

- 1. In aviation, wha is known as a "goose"?
- 2. What was unique about election day in Alaska in November 8, 1960?
- 3. True/False Tlingit Indians in southeast have stories of a monster that lives in Lituya Bay.
- 4. Name the largest island in southeast Alaska.
- 5. How many miles does the state span from north to south?
- 6. What is the name of the sea animal that is a nuisance and a fish robber of the commercial fishermen?
- 7. What is the official state tree of Alaska?
- 8. In 1976, what city was proposed to become the new capitol of Alaska?
- 9. What is a native gathering held to celebrate any kind of event?
- 10. In what year was Alaska's first exploratory oil well drilled? (1898, 1927, 1953)
- 11. Name three of the six geographic regions in the state.
- 12. Some native cultures in Alaska believed that the frog had what special quality?

Answers on Page 10







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

October is here! September was a pretty wet and rainy month but I'm so thankful for this as we needed the rain. October also marks the end of the gazebo season. A huge thank you to all of our volunteers and those who donated as you all helped make the gazebo a success again this summer! Once again we were able to open the gazebo pretty much every day! Just because the gazebo is closed, please don't think you can drop off donations! We are happy to take your donations all year long. Donations can be dropped off at the center during business hours and please remember, we do not take furniture, appliances, or used computer or printer equipment.

October also brings with it Halloween! Marti Sue has a special menu planned for that day and we've got some other tricks and treats planned as well. Come in and join us if you can! October can also bring with it that dreaded "s" word....snow! As you prepare for winter's arrival, don't forget about packing a winter survival kit for your car. Winter driving is tricky sometimes here in Alaska and that old adage rings true, "Better to be safe than sorry!"

Heating Assistance Applications are available starting October 1, 2019

You can go online to apply or call 1-800-470-3058

Alaskan Trivia Answers

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

- 1. Amphibious airplane capable of landing & taking off on water or land.
- 2. Alaska's first presidential election.
- 3. True.
- 4. Prince of Wales Island.
- 5. 1,400.
- 6. Sea Lion.
- 7. Sitka Spruce.
- 8. Willow.
- 9. Potlatch
- 10. 1898.
- 11. Southeastern, Southwest, Northwest, Arctic, Yukon (Interior), South Central.
- 12. Guardian spirit, a bringer of good fortune, supernatural companion.





Now with Monetary prizes! Don't miss out on the fun!

At

The Ninilchik Senior Center!

Wednesdays after lunch
\$5 for 6 games!
Win non-monetary prizes!
Have fun with Friends!







Play Bingo!!!

Join us for Night Bingo! Tue 10/1 at 6pm Doors open at 5:30



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

Happy Birthday - October

Susie Chiri Russ Penrod Dottie Wiegman Rocky Regeon Lowell Wilcox Carol Harrington Jim Taylor Daniel Yeckley Bill Hagerty Cathy Perry Marie Penrod Janice Pearson Ruth Taggart Diane Wilson Midge Evans Julie Boll Victor Bergeron Steve Barrier Janie Nelson Larry Lachinski Duane Wise Virginia Davis Deanna Smith Vi Nordgren Jerry Stout Sherry Broome



Thank You

Dick Pitta, Doug MacLean, Willard Bauman, John Nofziger, Gene Giovanini 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 Jim Beall, Steve Vanek,
Willard & Ruthe Bauman, Fred Marshall,
Cathy Perry, Terry & Janie Nelson,
Harriet Covey, Karen Covey, Char & Byron
Moore, Vivian Moe,
Bob & Julie Wasser,
Wayne & Ruth Taggart,
David & Judy Clemenson, 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
Cathy Perry Fred & Terri Eggert

Bob & Sharon Cook Bob Pearson Karen Covey Steve Stewart ********

John & Janice Nofziger

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: Lynn Harding



Chair: Kathryn Kennedy Vice Chair: Ronn Lund Treasurer: John Nofziger Trustee: Lenore Jones 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: Casey Mae

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: Summer Activities including: Cornhole, trivia & horseshoes

Wednesdays:

Bingo (after lunch 1 pm)

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

Fridays: Trivia during lunch 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.

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ABDOMEN
BLACK WIDOW
BOOK LUNGS
BRAZILIAN WANDERING
CAMEL

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 RECLUSE
THORAX
TRAPDOOR
VENOM
VIOLIN
WATER
WEBS

WEBS
YELLOW GARDEN
YELLOW SAC





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

The van departs 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















Last year (2018), the center received \$236.67 from Fred Meyer through their community rewards program. In 2019, so far we have received \$199.63. Thank you to those who participate and make 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.

Thank you!!!

The Homemaker Assistance Program

Is for <u>eligible</u> individuals 60 years and older who really need 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 or visit the office to see if you qualify for 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













Peninsula Internal Medicine











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