



# Ninilchik Senior Center

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

**Coming  
Up**

**APRIL**

**2020**

**It's  
Annual  
Survey  
Time!**

## **A Note From the President of the Board:**

**April Fools  
Day  
4/1**

Well this has been an interesting month to say the least. What is on everybody's mind these days? I would like to guess that everybody is wondering when the snow will melt, when the Nenana Ice Classic will be won, when the fireweed will sprout, when the snowbirds will return and when will the swallows return to Capistrano?

**Good Friday  
4/10**

I jest of course because I would much rather laugh than cry. As you may have heard by now the Senior Center is closed for congregate meals. The last meal we ate in the center was on St. Patrick's Day. It was delicious corned beef and cabbage. We are offering meal pickup service and that seems to be well received. We originally thought we would be able to start having dine in meals again by April 1 but that is much too optimistic. Suffice it to say we will open back up as soon as possible. Stay tuned for updates. The Easy Street Pull Tab store is also closed until this crisis is past. I have had several conversations with Julie about the rest of the Centers activities. We have decided that we can not risk being open for any activities at all. What does that mean for you our members. Julie or Tandy will be in the office. If you need something please call ahead and ask. If they can help most assuredly they will. Tandy is our Notary so if you need that service you must make an appointment. The Center will not be open for Bingo, pool, sewing, knitting, games or any of those kind of activities until further notice. If you normally come to the Center and hang out, drink coffee and chit chat with folks, DO NOT do that right now. We feel it is important for us to do our part to help flatten the wave. Thank you for your understanding and help during this time.

**Easter  
Sun 4/12**

**All Center  
Activities  
are  
cancelled  
until  
further  
notice**

If you are a snowbird and are heading back to the north country in April or May please seriously consider not coming. As much as I would like to see you I would much rather see you when I can give you a hug and or shake your hand. If you do decide to come up please plan to self quarantine for at least two weeks. I know that this will be very difficult for most of you to do considering the fact that you have to get your house back up and running. We are on hold for many events at this point in time. I believe that by the first week of April the picture will become much clearer and hopefully we will be able to start to get back to a somewhat normal existence.

Right now the churches in Ninilchik are not holding services, the school is closed, all restaurants are closed to dining in. They are providing take out service. Everybody's cooperation during this time will be greatly appreciated. Alaska is up to 70 cases of covid-19 as of this morning. It is going to get worse before it gets better. How much worse we don't know but if we all do our part we can help.

God Bless all of you and please keep our Senior Center and Ninilchik and Alaska and our country in your thoughts and prayers.

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~ Dick Hawkins

## **Senior Center changes as a result of the** **COVID-19 virus:**

- ◆ All Senior Center activities have been postponed until further notice.
- ◆ Take-Out meals are available from 11:30 am—12:30 pm. We ask that you call by 10 am to request a meal for that day. Meals will be delivered through the front door. We ask that you stay in your car and we will bring the meal out to you. Meals include the main entrée and soup. Suggested donation is \$5.
- ◆ Home delivered meals will continue as usual. If you are a Senior and are unable to come and pick up a meal, we would be happy to deliver the meal to you if your within 5 miles of the senior center. If you are outside of the 5 mile radius, we have other options, please call us for more information. To limit contact, the driver will knock on your door and then leave the bagged meal outside for you to pick up.
- ◆ Office staffing will be limited. We will be in the office daily from 9-3 for in-person information and any needed services (copying, faxing, notary, etc.). We are requesting that you limit your access to the center. If your questions can be handled via the phone, please call us. If not, please call ahead and set up an appointment to ensure we are able to meet your needs when you're here.
- ◆ Transportation services to take people into town for shopping have been suspended at this time. We will however, go into town and pick up groceries and/or prescriptions for those wishing to order ahead of time. Please schedule pickups for Tuesday as much as possible, as that is our normal "town" day. Fred Meyer, Safeway, and Walmart offer pickup at the store when you place an order online.
- ◆ All in-home homemaker services are cancelled until further notice .

# 2020 Annual Senior Center Survey

It's annual survey time! Please complete the annual survey by April 30 for each senior in your household and mail it back to the senior center or drop it off at the center. For your convenience, we will also be sending the survey out via email with a link to take the survey electronically. Copies of the survey are also available at the center. We really appreciate you taking the time to fill out the survey. Your answers are important to us as it helps us determine how we're doing and what we may be better able to help with in the future. Thank you!!

Name (Optional): \_\_\_\_\_

Please check the boxes that best match your response.

<b><i>What are your reasons for utilizing services through the senior center?</i></b>	Strongly Agree	Agree	Neutral	Disagree	Does not apply
To see my friends and make new ones					
Helps me take care of/improve my overall health					
I feel welcomed by staff					
Gives me something to look forward to					
Helps me age safely in place and in the community of my choice					
Helps me maintain or increase the quality of my life					
It's a good source of information about services and community events					
I like the meals					
I enjoy the activities the center has to offer					
Overall how satisfied are you with the meat choice for our annual fundraisers					

Would you recommend the center to a friend or family member? Yes \_\_\_\_\_ No \_\_\_\_\_

How would you rate our services overall? Excellent \_\_\_\_\_ Good \_\_\_\_\_ Average \_\_\_\_\_ Poor \_\_\_\_\_

Which services do you utilize? \_\_\_\_\_ Congregate Meals \_\_\_\_\_ Home Delivered Meals  
(check all that apply) \_\_\_\_\_ Transportation \_\_\_\_\_ Information and Assistance \_\_\_\_\_ Homemaker

Additional Comments/Suggestions: \_\_\_\_\_

Thank you for filling out! Please return or mail to the center by April 30, 2020. Fold the following page over the survey with the senior center address showing. Secure with tape and mail or drop if off at the center. Again, thank you for taking the time to fill out the survey!

Ninilchik Senior Citizen's, Inc.  
PO Box 39422  
Ninilchik, AK 99639

Place  
Stamp  
Here

Ninilchik Senior Citizen's, Inc.  
PO Box 39422  
Ninilchik, AK 99639

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As a result of the Covid-19 virus:  
Several local grocery stores  
are offering special shopping  
hours for seniors and those with  
compromised immune systems:

- \* CARRS/Safeway: Tuesday and Thursday  
7 am-9am
- \* 3 Bears: Monday-Friday 7 am-9am
- \* Walmart: Tuesdays 6 am –7 am
- \* Fred Meyer: Monday—Thursday 7 am-8am
- \* Save U More: no specific hours but recommend shopping before 9 am when there's not many people in the store

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

March is over and like several months of late, I'm guessing it will not soon be forgotten. Challenging times our country and the rest of the world are going through right now for sure. Hopefully April will bring improvements in how things are going. Time will tell. Details of changes occurring at the center as a result of the virus can be found later in the newsletter. Please know we are here to help our senior population in whatever ways we can. Please contact us if you have any questions! Your safety and well being is of utmost importance to us. The Center for Disease Control (CDC) website ([www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)) has some great information regarding the virus including recommendations on how to protect yourself and others, symptoms of the virus and when to call your healthcare provider, information on how the virus spreads, and much, much more. The goal for beating this virus seems to lie in slowing the spread. Please practice social distancing as much as possible and be well! I look forward to seeing everyone over the next few months after all of this is over!

*~Julie Otto*

## **Take Action to Reduce Your Risk of Getting Sick**

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)

# COVID —19

## Caution: SCAMS

With all of the concerns over the COVID-19 Virus, the amount of scams is also increasing.

The following information was put out by the U.S. Department of Health and Human Services on March 24, 2020.

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19).

Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. **However, the services are unapproved and illegitimate.**

Fraudsters are targeting beneficiaries in a number of ways, including telemarketing calls, social media platforms, and door-to-door visits.

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harms. The personal information collected can be used to fraudulently bill Federal health care programs and commit medical identity theft. If Medicare or Medicaid denies the claim for an unapproved test, the beneficiary could be responsible for the cost.

### Protect Yourself

- Beneficiaries should be cautious of unsolicited requests for their Medicare or Medicaid numbers.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.
- A physician or other trusted healthcare provider should assess your

# Gardening

Find and circle all of the words that are hidden in the grid. The remaining 27 letters spell a Lady Bird Johnson quote.

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

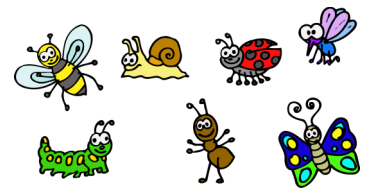


ANNUALS  
 BEANS  
 BEETS  
 BIENNIAL  
 BROCCOLI  
 CARROTS  
 COMPOST  
 CULTIVATE  
 DAISIES  
 DIGGING  
 FERTILIZER  
 FLOWERS  
 FUCHSIA

GARDEN  
 GERANIUMS  
 GLOVES  
 GNOME  
 GREENHOUSE  
 GROW  
 HOES  
 HORTICULTURE  
 HOSE  
 HYDRANGEA  
 LILACS  
 LILIES  
 MARIGOLDS

ORGANIC  
 PEAS  
 PERENNIAL  
 PETUNIAS  
 PINWHEEL  
 PITCH FORK  
 PLANTING  
 RAIN  
 RAKE  
 RELAXING  
 ROSES  
 ROWS

SEEDS  
 SHOVEL  
 SOIL  
 SPADE  
 SUNSHINE  
 TOMATOES  
 TROWEL  
 TULIPS  
 VEGETABLES  
 WATER  
 WEEDS  
 WHEELBARROW







# Alaskan Trivia



1. What is unusual about houses built on the tundra?
2. Large bull seals may weigh up to how many pounds?
3. Name s sea animal that has a head like that of a Kodiak Brown Bear.
4. What plants absorb solar radiation and have temperatures several degrees higher than the air temperature?
5. What is a honey bucket?
6. A mother northern fur seal identifies its pup by what distinct feature?
7. What is the Aniakchak Caldera?
8. Who designed the Alaska Flag?
9. Which polar animal has the thickest fur for its size?
10. What was the town of Harrisburg later renamed?
11. How many miles is Little Diomedes from Russian territory?
12. What city was the main port of entry for the Yukon Gold Rush in 1898?

[Answers on Page 11](#)



# Happy Birthday!



Carole Lund

Arnold Mason

Dick Pitta

Bettie Tanner

Martesue Chapman

Bobbie Eide

Mela Chahey

Kitty Thompson

Dennis Ogren

Steve Stewart

Julie Wasser

Ed Harper

Tandy Wallace

David Osbekoff

Lucy Pearson

Josie Savoy

Jeff Smith

Steve Pope

Bruce Neilson

Marj Wiley



## Thank You

Dave Nordgren for 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, Terry & Janie Nelson, David & Judy Clemenson, Howard & Nora Appel, and anyone we may have missed for the donations.

**A big Thank You to Jim Beall, Howard Appel, Larry Wallace and Ron Jorgensen For helping to remove the snow from the carport roof!**

### \$5 A Month Club

Thank you to the following who contributed to the club:

Jim Taylor  
Bob & Sharon Cook  
Linda Hawkins  
Terry & Janie Nelson

David & Judy Clemenson  
Cathy Perry  
Char Moore

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!!!**



## Alaskan Trivia Answers



1. They are built on stilts or corridors above the ground because of the soft tundra.
2. 700 pounds.
3. Sea Lion.
4. Lichens.
5. Indoor bucket used as a toilet.
6. Its cry.
7. One of the worlds largest craters, 400 miles southwest of Anchorage.
8. Benny Benson (an orphan, he designed the flag when he was in the 7th grade in 1926).
9. The Arctic Fox.
10. Juneau.
11. Two and one half miles (from Big Diomedede).
12. Skagway.

*All Questions & Answers are taken from the 1985 Teddy's Toys & Co.*

# Join NSC's Legacy Club!

Leave a Legacy and make a donation (monthly or not) of any amount to the NSC Endowment Fund or NSC Operations and once your donations reach \$500, your name will be added our donor tree. Endowment Fund Donations provide long-term investment income for the Senior Center.



## Donor Tree Wall Levels of Giving:

- Tree Leaf: \$500. to \$999.
- Ptarmigan: \$1,000. to \$4,999.
- Crane: \$5,000. to \$9,999.
- Owl: \$10,000. to \$24,999.
- Eagle: \$25,000 +

## Now Available!!! “PayPal”

If you would like to donate online, visit our website  
[NinilchikSeniors.org](http://NinilchikSeniors.org)

At the bottom of the Donations page there is a button to click.

# 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

## Endowment Trustees

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

## Events and Activities

### Weekly

**Mondays:** Belly Dancing 10:30 am  
Quilting/Sewing 1-4 pm

**Tuesdays:** Summer Activities including:  
Cornhole & horseshoes

**Wednesdays:**  
Yoga 10:30 am  
Bingo (after lunch 1:15 pm)

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

**Fridays:** Yoga at 10:30 am  
Trivia during lunch (summer)  
Knitting 1-4 pm  
Pool 1-4 pm

## 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



**Across**

- 1. Messy fellow
- 5. Slip-up
- 10. Locality
- 14. Gigantic
- 15. Revolutionary \_\_\_\_ Allen
- 16. Body powder
- 17. Gumbo ingredient
- 18. Expiate
- 19. She, to Pierre
- 20. Wobbling
- 22. Fathers
- 23. Jousting weapon
- 24. Foolhardy
- 25. Kitchen gadget
- 28. "The \_\_\_\_ of the Lambs"
- 31. Before, poetically
- 32. Soup cracker
- 36. Eureka!
- 37. Snoopy, e.g.
- 38. Diamond and Armstrong
- 39. Excavate
- 40. French pal
- 41. Made into law
- 43. House annex
- 44. Roped
- 46. Weird
- 48. Hamilton bills
- 49. Stopwatch
- 52. Nasty looks
- 54. Fatherhood
- 58. Land unit
- 59. Fathers
- 60. Yodeler's feedback
- 61. Small songbird
- 62. Small particles
- 63. Hide-and-\_\_\_\_
- 64. Undressed
- 65. Sucker
- 66. Fir or poplar

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22				
			23					24						
25	26	27					28					29	30	
31				32	33	34	35				36			
37					38						39			
40				41						42		43		
44			45					46	47					
		48				49	50	51						
52	53				54							55	56	57
58					59						60			
61					62						63			
64					65						66			

**Down**

- 1. Injection
- 2. \_\_\_\_ Skywalker
- 3. Fairy-tale fiend
- 4. George Harrison, e.g.
- 5. Memorize
- 6. Storage room
- 7. Call up
- 8. Crooned
- 9. Wind direction (abbr.)
- 10. Military command (2 wds.)
- 11. Famed consumer advocate (2 wds.)
- 12. She, in Valencia
- 13. Fighter pilots
- 21. Corn spikes
- 22. Lacking color
- 24. Remove suds
- 25. Piano part
- 26. Smell
- 27. Enrolled
- 28. River deposit
- 29. Spicy dish
- 30. National bird
- 33. Rice and Frank
- 34. Be in first place
- 35. Facial spasm
- 41. Long periods
- 42. Gentle animal
- 45. Peaceful
- 47. Writer \_\_\_\_ Hemingway
- 49. Gypsy's card
- 50. List entries
- 51. Untidy
- 52. Yard covering
- 53. Unbleached color
- 54. Flat bread
- 55. Bakery worker
- 56. Biblical pronoun
- 57. Harness part
- 59. Weaken

Answers on page 16





Last year (2019), the center received \$246.22 from Fred Meyer through their community rewards program. 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 Senior Center is partially funded by these Corporate Sponsors



Peninsula Internal Medicine



**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.

- 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

# Answers to the puzzles on page 14

Puzzle Solution © OnlineCrosswords.net

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