

Ninilchik Senior Center

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

Coming Up

All Center Activities are cancelled until further Notice

Fri, July 3
Center Closed

Sat, July 4 Independence Day



July 2020

A Note From the President of the Board:

Welcome to July everybody. We are now into our 4th month of being closed and no end in sight. The term closed doesn't quite cover what is happening at your center. There is still a lot going on. Meals are being prepared and are being picked up as you drive by. That is working very well. If you need/want a meal, give the office a call and they will make sure you get one, 567-3988. The drive by service for meals is open from 11:30 until 12:30 Monday thru Friday. The gazebo has been up and running. There are some great items there. Come by and see what you might need, then make a donation. The green house is flourishing and the gardeners have planted their plots. There is basketball in the back parking lot 3 evenings a week and I heard a rumor that some knitters were doing some knitting in the patio area. Thank you all who have supported the center and continue to support the center during this closure. Julie has started a new feature in the newsletter this month. Since we are closed and you can't come in and see the bulletin board she has started a "bulletin board" section in the newsletter. This will be available to all. If you have something you would like to post just give the office a call or better yet send them an email with the information.

It is time for your annual membership renewal. Please consider sending in your dues or bring it by when you come to pick up your meal. It is \$25 well spent. You might even want to give a little extra this year. Lord knows our NSC could use any little extra you can give to support everything it is doing. Speaking of memberships, I need to let you know that the annual membership meeting that normally takes place near the end of July is being postponed this year. We don't have a new date yet and we will keep you posted as to when that will happen. We do plan to have our fundraiser this year. Obviously, it will not look the same as in past years. We are planning to have it on Aug. 19 and it will be an outside event. BBQ ribs with all the fixings. Music and games, and auction items. Stay tuned for more details as they become available. If you would like to help make this event a huge success please call Julie or Tandy at the office to volunteer your services or items.

Until next month. Stay safe and choose wisely but be aware that you have the freedom to make a choice.

Its Membership Renewal Time Again!



Membership is from July 1st through June 30 each year.

Just \$25 a year.

We sincerely thank you for your ongoing support of the Senior Center. Your membership dues help us to be able to continue serving the senior population in Ninilchik and surrounding communities.



Virtual Bulletin Board



If you have items you would like to "Post" let us know and we can add it to our Virtual Bulletin Board.

All items must be approved by the NSC Executive Director.



American Legion Auxiliary #18

WEDNESDAY DINNERS 5:00-7:00

JULY 1 • FRIED CHICKEN

Mashed Potatoes & Gravy, Corn, Salad, Biscuits, & Dessert • SAM



JULY 8 • BAKED HAM

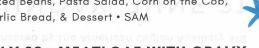
Beans with Ham, Broccoli Casserole, Coleslaw, Cornbread, & Dessert · CAROL



Potato Salad, Deviled Eggs, & Dessert • AMY



Baked Beans, Pasta Salad, Corn on the Cob, Garlic Bread, & Dessert • SAM



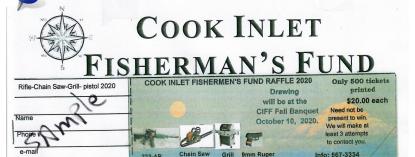
JULY 29 · MEATLOAF WITH GRAVY

Baked Potatoes, Green Beans, Salad, Garlic Bread, & Dessert • CAROL

16340 STERLING HWY, NINILCHIK 907-567-3918 OR 907-252-0900







Annual Raffle 4 prizes <-> 500 tickets Steve 567-3479 John 567-3334, Mark 262-7989 Annual Dinner Drawing October 10,2020 8 pm Inlet View



A Note from the Executive Director

July! Summer! Sunshine! Outside BBQ's! Summer in Alaska – such a beautiful time of year. As we move into one of our sunnier months in Alaska, we don't have any new information regarding the opening of the facility. The virus continues to spread here in Alaska and due to our vulnerable population, the state still has not yet moved to open senior centers. Everyone has the same goal in mind – keeping our state and its vulnerable residents safe. As soon as we hear something, we'll send out an email notification as I know many of you are anxious to be able to come back into the facility to catch up with friends and neighbors. Speaking of friends and neighbors – a big welcome back to all of our snowbirds! Glad you were able to muddle through the virus mandates and make it back to spend the summer in one of the most magnificent places on this earth!

Save the date! August 19 – Summer fundraiser at the Ninilchik Senior Center, beginning at 5 pm! We're looking to have an outdoor BBQ, complete with food, music, and an auction – all while practicing safe, social distancing. Keep an eye out for more information and possible changes due to the virus and/or rain in the forecast that day. It will be a foot stomping, toe tapping kind of hoe down!

New news in the newsletter!! This month's newsletter features a couple of new items. As we are not yet open, our bulletin board in the hallway here at the center is looking pretty bare! We are now going to have a page (or more if needed) dedicated to "bulletin board" items. If you have any announcements you would like to include in the newsletter, please let us know here in the office. We can include pictures and text – you can email your info to ninilchiksc@hotmail.com or give us a call. The other new area is a memorial section that will include information about members that have passed on. If anyone has any ideas as to other information you would like to see in the newsletter, please let us know!



~Julie Otto

Weekly Dessert Auction

How about a little sweet fun this summer? We decided to do a weekly auction for a dessert. Each week Marti Sue will make a delicious dessert. Bids will be accepted through email or phone from Monday thru 3 pm Thursday. Highest bid will win and the dessert can be picked up Friday at noon.

July desserts:

July 10 - Chocolate Cream Pie

July 17 - Almond Cheesecake Bars

July 24 - Old Fashioned Rhubarb Blueberry Pie

July 31 - Carrot Cake



Email address: ninilchiksc@hotmail.com Phone (907) 567-3988





Don't miss out on these delicious desserts!!!



2020 Census

Just a friendly reminder, if you haven't already completed the Census form, please take time to do so.

"The national census response rate is 60.8% and the response rate in Alaska is 41.5%. More than 90 million households in the nation have completed their questionnaires to date."

"the top 10 boroughs with the highest self-response rates in Alaska are (expressed in percentage): Juneau- 61.1, Anchorage- 59.8, Sitka-44.8, Kodiak Island- 43.9, Ketchikan Gateway- 43.5, Fairbanks North Slope- 41.5, Kenai Peninsula- 24.8, Mat-Su- 23.4, Petersburg- 17.3, Wrangell- 16. Please see the response rate dashboard to see your borough's response rate or to get more information here: https://public.tableau.com/profile/us.census.bureau#!/ https://vizhome/2020CensusSelf-ResponseRankings/RankingsDashboard

(Information provided from the US Census Borough)

You can fill out the form and mail it in or go online to 2020Census.gov

Please call the office if you would like help with this (907) 567-3988

The Gazebo

If you have items that you would like to donate, please

bring them to the **Senior Center**.

Call 567-3988 if you have guestions.



The Gazebo will be open:

Monday 10 am to 4 pm
Wednesday 10 am to 1 pm
Thursday 10 am to 2 pm
Friday 10 am to 1 pm
Saturday 10am to 4 pm For now...





All proceeds go to the Ninilchik Senior Center. We are looking for volunteers to staff the Gazebo. If you are interested, please call the office.



Senior Farmers' Market Nutrition Program

Coupons Available Now!

The Alaska Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for fresh Alaska-grown fruits, vegetables, fresh-cut herbs and honey at farmers' markets, and authorized farms and roadside stands. Each eligible senior receives six \$5.00 coupons that may be used from June 1 through October 31.

Coupons are available at The Ninilchik Senior Center.

If you have questions, please call (907) 567-3988. We will be using Social Distancing Practices to distribute these coupons.



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 you're 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.
- 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 are limited at this time. For those wishing to order ahead of time, we are happy to pick up groceries and/or prescriptions. 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.

COVID-19: How to Protect Yourself & Others

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Wash your hands often

<u>Wash your hands</u> often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

• If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid close contact

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
 - Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Keeping distance from others is especially important for <u>people who are at higher risk of getting very</u> sick.

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
 Everyone should wear a <u>cloth face cover</u> when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.

Cover coughs and sneezes

- If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

Clean AND disinfect <u>frequently touched surfaces</u> daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

• If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.

Then, use a household disinfectant. Most common <u>EPA-registered household disinfectants</u>external icon will work.

Monitor Your Health

Be alert for symptoms. Watch for fever, cough, shortness of breath, or <u>other symptoms</u> of COVID-19. Especially important if you are <u>running essential errands</u>, going into the office or workplace, and in settings where it may be difficult to keep a <u>physical distance of 6 feet</u>.

- Take your temperature if symptoms develop.
- Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow <u>CDC guidance</u> if symptoms develop.

Taken from:

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

Symptoms of Coronavirus

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have COVID -19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more

When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for

Taken from:

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html



Ninilchik, Alaska



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AGATES BBQ **CABINS EAGLES** HALIBUT **NINILCHIKRIVER** REDS **SEAGULLS** SNOWBIRDS

ALASKANS BEACHES CAMPING **FIRE** ILLIAMNA OUTHOUSE RUSSIANCHURCH SALMON **SHELLS** SUN

ATVS BOATLAUNCH COOKINLET **FISHING** KINGS **PENINSULA SILVERS** VACATION

BARNDOOR BON DEEPCREEK FUN NATIVES REDOUBT SAND SNOW VILLAGE



Alaskan Trivia



- 1. How long did it take the average prospector to cross the Pass on his way to the Klondike?
- 2. Where is the Chukchi Sea?
- 3. Name the largest glacier in Alaska.
- 4. Name the bay which means "smokey bay" in Aleut. (Smoldering coal seams used to mark the shores of the bay).
- 5. What is unusual about Fireweed?
- 6. How old and where is the oldest carbon-date of occupancy in Alaska?
- 7. Approximately how many miles of shoreline are in Alaska? (15,000 34,000 51,000)
- 8. Name the largest mammal that has ever lived in the world.
- 9. What is the name of a device that is water driven and scoops up fish heading upstream to spawn?
- 10. What is a fog of tiny spherical ice crystals formed when air just above the ground becomes so cold it can no longer retain water?
- 11.True / False The Arctic coastline is known for its extreme high and low tides.
- 12.True / False The length of shadows are longer in the Arctic than other parts of the state.



David Shea Ted Larsen Connie Estes Cheryl Doyle Larry Wallace Clarence Davis Don Nuebel Richard Fimbres Martha Ogren Jeanie Gregorich Wayne Taggart David Nordgren Darren Shay **Bob Pearson** Elmer Banta John McCombs Dan Estes Jim Kenshalo Liz Kruzick Nora Appel



\$5 A Month Club

Thank you to the following who contributed to the club:

Jim Taylor Bob & Sharon Cook Terry & Janie Nelson Cathy Perry David & Judy Clemenson Char & Byron Moore Donna Schaetzle Bruce Randall

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!!!

*********** *

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 Carl and Carolinda Wright, Jim Beall, Steve Vanek, Willard & Ruthe Bauman, Terry & Janie Nelson, David & Judy Clemenson, Howard & Nora Appel, Mike Krull, Patsy Bushnell, Jeff Smith and Susan Welsh-Smith, Ron Jorgensen, the Teen Center 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!!!



Alaskan Trivia Answers





- 2. North of the Arctic Circle between Alaska and Russia
- 3. Malaspina
- 4. Kachemak Bay
- 5. It blossoms from the bottom up and is used as an indicator for the end of the summer season. When the blossoms reach the top, the summer season has passed.
- 6. 30,000 years on Onion Ridge in north-west Alaska
- 7. 34,000
- 8. Blue Whale
- 9. Fish Wheel
- 10. Ice Fog
- 11. False, one foot tides are the average
- 12. True

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

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. Small pastry
- 5. Fighter pilots
- **9**. Shabby
- 14. Inspiration
- **15**. Ewes' mates
- 16. Potato state
- **17**. Manicure target
- 18. Accurate
- **19**. Arctic
- 20. Memory loss
- 22. Peaceful
- **23**. Peach variety
- 26. Pale color
- 29. Olympic sled
- **30**. Road material
- **33**. Hinder
- **34**. Tie
- **35**. Alien's ship (abbr.)
- **36**. "____ of the Rings"
- **37**. Urge
- **38**. Lady's undergarment
- **39**. Lode load
- 40. Imitator
- **42**. Be ambitious
- 44. Casual shirt
- **45**. Steak, e.g.
- 46. The Grim _____
- **47**. Empire State Building's locale
- **49**. School playtime
- **52**. Navy VIP
- **56**. Smells
- **57**. Free of doubt
- **59**. Relieve
- **60**. Brink
- **61**. Gator's relative
- **62**. Commits perjury
- **63**. Brought to a close
- **64**. Get trouble
- **65**. Wood strip

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DOWN

- 1. Rocker ____ Turner
- **2**. Eve's guy
- 3. Harness part
- 4. Skilled
- **5**. Magazine item
- 6. Gem weight
- 7. Flightless bird
- 8. Compass point (abbr.)
- 9. Matured
- **10**. Dote on
- **11**. Narrative
- 12. Better late ____ never
- **13**. Long ago
- **21**. Origin
- **22**. Autograph
- 24. Canadian province
- **25**. Destroy
- **26**. Aviator
- **27**. Love, in Rome
- **28**. Shopping binge
- 30. Holland export

- **31**. In flames
- 32. Lasso user
- 37. Informal assent
- **38**. Certain dogs
- 40. Gathered
- 41. Coops
- **42**. 1930s design style (2 wds.)
- 43. Fabric joint
- **47**. Combine
- 48. Gypsy's card
- **49**. Ramble
- **50**. Eve's home
- **51**. Twine
- **53**. Banister
- **54**. Out of port
- 55. "____ we forget"
- **57**. Chem., e.g.
- **58**. Coffee server



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 **GPo13**.

Thank you!!!

The Senior Center is partially funded by these Corporate Sponsors







PJK LLC



amazonsmile

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 Enstar Fred Meyer/Kroger HEA Kenai Peninsula Borough Meals on Wheels America Ninilchik Family Dentistry Peninsula Memorial Chapel PJK LLC **Private Donations**

State of Alaska/NTS Grant American Legion Post 18

In Memory Of

This space is dedicated to the memory of friends and family of our membership

Please let us know if you would like to use this space

Answers to the puzzle on page 19

Puzzle Solution © OnlineCrosswords.net

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Easy Street Pull Tabs

10672 Kenai Spur Hwy #111 Kenai, AK 99611 In the strip mall by Safeway

Come by and try your luck!
All proceeds go to the
Ninilchik Senior Center!

Say hello to the staff: Marion, Melody, Bernadette & Tara

