

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



A Note From the President of the Board:

Welcome to the end of summer and the beginning of the fall season. Needless to say it has been an interesting summer. We had a wonderful fundraiser on August 19. Considering that we have never tried anything like it before, it went very well. Please give your feedback to Julie in the office if you haven't already. I believe the center raised about \$8,500. Thank you everybody for your generosity. Our next challenge will be opening the center for congregate meals. The date for opening is September 14. For details of how this is going to happen and what it will look like please call the office.

September means that our snowbirds will start to leave us again. Those that were able to make it up to Ninilchik anyway. For those of you that chose not to come up this summer, I'm glad you made the right decision for yourself. We did miss you however and I sure hope that travel next summer will be a little easier. Regardless, everybody that is traveling please be safe and let us know how you are doing.

Easy Street Pull Tabs is doing better and better. The store made a profit for the first time in July and Aug is on track to do the same. If you have never been to the store you should stop by. It is a fun environment. Nicely decorated and the staff is very friendly. Have a great winter everybody. May 2020 leave us and 2021 come and bring us nothing but good.

Dick Hawkins, President





EXTRA! EXTRA! READ ALL ABOUT IT!

WE'RE OPENING THE SENIOR CENTER FOR MEALS

It's September! Summer seems to have fleeted by and here we are entering the fall season. It's the time of year for fall migration – the birds are flocking up and heading south, the moose, squirrels, bears, and porcupines are out there doing their thing before winter starts, and many of our friends are getting ready to head south for the winter season. Maybe you 've chosen to stay in AK for the winter, maybe not, but either way, for those of you that are here and ready to come back into the senior center for lunch, we're ready to have you!

Our tentative date to open the senior center back up for congregate meals is September 14 (may change depending on COVID numbers in the area). At this time, we will not be opening up for activities just yet, but if you're comfortable coming in, we will be open for lunch. We will still be providing take-out meals for those that do not wish to come back in for lunch in addition to continuing our delivered meal service. Lunch will be served at 12:00 as usual, but please be aware when entering and moving about the parking lot that we will also have people driving up to pick up meals beginning at 11:15 each day.

For those of you that may be ready to come back into the senior center for meals, there are some new safety protocols in place as we are still in the midst of a pandemic across the country. We are asking EVERYBODY who joins us for congregate meals to ask themselves four questions before coming into the center for meals. If you answer yes to ANY of the four questions, we ask that you not come in to the center that particular day for your meal. In addition, for the continued health of the other members and the staff we encourage you to wear a mask when in the building, except for when you are eating. Masks will not be mandated, but are strongly encouraged. We are also asking that you wash and/or sanitize your hands when you come into the building before going into the dining room.

The 4 questions that we ask you to ask yourself before coming into the center are as follows:

- Have you been in contact with anyone who has tested positive in the last 14 days?
- Have you had close contact with someone who has COVID but have not yet been tested?

Have you traveled outside of the state of AK in the last 14 days?

Do you currently have a temperature higher than 100.4 degrees Fahrenheit?

Continued

In addition to the change of asking yourselves the questions above, you will also notice several other changes when you come into the center for lunch. The first will be that all staff will be wearing masks during the lunch hours. There will also be changes in the way that food is served. We will still have our buffet style of serving but we will ask that people go up and serve themselves one person at a time while maintaining a six-foot distance from other people and you will be asked to wear disposable gloves. Gloves will be provided at the beginning of the serve line. After dishing up your food, you will dispose of the gloves in a trash receptacle. Staff will come and clear away any dirty dishes when you're finished eating. Dessert will be dished up ahead of time and water/cups will be placed on each table. For those desiring coffee and/or tea, we ask that you utilize gloves while handling the coffee pot, serving utensils, and supplies.

As your safety is of the utmost importance, there is a sanitizing schedule to be completed daily for all areas of the building with extra emphasis being placed on the common areas including the bathroom, counters, and entry doors. This may take some getting used to for a few days but we hope it will flow smoothly and we're so excited to be able to open up again for congregate meals! It's been a long time and we're looking forward to seeing people here again at the center. That being said, there are many people who do not feel comfortable coming into the center. Please respect everyone's decision no matter what it is. We all are in this together for what looks to be some time yet, so smile, be happy and enjoy what this life has to offer!

One more important date to note is September the 13th - Grandparent's Day! Wherever you are on that day, take time to remember yourselves, your friends, your grandparents – everyone you know who is a grandparent! Grandparents mean the world to many people! If you're a grandparent – our hat's off to you! Celebrate your special day!

~Julie Otto



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.

If you haven't renewed your membership, please do.

Ninilchik Senior Citizens, Inc. Alaska State Gaming Permit #874

Quilt Raffle "Summertime Blooms"



Approximately 57" x 75" Drawing to be held September 30, 2020 at NSC or when all tickets are sold 400 Tickets to be sold at \$3 each Donated by Janet Hepplewhite - Thank you!

Winner need not be present to win





First off, I want to say Thank You to NSC Staff and Members for our unprecedented 2020 BBQ Fundraiser! You are awesome!

With Fall arriving and our veggie boxes having various apples in it, I'm doing an apple article. All apple variations are great for making applesauce, salads, pies or just snacking. Add peanut butter or cheese for a protein snack!

Fuji - Firm fruit, sweet snack
Envy - Great in salads and with cheese
Honey Crisp - Sweet and juicy, lasts when stored in refrigerator
Ambrosia - Sweet, low acid and very fragrant
Sweetie - bred from Gala & Braeburn but has it's own distinct flavor
Opal - Tart, crisp texture for pies, tarts, cakes and muffins
Golden Delicious - Perfect for cooking, salads or snacking



- * What do you call two elephants talking?
- What do you call cheese that's not yours?
- What gets whiter as it gets dirtier?

A heavy discussion Nacho Cheese "Chalk" blackboard



Now Is the Time to Update Your Vaccines

You have the power to protect yourself against serious diseases like shingles, pneumonia, and flu. Vaccines aren't just for kids. Adults may need vaccines to protect against whooping cough, flu, pneumonia, and shingles. Ask your doctor about vaccines you may need for your age, health conditions, job, or lifestyle.

The best way to prevent seasonal flu is to get vaccinated every year. Everyone six months of age and older should get a flu vaccine every season, especially people at high risk. Over 60 percent of flu-related hospitalizations occur in people 65 years and older. Learn more about preventing seasonal flu.

This year's flu season may be complicated by the ongoing COVID-19 pandemic. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. To learn more about COVID-19, visit Coronavirus (COVID-19).

While there is currently no vaccine for COVID-19, you can safely get a flu vaccine at multiple locations including your doctor's office, health departments, and pharmacies. Use <u>VaccineFinder.org</u> to find flu vaccines available near you.

To protect against tetanus, diphtheria, and pertussis (whooping cough), people over 50 years old should get the <u>Tdap</u> vaccine, if you did not receive it as an adolescent. Then you should get a <u>Td</u> (tetanus, diphtheria) booster shot every 10 years.

If you have a condition that weakens the immune system, a cerebrospinal fluid leak, or cochlear implant should ask your doctor about other important vaccines.

As we get older, our immune systems tend to weaken, putting us at higher risk for certain diseases. In addition to flu vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), older adults should also talk with their doctor or other healthcare professional to find out which vaccines are recommended.

Ask about vaccines that protect you against:

- Shingles (recommended for healthy adults 50 years and older). Almost 1 out of every 3 people in the United States will develop shingles in their lifetime and your risk of shingles increases as you grow older.
- Meningitis, pneumonia, and bloodstream infections. This is recommended for all adults 65 years or older, and for adults younger than 65 years who have certain health conditions.

Learn more about recommended vaccines for various health conditions.

Every year thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent. By getting vaccinated, you can help protect yourself and your family from serious, sometimes deadly, diseases.

Find out more at <u>vaccines.gov</u>.

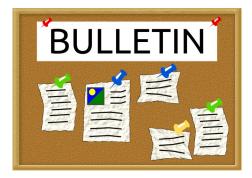
Virtual Bulletin Board



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.







2020 Census Ends 9/30/2020

If you haven't already completed the Census form, please take time to do so. An accurate census helps the Senior Center with available funding.

Currently, the national response rate is **63.4%**, with 93.8 million households responding. Alaska's self-response rate is **50.2%**. As of today, the top 15 boroughs with the highest self-response rates in Alaska are (expressed in percentage): Juneau- 65.9, Anchorage- 63.0, Sitka- 55.4, Ketchikan Gateway- 54.8, Kodiak Island- 52.9, Petersburg- 50.6, Fairbanks North Star- 49.3, Kenai Peninsula- 40.7, Wrangell- 38.6, Mat-Su- 35.0, Bethel- 33.7, Haines- 30.8, North Slope- 30.2, Yakutat- 30.0, and Aleutians East- 29.6.

(Information provided from the US Census Borough)

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

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 Sunday after church

The Gazebo will be open until September 30, weather permitting.

A HUGE THANK YOU TO OUR VOLUNTEERS:

Sandy Olson Carol Chapman

Candy Thornton

Kathy Bowen Debbie MacLean

Shoney Parker



Senior Farmers' Market Nutrition Program

Coupons Available Now!

The Alaska Senior Farmers' Market Nutrition Program (SFMNP) provides lowincome 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.





Alaskan Trivia



- 1. True / False The Wrangell Mountains are in close proximity to the City of Wrangell.
- 2. What was the book "one Thousand Mile War" about?
- 3. What mountain range separates the Panhandle from the Interior?
- 4. What was the population of Alaska at the time of purchase from Russia? (20,000 40,000 55,000)
- 5. What is the name of the mountain range that borders the city of Anchorage?
- 6. What archaic attraction can be found along the beaches in Wrangell?
- 7. True /False The Alaska pipeline was built above and below the perma frost
- 8. What are "little animals without backbones that have an armor like shell"?
- 9. Name the sea on Alaska's western coastline separating the United States from the Soviet Union.
- 10.Who was Captain Vancouver?
- 11.What does NANA stand for?
- 12.What day is the "longest" day of the year?



Judy Clemenson David Clemenson Scott Thompson Flip Grabner Nancy Walsh Kaye Waldsmith Amy Lambert Lonnie Lambert Phyllis McCutchan Don Janiak Kathy Bundy Carol Joyce

Vicki Steik Linda Hull Terry Hepner Bev Hylen



\$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, Albert & Tammy Lee, Joyce
Wainscott, 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

- 1. False
- 2. Japanese invasion of the Aleutian Islands during WWII
- 3. The St. Elias Mountain Range
- 4. 40,000
- 5. Chugach Mountains
- 6. Petroglyphs
- 7. True
- 8. Crustaceans
- 9. Bering Sea
- 10. One of England's explorers, a British Captain the Sloop Discovery



- 11. Northwest Alaska Native Association
- 12. June 21, has the greatest amount of sunlight

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

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



Autumn

Ζ	В	М	J	R	Ν	Q	Q	D	Ν	М	U	Т	U	А	F	U	V	Y	н	В	н	s	s	Q	А	Ι	0	Х	Ζ
Κ	F	L	Κ	G	L	0	J	S	G	Ν	Ι	V	Ι	G	S	Κ	Ν	А	Н	Т	Е	G	V	С	F	J	Т	R	Ζ
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Ζ	F	Κ	F	К	С	G	S	F	А	Ζ	0	М	D	D	Е	Х	F	Κ	А	R	Т	Ν	Ρ	R	С	F	Κ	Ι	Н
0	D	Q	Ν	U	Ν	U	Ν	R	Ν	Т	Ι	G	Κ	В	L	S	Е	Е	В	Е	Ν	С	V	В	F	G	Κ	Ν	В
L	В	Ν	0	Ι	Ρ	S	Ζ	Ρ	D	Ρ	Н	S	М	Х	М	0	L	Т	R	Ι	0	L	L	А	F	Ρ	А	F	М
F	М	S	Т	Н	R	S	Ι	W	Ρ	М	Y	Е	Т	Z	Е	D	U	А	Ν	L	Н	С	Е	J	М	Х	Е	Х	Q
V	К	Ν	Т	0	Q	М	A	V	А	G	Т	J	А	S	D	R	Ν	G	0	R	Н	L	0	U	Y	Т	Е	Y	J
V	U	Κ	L	F	S	А	Ζ	Х	R	Ρ	Ζ	A	Ρ	Z	Κ	S	R	R	D	М	С	D	Ρ	В	S	D	F	V	Ρ
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APPLECIDER	AUTUMN	CANNING	COLORFUL
COLORS	COOL	CORN	CRAFTS
DAY	DAYLIGHTSAVING	DECEMBER	ELECTIONS
FALL	FOOTBALL	GRANDPARENTSDAY	HALLOWEEN
HARVEST	HUNTING	LABOR	LEAF
LEAVES	NOVEMBER	OCTOBER	OCTOBERFEST
PATRIOTDAY	PUMPKIN	RAKE	SCARECROW
SCHOOL	SEPTEMBER	THANKSGIVING	TURKEY
VETERANSDAY			

Across

- 1. She had a "Tootsie" role
- **5**. Freeze front
- 9. One who keeps things kosher

14. "Permit Me Voyage" author

James

- 15. Mother of Levi and Judah
- **16**. Sweater synthetic
- 17. STEP OUT
- 20. Included afterward
- **21**. He's number one
- **22**. Pursue with passion
- 23. Biologist's medium
- **26**. Lobster serving
- 28. STEP IN
- **34**. Words with roll or tear
- **35**. Check for letters?
- **36**. Electric surge
- 38. Entrance for Clementine's dad
- **40**. Not rinsed, perhaps
- **43**. One type of poll
- **44**. Administered medicine
- **46**. Pistol projectile
- 48. Hudson Bay prov.
- 49. STEP UP
- **53**. Luminous topper
- 54. Warm, in searches
- **55**. Tour operator
- **58**. Hindu royal
- **60**. Cockatoo's pride
- 64. STEP DOWN
- **68**. Bridge bid, briefly
- 69. Pelvic bones
- **70**. Part of a makeshift swing, perhaps
- **71**. What a witness may take
- 72. Be dependent
- **73**. Fit to finish?

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	67				+	
68	+	+				69	+	+	+		70	+		
71	+		+			72					73	+		

Down

- 1. Festive fete
- 2. Made cheddar better
- 3. Librarian's urging
- 4. Bring to light
- 5. Cat fancier from Melmac
- 6. Word form for "recent"
- 7. Butler's quarters?
- 8. "There was no other choice for me!"
- 9. Co-renters, slangily
- 10. Extension
- 11. Squandered, as a lead

- 19. Polite contraction
- 24. Ones of a kind?
- 25. City near Lake Tahoe
- 27. Bounding gait
- 28. The recently fired hit it 29. Words with "the line" or "an era"
- 30. Rupee part

- 31. Store secretly
- 32. Watergate figure
- 33. Barely making (with "out")
- 37. Kitchen extension?
- 39. Word in many college names
- 41. It may be hatched
- 42. Type of log 45. 1996 Greg Kinnear film
- 47. Candied, in cookery Rickman of "Galaxy Quest" 51. Nicolas Cage film of '97
- 52. Novel flubs
- 55. Advantages
- 56. Polite bloke
- 57. In midvoyage
- 59. Cruise stopover, perhaps
- 61. Shorten to fit, perhaps
- 62. Parched
- 63. Place for a knot 65. Setting for "Newhart"
- 66. Feel unwell
- 67. Hen's task

50.

- - 12. Chastity, for one
 - 13. Eagerly studying
 - 18. Prize for a mystery



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: <u>https://www.fredmeyer.com/topic/</u> <u>community-rewards-4</u>

The center's Organization Identification Number is GP013.

Thank you!!!



The Senior Center is partially funded

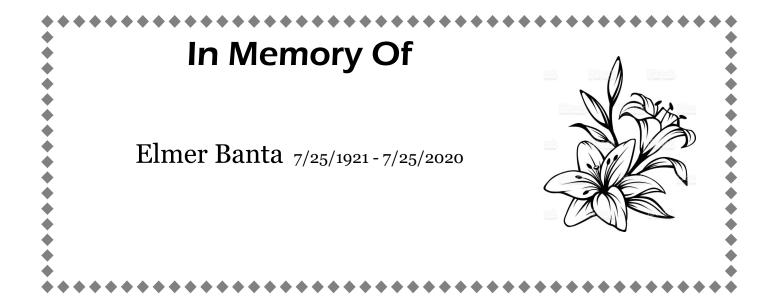


Alaska Food Coalition Alaskare Home Medical Equip. Amazon Aspen Hotel / Kenai Residence Enstar Fred Meyer/Kroger HEA Kenai Peninsula Borough Meals on Wheels America Ninilchik Family Dentistry Peninsula Memorial Chapel PJK LLC Private Donations State of Alaska/NTS Grant American Legion Post 18

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: <u>https://</u> <u>smile.amazon.com/ch/52-1323828</u>, 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.



Answers to the puzzle on page 19

G	Α	R	R		А	N	т	Ι		R	Α	В	В	Ι
Α	G	E	E		L	Е	Α	н		0	R	L	0	N
L	E	Α	۷	E	F	0	R	Α	м	0	м	E	N	Т
Α	D	D	E	D			Α	D	Α	Μ		W	0	0
			Α	G	Α	R		т	Α	Ι	L			
R	E	Р	L	Α	С	Ε	S	0	М	E	0	N	Е	
0	N	Α		R	E	N	Т			S	Р	Ι	к	E
Α	D	Ι	Т		S	0	Α	Р	Y		Е	X	Ι	Т
D	0	S	E	D			S	L	U	G		0	N	Т
	F	Α	С	Ε	Α	С	Н	Α	L	L	E	N	G	E
			Н	Α	L	0		Ν	E	Α	R			
Ρ	G	Α		R	Α	N	Ι			С	R	E	S	Т
R	Ε	S	Ι	G	N	Α	S	Α	L	E	Α	D	E	R
0	N	Ε	N	0		Ι	L	Ι	Α		Т	Ι	R	E
S	Т	Α	Ν	D		R	E	L	Y		Α	Т	E	E

Puzzle Solution © OnlineCrosswords.net

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

