



# Ninilchik Senior Center

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

## Hello October 2020



### Coming Up

All Center  
Activities are  
cancelled until  
further Notice

**Mon 10/12**  
**Center Closed**

**Sat 10/31**  
**Halloween**

**Sun 11/1**  
**Time Change**  
**Set your clocks back**

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

October is here and it has been a busy fall at the Ninilchik Senior Center. The big news is we are open again. Well, at least for congregate meals. It was exciting to have so many folks show up for lunch on the 14th. It looks a little different but I think it has gone quite well. I am glad to see you are using the gloves that are provided and staying your distance from one another. We are still providing take-out meals and that is being well received as well. It does put a little more work on the staff. They are working very hard to make all of this work. Thank them when you see them, they are doing a great job.

To continue the opening conversation, we are hoping to open some activities on 19 Oct. 2020. There will be more information on what that looks like soon.

More news that is exciting has to do with the Easy Street Pull Tab store. September saw the another profitable month. This is very exciting for our Center. We continue to tweak the operation there. If you get a chance to stop by the pull tab store, I encourage you to check it out. Play a few games and let us know what you think. It all goes to support NSC.

Our snowbirds are flying the coop in greater numbers. Many of them will not be back until April or May. I pray all of you have a great winter and am looking forward to seeing you next summer.

I would like to say good-bye to two valued members of our endowment committee. Thank you to Kathryn Kennedy and Ronn Lund who both have resigned their positions. You both have been a valuable part of the endowment committee and you will be missed. Thanks again for all you have done. Don't be strangers.

*Dick Hawkins, President*

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

October is here! Fall seems to have really taken hold over the last couple of weeks. The wind has that familiar wintery chilly bite and apple cider and hot chocolate seem like a good idea. Gone are the days of warm sunshine and here are the days of dwindling daylight. Also happening this month is the time change – sort of. This year the daylight savings time ends on November 1<sup>st</sup> so remember to set those clocks back an hour before you go to bed on Halloween night or when you get up Sunday morning.

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! Even though the gazebo is closed, please don't stop dropping 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/printer equipment.

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!” The following is some good information from <https://www.ready.gov/winter-weather> to keep in mind as we head into winter. Stay safe and healthy everyone!

### **Snowstorms & Extreme Cold**

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. A winter storm can:

- Last a few hours or several days;
- Knock out heat, power, and communication services; and

Place older adults, young children, and sick individuals at greater risk.

#### **IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY**

- Stay off roads.
- Stay indoors and dress warmly.
- Prepare for power outages.
- Use generators outside only and away from windows.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.

Check on neighbors.

#### **HOW TO STAY SAFE WHEN A WINTER STORM THREATENS:**

*Continued*

## Prepare NOW

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an [emergency supply kit for your car](#). Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn the signs of, and basic treatments for, frostbite and hypothermia.

## Survive DURING

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.

## RECOGNIZE AND RESPOND

- Frostbite causes loss of feeling and color around the face, fingers, and toes.
  - o Signs: Numbness, white or grayish-yellow skin, firm or waxy skin
  - o Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
  - o Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness
  - o Actions: Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.



# Medicare

## Open Enrollment

10/15/2020 - 12/7/2020



Elections are coming up!

Tuesday, October 6, 2020

Tuesday, November 3, 2020

If you need a ride to go vote, please give us a call to set up a time. 567-3988

# Summer Breeze Quilt Raffle Winners!

Congratulations to Jim Beall who won the quilt  
and Lenore Jones who gets to keep it!



A BIG THANK YOU to Janet Hepplewhite for  
donating the beautiful quilt.

Thank you to everyone who purchased tickets to  
support the Ninilchik Senior Center!



# 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.

**NINILCHIK**  
*Saturday Lunch Program*

ONLINE SILENT AUCTION  
OCT. 4TH-OCT.9TH  
VIA FACEBOOK  
@ninilchiksaturdaylunchprogram

**GRAB YOUR  
DINNER IN A BAG  
TO HELP SUPPORT  
OUR KIDS**

**SATURDAY,  
OCTOBER 10TH  
5-7PM  
@NINILCHIK  
COMMUNITY  
CENTER**

**SUGGESTED DONATION  
\$10 PER PLATE  
VEGAN & MEAT OPTION AVAILABLE**

**FOR MORE DETAILS VISIT OUR FACEBOOK PAGE or  
CALL LINDA HAWKINS (907)240-5212**

\*KPBSD posts files as a community service. Such posting does not constitute an endorsement for or against the materials and viewpoints expressed in them. Please contact the sponsoring organization regarding their COVID mitigation plans.

You're invited to the  
**NINILCHIK COMMUNITY LIBRARY  
ANNUAL MEETING**

**Tuesday, October 13, 2020  
6:00 P.M.**

*Come join us  
for the  
opportunity to  
win door prizes,  
hear our  
president's  
Annual Report,  
and check out  
our catalog of  
books, audio  
books, and  
DVDs!*

*Stop by and let  
us know how we  
can best support  
the evolving  
needs of our  
community, or  
let us know of  
any books or  
media you  
would like to see  
added to our  
collection.*

COVID-19 has created challenges for communities at large. Because of your support, Ninilchik Community Library is open to its patrons during this time. We take caring for our community seriously, and have adjusted our sanitation and cleaning protocols to keep everyone safe. However, should you prefer to attend from home, please join us online via Zoom! The Zoom link will be available on the Ninilchik Community Library Facebook page.



# KNIGHTS OF COLUMBUS

## "POT O' GOLD" 2020 STATE RAFFLE



GRAND PRIZE \$15,000  
Ten (10) PRIZES \$1,000/EACH

\$25 PER TICKET  
LIMIT OF 3500 TICKETS TO BE SOLD  
NEED NOT BE PRESENT TO WIN

DRAWING TO BE HELD ON SATURDAY DECEMBER 12<sup>th</sup>, 2020  
2 PM AT HOLY FAMILY CATHEDRAL  
811 WEST 6<sup>th</sup> AVE  
ANCHORAGE, ALASKA

PROCEEDS BENEFIT KNIGHTS OF COLUMBUS CHARITIES IN ALASKA  
WINNERS OF PRIZES WILL BE POSTED ON OUR KNIGHTS OF COLUMBUS WEBPAGE  
[www.alaska-kofc.org](http://www.alaska-kofc.org)

Permit # 563

Contact Doug MacLean





# Alaskan Trivia



1. What day is the “longest” day of the year?
2. Where was the first Russian Orthodox Church located?
3. Where was the richest gold mine in Alaska?
4. What is the “Bristle Side Curlew”?
5. True / False The Alaska Highway is the only road connecting Alaska to the continental United States.
6. How much did the record holding cabbage from Alaska weigh?
7. Where is Amchitka?
8. Name one of two birds that are the harbingers of spring in south-east Alaska.
9. What region of Alaska extends from the Dixon Entrance to Icy Cape?
10. What ship associated with the Bureau of Indian Affairs used to transport supplies to Nome and other western ports?
11. How did the mail used to be delivered in remote areas of the state?
12. On the fishing grounds, what is known as a “soaker”?

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





# October

Susie Chiri	Daniel Yeckley	Midge Evans	Russ Penrod
Bill Hagerty	Julie Boll	Virginia Davis	Dottie Wiegman
Cathy Perry	Victor Bergeron	Marie Penrod	Vi Nordgren
Lowell Wilcox	Janice Pearson	Janie Nelson	Carol Harrington
Loren Hill	Ruth Taggart	Larry Lachinski	Jim Taylor
Diane Wilson			



## **\$5 A Month Club**

Thank you to the following who contributed to the club:

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

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, Bob & Linda Pearson 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!!!



### Alaskan Trivia Answers

1. June 21, has the greatest amount of sunlight
2. Kodiak Island
3. Ester Creek, Near Fairbanks
4. A migratory bird that flies between Alaska and the South Pacific Islands
5. True
6. 138.25 lbs
7. On the Aleutian Islands
8. Robin and Varied Thrush
9. The Panhandle or Southeast
10. The North Star
11. By dog sleds or reindeer
12. A very large fish



*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](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:  
Vice Chair:  
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 &  
Lala Powell

## 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



# Halloween

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

AMUSEMENT

BATS

CANDY

COSTUMES

EERIE

FRIGHTEN

GHOSTS

HAPPY

MASK

MOVIE

OCTOBER

PRANK

SCARE

SMILES

TRICKORTREAT

APPLES

BLACK

CAT

DARK

EXCITEMENT

FUN

GOBLIN

HARVEST

MAZE

MUMMY

ORANGE

PUMPKINS

SHADOWS

SPIDER

WITCH

AUTUMN

BOO

CORN

DRACULA

FRANKENSTEIN

GAMES

HALLOWEEN

HAYRIDE

MONSTER

NIGHT

PARTY

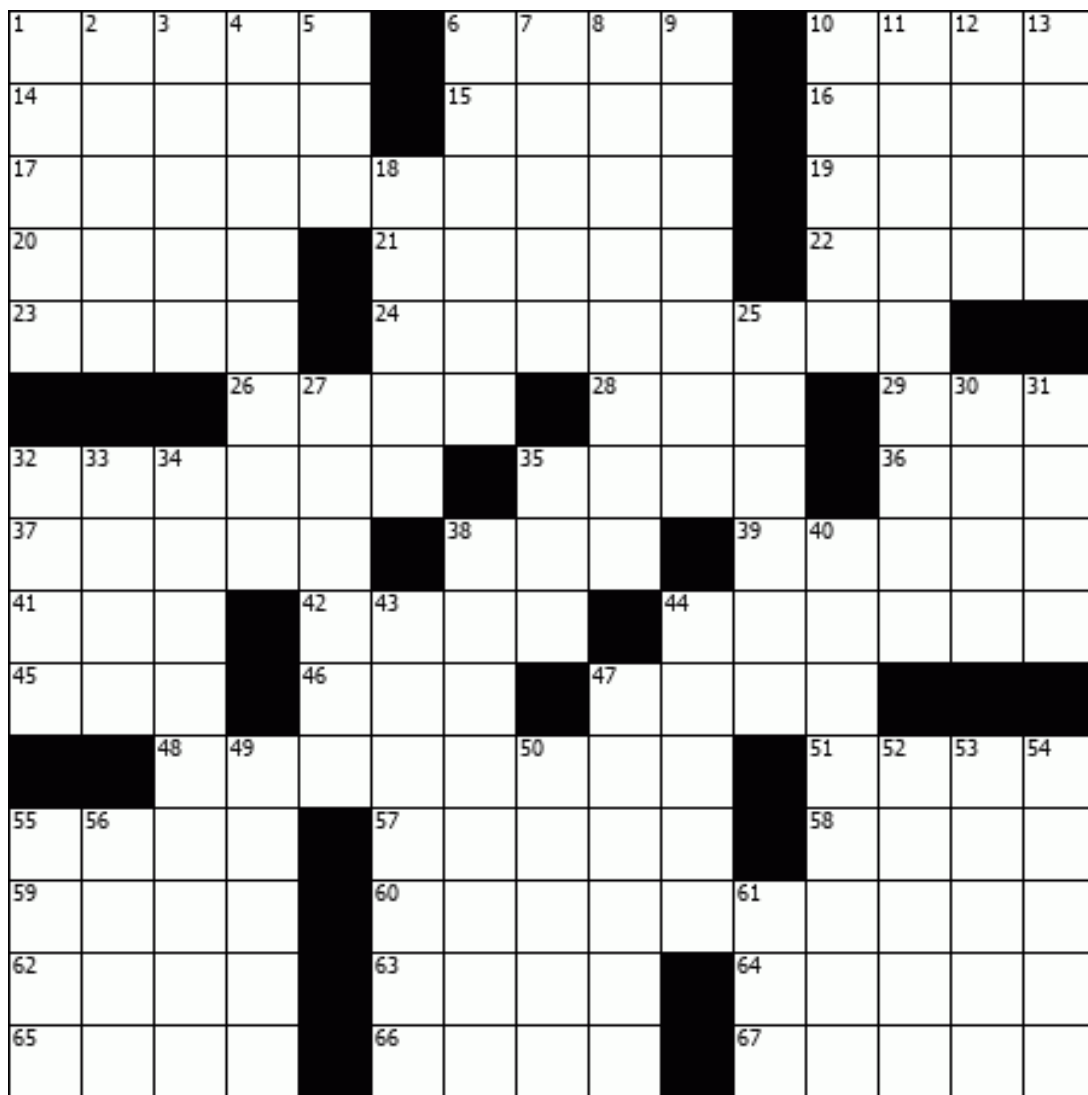
SAFE

SKELETON

SPOOKY

## Across

1. Ballroom beat
6. Sitting on
10. "Ain't it the truth!"
14. Lumber jacket pattern
15. Dream, in Paris
16. Make a margin
17. Olympic leaper
19. Norse capital
20. From scratch
21. Docking spots
22. Shoe seller Thom
23. New Age composer John
24. Lose the booze
26. Psyche parts
28. \_\_\_\_ pinch
29. Future falcon
32. "Get real!"
35. Giant screen format
36. "Silent" prez, familiarly
37. Lopsided
38. Compass pt.
39. Andean animal
41. Sch. supporter
42. Counterfeit
44. Fair-\_\_\_\_ boy
45. He talks turkey?
46. Put to the taste test
47. Barnyard bird
48. Uninvited visitor
51. Cop calls (abbr.)
55. Spring from a board
57. Pulitzer Prize category
58. Ernie's "Sesame Street" pal
59. Rocker Clapton
60. Easter harbinger
62. Ridicule
63. Suit to \_\_\_\_
64. Streep of "Silkwood"
65. Till fill
66. Untouchable leader
67. Simple writing



## Down

1. Dropped tomato sound
2. "Home \_\_\_\_" (1990 movie)
3. Horse hairs
4. Honcho
5. Modifying wd.
6. War parties?
7. Cheyenne shelter
8. Paycheck upper
9. Novel narrator
10. Bakery beckoner
11. Souped up auto
12. Scat legend Fitzgerald
13. Glowing gas
18. Muckraker Sinclair
25. C.P.A.'s concern
27. Readied to race
30. Monopoly, e.g.
31. Bag brand

32. Kangaroo, for one (abbr.)
33. Director Preminger
34. Former Don Johnson TV series
35. School of thought
38. Soak to the max
40. Dogpatch denizen
43. Subsoil layer
44. Israeli dances
47. Lyons ladies
49. Noodle holders?
50. Valleys
52. Pitcher Martinez
53. Sounds like an ass
54. Panache
55. Test driver's car
56. Get out the wrinkles
61. Strike caller?





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



**PJK LLC**



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



## Answers to the puzzle on page 14

Puzzle Solution © OnlineCrosswords.net

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

# 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

