



Ninilchik Senior Center

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



Coming Up

Daylight Saving 3/14

St. Patrick's Day 3/17

Board Meeting 3/18

AARP Tax Help : 3/24 & 3/31

A Note From the President of the Board:

Well here it is March already. There are some exciting things going on at the Ninilchik Senior Center. We have decided that we are ready to safely reopen for several activities, including bingo, pool and games. I believe that quilting will be starting back soon up as well. For more information on days and times check with the office. They will have the latest. For everyone's safety, staff are diligently performing mitigation procedures, including sanitizing all hard surfaces and dishes used for cooking/dining, running air purifiers throughout the building, and practicing frequent hand washing and sanitizing. Those participating in meals and/or activities are encouraged to practice social distancing, wash and sanitize their hand frequently and use gloves when touching any common items. Sanitizing wipes, disinfecting spray, gloves, and hand sanitizer are available for everyone to use.

We had a wonderful board meeting last month and it was decided, after several members came to meeting to give the board their opinion, that we will be saying the Pledge of Allegiance before lunch. Whether or not we want to continue this practice will be up to the members. This will be one of the items discussed at the annual membership meeting; at which time the members present will vote whether to continue that practice. I sure do like when the members get involved like they did this past month.

Speaking of the Annual Membership meeting, no decision has been made yet as to when and how this meeting will happen. We normally have it near the end of July and it is right after lunch. I don't see it happening as "usual" but I am determined to have a meeting this year. Your ideas and suggestions will be greatly appreciated.

Once again, the Center is receiving produce boxes thanks to the distribution chain through the Food Bank in Soldotna – big thank you to them for bringing them to Ninilchik for us to give out. This week alone, we received 100 boxes, which were given out quickly to seniors in the community. These produce boxes are scheduled to be distributed regularly through April at least. As usual, check with Julie in the office for more details.

We have been receiving a fair amount of generously donated bread, rolls, and other baked goods lately. These are available on the racks in the center. Please only take one or two items. Even though they are free, we need to make sure that everybody gets a chance to get their share.

Remember, in efforts to protect our staff, the kitchen is off limits to all but the kitchen and office staff, so please respect their space.

Thank you all and have a great St. Patrick's Day.

~President Dick Hawkins





A Note from the Executive Director

March is here! That means spring is not far behind! It's hard to believe that a year ago this month the pandemic that changed our world in so many ways was brought to light. Since that time, great strides have been made to assist in fighting the virus, which is truly something to be thankful for. This month also brings with it the reopening of additional activities here at the center. Bingo will be starting in April – yippee! It's so nice to have more folks feeling comfortable coming to the center. We are continuing the mitigation strategies put in place when we opened for congregate dining and doing are best to keep everyone safe while providing a most needed place for social gathering. Isolation, combined with the long winters in Alaska have made a lot of people pretty stir-crazy and getting out to enjoy some activities with friends has been a welcome change. Of course we understand that being in places where other people are within somewhat close proximity is not for everyone and this is your choice. Whatever your preference is, it's nice that we still live in a world where everyone is able to make decisions for themselves and what's even nicer is when we respect each other's decisions. We're all in this together.



Julie Otto

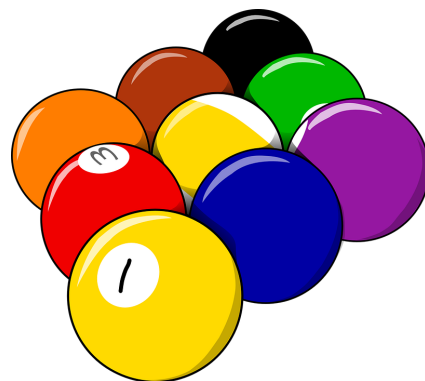


Bingo Starts Wednesday
April 7th @ 1:15 pm



Thursdays Game Day
Starts @ 1pm

Pool Playing Fridays: 1- 4 pm



Cheryl's Dugout Chat



March is upon us and spring is right around the corner. This means nicer weather, out-door time, and preparing gardens and flower beds. I'm thinking March is a good month for indoor spring cleaning. For me it means a thorough baseball room cleaning, rearranging the autographed baseballs (to prevent signature fading.) and pulling out the "old" baseball cards to reminisce years of long ago. Mostly it means looking at my collection and then putting it away till next year! I do have some ideas for you to start your indoor cleaning!

Look up: Start by looking up at ceilings, molding and ceiling fans. Chances are strong that some cobwebs and dust have formed in these areas. Always begin cleaning by working from the top down so you don't have to clean any tables, countertops or floors twice. Static-charged dusting cloths work well to catch and contain dust. Use a pillowcase on ceiling fan blades to clear the dust and keep it from cascading to the floor.

Blinds and curtains: Heavy window treatments can be removed and replaced with more gauzy fabrics. This lets in more light and warmth from the sun. Many curtains can be freshened up right in the laundry, but blinds may require a bit more effort. If the blinds can be snapped out of the brackets, place them in a tub full of vinegar, dish soap and water. Allow them to soak and then rinse with the shower nozzle. Stationary blinds can be cleaned with using an old sock over your hand dipped in a vinegar-and-water solution.

Change linens: Remove and launder bed linens. While the linens are in the wash, thoroughly dust all furniture and vacuum the carpets. Move furniture so you can reach areas where dust gathers, such as under the bed or

Cheryl's Dugout Chat



Grout cleaner: Grade school science lessons can be put to use as you look to remove stubborn dirt. Combining baking soda and vinegar produces a reaction that causes the formation of gassy bubbles. These bubbles can help to break up dirt that clings to crevices, such as grout between tiles. Some light scrubbing and then subsequent rinsing can rid surfaces of hard-to-remove dirt.

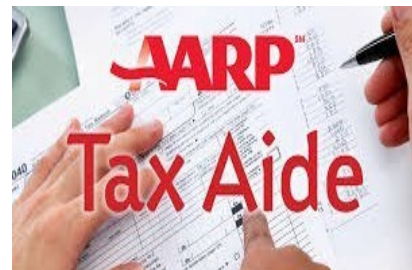
Vacuum vent intakes: Many houses are heated by forced-air systems. The air intake vents can become clogged with dust and other debris. Vacuum these vents so that air flow is not impeded. Let the heat run for a few minutes to catch any small particles that become dislodged, and then change the furnace filter.

Clean out the refrigerator: Now is a great time to remove any of those mystery containers growing fuzzy experiments in the back of the refrigerator. Take the food out of the refrigerator and use a food-safe cleaner to scour the shelves and inside of crisper drawers. Spring-cleaning is a necessary task, but it doesn't have to be a headache. Break up the work into manageable chunks of time, and projects won't feel like such a hassle.

Clean your computer inside and out: Computers are significant investments and invaluable resources for school, work, and recreational use. Computers are integral but not infallible. A concerted effort to clean computers every day can keep computers in top form. According to geek computer, clean, and flush disk space to free up valuable system resources and space on your hard drive. In addition to cleaning internal components, computer owners must clean the exteriors of their devices. These steps can keep computers running smoothly well into the future. Store your computer the correct way. A computer that is positioned close to the ground may be exposed to carpet particles, dust, hair, pet fur, and more. These particles are less likely to get into your computer if it's placed on a desk. Check fan vents and other ports on the computer for accumulation of debris. Check the internal systems. Empty the trash and recycle bin. Check the auto launch applications and modify if needed. Seek professional assistance if you need it.

Don't forget to clean out your medicine cabinet

AARP Tax Aide Program Provides Free Tax Prep for Alaska Seniors. AARP Foundation Tax Aide volunteer tax preparers will provide free tax preparation assistance for seniors this tax season. Please be aware that service delivery will be adjusted due to COVID to make tax prep safe for AARP volunteers. The traditional model of tax payers sitting down face-to-face with a tax preparer will not be available.



Tax prep will be by appointment with minimal face-to-face interaction this year.

Taxpayers will fill out interview questions in advance and make appointments with a drop-offsite. They will bring their tax documents to a drop-off appointment to be scanned and saved into secure, IRS approved software. Volunteer tax preparers will prepare the tax return from home, completing the return within one week. Taxpayers will setup a second appointment to review the tax return with an AARP volunteer and sign the form authorizing electronic filing. Masks will be required at all drop-off and signing appointments.

Taxpayers in Ninilchik will be able to make appointments for March 24 for the drop off of documents and initial interview and then again on March 31, 2021 to pick up their tax forms by calling the Ninilchik Senior Center at 567-3988.

When coming to the center for the initial interview, taxpayers are asked to bring along with them a copy of last year's tax return, their photo ID, and an original social security card for all person's named on their return.

For taxpayers who did not file a 2019 return, this may also be done this year through AARP.

What to Bring to Your Appointment?

1. Original or photocopy of social security card for you, spouse and all dependents (You MUST bring this!!)

2. Photo I.D. for you and spouse

3. Amounts of both Economic Impact Payments (last year and recently) received for family as Covid-19 stimulus payments.

4. All income information (such as Forms W-2, 1099-Misc, 1099-INT, 1099-DIV, SSA-1099 or RRB-1099 and 1099R).

5. Form 1099-G or record of unemployment received, and any federal tax withheld from unemployment.

6. Property tax and mortgage interest statements.

7. List of your medical, interest, contributions, and miscellaneous expenses (to itemize your deductions).

8. Copies of last year's tax return (helps volunteer prepare this year's return).

9. Childcare payment information and name, address and SSN/EIN of your childcare provider.

10. Bank routing and account number for direct deposit.

11. Any information about education expenses (Form 1098-T). It is best to prepare tax returns for entire family at the same time to maximize education tax credits.

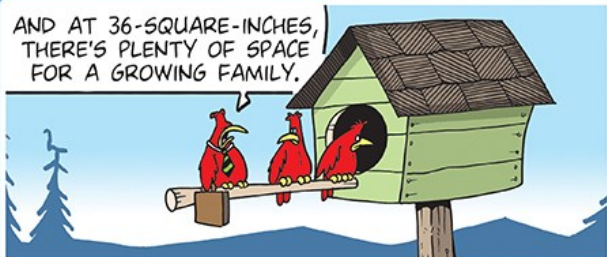
12. Form 1095-A if you purchased insurance through the Healthcare.gov Marketplace.

13. Completed Interview and Intake Questionnaire



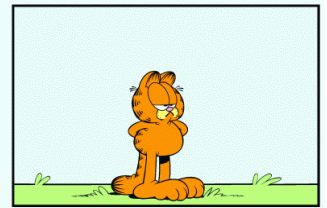
CHAD CARPENTER'S

TUNDRA



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Chad Carpenter

3-4

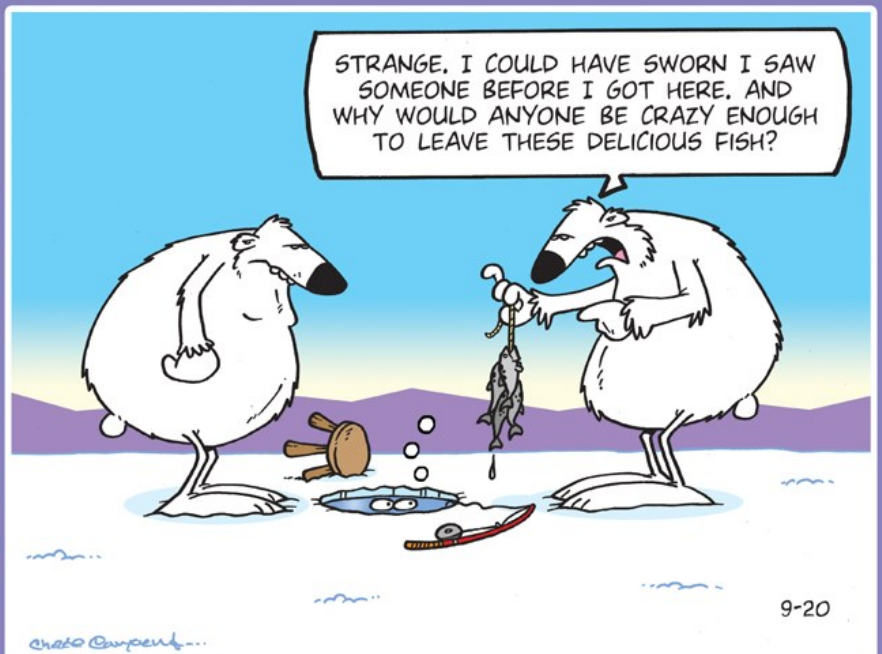
CHAD CARPENTER'S

TUNDRA



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Chad Carpenter

9-20



S F N U S R P R S F Z R A R J
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WORD SEARCH

ASH WEDNESDAY

LEPRECHAUN

PANCAKES

SPRING

BIRDS

MARDI GRAS

PARADE

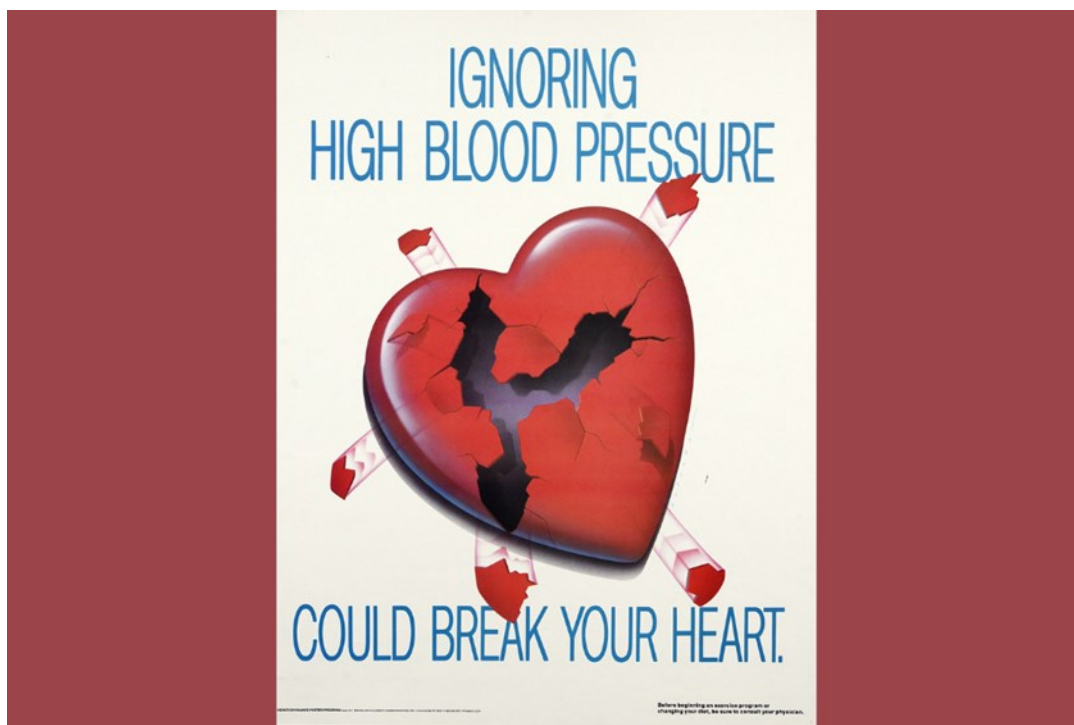
ST. PATRICKS DAY

FAT TUESDAY

MASKS

SHAMROCK

TIME CHANGE



Don't ignore your High blood pressure – it could break your heart.

Keep your blood pressure in check with these tips:

Keep a healthy weight.

Be physically active.

Eat a healthy diet.

Cut down on salt.

Drink alcohol in moderation, if at all.

Don't smoke.

Get a good night's sleep.

Take prescribed drugs as directed.

Falling in Love...with Exercise

For some of us, learning to love to exercise is a challenge. You know it can help improve your health, relieve stress, and boost your mood, but you may still struggle to get regular exercise. Try these tips to help you find an activity you enjoy and help you stay motivated. https://medlineplus.gov/ency/patientinstructions/000764.htm?utm_source=newsletter&utm_campaign=feb10

What is a Congenital Heart Defect?

A congenital heart defect is a problem with the structure of the heart that is present at birth. They are the most common type of birth defect. The defects can disrupt the normal flow of blood through the heart. The blood flow can slow down, go in the wrong direction or to the wrong place, or be blocked completely.

Signs and symptoms of severe defects in newborns include rapid breathing, cyanosis, fatigue, and poor blood circulation.

Learn more about how [congenital heart defects](https://medlineplus.gov/congenitalheartdefects.html?utm_source=newsletter&utm_campaign=feb10) are diagnosed and treated. https://medlineplus.gov/congenitalheartdefects.html?utm_source=newsletter&utm_campaign=feb10

Potato Wedges

These crispy [potato wedges](#) are full of flavor! Potato Wedges

Email this page to a friend Print Facebook Twitter Pinterest

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Number of Servings: 8

Ingredients

3 large baking potatoes

3 Tablespoons vegetable oil

1 1/2 teaspoons paprika

1 1/2 teaspoons garlic powder

1 1/2 teaspoons chili powder

1 1/2 teaspoons onion powder

Preheat oven to 450 °F.

Cut each potato into 8 wedges, lengthwise.

Mix oil, paprika, garlic powder, chili powder, and onion powder together. Spread the mixture on the sides of each potato wedge.

Directions: Scrub potatoes well.

Cut each potato into 8 wedges.

Mix oil, paprika, garlic powder, chili powder, and onion powder together. Spread the mixture on the sides of each potato wedge.

Place on a baking sheet with space between wedges.

Bake for 30 minutes in preheated oven.

Refrigerate leftovers within 2 hours.

Notes: Covering the baking sheet with foil under the potatoes will help with clean-up.

Adjust the seasoning to your taste.

Baking time can vary according to size of the wedges; test for doneness by poking with a fork.

Find more delicious recipes from FoodHero.org



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.

ATTENTION

Hello, Jam and Jelly Lovers!

The Domestic Engineers
still have a nice selection of those goodies.

 *1 Pint: \$8.00*
1/2 Pint: \$5.00 

Buy any 6 jars - get 1/2 Pint free!
Buy any 12 jars - get 1 Pint free!

Phone Numbers to call: 567-3335, 741-2230, (623)694-7439

June Judy Vi

Let's Play Bridge!

Basic Rules. To play bridge you need four people, a table and a standard pack of 52 playing cards (you discard the jokers). The players form partnerships and partners sit opposite each other. Each player is assigned to one of the four points of the compass as they sit around the table. The object of bridge games is to win points by taking tricks off of your opponents.

I'm looking for Bridge players. My name is Loren Hill, give me a call.
209-531-6494



Alaskan Trivia



1. Name the Governor who was known for his extraordinary ability to remember names.
2. When was the most recent ice age believed to be?
(5,000 years 15,000 years 25,000 years)
3. Name the ice free port at the head of Resurrection Bay in southcentral Alaska.
4. Geographically, which land mass has more time zones, Alaska or the continental United States?
5. In what valley in the Interior is the farming generally done?
6. In 1900, how many salmon canneries were operated in Alaska? (10, 25, 50)
7. Name the tool used to hollow out a canoe
8. What animal's fur is used for boot leggings by Eskimos?

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Answers on page 18.

happy birthday!

John Lindeman 3/3

Sharon Cook 3/15

Dusty Neilson 3/24

Robert Dale 3/4

Connie Porter 3/18

Debra Erosky 3/24

Robert Greer 3/7

Jack Christensen 3/19

Dianne Thomas 3/26

Kathy Bowen 3/9

Fred Marshal 3/21

Judith Barrier 3/23

Lynn Harding 3/9

Ronald Petty 3/22

Linda Pearson 3/23

Becky Hamilton 3/10

Beverly Graf 3/14



\$5 A Month Club

Thank you to the following who contributed to the club:

Jim Taylor
Bob & Sharon Cook
Cathy Perry
Mary Holshouser

David & Judy Clemenson
Char & Byron Moore
Bruce Randall
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!!!

Thank You

Dave Nordgren for trash removal and to all of those who helped out or donated but didn't sign the volunteer book.

Thank you to Jim Beall, Gene Giovanini, Steve Vanek, Willard & Ruthe Bauman, Terry & Janie Nelson, David & Judy Clemenson, Howard & Nora Appel, Jeff Smith and Susan Welsh-Smith, Steve Stewart, 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!!!
Thank you to our Cooks!!!

St. Patrick's Day

word scramble

IIRHS _____

LDOG _____

OABIRWN _____

KAPCIRT _____

ADIELRN _____

NEEPHEARCU _____

MHSOKCRA _____

HRCMA _____

YKLCU _____

ENRAGE _____

BACBAEG _____

ORLECV _____

NETESENEV _____

TISNA _____

ARDEAP _____

ACDNE _____





1. William Egan
2. 15,000 years
3. Seward
4. Alaska (5), Continental U.S. (4)
5. Tanana Valley
6. over 50
7. Adze
8. Caribou, coastal and St. Lawrence Islanders use sealskin

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 +

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:
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 Campbell &
Lala Powell

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

Tuesdays: Summer only: 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

Not all activities are happening at this time due to Covid, contact the senior center for details.





So far this year (2020), the center received **\$231.47** 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 this year the center has received **\$33.91** 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
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