

Ninilchik Senior Center

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



Coming Up:

Columbus/
Indigenous People
Day 11th
(Center Closed)

Halloween 31st

10 Digit Dialing 25th (See page 7-8)

Note From the President of the Board:

October brings out the ghosts, goblins, and witches. It also brings to an end (usually) the fabulous fall colors that we all enjoy here in the great land. Speaking of the end of fall, I was talking with somebody the other day and the usual question came up, "are you ready for winter"? Every year we all seem to start scrambling to get everything done before the snow flies. Oh well, I figure it will get done or it won't. What will happen is the snow. Everything will be covered with a white blanket soon and what is not put away will make its appearance next spring. Then the mystery of what you did with that shovel or rake will make itself known.

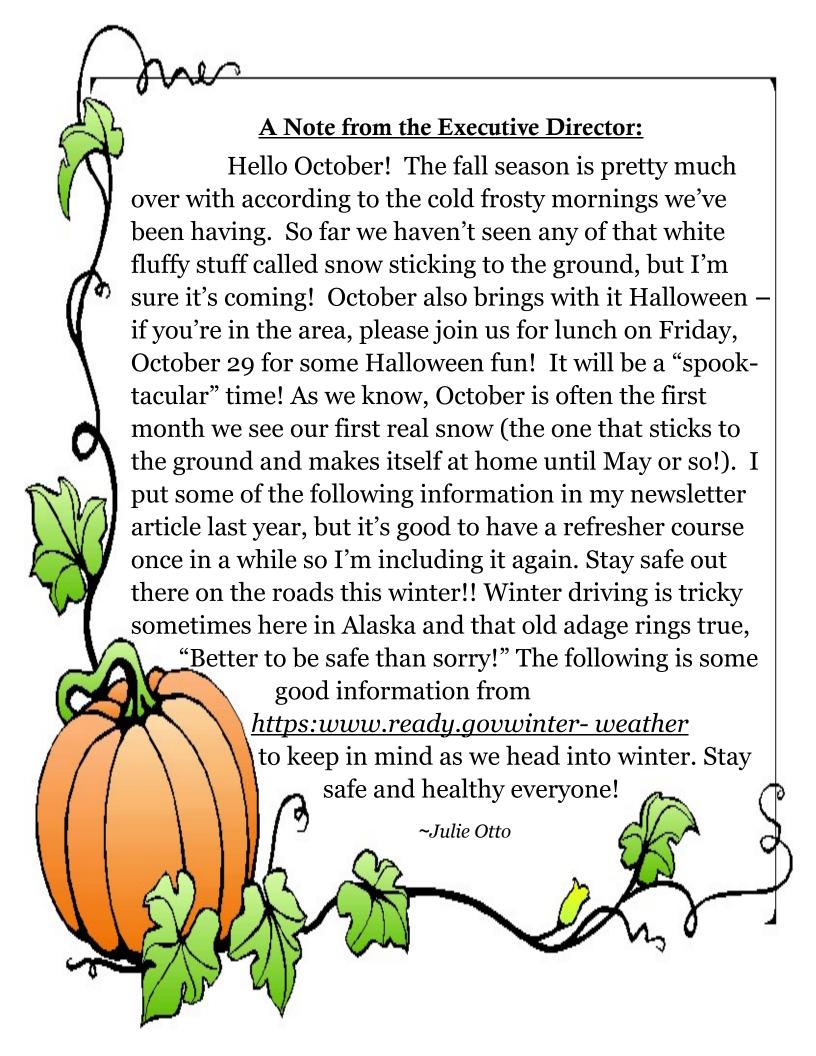
October means that the gazebo is closed for the season. Except this year we will be having a special event for two weekends. Christmas in October if you will. We have tons of Christmas items and we have decided that the gazebo will be open for the weekends of October 16th and 23rd for a Christmas sale. Lights, decorations and so much more can be yours for a bargain.

More snowbirds are leaving this month. Safe travels to all of you and we look forward to seeing you next spring. I pray that you have a safe and healthy winter.

We have started the very preliminary process to decide how to expand the building at the Senior Center. We feel we need a larger building but we also don't want to impact the parking areas and a second story is out of the question. An architect from K & A Design Studios came down to have a look and a walk around. Some good ideas were tossed around. If you have any thoughts about how best to approach this project please contact the office. Of course money to accomplish this project will be a challenge as well. We will keep you informed.

Bingo, game day, and all the other activities at the Center continue unabated. Come and enjoy the activity of your choice.

All for now. Have a blessed October and if you are around I'll see you at the Senior Center. ~Dick Hawkins, President



Snowstorms & Extreme Cold

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:

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.
- o 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.

October is breast cancer awareness month

The Best Protection is Early Detection! What are the symptoms of breast cancer?

Signs and symptoms of breast cancer include:

- A **lump or swelling** in the breast, upper chest or armpit
- · A change to the skin, such as puckering or dimpling
- A change in the color of the breast the breast may look red or inflamed
- A nipple change, for example it has become pulled in (inverted)
- Rash or crusting around the nipple
- Unusual liquid (discharge) from either nipple
- Changes in size or shape of the breast

On its own, pain in your breasts is not usually a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

Although rare, men can get breast cancer. The most common symptom of <u>breast cancer</u> in men is a lump in the chest area.

See your General Practitioner (GP) if you notice a change

Most breast changes, including <u>breast lumps</u>, are not cancer. But the sooner breast cancer is found, the more successful treatment is likely to be.

Get any new or unusual changes checked by a GP.

Check your whole breast area, including up to your collarbone (upper chest) and armpits.

Breast cancer symptoms | Breast Cancer Now







The Annual Election Period (AEP), commonly referred to as the Medicare Fall Open Enrollment Period, occurs from October 15 to December 7 of each year. During this time, eligible beneficiaries may make changes to their current Medicare coverage. These changes take effect January 1st of the next year.

www.ehealthmedicare.com/faq/medicare-fall-open-enrollment-period/

Holiday Bazaar

Saturday, November 13 & Sunday, November 14 From 10 am to 5 pm

At the

Ninilchik Senior Center

\$25 for both days \$15 for one day

\$10 extra if electricity is needed

Please come by the Senior Center to register and reserve your tables 66265 Aspen Ave (907) 567-3988







Ninilchik Senior Center Activities Calendar

MORNING	AFTERNOON
Beginners Yoga 10:30-11:30	Quilting 10:00-4:00
	Knitting: Masks Required 1:30-4:00
	Billiard: Masks Required 1:00-4:00
	Bingo 1:15- 3:30
Beginners Yoga 10:30-11:30	Billiards 1:00-4:00
	Game Day 1:00-4:00
	Knitting 1:30-4:00
	Quilting: Masks Required 1:30-4:00
Closed a	all federal holidays

The Benefits of Yoga for Older Adults

NSC has yoga classes are Monday and Wednesday mornings! Call for more info.

Yoga cultivates a mind-body connection, combining stretching and strengthening postures with deep breathing and relaxation. Despite its roots in Eastern philosophy, yoga as practiced in the West is generally focused on physical fitness. It still has a <u>spiritual</u> aspect, but it is not overtly religious. People of all faiths and belief systems can benefit from participating in yoga.

Because the poses (called asanas) can easily be modified or adapted to suit an individual's needs, yoga is safe for seniors of all fitness or ability levels. In fact, it can be an excellent way to keep your body strong and healthy without the joint stress that comes from other activities like weightlifting or jogging. And it's never too late to begin: You can start yoga at any age. (Just be sure to clear it with your doctor before you get going.)

Here are some of the benefits of yoga for seniors: Better balance: Many yoga poses for seniors focus on strengthening the abdominal muscles and improving your core stability. That can help you become steadier on your feet and reduce your risk of falls. Improved flexibility: Yoga movements can be fantastic stretching exercises for seniors. Holding a pose for several breaths encourages your muscles and connective tissues to relax and loosen, which helps to increase your range of motion. In fact, research in the International Journal of Yoga Therapy has shown that regularly engaging in yoga can dramatically boost the overall flexibility of older adults. Enhanced breathing: The breathing control practices of yoga (known as pranayama) can expand your lung capacity and improve your pulmonary health. A study published in the Journal of Human Kinetics found that elderly women who practiced yoga three times a week for 12 weeks saw a significant improvement in their respiratory function. Stronger bones: If you're worried about brittle bones and osteoporosis, try yoga. For older women and men, a consistent yoga routine that includes weight-bearing postures can help bolster bone strength. Some promising research has suggested that doing yoga can actually improve bone density in postmenopausal women. Reduced anxiety and stress: Through meditation and mindful breathing, yoga encourages you to focus on the present and find a sense of peace. Research has demonstrated that that can lower levels of the stress hormone cortisol and help ease symptoms of anxiety and depression. In a National Institutes of Health survey, more than 85 percent of people who engaged in yoga said they experienced reduced stress as a result. Better sleep: Yoga can help alleviate sleep disturbances, which are common complaints among seniors. In a study published in Alternative Therapies in Health and Medicine, adults over age 60 who struggled with insomnia participated in yoga classes twice a week and underwent daily sessions at home. After three months, the group reported significant improvements in both the duration and overall quality of their sleep. Yoga for Seniors: How to Get Started (And Why You Should) (greatseniorliving.com)



What is Ten-Digit Dialing? A ten-digit dialed telephone call requires entering both the three-digit area code and the seven-digit telephone number to complete the call, even if the area code is the same area code as your own. When an area code transitions to ten-digit dialing, you will no longer be able to dial seven digits to make a local call. Transitioning to ten-digit dialing will not affect your current telephone number. Your phone number, including your area code, will not change...If you have one of these area codes, beginning on October 25, 2021, you must dial ten digits (area code + telephone number) for all local calls. On and after this date, local calls dialed with only seven digits may not connect, and a recording will inform you that your call cannot be completed as dialed. You must hang up and dial again using the area code and the seven-digit number.



Ten-digit dialing for local calls has been enabled in these area codes since April 24, 2021, and you can begin dialing ten digits anytime, though seven-digit local calls will still be completed prior to October 25, 2021....Why Is Ten-Digit Dialing Necessary? There are more phones in America than there are people, and each phone needs its own phone number. Beginning in the early 1990s, to accommodate the growing need for more phone numbers, some areas began to add a second area code for local calls. Dialing both the area code and the seven-digit number was necessary to ensure the call reached the intended recipient...or the first three digits of a seven-digit phone number, will need to use 10-digit dialing. To read full article:

<u>Ten-Digit Dialing | Federal Communications Commission</u> (fcc.gov)

Ninilchik Senior Center (NSC) Progressive Split the Pot Raffle

<u>Cost</u>: \$1 per ticket. Members may purchase as many tickets as desired each week. Tickets purchased are valid only for that week's drawing. Tickets must be purchased each week until 11am Friday if the member wishes to participate in that week's drawing.

<u>Drawing Time</u>: Every Friday at 12:00 pm

Location: Ninilchik Senior Center 66265 Aspen Ave Ninilchik, AK

Progressive Split the Pot Raffle Rules:

One winner every week.

Winner does not need to be present to win.

Open to NSC members only. Membership must be current.

The Current Raffle will last up to 16 weeks. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

16 cards

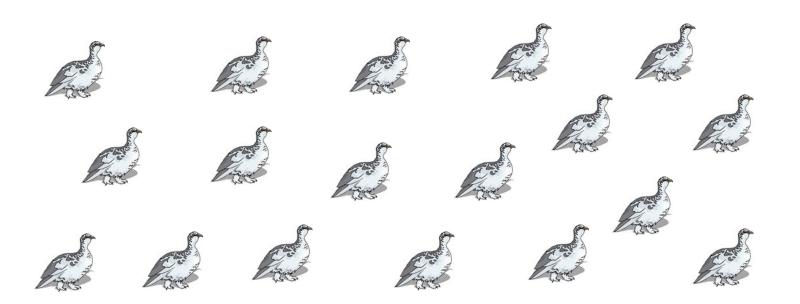
(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14)Ptarmigan: \$5

Congratulations to the prior weeks winners: Sharon Cook, Jim Beall,





Haunted History

When howling winds reduce birch trees to skeletons, croaking ravens return to hollowed woods, and creeping termination dust bask burnt-orange mountains in a ghostly glow, it must be October in Alaska. October not only brings chilling weather but one of the world's most beloved and ancient holidays, Halloween. In Alaska that holiday arrived late, brought by immigrating Americans after 1867. Still, most Alaskans have embraced Halloween, and its signature pastime, telling ghost stories.



Christina Salmon and sister Alexanna Salmon pose for a Halloween photo. IGI-2013-003-0359, Mike and Dallia Andrew Collection, Igiugiq Tribal Library.

For centures, Catholics observed 'All Hallows Day' on November 1, and considered October 31, 'All Hallows Eve,' the Day of the Dead. The Russian Orthodox Church, however, cele-



Ghost walking in parade, July 4th, 1924, Juneau, Alaska. ASL-P87-1207, Winter and Pond Photographs, Alaska State Library-Historical Collections. brated its saints in June, and according to Jenya Anichenko, "ghosts were a foreign concept." But after Russia officially transferred Alaska to the United States on October 18, 1867, rumors spread that the ghost of a beautiful Russian Princess haunted the abandoned Baranof Castle in Sitka. "Just the habitation," noted The New York Times in 1883, "for historical and aristocratic ghosts."

The article reported that the so-called "Lady in Black" was the daughter of a Russian-American governor who had been forced to marry a man she did not love so she killed herself on her wedding night. Her sad spirit – draped in diamonds and donning a long black trailing robe – supposedly wandered the deserted castle during the midnight hour. But as Dee Longenbaugh, proprietor of Juneau's Observatory Books, points out, "the managers after Baranov were all young men and their

children were babies or toddlers. Unless a five year old killed herself for love there could be no truth to the legends."

Propsectors of the famed Alaska Gold Rushes also told their share of ghost stories about forlorn females. Local legend says that a man known as "Klondike Ike," checked in the Golden North Hotel in Skagway with his fiancee, Mary. The next day Ike set out in search for gold, but never returned. A devastated Mary locked herself in her room on the 3rd floor of the hotel and eventually died. Patrons occasionally report sightings of "Scary Mary" in the corridors and hallways. Accordingly, she appears as a shadowy apparition, peering out of windows, looking for her long-lost Ike. It should also be noted that virtually the same story is told about the Golden North Hotel in Fairbanks. Haunted History | Alaska Historical Society

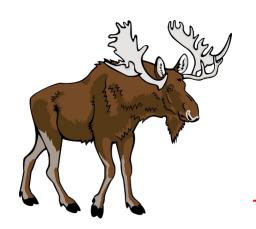






- 1. What valley in Alaska is known for its fertile farming ground?
- 2. Who was President of the United States when Nome was in its heyday?
- 3. What is the third largest industry in southeast Alaska?
- 4. What is the Caribou's favorite food which can be seen in abundance in Alaska?
- 5. What city is called the "Golden Heart of Alaska"?
- 6.Aleuts were removed in WWII from war threatened islands to what location in southeastern Alaska
- 7.A "seiner" requires a crew of how many?
- 8. Name the year round duck found in southeastern.

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5. Fairbanks

4. Lichen

5. Tourism is third brinds is factoring the language of the la

1. Matanuska 2. President McKinley

8. Mallard

See November Newsletter Riddles for answers!:)

- 1. Which is faster, hot or cold?
- 2. Forwards I am heavy .Backwards I am not. What am I?
- 3. What question can you never answer 'yes" to"
- 4. What has teeth but cannot eat?
- 5. What kind of dog never bites?
- 6. What wears a cap but has no head?
- 7. Why is six afraid of seven?
- 8. What country is popular on Thanksgiving Day?
- 9. It is black, but you say it is clean. It is white, but you say it is dirty. What is it?
- 10. Which table doesn't have legs?
- 11. What's never used until it's broken?
- 12. What is the smallest room in the word?
- 13. Why did I throw the butter out of the window?
- 14. What starts with E, ends with E and only has one letter?
- 15. What is the largest ant in the world?
- 16. What start with a "t" ,end with a "t" and is full of "t"?
- 18. From what number can one take half and leave nothing?
- 19. What has hands but no feet, a face but no eyes, tells but does not talk?
- 20. How many months have 28 days?
- 21. What do you drop when you need it and take back when you don't?
- 22. What 5-letter word has six left when you take 2 letters away?
- 23. What do tigers have that no other animals have?
- 24. What can you swallow than can also swallow you?
- 25. Which three letters can frighten a thief away?
- 26. What appears once in every minute, twice in every moment, but not once in thousand years?
- 27. What belongs only to you and yet is used more by others than by yourself?
- 28. Why is a river rich?
- 29. I have cities but no houses, forests but no trees; rivers but without water; what am I?
- 30. A man jumped from a plane, but there was nothing wrong with him. Do you know why?
- 31. What man cannot live inside a house?
- 32. What match can't be put in a match box
- 33. The more you take away, the bigger I become. What am I?
- 34. What part of London is in Brazil?
- 35. What is that you ought to keep after you give it to somebody else?
- 36. When is your uncle's sister not your aunt?
- 37. Mrs. Smith has nine children, half of them are girls. How can this be true?
- 38. How many cheese sandwiches can you eat on an empty stomach?
- 39. When will a net hold water?
- **40.** A hungry donkey was tied to a rope eight feet long. About thirty feet away there was a basket of fresh carrots. The donkey wanted to eat those carrots. How did he reach them?
- 41. What can you hold in your left hand, but not in your right hand?



Answers Fall Trivia Quiz

1, What is the first day	y of fall called?		
a. Fall	b. Autmn	c. Aut	umnal equinox
2, What is the full mod	on which occurs close:	st to the autumnal	equinox called?
a.The Harvest moon	b.The Fall moon	c.The Blu	ie moon
3, What does Septem	ber means in Latin?	COSC VOID	
a.Scepter	b.Stars	c.Seven	
4, What are the 3 Zod	iac signs of fall?		
a.Libra, Scorpio, Sagitt	arius b.Scorpio, Sagitt	arius, Capricorn	c.Virgo, Libra, Scorp
5, In the Northern Her	nisphere, autumn begi	ns in September.	1 vist
When does it begin in	the Southern Hemispl	nere?	
a.October	(b.March)	c.November	
6. What English Roma	antic poet wrote the po	em "To Autumn"?	
a, Oscar Wilde	b, John Milton	c, John Kea	ts
7. Before the 16th ce	ntury, fall was called?		
a. Harvest	b.Autumn	c.Clos	se of the year
8. According to super	stition, catching leaves	s in autumn brings	what?
a. Good luck	b. Bad luck	c. Money	
9 In what 'autumn' m	ovie can you see Richa	ard Gere and Winor	na Ryder walking
through beautiful fall	**************************************	ard ocic and winor	ia ityuci waiking
a. A Walk to Remember		n in New York	c. October Sky
10. What country did	Halloween originate fro	om?	
a. England	b. Spain	c. Ireland	yanaa aana Dii Joodin aa
11. According to NAS	A, autumn is	nce Kanaall ion S. Lovice Metrice	
a. Clear Space Season		a Season c.	Clear moon Seasor

c. Paris

12. In what city was the first OktoberFest held?

b. Geneva

a. Munich

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.

Susie Chiri 2 Cathy Perry 12 Janice Nelson 27

Daniel yeckley 2 Victor Bergeron 12 Greg Liesenfeld 29

Midge Evans 3 Marie Penrod 17 Ruth Taggart 29

Russell Penrod 5 Viola Nordgren 19 Diane Wilson 31

Hagerty Bill 10 Lowell Wilcox 23

Julie Boll 11 Janice Pearson 26

Virginia Davis 11 Ruby Denison 27



\$5 A Month Club

Thank you to the following who contributed to the club:

David & Judy Clemenson

Bob & Sharon Cook Cathy Perry Mary Holshouser

Char & Byron Moore Bruce Randall John & Janice Nofziger

Vi Nordgren

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. To all of those who helped out or donated but didn't sign the volunteer book.

Thank you to Jojo Seitz, Vi Nordgren, Steve Vanek, Sharon Cook, Dick Hawkins, Cheryl Doyle, Larry Wallace and anyone we may have missed for their Volunteer efforts.

Thank You Steve Vanek for selling
The Progressive Split The Pot Raffle Tickets and Sharon cook for
selling quilt raffle tickets.

Thank you to all our Members

and

Volunteers!!!

Thank you to all our Volunteers!!!
Thank you to all our Donors!!!
Thank you to our Cooks!!!

BRAINTEASER

Off the paper, draw <u>4 straight lines</u> through each dot! You can only go through each dot <u>ONCE</u>! Remember that each line has to be a straight line, and you can only draw 4 lines! Draw more boards if you need to!

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: Kaye Waldsmith Vice Chair: Steve Vanek Treasurer: John Nofziger Trustee: David Clemenson Secretary: Vi Nordgren

Staff

Executive Director: Julie Otto
Adm. Assist/Bookkeeper:
Tandy Wallace
Assistant: Casey Campbell
Cook: Marti Sue Chapman
Cook/Maintenance: Rick Ferguson
Trans. Driver: Mark Brees
NSC Homemaker: Gretchen Larson

Join us for lunch!

Lunch is served at 12:00 pm Mon-Fri.
Suggested donation:
\$8 or members, \$12 for non-members
Lunch includes: soup,
salad, entrée and dessert

Events and Activities

Weekly

Mondays:

Beginner's Yoga 10:30-11:30 Quilting/Sewing 1-4 pm

Tuesdays:

Masked Knitting 1:30-4:30 Masked Pool 1:30-4:30

Wednesdays:

Beginner's Yoga 10:30-11:30 Bingo (after lunch 1:15 pm)

Thursdays: Game Day 1-4 pm

Fridays:

Pool 1-4 pm





So far this year (2020), the center received \$196.22 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









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\$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.



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