



Ninilchik Senior Center

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



JANUARY

Coming Up:

New Years Day 1st

Martin Luther King Jr.
Day 17th
(Center Closed)

Note From the President of the Board:

Happy New Year everybody. I hope all of you had a blessed Christmas and a safe, happy New Year's celebration. I'm looking forward to some wonderful things this coming year for the Senior Center. We are half way through the current fiscal year and at this point in time we remain on solid ground as far as our finances are concerned. The staff continues to work very hard at reducing cost and finding funds. The pull tab store continues to do well and the staff there work hard to make it an enjoyable atmosphere.

As the New Year begins, I'd like to start off with asking everyone to make a New Year's resolution of sorts. Now those that know me know that I'm not big on New Year's resolutions but this one is important and it goes like this: be respectful of everyone's opinions. The Senior Center is meant to be a welcoming place for all – no matter what your beliefs are. When people don't feel like they belong then they will stop coming to the center. I have had several folks mention to me that they don't appreciate folks at another table talking very loudly about what they perceive to be wrong with the government these days. We are all entitled to our opinion, but when that opinion infringes on someone's desire to come to the center then you have gone too far. Please don't expound on your political views to the point that it overflows to the next table. Many people like to eat their meal without having to listen to others political views, even if they agree with them. Conversations should be kept to the table where you are sitting. My invite to each of you is to come to the Ninilchik Senior Center to enjoy a great meal and some friendly companionship during the coming year. I truly hope to see you there.

~ Dick Hawkins, President



A Note from the Executive Director:

Happy New Year!! Here's to 2022! Another year has gone by and the next one has begun. When the New Year rolls around each year, I can't help but reflect on the one that just ended. 2021 was another tough year for many with the pandemic continuing its grip on the world. Despite everything that's happening on that level, there are still so many things to be thankful for. Friends, family, and the great lunches at the Senior Center come to mind right off that bat for me! Visiting with people each day when they come in for lunch at the senior center is the one of the biggest highlights of my day. Smiling, laughing, and talking with people is good therapy for the soul. Mark Twain said it best when he said, "The human race has one really effective weapon, and that's laughter". Keep that in mind when things in this world seem to get you down – find a way and just laugh! Let's make 2022 the best year it can be!

~Julie Otto

Cheryl's Dugout Chat



January Dugout News

Let me start off saying:

Thank you to all who texted, called, stopped by or emailed me while I dealt with medical issues.

Thanks for being patient for my articles to continue again and to those who said they missed my articles.

Happy New Year and welcome 2022! Thinking of a new year and instead of making New Year's Resolutions which run their course about March, I'm thinking of detoxing our lives with toxic people, environment or just decluttering our lives, so this is my theme for this month, so donate, give away toss and move on with your life!

Instant Decluttering

Old magazines	old hats, gloves, scarves, coats, shoes, boots	old couch pillows
Ties, belts, purses, wallets	worn out blankets, sheets	old paperwork (grind)
Puzzles with missing pieces	underwear with holes	clothes that don't fit
Old nail polish, toothbrushes	socks without a match or have holes	half empty bottles
Expired food	excessive plastic containers/Tupperware	old coupons/menus
Games with missing pieces	manuals to items you no longer own	old or read books
Earrings without a match	movies you don't watch or are scratched	broken makeup
Rags beyond use of a rag	Expired medication (dispose of properly)	chipped dishes/cups

Just a few ideas to help declutter our lives. For the toxic people in our lives it's ok to move on so you have a happier life. It's a new year so it's a new start!

Cheryl's Dugout Chat



January Trivia

1968 Rowan & Martin's Laugh In premiered

1990 Paula Abdul won American Music Award for Pop/Rock Female Artist

1986 Murder, She Wrote won Best Drama Golden Globe

1991 Whoopi Goldberg won a Golden Globe for Ghost

1861 Kansas, the Sunflower State joined the Union on the 29th

1967 First Super Bowl was on the 15th

2007 The iPhone was introduced on the 9th

1924 First Winter Olympics began on the 25th

PERSON, PLACE OR THING: Guess what I AM

I was born in France

I've helped launch many ships

I'm bubbly, but not perky

Sometimes I'm pale; sometimes I'm pink

People like to celebrate with me

Making me is quite a process

My ideal temperature is 43°F-48°F

Cheers, I'll toast to that!

(Champagne)

Happy New Year NSC Members!

Cheryl

JANUARY IS National Oatmeal Month

Warm up this winter with a hearty bowl of oats,
Enjoy them sweet or savory; whichever floats your boat.
Prepare them with water or a milk of your liking,
Then add extra fixings to make it exciting.

Alone, they're a great source of protein, iron and fiber
But a mix of add-ins sends your nutrient intake higher!



**Prepare a bowl of plain oatmeal (steel cut or old-fashioned oats),
then incorporate 1-3 of the ideas from either list:**



Sweet:

- Mixed berries
- Handful of nuts (any kind)
- 1-2 Tbsp. nut or seed butter
- Sliced peaches, pears, or apple
- Pumpkin puree or applesauce
- Roasted squash or sweet potato
- Add a dash of vanilla or pumpkin pie spice
- Flavor with spices like cinnamon or nutmeg
- Sweeten with mashed banana instead of sugar

Preparation Tip:

Cook oats with water from boiled fruit (like apples)



Savory:

- Sliced avocado
- Smoked salmon
- A sprinkle of cheese
- Sauteed mushrooms
- Fresh or dried herbs
- Any roasted vegetables on hand
- Pepita, sunflower, or sesame seeds
- Cooked greens (kale, spinach, etc.)
- Top with an egg (fried/poached/soft-boiled)

Preparation Tip:

Cook oats with low-sodium broth or stock



Extra Tips to Boost Nutrition:

- Stir in 1-2 egg whites while preparing oats to make them fluffy and increase protein
- Compliment your oats with other cooked whole grains like barley, brown rice, millet, or quinoa
- Add spoonfuls of yogurt (plain or a flavor you prefer) for extra creaminess, protein, and calcium

Ninilchik Senior Center (NSC) Progressive Split the Pot Raffle

Cost: \$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.

Drawing Time: 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

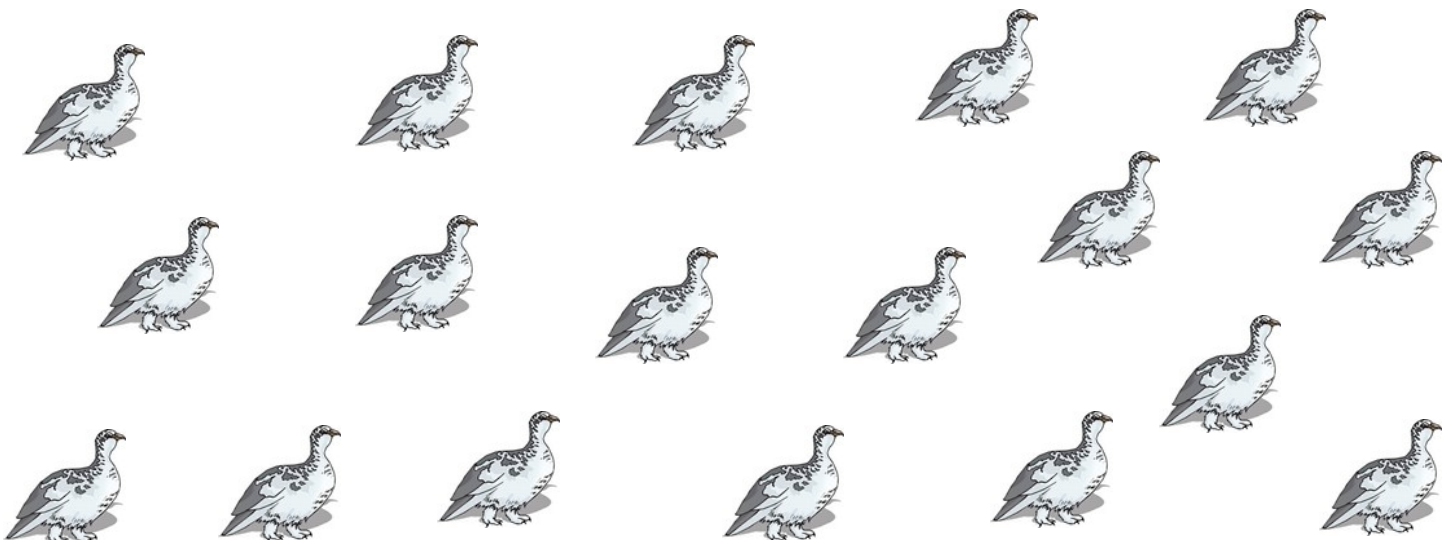
(1) Owl: 10% of the pot

(14) Ptarmigan: \$5



Congratulations to the prior weeks winners: Jim Beall, David and Judy Clemenson.
Congratulations to Vi Nordgren for winning the Eagle!

Next Raffle will start 1/3/22



World's Oldest Yoga Teacher Shares Her Tips for a Long, Happy Life

Tao Porchon-Lynch is 99 years old, and she's still practices – and teaches! – yoga regularly. So what's her secret to staying happy and active? "Every morning I wake up and say this is going to be the best day of my life – and it is," Por-



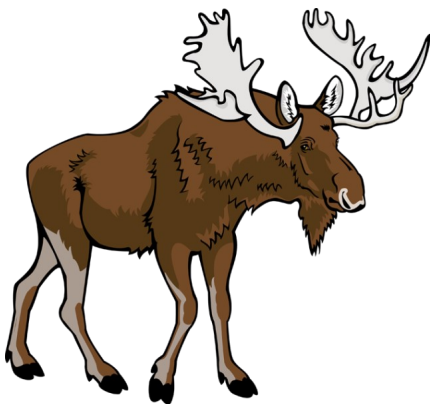
chon-Lynch tells *Well and Good*. "My life is my meditation." Porchon-Lynch abides by three simple tips to stay upbeat. The first is to not get fixated on bad things that may or may not happen. "Your mind gets in the way. It plagues you with all of the things that can go wrong," she says. "I don't let it get in my way." Secondly, she says to stop judging others. "Don't look down on anyone," she says. "Know that you can learn from everyone." Finally, Porchon-Lynch says to begin each day feeling happy. "Wake up with a smile on your face!"



Porchon-Lynch has been practicing yoga for over 70 years, and has been teaching it for 45. She encourages people of all ages to try yoga, and says it's never too late to start. "Don't give up and think, 'I've done it. Now I can sit back,' " she said. "You haven't seen enough of this earth and there is a lot more to see that is beautiful."



1. What is “Creek Street” in Ketchikan known for?
2. What North American Native culture was known to make houses of snow and ice?
3. Name the Bay that became synonymous with the big oil strike.
4. What animal is 90% of the Golden Eagle’s diet?
5. Where is Alaska’s “First City”?
6. Where did the Annette Island Tsimshians migrate from in 1887?
7. How many barrels of oil can the pipeline hold per one mile section of pipe? (11,000 15,000 21,000)
8. What is the name of Alaska’s state flower?



1. It is an old “red squirrel” district and a favorite tourist attraction
2. Canadian Eskimo
3. Prudhoe Bay
4. Artic Ground
5. Ketchikan
6. British Columbia
7. 11,000
8. Forget-me-not

January national days

- Clean Off Your Desk Day
- Vision Board Day
- Dress Up Your Pet Day
- Get to Know Your Customers Day
- Backward Day



**National
Backward
Day**



The flower symbol of January is snowdrop & carnation.

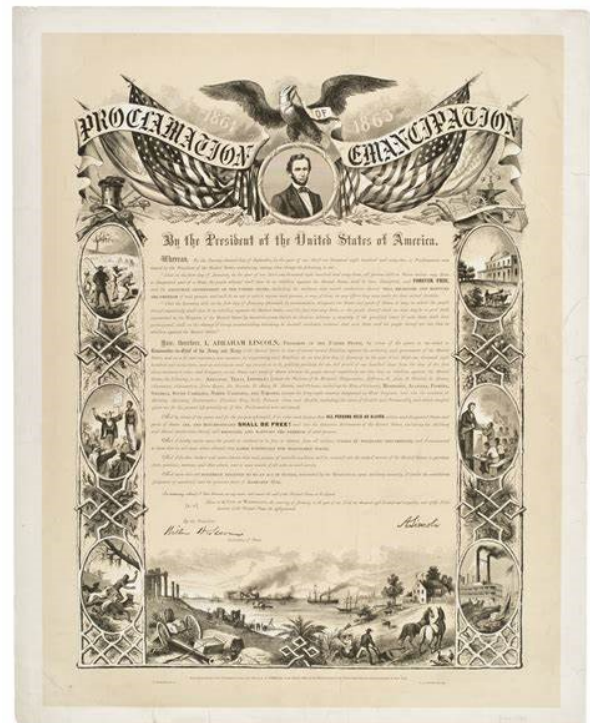
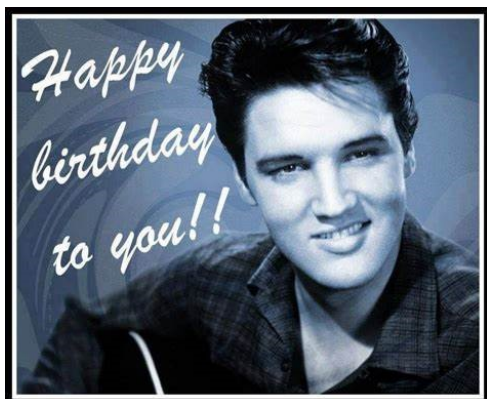


January's gem is garnet which represents constancy.



On January 1, 1863, the Emancipation Proclamation was issued by Abraham Lincoln.

January 8 – Elvis Presley's birthday



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.



WHO GETS WHAT?

The gift tags have fallen off all the Christmas presents. Help us sort them by matching each gift to its proper recipient:

- ___ 1. the Grinch
- ___ 2. Bing Crosby
- ___ 3. Della
- ___ 4. George Bailey
- ___ 5. the World
- ___ 6. Kevin McCallister
- ___ 7. baby Jesus
- ___ 8. Bob Cratchit
- ___ 9. Rudolph
- ___ 10. Buddy the Elf
- ___ 11. Gladys Herdman
- ___ 12. Susan Walker
- ___ 13. Ebenezer Scrooge
- ___ 14. Charlie Brown
- ___ 15. Ralphie Parker
- ___ 16. Jeanette Isabella
- ___ 17. Alvin & the Chipmunks
- ___ 18. George Washington
- ___ 19. Mr. James Dillingham Young
- ___ 20. Frosty the Snowman

- A. a dream house
- B. a family reunion
- C. gold, frankincense & myrrh
- D. a magician's top hat
- E. a torch and a cradle
- F. the lead position on Santa's team
- G. a non-commercialized celebration
- H. a role as the Christmas angel
- I. a watch chain
- J. maple syrup & Christmas cheer
- K. four life-changing spectral visits
- L. a successful river crossing
- M. \$8K cash & a new lease on life
- N. a loopity-loop plane & a hula hoop
- O. Red Rider air rifle
- P. a day off from work
- Q. a bigger heart
- R. hair combs
- S. snow
- T. joy



Kathryn Hale 1	Doug MacLean 12	Janice Nofziger 29
Phillip Lopez 1	Wes Newcomb 14	Ronn Lund 30
Johnny Hylen 2	Char Moore 14	Patrick Sullivan 30
Richard Ferguson 2	Mark Syska 19	Bruce Randall 31
Birch Ann Allen 3	Mary Holshouser 21	
Richardson Bill 6	Mirl Fowler 21	
Elizabeth Spinasant 7	Tina Kenshalo 23	
Jojo Seitz 8	Richard L. Behnken 26	
Lorraine Reinhart 10	Linda Hawkins 26	

Happy Birthday



\$5 A Month Club

Thank you to the following who contributed to the club:

David & Judy Clemenson	Bruce Randall
Bob & Sharon Cook	Delmar McCune
Nora & Howard Appel	Debbie MacLean
Char & Byron Moore	Cathy Perry
Mary Holshouser	Vi Nordgren
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. 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. Thank you to all our Members and Volunteers!!!

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

Membership

Ninilchik Senior Center
Membership runs from July 1st
through June 30th

Membership is \$25 per person
per year and Individuals as
young as 45 years of age can join

Available to Our Members:

Use of Pool Tables



Book & Puzzle Exchange

Garage Sale Items

Wifi

Meals at low cost



Stop by and take a tour!

Guests are always welcome.
Come on by, the coffee pot is on.

Services Available To Seniors

Transportation Services



- ~ Home-delivered meals to seniors who are temporarily or permanently homebound
- ~ Ride assistance for the lunch program at the Ninilchik Senior Center
- ~ Weekly town trips for shopping, doctor appointments, etc. for a minimal donation
- ~ Notary available Suggested Donation \$5

Homemaker Services

This is for qualifying individuals 60 years and older that find themselves needing a little help around the house. The program includes:

- ~ Light housekeeping
- ~ Taking out the trash
- ~ Sweeping & Mopping the floors
- ~ Vacuuming
- ~ Cleaning the bathroom
- ~ Making the bed
- ~ Laundry
- ~ Cleaning the kitchen
- ~ Putting away dishes or groceries, etc.

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 **GP013**.

Thank you!!!

The Senior Center is partially funded by these Corporate Sponsors



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
Amazon
Enstar
Fred Meyer/Kroger
HEA
Kenai Peninsula Borough
Meals on Wheels America
Peninsula Bishops Attic
PJK LLC
Private Donations
State of Alaska/NTS Grant

January 2022 Menu

Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad).

Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance to order a meal.

Our nutrition program provides 1/3 of the recommended daily nutrition for Seniors and has been approved by a registered dietitian.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Birthdays</i>	3	4	<i>Bingo @ 1:15</i> 5	6	7	<i>Information</i> 8
Kathryn Hale 1/1 Phillip Lopez 1/1 Johnny Hylen 1/2 Rick Ferguson 1/2 Birch Ann Allen 1/3 Bill Richardson 1/6 Elizabeth Spinasto 1/7	Hawaiian Chicken Coconut rice Vegetables	Greek Spaghetti Bake Vegetable Garlic Bread	Lil Cheddar Meatloaves Mashed Potatoes Gravy Vegetables	Glazed Pork Tenderloin Dressing Vegetable Gravy	Salmon Cakes Macaroni Salad Creamy Coleslaw Potato's	<i>Soup served daily with pick up meals</i>
Jojo Seitz 1/8	10	11	<i>Bingo @ 1:15</i> 12	13	14	15
Lorraine Reinhart 1/10 Doug MacLean 1/12 Wes Newcomb 1/14 Char Moore 1/14	Beef Stroganoff Noodles Vegetables	Crispy Chicken Mashed Potato's Gravy Vegetables	Sweet Sour Meatballs Rice Stir Fry Veggie Eggrolls	Croissants Cashew Chicken Salad Jell-O Pea Salad	Stuffed Spinach & Cheese Manicotti Vegetables Garlic Bread	
16	17	18	<i>Bingo @ 1:15</i> 19	<i>Board Meeting</i> 20	21	22
Mark Syska 1/19 Mary Holshouser 1/21 Mirl Fowler 1/21	Chicken Enchiladas Refried Beans Rice Chips & Salsa	Salisbury Steaks Potato's Vegetables	Red & White Lasagna Vegetables Garlic Bread	Turkey Thursday! Gobble Till You Wobble	Toasted Ham And Swiss Sandwich Jell-O Potato Salad Chips	<i>Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup</i>
23	24	25	<i>Bingo @ 1:15</i> 26	27	28	29
Tina Kenshalo 1/23 Richard Behnken 1/26 Linda Hawkins 1/26 Janice Nofziger 1/29	Roast Beef Mashed Potatoes' Gravy Vegetables	Shredded BBQ Pork Buns Coleslaw Bean Bake	Monterey Chicken Breasts Rice Vegetables	Liver & Onions Potato's Veggi	Halibut Coleslaw Vegetables	<i>The cook reserves the right to change the menu without notice.</i>
30	31					
Ronn Lund 1/30 Patrick Sullivan 1/30 Bruce Randall 1/31	Crispy Pork Cutlets Yams Vegetables					<i>Salad Bar and Soup Served Daily with congregate meals **</i>