



Ninilchik Senior Center

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



Coming Up:

5th Labor Day
11 Grandparents
Day
13th Night Time
Bing 6:00
16 Board Meeting

22nd First Day of
Autumn

Note From the President of the Board:

Welcome to fall and September as well. It has seemed like fall for the last week or so already. Have we had enough rain yet?

We had a wonderful fundraiser of August 19. Thank you to everybody who came. We all enjoyed a wonderful dinner and some great dessert. If you missed, it plan now for next year.

All in all the Good Lord has blessed us with a wonderful summer. I think we should drag it out into September as long as we can.

The gazebo is doing a booming business this summer. It will be open through September. Thank you to all our volunteers that make it possible. It is a valuable source of income for the center.

As we look ahead to September, it will be time to start saying good bye for the winter to many of our snowbirds. I know a few have left already and then there will be those hardy souls that hang in there until October or even November.

The center continues to provide fun activities in the form of bingo, cards and games, pool, etc. Come join the fun or just hang out. Remember 60 years ago when that was the thing to do? Just hang out. When I hung out back then I normally had a fishing pole in my hands and my hanging out was at the Ninilchik River. Sometimes I would fish, sometimes I would check under the old bridge, (it was wooden back then), looking for lures that were caught on the wood. Other times we would float the river on our inner tubes checking our lure traps. That really was a cold job. Oh, well, we all would "hang out" in our own way I think.

You all have a wonderful September. Be safe and I pray for safe travels for those that are heading south.

~ Dick Hawkins, President



A Note from the Executive Director:

September?? Can it really be September already? This summer has gone by so fast, as most of them do. I remember the lazy days and summer sunshine as a child that seemed go on forever.....until school abruptly started and it was back to business!

This summer has been full of excitement at the senior center. We have welcomed many new members and met some great people as they were passing through on vacations, road trips, etc. Our annual fundraiser was attended by some of these new folks and proved once again what a wonderful and supportive community we have here in Ninilchik and the surrounding communities. Thank you to everyone who attended the fundraiser and to those who planned, gathered donations, and set up the evening's events with fun and excitement. In addition, a huge thank you to those businesses who donated so generously. Without any one of these groups, our fundraiser would not have been the same – so again, THANK YOU!!

As we move into fall and ultimately winter, we look forward to many more fun times at the senior center. Keep an eye out for our activity calendar as the weather gets cooler and being indoors seems more appealing. Casey is busy coming up with ideas for classes so if you're interested in anything particular, please let her know. Come on in for lunch and stay for the activities!

~Julie Otto



September Dugout News

Fall has arrived and winter is soon upon us. Did you know September is National Cholesterol Education Month?

Cholesterol is a fatty chemical which is an important part of the outer lining (membrane) of cells in the body. Cholesterol is found mainly in foods that come from animals. LDL is the major carrier of cholesterol in the blood and this is the “bad” cholesterol. LDL is bad because if elevated it is associated with an increased risk of coronary heart disease. LDL deposits cholesterol on the artery walls causing a hard thick substance called cholesterol plaque. Over time this causes thickening of the artery walls and narrowing of the arteries which causes heart attacks or strokes which can cause brain damage.

Your cholesterol level is affected not only by what you eat but how quickly your body makes LDL and disposes of it. Our bodies make all the cholesterol it needs and it is not necessary to take in any additional cholesterol from the food we eat.

Numerous factors help determine if your LDL level is high or low.

Heredity: Your genes influence how high your LDL is affected.

Weight: Excessive weight will increase your LDL. Losing weight will raise your HDL the good cholesterol

Alcohol: In moderation raises your HDL but won't lower your LDL.

Stress: Over time high stress will increase your LDL. Usually caused by eating fatty foods which are comfort foods.

Eating habits: LDL levels go up from saturated fat and cholesterol. (Food from animals) Moderation of these foods will help control your LDL.)

Continued on next page



Physical activity/exercise: Regular exercise will lower your LDL and raise your HDL.

Age and Sex: Because of pre-menopause women usually have lower total cholesterol levels than men of the same age. After age 50 women often have higher total cholesterol levels than men the same age. As people get older cholesterol levels rise until about 60-65.

September is a good time to get a blood panel done to check your cholesterol levels. With winter coming on many people become less active and therefore cholesterol levels elevate. As always check with your medical provider regarding cholesterol.

DID YOU KNOW?

The tall, pleated white hat that chefs wear is technically called a toque. It has 100 folds for a reason! The pleats are used to signify a chef's level of experience, like the number of ways he or she knows how to prepare eggs. 100 folds equals 100 ways to prepare eggs! NOW YOU KNOW!

What time do ducks wake up?? (At the quake of dawn)

Till next month swing for the fences!

~Cheryl



Thank you to all the people who went out and got all the donations for our fundraiser.
Thank you to all the people who attended.
Thank you to the people who decorated.
Thank you to everyone who helped, we had a very successful night! Were planning for next year already hope you are too!



Thank You to all the Businesses Who Donated for Our 2022 Fundraiser

59 North Creations
Alaska Bullion & Coin, LLC
Alaska Fly Fishing Tours
Alaskan Wild Gear
Alaskins
Alyeska Tire Homer
Alyeska Tire Soldotna
Ammo Coffee
Art Shop Gallery
Auto Zone Auto Parts
Soldotna
Baileys
Bear Creek Winery
Bearly Threaded Quilting
Blue Bus Diner
Buckets
Curiosity Shop
Dairy Queen
Don Jose Soldotna
Dragonfly Gallery
Echo Lake Meats
Fat Olives
Fine Thyme Café
Fireweed Gallery
Fireweed Meadows
Frames and Things
G G's Pizza
Grant Aviation
Grime stoppers
Home Depot
Homer Art and Frame
Homer Bookstore
Homer Brewing

Homer Jeans
J&J Smart Charters
Jersey Subs Soldotna
Jumping Junction
Kachemak Gear Shed
Kachemak Shellfish
Growers Co-Op
Kaladi Brothers
Kates Gallery
Keen Kow Thai Food
Kenai Brewing Co.
Kenai Jersey subs
Kenai Peninsula Harley
Davidson
Kendall Auto
Kendall Ford
Latitude 59
Lisa Ann's Grooming
Los compadres
Mike Sweeney Clothing In.
Moore Music
Ninilchik Family Dentistry
Ninilchik Saltwater
Charters
A Fish Hunt
Coast Tesoro
Domestic Engineers
The Ninilchik Health Club
Ninilchik Marine Services
Paul Page (PJK)
Rivers of Life Church
Tanners

North Wind Home
Collection
Orca Theater
Oreilly's Homer
Oreilly's Kenai
Pita Pit
Raven Air
Redfish Framing
Revolution Sport
Rippin Wristlets
River City Books
Ron's Rent It Center
Sadlers
Safeway Kenai
Salty Girls
Save- U- More
SBS Kenai
Siam Noodles and Food
St. Elias Brewing Co
The Green Can Seafood
Restaurant
Thurmond Far West Auto
Trust Worthy
Ulmers
VBS Heating
Walmart
Wilderness Way
Ye Old Curiosity Shoppe
Young's Restaurant

We will have
Farmers market
vouchers
available till
September 30th



Frank Volkert 4

Donna Liesenfeld 17

Charlene Petty 27

Judy Clemenson 5

Lambert Amy 18

Gina Kent 28

Nancy Walsh 7

Kathy Bundy 18

Carol Joyce 29

Phyllis McCutchan 11

Terry Hepner 18

Allan Townsend 30

Vicki Steik 11

Karen Nalewako 23

Bev Hylen 30

David Clemenson 13

Flip Grabner 26

Kaye Waldsmith 13

Terry Scovell 26

Linda Hull 15

Lambert Lonnie 27

Scott Thompson 17

Angie Hickel 27

happy
birthday



Thank You

\$5 A Month Club

Thank you to the following who contributed to the club:

David & Judy Clemenson	Bruce Randall
Delmer McCune	Debbie MacLean
Nora & Howard Appel	Cathy Perry
Char & Byron Moore	Jim Beall
John & Janice Nofziger	Les Gott "Moondog"

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!!!

Larry Wallace for mowing

Dave Nordgren for the trash removal

Steve Vanek for selling the split the pot raffle tickets

Don't forget to log all of your time in the volunteer book

Thank you to all of our members and volunteers

Thank you to all the donors

Thank you to our cooks

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: Emily Shumate
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:
Quilting/Sewing 1-4 pm

Tuesdays:
Knitting 1:30-4:00

Wednesdays:
Bingo (after lunch 1:15 pm)

Thursdays: Game Day 1-4 pm

Fridays:
Billiards 1-4 pm

**See Attached
activity
calendar**



Craft fair!
Calling all vendors!
November 11th and
12th



So far this year (2022), the center received **\$250.08** from Fred Meyer through their community rewards program. Thank you to those who participate and make this possible.

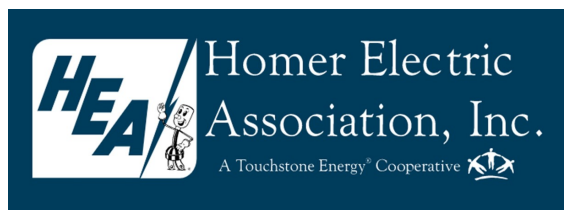
If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

The center's Organization Identification Number is **GP013**.

The Senior Center is partially funded by these Corporate Sponsors



So far this fiscal year the center has received **\$83.26** 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
Private Donations
State of Alaska/NTS Grant