



# Ninilchik Senior Center

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



## Note From the President of the Board:

Happy October everybody. Be careful when you walk into the Senior Center this month. There are some strange creatures lurking in the shadows. I hope everyone has a safe and fun Halloween.

This summer has been a busy one for our meal program. It was so good to see so many people at the center – many days all of our tables were full! We continue to watch our rising food costs. Food costs continue to rise and some items are still hard to find. Budgeting for these changes is not always easy. We appreciate those who are able to make the suggested donation – doing so helps those that may not be able to afford it. We have a wonderful community and we appreciate everyone doing their part to ensure no seniors go hungry!

In case you haven't noticed, the gazebo is now closed for the season. We had a very successful summer at the gazebo. I want to thank all the volunteers that helped out at the gazebo this year. Your efforts do not go unnoticed! Thank you so much and we look forward to having you help out again next year.

There have been several folks that have shown an interest in being part of the fundraising committee. The board will be meeting on October 20 to discuss who will be on the committee; hopefully interest will remain high and we will have a good long list of people to choose from. If you are interested in being on the committee, please contact a board member or the office.

The bingo players have been having fun on Wednesday afternoons. This year we also held two "night" bingo sessions which sounded like a lot of fun after talking to those that attended. If you are interested in playing bingo then come on down to the Center Wednesday afternoons at 1:15 and join the fun. The game players have also been having fun on Thursdays. "Game day" starts right after lunch if you're interested.

We have hired a new driver; her name is Dana York. Please welcome her when you see her at the Center. If you are someone that takes utilizes our transportation service, I think you will be happy that she has been added to the staff. Town trips for those seniors wanting to use our transportation service generally happen on Tuesdays, but if you need to go in a different day, talk to the office, they will try to make it happen whenever possible.

Have a wonderful and safe fall season. ~ *Dick Hawkins, President*

## Coming Up:

Columbus Day  
10th  
(Closed)

Halloween 31st



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

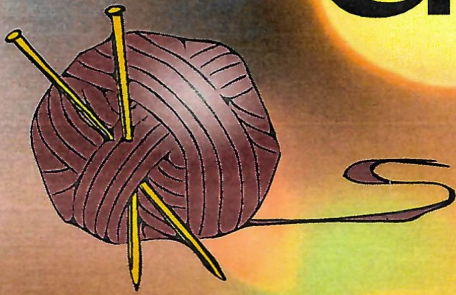
October is here! Soon the snow will be flying and we'll all be wishing for spring to be here lol.. Ok, I might be getting ahead of myself – let's first get through October! October also brings with it Halloween....we have some fun things planned for the month, hope you can join us! Come in for lunch – enjoy hanging out with your friends and neighbors and most of all, enjoy your senior center!

This summer was a busy one here at the senior center! We've seen lots of new faces here for lunch and participating in our activities. Lunch here at the senior center is one of the daily gems we are fortunate to be able to offer seniors in our area. We have a wonderful kitchen staff that prepare an awesome meal every day! Over the summer, a lot of questions came up in reference to food costs: how are we handling the increased cost of our groceries? Are we going to have to change the menu to "make it work"? Is it making a big impact on the bottom line? Well, the short answer to the last question is Yes! Food costs are one of those things that is out of our control and heavily impacts the bottom line. It is true to we receive grant funding to offset part of the cost of our meals, but in no way does it cover the entire cost of the meal.

Think about it this way....last fiscal year, we spent over \$90,000 on food costs alone. When you divide that by the amount of meals served (13,650), it comes out to \$6.59 per meal just in food costs...that doesn't even take into consideration wages for our awesome kitchen staff, electricity (FY22 costs for utilities: \$20,702.19) or insurance (FY22 insurance costs: \$20,832.97). Insurance and utility costs when divided by the number of meals served is an additional \$3.04 per meal, bringing our total cost per meal up to \$9.63 per meal. When you look at the overall picture, taking into consideration the grant monies received towards our operating costs, the suggested donation received from all those that are able to pay that donation is critical for the success of our food program. Also, for those that are unaware, our menu options have been approved by a licensed dietician to ensure we are offering at least 1/3 of a seniors daily nutritional needs. This just gives you a little insight into some of the numbers that surround our meal program. We have one of the best meal programs around and intend on keeping it that way!! Thank you to those who asked the questions! Happy fall y'all! ~Julie Otto



# Craft Fair!



Calling all vendors!  
November 11th and 12th



## Ninilchik Senior Center

66265 Aspen Ave  
(907) 567-3988



# Breast Cancer Awareness Month

## Breakfast

### Broccoli and Spinach Quiche with a Sweet Potato Crust



Serves: 4  
Prep Time: 30 min  
Total Time: 1 hr

This is an excellent recipe that you can make ahead of time and then throw in the microwave to reheat throughout the week. It is packed with nutrients such as calcium (think healthy bones), vitamin A, and more.

#### Ingredients:

- 1 large sweet potato, peeled
- 8 eggs
- ¼ cup unsweetened almond milk
- 4 cups small broccoli florets (about 1 large head)
- 1 cup spinach, chopped
- 1 shallot, chopped
- 2 garlic cloves, minced
- 1 ½ tsp extra virgin olive oil, separated
- Salt and pepper to taste
- 2 Tbsp crumbled goat cheese (optional)
- Additional topping ideas: sliced avocado, roasted cherry tomatoes, salsa, arugula



Healthy Recipes for Breast Cancer Patients

### Mango, Blueberry, and Spinach Smoothie



Serves: 1  
Time: 5 min

This micronutrient-rich recipe is not only delicious, but also provides healthy fats and a variety of vitamins and minerals. Something you may not know is that spinach contains iron, which is an essential component of our red blood cells. However, iron from plant sources is not very readily absorbed in our body. Thankfully, vitamin C, which is found in mango, helps increase the absorption of this plant-based iron.

#### Ingredients:

- 1 cup unsweetened almond milk
- 1 cup tightly packed spinach
- ½ cup frozen mango
- ½ cup frozen blueberries
- 1 serving vanilla protein powder (Usually 1-2 scoops depending on the brand – look at the top of the nutrition label)
- 1 Tbsp almond butter

#### Directions:

Combine all of the ingredients in a blender and blend until smooth.

## Snacks

### Peanut Butter, Banana, and Cinnamon Rice Cakes



Serves: 1  
Time: 5 min

This is one of my favorite snacks because it is easy to put together, delicious, and full of nutrients. It combines a plant-based protein with healthy fat, a complex carbohydrate, and fruit! You can also make this recipe with your choice of bread instead of the rice cake if you have mouth sores and can't tolerate the rice cakes.

#### Ingredients:

- 1 brown rice cake
- 2 Tbsp peanut butter
- ½ banana
- Dash of cinnamon

#### Directions

1. Spread the peanut butter on the rice cake.
2. Slice the banana into thin coins and spread them out on the rice cake. Sprinkle with the cinnamon and serve.

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face."



— Eleanor Roosevelt



Healthy Recipes for Breast Cancer Patients

## Entrées

### Black Bean Soup



Serves: 6  
Prep Time: 15 min  
Total Time: 40 min

Soup is one of the best things to eat if you are struggling with mouth sores because it does not require as much chewing. I also love this recipe because it provides a lot of fiber, a nutrient that most people do not get nearly enough of.

#### Ingredients:

- 1 Tbsp extra virgin olive oil
- 2 large carrots, peeled and chopped
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 2 Roma tomatoes, diced
- 1 Tbsp cumin
- ½ tsp dried oregano
- ½ tsp chili powder
- ½ tsp salt
- 4 (15 oz) cans black beans, drained and rinsed
- 4 cups (32 oz) low sodium chicken or vegetable broth
- Topping ideas: avocado, cilantro, queso fresco or sour cream



Thank you to all of our volunteers  
who worked at the gazebo this  
year!

Jane Crossette, Candy Thorton, Debbie McLean, Shoney  
Parker, Vi Nordgren, Janice Nofziger, Carol Chapman,  
Sharon Cook, Sandy Olsen, Jane Ketchum, Molly Powell,  
John Nofziger, Joe Zimmer, Josie Savoy, Rocky & Colleen  
Regeon, Ron Jorgenson, and Jim Beall!



VOLUNTEER VOLUNTEER VOLUNTEER VOLUNTEER VOLUNTEER VOLUNTEER

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

### 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.
  - Signs: Numbness, white or grayish-yellow skin, firm or waxy skin
  - 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.
  - Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness
  - 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



E	S	U	O	H	D	E	T	N	U	A	H
Y	J	R	S	B	L	A	C	K	C	A	T
T	A	T	L	N	E	R	S	T	N	A	L
R	C	A	N	D	Y	S	A	C	E	R	E
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T	N	Y	P	E	E	R	C	F	L	D	S

Bats

Creepy

Night

Pumpkins

Black Cat

Full Moon

Orange

Scared

Candy

Haunted House

Party

Seeds

Costume

Jack-O-Lantern

Potion

Trick Or Treat

## Alaska Day October 18!



### What Do People Do?

The Alaska Day festival is annually celebrated in the city of Sitka, Alaska. The three-day festival usually involves: a mayor's proclamation; a costume ball featuring period costumes; dance performances; races; a concert; an army band; an air-sea rescue demonstration; an open house on board a coast guard cutter or naval vessel; and tea at the Pioneer's Home.

On Alaska Day many people involved in the armed forces join in a memorial service at the Sitka National Cemetery and in a parade throughout the city's business district. School bands, marching units and costumed participants are among the many people who participate in the parade. A re-enactment of the 1867 ceremony also occurs on this day – it involves the lowering of the Russian flag and the raising of the United States flag on top of Castle Hill, accompanied by ceremonial music.

### Public Life

Alaska Day is an official state holiday so state government offices, the Alaska court system, state library, schools (closed for students), and many businesses are closed. Employees are entitled to take a day off during this holiday. When the holiday falls on a Saturday it is observed on the Friday before. If the holiday falls on a Sunday it is observed the following Monday.

Alaska Day in the United States ([timeanddate.com](http://timeanddate.com))



## Background

After 68 years of Russian rule in Sitka, Alaska, the Russian flag at the governor's house was lowered on October 18, 1867, and replaced with a United States flag. Two years before, the transcontinental telegraph line reached Sitka, and old expansionist dreams were rekindled. The United States bought the territory for 7.2 million dollars. Many Americans thought this was a waste of money and called Alaska "Seward's Folly", after William Seward, the state's secretary who championed the purchase.

Little happened to interest the residence of the rest of the United States until gold was discovered in the Klondike in 1897. The gold rush era in Alaska began with the gold discovery by Joe Juneau and Richard Harris. Soon hundreds of prospectors poured into the site that later became Alaska's capital city. In 1897, gold was discovered on the Klondike River in Canada. About 10,000 fortune seekers headed for the Klondike gold fields. Many of them hiked from Skagway across the Chilkoot Trail. In 1898, gold was found on the beaches near the Alaskan city of Nome. A city of tents sprang up overnight and by 1900, 232 ships had arrived in Nome carrying nearly 18,000 prospectors.

During World War II, Alaska's strategic position was important. By the time Japan invaded the Aleutian Islands in 1943, more than 140,000 military personnel were stationed in Alaska. The Aleutian campaign, known as the "One Thousand Mile War," was the first battle fought on American soil since the Civil War. Alaska maintained its status as a territory until it became the 49th state of the United States on January 3, 1959.

## Symbols

The name Alaska is derived from the Aleut word "Alyeska", meaning "great land". The state's nickname is "the last frontier". The state motto is "North to the Future". It was chosen in 1967 during the Alaska Purchase Centennial and represents Alaska as a land of promise. The state seal was designed in 1910 while Alaska was a territory and not a state. The rays above the mountains represent the Northern Lights. The smelter symbolizes mining. The train stands for Alaska's railroads and ships denote transportation by sea. The trees symbolize Alaska's forests, and the farmer, his horse, and the three shocks of wheat represent Alaskan agriculture. The fish and the seals signify the importance of fishing and wildlife to Alaska's economy.

The state flag features a blue field, which is for the sky and the forget-me-not, the state flower. The North Star is for the future of the state of Alaska, the most northerly of the Union. The dipper is for the Great Bear, symbolizing strength. Other state symbols include: the willow ptarmigan (state bird); the giant king salmon (state fish); forget-me-not (state flower); gold (state mineral); the moose (state land mammal); the bowhead whale (state marine mammal); and the Sitka spruce (state tree).

[Alaska Day in the United States \(timeanddate.com\)](http://timeanddate.com)

# TURNING LEAVES

## FALL TRIVIA

How much do you know about the Autumn/Fall season? A total of 17 points is available. Loser has to rake leaves from the yard!

Answers on page three.



1 What do trees stop producing which causes their leaves to change color?

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2 What is the full name of Halloween?

---

3 True or False: the world's biggest pumpkin weighed 1,689 pounds, or 0.76 metric tonnes.

---

4 What word, now associated with farming, was the Autumn season formerly known as?

---

5 Name the English worshippers of oak trees, who harvested plants using sickles?

warlocks

witches

priests

druids

6 The Simpsons broadcasts a Halloween Special show every season. What does the show's creator, Matt Groening, call himself in the credits?

Cat Groening

Bat Groening

Witch's Hat Groening    Brat Groening

7 True or False: maple syrup is made during the Fall season.

---

Susie Chiri 2  
Daniel Yeckley 2  
Midge Evans 3  
Russ Penrod 5  
Bill Hagerty 10  
Julie Boll 11  
Virginia Davis 11  
Cathy Perry 12  
Victor Bergeron 12

Marie Penrod 17  
Vi Nordgren 19  
Richard Griggs 26  
Janice Pearson 26  
Ruby Denison 27  
Janie Nelson 27  
Ruth Taggart 29  
Greg Liesenfeld 29  
Diane Wilson 31



### **\$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!!!**

## **Thank You**

Sharon Cook and Vi Nordgren for cleaning out the garage!

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

# 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: Dana York  
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**





So far this year ( Fiscal year 2023), the center received **\$53.03** from Fred Meyer through their community rewards program. Thank you to those who participate and make this possible.

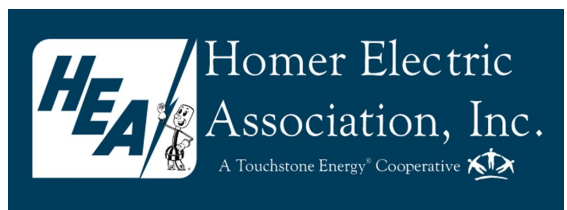
If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

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 **\$179.91** 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  
Private Donations  
State of Alaska/NTS Grant