



Ninilchik Senior Center

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Coming Up:

New Years Day 1st

**Martin Luther King
Jr. Day 16th
(Closed)**

Board Meeting 19th

Note From the President of the Board:

Happy New Year everybody. I truly hope your Christmas and New Year holidays were filled with welcomed family and friends, lots of food or at least as much as you wanted and safety. The roads and weather lately have been a challenge so you don't need to add carelessness to the mix.

I need to start the year off with a few comments about our food program. As I'm sure you all are aware the Center is experiencing increased food costs just like you are. The kitchen staff works very hard to prepare the meals and accommodate everybody. Over the last few months the number of food items taken out of the Center by people who have already eaten their lunch in the dining room or just want more food to take home or are picking up a meal to go and want more food with it has increased. This is not what the lunch program is for. As a result, we will no longer allow folks to take food out of the Center. All food must be eaten in the dining room. Please don't go to the kitchen window and ask for a container to put food in. They are too busy and they have been instructed not to give any out. If you would like a meal to go all you need to do is ask for it.

The kitchen expansion is in the works. We have established a fund for this project. All monies donated toward the kitchen expansion will be earmarked for it. If you feel you can help toward this project please let the office know. We have already received over \$4000 toward the renovation. Thank you all for helping.

I'm looking forward to a happy, healthy and prosperous 2023. See you at the Ninilchik Senior Center.

~ Dick Hawkins, President

A Note from the Executive Director:

Happy New Year!! Here's to 2023! Another year has gone by and the next one has begun. When the New Year rolls around each year, the thought comes to mind for most that it's time to make a New Year's Resolution. Even though most of them don't stick, there is going to be one in place at the center that will be sticking around for awhile. This one has to do with our lunch service. Our Senior Center New Year's resolution this year is to not allow extra food to be taken out of the center.

As Dick mentioned in his President's message, food costs are going up for us here at the center just like they are for you at home. Our goal is to provide a hot, nutritious meal each day for those who wish to participate. As most of us already know, we are so very fortunate to have the great kitchen staff that we do as they prepare one of the best meals around every day, complete with soup, salad, and dessert. We are asking for your help in being able to continue offering all the choices we currently have. Please when going through the serving line, only take the amount of food you are able to eat. Taking extra portions of everything (including cookies!) and then throwing food in the trash because you are unable to eat anymore or thinking you can just take it home for later is costing the center lots of extra money, and we simply cannot afford it. Remember what we learned back in the school cafeteria or at your own dinner tables growing up, "Take what you want to eat, but eat what you take." Thank you for your understanding in this matter.

~Julie Otto



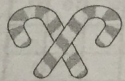
DUGOUT NEWS

I don't know about your household but ours has been super busy with end of year appointments, holiday celebrations, shopping, whew I'm exhausted. For this month I'm not going to give info about New Years resolutions (they didn't work for me in 2022) I've decided to give you a break.

With colds, flu, and who knows what else will show up to affect our health this winter, stay safe, healthy and warm. From my home to yours Happy New Year!

As always Swing for the Fence! (59 days till Spring Training Games!)

Cheryl



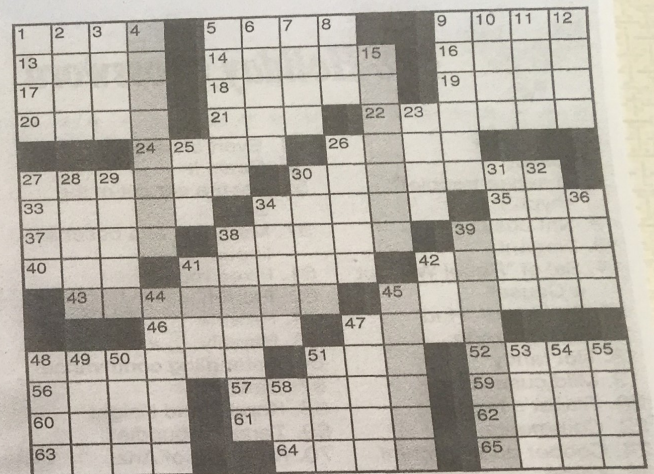
#27 Winter Sports

ACROSS

1. Lump of clay
5. Little (suffix)
9. Comic Carvey
13. Stretch
14. Clark's partner
16. God of love
17. Again
18. Sportive trick
19. Fancy lingerie fabric
20. Philly's Ivy League
21. Pack animal
22. Reebok competitor
24. Lawn sprinkler
26. English money (abbr.)
27. Atlantic City feature
30. Beijing residents
33. Delicious, e.g.
34. Tilt downward
35. Time units (abbr.)
37. Not imaginary
38. Nasal voice sound
39. ___ Brummel
40. Make mistakes
41. Get up
42. Idaho's capital
43. *Olympic event with a ramp (2 wds.)*
45. Sold
46. Processes hides
47. Young horse

DOWN

48. Esteem
51. ___ de Triomphe
52. Author Godwin
56. Face shape
57. Eye correction procedure
59. German car
60. Kennedy or Rogers
61. Finest
62. Parisian female (abbr.)
63. A Baldwin brother
64. Lethargic
65. Utopia
1. Thunder sound
2. Boundary mark
3. Black cat, e.g.
4. *Kind of winter race*
5. City on the Rio Grande (2 wds.)
6. Concise
7. It was, poetically
8. Munich "one"
9. Covet
10. Desertlike
11. 1916 hit song
12. Makes inquiries
15. *Emulating Michelle Kwan*
23. Small hollow

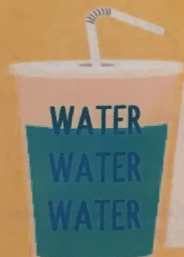


25. Dollar bill
26. Ladd classic
27. Give a darn
28. Mockers
29. ___ plug
30. Necklace part
31. 1921 Valentino film, with "The"
32. Clear the blackboard
34. Does the backstroke
36. Took to court
38. Kind of storable bed
39. *College football season-ender (2 wds.)*
41. Cracked, as a door
42. Meadow sound
44. Printing type
45. *Winter Olympics sport*
47. On the ___ (not working)
48. Actress Downey
49. Corrupt
50. Scrabble, e.g.
51. Huge land mass
53. New Year's song beginning
54. Unoccupied
55. Legal claim
58. Completely



TO YOUR HEALTH

COLD and FLU REMEDIES



SINCE THERE IS NO TRUE CURE FOR A COLD OR THE FLU, ALL YOU CAN DO IS TREAT THE SYMPTOMS NATURALLY TO HELP YOUR BODY RECOVER AS QUICKLY AS POSSIBLE.

INCREASE FLUID INTAKE

Your immune system uses your body's own fluids to produce mucus when fighting cold and flu viruses, which can quickly dehydrate you.

- **DRINKING** plenty of fluids is key to staying hydrated and fueling your immune system
- **WATER** thins mucus to reduce congestion and flush the virus
- **AVOID ALCOHOL** and caffeine – both lower immunity and actually dehydrate you

CHICKEN SOUP FOR THE SOUL

- **AN AGE-OLD REMEDY:** warm chicken soup fights congestion and reduces inflammation in the throat

- Chicken soup also soothes the stomach, which can get upset by nasal drainage and cold medications

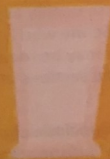


GARGLING WARM SALTWATER

- **ANOTHER CLASSIC REMEDY THAT PROVIDES RELIEF:** Mix a teaspoon of salt in a glass of lukewarm water and gargle for 30 seconds

- **THE SALT CONTENT** draws moisture out of throat tissue to reduce inflammation and destroy bacteria

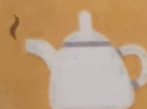
- **FUN FACT:** A study by the American Journal of Preventive Medicine found that gargling saltwater three times daily decreased respiratory infections by 40%—a helpful tool to protect yourself during cold and flu season



OTHER HELPFUL TIPS:

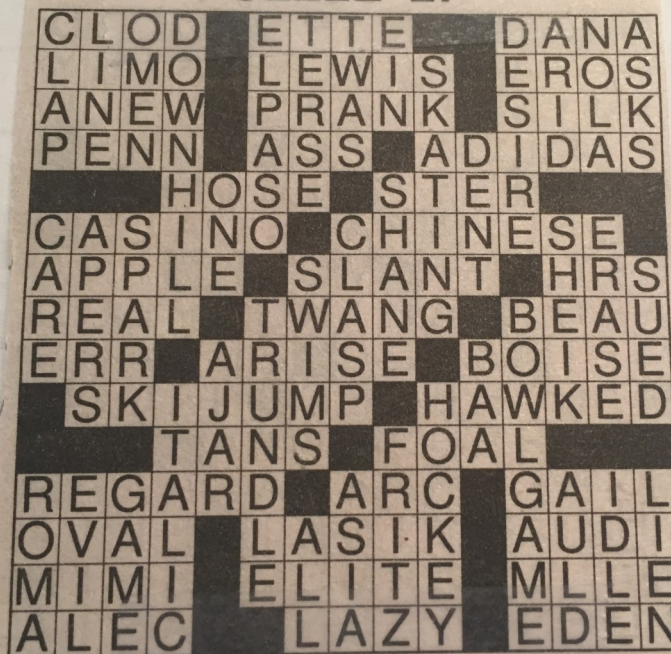
- **GET PLENTY OF REST:** your body needs fuel to fight viruses
- **HOT TEA** is also great to loosen mucus and soothe the throat and stomach

- **OVER-THE-COUNTER DECONGESTANTS** such as Mucinex don't cure a cold or flu, but rather loosen mucus from the lungs and throat to ease symptoms

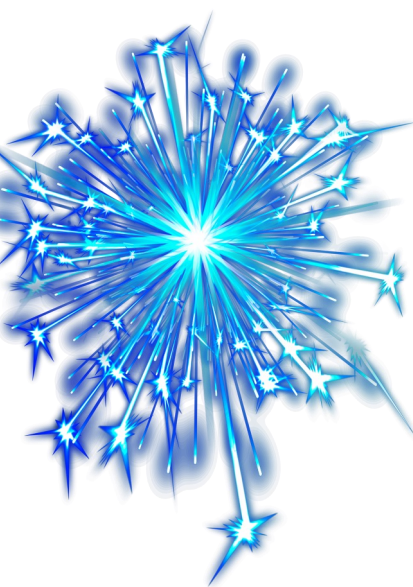


Infographic supplied by: [Physician One Urgent Care](#)

PUZZLE 27



Happy Holidays From
the Senior Center. Best
Wishes for This
New Year!

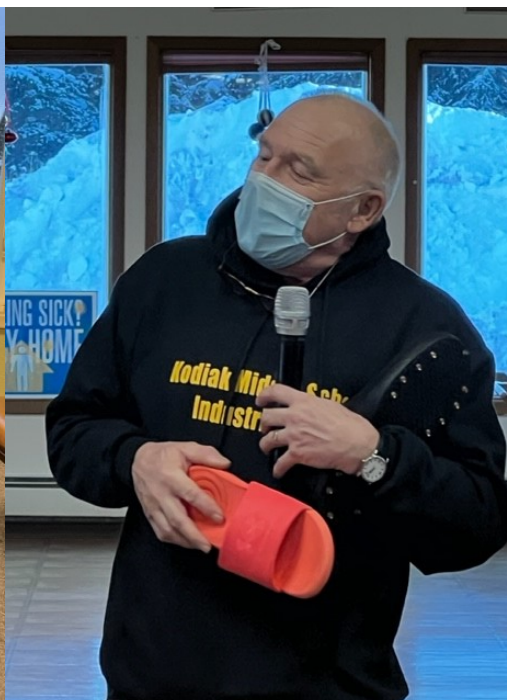


*Skinny Raven
Sports*



Anchorage Alaska

Thanks to Skinny Raven Sports in Anchorage Alaska for their generous donation of ice screws which enabled Jim Kenshalo to put screws in 19 pairs of shoes for free in hopes of keeping seniors safe from falling on the ice. Jim presented his, “Jim’s Slips, Trips, Falls and the Active Ninilchik Senior Citizen” presentation to a room full of seniors the third week in December right before lunch. Even though everyone was hungry, they listened with intent. Many were excited about adding a little bit more safety to their routine when out walking in this winter wonderland we call home. He then stayed throughout lunch that day and came back for the next two days to continue on his mission of keeping seniors safe from falls. Thank you Jim for helping keep our Ninilchik Seniors safe and to Skinny Raven Sports for providing the screws to do it. We appreciate you!



Kathryn Hale 1
 Phillip Lopez 1
 Johnny Hylen 2
 Rick Ferguson 2
 Birch Ann Allen 3
 Bill Richardson 6
 Elizabeth Spinasant 7
 JoJo Seitz 8
 Helen Dennis 8

Helen Dennis 8
 Lorraine Reinhart 10
 Doug MacLean 12
 Wes Newcomb 14
 Char Moore 14
 Mark Syska 19
 Elaine Bramer 19
 Mary Holshouser 21
 Mirl Fowler 21

Tina Kenshalo 23
 Cheryl Komakhuk 24
 Richard Behnken 26
 Linda Hawkins 26
 Susan Frewin 27
 Janice Nofziger 29
 Ronn Lund 30
 Patrick Sullivan 30
 Bruce Randall 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

Johnny Hylen for fixing the generator

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: Michael Wiebelhaus
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





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.

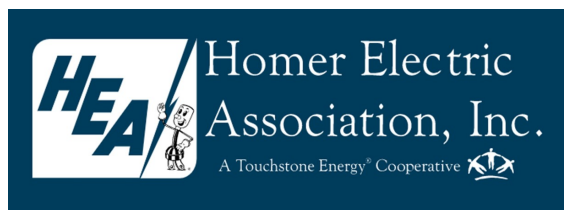
If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

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
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Enstar
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Meals on Wheels America
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