



# Ninilchik Senior Center

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Fax: 567-3988 [www.NinilchikSeniors.org](http://www.NinilchikSeniors.org)

## Coming Up:

Groundhog Day 2nd

Valentines Day 14th

Presidents' Day 20th  
(Closed)

# FEBRUARY

## Note From the President of the Board:

Aloha everyone. I have been a snowbird for the last two months so I'm a little out of touch with everything Senior Center related.

I do know that the efforts to raise money for the kitchen renovation continues. We are approaching \$7,000. Thank you to everyone who has donated! I know that our Executive Director continues to look for all revenue sources available. I personally would like to see this happen before the end of the year.

On another topic, it is permanent fund dividend application time again. The window opened up on New Year's day and it will close the last day of March.

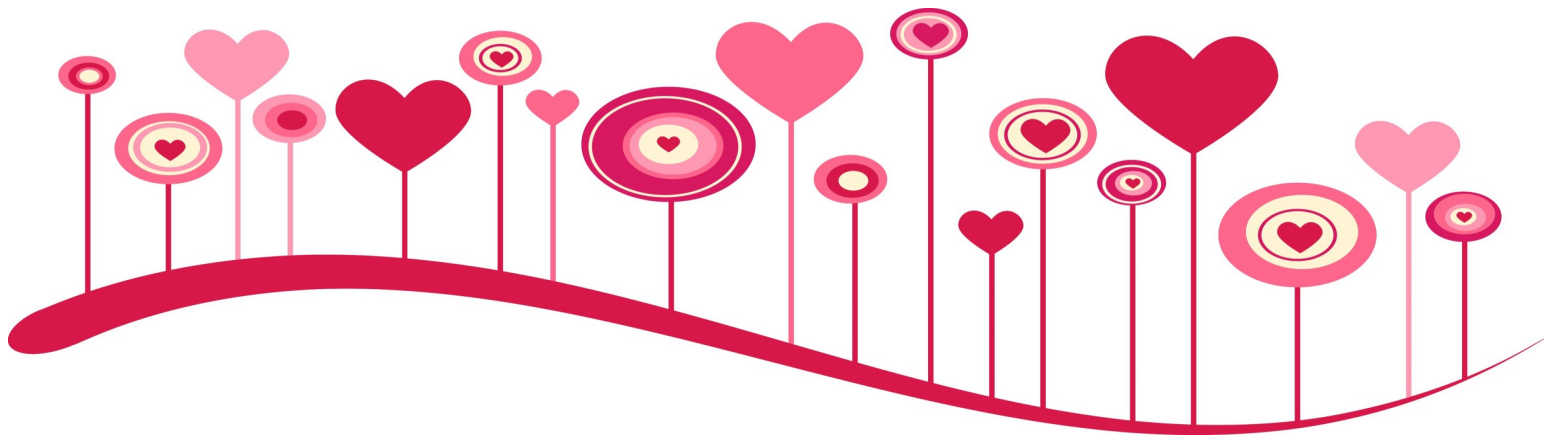
What else happens in February? Valentine's Day comes to mind. I know that the staff at the Center will have decorations up and something special planned. Presidents' Day is also on the calendar. What us old folks remember as Washington's birthday, and then there is Lincoln's birthday as well. All presidents deserve to be honored but don't let this diminish our remembering Washington and Lincoln.

Ash Wednesday is also in February this year.

However you observe Lent, it is the time to prepare for the Easter holiday.

God Bless you all and I'll see you sometime this month back at the Ninilchik Senior Center. ~ **Dick Hawkins, President**





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

February is here! Hooray – one month closer to spring! Overall this winter, so far, has been fairly mild. A few major snow dumps but the temperature has been above average for the most part. Great winter to get out and enjoy some cool crisp air – maybe go for a walk or a cross-country ski, maybe even go snow machining! So many things to do in the winter –it's just nice to get out and enjoy the increasing amount of sunshine and warmer temps this time of year. Along with February comes Valentine's Day, February 14<sup>th</sup> – please try to join us at the center if you can. MarteSue, Rick and Casey have planned a wonderful menu that day!

As spring approaches, it once again time to start thinking of gardening! This year the Senior Center was fortunate enough to be the recipient of a Micro Grant through the Alaska Department of Natural Resources. With this grant we will be able to replace and fertilize the top-soil for our community garden. In addition these grant monies will also purchase plants, soil, and additional pots to increase the amount of vegetables we're able to grow in our greenhouse and a new freezer to put all our harvested produce in. What a wonderful grant to receive! Anyone interested in getting a plot for the community garden, please let the office know. We have 8 spots available – of those there are currently two spoken for leaving 6 more up for grabs! They go fast so get yours now if you're interested. One of the conditions of the grant is we have to record and report the amount of pounds grown in the community garden as well as in our greenhouse so here's to a great summer with lots of produce!

~Julie Otto

# Happy Valentine's Day!

It was not until much later that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that Valentine's Day should be a day for romance



Valentine's Day customs – sending greeting cards (known as "valentines"). History's first valentine was written in perhaps one of the most unromantic places conceivable: a prison. Charles, Duke of Orleans, wrote a love letter to his second wife at the age of 21, while captured at the Battle of Agincourt. As a prisoner for more than 20 years, he would never see his valentine's reaction to the poem he penned to her in the early 15th century.



## How 'X' Came to Mean 'Kiss'

The idea of using a kiss to sign off on valentines also has a long history, according to the *Washington Post*. The use of "X" came to represent Christianity, or the cross, in the Middle Ages. During the same time, the symbol was used to sign off on documents. After marking with an X, the writer would often kiss the mark as a sign of their oath. As the gesture grew among kings and commoners to certify books, letters and paperwork, these records were described as having been "sealed with a kiss."



Valentine's

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Sudoku



# Taking Care of Our Hearts, Together



**#OurHearts**  
are healthier together

**Heart disease is the leading cause of death in the United States, causing one in four deaths each year. But there's a lot you can do to live a heart-healthy life—and connecting with others can make your efforts even more successful.**



Studies show that if you join forces with people at home or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go. Gather your friends and family and make a commitment to your heart health, together.

## Here's How to Start:

### Move more

Get *at least* 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

#### Be active, together:

Get creative. Invite a colleague to keep you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.



### Eat healthy foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart-healthy DASH recipes at:  
[healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov)

#### Eat healthy, together:

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



hearttruth.gov



## Aim for a healthy weight

Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes. Choosing heart-healthy foods and getting regular exercise will help you achieve and maintain a healthy weight.

### Manage weight, together:

A study of one popular weight loss program showed that participants who were the most connected with others in the program's online community lost the most weight. Join an online weight loss program with a buddy, or sign "social support" agreements with three family members or friends. Be sure your agreement includes ways to reduce stress, which affects energy and hunger and, if chronic, can make your body store more fat.



## Reduce stress and improve sleep

Stress can contribute to high blood pressure and other heart risks.

Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7-8 hours of sleep a night.

### Manage sleep and stress, together:

Practicing meditation, being more physically active, doing relaxation therapy, and talking with someone you trust can help you cope with stress and sleep better. Find a friend or family member who shares your goals. Together, take steps to lower your stress and follow healthy sleep practices, like having a regular bedtime and not eating late at night.



## Quit smoking

The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard, but many people have succeeded, and you can too. Set a quit date and let those close to you know about it. Ask your family and friends for support in your effort.

### Be smoke-free, together:

The websites [BeTobaccoFree.hhs.gov](http://BeTobaccoFree.hhs.gov) and [Smokefree.gov](http://Smokefree.gov) have many free resources, including apps and a chat line, to help you connect with others trying to quit. To keep your hands busy and be with others when you get urges, consider taking an online class for an activity like sewing, knitting, woodworking, art, or music.



## Know your numbers

Meet your heart health goals by keeping track of how much you exercise, your blood pressure, your cholesterol numbers—all of which can impact your heart health—and tell your doctor how you're doing.

### Track your heart health stats, together:

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's **Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet and other materials at [www.nhlbi.nih.gov/hypertension](http://www.nhlbi.nih.gov/hypertension)**



# 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.

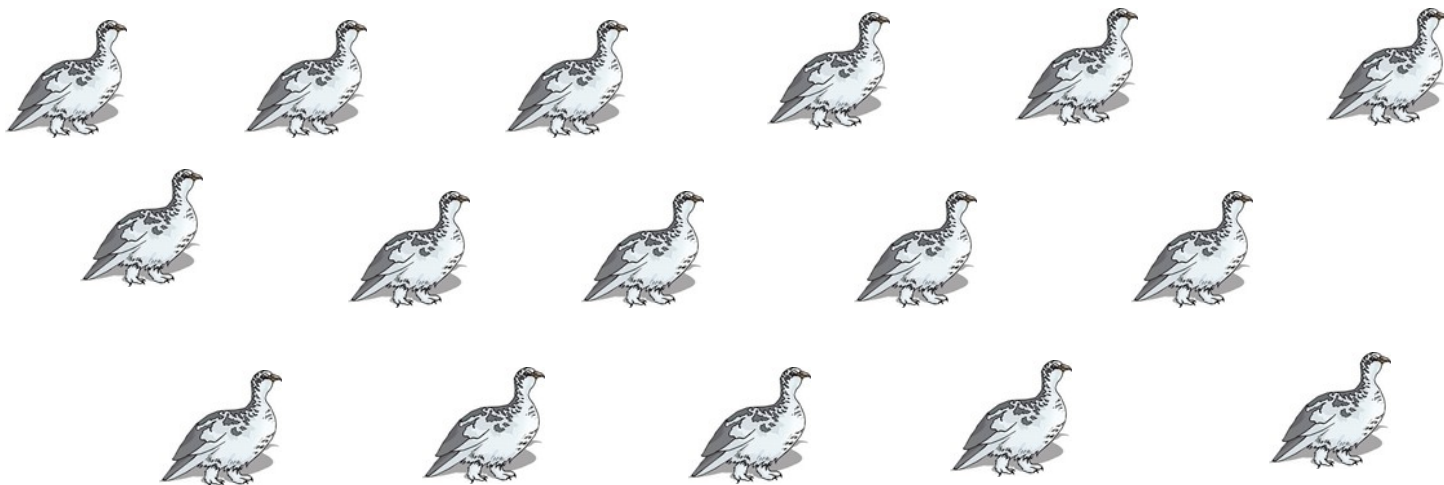
The Current Raffle will last up to 16 weeks or until someone draws the Eagle. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

16 cards

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

(1) Owl: 10% of the pot

Ptarmigan: \$5



# How Many Words Can You Get Out of

# VALENTINE'S DAY



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Bill Hamilton 01

Sherry Pinckley 4

Les Gott 4

Robert Hamilton 5

Dave Smith 05

Bob Wasser 08

Sandra Rimer 8

Sharon Griggs 9

Willard Bauman 12

William Lindholm 12

Joseph Kent 12

Debbie MacLean 14

Maria Goins 17

Brent Johnson 18

Penny Wilcox 19

Lawana Barker 20

Michael Scharpp 21

Ellen Smith 23

Mark Brees 23

Darwin Waldsmith 27

David Wood 28



# HAPPY BIRTHDAY

## Thank You

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

### \$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!!!



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1. What is the major means of transportation in the northwestern region?
2. What vaccine did pioneer sledder's along the Iditarod Trail carry to the epidemic in Nome, during the rush days?
3. True/False Alaska has active volcanoes.
4. What is the annual precipitation in the northwest region? (20 in , 50 in, 70 in)
5. Name the Native Corporation established for southeast Alaska.
6. During the food shortage in the Yukon, meals would cost up to \$5 . What year did the food shortage in the Yukon occur? (1897, 1891, 1900)
7. True/ False Glaciers in Alaska exist from sea level to some of the lowest altitudes for glaciers in the world.
8. What is the height of a full grown bull moose?

8. Seven feet at the shoulders

7. True

6. 1897

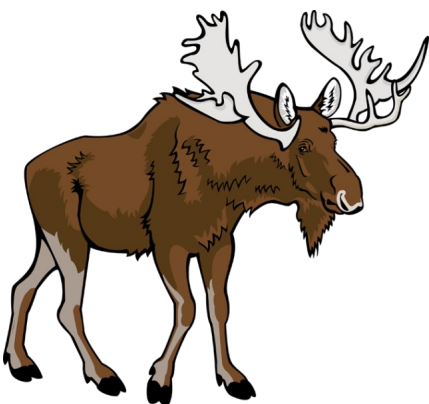
5. Sealaska Corp.

4. 20 Inches

3. True

2. Diphtheria serum













1. Airplanes



# A Valentine's Day Riddle

blog.smartybuddy.com

What kind of flowers should you **never** give  
on Valentine's Day?

$\begin{array}{r} 10 \\ + 5 \\ \hline \end{array}$ 	$\begin{array}{r} 9 \\ + 4 \\ \hline \end{array}$ 	$\begin{array}{r} 7 \\ + 9 \\ \hline \end{array}$ 	$\begin{array}{r} 12 \\ + 8 \\ \hline \end{array}$ 
$\begin{array}{r} 23 \\ + 10 \\ \hline \end{array}$ 	$\begin{array}{r} 27 \\ + 4 \\ \hline \end{array}$ 	$\begin{array}{r} 24 \\ + 8 \\ \hline \end{array}$ 	$\begin{array}{r} 21 \\ + 13 \\ \hline \end{array}$ 
$\begin{array}{r} 38 \\ + 2 \\ \hline \end{array}$ 	$\begin{array}{r} 32 \\ + 7 \\ \hline \end{array}$ 	$\begin{array}{r} 35 \\ + 8 \\ \hline \end{array}$ 	$\begin{array}{r} 39 \\ + 11 \\ \hline \end{array}$ 

$\begin{array}{r} \phantom{00} \\ \hline \end{array}$	$\begin{array}{r} \phantom{00} \\ \hline \end{array}$	$\begin{array}{r} \phantom{00} \\ \hline \end{array}$	$\begin{array}{r} \phantom{00} \\ \hline \end{array}$	$\begin{array}{r} \phantom{00} \\ \hline \end{array}$	$\begin{array}{r} \phantom{00} \\ \hline \end{array}$	$\begin{array}{r} \phantom{00} \\ \hline \end{array}$
20	32	34	13	16	40	39



# 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**.

**Item to note:**

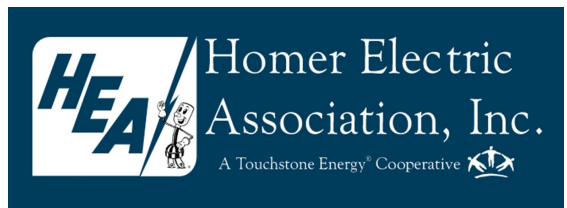
Amazon states the following:

We are letting you know that we plan to wind down AmazonSmile by February 20, 2023.



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.



The Senior Center is partially funded by these Corporate Sponsors



Amazon  
Enstar  
Fred Meyer/Kroger  
HEA  
Kenai Peninsula Borough  
Private Donations  
Salmonfest  
State of Alaska/NTS Grant

# February 2023 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Birthdays</b>			<b>Bingo @ 1:15 1</b>	2	3	<b>Information 4</b>
Bill Hamilton 2/1 Sherry Pinckley 2/4 Les Gott 2/4			Lasagna Vegetable Garlic Bread	Four Tortillas Chicken Fajitas Refried Beans Rice Chips & Salsa	Link Sausage Frittata Cubed Potatoes Blueberry Bread Pudding	
5	6	7	<b>Bingo @ 1:15 8</b>	9	10	11
Robert Hamilton 2/5 Dave Smith 2/5 Bob Wasser 2/8 Sandra Rimer 2/8 Sharon Griggs 2/9	Asian Chicken Thighs Rice Eggrolls Vegetable	Liver & Onions Broccoli Salad Jell-O	Baked Ham Scalloped Potatoes Vegetable	Lil' Cheddar Meatloaf Potatoes Vegetables	Florentine Spaghetti Bake Vegetable Garlic Bread	
12	13	<b>Valentine's Day 14</b>	<b>Bingo @ 1:15 15</b>	16	17	18
Willard Bauman 2/12 William Lindholm 2/12 Joseph Kent 2/12 Debbie MacLean 2/14 Maria Goins 2/17 Brent Johnson 2/18	Roast Beef Potatoes Gravy Vegetables	That's Amore' Baked Parmesan Chicken Breast Pasta Toss Olive Cheese Bread	Rick's Buns BBQ Pork Bean Bake Coleslaw	Turkey Thursday Gobble Gobble	Croissants w/Chicken Salad 3 Bean Salad Jell-O	
19	20	21	<b>Bingo @ 1:15 22</b>	<b>Board Meeting 23</b>	24	25
Penny Wilcox 2/19 Lawana Barker 2/20 Michael Scharpp 2/21 Ellen Smith 2/23 Mark Brees 2/23	<b>Center Closed</b>	Salisbury Steak Gravy Scalloped Potatoes Vegetable	Cheese Manicotti Vegetable Garlic Bread	Baked Chicken Rice Casserole Vegetable	Taco Salad Casserole Refried Beans Cornbread	<b>Salad Bar and Soup Served daily with congregate meals</b>
26	27	28				
Darwin Waldsmith 2/27 David Wood 2/28	Monterey Chicken Breasts Rice Vegetable	Pork Tenderloin Dressing Gravy Yams	