



# Ninilchik Senior Center

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



## Coming Up:

Stop it's a scam 6th  
Daylight Savings 12th  
Board Meeting 15th  
St. Patrick's Day 17th  
Spring Begins 20th

## Note From the President of the Board:

Greetings all. Welcome to spring in Alaska. At least the sun is coming back. It is always nice to see it setting farther north every evening. We will be going back in daylight savings time this month so be ready for that.

I need to take a step back here. I failed to mention that February was Black History Month. My apologies for that error and my thanks to Ken Rucker for pointing this out. Our kitchen expansion project is slowly progressing. Julie is working at getting grant money and that looks promising. We are still working at getting donations. We seem to be stuck at about \$6500. If you file for you PFD then you would have an extra dollar or two to go toward the kitchen.

Don't forget, you must file for you PFD by midnight 31 March.

All for now. Come on down to the center and see what's new this month.

*~ Dick Hawkins, President*

## A Note from the Executive Director:



Spring is coming, spring is coming! After our long, cold, snowy winter, I feel like I want to shout it from the rooftops that spring is coming! The snow berms are so tall that you can't even see our community garden from the parking lot anymore! But

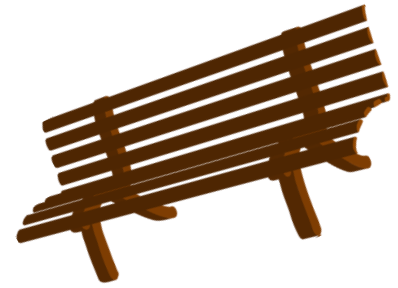
we all know it will come and the snow will melt, we just have to be patient! According to the calendar, spring arrives on March 20. Daylight is increasing fast – In March alone, we gain more than two hours!

For all our snow birds that may have forgotten (or not know at all) what snow looks like when you get a bunch of it, we've put a few pics in the newsletter this month. Our parking lot is surrounded by huge snow piles.....Oh to be a kid again and have all those huge snow hills to slide down.....such fun to be had!

March also brings with it the time change! We will seem like we're losing some of our new found daylight as it will be dark for an hour longer in the morning but of course light for an hour longer in the evening. This years' time change happens on March 12. Be sure to set your clocks ahead before going to bed Saturday night/Sunday morning.

~Julie Otto





# What is St Patrick's Day, and where does it come from?

St Patrick's Day, or the Feast of St Patrick, is a celebration in honor of the patron saint of Ireland, St Patrick.

The day of celebration, which marks the day of St Patrick's death, was originally a religious holiday meant to celebrate the arrival of Christianity in Ireland, and made official by the Catholic Church in the early 17th century.

Observed by the Catholic Church, the Anglican Communion, the Eastern Orthodox Church, and the Lutheran Church, the day was typically observed with services, feasts and alcohol.

Consumption has always been an integral part of St Patrick's Day, as historically the day was celebrated with a day-long lift of the Lenten restrictions on eating and drinking alcohol – which has contributed to the present-day drinking.

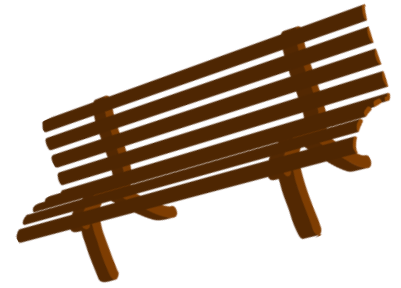
Interestingly, St Patrick wasn't actually Irish. He is believed to have been born in either Scotland or Wales and sold into slavery in Ireland as a child.

In 1903, St Patrick's Day became an official public holiday in Ireland.

This year, and every year, it is celebrated on 17 March. St Patrick's Day 2022 falls on a Thursday.

[St Patrick's Day 2022: What is the meaning behind it? \(yahoo.com\)](https://www.yahoo.com/news/st-patricks-day-2022-what-is-the-meaning-behind-it-1200000000.html)





## What are shamrocks and leprechauns and why are they depicted in the celebrations?

Although St Patrick's Day has mostly evolved into a cultural celebration of Irish heritage, certain traditions such as wearing green and shamrocks have prevailed.

We wear green to celebrate because green is the color associated with Catholics in Ireland.

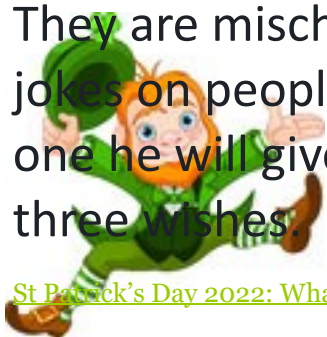
However, green wasn't associated with the holiday until the 19th century. Prior to that, blue was often worn to celebrate.

Shamrocks – clover-like plants with three leaves – were, according to legend, used by St Patrick to explain the Holy Trinity to the pagan Irish.

Leprechauns, a mythical type of fairy in Irish folklore, also make an appearance during St Patrick's Day celebrations.

Often depicted as little men, leprechauns are usually pictured with a pot of gold at the end of a rainbow.

They are mischievous fairies known for playing jokes on people. But legend has it, if you catch one he will give you three wishes.



# Stop it's a scam!

With tax season here these scammers are hitting people hard. You may not even know it at the time. They are getting smarter and more tricks up their sleeves to get your money and information. I have put together a presentation I hope all of you can join me and I can expose to you of some of their trick so this wont happen to you.

March 6th after Lunch

-Casey Campbell

## TELEPHONE SCAMS

- Telephone scammers try to steal your money or personal information. Scams may come through phone calls from real people, robocalls, or text messages. Callers often make false promises, such as opportunities to buy products, invest your money, or receive free product trials. They may also offer you money through free grants and lotteries. Some scammers may call with threats of jail or lawsuits if you don't pay them.
- Be cautious of caller ID. Scammers can change the phone number that shows up on your caller ID screen. This is called "spoofing."
- Hang up on suspicious phone calls.
- Register your phone number with the National Do Not Call Registry. You may register online or by calling 1-888-382-1222 (TTY: 1-866-290-4236). If you still receive telemarketing calls after registering, there's a good chance that the calls are scams.
- NEVER Click on a link
- Never give out personal information
- Even if they appear to be your friend they may not be
- Don't ever give a 4 digit code
- Don't go buy that gift card
- Don't give in to pressure to take immediate action.
- Don't say anything if a caller starts the call asking, "Can you hear me?" This is a common tactic for scammers to record you saying "yes." Scammers record your "yes" response and use it as proof that you agreed to a purchase or credit card charge.
- Don't provide your credit card number, bank account information, or other personal information to a caller.
- Don't send money if a caller tells you to wire money or pay with a prepaid debit card.



**Can you see the garden?**



**Awesome warm meals are served in there**



**There is so much snow**





**Congratulations to our flag raffle winner BirchAnn!**



# 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.

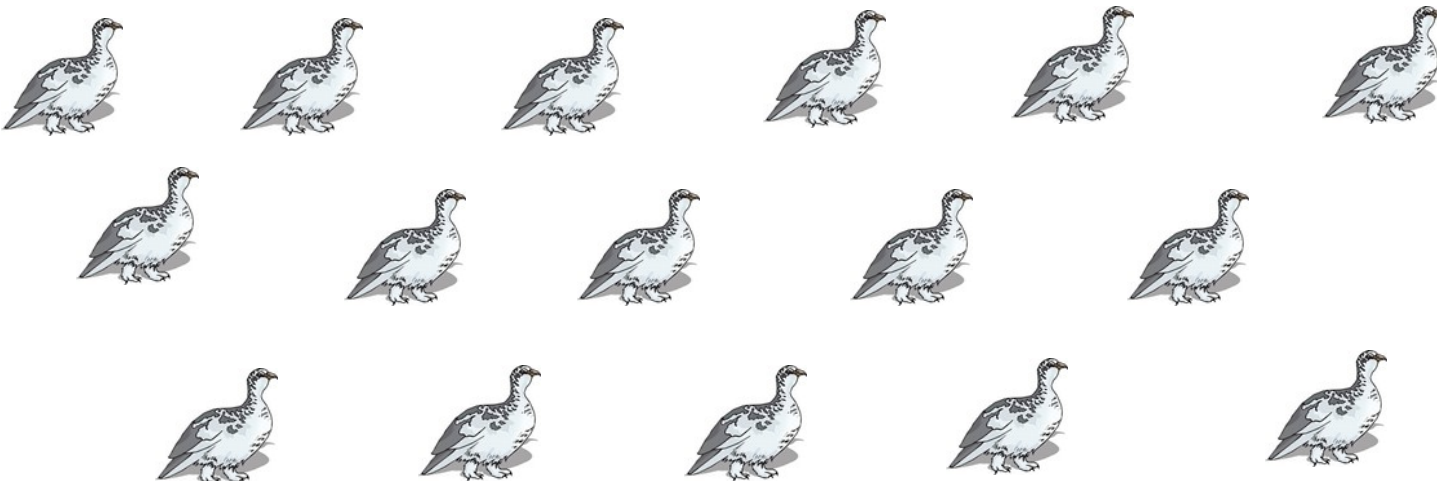
The Current Raffle will last up to 16 weeks or until someone draws the Eagle. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

16 cards

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

(1) Owl: 10% of the pot

Ptarmigan: \$5





## National Nutrition Month® 2023 is "Fuel for the Future."

*Do you know that what you eat today can affect how you feel in 10, 20, or more years from now? This year, National Nutrition Month® focuses on healthy food as “Fuel for the Future.”*

As we get older, many of us may develop one or more chronic diseases, such as heart disease, diabetes, and cancers. These diseases can be directly linked to the foods we eat. Chronic health problems develop over many years of unhealthy behaviors, like eating unhealthy foods and being inactive.

**Eating healthy foods now can keep us healthy and help prevent getting chronic diseases** in the future. Eat a variety of these good foods:

**Fruits and vegetables** contain lots of nutrients and fiber to help prevent chronic diseases. Berries and greens are super foods that grow well in Alaska and may be available just outside your door!

**Wild game, chicken, and lean beef** are low in fat and high in protein.

Alaska **seafood and fish** contain fats that are good for your heart and brain.

Other **plant protein sources** - dried beans, lentils, nuts, and seeds - as well as **whole grains**, are all helpful in preventing chronic diseases. These are high in fiber and nutrients that can help lower blood cholesterol and blood sugar.

Eating more of these healthy foods will **help you feel good now and as you get older**. Your future self will thank you!

Want to add more fiber to your diet? Visit *Fiber: The Carb That Helps You Manage Diabetes*, <https://www.cdc.gov/diabetes/library/features/role-of-fiber.html>.

Visit the Academy of Nutrition and Dietetics' website - [www.eatright.org](http://www.eatright.org) - for lots of great information on healthy eating.

For recipes using foods found in Alaska, check out the Yukon-Kuskokwim Health Corporation's website, [www.ykhhc.org/recipes](http://www.ykhhc.org/recipes).

Learn to bring traditional foods into your kitchen through the Store Outside Your Door Webisodes, <http://www.youtube.com/user/ANTHCStoreOutside>.

Visit the State of Alaska website to learn more about chronic disease prevention at <https://dhss.alaska.gov/dph/Chronic/Pages>.



# SUDOKU HIGH FIVES

	6					9	
5		8	2				
				5		8	4
			5				7
	8	9		7		4	2
2					3		1

		1		6			
	5	2					7
	4				9	1	
			3	2	4	5	
4					5	7	6
5	8			9			

		7	1		4	5	3		7								9		
6			9			1				4	3		6		8	3	1		2
	3			2											9			6	8

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7						4				1	3			4	1	6		
8			6			7	1			9			2	5				9
	2	1		5			9		4									4

				9				7			4		7	2	9		8	1
2	3		4		1						5	6						4
5		7									1							

	6			4		2	3				5	8			3			
1					8	6					6		1			2		3
		5			2							3		7	6			

ANSWER TO AUG 15 PUZZLE



John Lindeman 3  
 Lance Parsons 7  
 Kathy Bowen 9  
 Lynn Harding 9  
 Becky Hamilton 10  
 Sharon Cook 15  
 Larry Lane 15  
 Connie Porter 18  
 Fred Marshal 21

Linda Pearson 23  
 Dusty Neilson 24  
 Rick Ireland 24  
 Debra Erosky 24  
 Dianne Thomas 26  
 Betsey Knox 31



**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.

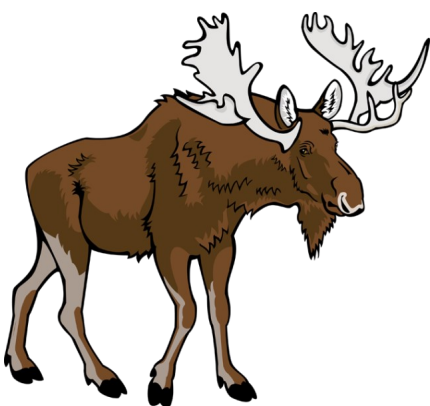
**THANK YOU!!!**



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1. Name the sea that borders the Arctic Coastline.
2. What denomination were the early missionaries led by Sheldon Jackson
3. True/False All room and board was provided the workers of the Alaska pipeline for “free”
4. How much do brown bear cubs weigh at birth?
5. What are Sitka slippers?
6. What were the Perseverance, Treadwell and the Alaska Juneau in the early 1900's?
7. What are the unseasonably warm winds that cause thawing in the middle of winter?
8. What types of reptiles are indigenous to Alaska?

8. None  
7. Chinook winds  
6. Gold Mines  
5. Heavy duty rubber boots (the shoe of southeastern)  
4. 12 ounces



3. True  
2. Presbyterian  
1. Beaufort Sea

# Alaskans can join free programs for better health anywhere in the state

## Ready for a change?

The Alaska Department of

Health has a new campaign called [Fresh Start](#). The campaign connects Alaska adults with free programs that can help participants make changes at any time in their lives to feel better. These programs help Alaskans meet many health goals: lose weight, lower blood sugar to prevent or manage diabetes, lower blood pressure, or stop smoking or vaping.

- All of these programs are **free**.
- Many **match you with a coach** so you don't have to do it alone. Many can be **completed online, over the phone and at your pace — wherever you are**.

All of these free programs are found on one website that's easy to use: [freshstart.alaska.gov](#). Thousands of Alaskans have joined these programs. They've lost more than 4,600 pounds in total through the online Fresh Start program focused on weight loss. They've worked with

coaches through Alaska's Tobacco Quit Line to stop smoking, vaping, or chewing tobacco.

Visit [freshstart.alaska.gov](#) to find a **free health program that's right for you or someone you know**. Contact [doh.freshstart@alaska.gov](mailto:doh.freshstart@alaska.gov) with questions or to request printed materials.



Kristina says the free Fresh Start programs gave them a do-over.  
**Ready to feel better?**





# Marvelous March



A	D	E	E	B	A	L	M	G	N	G	Y	L	X	W	M	O	W	T	L	G	A
C	K	R	A	I	N	A	T	B	L	O	O	M	I	N	G	I	R	J	I	R	R
L	L	I	N	R	N	W	Y	E	L	L	I	Z	R	B	O	R	L	D	O	E	Y
O	I	L	L	D	I	A	M	G	O	D	O	A	I	L	F	W	W	E	A	E	N
V	D	R	C	R	R	Y	M	A	O	D	U	B	S	P	R	I	N	G	R	N	D
E	E	S	H	O	W	E	R	S	R	M	T	E	H	M	A	N	A	U	W	E	L
R	E	H	E	E	K	A	G	E	H	A	S	T	H	D	L	S	Y	T	S	I	E
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V	O	M	L	A	R	E	M	S	E	I	D	W	A	R	M	E	R	C	N	E	R
X	O	R	E	E	T	C	A	O	S	K	E	H	A	W	B	A	A	N	S	A	E
F	L	O	W	E	R	S	U	N	E	I	B	A	T	S	E	I	I	H	H	B	C
N	E	C	E	R	D	B	D	I	N	T	B	A	U	L	L	I	N	G	I	K	H
P	A	K	W	S	I	T	O	E	M	E	R	A	L	D	T	E	B	A	N	L	A
R	I	C	A	N	S	D	R	A	K	L	A	L	I	A	S	X	O	B	E	O	U
D	A	F	F	O	D	I	L	D	Z	D	N	K	P	R	A	N	W	L	I	O	N
A	M	E	H	G	D	J	W	I	N	D	Y	A	O	S	R	E	G	I	N	J	G

SHAMROCK

BLOOMING

IRISH

LION

FLOWERS

SPRING

WINDY

WARMER

SHOWERS

LAMB

SEASON

CLOVER

EMERALD

BIRD

LEPRECHAUN

DAFFODIL

KITE

GREEN

SUNSHINE

TULIP

RAINBOW

RAIN

GOLD

OUTSIDE

# 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:**

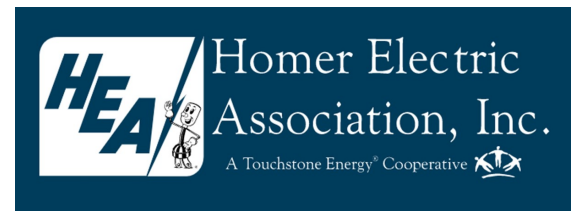
Amazon states the following:

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



# March 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
Birthdays John Lindeman 3/3			Bingo @ 1:15 1 Lil' Cheddar Meatloaf Mashed Potatoes Vegetable	2 Chicken Pasta Bake Vegetable Parmesan Bread	3 Breakfast Frittata Link Sausage Cubed Potatoes Blueberry Bread Pudding	4 Information 4 
5 Lance Parsons 3/7 Kathy Bowen 3/9 Lynn Harding 3/9 Becky Hamilton 3/10	6 Roast Beef Potatoes Vegetable	7 	Bingo @ 1:15 8 Hawaiian Chicken Almond Rice Vegetable	9 Shepherd's Pie Vegetable Rolls	10 Baked Ham & Swiss on a Bun Macaroni Salad Jell-O	11
Daylight Saving Begins 12	13	14	Board Meeting 15 Bingo @ 1:15 Florentine Pasta Dish Vegetable Garlic Bread	16	St. Patrick's Day 17	18
Sharon Cook 3/15 Larry Lane 3/15 Connie Porter 3/18	Baked Chicken Rice Casserole Vegetable	Pulled Pork Sandwich Bean Bake Corn	Crispy Pork Cutlets Potato Casserole Vegetable	23 Sweet & Sour Chicken Rice Eggrolls Vegetable	24 Corned Beef & Cabbage Carrots Potatoes Lime Jell-O	
19 Fred Marshall 3/21 Linda Pearson 3/23 Dusty Neilson 3/24 Rick Ireland 3/24 Debra Erosky 3/24	Spring Begins 20 Baked Ham Scalloped Potatoes Vegetable	21 Chicken Enchiladas Spanish Rice Vegetable	Bingo @ 1:15 22 Moose Stroganoff Noodles Vegetables	23	24	25 Salad Bar and Soup Served daily with congregational meals
26 Dianne Thomas 3/26 Betsey Knox 3/31 	27 Asian Style Pork Medallions Pasta Toss Vegetable	28 Salisbury Steaks Campbell Potatoes Gravy Vegetable	Bingo @ 1:15 29 3 Cheese Lasagna Vegetable Garlic Bread	30 Turkey Thursday	31 Sloppy Joes Tater Tots Jell-O	