



2025

VOLUME 9, ISSUE 2

NANIQ NEWS

XYZ Senior Center

104 Division Street, Nome, Alaska 99762

(907) 443-5238

"Alone we can do so little; together we can do so much." – Helen Keller

February

Recap & News

XYZ Senior Center will be closed on February 17 in observance of Presidents' Day. We will be opening the same time as usual on the following Tuesday with smiles on our faces, ready to serve you lunch! We will have volunteers from the Alaska Business Development Center coming to Nome with the Volunteer Tax and Loan Program again this year. They will be here at XYZ on February 13-15 to help folks with their taxes. We have flyers here at XYZ for dates and times, as well as on the Nome Post FaceBook page.

January was a relatively quite month after the busy holiday season. The weather did give us some surprises though. Very warm temperatures and rain on top of the very little snow we had made for super icy conditions. We made the choice to close XYZ one of the days over the concern that the ice made conditions too perilous to bring folks here for lunch. We offered Home deliveries for everyone that day. Thankfully, we have gotten more snow since then and it is not quite so slick.

We have plans in the works for another fundraiser for the senior center and will be asking if any of you would like to help us. Any help you can give will be greatly appreciated. As we firm up our plans, we will let you know the kind of help we will need and when the fundraiser will be. Stay safe everyone and be careful as you are out and about!

Quyanna!

A special thank you to all of the people and organizations who donate to the XYZ Senior Center.

Happy Birthday

Joseph Kakik 2/5

Emily Penayah 2/9

George Penatac 2/12

BettyAnn Hoogendorn 2/26



February Quote

"Love is not only something you feel, it is something you do."

~ David Wilkerson



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Hello FEBRUARY

Greetings Dear Ones!

Happy February to all! January seems to have flown away so quickly and before we know it, Valentine's Day will be here. The day of the year when we celebrate love in all its many forms. Romantic love, friendship, love of family and friends, and just showing love and kindness to those we meet. Please make sure that you let every one you care about know that you do. A card or letter to those far away always lifts the spirits. A call or a text will show you care as well. Giving a smile to anyone you have contact with will brighten their days!

February is celebrated as National Heart Month. We take this month to focus on the many facets of heart health. Anyone at any age can be at risk for heart disease. One of the ways to lower any risks you might have is to stay active. I have included a short article from the National Institutes of Health about the benefits of walking as one way to encourage movement.

If there are any suggestions that you have to help us improve our services, we would be glad to hear them. We have a suggestion box on the piano, and you can talk to any staff. A call would welcome as well. There have been issues with the phones because of the underwater cable break, so please be patient with us. The annual Satisfaction Survey will be sent out soon, but we would like feedback at any time. We do have State of Alaska guidelines that we must follow, but as long as suggestions are within those, we will consider them all.

I hope you all have a great February and stay safe and warm!

With love and respect,
Melanie



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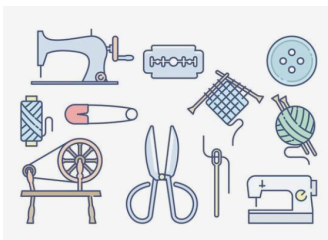
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ADULT DAY SERVICES CALENDAR

February 2025

	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Groundhog Day	3	4 9:30 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH 1 PM- POST OFFICE	5 9:30 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	6 9:30 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- AC SHOPPING	7	8
9	10	11 9:30 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH 1 PM- POST OFFICE	12 9:30 AM- BREAKFAST 10:00 DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	13 9:30 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- AC SHOPPING	14 Valentine's Day	15
16	17 Presidents Day	18 9:30 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH 1 PM- POST OFFICE	19 9:30 AM- BREAKFAST 10:00 DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	20 9:30 AM- BREAKFAST 10:00 DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- AC SHOPPING	21	22 Washington's Birthday
23	24	25 9:30 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH 1 PM- POST OFFICE	26 9:30 AM- BREAKFAST 10:00 DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	27 9:30 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 11:00 AM COOKING CLASS 12 NOON- LUNCH 1 PM- AC SHOPPING	28	

THERE ARE VARIOUS CRAFT SUPPLIES AVAILABLE AND IF INTERESTED WE CAN WORK ON THE SAME PROJECT TOGETHER, OR DIFFERENT ONES





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WALKING FOR GOOD HEALTH

Physical activity, including walking, has numerous health benefits in older adults, supported by a plethora of observational and interventional studies. Walking decreases the risk or severity of various health outcomes such as cardiovascular and cerebrovascular diseases, type 2 diabetes mellitus, cognitive impairment and dementia, while also improving mental well-being, sleep, and longevity. Dose-response relationships for walking duration and intensity are established for adverse cardiovascular outcomes. Walking's favorable effects on cardiovascular risk factors are attributed to its impact on circulatory, cardiopulmonary, and immune function. Meeting current physical activity guidelines by walking briskly for 30 min per day for 5 days can reduce the risk of several age-associated diseases. Additionally, low-intensity physical exercise, including walking, exerts anti-aging effects and helps prevent age-related diseases, making it a powerful tool for promoting healthy aging. This is exemplified by the lifestyles of individuals in Blue Zones, regions of the world with the highest concentration of centenarians. Walking and other low-intensity physical activities contribute significantly to the longevity of individuals in these regions, with walking being an integral part of their daily lives. Thus, incorporating walking into daily routines and encouraging walking-based physical activity interventions can be an effective strategy for promoting healthy aging and improving health outcomes in all populations. The goal of this review is to provide an overview of the vast and consistent evidence supporting the health benefits of physical activity, with a specific focus on walking, and to discuss the impact of walking on various health outcomes, including the prevention of age-related diseases. Furthermore, this review will delve into the evidence on the impact of walking and low-intensity physical activity on specific molecular and cellular mechanisms of aging, providing insights into the underlying biological mechanisms through which walking exerts its beneficial anti-aging effects.

The Benefits of Walking

Thinking about adding more physical activity to your day? Walking can be a great way to get more active.

Walking is the most popular physical activity among adults, and it's easy to see why. It requires no special clothes or equipment, and it's free.

Regular walking can have many health benefits. It may lower your risk of high blood pressure, heart disease, and diabetes. It can strengthen your bones and muscles. It may help you maintain a healthy weight. It might also help lift your mood.

Make walking fun by going to places you enjoy, like a shopping center or park. Bring along



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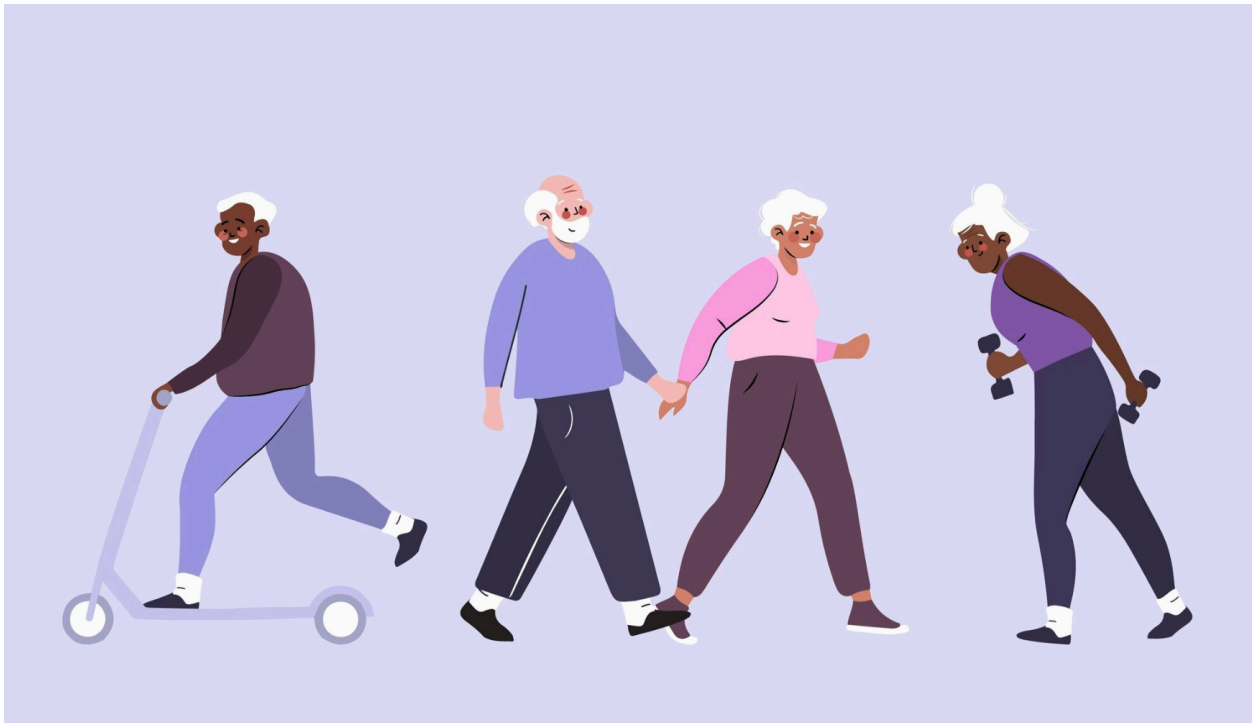
someone to chat with, or listen to some of your favorite music (but keep the volume low enough to hear the sounds around you).

Think about safety as you plan when and where to walk. Walk with others when possible, and take a phone and ID with you. Let someone know your walking time and route. If it's dark outside, wear a reflective vest or brightly colored clothing. And always be aware of your surroundings.

Sources: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10643563/>

<https://newsinhealth.nih.gov/2016/03/benefits-walking#:~:text=Walking%20is%20the%20most%20popular,%2C%20heart%20disease%2C%20and%20diabetes.>

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XYZ SENIOR CENTER LUNCH MENU

MENU SUBJECT TO CHANGE WITHOU PRIOR NOTICE DUE TO AVAILABILITY AND DONATIONS

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Groundhog Day	3 TURKEY SANDWICH VEGETABLE BEEF SOUP MIXED FRUIT	4 SLOPPY JOES CORN GREEN BEANS	5 TERIYAKI CHICKEN RICE NORMANDY BLEND JELLO	6 HAMBURGER GRAVY OVER NOODLES PEAS & CARROTS PINEAPPLE	7 CHICKEN SALAD PILOT BREAD VEGGIE BLEND STEWED FRUIT	8
9	10 BEEF HOT DOGS PEA SALAD CARROTS	11 PORK LOIN POTATOES GREEN BEANS PEACHES BREAD	12 HAM & BEAN SOUP CORN BREAD APPLE SAUCE	13 CHICKEN SANDWICH MACARONI SALAD BRUSSELS SPROUTS CARROTS	14 Valentine's Day SLOW COOKED ROAST RICE W/GRAVY BROCCOLI CAULIFLOWER	15
16	17 Presidents Day CLOSED	18 CHILI MAC BRUSSELS SPROUTS COBBLER	19 PORK LOIN SCALLOPED POTATOES CARROTS DINNER ROLL PEACHES	20 BEEF STROGANOFF NOODLES GREEN BEANS PEARS	21 CLAM CHOWDER DINNER ROLL GREEN SALAD JELLO	22 Washington's Birthday
23	24 CHICKEN SALAD ASIAN SOUP CHERRY COBBLER	25 SHEPHERD'S PIE CORN DINNER ROLL	26 TURKEY ALA KING RICE BRUSSELS SPROUTS JELLO	27 STEW BISCUIT PEACHES	28 FISH STICKS FRENCH FRIES CARROTS BROCCOLI DINNER ROLL BIRTHDAY CAKE	

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“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

~Ralph Waldo Emerson



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Asian Countries

Find and circle all of the countries of Asia that are hidden in the grid.
The remaining letters spell four more Asian countries.

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

ARMENIA	INDONESIA	MALDIVES	SINGAPORE
AZERBAIJAN	IRAN	MONGOLIA	SOUTHKOREA
BAHRAIN	IRAQ	MYANMAR	SYRIA
BANGLADESH	ISRAEL	NEPAL	TAJIKSTAN
BHUTAN	JAPAN	NORTHKOREA	THAILAND
BRUNEI	JORDAN	OMAN	TIMORLESTE
CAMBODIA	KAZAKHSTAN	PAKISTAN	TURKEY
CHINA	KUWAIT	PHILIPPINES	UZBEKISTAN
CYPRUS	LAOS	QATAR	VIETNAM
GEORGIA	LEBANON	RUSSIA	YEMEN
INDIA	MALAYSIA	SAUDI ARABIA	

[Did you enjoy this puzzle? Visit: https://www.puzzles.ca/word-search](https://www.puzzles.ca/word-search)

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Cook's Corner

3- Ingredient Oatmeal Cookies

Makes 14 cookies

1/2 C. Smooth Peanut Butter

1/2 C. Maple Syrup

1-1/2 C Quick Cooking Oats

Optional Mix-ins: 1 tsp. Ground Cinnamon

1/4 C. Chocolate Chips

1/4 C. Raisins

Preheat oven to 350 degrees F. Mix peanut butter and maple syrup until well combined. Stir in oats and any optional ingredients, if using. Mix well to thoroughly coat oats. Place scoops amounting to 1-2 Tbs. portions on a cookie sheet about an inch apart. Flatten the balls of dough to about 2-inches. Bake 5 minutes then rotate the baking sheets. Bake 5-6 minutes more or until edges are set and starting to brown. Cool on baking sheet for 5 minutes, then move to a wire rack to cool completely.

Note: Sunflower butter or any nut butter may replace the peanut butter and honey may be used in place of the maple syrup.

Just for Fun

The Ice Cream Sundae

An elderly husband and wife noticed that they were beginning to forget little things. They were afraid that this could be dangerous, as one of them may accidentally forget to turn off the stove and thus cause a fire, or, something similar. So, they decided to go see their doctor to get some help. Their physician told them that many people their age find it useful to write themselves little notes as reminders. The elderly couple thought this was a great idea. They left the doctor's office very pleased with the advice.

When they got home, the wife said, "Honey, will you please go to the kitchen and get me a dish of ice cream?"

"OK Sweetheart." He replied.

"And, my darling, why don't you write that down so you won't forget?"

"Nonsense," said the husband, "I can remember a dish of ice cream!"

"Well then," said the wife, "I'd also like some strawberries on it. You better write that down, because I know you'll forget."

"Don't be silly, my love." replied the husband. "A dish of ice cream and some strawberries. I can remember that!"

"OK, dear, but I'd like you to put some whipped cream on top. Now, that's a lot to remember. So, you'd really better write it down now. You'll forget," said the wife.

"Come now, my memory's not all that bad," said the husband. "No problem, a dish of ice cream with strawberries and whipped cream."

With that, the husband shut the kitchen door behind him. The wife could hear him getting out pots and pans, and making all kinds of noise that had nothing to do with preparing a dish of ice cream, strawberries, and whipped cream. He emerged from the kitchen about 15 minutes later with a large smile on his face, and, presented her with a plate of bacon and eggs.

The wife took one look at the plate, glanced up at her husband and said, "My darling, did you forget the toast?"

From: <https://www.weloveourgranny.com/clean-jokes-for-senior-citizens.html>



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