



2024

VOLUME 9, ISSUE 4

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

April

March Recap & News

Happy April to one and all! With the returning daylight hours I hope everyone takes some time to bask in the sun, even if it is through a window. Sunlight helps the body produce Vitamin D, which is very important to many bodily functions. See the article on page 4 for more information.

We want to say a huge Thank You! to all who helped make our fundraiser a success. We had some learning to do as this was our first one. Hopefully we will do better next time. We had many delicious desserts donated for the dessert auction, and we had many volunteers helping staff with everything imaginable.

We also want to say a big Thank You! to all who donate to XYZ. We have faithful donors who give money to help our budget, and others who donate useful items or foods we serve regularly. We also have volunteers that give of their time, which is also greatly appreciated, so again we say thank you to all.

Happy spring everyone!

April Quote

*"No winter lasts forever; no spring skips its turn.
April is a promise that May is bound to keep,
and we know it."*

~ Hal Borland

Quyanna!

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

Happy Birthday

Matilda Crisci 4/2

Debbie Scott 4/2

Jon Trigg 4/11

Jack Brown 4/11

Larry Sebweena 4/24

Eileen Norbert 4/28

Dorothy Thomas 4/29





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Greetings dear ones!

It is that time of year again! Time for our annual satisfaction survey. This is a requirement from the State of Alaska to tell them (and us) how we are doing. If we are meeting our goals of serving the elders in our community. It also will tell us if there are areas we need to improve or change. It is very important that we get as many surveys back as possible, so please take a few minutes to fill them out and return them to us. If you get home delivered meals, you can give them back the next day your meal is delivered. If you come for congregate meals, there will be a basket in the office to put the completed surveys in. They are anonymous unless you put your name on them.

I would like to give everyone a reminder to please call us if you will not be home to receive your lunch. Also, if you normally get picked up for lunch, please let us know if you do not need to be picked up. If you are not a regular to be picked up and you want to be, just call us before 11:00 am and we will pick you up. If you normally come to congregate meals and would like a home delivered meal because you are sick, please call to request it before 10:30. If you will be out of town, please let us know that too. I know many of you are faithful to do this and I thank you for it.

For folks that get home delivery, if you want to go shopping with us to Hanson's on Wednesday or AC on Thursday, please call to let us know, (907) 443-5238 is the number for XYZ. You can also ask the person delivering your lunch to be picked up later for shopping.

Blessings to everyone from all the staff at XYZ!
Melanie



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ADS ACTIVITY CALENDAR

| April 2025 | | | | | | |
|------------------|-----------|---|---|--|-----------------------|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH 1 PM- POST OFFICE | 2 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING | 3 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- AC SHOPPING | 4 | 5 |
| 6 | 7 | 8 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH 1 PM- POST OFFICE | 9 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING | 10 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- AC SHOPPING | 11 | 12 |
| 13 | 14 | 15 Tax Day (Taxes Due) 9:00 AM- BREAKFAST 10:00 DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH 1 PM- POST OFFICE | 16 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING | 17 Holy Thursday 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- AC SHOPPING | 18 Good Friday | 19 |
| 20 Easter | 21 | 22 Earth Day 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH 1 PM- POST OFFICE | 23 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING | 24 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- AC SHOPPING | 25 Arbor Day | 26 |
| 27 | 28 | 29 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH 1 PM- POST OFFICE | 30 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING | | | |

*“Every tear is answered by a blossom
 Every sigh with songs and laughter blent,
 April-blooms upon the breezes toss them.
 April knows her own, and is content.”*
 ~Susan Coolidge (Sarah Chauncy Woolsey), “April”



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What is vitamin D and what does it do?

Vitamin D is a nutrient you need for good health. It helps your body absorb calcium, one of the main building blocks for strong bones. Together with calcium, vitamin D helps protect you from developing osteoporosis, a disease that thins and weakens the bones and makes them more likely to break. Your body needs vitamin D for other functions too. Your muscles need it to move, and your nerves need it to carry messages between your brain and your body. Your immune system needs vitamin D to fight off invading bacteria and viruses.

How much vitamin D do I need?

The amount of vitamin D you need each day depends on your age. Average daily recommended amounts are listed below in micrograms (mcg) and International Units (IU).

| Life Stage | Recommended Amount |
|--|---------------------------|
| Birth to 12 months | 10 mcg (400 IU) |
| Children 1–13 years | 15 mcg (600 IU) |
| Teens 14–18 years | 15 mcg (600 IU) |
| Adults 19–70 years | 15 mcg (600 IU) |
| Adults 71 years and older | 20 mcg (800 IU) |
| Pregnant and breastfeeding teens and women | 15 mcg (600 IU) |

What foods provide vitamin D?

Very few foods naturally contain vitamin D. Fortified foods provide most of the vitamin D in the diets of people in the United States. Check the Nutrition Facts label for the amount of vitamin D in a food or beverage.

- Almost all of the U.S. milk supply is fortified with about 3 mcg (120 IU) vitamin D per cup. Many plant-based alternatives such as soy milk, almond milk, and oat milk are similarly fortified, but foods made from milk, like cheese and ice cream, are usually not fortified.



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- Vitamin D is added to many breakfast cereals and to some brands of orange juice, yogurt, margarine, and other food products.
- Fatty fish (like trout, salmon, tuna, and mackerel) and fish liver oils are among the best natural sources of vitamin D.
- Beef liver, egg yolks, and cheese have small amounts of vitamin D.
- Mushrooms provide a little vitamin D. Some mushrooms have been exposed to ultraviolet light to increase their vitamin D content.

Can I get vitamin D from the sun?

Your body makes vitamin D when your bare skin is exposed to the sun. Most people get at least some vitamin D this way. However, clouds, smog, old age, and having dark-colored skin reduce the amount of vitamin D your skin makes. Also, your skin does not make vitamin D from sunlight through a window.

Ultraviolet radiation from sunshine can cause skin cancer, so it's important to limit how much time you spend in the sun. Although sunscreen limits vitamin D production, health experts recommend using sunscreen with a sun protection factor (SPF) of 15 or more when you're out in the sun for more than a few minutes.

What kinds of vitamin D dietary supplements are available?

Vitamin D is found in multivitamin/mineral supplements. It is also available in dietary supplements containing only vitamin D or vitamin D combined with a few other nutrients. The two forms of vitamin D in supplements are D2 (ergocalciferol) and D3 (cholecalciferol). Both forms increase vitamin D in your blood, but D3 might raise it higher and for longer than D2. Because vitamin D is fat soluble, it is best absorbed when taken with a meal or snack that includes some fat.

Am I getting enough vitamin D?

Because you get vitamin D from food, sunshine, and dietary supplements, one way to know if you're getting enough is a blood test that measures the amount of vitamin D in your blood. In the blood, a form of vitamin D known as 25-hydroxyvitamin D is measured in either nanomoles per liter (nmol/L) or nanograms per milliliter (ng/mL). One nmol/L is equal to 0.4 ng/mL. So, for example, 50 nmol/L is the same as 20 ng/mL.

- Levels of 50 nmol/L (20 ng/mL) or above are adequate for most people for bone and overall health.
- Levels below 30 nmol/L (12 ng/mL) are too low and might weaken your bones and affect your health.
- Levels above 125 nmol/L (50 ng/mL) are too high and might cause health problems.

In the United States, most people have adequate blood levels of vitamin D. However, almost one out of four people have vitamin D blood levels that are too low or inadequate for bone and overall health.

To be continued next month. All information from NIH.



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XYZ SENIOR CENTER LUNCH MENU

MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE DUE TO AVAILABILITY AND DONATIONS

April 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------|--|--|--|---|---|-----------|
| | | 1 SLOPPY JOES CORN GREEN BEANS | 2 TERIYAKI CHICKEN RICE NORMANDY BLEND | 3 HAMBURGER GRAVY OVER NOODLES PEAS & CARROTS FRUIT CUP | 4 FISH SANDWICH STEAK FRIES SCANDINAVIAN BLEND JELLO | 5 |
| 6 | 7 BEEF HOT DOGS PEA SALAD CARROTS | 8 HAM POTATOES CAPRI BLEND PEACHES DINNER ROLL | 9 CHICKEN SANDWICH MACARONI SALAD 5-WAY BLEND CARROTS | 10 HAM & BEAN SOUP CORN BREAD MANDARIN ORANGES | 11 BAKED FISH RICE BROCCOLI CAULIFLOWER | 12 |
| 13 | 14 TUNA SALAD SANDWICH SPLIT PEA SOUP CAULIFLOWER | 15 Tax Day (Taxes Due) CHILI MAC BRUSSELS SPROUTS COBBLER | 16 PORK LOIN SCALLOPED POTATOES CARROTS DINNER ROLL PEACHES | 17 Holy Thursday BEEF STROGANOFF NOODLES GREEN BEANS PEARS | 18 Good Friday CLAM CHOWDER DINNER ROLL GREEN SALAD JELLO | 19 |
| 20 Easter | 21 CHICKEN SALAD SANDWICH ASIAN SOUP PEARS | 22 Earth Day CHICKEN SALAD SANDWICH ASIAN SOUP CHERRY COBBLER | 23 TURKEY ALA KING RICE BRUSSELS SPROUTS JELLO | 24 BEEF STEW BISCUIT PEACHES | 25 Arbor Day FISH PATTIES FRENCH FRIES CARROTS BROCCOLI DINNER ROLL | 26 |
| 27 | 28 TURKEY SANDWICH MINISTRONE SOUP PINEAPPLE | 29 CUBED BEEF & GRAVY RICE PEAS & CARROTS | 30 CHILI CORNBREAD CAULIFLOWER PEARS BIRTHDAY CAKE | Please remember to rinse your bowls and trays before returning them to us. Your cooperation is greatly appreciated. | | |

Happy Spring!





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Astronomy

Find and circle all of the Astronomy related words that are hidden in the grid.
The remaining letters spell a secret message.

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

- | | | | |
|------------------|------------|------------------|---------------|
| ANDROMEDA GALAXY | DEEP SPACE | MOON | SOLAR SYSTEM |
| APOGEE | ECLIPSE | NEBULA | SOLAR WIND |
| ASTEROID | EQUINOX | ORBIT | SPACE SHUTTLE |
| ASTRONOMER | GALAXIES | PARSEC | SPACECRAFT |
| ATMOSPHERE | GALILEO | PERIGEE | STARS |
| AURORA | GRAVITY | POLARIS | SUN |
| BINARY STAR | HUBBLE | PROXIMA CENTAURI | SUPERNOVA |
| BLACK HOLE | KEPLER | PULSARS | TELESCOPE |
| CONSTELLATION | LIGHT YEAR | QUASARS | TIDES |
| CORONA | METEOR | RED GIANT | UNIVERSE |
| CRATER | MILKY WAY | SATELLITE | WHITE DWARF |

[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

Little Sister Damien's Rhubarb Cake

| | |
|--------------------------------|---------------------------|
| <i>1/4c butter, softened</i> | <i>1/2tsp. salt</i> |
| <i>1/2c packed brown sugar</i> | <i>1c sour cream</i> |
| <i>1 egg</i> | <i>4c chopped rhubarb</i> |
| <i>1Tbs. vanilla</i> | <i>1/3c white sugar</i> |
| <i>2-1/3c flour</i> | <i>1/2tsp. nutmeg</i> |
| <i>1tsp. baking soda</i> | |

Preheat oven to 350. Grease a 9x13 in glass pan. In a large bowl, cream together butter and brown sugar. Beat in egg and vanilla. Add dry ingredients and mix well. Stir in sour cream and rhubarb. Stir together white sugar and nutmeg and sprinkle over top. Bake for 40 minutes or until tester comes out clean. Enjoy warm, or cool before eating. May be served with ice cream or whipped cream.

Just for Fun

IRIS COHEN in ROOM 503

A sweet old lady telephoned St. Clair's Hospital and timidly asked: "Can anyone there please tell me how one of your patients is doing?"

The receptionist replied: "I'll be happy to help you. What is the patient's name and room number?"

The sweet old lady, in a weak and shy voice, said: "Iris Cohen. Room 503."

The receptionist replied: "Sure honey. Hold on for a minute and I'll check with the nurse for her room."

In a couple of minutes the receptionist was back. "I have very good news for you darling, her nurse just told me Iris is doing very well. Her blood pressure is fine. Her blood work came back normal. And, her physician has her scheduled to be discharged tomorrow morning."

The sweet old lady took a great sigh of relief. "Thank you so much. That's wonderful news. I was very worried. And, thank you for being so kind."

The operator replied: "You are so very welcome. Is Iris your daughter?"

*The sweet old lady said: "Oh no. I'm Iris Cohen in room 503. No one here tells me anything."
~from Sadie G. and elderoptionsoftexas.com*



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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

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