



2026

VOLUME 10, 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

### Recap & News

Once again, our Spaghetti Dinner fundraiser was a learning experience. Maybe after we have done it for five or ten years we will have everything perfected. It did go fairly well and we were able to add to our budget. We had desserts donated by Margaret, Kimberly, Denice, and Larissa. We also made desserts at the senior center. Denise did lots of extra prepping and Jeannie made a sauce that was complimented by folks that came to enjoy a meal.

If anyone has ideas for more fundraisers, talk to one of us about your idea. I have thought of the possibility of a craft sale if anyone is willing to donate handcrafted items to sell to benefit XYZ. Or we could host a craft fair and sell some of our own things and rent tables to other crafters to make a little extra income.

We should be starting plants soon for the garden spots we have for the Senior Center and community garden plots. Hopefully we will have good weather for growing and have some plentiful crops.

When greens are ready to pick we will go out, weather permitting . We will announce it as much ahead of time as we can so you can decide if you want to go.

### April "Quote"

*"Success is not final, failure is not fatal: it is the courage to continue that counts."*

~Winston Churchill

### 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

Penny Ione 4/7

Jim Moto 4/8

Jon Trigg 4/11

Jack Brown 4/11

Larry Sebwenna 4/24

Eileen Norbert 4/28

Dorothy Thomas 4/29





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Greetings Dear Ones!

I want to say that each and every one of you is a treasure and I hope you have had a good year so far. I also hope that the rest of the year brings much love and joy to you and is filled with the blessings of family and friends.

Spring is coming, with the warmer weather and different activities. One activity at this time of the year, is starting seeds for the garden plots, as I mentioned in the Recap and News. Hopefully we will have lettuce and leafy greens for salads later in the year. Since turnips and radishes are popular, we will plant those later when the ground is thawed and the danger of frost is past.

We are hoping for input from you all about our program. What would you like to see happening? Next month we will have the annual satisfaction survey and ask you all to fill it out and return it. It is important to get as many back as possible to get an accurate report card for XYZ. We use this to make sure you are happy with services and to know where we need to improve. They are anonymous unless you want us to know who filled it out.

We are here from 8am to 3pm every week day and can take any questions over the phone (as long as our phones are working:).

Happy April to all!

Respectfully,  
Melanie



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### ADS ACTIVITY CALENDAR

April 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	<b>2</b> Holy Thursday 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- BALANCE 12 NOON- LUNCH 1 PM- AC SHOPPING	<b>3</b> Good Friday	<b>4</b>
<b>5</b> Easter	<b>6</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH	<b>7</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- POST OFFICE	<b>8</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	<b>9</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- BALANCE 12 NOON- LUNCH 1 PM- AC SHOPPING	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH	<b>14</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- POST OFFICE	<b>15</b> Tax Day (Taxes Due) 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	<b>16</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- BALANCE 12 NOON- LUNCH 1 PM- AC SHOPPING	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH	<b>21</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- POST OFFICE	<b>22</b> Administrative Professionals 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	<b>23</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- BALANCE 12 NOON- LUNCH 1 PM- AC SHOPPING	<b>24</b> Arbor Day	<b>25</b>
<b>26</b>	<b>27</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH	<b>28</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- POST OFFICE	<b>29</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	<b>30</b> 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- BALANCE 12 NOON- LUNCH 1 PM- AC SHOPPING		

*“It's great to reminisce about good memories of my past.  
 It was enjoyable when it was today.  
 So learning to enjoy today has two benefits:  
 it gives me happiness right now, and it becomes a good memory later.”*

*~ George Foreman*



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## Your Healthiest Self: Wellness Toolkits

Each person's "healthiest self" is different. We have different bodies, minds, living situations, and people influencing our lives. Each area can impact your overall health. This means we each have a unique set of health needs. Use our wellness toolkits to find ways to improve your well-being in any area you'd like.

**Make your home healthier:** Take a look around your home. Do you know what's in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and cleaning them out can help keep you and your family healthy.

**To reduce potential toxins in your home:** Clean with "Safer Choice" or non-toxic products. Dust using a damp rag. Use a wet mop to clean floor. Vacuum with a high-efficiency particulate air (HEPA) filter. Open a window or use a fan to improve air circulation when you're cleaning. Have and maintain a good ventilation system in your home. Wash your hands and your children's hands often.

**Reduce your allergies:** A change in season can brighten your days with vibrant new colors. But blooming flowers and falling leaves can usher in more the beautiful backdrops. Airborne substances that irritate your nose can blow in with the weather. When sneezing, itchy eyes, or a runny nose suddenly appears, allergies may be to blame. Take steps to reduce your exposure to allergens.

**To reduce allergies:** Avoid outdoor allergens whenever possible. If pollen counts are high, stay inside with the windows closed and use the air conditioning. Avoid bringing pollen indoors. If you go outside, wash your hair and clothing when you come inside. Pets can also bring in pollen, so clean them too. Reduce indoor allergens. Keep humidity levels low in the home to keep dust mites and mold under control. Avoid upholstered furniture and carpets because they harbor allergens. Wash your bedding in hot water once a week. Vacuum the floors once a week. Talk with your doctor about medication and allergy shots.

**Stay safe during hot weather:** Heat is the biggest danger in the summer months. Being hot for too long can cause many illnesses, some of which can be deadly. But the warmer weather also brings lots of new opportunities to improve your health. Here's how to make the most of the summer months.

**To create healthy summer habits:** Do outdoor activities during the coolest part of the day, in the early morning or evening. Wear protective clothing, such as hats, long-sleeve shirts, and long pants or skirts to block out the sun's harmful rays. Use sunscreen that blocks both UVA and UVB. Try to stay in the shade when outdoors during peak sunlight. Exercise in an air-conditioned space if possible. Or do water workouts. Drink plenty of liquids, especially water. Avoid drinks that contain alcohol or caffeine.

**Guard against cold weather:** The frosty air of winter can be invigorating. But cold air can also pose threats to your health, whether you're indoors or outside. Learn to recognize the signs of your body temperature dropping too low, and take steps to keep yourself and your family warm and safe during the chilly season.

**To guard against cold:** At home, wear socks, slippers, and a hat. Or stay covered with a blanket. Keep your heat set to at least 68 degrees F or higher during cold weather. If you need help paying your heating bills, see if you qualify for the HHS energy assistance program. Wear a windproof and water-proof jacket if you're heading into cold, rainy, windy, or snowy conditions. Dress in layers. If someone is showing signs of hypothermia, as fast. Get them out of the cold and into a warm room. Remove any wet clothing. Warm them up gradually. Cover them with warm blankets. Offer them warm drinks, but not alcohol. Avoid hot baths or heating pads. And take their temperature. If it is below 95 degrees F, get medical help immediately.



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**Air quality and your health:** The combination of high temperatures, pollution, and airborne particles can brew up an unhealthy mixture in the air, just waiting to enter your lungs. This can make it hard to breathe and sap your energy. But air pollution can also occur inside—in homes, offices, or even schools. If you're regularly exposed to high levels of unhealthy air, the health consequences can linger for months or even years.

To reduce the effects of poor quality air on your health: Avoid outdoor activities in the afternoons on warmer days, when the risk of air pollution is highest. Avoid strenuous outdoor activities if the air is polluted. Check your region's air quality index at [www.airnow.gov](http://www.airnow.gov). Orange and red mean it's a bad air day, so people with lung problems should avoid the outdoors. Purple and maroon is extreme, and everyone should stay inside in an environment with clean air. Reduce pollutants in your home. Don't let anyone smoke in your home. Avoid burning candles, incense, or wood fires. Run fans or open a window when cooking. Use a vacuum with a HEPA filter. Instead of sweeping to avoid stirring up dust and allergens.

**Stay safe in the water:** Summer is a great time to go out and have fun in the water. But recreational waters—including swimming pools, lakes, and oceans—can sometimes get contaminated with bacteria and viruses. Swimming in contaminated water can make you and your family sick. But you can take steps to stay safer while playing in the water.

To stay safer while playing in the water: Shower before and after swimming. Try not to swallow the water. Never go to the bathroom in the water. Take kids for bathroom breaks and check diapers every hour. Change diapers away from the water. Stay out of the water if you've had diarrhea recently to help protect others from infectious germs. Always wash your hands before you eat or drink. Cover open wounds with waterproof bandages. Don't swim in water that looks murky or has an odor. Stay out of the ocean for at least 24 hours after a storm. Avoid places where storm water is released on the beach. Check for warning signs posted around the area. Ask lifeguards about the water conditions. Check local alert systems. Visit the EPA's website for information on U.S. beaches.

**Clear out toxins from your home:** Some hazards in the home are easy to see. Like a loose electrical socket. Or torn carpet on the stairs. But others are harder to spot. And some are invisible, in the very air you breathe. These include lead, mold, and radon. But there are ways you can find and fix these unseen hazards.

To reduce health hazards in your home: If your home was built before 1978, test exposed paint for lead. You can buy test kits yourself or hire a professional. Some city health departments provide free test kits. Have children tested for lead exposure regularly, from at least birth through age six. Use vent fans in rooms that have lots of moisture, like the bathroom, to prevent mold growth. If you have a leak or flood in your home, quickly dispose of damaged items. Clean small areas of mold on walls or fabric with hot soapy water. Be sure to wear a mask, gloves, and goggles while cleaning. Test your home for radon. Some local county, or state programs offer free test kits. You can contact the National Radon Program Services at 1-800-SOS-RADON (1-800-767-7236).

Source: <https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits/environmental-wellness-toolkit>

This information is developed by the National Institutes of Health and use of it does not constitute endorsement of or approval of this newsletter, XYZ Senior Center, or Nome Community Center.



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XYZ SENIOR CENTER LUNCH MENU  
SUBJECT TO CHANGE DUE TO DONATIONS AND AVAILABILITY

April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> CHILI DOGS VEGGIE BLEND PEARS	<b>2</b> Holy Thursday PANCAKES EGG FRITTATA BACON MIXED FRUIT	<b>3</b> Good Friday FISH PILAF COLESLAW GREEN BEANS DINNER ROLL	<b>4</b>
<b>5</b> Easter	<b>6</b> TOMATO SOUP GRILLED CHEESE SANDWICH VEGGIE BLEND	<b>7</b> TURKEY POTPIE WITH BREAD CRUST MANDARIN ORANGES	<b>8</b> MEATLOAF MASHED POTATOES CARROTS BROCCOLI DINNER ROLL	<b>9</b> PORK LOIN NOODLES PEAS APPLESAUCE	<b>10</b> FISH RICE GREEN BEANS CAULIFLOWER	<b>11</b>
<b>12</b>	<b>13</b> HAM SANDWICH CHICKEN SOUP MANDARIN ORANGES	<b>14</b> SPAGHETTI W/ MEAT SAUCE GREEN SALAD GARLIC BREAD	<b>15</b> Tax Day (Taxes Due) BAKED CHICKEN MACARONI DISH GREEN BEANS CORN	<b>16</b> ROAST W/ GRAVY MASHED POTATOES WINTER BLEND CARROTS DINNER ROLL	<b>17</b> CLAM CHOWDER DINNER ROLL BROCCOLI PINEAPPLE	<b>18</b>
<b>19</b>	<b>20</b> FRENCH DIP SANDWICH FRENCH FRIES TROPICAL FRUIT 5-WAY BLEND VEGGIES	<b>21</b> COD RICE PEAS & CARROTS APPLE CRISP	<b>22</b> PORK CHOPS POTATOES & GRAVY CORN BRUSSELS SPROUTS DINNER ROLL	<b>23</b> STIR FRY CHICKEN RICE CAULIFLOWER JELL-O	<b>24</b> Arbor Day TUNA CASSEROLE CARROTS PEARS	<b>25</b>
<b>26</b>	<b>27</b> TURKEY SANDWICH VEGETABLE BEEF SOUP MIXED FRUIT	<b>28</b> SLOPPY JOES CORN GREEN BEANS	<b>29</b> TERIYAKI CHICKEN RICE NORMANDY BLEND PEACHES	<b>30</b> MEAT & GRAVY OVER NOODLES PEAS & CARROTS BROCCOLI BIRTHDAY CAKE		

For our home delivery participants, please remember to rinse all bowls and tray and return them to us with all their lids. We greatly appreciate it when you do us this favor.

Thank you!



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### Free Printable Word Search Puzzles

## Newspaper

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

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

- |                |               |               |                  |
|----------------|---------------|---------------|------------------|
| ADVERTISEMENTS | CULTURE       | INTERNATIONAL | PUZZLES          |
| ARTS           | EDITORIAL     | INTERVIEWS    | RACK             |
| BOOKS          | ENTERTAINMENT | LETTERS       | REPORTER         |
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| CLASSIFIEDADS  | FAMILY        | MOVIES        | SPORTS           |
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| COLUMNS        | FINANCE       | OBITUARIES    | TECHNOLOGY       |
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| CROSSWORD      | INSERTS       | PUBLISHER     |                  |

[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

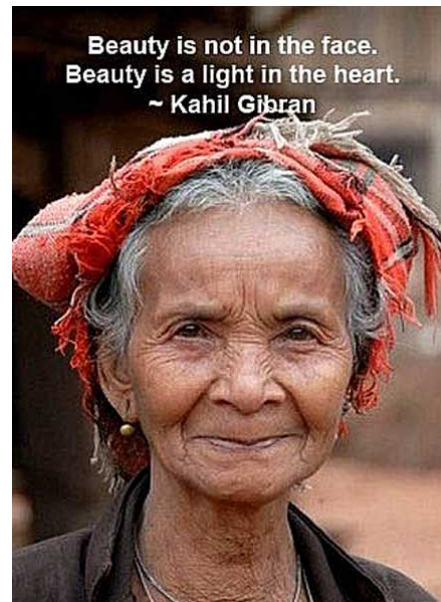
### Baked Hush Puppies

2 large eggs  
1/3 c. milk  
2 Tbs. vegetable oil  
1/2 c. onion, minced  
1/4 tsp. salt

1 tsp baking powder  
1/8 tsp. ground black pepper  
2/3 c. whole grain cornmeal  
1/3 c. enriched all-purpose flour  
cooking spray

Preheat oven to 350 degrees F. In a medium bowl, add eggs, milk, and oil. Stir until well combined. Mix in onion, salt, baking powder, and black pepper. Add cornmeal and all-purpose flour and gently mix until just combined. Do not overmix. Spray mini muffin tins with cooking spray and then scoop 1 tablespoon of batter into each muffin pocket. Bake for 10-12 minutes. Test by putting a fork through a muffin and if nothing sticks, it's ready! If sticky, leave for 1-2 more minutes.

Bits of life!





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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
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](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.



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