



Quality of Life for Seniors.

January 2023  
Volume 3, Issue 1

2023  
HAPPY NEW YEAR

## DIRECTOR'S MESSAGE

On behalf of the entire Nikiski Senior Center staff, I want to wish you and your family a happy and healthy new year. The New Year always brings with it feelings of renewal and hope. We are looking forward to continuing all the great work that is happening at our center.

Additional Senior Housing continues to be my main focus. The projected cost for this project is 1.6 million. We broke ground this summer and were able to clear the lot for construction, and order the septic tank. This was possible with grant funding from the Alaska Community Foundation. I continue to seek out grant funding and encourage those that can, to donate toward this much needed cause. When I became the Executive Director in December of 2020, we had a housing waitlist of 19. That wait list continues to grow on a daily basis and now has a total of 43 seniors. When the Alaska Commission of Aging visited us in the summer of 2021, they identified senior housing to be vital amongst the senior population. The COVID pandemic has only increased this need, and more seniors are looking to move to rural areas due to the inflation of housing in city limits. If you or someone you know is able to donate to this worthy cause, please contact the center for information. We are a non-profit entity, donations made count as a tax deduction.

2023 is going to be another great year! We will continue to offer new and innovative activities and services, as well as, keep the ones that you most enjoy. It truly is my pleasure to serve the seniors and members of my community. I look forward to 2023 with all of you!

HAPPY  
NEW YEAR

Sasha



Center Hours:  
Monday through  
Thursday  
8 am to 4 pm  
Friday 8 am to 2 pm  
907.776.7654

visit our  
website!

[www.NikiskiSeniorCenter.org](http://www.NikiskiSeniorCenter.org)



All current events are posted on  
our Facebook page.



# Board Meeting

## Senior Center Board

### Meetings

@ 1:00 pm

*January 18, 2023*

*February 15, 2023*

*March 15, 2023*

*April 19, 2023*

*May 17, 2023*

*June 21, 2023*



**YOUR VOICE  
MATTERS**

### **Nikiski Senior Center or Service Area Boards**

We are always recruiting for caring individuals that truly want to play a vested roll in their senior community. Once a month or quarterly meetings are required. Join us today and make a difference.

## Nikiski Senior Center Board 2022



Wayne Ogle  
President



Elaine Bakk  
Vice President



Jeff Laube  
Treasurer



Sue Kanour  
Secretary



Mike Newcomb  
Board Member



Genita Thirlwell  
Board Member



Myrna Dyer  
Board Member



Jean Taylor  
Board Member



Joe Ross  
Board Member

## **-ANNUAL MEMBERS-**

**It's time to renew your  
membership for 2023!**

***Annual Membership - \$15***

***Lifetime Membership - \$100***

***Lifetime Couple Membership - \$175***

### **Membership Benefits Include:**

- Voting Rights at NSC meetings
- Entitles to run for office on the NSC Board of Directors
- FREE - faxing, copies, wifi use, notary services, monthly newsletter, birthday lunch, advertising in newsletter for personal items, small room rental (1 rental/year/member)
- Discounts @ participating local businesses

***Call 907.776.7654 for more details or stop by for a  
membership application***



### **Myrna Dyer**

I moved to Alaska from California in 1967. I lived in Kenai with my husband and daughter and owned my own business. I moved to Nikiski about 10 years ago and love the community. I volunteer and attend activities at the Nikiski Senior Center. I have served on the NSC board for the past year and chair the Long Range Planning committee.



### **Denise Tank**

I have lived in Nikiski for 9 years. I love this community, and definitely love the Nikiski Senior Center! I enjoy participating regularly in programs offered by the center, such as exercise, craft and cooking classes as well as activities and field trips. I have served on numerous boards of non-profit organizations for more than 25 years. I find it rewarding to be able to actively give back to an organization that is a big part of my life. I am willing and able to work with others as a board member to serve the membership of this center and strive to improve the lives of all seniors in our community.



### **Mike Newcomb**

Moved to Alaska in 1969. Enjoys puppies, fishing, 4-wheeling, and running equipment. "I have been other places and Alaska is the place where you can do what you need to do. I have spent the last 45 years working away from home. Continuing to serve on the board is my way of giving back to my community. Most of our members are people I went to school with or have met over the years".



### **Susan Kanour**

I've been on the NSC board for one year as Secretary. I've also helped with scholarship and housing committees. My husband, Bill, and I attend lunches and participate in other NSC activities. We love the beauty of the senior center and enjoy meeting new people. I've retired from over twenty years working for the State of Hawaii as an administrative officer in the WIC office. I also owned and operated a commercial fishing vessel in Cook Inlet on my boat called "The North Coast" from the 1970s to about 2000. I have two children. My daughter lives in Kenai with her two children and my son lives in Seattle with his wife.



### **Jean Taylor**

Permanently moved to Alaska in 2009 but have been visiting since 1988. Enjoys beading, Swedish weaving blankets, playing cards, and BINGO. "Alaska's beautiful scenery and animals are my favorite thing about Alaska. I want to continue as a board member because I am a people person and I feel I need to give my time to help others".



### **WELCOME our newest board member - Genita Thirlwell!**

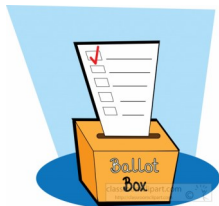
I have lived on the Kenai since 1958. After marrying a lifelong "North Roder" I moved to Nikiski in 1983 where we were very involved in the Nikiski community. After all 5 children graduated, we lived "outside" for a few years but came Home, for good, during the winter of 2017-18. My husband, Joe and I are Life Members of NSC and try to volunteer/participate whenever we can. I love crafty and artistic activities and have many hobbies in the creative arts.



### **5 Nikiski Senior Center Board Member seats available!**

Are you looking to help make positive change in your community? Do you want to be a part of something great, that makes a difference? Join the NSC Board of Directors!

Nominations can be made from the floor at our January 18th meeting.



## Absentee Ballot Voting Available



- Must be a current member 55+
  - Must live in Nikiski
- Must request a ballot by phone
- Ballots must be turned in one day before election meeting - due **January 17th**

### **NSC Annual Board Meeting January 18, 2023 at 1:00 pm AGENDA**

#### **Invocation**

#### **Pledge of Allegiance**

#### **Call to Order**

**Roll Call:** Mike Newcomb, Wayne Ogle, Elaine Bakk, Jean Taylor, Joe Ross, Genita Thirlwell, Myrna Dyer, Sue Kanour, Jeff Laube.

#### **Approval of Minutes:**

- (a) November 16, 2022
- (b) December 21, 2022

#### **Approval of Agenda**

#### **Committee Reports:**

**Executive Committee:** Wayne Ogle

**Long Term Planning:** Myrna Dyer

**Policies & Procedures:** Elaine Bakk, Jeff Laube, Sasha Fallon

**Nomination Committee:** Wayne Ogle

**Gardening & Landscaping:** Jean Taylor, Carol Joy

**Fundraising:** Genita Thirlwell

**Scholarship:** Elaine Bakk, Sue Tauriainen

**Transportation:** Sasha Fallon

**Housing Expansion Committee:** Jeff Laube

**Service Area Board:** Wayne Ogle – NSSA Board meeting – next meeting January 25, 2023 at 4:00 p.m. Guest Speaker – Kenai Peninsula Borough

**Treasurer's Report:** Jeff Laube

**Director's Report:** Sasha Fallon

#### **Old Business:**

- 1. HEA Street light project
- 2. Security System

#### **New Business:**

- 1. BOD Elections

#### **Announcements:**

#### **Sickness & Distress:**

#### **Public Comments:**

#### **Administration Comments:**

#### **Board Comments:**

#### **Next Meeting's Agenda Items:**

**Next Meeting:** February 15, 2023 at 1:00 p.m.

#### **Adjourn:**



## **Article V—Board of Director Nominations & Elections**

### **5.05: Nomination**

- a. A person may self-nominate provided they meet the qualifications in Article 5.04.
- b. In all elections, the privilege of nominating from the floor shall be allowed provided the nominee has given consent and meets qualifications for the position stated in Article 5.04.
- c. Candidates who accept nominations (30) days prior to the annual meeting will be featured in the monthly newsletter.

### **5.06: Elections**

- a. Board of director elections shall be held in correspondence with the annual membership meeting, in accordance with election procedures. The board of directors shall be responsible for the development of election procedures.
- b. Election of the board of directors shall be by ballot. When there is only one nominee for a seat, a voice vote may suffice.
- c. Absentee ballots shall be allowed if in conformance with article IV.





Loretta, LaDonna, Jenne, Rose, Eula, Myrna and friends made this quilt which will be one of many in our Quilt Bingo Fundraiser later this year!



Despite the snow outside, we had an amazing turnout for our Community Christmas Lunch! Thank you to the staff and volunteers for all your help... we couldn't do it without you!



### The Mitten Tree

Thank you to all who donated beautiful handmade and store bought cold weather gear!



Christmas Stockings were Made With Love by our Sewing Ladies on Tuesdays.



### JANUARY WEDNESDAY CRAFTS

- 1) 1/4/23 - SNOWMAN SHAKER
- 2) 1/11/23 - SNOWFLAKE JAR
- 3) 1/18/23 - MACRAME ANGEL
- 4) 1/25/23 - DOOR WREATH



Happy  
New Year

**My resolution was to  
read more...**

So I put the subtitles on my TV.

**I was going to quit all  
my bad habits for the  
new year ...**

... but then I remembered that  
nobody likes a quitter.

## FRIDAY

# MOVIE NIGHT

AT THE NIKISKI SENIOR CENTER  
JANUARY 13, 2023 FROM 4-7 PM



**MEMBERS - FREE**  
**NON-MEMBERS - \$10**  
(SODA & POPCORN PROVIDED)



NEEDS YOU!!

**MUSICIANS  
NEEDED**

- WEDNESDAYS
- 11:00AM- 1PM
- LUNCH INCLUDED



**Saturday**

**January 21, 2023**

**at the**

**Nikiski Senior Center**

**6-9 PM (doors open 5 pm)**

**POTLUCK IS BACK!**

**(BRING YOUR OWN SNACKS)**

**You do not need to be a NSC member to play.**  
**Please call (907)776-7654 if you have questions.**

# WEEKLY ACTIVITIES

## **Silver & Fit with Teri**

Chair exercises modified to your level.

**Monday 10-11 am**

**Thursday 1-2 pm**



**"SILVER & FIT"**



## **Knitting & Crocheting Class**

**Monday 12:30-2:30 pm**

(Please bring your own knitting needles & crochet hooks—we will have some available for beginners who do not own any)



## **Sewing Class**

**Tuesday 12:30-3 pm**



## **Yoga with Katrina (via zoom)**

**Wednesday 9:30-10:30 am**

Modified for all levels of yoga

## **Coloring & Crafts**

**Wednesday 12:30-3 pm**

Coloring Club and Crafting downstairs.



## **Bible Study**

Enjoy lunch with friends and then a friendly bible study upstairs from **1-2 pm on Thursday**. For more information please call John Heft 776-2109.

## **Pinochle**

**Thursday 12:30-4 pm** pinochle players enjoy snacks and cards with great company.





Food  
Pantry Hours:  
Mon-Fri  
9 am to 2 pm



Qualified seniors can shop from the NSC Pantry every two weeks for supplemental food items such as but not limited to:

- Hamburger
- Chicken
- Pork
- Canned vegetables
- Canned fruit
- Lunch items
- Breakfast items
- Boxed meals
- Hygiene items
- & more

The NSC Food Pantry is graciously funded by Conoco Phillips, KPB, individual donors, and state grants.



## **Senior Benefits Program**

Alaska residents age 65 and older may qualify for a monthly payment from the Senior Benefits Program. Monthly payments are \$76, \$175, or \$250 depending on your annual income. Applications are available for mail out or pick up from the center.

## **Meals on Wheels**

We are now providing Meals on Wheels to our Nikiski community in the age range of 18 and older receiving Medicaid Waiver Services. This will allow us to care for our community members in need and seniors. Private pay Meals on Wheels services also available. Please call the center for more information.



## **Silver Squad**

Provide companionship, a warm heart, and a friendly conversation to help support our seniors as they isolate at home. These calls or visits provide emotional support, safety check-ins, and a connection to our senior community.

## **Helping Hands**

Looking for men and women with basic home repair skills to help seniors and the disabled to live in the comfort and safety of their own home.

**Find out how you can pay it forward and become a volunteer!**

**776.7654**

\* All volunteers must be able to pass a background check.

## **Are you ready for a Mexican Getaway?**

Anita Gordon is selling her one (1) week condo in Zihuantanejo/ Ixtapa for \$2,000. (She purchased at NSC Fall Fundraiser for \$2,400). Please call (907)776-7654 for more details on this amazing deal!



**NIKISKI SENIOR CENTER IS NOW OFFERING ACCOMMODATIONS  
FOR ZOOM APPOINTMENTS**

**STATE ASSESSMENTS FOR WAIVER SERVICES  
VISIT WITH A FAMILY OR FRIEND  
DOCTOR APPOINTMENTS (NOT INCLUDING ILLNESSES WITH  
COLD OR COVID SYMPTOMS)**

**CALL NSC TO SCHEDULE AT 776.7654**



*Thank  
You*

**Dr. James Julien for  
donating toothbrushes and  
toothpaste for our  
Christmas Stockings!**

*Sincere  
Condolences*

**TO THE FAMILY & FRIENDS  
OF  
ROBERT SPILLANE**

**GOOD  
MORNING**

**Enjoy coffee or juice & a treat  
Bring a friend!**

**Monday-Friday  
During Regular Business Hours**

**(Donations Appreciated)**



### **WEDNESDAY BREAD DAY**

*We are looking for volunteers to pick up our bread  
Wednesday mornings that Kenai Safeway  
generously donates! Please call 907.776.7654 for  
details if this is something you could do on a  
rotating schedule!*

**LIMIT OF ONE BREAD  
AND ONE SWEET PER HOUSEHOLD**



**"THE TIME IS  
ALWAYS RIGHT  
TO DO WHAT  
IS RIGHT."**

**DR. MARTIN LUTHER KING JR.**

1/1	Thomas Frazier	1/14	Michelle Hartline
1/2	Robert O'Connell	1/14	Donald Slaughter
1/3	Janet Hudson	1/14	Leanne King
1/5	Sue Covich	1/16	Marcie Curry
1/5	Janice Carlton	1/16	Karen Taylor
1/8	Anna Postylnik	1/18	Andrea Lane
1/8	Jeff Williams	1/18	Wanna Kane
1/8	Lynnie Randolph	1/19	Eunice Witalec
1/9	Elizabeth McKee	1/21	David Covich
1/10	Wenda Kennedy	1/21	Juliana Taylor
1/10	Barbara Mulchaey	1/21	Russel Griffith
1/10	Ray Nickelson	1/23	Janet McDonald
1/11	Lynn Kocinski	1/24	Mary Anne Cowgill
1/13	Deborah Hayes	1/25	Sue Coup
1/13	Gilbert Veal	1/25	Beverly Nierstheimer



1/25	Tom Johnson
1/26	Loretta Eaton
1/26	Lyndon Manser
1/27	Cheryl Knudsen
1/29	Kathy Grimm
1/30	Jenne Long

W E E M A N S E R Z K K P O W P Q L J W H L A I D T U S H H  
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THOMAS	MICHELLE	EATON
FRAZIER	HARTLINE	LYNDON
ROBERT	DONALD	MANSER
O'CONNELL	SLAUGHTER	CHERYL
JANET	LEANNE	KNUDSEN
HUDSON	KING	KATHY
SUE	MARCIE	GRIMM
COVICH	CURRY	JENNE
JANICE	KAREN	LONG
CARLTON	TAYLOR	
ANNA	ANDREA	
POSTYLNIK	LANE	
JEFF	WANNA	
WILLIAMS	KANE	
LYNNIE	EUNICE	
RANDOLPH	WITALEC	
ELIZABETH	DAVID	
MCKEE	JULIANA	
WENDA	RUSSEL	
KENNEDY	GRIFFITH	
BARBARA	MCDONALD	
MULCHAEY	MARY	
RAY	ANNE	
NICKELSON	COWGILL	
LYNN	COUP	
KOCINSKI	BEVERLY	
DEBORAH	NIERSTHEIMER	
HAYES	TOM	
GILBERT	JOHNSON	
VEAL	LORETTA	



**NIKISKI SENIOR CENTER****Lunch Menu****January 2023****ENTREE OR SALAD \$6****ENTRÉE & SALAD \$9**

Mon	Tue	Wed	Thu	Fri
2 <b>CLOSED</b> <b>HAPPY NEW YEAR</b>	3 Biscuits & Gravy Eggs & Bacon Dessert	4 Fried Chicken Mashed Potatoes Veggies & Dessert	5 Lasagna Garlic Bread Sticks Veggies & Dessert	6 Sub Sandwiches Chips Ice Cream
9 Pork Loin Roasted Potatoes Veggies & Dessert	10 Chili Relleno Casserole Beans & Rice Dessert	11 Champagne Chicken w/Artichoke Hearts & Asparagus Rice Dessert	12 Seafood Alfredo Garlic Bread Veggies & Dessert	13 Pizza Veggie Milkshake
16 Pork Roast Mashed Potatoes Veggies & Dessert	17 Beef Stroganoff Veggies & Dessert	18 Fried Chicken Mashed Potatoes Veggies & Dessert	19 Chili Bread Bowl Bar Dessert	20 Cheeseburgers French Fries Rootbeer Float
23 Waffles w/strawberries Eggs & Bacon/Sausage Dessert	24 Tacos Beans & Rice Dessert	25 Chicken Stir Fry Rice Eggrolls Dessert	26 Fish & Chips Veggies & Dessert	27 Sloppy Joes Tater Tots Ice Cream
30 Turkey w/Stuffing & Gravy Veggies & Dessert	31 Pork Chops AuGratin Potatoes Veggies & Dessert			

**ALL AGES CAN EAT AT THE NIKISKI SENIOR CENTER!****Please call 776-7654 by 10 am to order a lunch for pick-up****Pick-up time 11:30 am**

Enjoy our  
wonderful desserts  
with every meal!

**Salad Bar opens at 11:30 am & Entrée is served at 12 pm*****No Salad Bar on Friday******\*Menu Subject to Change\****

## **Activity Highlights**

- Silver & Fit: **Mondays** 10-11 am AND **Thursdays** 1-2 pm
- Crocheting/Knitting Class: **Mondays** 12:30-2:30 pm
- Sewing Class: **Tuesdays** 12:30-3pm
- Yoga (via zoom): **Wednesdays** 9:30-10:30 am
- Crafts & Coloring Club: **Wednesdays** 12:30-3 pm
- Pinochle: **Thursdays** 12:30-4 pm
- Bible Study: **Thursdays** 1-2 pm
- Movie Night: **Friday** 1/13/23 from 4-7 pm
- NSC Board Meeting: **Wednesday** 1/18/23 @ 1 pm
- Bingo: **Saturday** 1/21/23 from 6-9 pm (doors open at 5 pm)
- **The NSC will be closed on Monday, 1/02/23 in observance of the new year  
Happy New Year!**

**Nikiski Senior Center**  
**P.O. Box 6973**  
**Nikiski, AK 99635**

Phone: 907-776-7654  
Fax: 907-776-7632



PLEASE  
PLACE  
STAMP  
HERE

To: