



NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

January is when we ring in the New Year and celebrate with family and friends. As glasses rise and fireworks explode into the sky, it's important to recognize the special symbolism of the New Year. Happy New Year messages speak to new beginnings, fresh starts, and a time of reflection.

Speaking of reflection, you want to attend the Nikiski Senior Center Board of Directors Annual Meeting on January 24th! Board President Wayne Ogle and Treasurer Jeff Laube will review this past year's financials, accomplishments, challenges, and goals.

Our FREE Community Christmas Meal was a success with over 110 attendants. A great big "Thank You" to Marathon Petroleum Women's Employee Networking Group, who put together thirty thoughtful goodie bags filled with a blanket, socks, books, and toiletries. Also, the NSC Sewing Group made over thirty Christmas stockings that volunteers filled with donations and delivered to Meals on Wheels clients and seniors in need.

Stay tuned for current and upcoming speakers and activities on our Facebook page and website. Also, I am always open to suggestions. If there is a class or craft you would like, please let us know, and we will do our best to accommodate.

Gasha

*Happy
New Year*



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



www.NikiskiSeniorCenter.org





Board Meeting

NSC Board Meetings

@ 1:00 pm

January 24, 2024
 February 28th, 2024
 March 27th, 2024
 April 24th, 2024

Service Area Board Meetings

@4:00PM

January 24th, 2024
 April 24th, 2024
 July 24th, 2024
 October 23rd, 2024

YOUR VOICE MATTERS



Marie Fitts - I moved to Alaska 10 years ago after retiring from Ministry as anointed Pastor at the Nazarene Church. During that time, I established a 5013c Ministry that housed families in transition from drug and alcohol abuse. I've been President of a 100-member Quilt Guild, working with multiple committees. I've been an EMT/ Firefighter with extensive training in disaster response. I have been an active member at Nikiski Senior Center for the past four years.

Len Niesen - I have been an Alaska resident since 1979. In 2007, my husband and I built a cabin in Nikiski. In 2013, we built our retirement home and moved permanently. We owned and managed an office machines company with offices in Anchorage, Fairbanks, and Kenai for 26 years. I handled the business's administrative, contracts, and financial side. Since retiring, I have enjoyed time with my grandchildren, researching genealogy, and volunteering with several local organizations.



Joe Ross - Moved to Alaska in 1982. Enjoys hunting, fishing, snow machines, and pretty much everything in the great outdoors. "I want to be a board member so I can help do what's right for our members".



Your volunteer service leaves a legacy that will continue to make a difference in the lives of our seniors and community.

Jeff Laube - I want to continue to serve on the Nikiski Senior Center [NSC] board of directors because I enjoy the membership, the services, the activities, and the social element of the Center.

I have been a resident of Nikiski since 1990, and I built and own my home. I currently work as a professor of process technology at the Kenai Peninsula College. Before that, I worked for 20 years at Agrium in the operations and maintenance departments.

NSC is planning on expanding senior housing. My experience overseeing and hands-on assistance building my home, garage, and out-buildings could benefit the NSC housing expansion.

I have served as the treasurer on the board of directors and am good with budgets, accounting, and financial reports. I have served on other nonprofit boards.

Again, I am active at the NSC, participating in lunches, activities, and fundraisers. I have advocated for NSC and want to serve on the board of directors to support our mission. Please vote for me because I have the energy and the interest to serve this organization.



Wayne Ogle - I have been an Alaska resident since 2004. I retired from the Coast Guard after 28 years of service. I have also worked as the Public Works Director for Bethel and Kenai and in the offshore oil industry in Houston for 10 years, building floating production platforms. I represented Nikiski on the Kenai Peninsula Borough Assembly for six years, two years serving as president. I enjoy traveling, fishing, reading, playing music, and trying new foods.

The Nikiski Senior Center Board of Elections and Annual Meeting will be held at the center on January 24th at 1:00pm. Your membership must be current to vote. To view the pictured agenda, please visit our website at

www.NikiskiSeniorCenter.org



**Annual Board Meeting
January 24, 2024, at 1:00 pm
Partial AGENDA**

Nomination: Wayne Ogle
Members for Election: Joe Ross, Jeff Laube, Genita Thirlwell, Wayne Ogle
Candidates: Len Niesen, Marie Fitts

New Business:

1. President's annual report (Article VI, Section 3. a.)
2. Treasurer's annual report (Article VII, Section 1. a.)
3. Board Election – Seats F, G, H, I (Article VIII, Section 1. d.)
4. Swearing in of elected board members
5. Election of board officers (Article VI, Section 2. a.) Board will caucus to accomplish reorganization]
6. Election of nominating committee (Article VII, Section 2. a. & Article IX, Section 1. e.)
7. Establish schedule of regular quarterly/monthly board meetings for 2024 (Article VIII, Section 3. a.)
8. Establish status of dues (Article IV, Section 2. a.)
9. Establish status of meal prices (Article IV, Section 4. a.)

Next Meeting: February 28, 2024 @ 1:00pm



Thanks to Ray Choat, Rose Pillati, Denise Tank, and Robin Alleman for playing Christmas music for us on December 20th. Ray and Rose also played music for us on December 6th. Always nice to have music in the house!



The American Legion and Auxiliary prepared and delivered a large amount of cookies and sweets for Christmas.



John and Kelsey preparing for another fabulous day with the seniors.



MEMBERS



Advertise items for sale in our monthly newsletter. Email pictures and information to frontdesk@nikiskiseniocenter.org

\$150

/OBO

Wooden Spools For Sale. Great condition!



Incontinence Supplies

For older adults on a limited income, adult incontinence supplies can be a luxury item. We are able to assist with this critical need. Contact us today to see how we can help you or your loved one!

Senior Stockings made a success by many caring individuals!

On December 21st, NSC Staff delivered holiday meals and Christmas stockings to Meals on Wheels clients and local Nikiski Seniors in need. The Sewing Group made thirty beautiful stockings, and senior membership, NSC Staff, and community members donated needed and fun items to fill the stockings.



Volunteer of the Month

Many of you have seen Ms. Patty around serving drinks and helping out around the center and at our Snack Shack. Thank you for your helping hands and making the center a better place.



MEMBERSHIP

-ANNUAL MEMBERS-

It's time to renew your membership for 2024!

Annual Membership - \$25

Lifetime Membership - \$125

Lifetime Couple Membership - \$200

Membership Benefits Include:

- Voting Rights at NSC meetings.
- Entitles to run for office on the NSC Board of Directors.
- FREE - faxing, copies, Wi-Fi use, notary service, monthly newsletter, birthday lunch, advertising in newsletter for personal items, small room rental (once per lifetime member).
- Discounts @ participating local businesses.

Membership can now be completed through our website.

You can also call or stop in and see us.

907.776.7654



Resources from our Kenai Peninsula Family Caregiver Program

Join Our Caregiver Support Groups!

Nikiski Senior Center: KPFCSP holds monthly Caregiver Support Groups each month, at different sites around the Kenai Peninsula.

10 TIPS FOR FAMILY CAREGIVERS

- 1**  Ask support from other caregivers. Learning that others have had similar experiences can be an enormous relief.
- 2**  The good you can do for your loved one is dependent on how well you take care of your own health.
- 3**  Take some respite time, caregiving is hard work.
- 4**  If someone offers help, take it. Accepting it is not a sign of weakness.
- 5**  Ask for help if you have signs of depression.
- 6**  Seek for training and get help from new technologies.
- 7**  Organize medical information.
- 8**  Learn how to communicate effectively with doctors.
- 9**  Plan early for the present and future needs of your loved one.
- 10**  Give yourself credit for doing the best you can in one of the toughest jobs there is!



Food Pantry Hours:
Mon-Thurs
9 am to 2 pm
Fri
10am to 1pm



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 KPB, individual donors, and state grants.



Diana D. made over 40 hats, scarves, cowls, and booties for Nikiski North Star Elementary students.



A Note from Adult Protective Services

SENIORS PLEASE BE AWARE Scammers continue to target you!!

Your telephone, computer, email, and snail mail are all gateways to your money and personal information.

Seniors in the Kenai Peninsula continue to fall prey to scammers leaving them financially destitute and emotionally scarred. Please do not give out your personal information, send money or gift cards to anyone.

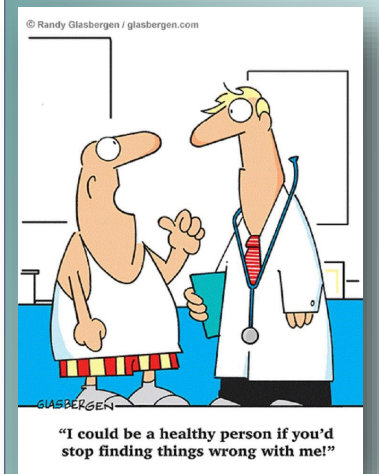
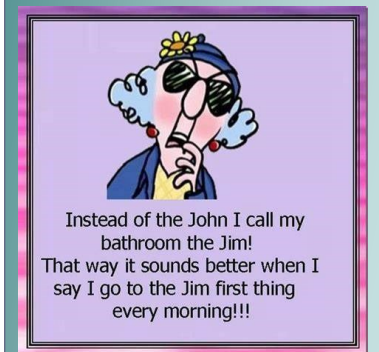
NO ONE NEEDS YOUR MONEY MORE THAN YOU!

1. If you are struggling, bored or lonely and need someone to chat with, choose someone you know to confide in versus a stranger on a dating site, common interests or Facebook chatrooms.
2. A random text message is NOT random, this is how scammers test to see who will respond. Delete immediately.
3. Please DO NOT click on email links you do not know. This is how your computer will get a virus and scammers obtain personal information. The most common email scam is notifying you that your computer has been compromised and need to pay to have it fixed or click on a link to fix.

AGAIN, DO NOT CLICK ON LINKS. DO NOT believe any email that elicits fear in you. Delete immediately.

4. Scammers pull on your emotions and groom you as they go possibly asking you to marry them. It is a SCAM. After they have lured you into their emotional hold, they will ask to borrow money or have an elaborate story of an emergent need for your financial help. Some will even ask you to hold money for them but DO NOT! You could be pulled into a money laundering scam and not know it. If you find yourself in this situation, please do not be embarrassed. The first step is to STOP all communications with the scammer and report it immediately to Adult Protective Service by calling (907) 269-3666 and ask to speak to The Centralized Intake Unit. You may also go online to www.dhss.alaska.gov/dsds and click on "Report Here" button.

*Sheila Jacobsen, Protective Services
Spec. Ill, APS*



January Birthdays

Thomas Frazier—1/1
 Marty Ragan—1/1
 Arlene Carew—1/2
 Robert O’Connell—1/2
 Janet Hudson—1/3
 Janice Carlton—1/5
 David Covich—1/5
 Chuck Hickman—1/5
 James Chandler—1/5
 Rick O’Reagan—1/8
 Linnie Randolph—1/8
 Jeff Williams—1/8
 Anna Postylnik—1/8
 Elizabeth McKee—1/9

Wenda Kennedy—1/10
 Ray Nickelson—1/10
 Barbara Mulchaey—1/10
 Lynn Kocinski—1/11
 Deborah Hayes—1/13
 Gilbert Veal—1/13
 Leanne King—1/14
 Donald Slaughter—1/14
 Ray Vergin—1/14
 Michele Hartline—1/14
 Marcie Curry—1/16
 Karen Macanas—1/16
 Wanna Kane—1/18
 Andrea Lane—1/18

Eunice Witalec—1/19
 Russel Griffith—1/21
 Susan Covich—1/21
 Juliana Taylor—1/21
 Janet McDonald—1/23
 Mary Anne Cowgill—1/24
 Tom Johnson—1/25
 Beverly Nierstheimer—1/25
 Sue Coup—1/25
 Lyndon Manser—1/26
 Loretta Eaton—1/26
 Cheryl Knudsen—1/27
 Kathy Grimm—1/29
 Jenne Long—1/30

Q A P D S G I F N G V M V Q A M Y W C Y V L C F Y K I M B Q
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 J P I U K Q O L Y N D O N Z F K B E V E R L Y L I W E N D A
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THOMAS
 MARTY
 ARLENE
 ROBERT
 JANET
 JANICE
 DAVID
 CHUCK
 JAMES
 RICK
 LYNNIE
 JEFF
 ANNA
 ELIZABETH
 WENDA
 RAY
 BARBARA
 LYNN
 DEBORAH
 GILBERT
 LEANNE
 DONALD
 MICHELE
 MARCIE
 KAREN
 WANNA
 ANDREA
 EUNICE
 RUSSEL
 SUSAN

JULIANA
 MARYANNE
 TOM
 BEVERLY
 SUE
 LYNDON
 LORETTA
 CHERYL
 KATHY
 JENNE

NIKISKI SENIOR CENTER

ENTREE \$7

Lunch Menu

January 2024

2024

**In the Kitchen with
Zanetta and Nicole**

2024

ENTRÉE & SALAD Bar \$10

Dessert served daily

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
| 1 Closed for New Year's Day | 2 Lasagna Garlic Bread Mixed Veggies | 3 Lemon Chicken Wild Rice Mixed Veggies | 4 Bacon Wrapped Pork Loin Roasted Potatoes Winter Veggies | 5 Reindeer Sausage w/Grilled Onions Chips |
| 8 Honey Pork Medallions Baked Mac& Cheese Mixed Veggies | 9 Tacos Southwest Egg Roll Spanish Rice | 10 Fried Chicken Mashed Potatoes Mixed Veggies | 11 Meatloaf Scalloped Potatoes Green Beans | 12 BBQ Chicken Sandwich Onion Rings |
| 15 Denver Ham Scramble Corned Beef Hash Bacon | 16 Open Face Turkey Sandwich Mashed Potatoes w/ Gravy | 17 Baked Chicken Thighs Wild Rice | 18 Spaghetti w/Meat sauce Bread Sticks Corn | 19 Adult Grilled Cheese Sandwich (w/tomatoes) |
| 22 Pork Stir Fry Jasmine Rice Pot Stickers | 23 Baked Ziti Garlic Bread Broccoli | 24 Fried Chicken Mashed Potatoes Mixed Veggies | 25 Beef Stroganoff Egg Noodles Mixed Veggies | 26 French Dip Sandwich Steak Fries |
| 29 French Toast Scrambled Eggs Sausage Patties | 30 Pot Roast Roasted Potatoes Green Beans | 31 Chicken Marsala Egg Noodles Peas/Carrots |  Please call 776-7654 by 10 am to order a lunch for pick-up Pick-up time 11:30 am | |

Salad Bar opens at 11:30 am &

Entrée is served at 12 pm

Lunch served at 11:30 on Fridays | No Salad Bar on Friday

Menu Subject to Change

Activity Highlights

- Silver & Fit: **Mondays** AND **Thursdays** @ 10:00-11:00 am
- Mexican Train **Mondays** @ 1:00 pm
- Sewing Class: **Tuesdays** @ 12:30-3:00 pm
- Yoga (via zoom): **Wednesdays** @ 9:30-10:30 am
- Crafts & Coloring Club: **Wednesdays** @ 12:30-3:00 pm
- Pinochle: **Thursdays** @ 12:30-4:00 pm
- Bible Study: **Thursdays** @ 1:00-2:00 pm
- **CLOSED for New Years: Monday 01/01/24**
- **Nail Care Clinic: Wednesday 1/10/24**
- **Movie Night: Thursday 1/11/24 & 1/25/24**
- **Freezer Meal Workshop: Tuesday 1/23/24**
- **NSC BOD Elections & Annual Review: Wednesday 1/24/23**
- **Kenai Peninsula Family Caregiver Support Program Meeting: 1/26/23**

Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



PLEASE
PLACE
STAMP
HERE

To: