



# NIKISKI SENIOR CENTER

## DIRECTOR'S MESSAGE

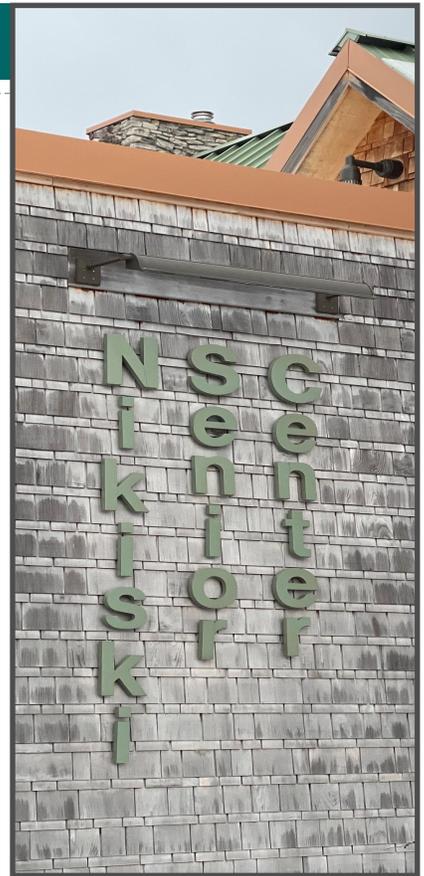
December and January fly by with end-of-year reporting and new-year planning and preparation. Pictured below is your NSC Team with their thinking hats on while they set goals and objectives and plan for new activities and services for 2024. We welcome your input. Please let me know if there is a service or activity you want to see or lead.

Exciting news on the home front! Our Head Cook, Zanetta, was able to apply for a grant through the Elk's Club, and we will be able to sponsor 40 seniors for our Freezer Meal Workshops for qualified. So many of you have wanted to check out this healthy and affordable option, and now you can.

Our NSC Board of Directors Annual Meeting went well. President Wayne Ogle and Treasurer Jeff Laube provided a very informative presentation that reviewed 2023 meal, activity, and membership numbers, as well as budget and financial information. I want to thank Genita Thirlwell for her service to our Board and Membership this past year. I also want to welcome Marie Fitts as a new member of our Board.

*Gasha*

## 2024 Planning Session



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)





# Board Meeting

## NSC Board Meetings

@ 1:00 pm

February 28th, 2024

March 27th, 2024

April 24th, 2024

## Service Area Board Meetings

@4:00PM

April 24th, 2024

July 24th, 2024

October 23rd, 2024

**YOUR VOICE  
MATTERS**



**BE  
MINE**

# CHERRY KISS COOKIES



## INGREDIENTS

- 1 cup butter, softened
- 1 cup confectioners' sugar
- 1/2 tsp salt
- 2 tsp maraschino cherry juice
- 1/2 tsp almond extract
- 6 drops red food coloring, optional
- 2 1/4 cups all-purpose flour
- 1/2 cup chopped maraschino cherries
- 54 milk chocolate kisses, unwrapped



## DIRECTIONS:

1. Preheat oven to 350 degrees. In a large bowl, beat butter, confectioners' sugar and salt until blended. Beat in cherry juice, extract and, if desired, food coloring. Gradually beat in flour. Stir in cherries.
2. Shape dough into 1-inch balls. Place 1-inch apart on greased baking sheet.
3. Bake 8-10 minutes or until bottoms are light brown. Immediately press a chocolate kiss into center of each cookie. Cool on pans 2 minutes then remove to wire rack to cool.



**Welcome 2024 NSC Board Members!**

# VOLUNTEER OF THE Month



DENISE

## Nikiski Senior Center Valentine's Dinner

### Starter

Caesar Salad  
Bread Basket

### Main

Herb Roasted Chicken w/ Béarnaise Sauce  
Bacon wrapped Beef medallion  
Grilled Lemon & Garlic Shrimp  
Roasted Asparagus  
Roasted baby potatoes

### Dessert

Panna Cotta & Dragon Fruit Coulis  
Chocolate Cake with Hazelnut &  
Chocolate Ganache  
Chocolate Covered Strawberries

### Drink

Sparkling Cider  
Red Wine  
White Wine



PROVIDED BY NIKISKI FIRE  
STATION

# BLOOD PRESSURE CHECKS RETURNING!



EVERY WEDNESDAY  
STARTING FEBRUARY 7TH  
11AM TO 1PM

Subject to change if there is  
an emergency call out.



Activities Coordinator, Toni Loop finished the February table centerpieces. It is looking festive at the center!



# There is always something to do at Nikiski Senior Center!



Left: Jenne enjoys Sewing Class.

Bottom left: Gnome's made in Wednesday Craft Class .

Bottom right: Susan working out at Silver & Fit.



## WEEKLY ACTIVITIES

**Silver & Fit**  
Monday 10-11 am  
Thursday 10-11



**Mexican Train**  
Monday 1 pm



**Sewing Class**  
Tuesday 12:30-3 pm



**Yoga with Katrina (via zoom)**  
Wednesday 9:30-10:30 am



**Coloring & Crafts**  
Wednesday 12:30-3 pm



**Bible Study**  
Thursday 1-2 pm



**Pinochle**  
Thursday 12:30-4 pm



Above: Myrna, Catherine, Marie, and Eula working on another beautiful quilt for our



Above: Kyler and Sue running the Nikiski Senior Center Snack Shack at NMHS.



Above: Tom and Judy playing Mexican Train.

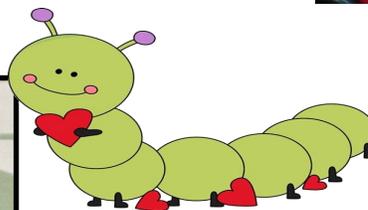
NIKISKI SENIOR CENTER  
PERMIT 1489

### BEAT THE IRS CASH RAFFLE

1ST PRIZE - \$500  
2ND PRIZE - \$250  
3RD PRIZE - \$100

DRAWING IS ON APRIL 15 DURING LUNCH (OR WHEN TICKETS ARE SOLD)

NEED NOT BE PRESENT TO WIN



- Beat the IRS Cash Raffle
- \$10.00 each
- Drawing April 15th at lunch





# BINGO NIGHT

**POTLUCK STYLE  
BRING A DISH AND A FRIEND**

SATURDAY FEBRUARY 10TH  
3:00 PM - 6:00 PM

(DOORS OPEN AT 2:00)

**\$ 23.00 PER PACKET**



# BINGO

## Fundraiser Bingo

Fundraiser to support NNS Elementary  
Mrs. Segura & Mrs. Porters 3rd & 4th grade class  
dog sledding field trip.  
Kids will be selling baked goods!  
**\$23.00 PER PACKET**

At The Nikiski Senior Center

3 PM - 6 PM

SATURDAY FEB 24TH

(DOORS OPEN @ 2:00PM)



# TAX PREP ASSISTANCE

**Appointments required**

Friday 3/1/24 11:30 am- 5:00 pm

Friday 4/5/24 11:30 am - 5:00 pm

call today **907-776-7654**

Provided to Nikiski Senior Members

**NIKISKI SENIOR CENTER**



★ HAPPY ★

# PRESIDENTS' DAY

**The Nikiski Senior Center  
will be CLOSED  
Monday, February 19th, 2024  
in observance of  
Presidents Day**



**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.

## Join Our Caregiver Support Groups!

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



# Caregiving? Join Us In February Kenai Peninsula Family Caregiver Support Program

Friday 2/2      Soldotna Senior Center  
\* 1-2 pm      Transfer Training

Friday 2/9      Tyoktas Elder Center  
1-2 pm      Open Discussion Group

Thursday 2/15      Sterling Senior Center  
1-2 pm      Healthy Brain And Body

Tuesday 2/20      Kenai Senior Center  
1-2 pm      All About Medicaid

Friday 2/23      **Nikiski Senior Center**  
1-2 pm      Overview of Dementia & Alzheimer's

Call 907.776.7654 to learn more.  
KPFCSP wants to hear from you.

Crabby Road      2-15-12



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"Don't even think about it, buster!"

# Resources from our Kenai Peninsula Family Caregiver Support Program

# 10

## Things You Should Never Say to a Caregiver

Encouraging a family caregiver is about expressing support and appreciation for the physical and emotional effort that goes into caring for a loved one. Most friends and family members' intentions are good, but sometimes the execution leave caregivers feeling let down.

When trying to encourage a caregiver, keep the following in mind to help you avoid some of the most common pitfalls. Remember that the caregiver maybe tired and overwhelmed, so what is meant to be a compliment can be interpreted as a criticism if not framed carefully.

1

### "YOU LOOK TIRED."

Although this may indeed be true, it is not an encouraging sentiment. If the caregiver is over-tired, they know it and they will know that they look it. If on the other hand, he or she is ok that day, hearing, "You looked tired", is just a downer. Perhaps instead you could offer the caregiver's loved one out for a while so that the caregiver can get a little rest.

2

### "I DON'T KNOW HOW YOU DO IT!"

This is a tricky one and the meaning really relies on the delivery. It can either be said as an acknowledgement that the caregiver is managing everything well; but it can also be said in a way that conveys the situation is so terrible that you don't know how the caregiver does it. The latter is not encouraging and likely to make the caregiver feel discouraged. Watch your delivery on this one, and make sure it conveys encouragement.

3

### "YOUR FATHER USED TO BE A GREAT GUY."

Talking about a caregiver's loved one in the past tense can really hurt. Family caregivers are caring for the someone that they loved and having the referred to in the past tense make it seem like they're already gone. It can also serve as a reminder that their loved one's disease or condition is progressing. You could instead say something like, "How is your dad doing?"

4

### "GOD DOESN'T GIVE YOU MORE THAT YOU CAN'T HANDLE."

This statement is not encouraging when a caregiver is stressed out, tired and overwhelmed. The caregiver may feel that they can't handle the responsibility of caregiving and being told that it is God's design is not helpful. Perhaps you could instead offer to listen, providing much needed empathy and emotional support.

5

### "IT TAKES A SPECIAL PERSON TO DO THIS JOB."

Again, the interpretation of this greatly depends on the delivery of your statement. You can positively acknowledge a caregivers' special talent for caring, or it can come across as demanding, as if the caregiver is crazy to be spending his or her life caregiving. Consider letting Halmark do the talking and dropping a card in the mail to the caregiver to let them know you care.

6

### "YOU WILL GET YOUR REWARD IN HEAVEN."

Getting through the day maybe all the caregiver can handle. This comment can come across as out of touch and can make the caregiver feel more discouraged. Instead, consider bringing the caregiver a small gift as token of your love and support.

7

### "CALL ME IF YOU NEED ANYTHING."

Caregivers typically have a lot of things to do. Adding calling you will just add more thing to the list. You could instead offer to bring over dinner one day the following week.

8

### "IT IS ALL FOR THE BEST."

In the middle of a caregiving storm, this is not encouraging. When managing the daily chaos and complexities, it is difficult or nealy impossible to see how the storm is for the best for anyone. Instead truly listen, and then say something like, "You are on my mind and in my heart."

9

### "WHAT CAN I DO TO HELP?"

The question can make a caregiver feel like a deer in the headlights. There are probably lots of things that need doing, making that a big, overwhelming question. It is much better to offer specific help. Your time and assistance are an important gift, and it is best to offer a specific way of using them to support the caregiver. The intention is to give the caregiver a choice, but more often than not, the caregiver will be so "in the weeds" and will not end up redeeming your offer to help. Perhaps you could offer to drive their loved on to the doctor or to mow their grass.

10

### "NOTHING."

Caregiving can be very lonely and isolating. It is very difficult to hear nothing from friends and family. Reach out, and ask the caregiver in your life how they are and offer specific ways that you can help.



# February Birthdays

Barb Dudley 2/3  
 Sharon Anderson 2/4  
 Leslie Hamman 2/4  
 John Heft 2/4  
 John Strother 2/4  
 Kim Hermanns 2/4  
 Juanita Griffity 2/5  
 Ed Hornstra 2/5  
 M.S. McBride 2/5  
 Lawrence Nudson 2/5  
 Beverly Waldrop 2/6

Joanne Love 2/7  
 Milan Galey 2/11  
 Matt Michaels 2/13  
 Sharon Weeks 2/14  
 Butch Ewing 2/16  
 Fred Miller 2/16  
 Robert Geesen 2/17  
 John Macanas 2/17  
 George Dudley 2/19  
 Patrick O'Ney 2/19  
 Jana Halverson 2/19

Chuck Grimm 2/20  
 Sue Kanour 2/20  
 John Kennedy 2/20  
 Nicki Baier 2/21  
 Mary Kennedy 2/21  
 Paula Bute 2/22  
 Barbara Kaufman 2/24  
 Mike Chenault 2/25  
 William Hartline 2/25  
 Diane Appel 2/28  
 Winona Lee 2/28

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 G T N B X B J B Z A T K C Z K J R I D T L C R U B A G U F U  
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 R X U Q K P W O S E V U C X B S X O R V L L O C P L X S H Q  
 U S V V K E R G E X P D A T B D D F E A Z A G F O Y Y B X V  
 M B P W D V A N A J E X Y Y N Q G A N G B W R K M A A F C X  
 J I Z G A E T Z C N V P V O H Q K I M Y K R T T A M E N A W  
 X E K M U O L V U O O V Z Q F L I G V Y C E A F T J S O T S  
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BARB  
 SHARON  
 LESLIE  
 JOHN  
 KIM  
 JUANITA  
 ED  
 MS  
 LAWRENCE  
 BEVERLY  
 JOANNE  
 MILAN  
 MATT  
 BUTCH  
 FRED  
 ROBERT  
 GEORGE  
 PATRICK  
 JANA  
 CHUCK  
 SUE  
 NICKI  
 MARY  
 PAULA  
 BARBARA  
 MIKE  
 WILLIAM  
 DIANE  
 WINONA

**NIKISKI SENIOR CENTER**

**ENTRÉE OR SALAD \$7**

**Lunch Menu**



**In The Kitchen With  
Zanetta And Nicole**



**ENTRÉE & SALAD**

**February 2024**

**\$10**

Mon	Tue	Wed	Thu	Fri
			1 Lasagna Garlic Bread Mixed Veggies	2 Meatball Sub Crinkle Fries Green Salad Frozen Dessert
5 Asian Ginger Beef Tips Ancient Grains (Freezer Meal Recipe)	6 Enchilada Pork Taco Black Beans Southwest Egg Rolls	7 Fried Chicken Mashed Potatoes	8 Biscuits & Gravy Eggs Sausage Links	9 Fish And Chips Mixed Veggies Clam Chowder
12 Italian Meatloaf Roasted Potatoes Mixed Veggies (Freezer Meal Recipe)	13 Cheese Ravioli w/ Alfredo & Shrimp Garlic Bread Green Beans	14 Teriyaki Chicken Rice Pilaf Roasted Corn	15 Reindeer Sausage w/ Ancient Grains Mixed Veggies	16 Philly Cheese Steak Fries Green Salad Frozen Dessert
19 <b>CLOSED for President's Day</b>	20 Hawaiian Style Country Ribs Baked Beans Wild Rice	21 Fried Chicken Scalloped Potatoes Mixed Veggies	22 Bacon & Swiss Chicken Sandwich Fries Frozen Dessert	23 Pesto Ranch Chicken Pita Chips Green Salad Frozen Dessert
26 Pork Chops Creamy Mushroom Gravy Mashed Potatoes Mixed Veggies	27 Mongolian Beef Lo-Mein Egg Rolls	28 Adobo Chicken Steamed Rice Mixed Veggie (Freezer Meal Recipe)	29 Lemon Chicken Couscous Broccoli	

**ALL AGES CAN EAT AT THE NIKISKI SENIOR CENTER! Dessert served daily**

**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**

## 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
- **Blood Pressure checks with Nikiski Fire Department every Wednesday**
- Crafts & Coloring Club: **Wednesdays** @ 12:30-3:00 pm
- Pinochle: **Thursdays** @ 12:30-4:00 pm (Looking for experienced players!)
- Bible Study: **Thursdays** @ 1:00-2:00 pm
- **2/10 Bingo**
- **2/14 Valentines Dinner 6:00pm**
- **2/19 CLOSED FOR PRESIDENTS DAY**
- **2/21 NSC Board Meeting @ 1:00**
- **2/24 Fundraiser Bingo**

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

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



PLEASE  
PLACE  
STAMP  
HERE

To: