



**NIKISKI**  
SENIOR CENTER



**DIRECTOR'S MESSAGE**

March was another great month at Nikiski Senior Center! We received a gracious donation of **\$8,000** from a Hilcorp Employee Giving Fund and **\$21,328.93** from Alaska Lotto. For those who are not aware, Alaska Lotto supports Alaska non-profits. Funds we receive from donors, applications, and grants get us closer to building additional senior housing units and continuing to provide the needed and wanted activities and services to our seniors.



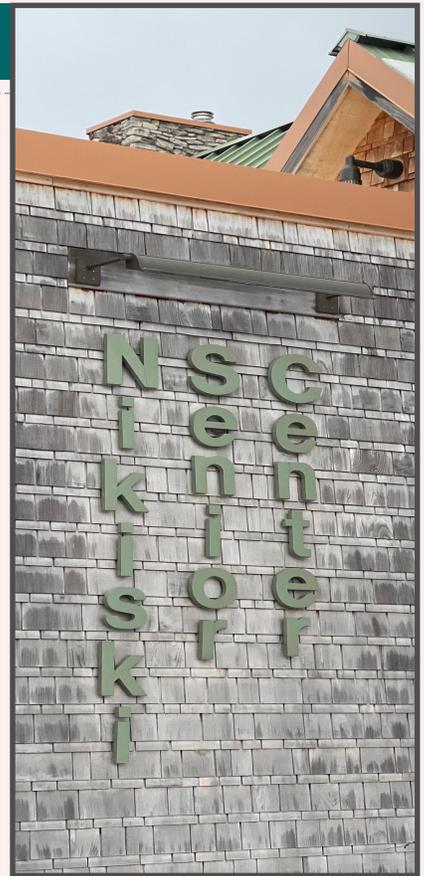
We hosted our FREE Community Easter Meal on March 28, 2024. It was beautiful to see so many faces from the community. Thank you to all who attended!

A shout-out to all of our volunteers! Our volunteer list has grown tremendously over the past two years. We have 41 heartfelt individuals on our volunteer list. Volunteers come to the center to volunteer their time to teach an activity, serve drinks or play music during congregate lunch, help keep the center tidy, serve on our Board of Directors, and more. It would be a strain without the help of these caring and compassionate people. If you see one of your community members volunteering around the center, thank them for their time.

Our website is under construction. Rather than shutting it down during the process, I decided to keep it up so that our newsletter and monthly menu could be accessible. Our Facebook page is your best resource if you have questions about upcoming events.

Slowly but surely, the snow is melting. We are looking forward to the coming summer months. We will provide several field trips this summer and put our Transit Van to good use. If you have a field trip request, please let me know.

*Gasha*



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



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



# Board Meeting

## NSC Board Meetings

@ 1:00 pm

April 24, 2024  
May 22nd, 2024  
June 26th, 2024

## Service Area Board Meetings

@4:00PM

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

**YOUR VOICE  
MATTERS**



Easter Meal was a huge success!  
Thank you to all who attended and  
even More to John for Hoppin' up &  
Hoppin' to! Wednesday was  
Eggs-actly what we Hoped for.



# Rose Gearing up for Quilt Bingo!

**Volunteer  
Of The  
Month**



**Rachel**



**Your time is valuable.  
Thank you for sharing It with us.**



**We celebrated Jeff's and Kelsey's Birthday!**



**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 KPBB, individual donors, and state grants.

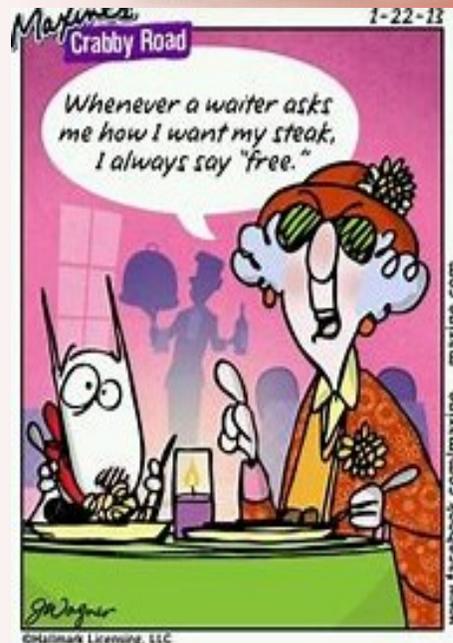
Behold our brand-new streetlight! It illuminates the vicinity and serves as an excellent guide to the center.



John doing what John does. Thank you for always bringing a good attitude!



Bingo was a blast!  
 Congratulations to our winners and thank you all for attending.



**RAFFLE**

**TICKET \$10**

**BEAT THE IRS CASH RAFFLE**

**APRIL, 15 | AT 12:30PM**  
 Drawing is during the lunch hour  
 Need not be present to win

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

NIKISKI SENIOR CENCR

*Is Medicare Sending Out New Cards?*

**NO.**

**MEDICARE IS NOT ISSUING NEW PLASTIC CARDS!**

If you get a call saying you qualify for a new card - **HANG UP!** This is a scammer calling. Do not verify your Medicare number or other personal information.

Have you given out or confirmed your Medicare number over the phone? The Alaska Senior Medicare Patrol can help you protect yourself.

• (907) 269-3680 or 1-800-478-6065  
 • [www.medicare.alaska.gov](http://www.medicare.alaska.gov)

**NOTICE**

**THE NIKISKI SENIOR CENTER BOARD MEETING IS ON APRIL 24TH @ 1:00PM**

**AT THE NIKISKI SENIOR CENTER**

**BIBLE STUDY**

**THURSDAY**

**1:00PM**

**FOR WHERE TWO OR THREE GATHERED IN MY NAME, THERE AM I AMONG THEM.**

**MATTHEW 18:20**



*April*



**Kenai Peninsula Family Caregiver  
Support Groups**

**1-2 pm**

4/2 Tyoktas - open discussion

4/5 Soldotna Senior Center - open discussion

4/16 Kenai Senior Center - Presentation  
with Alzheimer's Association



4/18 Sterling Senior Center - open discussion

4/25 Nikiski Senior Center - open discussion



*Or call us at  
907-776-7654*



Do you know someone who is caring for a senior with Alzheimer's or dementia? It can be challenging to take on such a responsibility. That's why this program is here to help. We understand the needs of the caregiver and want to support them in any way possible. With this program, they can take a break when they need to and feel confident that their loved one is still being taken care of. They can also be supported in many other ways. Dani and Lisa are amazing ladies who care deeply, I highly encourage you to look into this program!

# OATMEAL LEMON BARS

## Crust and topping

- 7 Tablespoons unsalted butter, softened.
- 3/4 Cups packed light brown sugar
- 1 teaspoon pure vanilla extract
- 1 Cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 Cup old-fashioned whole oats

## Lemon Filling

- 1 (14-Oz) can full-fat sweetened condensed milk
- 6 Tablespoons Lemon juice (about 2 Lemons)
- 1 Tablespoon Lemon zest (about 1 Lemon)



## Directions

Preheat oven to 350\* For the crust/ topping: Beat butter and brown sugar together on medium speed with a mixer until combined and then add in vanilla extract beat on high about 30 seconds until combined. Add in the flour, baking powder, salt and oats. Beat on medium speed until combined. mixture will appear dry and be crumbly. you will have between 3-3.5 cups of crust/crumble mixture. Lightly press a little more than half of crumble mixture into bottom of 8 inch square prepared baking pan. Save remaining for topping. Bake 12 minutes. Mean while, whisk sweetened condensed milk,lemon juice, and lemone zest together. mixture will be thick. pour and spread filling over Pre-baked pie crust, sprinkle crumb mixture on top and bake 22-25 minutes.



"Toni's adorable rubber boot centerpieces are a testament to her creativity. She is always coming up with the best ideas when it comes to crafting."



Thank you Aurora Graves for donating this beautiful Quilt! Also to our awesome group of quilters who continue to work hard on our Quilt BINGO & raffle quilts. You won't want to miss out on a chance to snag one for yourself!

**June 22nd**

# REDUCING RESTLESSNESS AND ANXIETY

People with memory loss and confusion may at times be anxious, nervous or restless. This can lead to problem behaviors such as wandering or constant pacing. Here are some practical ideas to help you calm the person and reduce anxiety.



## 1. Check for physical causes.

- ✓ Check for comfort. See if the person needs a snack, something to drink, a sweater or to use the toilet.
- ✓ Check for pain, illness or constipation.
- ✓ Avoid caffeine. Caffeine is in coffee, teas, sodas and chocolate.



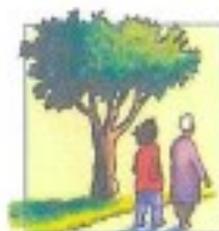
## 2. Keep activities simple.

- ✓ Before giving directions for an activity, get the person's attention.
- ✓ Modify tasks to fit abilities. A person who used to garden may still be able to rake leaves.
- ✓ Break down activities into simple steps. For example, if the person is helping with laundry, have him or her sort the clothes first and then fold them.



## 3. Establish routines.

- ✓ Do the same things, such as bathing, eating or exercise, at the same time each day.
- ✓ Choose the most relaxed time of day for difficult activities.



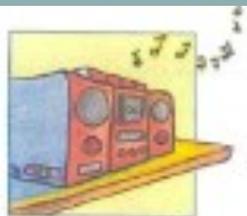
## 4. Plan daily activities.

- ✓ Plan physical activity every day. Try taking a walk together each afternoon.
- ✓ Involve the person in ordinary household tasks. Many people are able to wash vegetables, fold laundry, sweep or dust.



## 5. Offer distractions.

- ✓ Offer the person a favorite food or beverage.
- ✓ Distract the person by starting a conversation. Begin a new activity. Offer to take him or her for a walk.
- ✓ Give the person something to play with such as a small ball or a stuffed animal.



## 6. Create a calm environment.

- ✓ Remove clutter and extra furniture.
- ✓ Turn down the TV. Play soft music.
- ✓ Limit the number of people or activities around the person.
- ✓ Offer only a few choices of food, clothing or activities.
- ✓ Try soothing activities like gentle massage or brushing the person's hair.



## 7. Look for early signs.

- ✓ Watch for early signs of frustration in activities such as bathing, dressing, or eating. Respond with a calm tone.
- ✓ If an activity is causing anxiety, take a break and come back to it later.
- ✓ Remember to give yourself a break too. If you are tired, frustrated or angry, the person may react to your mood.



## 8. Give reassurance.

- ✓ Offer affection and comfort. For example, tell the person that you care for him or her.
- ✓ Give nonverbal signs. Try holding his or her hand or giving the person a hug.
- ✓ Experiment with soothing objects such as a stuffed animal or soft blanket.
- ✓ Having a dog or cat nearby soothes many people.



## 9. Communicate calmly and clearly.

- ✓ Use a relaxed voice.
- ✓ Speak in clear, short sentences.
- ✓ For example, say, "Please sit down" or "Pick up your fork."
- ✓ Approach the person from the front if he or she is startled by your voice.
- ✓ Allow time for the person to respond.
- ✓ Use repetition and frequent reminders.
- ✓ If the person is anxious about time, try a simple schedule showing the day's activities.



## 10. Talk to a doctor.

- ✓ Ask a doctor if any medical conditions could be causing anxiety or restlessness.
- ✓ Find out about medications too. Some medications can cause restlessness. Others may help reduce anxiety.

# April Birthdays

Debra Brown 4/1

Peggy Emond 4/1

Jack Porter 4/1

Paula Maier 4/2

Jawanda Sterling 4/2

Sue Tauriainen 4/2

John Avram 4/3

Lavona Smith 4/3

Michael Dunlap 4/4

Michael Mulchaey 4/4

Deanna Beauchamp 4/5

Annette O'Connell 4/5

Jeff Poffenbargar 4/6

David Sullins 4/6

Carol Ernst 4/7

Lois Solmonson 4/7

Michael DenBoer 4/8

Glenn Tauriainen 4/8

Tina O'Ney 4/9

Richard Walker 4/10

Morey Denton 4/10

Victoria Pate 4/13

Alice Uhlin 4/13

Venetia Nortrup 4/14

Bill Kanour 4/15

Don Bakk 4/16

Vincent Strahmann 4/16

Nancy Whiting 4/16

Robert Ricks 4/17

Rosi Johnson 4/22

Steve Brigham 4/23

Mike Taylor 4/23

Katerina Grimaldi 4/23

Richard Johnson 4/24

Jesse Lobdell 4/24

Leroy Rotgers 4/24

Anne Sivertson 4/26

Ray Southwell 4/28

Claudia Jackman 4/28

Edith Berg 4/29

Myrna Dyer 4/29

Dale Schmol 4/30

O T I C G J E Z R F J Y P J D F Y E J E I P L T L  
 S H O W E R S J T F R P H R A N T L Y T R H V T G  
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 G J A F I V V V R T H T O F F R U R V B R T L A Q  
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BUTTERFLY  
 SPRING  
 APRIL  
 FRANK  
 FLOWERS  
 BLOSSOM  
 BREAKUP  
 SUNSHINE  
 SHOWERS  
 RAINBOW  
 LADYBUG  
 BASEBALL  
 CLEANING  
 UMBRELLA  
 THAW  
 EQUINOX  
 PLANTING  
 GROWING  
 NEST  
 BONNET  
 XTRATUFS  
 DAFFODIL  
 TULIP  
 DAISY

# NIKISKI SENIOR CENTER

## Lunch Menu

April 2024



ENTREE OR SALAD \$7

ENTRÉE & SALAD \$10

Mon	Tue	Wed	Thu	Fri
1 Pork Chops Mashed Potatoes w/ Gravy Steamed Broccoli	2 Tacos Spanish Rice Refried Beans	3 Fried Chicken Scalloped Potatoes Baked Beans	4 Beef Stroganoff Egg Noodles Mixed Veggies Clam Chowder	5 Chili Dogs W/ Fries Frozen Dessert
8 Ham Steaks Scrambled Eggs Hashbrowns	9 Hamburger Steak W/ Mushrooms & Onions Mashed Potatoes	10 Chicken Alfredo Garlic Bread Mixed Veggies	11 Sesame Pork Stir-Fry Steamed Rice Peppers & Broccoli	12 Crispy Chicken Cordon Bleu Sandwich Frozen Dessert
15 Chicken Mushroom Pesto Stromboli Baked Pasta Mixed Veggies	16 Asian Style Sesame Meatballs Steamed Rice Mixed Veggies	17 Fried Chicken Mashed Potatoes Mixed Veggies	18 Shrimp Scampi Pasta Mixed Veggies Clam Chowder	19 French Dips Onion Rings Frozen Dessert
22 Spaghetti Carbonara Garlic Bread Peas	23 Pot Roast Mashed Potatoes Mixed Veggies	24 BBQ Chicken Thighs Baked Beans Mixed Veggies  <b>BOARD MEETING</b>	25 Pork Roast Roasted Potatoes & Carrots  Chefs Special Soup	26 <b>CLOSED</b>
29 Garlic Honey Chicken Lo-Mein	30 Creamy Tuscan Shrimp Penne Pasta			

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

Salad Bar opens at 11:30 am & Entrée is served at 12 pm

No Salad Bar on Friday

## 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**
- **4/5 Tax Preparation**
- **4/11 Movie Night**
- **4/15 Beat The IRS Raffle**
- **4/17 NMHS Band Presentation**
- **4/24 NSC BOARD MEETTING 1:00pm**
- **4/24 NNSA BOARD & BUDGET MEETING @ 4:00**
- **4/25 Movie Night**
- **4/27 BINGO**

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

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



PLEASE  
PLACE  
STAMP  
HERE

To: