



DIRECTOR'S MESSAGE

Hello! June is here, and our winter snowbirds have returned. We've been busy helping Nikiski Elementary and Middle High School finish the school year. We provided food trays for teacher appreciation and goodie bags for all bus drivers. We also awarded scholarships to 13 students.



The seniors and community members had a great time at our first senior dance, where they learned line dancing. Our Sewing Group went to Homer for a Quilt Show, which inspired them for their own show. Our Community Clean-up event and BBQ was a success, thanks to the generous support from North Kenai Community Club and Peterkin Distributors.

We're excited to introduce Pam Nelson as our new Financial Clerk. Pam will job share with Sue, allowing Sue to focus on more important job duties, save money for the center, and spend more time with her family. We've also brought on board two high school students. Kyler will take on the Assistant Cook position, and Zanetta will provide mentorship. Taylor will work on administration projects, such as entering membership data. With Taylor's help, we will be able to maintain accurate and up-to-date membership records. The compiled data will provide membership statistics that help us understand the population we serve and assist with additional opportunities for grant funding.

Gasha



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



Board Meeting

NSC Board Meetings

NSC Board meetings for
June & July deferred to
August 2024

Service Area Board Meetings

@4:00PM

July 24th, 2024
October 23rd, 2024

YOUR VOICE
MATTERS



Community Clean Up 2024

Spring has sprung and the community has yet again pulled together and helped clean up our beautiful town. Even though the snow came back the day of the BBQ we didn't let that stop us from celebrating everyone who participated. Same time next year!



Senior Round Up



Look at Lisa having a ball

A night of dancing and mingling is always a good way start to the summer! We will defiantly be hosting another dance soon!



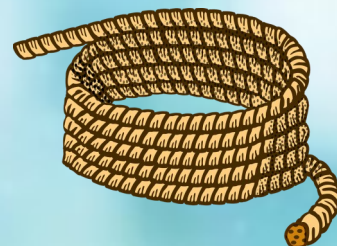
Rose has got the moves



Here Milan is showing us his line dancing skills



Toni Proud of all her crafty work





**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.



We had a great time celebrating Dani's birthday last month! Dani is such a sweet soul and brings light to all of us and the center. Here's to another amazing year, Dani!



S'MORES COOKIE BARS

1/2 cup unsalted butter, softened
3/4 Cup packed light brown sugar
1 large egg
1 teaspoon pure vanilla extract
1 cup all-purpose flour
1 cup graham cracker crumbs
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup semi-sweet chocolate chips
1 heaping cup marshmallow creme



DIRECTIONS

Preheat the oven to 350 degrees and prepare for a baking fiesta!

In one bowl, blend butter and brown sugar until they're best buds. Add in the egg and vanilla, mix away, don't worry if it looks a bit funky.

In another bowl, combine flour, graham cracker crumbs, baking powder, and salt, then mix it all up with the wet team.

Now, press most of the graham goodness into a pan, layer on the marshmallow fluff and chocolate chips, then top it off with the rest of the cookie dough.

Pop it in the oven for 25-30 minutes and get ready to be wowed by your gooey, golden creation!

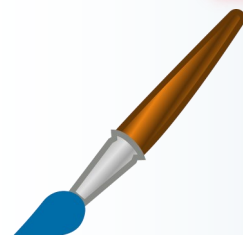
-ENJOY!

Rebecca from Silly Goose Creative Co. hosted a paint and sip night at the center, and she was absolutely fantastic. She was very kind, incredibly skilled, and a great teacher. We will definitely be scheduling another event in the future.



Such a fun group of Ladies.

Members Portia & Jane with their adorable boots!





Dani and Lisa from our caregiver support program has just received some new equipment for our caregivers and their loved ones.

If you haven't already checked out our program, I strongly encourage you to do so. These two women have been working diligently to help everyone in need and accommodate where they can.



NIKISKI SENIOR CENTER

Quilt Raffle

DRAWING WILL BE JUNE 22ND

- SIZE: 84 X 109
- NAME: POSTAGE STAMP
- PRICE: \$20 A TICKET MAX 500 TICKETS

TRANSPORTATION

All Transportation

- Requires 24 hour notice
- Must be 55+



Transportation Punch Cards are available for \$50



Free Rides to/from NSC!

We are now offering Free roundtrip transportation to the Nikiski Senior Center for lunch and activities offered M-F during normal business hours!

Boundaries are South Miller to Captain Cook

Other One-Way Transportation Fees

- Nikiski - Nikiski... 1 punch (\$5)
- Nikiski - Kenai... 2 punches (\$10)
- Nikiski - K-Beach... 3 punches (\$15)
- Nikiski - Soldotna... 4 punches (\$20)
- Extra Stop(s)... 1 punch each (\$5)

RATE INCREASE - Due to the price of fuel, we unfortunately have no choice but to raise our transportation fees.

Call 907.776.7654 for more information

VOLUNTEERS NEEDED

Serve your seniors and community in a new way! Nikiski Senior Center is looking for kind and caring volunteers at the drink station during the lunch hour. Free lunch is included for the volunteer.

Excited for you to join our team!



Need to complete service hours for a high school class?



Don't forget our Quilt Bingo event is June 22nd. We have tickets available for \$50 apiece, but hurry we are only selling 120 tickets. Our sewing group has been very productive, making over 30 quilts this year, and they're still working hard on making more. These quilts are being made to raise funds for the senior housing expansion.



NIKISKI SENIOR CENTER



QUILT BINGO FUNDRAISER

WHAT: FUNDRAISER- A CHANCE TO WIN QUILTS

WHERE: NIKISKI SENIOR CENTER

WHEN: SATURDAY, JUNE 22ND 2024

TIME: FROM 4:00PM - 8:00PM

PRICE: \$50 - INCLUDES 1 BINGO PACKET & DINNER

BINGO!

join us for a fun night of quilt bingo & Mexican dinner! food, dessert, & beverages. Door prizes & fun Guaranteed!



KPFCSP SUPPORT GROUPS

For More Information
Call Dani or Lisa
907-776-7654



6/6 Tyotkas 10:30 - 11:30 am

6/7 Soldotna Sr Center 1-2 pm

6/13 Homer Sr Center 2-3:30 pm

6/18 Kenai Sr Center 1-2 pm

6/20 Sterling Sr Center 1-2 pm

6/27 Nikiski Sr Center 1-2 pm

MEET
LOUISE HEITE,
SPEECH
PATHOLOGIST
FOR POST-STROKE
AND APHASIA
INFORMATION
& SUPPORT
6/18/24

MEET
CINDY HARRIS,
ALZHEIMER'S
ASSOCIATION
FOR "EFFECTIVE
COMMUNICATION"
WORKSHOP
WITH DEMENTIA
6/27/24

June





Caregiver Guard Rail Safety Tips

Bathroom safety is paramount for safety, as most accidents and falls happen in the home. Here are five tips for grab bar placement to improve the safety of your home.

Grab Bar Height

There is no standard height requirement for residential installation of grab bars, and everyone's needs are different. As a rule of thumb, in ADA-compliant bathrooms, grab bars are installed 33-inches to 36-inches off the finished floor.

Grab Bar Length

Grab bars should cover as much of the shower wall as possible.

If you have a large shower, have a bar for each wall to ensure safety.

Attach the Grab Bar to Studs

Your grab bars will be rock-solid if you anchor them to studs. Find the studs near your proposed grab bar location using a stud sensor.

Test Strength of the Grab Bar

You're not done until you yank-test. Give the bars a good solid yank to test their holding power. With a helper standing by in case the bar comes loose, pull with all your strength. Now's the time to make sure the bar will hold up when it's really needed.

Proper Grab Bar Placement

Even a solidly anchored grab bar is useless if it's in the wrong place. What location is best depends on the situation. If you're installing the bars for a person with a disability or injury, have this person help you decide which location will be most helpful. A physical therapist or occupational therapist may also help with this decision.

Outside of the Shower or Tub

- Having a small grab bar placed vertically outside of the shower or tub entry is great for assistance stepping to and from a wet surface.

Tub Deck

- Soaking tubs are all the rage in bathroom design. However, trouble can come quickly if someone is unable to exit the tub. Install a grab bar on the wall behind the tub and/or a small grab bar on the tub deck. Be sure the grab bar is in a place where a foot cannot trip on it while entering or exiting a tub.

Towel Bars with Strength

- Let's face it, when you are about to fall, you'll grab on to anything close by, including a towel bar. Additionally, providing grab bars does not automatically lead to behavior change. Often a senior has developed the habit of grabbing the towel bar and may continue to do so even after the installation of a grab bar. Why not make towel bars safer by replacing them with grab bars?

Toilet Paper Holder

- For those who have a hard time getting up from a seated position, there are some grab bars that also function as a toilet paper holder. This combination offers the convenience of a built in toilet paper holder while still maintaining its strength of supporting 250 pounds of force.

June Birthdays

Rick Roeske 6/1	Betty Lee 6/12	Conrad Jackson 6/23
Chuck Swenor 6/1	Harry Eaton 6/14	Shorty Thornton 6/24
Bill Idleman 6/2	Robert Summers 6/14	Ken Lee 6/25
Erich Deland 6/7	Julie Ware 6/15	Dale Bakk 6/26
Jim Graige 6/7	Bernie Rowden 6/16	Terry Aisenbrey 6/26
Dorothy Gray 6/7	Debi Warkentin 6/16	Louise Tulin 6/27
Joe Ross 6/8	Loreta Harrison 6/18	Cindy Felton 6/28
Brian Cardott 6/9	Tanna Chenault 6/19	
Jim Allemann 6/12	Gus Flensburg 6/20	
Marie Heft 6/12	Roger Long 6/21	

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

FATHERSDAY
FLAGDAY
JUNETEENTH
SOLSTICE
MIDNIGHTSUN
BASEBALL
SUNSHINE
CAMPING
VACATION
GRADUATION
SUMMER
OLDGLORY
WEDDINGS
MOSQUITO
BEACH
LEMONADE
HEAT
LONGESTDAY
GARDENING
BARBECUE
DDAY
PENTAGONPAPERS

NIKISKI SENIOR CENTER**Lunch Menu****June 2024**

**In the Kitchen
With Zanetta**

ENTREE OR SALAD \$7**ENTRÉE & SALAD \$10**

Mon	Tue	Wed	Thu	Fri
3 Pork Medallions Mushroom Gravy & Veggies	4 Beef Tacos Refried Beans Spanish Rice Southwest Egg Rolls	5 Fried Chicken Roasted Potatoes Baked Beans	6 Reindeer Sausage Ancient Grain & Veggies	7 Frito Pie Jo-Jo's Frozen Dessert
10 Lemon Chicken Couscous & Veggies	11 Seafood Cheese Ravioli & Veggies	12 Fried Chicken Scalloped Potatoes & Veggies	13 Beef Stew Homemade Rolls Clam Chowder	14 Chili Dogs Chips Frozen Dessert
17 Apple Cinnamon Pancakes Scrambled Eggs Bacon	18 Pork Tenderloin Roasted Potatoes & Veggies	19 Fried Chicken Mashed Potatoes & Veggies	20 Spaghetti Bread Sticks & Veggies	21 Grilled Chicken Sandwich French Fries Frozen Dessert
24 Sesame Chicken Lo-Mein Egg Rolls Veggies	25 Meatballs Mashed Potatoes Gravy Veggies	26 Fried Chicken Roasted Potatoes Baked Beans Veggies	27 Amish Beef Noodles Veggies Clam Chowder	28 Tuna Melt Onion Rings Frozen 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****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: **Wednesdays** by Nikiski Fire Dept., when available
- 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**
- **6/14 Flag Ceremony 12pm**
- **6/15 Fun In The Midnight Sun at Nikiski Rec Center**
- **6/22 Quilt Bingo NSC @ 4:00pm**
- **6/27 Alzheimer's presentation 1-2pm**

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

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



PLEASE
PLACE
STAMP
HERE

To: