



NIKISKI
SENIOR CENTER



DIRECTOR'S MESSAGE

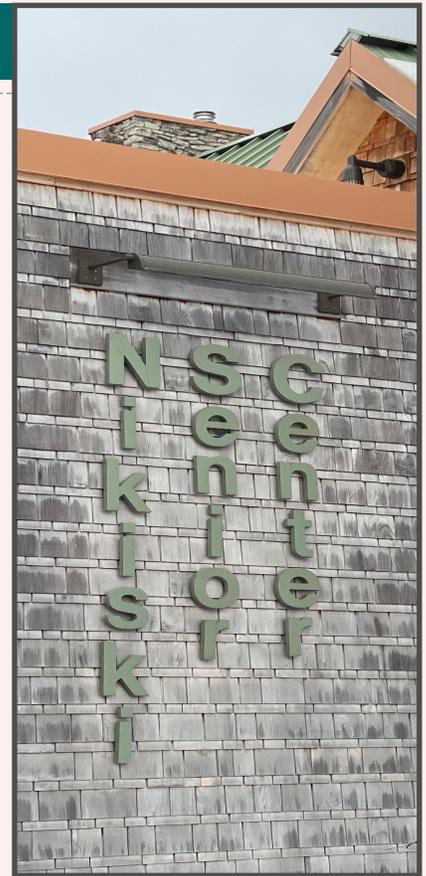
April was full of learning opportunities. John and I attended the four-day-long Alaska Housing Symposium. We learned what is happening around our great state to address the housing crisis. We spoke directly to Senator Murkowski, advocating for senior housing among the other crisis housing situations. On the last day, we attended the Grant Forum and had discussions with several organizations on how they could assist with our efforts. Ultimately, it was apparent that we are all facing a competitive grant year; bundling grants is essential, and making connections to potential partners is necessary.

The Nikiski Senior Center: Thelma McConnell Scholarship Committee met this past month and selected 13 Nikiski students to receive scholarships this year.

Thelma was a business woman in Nikiski who cared for the “kids of Nikiski”. Starting with the littlest one, by organizing “Kiddies Day” to celebrate the children on Father’s Day each year; and mentoring students at Nikiski High School. Her children started a scholarship trust in her name in 1993 at her passing. For eleven years the Nikiski Senior Center has held a Fall Fundraiser in honor of that trust. The kids of Nikiski continue to benefit.

Lastly, we are gearing up for our annual Nikiski Community Clean-up, which will be held May 1st–8th. On May 9th, there will be a FREE Community BBQ and prizes. This year the North Kenai Community Club and Peterkin Distributors helped support this community event.

Gasha



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

May 22nd, 2024

Service Area Board Meetings

@4:00PM

July 24th, 2024

October 23rd, 2024

Meetings

YOUR VOICE MATTERS



Our Beautiful Sue shared her birthday with us on April 2nd. Here is to another great year Sue!



Happy Birthday

Sasha and Zanetta attended the Sysco Food Show. By the end, their bellies were full. Zanetta is excited to try some new food items in the salad bar and at lunch.

At the heart of food and service



John and Lisa gaining nothing but knowledge at the Full Lives Conference. Helping better our caregiver support program and all our caregivers.



John and Sasha learning all they can at the Alaska Infrastructure Development Symposium. They took big strides in making important connections to expand and develop our future housing units.



The three amigos enjoying their last day together in the kitchen. We will miss having Nicole and Bill around, but they promise to not be strangers.

You Will Be Missed



**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.



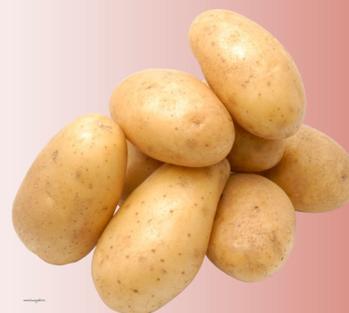
Congratulations to our \$500 winner, Pauline! Michael and Gerald were our 2nd and 3rd place winners of our “Beat the IRS” cash raffle.



We extend our gratitude to Ben and Julie at 4T% Ranch for their generous donation.

Dana Armstrong, thank you for reaching out to Toni, our Arts and Crafts Coordinator, and providing us with 240 pounds of potatoes.

This contribution will effectively supply many of our seniors!



NOTICE

**THE NIKISKI SENIOR CENTER
BOARD MEETING
IS ON MAY 22ND @ 1:00PM**

AT THE NIKISKI SENIOR CENTER

Paint & Sip Workshop

WORKSHOP LED BY SILLY GOOSE CREATIVE CO.

TUESDAY MAY 21 ST @ 6 PM

NIKISKI SENIOR CENTER

MEMBERS \$15 NON-MEMBERS \$25

PLEASE RSVP BY MAY 17TH (776-7654)

SNACKS AND NON-ALCOHOLIC BEVERAGES PROVIDED

BRING YOUR OWN ALCOHOL DRINKS



Nail Care Clinic May 3rd



**Sign up at the front desk or call to make
an appointment.**

MUSIC WITH ROSE & RAY & FRIENDS



**LOOKING FOR
BASS PLAYER
PERCUSSIONIST
&
SINGERS**

CALL ROSE @ 907-776-8916

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

Potluck Bring your favorite dish

Saturday May 11th
3:00 - 6:00 pm
Doors Open @ 2:00



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+



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

Transportation Punch Cards are available for \$50



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

OVEN BAKED RICE

Prep Time: 10 mins
Cook Time: 25 mins
Total Time: 35 mins

Ingredients

1 Cup Jasmine Rice
2 1/4 Cups Water
1/4 Cup Butter
1 teaspoon salt
1 teaspoon white vinegar



Directions

- Step 1** Preheat the oven to 325 degrees. Grease a 2 1/2 quart baking dish.
- Step 2** Pour rice into prepared baking dish.
- Step 3** Stir water, butter, salt and vinegar in a saucepan over medium heat. Bring to a rolling boil, then pour over rice; stir to combine.
- Step 4** Bake in the preheated oven until water is absorbed and rice is tender, 20 to 25 minutes.

Nikiski Senior Center
Presents

Senior Round Up Dance

May 17 th
6:30-8:30pm

\$5 Cover Fee
Snacks and Drinks Provided
Lessons Will Be Included



We are
Hiring!

Assistant Cook



Pay: Depends on experience; no less than \$16/hr

Benefits: 12 days' vacation pay after 90-day probation completed

Hours: Monday through Friday 7 am - 2 pm

Work Location: Nikiski Senior Center

The Assistant Cook works with the Head Cook and Nutritionist to prepare meals for daily delivery to seniors in the Nikiski Community. All meals meet MOW guidelines and nutrition requirements. Additional responsibilities include: Salad Bar preparation and serving for daily congregate meals, occasional caterings, and fundraiser events at Nikiski Senior Center. Pastry and baking experience a plus.

Food Workers card required and paid for upon hire. CPR certification required and training provided through NSC. You must be able to pass a State of Alaska background check.

Please email or fax resume to: sasha@nikiskiseniorcenter.org
OR Fax 907.776.7632

Are you passionate about food? Do you find joy in preparing meals for others? Is the kitchen your favorite room in the house?

Then you are a perfect candidate!



Sign up at **Nikiski Senior Center** starting May 1st!
Garbage bags, gloves, pick up sticks, & t-shirts will be distributed while supplies last.

FREE Community BBQ & Prizes May 9th to celebrate our clean community.

May 1st through 8th

50025 Lake Marie Ave.

Kenai Peninsula Family Caregiver Support Groups

Hello May

Groups meet
1-2pm

Friday, 5/3/24 Soldotna Senior Center

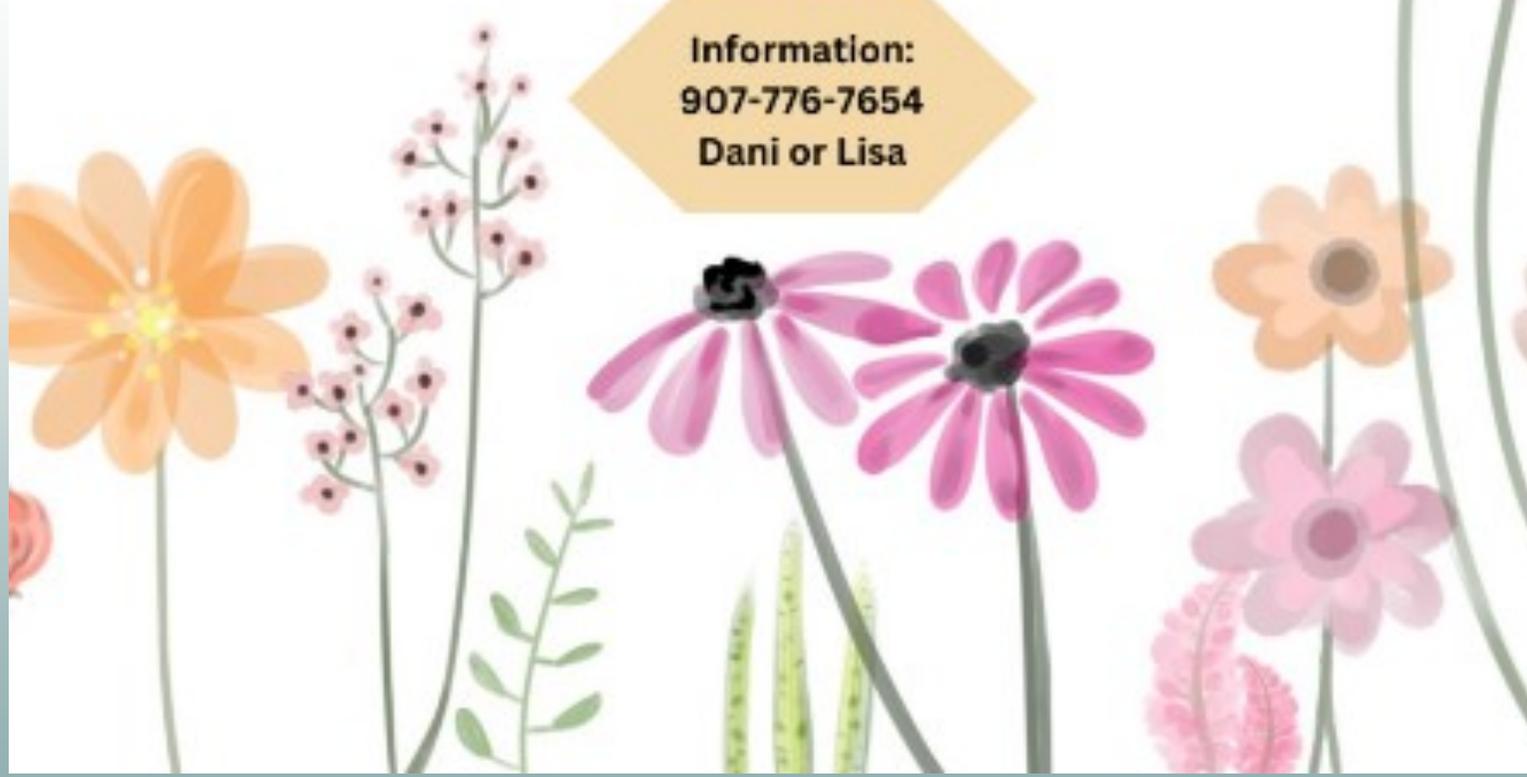
*Guest Speakers: Janice Nightingale and Jared Askam
Hospice of the Central Peninsula*

Tuesday, 5/14/24 Kenai Senior Center
Open Discussion

Thursday, 5/16/24 Sterling Senior Center
Open Discussion

Thursday, 5/23/24 Nikiski Senior Center
Open Discussion

**Information:
907-776-7654
Dani or Lisa**



Doctor Visits A Checklist for Caregivers

Visiting the doctor with the person you care for may be an important part of your role as caregiver. Planning ahead can mean better care for the patient and less stress for you. Use this checklist to help you prepare.



When should you take someone to see a doctor?

- For regularly scheduled appointments.
- If there are changes in the person's health, bodily functions or behavior.
- If the person is not responding to medication or is experiencing negative side effects from medication.
- For injuries or sudden illnesses.



How can you prepare for the appointment?

- Help the person track symptoms.
- Notice changes in eating habits, alcohol use, bodily functions, moods and weight gain or loss
- Assist in writing a list of questions for the doctor. Prioritize questions. The doctor may not have time to answer all questions in one visit.
- Schedule the appointment for the person's best time of day.
- Call to confirm the appointment.

If the person needs assistance...

- Go in with the patient, if possible
- Ask the doctor to clarify anything that may be confusing.
- Ask about any side effects that might occur due to any new treatments or changes in medications.
- Ask what you should do if there are complications.
- Note important details about the condition, treatment plan and options. Or, ask if you can tape-record the session.

When should you talk to the doctor yourself?

- If the person is too ill, or suffers from memory loss or dementia.
- If you have questions about the treatment plan or follow-up options.
- When you want to know what changes to expect in the person's condition.
- If you have concerns about your own health, be sure to set up a separate appointment.

What should you do after the visit?

- Review your notes.
- Discuss the visit with the person being cared for.
- Ask the person if he or she has any additional questions.
- Review prescriptions for any new medications.
- Put the next appointment on the calendar.
- Call for any test results.
- Ask the office staff to schedule appointments with specialists if needed.
- Do something nice for yourself. Taking care of the caregiver is important too!

May Birthdays

Angelo Leighton 5/6

Patrick Clark 5/11

Chuck Hanley 5/12

Patty Herrick 5/12

Yenti Vergin 5/12

Dani Keschull 5/14

Roy Stuart 5/15

Lama Ibarra-Torres 5/17

Bill Gribbins 5/18

Mary Jean Ivy 5/19

Beverly Hornstra 5/19

Sondra Starnes 5/19

Pat Newman 5/20

Kristi Nash 5/20

Joyce Cox 5/21

Joe Stanford 5/21

Mike Newcomb 5/22

Mary King 5/23

Dan Williams 5/24

Genita Thirlwell 5/24

Milton Bristow 5/25

Jeannette Phillips

Elaine Bakk 5/25

Keith Karsten 5/26

Sylvia Kincade 5/29

Jennie Porter 5/29

Rocky Knudsen 5/30

Hayward Wik 5/30

Janet Rowe 5/30

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

MOTHER
LILIES
BLOOMING
CHERRYBLOSSOM
HONEYBEE
INSECTS
FLOWERS
SEASON
SUNSHINE
GARDEN
GRASS
DAFFODIL
FORGETMENOT
LADYBUG
PRIMROSE
AGNOLIA
TULIP
SPRING
BOUQUET
MEMORIALDAY
CINCODEMAYO
DERBY
BASEBALL

NIKISKI SENIOR CENTER

Lunch Menu

May 2024

**In the Kitchen
With Zanetta**

ENTREE OR SALAD \$7

ENTRÉE & SALAD \$10

Mon	Tue	Wed	Thu	Fri
		1 Fried Chicken Scalloped Potatoes Mixed Veggies	2 Pork Tacos Spanish Rice Refried Beans Egg Rolls	3 Patty Melt & Onion Rings Frozen Dessert
	6 Eggplant Parmesan Garlic Bread Mixed Veggie	7 Biscuits & Gravy Scrambled eggs Hash Browns	8 Fried Chicken Mashed Potatoes Mixed Veggie	9 Cheese Burgers Hot Dogs & Chips
13 Shrimp Alfredo Bread Sticks Mixed Veggies	14 Meatloaf Mashed Potatoes Mixed Veggies	15 Fried Chicken Scalloped Potatoes Mixed Veggies	16 Teriyaki Steak Tips Steamed Rice Mixed Veggies	17 Adult Grilled Cheese (Pesto & Tomato) Tomato Soup Frozen Dessert
20 Chicken Fajitas Spanish Rice Refried Beans	21 Pizza Italian Pasta Bake Roasted Brussel Sprouts	22 Fried Chicken Mashed Potatoes Mixed Veggies	23 Beef & Broccoli Fried Rice Egg Rolls	24 BBQ Pulled Pork Sandwich Chips Frozen Dessert
CLOSED	28 Pork Ribs Baked Beans Mac & Cheese	29 Fried Chicken Scalloped potatoes Mixed Veggies	30 Beer battered Cod & French Fries	31 Tuna Melt & Curly Fries 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
- **5/2 Momma Mia Sneak Peek**
- **5/9 Community clean up BBQ**
- **5/15 PCHS Visit**
- **5/18 Nikiski Community Health Fair**
- **5/22 NSC Board Meeting 1:00pm**
- **5/23 Cervical Myelopathy Presentation by Dr. Adams 11:00am**
- **5/27 CLOSED FOR MEMORIAL DAY**

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

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



PLEASE
PLACE
STAMP
HERE

To: