



## President's Corner & Director's Message

### PRESIDENT'S CORNER

Hi all,

As Alaskans, we're all eagerly watching the fireweed bloom get closer to its end, a bittersweet reminder that summer is almost over. But hey, let's not dwell on the negative! We've had an amazing summer, filled with sunny days and warm weather. Let's make the most of the remaining days and enjoy the rest of summer.

I've noticed a lot of new faces and even some seniors I haven't seen in a while at the Center. That's fantastic news! Our staff is working hard to create a welcoming and enjoyable environment where seniors can connect and have fun together. Please look at the Center's monthly calendar of events and see if there are activities you might enjoy. Then, come join us! If you have ideas for other activities that our members might enjoy, please share them with our staff.

We are making an exciting change to our kitchen staff. Bridget Lander is moving from her position at the front desk to be Jonathan's assistant cook. Bridget has extensive kitchen experience and will help Jonathan make our lunches even more fabulous. Welcome Bridget!

Our mission at the Center is to help make the quality of life for our seniors the best it can be. Always feel free to let me know how the Center is doing in that regard.

All the very best,

Wayne Ogle

### DIRECTOR'S MESSAGE

Hello there! As we bid farewell to summer, we reflect on a bustling season filled with wedding rentals, exciting activities, field trips, and memorable events. Our sewing group recently made quite an impact at the Kenai Peninsula State Fair in Ninilchik, where we sold over \$1,000 in raffle tickets for the Wilderness Quilt – that's impressive work! See page 7 for even more achievements at the Fair by our local artists.

As we transition into Fall, we're preparing for a series of events in the coming months, including Quilt Bingo, Trick or Treat Alley, Veterans Day celebrations, and our community feasts for Thanksgiving and Christmas. We invite you to participate in any activities that catch your interest. As a quick reminder, our major annual fundraiser has been rescheduled to late spring, and we'll be sharing more details soon. Stay tuned!

~ John Walker



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 Meeting

9/24/2025

@ 1:00 pm

*If you are interested in what the Center is doing, please join us at the monthly Board of Directors meeting.*



*Read 20 minutes a day and you'll read 1,800,000 words per year.*

*An average American college graduate reads only five books in their lifetime after graduation.*

## SENIOR and DISABILITIES SERVICES (SDS) State of Alaska Waiver Steps



### 1. Aging and Disability Resource Centers (ADRC) and Developmental Disabilities Resource Connection (DDRC)

**Aging and Disability Resource Center (ADRC)**  
**Developmental Disability Resource Center (DDRC)**  
**and Care Coordinator**

**MEDICAL DOCTOR**  
Finds out what your physical disability is. A physical disability affects how your body can do everyday things.

**CARE COORDINATOR**  
You will get a list of Care Coordinators. You can choose a care coordinator from the list.

Alaska's ADRCs connect seniors, people with disabilities, and caregivers with long-term services and supports of their choice.

The DDRC program assists individuals with intellectual and developmental disabilities and their families with accessing supports and services. The DDRC Program is the point of entry for accessing State of Alaska developmental disabilities waivers and other services.

### 2. Apply with Division of Public Assistance (DPA)

**Apply for Medicaid With Division of Public Assistance To Get Medicaid Approved**

**MEDICAID APPLICATION**  
Fill out the application with the Division of Public Assistance. It asks about money you get, and your disability. Fill it out all the way and sign it.

**DIVISION OF PUBLIC ASSISTANCE**  
A caseworker will help you after you turn in your application. They may ask you for more facts. You may apply for other benefits too.

To get a Waiver, you must have Medicaid. Medicaid pays for medical care. It also pays for Waiver care.

### 3. Applying for your child

**CARE COORDINATOR**  
A Care Coordinator can help you apply for Medicaid for just your child. The program is called TEFRA, Tax Equity and Fiscal Responsibility Act of 1982.

An assessor from SDS will ask 3 people who know your child well to explain how your child understands and does everyday things. The assessor may visit in person or online.

If your child has a disability and your family has too much money for Medicaid, you may still get Medicaid for just your child.

### 3A. Get a diagnosis

**DIAGNOSIS**  
A professional tells you the name of your disability and what it means.

**MEDICAL DOCTOR**  
Finds out what your physical disability is. A physical disability affects how your body can do everyday things.

**DEVELOPMENTAL PROFESSIONAL**  
Finds out what your developmental disability is. A developmental disability happens before you turn 22 years old and affects how you understand everyday things.

To get a Waiver, you must need the same kind of help as people who live in a nursing home or an institution. Because of Waiver rules, if you already have a diagnosis, you may need to get another one before you apply for a Waiver. If you DO NOT have a developmental disability, go to Step 4.

### 3B. Getting on the Wait List

**DEVELOPMENTAL DISABILITY ONLY**  
Apply to Registry wait list with DDRC. Wait to be picked from list.

**THE WAIT LIST**  
If you have a developmental disability, your name will be placed on a Registry also called the wait list. Wait time can be a few months to a year or more.

**REGISTRY LETTER**  
You will get a Registry letter from SDS saying if you are on the Developmental Registry wait list. The letter may also tell you if you need to apply again later. Registry letter is NOT your Waiver.

### 4. Receiving Approval Letter

**GET MEDICAID APPROVAL LETTER**

**MEDICAID APPROVAL LETTER**  
After you apply for Medicaid, you will get a letter saying you are approved, or you are not and the reasons why. Keep this letter. You must be approved for Medicaid to get a Waiver.

Medicaid approval letter tells if Medicaid will pay for your or your child's medical needs. Medicaid approval letter is NOT your Waiver.

### 4A. Application Letter for Developmental Disability

**DEVELOPMENTAL DISABILITY ONLY**  
Letter asking you to apply for the Waiver

Make sure to re-apply to the Registry wait list every year with DDRC. Tell DDRC if anything changes regarding the help you need.

When your name is picked, you will receive a letter from SDS asking you to apply for the waiver. Letter to apply is NOT your Waiver.

### 5. Care Coordinator applies for you. ADRC/DDRC can help you find a care coordinator.

**ASK CARE COORDINATOR TO APPLY FOR WAIVER**

Ask Care Coordinator to apply for Waiver for you. They will explain services and will give you choices.

### 6. Assessment from SDS

**PHYSICAL DISABILITY**  
A nurse from SDS will visit you. The nurse will ask you how you understand and do everyday things. The nurse will ask you to do some simple movements to show how you do them.

**DEVELOPMENTAL DISABILITY**  
An assessor from SDS will ask 3 people who know you well to explain how you understand and do everyday things. The assessor may visit in person or online.

Your assessment will tell if you need the same kind of help as people living in a care facility.

### 7. Support Plan

**LEVEL OF CARE APPROVED. CARE COORDINATOR WRITES YOUR SUPPORT PLAN**

**LEVEL OF CARE APPROVAL LETTER**  
You will get a letter from SDS saying you are approved for a Waiver, or you are denied and the reasons why.

Your Care Coordinator will explain the Waiver Services and choices to you. The Care Coordinator will write your support plan for services for you.

"Level of Care" means you need the same care as people living in a care facility. If you are not approved for Medicaid services, you have the right to contest it in a fair hearing.



## Kenai Peninsula Family Caregiver Support Program

# September

### Support Groups & Trainings

**TUESDAY, SEPT. 2<sup>ND</sup>**

**Nikiski Senior Center**  
1-2pm  
Alzheimer's Association

**Training**

**WEDNESDAY, SEPT. 3<sup>RD</sup>**

**Kenai Senior Center**  
2-3:30pm  
"Stronger Together"  
Rachael Craig  
Support Group

**THURSDAY, SEPT. 4<sup>TH</sup>**

**Ninilchik Senior Center**  
11:30am-12:30pm

**Informational Presentation**

**MONDAY, SEPT. 8<sup>TH</sup>**

**Soldotna Library**  
1-2pm  
Conference Room A  
Support Group

**THURSDAY, SEPT. 11<sup>TH</sup>**

**Hospice of Homer**  
2-3pm  
Informational Presentation

**THURSDAY, SEPT. 18<sup>TH</sup>**

**Sterling Senior Center**  
1-2pm  
Support Group

SCAN QR CODE TO LIKE &  
FOLLOW US ON FACEBOOK!



THE EMPOWERED CAREGIVER SERIES

## RESPONDING TO DEMENTIA-RELATED BEHAVIORS

An education program presented by the Alzheimer's Association



People living with dementia may use behaviors as a way to communicate their needs and feelings as the disease progresses. Learn how dementia can change a person's behavior, possible triggers, and person-centered care approaches to address behaviors.

**Topics in the program include:**

- How dementia affects behavior.
- Identifying and understanding possible triggers.
- Non-medical and medical approaches to addressing behaviors.
- Four steps for managing behaviors.

**September 2, 2025**

**1:00 PM - 2:00 PM AKST**

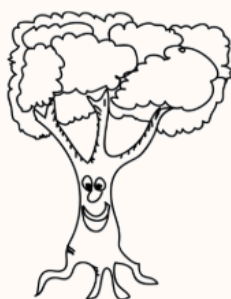
**Nikiski Senior Center**  
50025 Lake Marie Ave,  
Kenai, AK 99611

.....  
**Registration Info**  
800.272.3900

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional caregiver education programs in your area.

**ALZHEIMER'S ASSOCIATION**

## Can You find me?



Hidden in this newsletter is Alfred the tree. If you find him (not this one here), let the front desk know where you saw him, and enter the free lunch drawing.

Congrats to Fred Sanders.  
He won July's drawing.

## Fall Prevention Presentation/Discussion

By Donald Staton, DPT

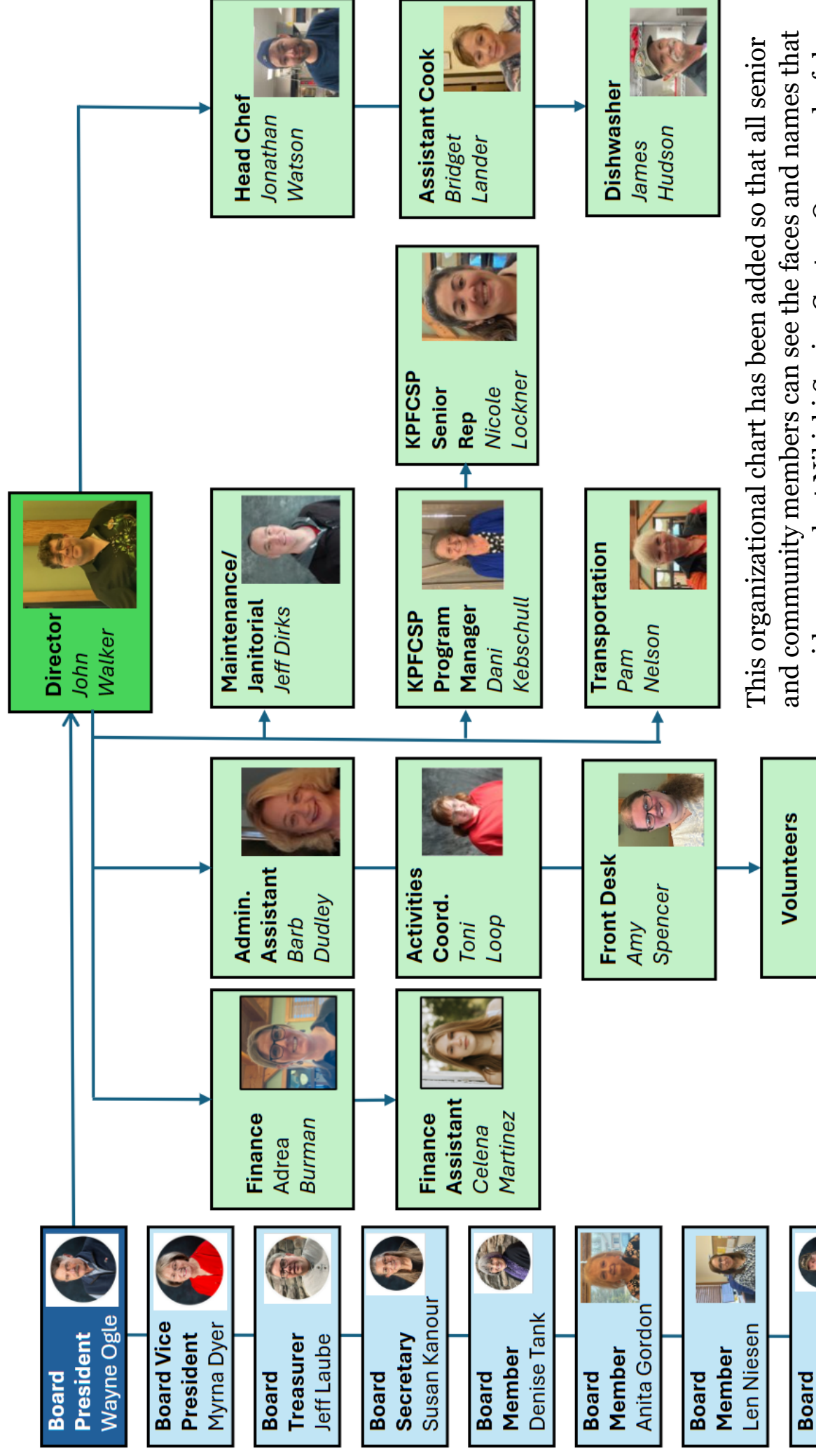
**Thursday, September 4<sup>th</sup>**  
**1 PM-2 PM**

**At Nikiski Senior Center**





# Nikiski Senior Center Organization Chart



This organizational chart has been added so that all senior and community members can see the faces and names that provide so much at Nikiski Senior Center. Our wonderful volunteers are so numerous that we aren't able to list them all with names and pictures. Please feel free to reach out to any and all of our Board and staff members if you have questions. If we don't know the answer, we will find



## TRAIL CONSTRUCTION

***Surely you have noticed - The lakeside trail is under construction! The Board has made a resolution to name it the Evenson Heritage Memorial Trail!***

***This is a long-planned project coming to fruition after a concerted effort by the NSC Board Long Term Planning Committee under the guidance of committee chair Myrna Dyer.***

***Final project plan and execution is in process under the guidance of Blake Johnson and Wayne Pattison with heavy equipment provided by Paul Randleas (Evenson Heritage Homestead), Mike Newcomb, and Wayne Pattison and grading / leveling labor from Blake Johnson, Jack Kyle and Andrew Cables (Bridget's son). Materials have been provided by Blake Johnson, Wayne Pattison, Paul Randleas and Jerry Morgan of Evenson Heritage Homestead), Jim Decker, Rob Juhlin (Soil Treatment Technologies), Spenard Builders Supply, and Michael Honebein.***

***Hopefully we have not left anybody out that has been directly involved and if so we fully apologize. We obviously are not completely done. In fact, this project will run into next year so any and all contributions and support will be appreciated greatly.***

***To add to that, for everybody's information, this has been a totally volunteer operation at this point including donation of all material costs - additional financial support or donations such as benches or picnic tables would be pleasantly received!***

***- Wayne Pattison***



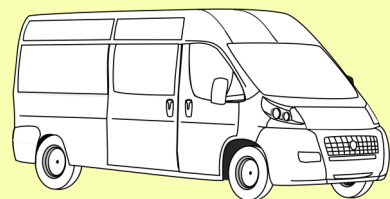
**WE WILL BE  
CLOSED FOR  
LABOR DAY**

\*\*\* 01 SEP 2025 \*\*\*



### Homer Field Trip

September 5th @ 10 AM



\$10  
Gas  
Fee

**Lunch, Shopping &  
Adventure**

See front desk to sign up.





# September Birthdays

## FOOD PANTRY HOURS

9:00 am to  
10:30 am  
or  
12:30 pm to  
1:30 pm



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.

Peggy	Nash	Sep 01	Jerry	Nash	Sep 15
Julia	Weeks	Sep 01	Terry	Cairns	Sep 16
Sheila	Graham	Sep 02	David	Unruh	Sep 16
Robert	Wolf	Sep 02	Brandie	Ware	Sep 16
Colleen	Puch	Sep 02	Ron	Burdick	Sep 17
Wilma	Hampson	Sep 03	Stanley	Gerhauser	Sep 18
Ted	Carlson	Sep 04	Kelly	Newcomb	Sep 18
Paul	Huber	Sep 04	Pam	Dominguez	Sep 19
Mel	Krogseng	Sep 08	Sharon	Burdick	Sep 20
Steven	Carter	Sep 09	Peggy	Oldland	Sep 21
Dennis	Doolittle	Sep 09	Sheryl	Taggart	Sep 22
Marilee	Johansen	Sep 10	William	Starnes	Sep 25
Norman	Olson	Sep 10	Rickey	Hancock	Sep 29
Barbara	Anderson	Sep 11	Inara	Rudmanis	Sep 29
Jeannie	Smith	Sep 13	Robin	Dunlap	Sep 30
Gary	Graves	Sep 14	Gary	Peppenger	Sep 30
Dusty	Rhodes	Sep 14	Linda	Williams	Sep 30

## September

Z	P	Z	K	S	X	F	M	J	E	G	H	D	X	Y	E	L	L	O	W	LEAVES
Q	M	A	N	S	X	X	O	H	U	N	T	I	N	G	B	H	O	E	Y	FALLING
D	U	C	H	O	B	B	T	N	R	F	T	C	G	T	H	W	R	P	P	HARVEST
B	S	N	A	L	W	D	F	S	R	A	I	F	Z	V	B	L	A	R	V	SCARE
P	H	O	R	P	D	Y	C	C	O	G	I	M	H	N	M	K	N	C	G	CROW
V	R	N	V	H	U	B	V	H	R	R	Z	N	Q	Q	H	C	G	H	E	BERRIES
A	O	G	E	J	I	N	H	O	J	C	S	H	I	T	G	O	E	R	Z	CANNING
K	O	K	S	G	R	E	D	O	C	I	M	H	R	N	J	U	A	S	T	FROST
A	M	D	T	G	V	L	E	L	O	K	S	H	I	S	G	C	N	S	Y	HUNTING
Z	S	N	L	W	N	Q	M	G	J	Y	C	N	E	Q	S	F	O	M	U	SEASON
B	N	O	F	O	O	T	B	A	L	L	N	V	N	U	O	R	X	D	Y	YELLOW
K	J	W	S	B	E	E	S	S	W	A	A	B	M	R	F	R	Q	Z	L	RED
N	B	A	Z	H	T	C	E	T	C	E	Q	K	E	K	P	U	T	M	J	ORANGE
G	E	U	C	M	F	J	Y	C	L	S	M	Q	M	R	Q	D	X	O	V	RAINING
S	E	N	M	J	D	D	Y	F	N	F	N	C	B	C	R	D	V	W	C	SCHOOL
P	I	I	T	S	O	Q	I	B	A	E	Y	Y	H	R	A	I	P	I	F	FOOTBALL
W	M	G	F	A	L	L	I	N	G	V	J	H	H	O	A	H	E	Y	H	MUSHROOMS
N	X	H	X	Y	D	G	J	D	E	S	O	Z	V	W	N	I	G	S	J	BEEES
U	E	M	X	Q	B	T	V	Y	W	Y	E	Y	N	J	C	L	P	R	D	
X	H	C	J	Y	V	F	A	X	P	A	O	O	T	S	E	V	K	D	X	



# Kenai Peninsula State Fair

Message from Marie Fitts :

Thank all of you that sent quilts to the Kenai Peninsula State Fair and helped to sell raffle tickets at the Fair. Every quilt that was entered won a ribbon! Congratulations to Henia Minium who won best in class! With our booth at the Fair, we were able to spread the word of services that Nikiski Senior Center offers and how those services reach across the entire Peninsula.

Big Thank You to Jenne Long for transporting all the quilts to the Fair and returning them to the Center. Awarded ribbons will be attached to the quilts when they are displayed for our Quilt Bingo event, coming up on October 4th.



Cathy Williams put her resin Feather and Penny Turtle into the Fair and won ribbons.





# What's Happening

## Art of Kumihimo



by: Kit Hill



Connect with a community of creative people and dive into this creative hobby. Fun for All!

**Level 1**

**September 9,**

**1:00 PM - 2:00 PM**

Free for Members \$15 Non-Members

**Nikiski Senior Center**

**50025 Lake Marie Ave, Kenai 99611**

For more information or to book call:

**907-776-7654**

## Mike McBride Items For Sale

**Call 907-776-5444**

- Portable Wicker Bar With 3 Stools \$450
- 9 FT Picnic Table Umbrella \$40



## Cricut or Resin Practice Sessions Every Monday from 1:00 pm to 3:00 pm



## Volunteers needed

- Drink Station
- Transportation

If you can help with any of these areas, please let Barb Dudley know.



# NIKISKI SENIOR CENTER QUILT BINGO



## FUNDRAISER

Housing Expansion Project

## Dinner Menu

- Garlic and herb roasted, bone-in pork loin with a spiced apple chutney.
- Yukon gold mashed potatoes and a herb-roasted vegetable (In Season).
- Your choice of a strawberry cheesecake or a red velvet cake.

**Door Prize**  
for anyone purchasing  
their ticket prior to  
**October 3<sup>rd</sup>!**

**COST:** \$75. Includes Bingo Packet & Dinner

**WHEN:** Saturday, October 4, 2025

**MEAL:** From 2:00 PM - 3:00 PM

**BINGO:** Game Starts 3:00 PM

*Join us for a fun night of  
Quilt Bingo with an amazing  
Dinner, by Chef Jonathan.*



**BINGO!**



**Raffle Quilt**

**Prize Winner Will Be Drawn**



# Event Calendar

**NIKISKI SENIOR CENTER**  
**Event Calendar**  
**September 2025**



*Event schedules can change so check back with Facebook ,  
 NSC Website or call the senior center at  
 907-776-7654 to stay up to date or sign up for an event.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Closed For Labor Day</b>	2 Sewing Group 12:30– 3:00 pm <b>Alzheimer's Association Training 1-2 pm</b>	3 Yoga 9:30– 10:30 am Arts & Crafts Class Card Play 1-3 pm	4 Silver & Fit 10-11 am Pinochle 12:30– 4:00 pm Bible Study 1 pm Quilting 12:30– 3:00 pm <b>Fall Prevention Presentation 1-2 pm</b>	5 <b>Homer Field Trip</b> 10 am	6
7	8 Silver & Fit 10– 11 am Resin & Cricut Class 12:30– 3 pm Cribbage 1 pm	9 Sewing Group 12:30– 3:00 pm <b>Kumihimo Class 1-2 PM</b>	10 Yoga 9:30– 10:30 am Arts & Crafts Class Huge Butterfly 1-3 pm	11 Silver & Fit 10-11 am Pinochle 12:30– 4:00 pm Bible Study 1 pm Quilting 12:30– 3:00 pm	12	13
14	15 Silver & Fit 10– 11 am Resin & Cricut Class 12:30– 3 pm Cribbage 1 pm	16 Sewing Group 12:30– 3:00 pm	17 Yoga 9:30– 10:30 am Arts & Crafts Class Dog Bones 1-3 pm	18 Silver & Fit 10-11 am Pinochle 12:30– 4:00 pm Bible Study 1 pm Quilting 12:30– 3:00 pm	19	20
21	22 Silver & Fit 10– 11 am Resin & Cricut Class 12:30– 3 pm Cribbage 1 pm	23 Sewing Group 12:30– 3:00 pm	24 Yoga 9:30– 10:30 am Arts & Crafts Class Spooky Gnome 1-3 pm <b>Board Meeting 1 pm</b>	25 Silver & Fit 10-11 am Pinochle 12:30– 4:00 pm Bible Study 1 pm Quilting 12:30– 3:00 pm	26	27
28	29 Silver & Fit 10– 11 am Resin & Cricut Class 12:30– 3 pm Cribbage 1 pm	30 Sewing Group 12:30– 3:00 pm				



# Lunch Menu

NIKISKI SENIOR CENTER  
Lunch Menu  
September 2025



*Entrée or Just Salad only is \$7.  
Entrees, Salad Bar and Soup is \$10.  
ALL AGES are welcome to eat.  
Menu is subject to change .*

Mon	Tue	Wed	Thu	Fri
1 <b>Closed For Labor Day</b>	2 Shrimp Tacos Wild Rice Veggies Dessert	3 Teriyaki Chicken Broccoli Rice Dessert	4 Meatloaf Mashed Potato Gravy Quinoa Veggies	5 Whole Wheat Beef Quesadillas Waffle Fries Dessert
8 Italian Sausage Stuffed Peppers Brown Rice Dessert	9 Ground Beef Tacos Chips Salsa Beans	10 Fried Chicken Mashed Potatoes Gravy Mixed Veggies Dessert	11 Pizza Bacon Mac N Cheese Dessert	12 Handmade Smashed Burger Onion Rings Dessert
15 Spaghetti w/Meat sauce Garlic Roll Veggies Dessert	16 Fish Tacos Cole Slaw Dessert	17 Orange Chicken Rice Sesame Seed Broccoli Dessert	18 Pot Roast Veggies Whole Wheat Bread Dessert	19 BLT French Fries Dessert
22 Coconut Veggie Thai Curry Rice Dessert	23 Beef Fajitas Brown Rice Beans Dessert	24 Fried Chicken Mash Potatoes w/Gravy Mixed Veggies Dessert	25 Pork Ribs Mac N Cheese Corn on Cob Dessert	26 Hot Pastrami Sandwich Onion Rings Dessert
29 Lasagna Quinoa Veggies Dessert	30 Carnitas Rice Beans Dessert			

**ALL AGES ARE WELCOME TO EAT. Lunches to go needs to be called in by 10 and picked up 12:00 pm**

Monday –Thursday  
Salad Bar opens at 11:30 pm  
Entrée opens at 12:00 pm  
No Salad Bar on Friday. Entrée is 11:30 am



### **Activity Highlights**

- Cricut and Resin Class: **Mondays @ 1:00-3:00 pm**
- Silver & Fit: **Mondays AND Thursdays @ 10:00-1:00 am**
- 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
- Arts & Craft: **Wednesdays @ 1:00-3:00 pm**
- Pinochle: **Thursdays @ 12:30-4:00 pm (Looking for experienced players!)**
- Bible Study: **Thursdays @ 1:00-2:00 pm**
- Quilting : **Thursdays @ 12:30- 3:00 pm**

### **August**

- **1st Closed For Labor Day**
- **2nd Alzheimer's Association Presentation**
- **4th Fall Prevention Presentation**
- **9th Kumihimo Class**
- **24th Board Meeting**

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

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



To:

PLEASE  
PLACE  
STAMP  
HERE