

See our website for the full color version

Nikiski Senior Center Newsletter



August 2026 Volume 6 Issue 8



Director's Message:

Greetings and Salutations! Wow, what a busy month we just had. And to think, summer is winding down before it ever got wound up.

To address the first question in some people's minds...in a cost-saving effort, we are printing newsletters in greyscale. The printing cost is about 90% less this way. As mentioned at the top of this page, the color version is available on our website.

Speaking of our website, if you haven't heard yet, our new, remodeled website is now live! And it's beautiful! We are still learning how to update it on a regular basis with new events and calendar updates, but the wonderful people at Martin Media who built this work of art are helping us through the growth spurt.

In more exciting news, Nikiski Senior Citizens, Inc. was awarded a new grant from the State of Alaska, to provide In-home services for low income seniors, through the Senior In-home Grant. We are focusing on chore service with this grant and we are taking on 65 clients from a previous agency. Be sure to check out the introduction of our new program coordinator, Teya, later in this newsletter. She and Libby are working their fingers to the bone to get this new program off the ground with as little disruption to the existing clients as possible.

With this new addition, we are going to be moving some offices around here at the Center. Both our grant programs are moving upstairs and will be sharing an office. The finance position, when we are able to hire a candidate, will be housed in the former grant office downstairs. This position will be the one most in need of privacy and lack of distraction, driving our decision to make this change.

Coming up in the next couple months, we have more exciting events on the horizon. Keep your ear to the ground for our upcoming Quilt Bingo at the end of September.

John Walker

"We support people on their aging journey through community connections and accessible services."

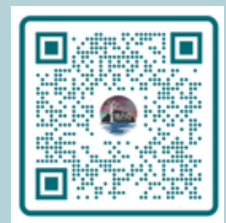
Center Hours:

Monday-Thursday
8 am to 4 pm
Friday
8 am to 2 pm

(907) 776-7654

visit our
website!

www.NikiskiSeniorCenter.org



Board Meetings:

**Nikiski
Senior Center
Board Meeting
August 26 @ 1 PM**



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

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

AUGUST SUPPORT GROUPS & Information

5th Kenai Senior Center 2-3:30pm

7th Tyotkas Elder Center 10:30-11:30am

10th Soldotna Library 1-2pm
Val's Care - Medicaid Info Presentation

12th Seward Senior Center 11-12pm

12th Cooper Landing 3pm
19958 Campus Dr

25th Nikiski Senior Center 1-2pm

27th Sterling Senior Center 1-2pm

This program focuses on assisting caregivers and seniors aged 60 and above. Its mission is to improve quality of life while empowering, supporting, and advocating for caregivers.

We Help with: Durable Medical Equipment, Respite, Incontinent Supplies, Support Meetings, Trainings, Mental Health Support, and SO much more.



Scan QR Code to follow & like us on Facebook!



POSITIVE AFFIRMATIONS

• My journey is beautiful and meaningful.
I celebrate every chapter with pride.

• I choose gratitude.

My heart is full of appreciation for the beauty in my life.

• I honor my body and care for it with kindness.
I move, nourish, and rest with gratitude.

• I am surrounded by love and support.
I give and receive kindness freely.

Dementia Changes: The Lowdown on Sundowning from the Alzheimer's Foundation of America
(<https://alzfdn.org/dementia-changes-the-lowdown-on-sundowning/>)

If your loved one has Alzheimer's or another form of dementia, you may notice changes in behavior, mood or thinking in the late afternoon or early evening that can continue into the night. These behaviors are often strikingly different from what a care partner observed earlier in the day.

This phenomenon, occurring at dusk, is commonly known as sundowning. The syndrome may create agitation, irritability, anxiety, mood swings, paranoia, hallucinations and difficulty sleeping.

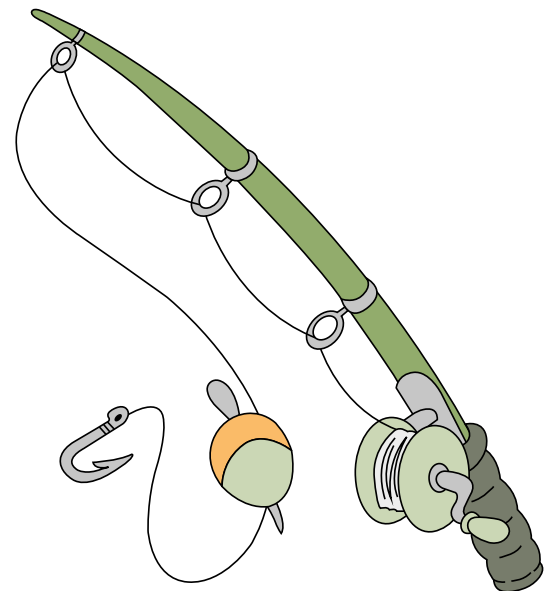
Little is known about why this occurs — research on it is still limited, but Koppel believes that sundowning may be related to changes in the body's circadian rhythm (the biological clock that tells the brain when to sleep and when to wake) triggered by the dimming light of day. Sometimes the clock can become out of sync if a person isn't getting enough natural light in the morning or getting too much light at night.

Here are some ways care partners can minimize and manage sundowning symptoms:

- During the day, promote wakefulness, open curtains and blinds, go outside, take walks, socialize, if you can, and minimize naps. If keeping your loved one awake isn't possible, at least leave a light on and maintain a consistent sleep-wake schedule. Some people may also benefit from a light box. Our internal clocks are regulated by exposure to light, and too little can throw them off.
 - In the evenings, look for soothing activities such as listening to relaxing music or nature sounds, snuggling with a pet or stuffed animal, drinking chamomile tea or providing a warm foot bath or massage. Essential oils, such as lavender, may be calming. Eat lightly. But keep the home lit to reduce shadows and confusion, which may be disturbing.
 - If you know that your person will experience sundowning, anticipate having extra help at dusk. Many families hire aides from 8 a.m. to 2 p.m. to handle activities of daily living, but a better time may be after 5 p.m., when extra support is needed.
 - In some instances, people have complete day/night reversals. If that is the case, it may be beneficial to obtain two 12-hour aids to support the cycle, as this may reduce the sundowning.
 - Talk to your person's doctor about the best times to take their medications. A physician may also prescribe medication to reduce the severity of distress.
- Please share this page with your loved ones and colleagues!

<https://alzfdn.org/dementia-changes-the-lowdown-on-sundowning/>

Independent Living Center
will be visiting Wednesday, Aug 12th
@ 12- 1 PM



4th of July Festivities

Thank you to all our volunteers and candy donors



Bee-Hive Glass Craft Class



August Birthdays

Gerald Browning	Aug 01	Pamela Gillies	Aug 14
Peter J LaBarbera	Aug 01	Robin Alleman	Aug 17
Marty Ragan	Aug 01	Stephen Bloom	Aug 17
Jim Richardson	Aug 02	Alvin Hampson	Aug 17
Marie Fitts	Aug 05	Diana Summers	Aug 17
Mary Carew	Aug 07	Bonita Miller	Aug 18
Brian Poziembo	Aug 08	Joyce Endsley	Aug 20
Joe Thirlwell	Aug 08	Denise Tank	Aug 20
Belinda Sivertsen	Aug 08	Janice Wilsack	Aug 22
Steve Russell	Aug 08	Kathy Wolf	Aug 23
Patty Herrick	Aug 09	Thomas Vincent	Aug 24
Steve Martin	Aug 09	Patricia Lee	Aug 25
Steve Orcutt	Aug 09	Gene Wheeler	Aug 25
Phyllis Therriault	Aug 09	James Davidson	Aug 26
Don Waldrop	Aug 09	Forrest Eddy	Aug 26
Penny Bracy	Aug 10	Margaret Simon	Aug 26
Michael Love	Aug 10	Eleonore (Ilse) Wtterland	Aug 26
James Hoover	Aug 11	Gladys Geertz	Aug 27
Cindy LaChapelle	Aug 11	Ray Wilson	Aug 30
James Trail	Aug 11		

August

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

SCHOOL
 FAIR
 HUNTING
 FISHING
 HARVESTING
 HIKING
 HOT
 COOL
 RAINY
 BEACH
 PICNICKING
 CAMPING
 BERRIES
 BOATING
 SUNSHINE
 OUTDOOR
 WILDLIFE
 VACATION

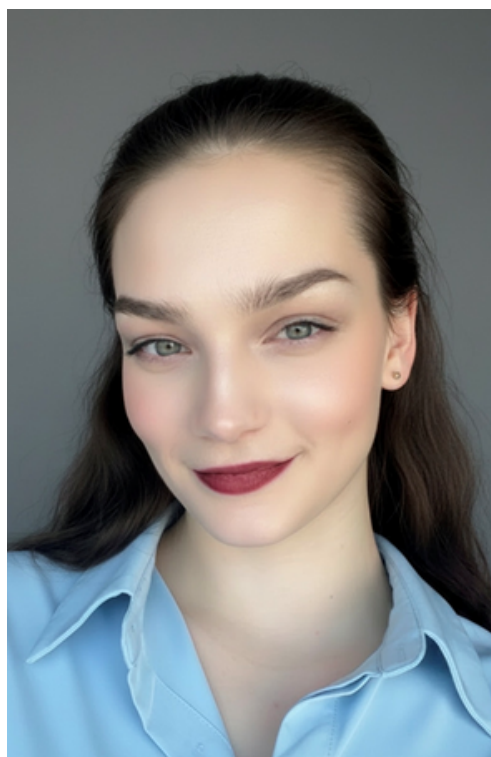
NIKISKI SENIOR CENTER
907-776-7654
Lunch Menu
August 2026

Non-Member Prices :
Entrée Only \$10 , \$15 Soup And Salad Add
Member Prices:
Entrée Only \$7, \$10 Soup and Salad Added
Menu Is subject to change .

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
Meals To Go Is called In by 10 and picked up by noon.

ALL ARE WELCOME TO EAT !

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
						1
2	3 Vegetable Coconut Thai Curry Jasmine Rice Dessert	4 Carnitas Rice/Beans Dessert	5 Oven Roasted Chicken Baked Potatoes Veggies Dessert	6 Pizza Bacon Mac N Cheese Veggies Dessert	7 BLT Onion Rings Dessert	8
9	10 Spaghetti Meat Sauce Fresh Bread Veggies Dessert	11 Ground Beef Tacos Rice/Beans Dessert	12 Fried Chicken Mashed Potatoes Gravy Veggies Dessert	13 Shrimp Alfredo Fresh Bread Veggies Dessert	14 Hot Pastrami Sandwiches Hand-Cut Fries Dessert	15
16	17 Italian Sausage Stuffed Peppers Brown Rice Dessert	18 Pot Roast Fresh Bread Roasted Veggies Dessert	19 Orange Chicken Broccoli Fried Rice Dessert	20 Ribs Baked Potato Corn Cornbread Dessert	21 Smash Burgers Hand-Cut Fries Dessert	22
23	24 Korean Beef Rice Bowl Cabbage/Carrots Dessert	25 Pulled Pork Sandwiches Coleslaw Dessert	26 Fried Chicken Mashed Potatoes Gravy Veggies Dessert	27 Meatloaf Mashed Potatoes Gravy Peas/Carrots Dessert	28 Fried Chicken Sandwich Jo Jos Dessert	29
30	31 Beef Stroganoff Fresh Bread Veggies Dessert					



Hello! My name is Teya Durham, and I'm excited to join the Nikiski Senior Center as the Senior In-Home Program Coordinator. I was born in Soldotna and have spent my entire life on the Kenai Peninsula. Some of my earliest memories are from attending Nikiski North Star Elementary, so it's especially meaningful to return to the community in this role.

About a year ago, I began working in senior services and quickly discovered a passion I never knew I had. Helping older adults maintain their independence and connecting them with the support they need has become incredibly rewarding. I'm honored to continue that work here at the Nikiski Senior Center.

When people ask about my favorite part of Alaska, my answer is always the northern lights. Watching them dance across the sky late at night has always felt like a little reminder that magic is real. I look forward to meeting many of you and getting to know the Nikiski community again.

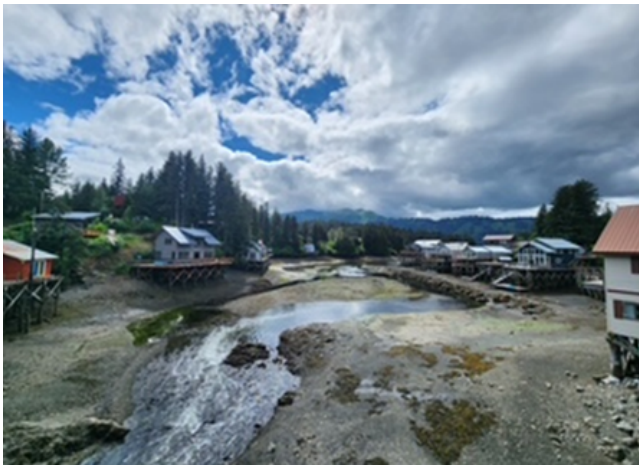
August Activity Calendar

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
						1
2	3 Silver & Fit 10:00-11:00 am Cricut & Resin 1:00-3:00 pm	4 Tiny Art Workshop 10:00-11:00 am Quilt & Sewing 12:30- 3:00 pm	5 Yoga 9:30-10:30 am Art & Craft: Cards With Anita 1:00- 3:00 pm	6 Silver & Fit 10:00-11:00 am Bible Study 1:00-2:00 pm Pinocle 12:30- 4:00 pm	7	8
9	10 Silver & Fit 10:00-11:00 am Cricut & Resin 1:00-3:00 pm	11 Tiny Art Workshop 10:00-11:00 am Quilt & Sewing 12:30- 3:00 pm	12 Independent Center 11 am Quilts Of Valor 1 pm	13 Silver & Fit 10:00-11:00 am Bible Study 1:00-2:00 pm Pinocle 12:30- 4:00 pm	14 Kenai Peninsula Fair Field Trip	15
16	17 Silver & Fit 10:00-11:00 am Cricut & Resin 1:00-3:00 pm	18 Tiny Art Workshop 10:00-11:00 am Quilt & Sewing 12:30- 3:00 pm	19 Yoga 9:30-10:30 am Art & Craft: Diamond Chimes 1:00- 3:00 pm	20 Silver & Fit 10:00-11:00 am Mosse Hunt 10:00 am Bible Study 1:00-2:00 pm Pinocle 12:30- 4:00 pm	21	22
23	24 Silver & Fit 10:00-11:00 am Cricut & Resin 1:00-3:00 pm	25 Quilt & Sewing 12:30- 3:00 pm Care Giving Support Group 1:00 pm	26 Yoga 9:30-10:30 am Art & Craft: Mosaic 1:00- 3:00 pm	27 Silver & Fit 10:00-11:00 am Bible Study 1:00-2:00 pm Pinocle 12:30- 4:00 pm	28 Princess Lodge Field Trip	29
30	31 Silver & Fit 10:00-11:00 am Cricut & Resin 1:00-3:00 pm					

New Program: Senior In-Home Program

The Nikiski Senior Center is proud to introduce the Senior In-Home Program beginning this August! The program offers grant-funded chore and respite services to eligible older adults, helping them maintain their independence and continue living safely at home. If you think you or a loved one may benefit from these services, we'd love to hear from you. Give Teya or Libby a call at 907-776-7654 to learn more about eligibility and how to get started.





Seldovia Field Trip

July 20th



Rebranding the Senior Center

Your community senior center. Have you ever ventured inside? No? Perhaps because your engaged lifestyle doesn't include Bingo, square dancing, and sing-alongs. Senior centers have noted your absence and are reinventing themselves to adapt to a more diverse and active older adult demographic.

It's a complicated change for an institution that began post-WWII as an answer to the urban isolation of older adults. Today, about 11,000 senior centers...now serve four generations of elderhood. It was the first cohort, the Greatest Generation born between 1901 and 1924, that established the model for the earliest centers. Having lived through two wars and the Great Depression without television and computers, they want regular opportunities to socialize over cards and crafts, and are often in need of the medical services and communal meals offered by their local center. Their successor, the Silent Generation (1925-45), prefers a variety of activity choices while the largest generation, Boomers (1946-64) are more interested in high-quality educational programs and short-term commitments. On deck is Generation X (1965-80), known for their skepticism of institutions and their demand for work-life balance. They start turning 60 in 2025. And it's not just generational differences—the 50+ population is more racially, ethnically, and economically diverse than ever. We live longer and healthier lives. We have more free time. Finding the sweet spot that serves the oldest clients while enticing younger newcomers is an institutional challenge. (Excerpted from 3rd Act Magazine).

Some examples:

- The former Senior Center of West Seattle (Washington) is now called The Center for Active Living.
- In Portland's (Oregon) Hollywood neighborhood, the Hollywood Senior Center renamed itself The Community for Positive Aging.
- Vallejo and Palm Desert's (California) Joslyn Center have dropped the word "senior" from their name to project a more relevant and engaging image.
- The Bellevue (Nebraska) Senior Center has officially been renamed the Bellevue Community Center, creating a welcoming space for people of all ages and marking the start of a broader effort to update programs and improve the building.
- Northern Wake Senior Center (Wake Forest, NC is now the Wake Forest Center for Active Aging (WFCAA).
- The former Groton (Connecticut) Senior Center rebranded itself in 2021 and is now known as Thrive 55+.
- The board (Cape Cod Council on Aging) nominated six potential names: Center for Active Living, Thrive 55 Plus, Adult Resource Center, Creative Aging Center, Community Life Center and Engaged Living Center.
- Verde Valley Senior Center (Arizona) became The Station on 6th.

Some members and Board Members of Nikiski Senior Center met in July to discuss possible rebranding of the Nikiski Senior Center building. This would not change the name of our organization, nor our mission focus on seniors. We operate as an open community center already as all are invited to join us for lunch and other activities. A few names were suggested, including keeping the name as Nikiski Senior Center. We are inviting public input at this time, and if there is enough interest or other suggested names, there will be a membership vote at our next annual meeting in January. Let's see what you think!

Suggested names include:

- Lake Marie Activity Center
- Lake Marie Facility Center
- Nikiski Center for Active Living
- Nikiski Senior Center (no change in name)
- (Your idea_____)

Kenai Peninsula Fair Field Trip

August 14th. \$10 fee to help with fuel. If you have questions or if you are interested in going, please contact Pam, our Transportation Coordinator.



Princess Lodge Field Trip, Cooper Landing

This trip is scheduled for August 28th. You will need to bring money to cover the fuel cost of \$10 and lunch money. But please see Pam if you are interested in joining in.



**Toni will be taking
The Kenai Peninsula Fair
Exhibits to the fair
(August 13th) for the seniors
this year. If you have something
you want to put in an exhibit at
the fair, please let her know.**

Examples of Exhibits:

Arts or Crafts

Vegetables or Flowers

Preservatives

**She has a copy of the Fair's guide,
if you want to see it**

Quilts of Valor Presentation

**Wednesday, August 12
@ 1 Pm**

Summer Quilt Raffle

The Nikiski Senior Center Sewing Group is raffling off this beautiful quilt. Each ticket is \$10.

You can purchase a ticket at the front desk or at the Kenai Peninsula State Fair (August 7-9th). The raffle will be drawn at Quilt Bingo on September 26th. Need not be present to win. All proceeds go to the construction of senior housing.



Permit #1489



Our Community Garden construction project is underway! A huge thanks to Team Depot and Scott's Soil for all the donations of materials for this project. They will be back in a couple weeks to finish off the fence construction.

Additional shout-outs to Alan Bute, Brian Poziembo, Andy & Sue Schiestl, Wayne Pattison, Kent Long, Brent Jones, Glen Chandler & Dan Gordon for sacrificing part of their Saturday to the cause.

And another huge Thank You to Anita Gordon who worked with Home Depot to get this project underway over the past year!



Tiny Art Workshop

TUESDAYS AUGUST 4, 11 & 18. 10-11 AM
ARE OUR TINY EASEL WORKSHOPS.
AUGUST 24-28 IS OUR JUDGING WEEK
FOR ARTWORK. THE TOP 12 CHOSEN
WILL BE USED AS CENTERPIECES FOR
THE TABLE IN SEPTEMBER. FIRST EASEL
IS FREE, BUT ANY EXTRA WILL BE \$1
EACH.



Items For Sale:

Glider Rocker with matching footstool: \$350

Coffee Table is Bent Hickory with black walnut slab top: \$95

Recumbent Trike: \$700

Never Used Nutribullet Juicer: \$65

Slate Shingles: \$ 5 each

If interested, call Rick Gilliland @ 907-953-6376



It's Coming...

The moose hunt of a lifetime.
Hosted by the Nikiski Senior Center
Thursday August 20th @ 10:30 am



Nikiski Senior Center August Arts & Crafts



Week 1: August 5
Cards With Anita



Week 2: August 12
Tiny Art



Week 3: August 19
Diamond Chimes



Week 4: August 26
Mosaic Coaster



Activity Highlights

- **Silver & Fit: Mondays AND Thursdays @ 10:00-11:00 am**
- **Cricut & Resin: Mondays @ 1:00- 3:00 pm**
- **Tiny Art Workshop: Tuesdays 10:00 - 11:00 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**
- **Bible Study: Thursdays @ 1:00-2:00 pm**

August

- **3rd, 10th, 17th Tiny Art Workshop**
- **12th Independent Living Center Visit 11 AM**
- **12th Quilts of Valor Presentation 1 PM**
- **14th Kenai Peninsula Fair Field Trip**
- **20th Moose Hunt**
- **24-28th Tiny Art Judging**
- **25th Kenai Peninsula Caregiving Support Meeting**
- **26th NSC Board Meeting**
- **28th Princess Lodge Field Trip**

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

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



To:

PLEASE
PLACE
STAMP
HERE