Quality of Life for Seniors

February 2025 Volume 5, Issue 2

DIRECTOR'S MESSAGE

We had a fantastic turnout for our 2025 Annual Membership Meeting! NSC Board President Wayne Ogle, Treasurer Jeff Laube, and I gave a presentation that provided valuable insights to everyone who attended, both in person and via Zoom. We shared key statistics and service data from activities held at the center in 2024. The presentation will be available on our website soon.

I'm excited to welcome back NSC Board Member Anita Gordon! Anita previously served on the board, and I'm thrilled to have her return. Her experience will provide valuable historical perspective and help us plan more effectively for the future. Additionally, please join me in welcoming Len Niesen! Len has served on several Nikiski boards and brings a wealth of knowledge that I can't wait to tap into.

During the meeting, we announced the rescheduling of our Annual Fall Fundraiser and introduced our new fundraising platform, **OneCause**, which will help streamline our events and fundraising efforts. The fundraiser will now take place in the spring, and in the meantime, we will host several minifundraisers throughout the year.

Our **Valentine's Dinner** is back—bigger and better than ever! Spread the word! This year, attendees will enjoy live music and a five-course meal. Up next, we have **Story Night**! If you have a knack for storytelling, we encourage you to audition—we're looking for individuals to perform throughout the evening. Be sure to check our **Facebook** and **website** regularly for updates on upcoming events and activities.

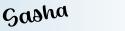
A big thank you to everyone for using our new **MySenior-Center** platform to check in for lunch—you're doing a great job! We also want to remind all volunteers to log their hours in **MySeniorCenter** as well. Tracking volunteer hours is crucial for our grant applications, so your participation is greatly appreciated.

This voucher is good for one DINNER DATE

A RESTAURANT

F YOUR CHOICE Love, Julia TIME

DATE





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





Welcome Elected 2025 NSC Board Members!

Nikiski Senior Center held its Annual Membership Meeting on January 22, 2025. The following members were elected: Denise Tank, Susan Kanour, and Myrna Dyer will continue as board members, while we welcome new board members Len Niesen and Anita Gordon.













Nikiski Senior Citizens, Inc.

Board of Directors

Pictured from left to right: Susan Kanour, Anita Gordon, Marie Fitts, Myrna Dyer, Denise Tank, Len Niesen, Joe Ross, Jeff Laube, & Wayne Ogle YOU MAKE A DIFFERENCE Thank You for Your Hard Work and Decheation we are lucky to have you on our team

Monthly Newsletter Milestones

JIM RICHARDSON Achieved 50 Years in the Labor Union

PEGGY & PHIL NASH Recently Celebrated their 63 th Wedding Anniversary



Got a milestone? Let Kelsey or Toni know before the 15th of every month to be included in the next newsletter.







MEMBER SPOTLIGHT FOR FEBRUARY

CATHERINE AND JULIET ALUSKA

Catherine was born in Bethel, one of seven children. She has lived her whole life in Alaska. She has one daughter and four grandchildren.

Her closest companion (literally) is her beloved dog Juliet. For the last four years, since Juliet was 8 weeks old, she has been a constant companion, bringing security and comfort to Catherine wherever she is. Prior to Juliet, (you guessed it) it was Romeo!

Catherines favorite hobby is sewing kuspuks and dog clothes. And her favorite food to cook is Fry Bread. (Don't ask her for the recipe though, it's a secret.) Catherines favorite job was Customer Service Manager at a car rental company. She enjoyed meeting new and interesting people from all over the world.

Catherine and Juliet are regular participants in the weekly sewing and craft classes here at NSC.





Senior Round Up Line Dancing



Jonathan's Beignets





Toni's Birthday Celebration



NSC Board Meetings 2/26/2025 @ 1pm

Service Area Board Meetings 4/23/2025 @ 4pm KPB Budget Presentation



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

An average American college graduate reads only 5 books in his life after graduation.

Grant News

In the world of grants, John would like to pass on some of our recent awards and plans. As we announced last month, NSC received some funding from the Alaska Division of Agriculture to begin our community garden project. We will be gathering together again very soon to start planning the clearing and fence construction. We would love some volunteers with heavy equipment to help save on the cost of clearing.

Additionally, just before the Christmas break, we submitted an application for funding to develop Emergency plans and procedures. We were awarded these funds last month. The majority of this funding will go towards developing an emergency operations plan, with some funds set aside to replace emergency lighting in the Center, repair our generator and automatic transfer switch, and replace an automatic external defibrillator.

Proposed Community Garden area



KPFCSP

CAREGIVER SUPPORT GROUPS

Wednesday, 2/5/25 Kenai Senior Center 2-3:30 pm Thursday, 2/6/25 Tyotkas Elder Center 10:30-11:30 am Friday, 2/7/25 Soldotna Senior Center 1-2 pm Wednesday, 2/12/25 Seward Senior Center 11:30- 1pm Thursday, 2/20/25 Sterling Senior Center 1-2 pm Tuesday, 2/25/25 Nikiski Senior Center 1-2 pm



907-776-7654 KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM Level of understanding in the traditional reading is 60%, in the rapid reading - 80%.

5% of people read very slowly 180-220 words per minute.

The human's eyes, with average reading skills, make 12-16 stops on the book row, and the one's, who is reading quickly 2-4 stops



Beat the Winter Blues

Spend time outside each day to get fresh air, even if only for a few minutes.

Open your blinds or window shades to let in more sun.

Plan activities with friends or family to stay socially connected.

Get good sleep at night, but try not to oversleep, which can make symptoms worse.

Eat a healthy diet full of fresh produce, lean protein and complex carbohydrates.

Identify a hobby or activity you enjoy and make time on your calendar each week to do it

Practice mindfulness through meditation, journaling or breathing exercises

Continue or establish an exercise routine.

Try light therapy with a light lamp, which can be purchased online.

FEBRUARY IS

LOVE READING MONTH

NNS Elementary does a school wide book reading every February. This year NSC membership will have the opportunity to read along with them! Books will be available in the near future. Weekly questions will be posted on our Facebook page.



Food Pantry Hours: Mon-Thurs 9 am to 2 pm Fri 10am to 1pm

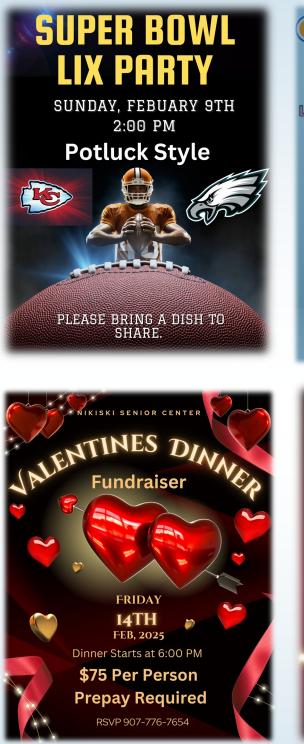


Qualified seniors can shop from the NSC Pantry every two weeks for supplemental food items such as but not limited to:

- 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.

What Is Happening







Nikiski Senior Center is seeking a few storytellers to share engaging stories at the North Road Legends Dinner Fundraiser happening on the evening of March 15th. If you have an engaging story to tell, please submit a video or audio recording of it to: frontdesk@nikiskiseniorcenter.org





POTLUCK STYLE BRING A DISH AND A FRIEND

SATURDAY FEBRUARY 15TH 3:00 PM - 6:00 PM (DOORS OPEN AT 2:00)

\$ 23.00 PER PACKET

BINGC

Nail Care Clinic February 24th



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

Silly Goose Creative Co. February 22 @ 6:30 Pm

February 22 @ 6:30 Pm

Come for a evening of fun and Non-Aloholic Drinks. BYOD if you want alcohol. Cost is \$25. RVSP By February 15



TAX PREP SERVICES EBBIE PEREZ AND TEA

We offer tax preparation services for individuals.

Current Locations Tuesday, February 4th from 3:15 to 7:00 Soldotna Library (this will be every other Tuesday) Thursday's from 3:15 to 7 pm Saturday's from 10:15 to 5pm

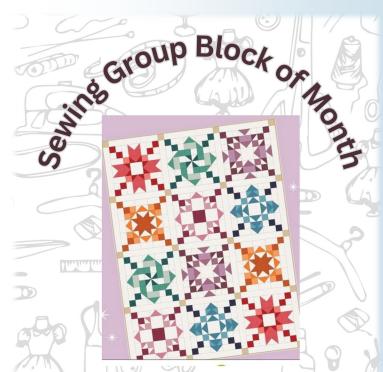
Every other Tuesday starting on February 11th from 3:00 to 6:30 at the Kenai Library.

And Soon Nikiski Senior Center!





The Sewing Group welcomes new members with any level sewing skills. If you like to sew, please come join their group. They meet weekly Tuesday 12:30PM- 3:00 pm. The Sewing Group offers a monthly, free sewing class. The next project is a Paper Pieced Heart Quilt Block for carrying groceries or what-not. Class is Tuesday, Feb 11, 12:30-3:00 pm. Group member Marie Fitts is teaching. Please bring your own fabric and supplies or use ours. All ages are welcome!



Sewing group is starting a block of month program. They are doing a Gemstone Quilt. First block is called Ruby Block. If you want to join in, please let Marie Fitts know or call the Nikiski Senior Center.











February Birthdays



Barb Dudley 2/3 Dale Herrick 2/3 Sharon Anderson 2/4 Leslie Hamman 2/4 John Heft 2/4 Jeff Scott 2/4 John Strother 2/4 Juanita Griffith 2/5 Ed Homstra 2/5 Larry Nudson 2/5 Don Waldrop 2/6 Joanne Love 2/7

Sue Johnson 2/9 Aaron Miller 2/10 Milan Galey 2/11 Matt Michaels 2/13 Sharon Weeks 2/14 Sheila Sylvester 2/15 Butch Ewing 2/16 Fred Miller 2/16 Robb Geesen 2/17 John Macanas 2/17 George Dudley 2/19

Jana Halverson 2/19 Patrick O'Ney 2/19 Chuck Grimm 2/20 Sue Kanour 2/20 John Kennedy 2/20 Mary Kennedy 2/21 Paula Bute 2/22 Mike Chenault 2/25 Steven Dahl 2/25 Bill Hartline 2/25 Winona Lee 2/28

February Word Search

LVJCBNIRCJZKSZRFYFEBRUARY	CANDY
Q F S M H L P C C R R U H J M H H Z S N T L B C A	FEBRUARY
CQQEKOFRNGPYOYBALTDTYCSXH	LINCOLN
V D W L S D C X C E U G D T W Z P M T Q X G Z Z S	PINK
J D O W O O D O R U K K Y N T R A E H T Z F X U J	ROMANCE
O D G U L K R B L V G H X J K L O V E W O D A H S	SUPERBOWL
CAFXUBOTRAEHTEEWSGKQVIOEM	WASHINGTON
G B E R Q W H O G F T K U B F A G V F G C U P I D	CHOCOLATE
A H T S L C Z O Y E G E W L D W K J T R X M R K V	GROUNDHOG
WLTLPEYHCVKGKKGFGGAGACAMJ	LOVE
O U G Y L X J Y B Z L X N G M M S Y R R F V P Y F	PRESIDENTSDAY
BGHUEVZEJDJHDKEPDBDGVREVO	ROSES
X B I J P Q I N G D V Q S U L N F I F Z E F P U H	SWEETHEART
T M R I P G V W R V R R L O A O S W F S S U B P O	CUPID
EANVCRNAKAAZHCHGOEIBHPSDW	HEART
OKGGHOTTJKVLAORZQDCURTXBC	MARDISGRAS
BYJZFUGUEFGNEAETEAZGHLZJC	PUNXSUTAWNEY
D R M V E N K S N I C C S N P N E X N X E I S M G	SHADOW
C S U WI D J X L C I D A D T V Z C J B C N B Y A	VALENTINE
U Q V S S H K N Z C T I M S Y I M R J E N C C F B	
FXSI JOCU APEEDU MQNSSRAOVMX	
S D M Q W G T P K F H A M O O G Z E B B M L Q V B	
EEQENHFQGUYEFHOFUEKIONJGH	
NJTZQTHEZLEDBOHZBJUURPNKP	
Q U W A S H I N G T O N E T W Y K U Z F K L M V J	

NIKISKI SENIOR CENTER

ENTREE OR SALAD \$7

ENTRÉE & SALAD \$10

Lunch Menu

February 2025

In the Kitchen With Jonathan

3	4	5	6	7
Korean Beef/Rice	Chicken Alfredo	Baked Chicken	Pulled Pork	Meatball Subs
Bowl w/Sesame	Roasted Veggies	Sweet Potatoes	Sandwich	French Fries
Cabbage/Carrots	Whole Wheat Bread	Combread	Cole Slaw	Dessert
Dessert	Dessert	Dessert	Dessert	
10	11	12	13	14
Quiche	Ground Beef Tacos	Fried Chicken	Lasagna	Roast Beef
Baker's Special	Spanish Rice/Beans	Mashed Potatoes	Quinoa	Sandwich
Dessert	Dessert	Roasted veggies	Dessert	French Fries
		Dessert		Dessert
17	18	19	20	21
CLOSED President's Day	Coconut Thai	Orange Chicken	Beef Fajitas	Cheeseburger
	Vegetable Curry	w/rice	Brown Rice	Onion Rings
	Rice	Sesame Broccoli	Beans	Dessert
	Dessert	Dessert	Dessert	
24	25	26	27	28
Beef Stroganoff	Pork Carnitas	Fried Chicken	Butter Chicken	BLT Sandwich
Veggies	Brown Rice	Mashed Potatoes	w/rice & naan	Jojos
Fresh Bread	Beans	Broccoli/Cauliflower	Veggies	Dessert
Dessert	Dessert	Dessert	Dessert	
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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 *Menu Subject to Change*

<u>Activity Highlights</u>

- Silver & Fit: Mondays AND Thursdays @ 10:00-11:00 am
- Cribbage 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
- February 9th Super Bowl Potluck Party
- February 14th Valentine Dinner Fundraiser
- February 15th Bingo
- February 19th Board Member Training
- February 22nd Cardinal Sip And Paint
- February 26th Board Meeting



PLEASE PLACE STAMP HERE

To: