



DIRECTOR'S MESSAGE

We have some exciting new collaborations, fundraisers, activities, programs, guest speakers, and fun community events planned just for you! Each month, we'll be launching something new to keep things fresh and engaging.

January is often a time to take stock of how we're doing, how we spend our time, and how we want the year ahead to be even better. My personal motto is "New Beginnings." It reminds me that I can always improve, strive for better, or learn something new.

I understand that change can sometimes feel challenging or hard to appreciate. However, I encourage you to see it in a positive light, with an open mind. Change can be exciting and offer new opportunities. Innovation doesn't have to be scary, annoying, or disruptive. It can bring joy, growth, and a fresh perspective.

I'm looking forward to a fantastic new year filled with innovative ideas brought to me by NSC Staff, senior members, guests, volunteers, and even students. Let's work together to keep things fresh, exciting, and inspiring. Here's to a year of growth and new adventures!

Gasha

ANNUAL MEMBERSHIP MEETING

**WEDNESDAY
JANUARY 22ND
AT 1PM**

Members are encouraged to attend. Board Elections are happening. Also Voting on ByLaw Changes. Please come and see what Nikiski Senior Center has been doing.

ABSENTEE BALLOTS AVAILABLE UNTIL JANUARY 21ST AT 3PM
MEMBERSHIP MUST BE CURRENT TO VOTE



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



www.NikiskiSeniorCenter.org



NSC Board Candidates

Nikiski Senior Center's Annual Membership Meeting will be held on January 22nd, 2025. Elections for Board Seats A-E will occur at this meeting. There will also be a vote on proposed changes to NSC's bylaws. To see proposed changes, call or see the admin office.

Ballots will be available at the Annual Meeting. If you are unable to attend, you may request an absentee ballot. Write-in candidates are allowed, but you can vote for no more than 5 members.

Myrna Dyer



I have served on the board for the last three and a half years. We have accomplished something's I'm proud of. Some things we have gotten started. I would like to stay to have a chance to see them completed. I would appreciate your vote to see them to completion. I am a 50+ year resident of the Kenai, Nikiski area. I have owned three successful businesses . I hope that my life and business experiences will continue to help grow our center

I permanently moved to Alaska in 2009 but have been visiting since 1988. Enjoys beading, Swedish weaving blankets, playing cards, and BINGO. "Alaska's beautiful scenery and animals are my favorite thing about Alaska. I want to continue as a board member because I am a people person and I feel I need to give my time to help others".

Jean Taylor



Denise Tank



I have served as a member of the Nikiski Senior Center Board, and chairperson of the Policy Committee, for the January 23 - January 25 term. It is rewarding to be able to actively give back to our Center, which is a big part of my life. I am willing and able to continue to serve the membership and to strive to improve the lives of all seniors in our community.



Sue Kanour

It has been my pleasure to be on the Nikiski Senior Center board since 2022, I attend monthly and committee meetings and prepare the meeting Agenda, and record and type up the meeting minutes. In 2020, I retired from over twenty years working for the State of Hawaii, my last job was Administrative Officer for the State Agency office of the Women, Infants and Children (WIC) program. I worked on budgets, prepared grant applications, submitted grant reports and supervised a staff of seven professional employees. This was fulfilling, and also demanding work but I am proud to have been a part of helping families.

I was the owner and operator of a 32' commercial fishing gillnet boat in Cook Inlet. My seasonal fishing career began in 1975 when I was in high school, and continued until the summer of 2000.

Len has been an Alaskan since 1979. In 2007, she and her husband built a cabin in Nikiski and then built their retirement home in 2013 and moved permanently. The Niesens owned and managed an office machines company with offices in Anchorage, Fairbanks, and Kenai for 26 years. Len handled the administrative, contracts, and financial side of the business. Since retiring, she enjoys time with her grandchildren as well as researching genealogy and volunteering with several local organizations



Len Niesen



Anita Gordon

I served on the Nikiski Senior Center Board as Secretary in 2020. I have a passion for working with Seniors. It has been amazing to see how the center has grown. I would like to help the Center continue to grow. I am involved in Republican Party. One of my hobbies is making cards. I am married and have been in Alaska for 40 years. My life is centered around my faith in Christ, my family second, and all other things come after that. I would like the opportunity to come back and be a vital part of the center. I would appreciate your vote. God bless. Thank you.

Mike moved to Alaska in 1969. Enjoys puppies, fishing, 4-wheeling, and running equipment. "I have been other places and Alaska is the place where you can do what you need to do. I have spent the last 45 years working away from home. Continuing to serve on the board is my way of giving back to my community. Most of our members are people I went to school with or have met over the years".



Mike Newcomb



Membership Application

DATE: _____

CONTACT INFORMATION

NAME: _____

DOB: _____

NAME: _____

DOB: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHYSICAL ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL ADDRESS: _____

EMAIL ADDRESS: _____

EMERGENCY CONTACT: _____ PHONE: _____

NEWSLETTER: (please circle) E-MAIL SNAIL MAIL VIEW ON WEBSITE

How did you hear about NSC: Friend/Family: _____ Word of Mouth: _____ Internet: _____ Other: _____

Office Use Only:

Application Received by: _____

Total Amount: \$ _____ Check # _____ Cash _____

Name Added to Newsletter List: Mail _____ *E-Mail* _____

Name Added to Membership Spreadsheet & Form Filed in Members Binder: _____

Additional Notes:

PROGRAMMING & DEMOGRAPHICS

Personal and demographic information is used to apply for grants that improve the well-being of our senior membership. All information is kept confidential and will not be released to any individual or business without a signed Release of Information.

What race do you identify with? Caucasian ___ AK Native/American Indian ___ African American ___ Native Hawaiian/Pacific Islander ___ Hispanic ___ Non-Hispanic ___

Are you a Veteran? YES ___ NO ___

Do you consider yourself to be a person with a disability? YES ___ NO ___

Do you need transportation services? YES ___ NO ___

Are you caring for a family member or friend? YES ___ NO ___

Do you consider your income level to be: Low = \$52,200↓: ___ Moderate = \$156,600↓: ___
Above Moderate \$156,600↑: ___

MEMBERSHIP

ANNUAL MEMBERSHIP \$25.00: ___ Membership runs January 1st - December 31st of each year.

LIFETIME MEMBERSHIP \$125.00: ___ **LIFETIME COUPLE MEMBERSHIP \$200.00:** ___

Would you like to Sponsor another senior? YES ___ NO ___

Help purchase a membership for a senior in need. Amount Donated: \$ _____

Benefits
Attend Annual Meeting & Vote
<u>Receive</u> Monthly Newsletter
FREE Notary Services
FREE Faxing, Photocopies
FREE Wi-Fi
FREE Entry to Most NSC Activities (Excluding Fundraisers)
1 FREE Small Rental Space
FREE Birthday Lunch
FREE Advertisement in Monthly Newsletter
20% Discount on Rental or Catering
Discount <u>at participating</u> local businesses:
<ul style="list-style-type: none"> • Olde Goat Café 10% off drink • Nikiski Hardware & Supply 5% off purchase (can be combined w/ Veteran discount) • M&M Market 10% off purchase (excludes tobacco) • KIVI Creations 10% off purchase • Rubys Café 20% off purchase • <u>Lickidy Sip</u> 10% off purchase • Nikiski Fire Dept. FREE BP Check



January's Sewing Class

Hosted By
Nikiski Senior Center
Sewing Group



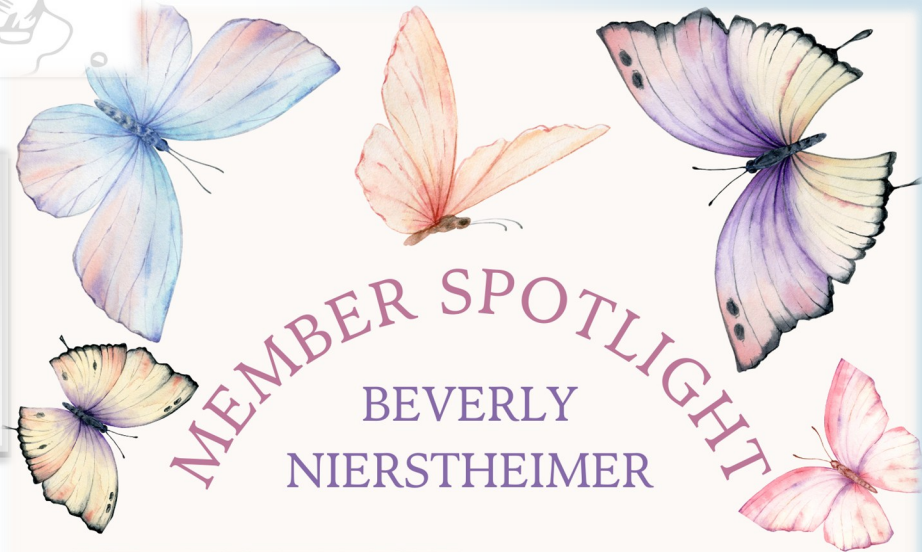
Approximate size
19" H x 23" W

**Class Is: Origami Bag Class
Taught By Rose Pilatti**

Tuesday January 14, 12:30-3:00 pm
All Ages Welcome

Welcome to the New Year! The Sewing Group offers a monthly, free sewing class. The next project is a reversible Origami Bag for carrying groceries or what-not. Class is Tuesday, Jan 14, 12:30-3:00 pm. Group member Rose Pilatti is teaching. Please bring your own fabric and supplies or use ours. We'll have some pre-cut fabric in 18" squares. The final bag size is 19x23 inches. All ages are welcome!

Nikiski Senior Center was awarded a \$6,000.00 grant by Conoco Phillips to support our Senior Food Pantry in 2025. We are so thankful for this sponsorship which assists our area seniors in need of nutritional assistance!



MEMBER SPOTLIGHT
BEVERLY
NIERSTHEIMER

ConocoPhillips
Alaska

**Proud Sponsor
of the
2025 Food
Pantry!**



Beverly has three sons and two daughters. In the 1970s, she was a chef at Land's End. She taught her children how to make homemade bread and other great food dishes.

Beverly loves to do arts and crafts. She taught all her kids how to sew. She also passed on the love of crafts to her daughters. You know one of her daughters, Toni Loop, who teaches arts and crafts class at the center.

Beverly has a passion for animals. She has done animal rescues and owned horses, chickens, and rabbits in the past.

Gluten Free Peanut Butter Blondies

Ingredients:

	X1	x3
- Sugar	334 Grams	1,000 Grams
- Peanut butter	627 G	1,880 G
- Whole eggs	3	8
- Vanilla	1 Tablespoon	3 Tablespoons
- Corn starch	2 Tablespoons +2 teaspoons	½ Cup
- Baking Soda	2 teaspoons	2 Tablespoons
- Salt	¾ teaspoon	2 teaspoons
- Chocolate chips	1 ½ Cups	4 ½ Cups

Instructions:

1. In your mixing bowl, add sugar peanut butter. Let mix with paddle attachment just until the sugar is incorporated. Do not over mix, otherwise the peanut butter will separate.
2. Add in your eggs and vanilla, let them mix for a few turns in your bowl. Turn off the mixer and scrape the bottom of the bowl. Mix until eggs are incorporated.
3. Add in corn starch, baking soda, salt and chocolate chips. Mix until all cornstarch and baking soda just comes together in your bowl. It'll look crumbly still, but you want that vs creamy. If it's over mixed and creamy, it'll still come out, but just be more dense in the final product.
4. If doing a times 1 use a greased 9x13, evenly spread your mixture. Pushing slightly into the pan.
5. Bake at 325 for 16-22 minutes (depending on your oven)

Notes:

- A times 3 will fit perfectly into a full sheet pan.
- I enjoy switching it up from chocolate chips to white chocolate and butterscotch chips. If you do this, do 2 cups of each.
- Do not overmix your peanut butter. If you mix it too much at any point in the process of this, it will separate and become heavy and dense.
- These freeze well as long as you wrap them airtight.



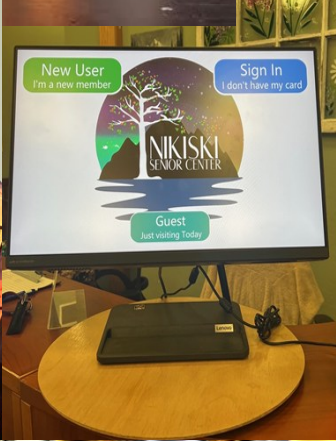
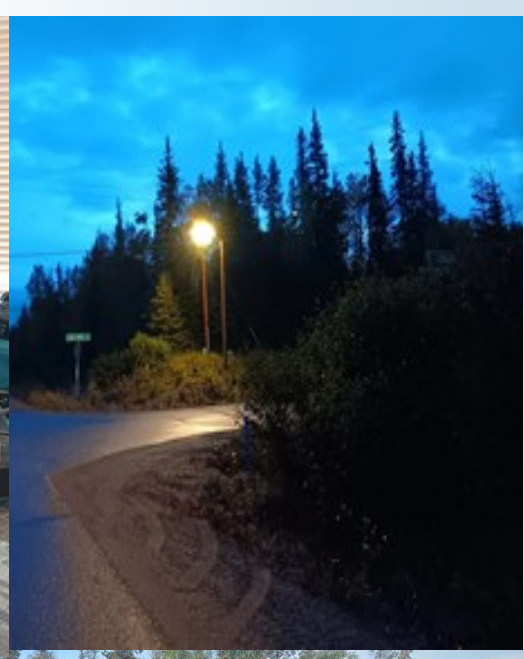
Check out Jonathan's recipe for **Peanut Butter Blondies!** These yummy treats are gluten free and many people have asked for his recipe. Also included is a QR code that will take you directly to Jonathan's YouTube video, shot right here in NSC's kitchen! The video shows his process for making this dessert. For all Jonathan's videos, go to <https://www.youtube.com/@That-One-Baker> or search That One Baker on



Nikiski Senior Center has been awarded a grant for the community garden project from the Alaska Division of Agriculture. This grant will allow NSC to begin clearing land and constructing a wildlife exclusion fence.



John Walker, our Assistant Director, has been hard at work applying for grants to improve the center and how we can better help serve our members and community. John not only are you exceptional, you are such an asset to the Nikiski Senior Center.



Our exceptional Assistant Director, John Walker (shown here with Dani Kechsull) has successfully secured a vehicle grant for our Family Caregiver Support Program. John's unwavering diligence in advancing the center is evident, and the caregiver support program holds a special place in his heart. This acquisition will greatly bolster our community outreach efforts. We appreciate you so much John, Thank you for all your hard work!

2024 Highlights

Applications Available
Online & In Admin

MEMBERSHIP RENEWAL



Member
Perks



Local
Discounts



Get Your
Membership Card

SIGN UP NOW



Senior Stockings made a success by many caring individuals!

On December 21st, NSC Staff delivered holiday meals and Christmas stockings to Meals on Wheels clients and local Nikiski Seniors in need. The Sewing Group made thirty beautiful stockings, and senior membership, NSC Staff, and community members donated needed and fun items to fill the stockings.





NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 4pm

KPB Budget Presentation



Welcome new Service Area Board Member Nancy Whiting!



We celebrated our sweet Emilia for her 20th birthday!



NSC Inc. Board is Recruiting

"We can make a difference together"
Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025



We celebrated our ever happy Jim for his birthday!

Monthly Newsletter Milestones

BIRTHDAYS

Turning 100? 90? 80?
What an achievement!

ANNIVERSARY

Wedding anniversaries that is more than 30 years?

A LOT OF GRANDCHILDREN

Children are a blessing. We want to know about it.

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



January Crafts

Week 2 Jewel Tree Week 3 Snowman Spoons

Week 4 FlowerPower Week 5 Seashells Acrylic Pour

**Nikiski Senior Center
Presents**

Senior Round Up Dance

**January 10th
6:30-8:30pm**

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

Looking For

**STORY
TELLERS**

**SUBMISSION DEADLINE IS
FEBRUARY 14**

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

Seashell Acrylic Pour

**Wednesday January 29
1-3 pm**

Taught By Martie Hothkiss



**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

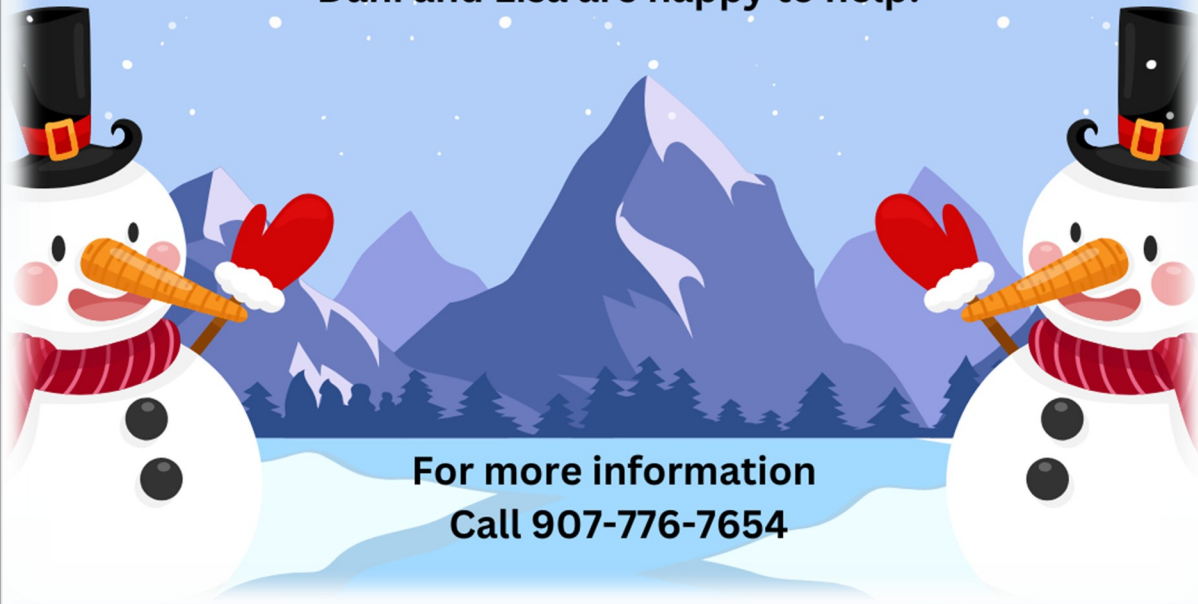
The NSC Food Pantry is graciously funded by KPB, individual donors, and state grants.

Did You Know?

Kenai Peninsula Family Caregiver Support Program can help you care for a loved one over 60 years or experiencing Alzheimer's or a dementia related condition. We have safety supplies, ideas, services such as respite in your home, support groups, information, incontinence supplies, durable equipment and loaner items.


We can help with a variety of needs.

Dani and Lisa are happy to help!



For more information
Call 907-776-7654





Kenai Peninsula Family Caregiver Support Program

**JANUARY
CAREGIVER SUPPORT GROUPS**

1/2/25 Tyotkas Elder Center 10:30 - 11:30 am

1/3/25 Soldotna Senior Center 1- 2 pm

1/16/25 Sterling Senior Center 1-2 pm

1/28/25 Nikiski Senior Center 1-2 pm

**For More Information Contact Dani or Lisa
907-776-7654**



January Birthdays

Thomas Frazier 1/1
 Joy Carew 1/2
 Robert O'Connell 1/2
 Janet Hudson 1/3
 Janice Carlton 1/5
 Jim Chandler 1/5
 John Ragan 1/5
 Lynnne Randolph 1/8
 Jeff Williams 1/8
 Elizabeth McKee 1/9
 Wenda Kennedy 1/10
 Ray Nickelson 1/10

Catherine Aluska 1/11
 Deborah Hayes 1/13
 Helen Colyer 1/14
 Michele Hartline 1/14
 Leanne King 1/14
 Don Slaughter 1/14
 John Moore 1/15
 Karen Taylor 1/16
 Wanna Kane 1/18
 Andrea Lane 1/18
 Eunice Witalec 1/19
 Russel Griffith 1/21

Juliana Taylor 1/21
 Janet McDonald 1/23
 Mary Anne Cowgill 1/24
 Sue Coup 1/25
 Tom Johnson 1/25
 Bev Nierstheimer 1/25
 Loretta Eaton 1/26
 Lyndon Manser 1/26
 Cheryl Knudsen 1/27
 Kathy Grimm 1/29
 Jenne Long 1/30

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

NEWYEAR
 COLD
 SNOW
 WINTER
 JANUARY
 RESOLUTION
 MLKDAY
 FREEZING
 FIREPLACE
 WOODSTOVE
 FIREWOOD
 SLEDDING
 ICICLE
 SLIPPERY
 IGLOO
 JANUS
 CAPRICORN
 AQUARIUS
 GARNET
 CIVILRIGHTS

NIKISKI SENIOR CENTER**Lunch Menu****January 2025***In the Kitchen
With Jonathan***ENTREE OR SALAD \$7****ENTRÉE & SALAD \$10**

		1	2	3
		CLOSED New Years Day	Pizza Bacon Mac & Cheese	Grilled Cheese Sandwich Tomato Soup French Fries
6	7	8	9	10
Ground Beef Tacos Rice Beans	Lasagna Green Beans Quinoa	Baked Chicken Mashed potatoes Roasted Squash	Pulled Pork Sandwich Cole Slaw	Pastrami Sandwich French Fries
13	14	15	16	17
Butternut Squash Casserole Rice	Beef Stroganoff Green Beans	Fried Chicken Mashed potatoes Roasted carrots/ squash	Shrimp Alfredo Roasted Cauliflower & Broccoli	BLT Sandwich JoJos
20	21	22	23	24
Butter Chicken Jasmine Rice Handmade Naan	Italian Sausage Stuffed Peppers Quinoa	BBQ Chicken Cornbread Sweet Potatoes Roasted Squash	Beef Fajitas Beans Brown Rice	Cheeseburgers Onion Rings
27	28	29	30	31
Biscuits w/sausage Gravy Eggs Beignets	Spaghetti w/ Meat sauce Garlic bread Roasted squash	Fried Chicken Mashed potatoes Roasted Cauliflower/ Broccoli	Pork Carnitas Rice Beans	Pork Quesadilla Tortilla French Fries

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

Activity Highlights

- 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**
- **January 1st Closed for New Year's Day**
- **January 8th Board meeting (make up for December)**
- **January 10th Senior Round Up Line Dance**
- **January 11th Bingo**
- **January 22nd Annual membership meeting**

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

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



To:

PLEASE
PLACE
STAMP
HERE