

TYOTKAS ELDER CENTER

April 2024 • Phone: 907-335-7280



luq'u q'udi venen k'it'uni

Feeling Stressed?

April is National Stress Awareness Month. This month, we shine a spotlight on the negative impacts of stress. Stress management is a common term these days, and is entwined with tips about living a healthy lifestyle. Many people may find themselves asking, “What exactly is Stress Management?”

Stress Management is recognizing stressors in your life and being mindful of how these affect your body and mind. Making a conscious effort to minimize the way your body responds to these stressors is important for coping with stress.

Stress is a physical and emotional reaction experienced when changes happen in life. It can sometimes be physical, emotional, or both. The stressor can be a one-time or recurring event.

When a stressor occurs unexpectedly, we typically experience a “fight or flight” response with increased heart rate, quickened breathing, increased blood pressure, and sweating. With a long term (or chronic) stressor, our reaction may include digestive problems, sleep issues, headaches, and more.

Here are some common ways to reduce stress. The following techniques are suggestions and may not work for everyone. If you have questions about how they may affect your health, contact your primary care physician.

- Keep a journal. You can write about whatever you want and you don't have to share it with anyone. Journaling can feel awkward at first, but many people enjoy it. To get started, there are many guided journaling options available online.
- Practice mindfulness (actively pay attention to the present moment). This is a good way to recognize when your body is starting to feel a stress response.
- Exercise and eat healthy, regular meals. Regular exercise and a healthy diet make a huge difference. Even if it's just going for a walk or doing chair exercises, getting your blood flowing and increasing your heart rate are good for the body, mind, and soul. The Tribe's Wellness and gym staff offer classes on health and exercise. Gym access is free for IHS-eligible un'ina, their fitness buddies, and Kenaitze staff. For questions, call the Wellness desk at 907-335-7588.
- Make sure that you are getting enough sleep. Stick to a routine around what time you go to bed, what you do within the hour before bed, and how you keep your room during sleeping hours (amount of light, temperature, etc.).

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Nurturing Nature

Earth Day is April 22. The theme this year is Planet vs. Plastics. According to studies, only 16% of plastics are being recycled. Most plastics end up in landfills, incineration sites, or our planet's natural waters.

Earthday.org is calling for a 60% reduction in plastic production by 2040. As the materials in plastics break down, they release toxins. These toxic chemicals get into the food we eat, the water we drink and the air we breathe.

Take some time to be conscious about how much plastic you use. Are you drinking beverages bottled in plastic? How are your vegetables and fruits packaged? How many plastic bags are you using at the grocery store?

Check the bottom of your beverage bottle to see if it can be recycled. If the number on the bottom is a 1 or a 2, save it for the recycling bin. Purchase some reusable grocery bags. They hold up better than plastic, and can hold more groceries.

At Tyotkas, we recycle aluminum and plastic. Next to our dish window is a metal countertop with a sink and two garbage receptacles labeled for plastic and

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A Little Joke:

What do you call a group of bunnies hopping away from you?

April Birthdays

Eve Ahlers	April 1
John Nelson	April 1
Marie Juliussen	April 2
Pat Rhodes	April 2
Janet Oxereok	April 3
Ralph Petterson	April 3
Danny Echuck	April 3
Lydia Landt	April 3
Karen Chernikoff	April 4
Allen Rylander	April 4
Simone Greenway	April 4
Jackie Trigg	April 6
Walter Coppock	April 6
Scott Earsley	April 7
Donald Kilbuck	April 7
Philip Hobson	April 7
Edna Iyatunguk	April 7
Pam Moeglein	April 8
Lenhart Grothe	April 8
Jim Hickel	April 9
Gerald Napouk	April 10
Chisato Johnson	April 11
Linda Caswell	April 11
Vivian Silas	April 13
Lilly George	April 13
Angela Williams	April 13
Virginia Beaver	April 14
Gareth Wright	April 14
Bertha Espinoza	April 16
Brooke Bisgard	April 16
Gary Stanford	April 16
Roxanne Roehl	April 16
Jan Feller	April 16
Ernie Jordan	April 17
Barbara Norbeck	April 17
Marie Wassillie	April 17
Elisabeth Garr	April 19
Robert Toland	April 19
Therese Titus	April 21
Gale Conwell	April 22
Krissi Alsworth	April 22
MaryAnn Mills	April 23
Virginia Hoelscher	April 24
Hopeful Standifer	April 24
Richard Segura	April 25
Cynthia Shankel	April 25
Elena Daniel	April 25
David Osbekoff	April 25
Frank Williams	April 25
JoeAnn Pardue	April 26
Carey Edwards	April 28
Mary Christofferson	April 28
John Hoblet	April 28
Benjamin Jackinsky	April 28
Morrison Fisher	April 29
Tillie Smith	April 29

Feeling Stressed? - Continued

- Having a strong community is important for mental health. Studies show that people who have a community (family, church, friends) tend to live longer than those who keep to themselves. A community also provides people you can turn to in times of need. Having someone to talk to can be a healthy way to cope with stress.
- Recognize when you need more help. If you are struggling with the stress in your life, please reach out to your doctor. They may refer you to a counselor or other professional.

If you are in immediate distress or thinking about harming yourself, please call or text the Suicide and Crisis Lifeline at 988.

Nurturing Nature - Continued

aluminum. We are happy to accept items that have been consumed in our building. Unfortunately, we cannot accept outside recycling items due to space.

On April 22, we are going to walk around the Elders campus to pick up trash. Please join us to keep our planet clean! Gloves and garbage bags will be provided.

NATIVE FOODS POTLUCK/CRAFT TABLES

This month our Native Foods Potluck is on April 19. If you are interested in hosting an Elders Craft Table to sell arts and crafts during this event, please contact Alvena at 907-335-7280 or Rheanna at 907-335-7282.

Program Update

Our delicious lunches are available in-house Monday-Friday. We open the salad bar at 11:30 a.m. and serve lunch until 1:30 p.m. If you come in for lunch after 1:30, we will have a to-go lunch ready and available for you. All Elders are welcome to eat lunch in the building. To-go lunches are available for pick up starting at 12:30 p.m.

We have an update to our home delivered meal program for home-bound Elders. Home delivered meals are on Tuesdays and Thursdays. Due to concerns regarding pets and wild animals, this policy requires that someone must be home to accept the meal in person at time of delivery. After three unsuccessful delivery attempts, you will be removed from delivery until we hear from you. If there is an extenuating circumstance such as an appointment, please call the Elders Program at 907-335-7280 and we will be happy to work with you.

Important Contacts

Tyotkas Elder Center:	907-335-7280
Transportation:	907-335-7212
Dena'ina Wellness Center:	907-335-7500
DWC Fitness Center:	907-335-7588
Housing:	907-335-7228
Na'ini Social Services:	907-335-7600
Behavioral Health:	907-335-7300

Community Resources

Tax Assistance: Tuesdays, Thursdays, Saturdays at Soldotna Public Library partnering with AARP; appointment only. Call Debbie at 828-803-3599 for scheduling. Remember: Tax Day is Monday, April 15.

Kenai Peninsula Family Caregiver Support Program, 907-776-7654: Based out of the Nikiski Senior Center, the KPFCSP provides support and assistance for those age 60 and older who are caring for someone with Alzheimer's or dementia. The support program helps provide a community to help you work through any challenges that you may face being a caregiver. They also help with services such as respite, assistive technology, incontinent supplies, taxi tokens, home delivered meals, support meetings, trainings, durable medical equipment, and much more.

Clothes Quarters: Wednesdays from 10 a.m.-3 p.m. at Our Lady of the Angels Catholic Church, 225 South Spruce Street, Kenai. Call 907-283-4555.

Showers and Laundry: Love INC provides free showers and laundry services to those in need. Showers and laundry are available on a first-come basis. They ask that those doing laundry start their last load before 1 p.m. so the laundry can be finished by closing time.

The Kenai Peninsula Rec Center offers showers for \$2.50 (card payments only). It is recommended to bring your own towel.

Food Boxes: The following resources can each be accessed once a month. If the assistance is needed, spread out your visits to utilize these resources wisely!

- Na'ini Social Services: 907-335-7600
- Kenai Peninsula Food Bank, 33955 Community College Drive, Soldotna: 907-262-3111
- United Methodist Church, 607 Frontage Road, Kenai: Mondays, 12:30-3 p.m.
- United Methodist Church, 158 S. Binkley Street, Soldotna: Wednesdays, 11 a.m.-2 p.m.; dinner served on Wednesdays at 5:30 p.m., all are welcome.
- United Methodist Church Nikiski (North Star), 51095 Kenai Spur Highway: Thursdays, 9 a.m.-noon
- Kasilof Community Church, 51540 Mercantile Ave., Kasilof: Wednesdays, 11 a.m.-2 p.m.

Important Dates and Events

Mondays – Blood Pressure Checks During Lunch
Wednesdays, 12:30-1:30 p.m. – Live Music Sing-Along
April 1, 11:30 a.m.-1:30 p.m. – Massage Therapy
April 2, 1-2:30 p.m. – Kenai Peninsula Family Caregiver Support Group
April 3 – Homeschool Kids Join for Lunch
April 4 – Tribal Facilities Closed, Employee Training
April 11 – Tyotkas Closed, Staff Day
April 12, 10 a.m.-4 p.m. – Dena'ina Wellness Center Arts & Crafts Sale
April 15, 11:30 a.m.-1:30 p.m. – Massage Therapy
April 16, 1:30 p.m.-3:30 p.m. – Bob Ross Paint Along Party
April 19, 11:30 a.m.-1:30 p.m. – Traditional Foods Potluck
April 22, 11-11:30 a.m. – Campus Clean-Up
April 29, 11:30 a.m.-1:30 p.m. – Massage Therapy

Elder Helpers

Tyotkas is calling on any of our Elders who would like to help out around the center! Whether it is writing the day's lunch on the board, handing out activities, putting flyers on the tables, or clearing plates, we have many opportunities available. Feel free to sign up at the front desk for where you would like to help. If you have something you would like to help us with that is not listed, let us know!

Breakfast at Elders

Tyotkas Elders Program offers a dine-in option for Elders to have breakfast. On Tuesdays and Thursdays from 8:30-10 a.m., Elders are welcome to join us for a light breakfast. This opportunity is perfect for those who have early appointments and fasting labs. Breakfast is dine-in only and available to Elders registered with Tyotkas Elders Program.

Transportation


Are you interested in coming in for lunch, but need help getting a ride? Do you need help getting to an appointment? The Kenaitze Transportation program may be able to assist you! If you are regularly scheduled to come to Elders but want to join us for lunch on a special day, please call Transportation to reserve a ride.

All transportation reservations are done on a first-come, first-served basis. Calls must be made at least 24 hours in advance. For transportation assistance, please call Tami at 907-335-7212.

A Little Joke: The Answer

Answer: A receding hareline.

April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 April Fool's Lunch, Join Us for a Surprise!	2 White Chicken Chili with Egg Salad Sandwich <i>(Light Breakfast, 8:30-10 a.m.)</i>	3 Burgers with Fixin's, Baked Beans	4 Tribal Facilities Closed, Employee Training	5 Smoked Salmon, Mac and Cheese, Roasted Broccoli
8 Chef's Choice	9 Hearty Vegetable Soup with Alaskan Reuben <i>(Light Breakfast, 8:30-10 a.m.)</i>	10 Enchilada Casserole with Rice and Beans	11 Tyotkas Closed, Staff Day	12 Southern Fried Chicken with Mashed Potatoes, Gravy, and Corn
15 Teriyaki Chicken Stir Fry with Eggrolls	16 Turkey Noodle Soup with Sandwich <i>(Light Breakfast, 8:30-10 a.m.)</i>	17 Catfish, Red Beans & Rice, Collard Greens, Cornbread	18 Beef & Barley Soup with Open- Faced Sandwich <i>(Light Breakfast, 8:30-10 a.m.)</i>	19 Traditional Foods Potluck! Baked Salmon, Rice, Vegetables, Roll
22 Chef's Choice	23 Carrot Ginger Soup with Vegetable Wrap <i>(Light Breakfast, 8:30-10 a.m.)</i>	24 Pork Tenderloin with Egg Noodles, Vegetables, Roll	25 Chicken Tortilla Soup with Quesadilla and Toppings <i>(Light Breakfast, 8:30-10 a.m.)</i>	26 Stuffed Pepper Casserole, Vegetables, Roll
29 Goulash with Garlic Bread	30 French Onion Gnocchi Soup with Open-Faced Sandwich <i>(Light Breakfast, 8:30-10 a.m.)</i>			
<p>**Please let us know if you have any allergies or food sensitivities! Menu is Subject to Change</p> <p>Lunch is served from 11:30 a.m.-1:30 p.m. Lunch is on a donation basis for Elders registered with Tyotkas (\$2 suggested). Lunch is \$12 for guests age 18 and older, and \$8 for guests 17 and under.</p>				