

TYOTKAS ELDER CENTER

April 2025 • Phone: 907-335-7280



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

Stay Firewise



An early fire season has been declared for the Kenai-Kodiak area of Alaska. Due to warm temperatures during the winter and low snow-pack, wildfire risk is rising across the southern and costal parts of the state. Burn permits were required starting March 17 for small- and large-scale burns.

A small-scale burn is anything in a burn barrel, debris pile, or lawn burning. Campfires are not considered a small-scale burn, but should still be treated with diligence and care, and never left unattended while burning.

Large-scale burn permits are required for anything larger than what is considered a small-scale burn. Large-scale permits often require a site inspection and correspondence with local fire prevention, as well as additional equipment, personnel, and water.

Another thing to be mindful of is ensuring that your home and yard are “firewise.” This includes a checklist with items such as making sure that there is no dead or dry vegetation within 15-100 feet of your home, keeping your lawn cut to 3 inches or less and well-watered, making sure that your roof and gutters are cleared of debris, keeping garden hoses and fire tools (shovels, rakes, pulaskis) readily available, and much more.

It is also important to have an emergency plan for the event that a fire starts inside your home. Do not forget that smoke and CO2 detectors should be checked monthly and the batteries should be changed twice a year. A full detailed list with in depth tips can be found at forestry.alaska.gov/Assets/pdfs/home/firewise09.pdf.

For more information on burn permits and requirements, visit dnr.alaska.gov/burn/index or call the Burn Permit Hotline at 907-260-4269.

Native Foods Potluck/Craft Tables

This month our Native Foods Potluck is on April 25. 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.

“Get Drawn In” with Tyotkas

“Get Drawn In with Tyotkas” is an ongoing incentive for all of our registered Elders to join us as much as possible! Your name is entered into a raffle each time you join us for our Breakfast Club, Lunch Bunch, or any activity.

With one raffle pot per category, your name can be entered up to three times a day! Drawings are held at the beginning of the following month. “Get In” with us, enjoy a meal, have some fun, and enter our raffles!

Dementia Café

Join our Elders Advocates at the next Dementia Café on April 14 from 1-3 p.m. at Veronica’s Old Town Café. This social gathering is for people with dementia and their caregivers. We provide a supportive environment where people can feel comfortable sharing their experiences and learn from each other over a cup of tea or coffee. Activities and refreshments are provided. Veronica’s Old Town Café is located at 604 Peterson Way in Kenai.

Questions? Call Tina at 907-335-7275.

A Little Joke:

Q: Did you know that I lost all of my winter weight?

April Birthdays

Eve Ahlers	April 1	Angela Williams	April 13
John Nelson	April 1	Virginia Beaver	April 14
Marie Juliussen	April 2	Gareth Wright	April 14
Pat Rhodes	April 2	Bertha Espinoza	April 16
Brenda Phillips	April 2	Brooke Bisgard	April 16
Bill Nelson	April 2	Gary Stanford	April 16
Ralph Petterson	April 3	Jan Feller	April 16
Danny Echuck	April 3	Ernie Jordan	April 17
Lydia Landt	April 3	Barb Norbeck	April 17
Karen Chernikoff	April 4	Marie Wassillie	April 17
Allen Rylander	April 4	Bob Toland	April 19
Simone Greenway	April 4	Therese Titus	April 21
John Lopez	April 4	Gale Conwell	April 22
Jackie Trigg	April 6	Krissi Alsworth	April 22
Scott Earsley	April 7	MaryAnn Mills	April 23
Donald Kilbuck	April 7	Hopeful Standifer	April 24
Philip Hobson	April 7	John Riley	April 25
Edna Iyatunguk	April 7	Richard Segura	April 25
Pam Moeglein	April 8	Cindy Shankel	April 25
Lenhart Grothe	April 8	Elena Daniel	April 25
Tina Ozhuwan	April 8	David Osbekoff	April 25
Jim Hickel	April 9	Frank Williams	April 25
Gerald Napouk	April 10	Mary Ann Hoelscher	April 25
Chisato Johnson	April 11	Tammi Linn	April 25
Linda Caswell	April 11	JoeAnn Pardue	April 26
Frank Soares	April 11	Mary Christoffersen	April 28
Ricky Wik	April 11	John Hoblet	April 28
Vivian Silas	April 13	Ben Jackinsky	April 28
Lilly George	April 13	Natalia Wassillie	April 29

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 department 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.

Program Update

Our delicious lunches are available in-house Monday-Friday. We start 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 around 1p.m. If you call to order a to-go meal, please be patient with our staff. We need to serve Elders who are dining in with us and will have your meal ready as soon as possible.

Home-delivered meals for homebound Elders are provided 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 Dates and Events

Mondays, Blood Pressure Checks During Lunch

Wednesdays, 12:30-1:30 p.m.: Live Music Sing-Along

April 4 10 a.m.-4 p.m.: Dena'ina Wellness Center Arts & Crafts Sale

April 7 11:30 a.m.-1:30 p.m.: Massage Therapy

April 8, 10:30-11:30 a.m.: Kenai Peninsula Family Caregiver Support Group

April 14, 1-3 p.m.: Dementia Café at Veronica's Old Town Café

April 17: Tyotkas Closed, Staff Day

April 18, 11 a.m.-2 p.m.: Tyotkas Easter Celebration/Brunch

April 21, 11:30 a.m.-1:30 p.m.: Massage Therapy

April 22, 9:30 a.m.-10:30 a.m.: Alzheimer's Association "Communicating Effectively" Presentation

April 25, 11:30 a.m.-1:30 p.m.: Traditional Foods Potluck

April 29, 12:30 p.m.: "Telephone and Internet Scams" Presentation with Lynelle Davis

Community Resources

Kenai Peninsula Family Caregiver Support Program: Join the Kenai Peninsula Family Caregiver Support Program during their monthly meeting at Tyotkas Elder Center. The program offers support with respite care and many other services and is open to anyone caring for someone 60 or older. The program is based at the Nikiski Senior Center. Call 907-394-6311 for more information.

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: 907-416-7619
- 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 Contacts

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

Did You Know?

Did you know that Tyotkas Elders Center weekly menu, activities, and special events are shared on the Kenaitze Indian Tribe's Facebook page? If you have social media, this is a great way to keep in touch with what is going on throughout the Tribe. This is a great place to find information about programs and events, as well as announcements such as closures due to weather.

Find the Kenaitze Indian Tribe at www.facebook.com/kenaitze.

A Little Joke: the Answer

A: Now I just have spring rolls.

Elder Contact Update

We strive to ensure that we have the most up to date information from all of our Elders. This allows us to ensure that newsletters, menus, and calendars are delivered on time. We will also be able to contact you regarding closures due to weather or extenuating circumstances. Please help us update our database by filling out this form and returning it to Alvena or mailing it to:

Tyotkas Elder Center, P.O. Box 988, Kenai, AK 99611

Updated: _____

Elder Name: _____ Birthday: _____

Mailing Address: _____

Physical Address: _____

Phone Number 1: _____

Phone Number 2: _____

Emergency Contact 1

Name _____


Number _____ Relationship _____

Emergency Contact 2

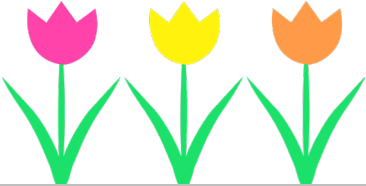



Name _____

Number _____ Relationship _____

April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Homeschool kids join us for lunch! Tyotkas' World-Famous April Fool's Day Meal! <i>(Light Breakfast 8:30-10 a.m.)</i>	2 Chicken and Broccoli, Rice, Egg Rolls, Asian Noodle Salad	3 Tortellini Soup, Turkey Pesto on Focaccia <i>(Light Breakfast 8:30-10 a.m.)</i>	4 Salmon Burgers, Bacon Broccoli Salad
7 Spaghetti with Meat Sauce, Garlic Bread	8 Chicken and Dumplings, Vegetable Rolls <i>(Light Breakfast 8:30-10 a.m.)</i>	9 Enchilada Casserole, Cowboy Caviar	10 Zuppa Toscana, Open-Faced Sandwich <i>(Light Breakfast 8:30-10 a.m.)</i>	11 Fish Tacos with Guacamole and Salsa
14 Chef's Choice	15 Homeschool kids join us for lunch! Tomato Soup, Grilled Cheese Sandwich <i>(Light Breakfast 8:30-10 a.m.)</i>	16 BBQ Chicken with Sides	17 Tyotkas Closed, Staff Day	18 Easter Celebration Brunch!
21 Marry Me Chicken, Orzo, Vegetables	22 Loaded Potato Soup, Turkey Salad Sandwich <i>(Light Breakfast 8:30-10 a.m.)</i>	23 Lasagna, Vegetables, Garlic Bread	24 Hungarian Mushroom Soup, Sliders <i>(Light Breakfast 8:30-10 a.m.)</i>	25 Traditional Foods Potluck! Salmon, Rice, Vegetables, Roll
28 Chef's Choice	29 Vegetable Soup, Club Sandwich <i>(Light Breakfast 8:30-10 a.m.)</i>	30 Burgers with Fixin's and Sides	Menu is Subject to Change **Please let us know if you have any allergies or food sensitivities!	

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Homeschool Kids Join for Lunch!</p> <p>Arts & Crafts w/Alvena 130-330p</p>	<p>2</p> <p>LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena 130-330p Games w/Alvena 130-330p</p>	<p>3</p> <p>Games w/Alvena 130-330p</p>	<p>4</p> <p>DWC Arts & Crafts Sale 10a-4p</p> <p>BINGO 1-2p</p>
<p>7</p> <p>BLOOD PRESSURE CHECKS Massage Therapy 1130a-130p</p> <p>Mother's Day Plant Starters w/Alvena 130-330p</p>	<p>8</p> <p>Kenai Peninsula Family Caregiver Support Group 1030-1130a Mother's Day Plant Starters w/Alvena 130-330p</p>	<p>9</p> <p>LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena 130-330p Games w/Alvena 130-330p</p>	<p>10</p> <p>Games w/Alvena 130-330p</p>	<p>11</p> <p>BINGO 1-2p</p>
<p>14</p> <p>BLOOD PRESSURE CHECKS Dementia Café at Veronica's Old Town Café 1-3p Arts & Crafts w/Alvena 130-330p</p>	<p>15</p> <p>Homeschool Kids Join for Lunch!</p> <p>Arts & Crafts w/Alvena 130-330p</p>	<p>16</p> <p>LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena 130-330p Games w/Alvena 130-330p</p>	<p>17</p> <p>STAFF DAY</p> 	<p>18</p> <p>Tyotkas Easter Celebration 11a-2p</p> 
<p>21</p> <p>BLOOD PRESSURE CHECKS Campus Clean Up 11-1130a Massage Therapy 1130a-130p Arts & Crafts w/Alvena 130-330p</p>	<p>22</p> <p>Alzheimer's Association "Communicating Effectively" Presentation 930-1030a Flower Starters with Alvena 130-330p</p>	<p>23</p> <p>LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena 130-330p Games w/Alvena 130-330p</p>	<p>24</p> <p>Games w/Alvena 130-330p</p>	<p>25</p> <p>Traditional Foods Potluck 1130-130</p> 
<p>28</p> <p>BLOOD PRESSURE CHECKS</p> <p>Arts & Crafts w/Alvena 130-330p</p>	<p>29</p> <p>"Telephone and Internet Scams" Presentation by Lynelle Davis 1230p</p> <p>Arts & Crafts w/Alvena 130-330p</p>	<p>30</p> <p>LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena 130-330p Games w/Alvena 130-330p</p>		