

TYOTKAS ELDER CENTER

February 2025 • Phone: 907-335-7280



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

Don't Go Breakin' My Heart

We find it very fitting that February is Heart Health Awareness Month. Heart disease is one of the leading causes of death for people age 65 and older. Some of the biggest risk factors that may lead to heart disease are high cholesterol, hypertension, smoking, diabetes, unhealthy body weight, too much alcohol, and lack of physical activity.

Not all symptoms are obvious that a heart event is about to happen. Oftentimes, people are not sure of what their symptoms mean and wait too long before getting medical attention. The best way to protect your heart is to eat a heart-healthy diet (fruits, vegetables, whole grains, low sodium), get active (walk, run, join a fitness class), sleep well, and quit smoking (if you are a smoker).

Here are some warning signs of a possible heart attack:

- Chest pain or discomfort
- Pain and discomfort in the jaw, neck, or back
- Feeling weak, light-headed, faint, or dizzy
- Pain in the arms, shoulder
- Shortness of breath
- Nausea (mostly occurs with women)
- Cold sweat and/or feeling anxious
- Abnormal heart beat

Part of an active prevention of heart disease involves talking with your health care provider. Know your risks, as some may be hereditary, and learn about lifestyle changes that can be made to lower your risk.

If you are a smoker and are interested in quitting, please reach out to Levi Sutton, Kenaitze Tobacco Treatment Specialist at 907-335-7583. Levi specializes in counseling un'ina with smoking cessation.

If you are interested in exercise classes and utilizing the gym at the Dena'ina Wellness Center you can visit their front desk or give them a call at 907-335-7588.

If you think you are having a heart attack, call 911 right away. Quick action may save your life!

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.

Valentine's Day Benefit Dinner

On Feb. 14, Tyotkas will be closed for lunch. We are proudly hosting a benefit dinner to raise funds so we can help our Elders in need. Tickets for this romantic evening are \$50 each and will include a five-course meal and live entertainment. Doors open at 6:30 p.m. To purchase tickets, please call Tribal Member Services at 907-335-7204.

Valentine's charcuterie boards will be available for sale. Get a small board (serves 2-3 people) for \$30, a medium (serves 4-7) for \$70, and a large (serves 8-10) for \$100. Charcuterie board orders must be in by Feb. 10 and will be available for pick-up at Tyotkas on Feb. 13 between 8 a.m.-4 p.m., or Feb. 14 between 9 a.m.-3 p.m.

Additionally, Tyotkas will be raffling off three dessert charcuterie boards. Raffle tickets will be available for \$20 each and can be purchased until Feb. 12. Winners can pick up their prize at Tyotkas on Feb. 13 between 8 a.m.-4 p.m. or Feb. 14 between 9 a.m.-3 p.m.

To order charcuterie boards or purchase raffle tickets, please contact Tyotkas Elders Center at 907-335-7280.

A Little Joke:

Q: Do you have a date for Valentine's Day?

Program Information

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.

Home-delivered meals are available 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.

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, <https://www.facebook.com/kenaitze/>

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.

NATIVE FOODS POTLUCK/CRAFT TABLES

This month our Native Foods Potluck is on Feb. 21. 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.

Important Dates and Events

- Mondays: Blood Pressure Checks During Lunch
- Wednesdays, 12:30-1:30 p.m.: Live Music Sing-Along
- Feb. 6: Kenai Peninsula Family Caregiver Support Group
- Feb. 10, 11:30 a.m.-1:30 p.m.: Massage Therapy
- Feb. 13: Tyotkas Closed, Staff Day
- Feb. 14, 10 a.m.-4 p.m.: Dena'ina Wellness Center Arts and Crafts Sale
- Feb. 14: Tyotkas Closed, Fundraising Dinner at 6:30 p.m.
- Feb. 21, 11:30 a.m.-1:30 p.m.: Traditional Foods Potluck
- Feb. 24, 11:30 a.m.-1:30 p.m.: Massage Therapy

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

February Birthdays

Lucy Demantle	Feb. 1
Cathy Peterson	Feb. 2
Dan Sanchez	Feb. 3
Mark Conway	Feb. 3
Irma Paule	Feb. 4
Debra Little	Feb. 5
Theresa Andrew	Feb. 7
Nancy Shepard	Feb. 7
Rexanne Wheeler	Feb. 7
Michael Antonson	Feb. 7
Helen Ivanoff	Feb. 7
Iggy Keyes	Feb. 8
Shirley Hislop	Feb. 8
Jeraldine Horning	Feb. 8
Ella Birchard	Feb. 9
Frances Bell	Feb. 10
Wayne Anasogak	Feb. 10
Paul Gray	Feb. 10
Gary Jackinsky	Feb. 10
Elsie Echuck	Feb. 11
Valery Haney	Feb. 14
Ronald Mahle	Feb. 14
Kenneth Oder	Feb. 15
Robert Forster	Feb. 16
Joel Oyoumick	Feb. 17
Cara Brown	Feb. 17
Brenda Jackinsky	Feb. 19
Erwin Petterson	Feb. 20
Timothy Hedrick	Feb. 20
Kevin Feller	Feb. 20
Howard Hodena	Feb. 22
Sandra Williams	Feb. 23
Quinton Walker	Feb. 24
Lila Green	Feb. 25
Ethel Patkotak	Feb. 25
Sassa Peterson	Feb. 26
Richard Grossl	Feb. 26
James Wilcoxson	Feb. 26
Nancy Knapp	Feb. 27
Rosalie Tepp	Feb. 28

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.

Permanent Fund Dividend

It's that time of year to file PFD applications! The application period is open from Jan 1-March 31. The applications can be done online, via your MyAlaska account, or on paper.

If you need help completing your PFD application, Elder Advocates are here for you! There will be a sign-up sheet at the check-in desk to secure an appointment time to meet with an Advocate and fill out your application. Appointments are first-come, first-served and there is a wide variety of days and times available. Please make sure that you are here on time for your scheduled appointment and stick around for lunch!

All appointments will take place in the Tyotkas library. Questions? Need to call in to schedule? Call us at 907-335-7280.

Come prepared! What will you need for your appointment?

- myAlaska sign in and password (if applicable)
- Driver's License/State ID
- Your cell phone for verification authentication (if applicable)

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 made 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

A: Yes, it's February 14th.

Elder Contact Update

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: _____

Emergency Contact

Name _____

Number _____ Relationship _____

February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chef's Choice	4 Homeschool kids join us for lunch! Tomato Soup with Grilled Cheese	5 Meatloaf, Mashed Potatoes, Vegetables, Roll	6 Chicken Coconut Curry Soup with Thai Noodle Salad	7 Grilled Whitefish, Asparagus, Roasted Potatoes
10 Chicken Teriyaki, Rice, Sesame Broccoli	11 15-Bean Soup, Cornbread, Bacon and Pea Salad	12 Valentine's Day Lunch	13 Tyotkas Closed, Staff Day	14 Tyotkas Closed, Elders Emergency Fund Benefit Dinner at 6:30 p.m.
17 Chef's Choice	18 Homeschool kids join us for lunch! Single Serve Pizza, Italian Vegetable Soup	19 Pesto Pasta with Turkey Meatballs, Garlic Bread	20 Split Pea Soup with Ham, Vegetable Wrap	21 Traditional Foods Potluck! Salmon, Rice, Vegetable, Roll
24 Beef Stroganoff, Vegetables, Roll	25 Fish Sandwich and Sides	26 Oven-Fried Chicken with Mashed Potatoes, Corn, Roll	27 Bison Chili, Pigs in a Blanket	28 Budda Bowls

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.

**Menu is Subject
to Change**

****Please let
us know if
you have any
allergies or food
sensitivities!**

