

TYOTKAS ELDER CENTER

March 2025 • Phone: 907-335-7280



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

Not So Sweetheart

On February 25, our MDT Coordinator, Lynelle Davis, gave a presentation regarding what are commonly known as “Sweetheart Scams.” Sweetheart scammers utilize social media or online dating to trick people into sending them money or personal information. In 2023, romance scams claimed a record \$1.14 billion in losses in the U.S. alone.

Shortly after making contact, a scammer will want to email, call, text or meet up. The scammer will often take the time to build trust and lead the victim to gain romantic feelings for the scammer. They will shower the victim with affection, suggest that the victim keep the relationship a secret, and pressure the victim into sharing information about their income and finances.

A romance scammer will share countless excuses why they can't meet or their “plans to meet” were delayed. The three most common lies are that they are in the military, someone close to them got sick or is in the hospital, and that they want to marry you but always have an excuse.

It can be difficult to hear that someone you have shared intimate parts of your life with is only looking to exploit you, but these scammers are extremely good at what they do. Anyone can be targeted by romance scams, so if you think you are being targeted or have given, or sent, money to a scammer:

- Stop communicating with the person
- Notify your financial institution immediately if you sent money or gave someone your banking information
- Do a reverse image search of the person
- Talk to someone you trust (a family member, friend, clergy, etc.). If they say they are concerned about your new love interest, pay attention!
- Report local in-person romance scams to local law enforcement and Adult Protective Services (APS)
- Report online romance scams to FBI's Internet Crime Complaint Center
- Report all scams to the Federal Trade Commission at report-fraud.ftc.gov

The sooner you act and report scams, the better the chance you'll have of intercepting any stolen funds.

Breakfast at Elders

Tyotkas Elders Program offers a dine-in option for Elders to have breakfast. Elders are welcome to join us for a light breakfast on Tuesdays and Thursdays from 8:30 to 10 a.m. 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.

“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 3 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 Monday, March 10 from 1 to 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:

What do you get when you cross poison ivy with a four leaf clover?

Permanent Fund Dividend

It's that time of year to file PFD applications! The application period is open until March 31, 2025. Applications can be completed 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 to fill out your application. Appointments are first come, first serve 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)
- Drivers license/State ID
- Your cell phone for verification authentication (if applicable)

Native Foods Potluck/Craft Tables

This month our Native Foods Potluck is on Friday, March 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 to 1:30 p.m.: Live Music Sing-Along

March 6, 9:30 to 10:30 a.m.: Alzheimer's Association "Supporting Independence" Presentation

March 6, 10:30 to 11:30 a.m.: Kenai Peninsula Family Caregiver Support Group

March 10, 11:30 to 1:30 p.m.: Massage Therapy

March 10, 1 to 3 p.m.: Dementia Café at Veronica's Old Town Café

March 14, 10 a.m. to 2 p.m.: DWC Health Fair

March 20: Tyotkas Closed- Staff Day

March 21, 10 a.m. to 4 p.m.: DWC Arts & Crafts Sale

March 21, 11:30 a.m. to 1:30 p.m.: Traditional Foods Potluck

March 24, 11:30 a.m. to 1:30 p.m.: Massage Therapy

March 25, 12:30 p.m.: "Common Financial Scams" Presentation with Lynelle Davis

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

A Little Joke: the Answer

A: A rash of good luck.

Transportation

Are you interested in coming in for lunch, but need help with a ride? Do you need help getting to an appointment? Kenaitze's 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.

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

Program Updates

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. We will have a to-go lunch ready for you if you come in for lunch after 1:30. Elders are welcome to eat lunch in the building. To-go lunches are available for pick up starting around 1:00 p.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. We will have your meal ready as soon as possible.

We have an update to our home-delivered meal program for homebound 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 3 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.

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.

March Birthdays

Danny Gordon	March 2	Joann Jackinsky	March 19
Kandace Dushkin	March 3	Mary Napouk	March 20
Ed Garr	March 5	Mike Carpenter	March 22
Patrick Mekiana	March 5	Dolores Ruiz	March 22
Mark Johansen	March 6	Bill Willard	March 22
Gabriella Knight	March 6	Rick Clark	March 22
Marc Zimmerman	March 6	Robert Stroman	March 23
Arthur Kuipers	March 7	Eunice Ruhl	March 23
Lee Stuart	March 7	James Magee	March 23
Corbin Kooly	March 7	Peggy Brown	March 24
Barbara Williams	March 7	Carol Johns-Okamoto	March 24
Larry Sweppy	March 8	Tina Sullens	March 24
Michael McKinney	March 8	James Wood	March 24
Warren Eide	March 8	Cathleen Pinkerton	March 24
Debbie Johansen	March 9	Doug Norbeck	March 24
Margaret Stiefel	March 9	Martha Ramoth	March 24
Mary Peter	March 10	Tom Eggemeyer	March 24
Rusty Swan	March 10	Gerald Knapp	March 24
Rose Rene	March 10	Ralph Beans	March 25
April Oglend	March 10	Katie Juliussen	March 26
Michael Handricks	March 10	Judith McMoore	March 26
Mary Showalter	March 11	Barbara Eagle	March 26
Florence Hamman	March 11	Al Olson	March 26
Nina Clock	March 11	Tony Joule	March 26
Veronica		Laura Kolerok	March 26
Caraballo-Saez	March 11	Elia Wasky	March 26
Frederick Hudson	March 11	Jeff Swan	March 27
Eva Yanez	March 11	Harold Andersen	March 28
Kathlyn Rambow	March 12	Sam Hodena	March 28
Henia Minium	March 12	Roberta Percy	March 28
Joy Sargent	March 12	Elizabeth Solie	March 28
William Johnson	March 12	Adeline Chaffin	March 29
Mary Samuelson	March 12	George Patkotak	March 29
Tina Mulcahy	March 13	George Wright	March 30
Sam Lorenzo	March 13	Eddie Roach	March 30
Steve Pyfer	March 13	Wayne Chulin	March 30
Elliot Lind	March 13	Lorlie Shield	March 30
Danny Alexan	March 16	Mark Fitzhugh	March 30
Rita Goshorn	March 17	Carolyn Patterson	March 31
Carol Joy	March 17	Katie Lee	March 31
David Showalter	March 17	Sondra	
Maxim Chickalusion	March 18	Shaginoff-Stuart	March 31
Janet Miller	March 19	Jason Nunn	March 31
Doris Mudd	March 19	Leilani Sandoval	March 31

Did You Know?

Did you know that Tyotkas Elders Center's 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. The page is at www.facebook.com/kenaitze.

March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chef's Choice	4 <i>Homeschool kids join us for lunch!</i> Wonton Soup, Egg Rolls <i>*Light Breakfast 8:30-10:00am</i>	5 Ribs with Macaroni & Cheese, Cole Slaw, Baked Beans	6 Chicken Noodle Soup, Egg Salad Sandwich <i>*Light Breakfast 8:30-10:00am</i>	7 Salmon Bowls
10 Tuna Casserole, Vegetables, Roll	11 Chicken and Wild Rice Soup, Open Faced Sandwich <i>*Light Breakfast 8:30-10:00am</i>	12 Pork Chops, Mashed Potatoes, Gravy, Vegetables, Roll	13 Beef and Vegetable Soup, Turkey Wrap <i>*Light Breakfast 8:30-10:00am</i>	14 Tacos with Fixin's
17 Corned Beef and Cabbage	18 <i>Homeschool kids join us for lunch!</i> Chili, Pigs in a Blanket <i>*Light Breakfast 8:30-10:00am</i>	19 Stuffed Mushroom, Rice Pilaf, Vegetables	20 Tyotkas Closed Staff Day	21 Traditional Foods Potluck! Salmon, Rice, Vegetable, Roll
24 Sloppy Joes, Bacon and Pea Salad	25 Broccoli Cheddar Soup, Ham Sandwich <i>*Light Breakfast 8:30-10:00am</i>	26 Chicken Marsala, Pasta, Vegetables, Garlic Bread	27 Pozole with Fixin's <i>*Light Breakfast 8:30-10:00am</i>	28 French Dip with Au Jus, Sides

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Breakfast Chef's Choice

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!**