

TYOTKAS ELDER CENTER

May 2024 • Phone: 907-335-7280



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

American Stroke Month



Chances are, you know someone who has had a stroke. As May is American Stroke Month, here is some information about strokes and some lifestyle choices that may help prevent them.

A stroke happens when something blocks the blood supply to part of the brain, or when a blood vessel in the brain bursts. Both of these occurrences can lead to long-term brain damage, disability, and even death.

According to the CDC, there are three types of strokes: ischemic (when blood particles or fatty plaques cause a blockage in the blood vessels), hemorrhagic (when an artery in the brain leaks or bursts), and transient ischemic attack (or TIA, also known as a mini-stroke).

F.A.S.T. is a good acronym to remember when it comes to recognizing symptoms that may be a stroke.

F – Face Drooping- Does one side of the person's face seem to

be droop or are they complaining about numbness? Asking the person to smile is a good way to judge whether or not a person is experiencing partial facial paralysis due to a stroke.

A – Arm Weakness- Is there any weakness or numbness in one arm? Ask the person to raise both arms so they are parallel with the floor. One arm may drift downward.

S – Speech Difficulty- Is the person's speech slurred or have they stopped making sense with what they are saying? This paired with other symptoms is an important symptom.

T – Time to Call 911- Every stroke is an emergency. Even if it is a small TIA, every minute counts when it comes to medical intervention. Make sure that you note the time of symptom onset.

Other symptoms of a stroke include:

- Numbness or weakness, especially on one side of the body.
- Confusion, including trouble speaking or understanding speech.
- Sudden trouble with vision in one or both eyes.
- Trouble walking, dizziness, or loss of balance and/or coordination.
- Sudden onset of severe headache with no clear cause.
- 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.

Happy Mother's Day

Tyotkas Elders Center would like to wish our mothers, grandmothers, aunts, etc. a very happy Mother's Day. Please join us on May 10 for a special Mother's Day lunch. Don't forget to reserve your spot for our Mother's Day Tea before lunch from 10:45-11:30 a.m. and make sure to stick around for BINGO from 1-2 p.m.

A Little Joke:

Q: Why should you never throw your false teeth at a vehicle?

May Birthdays

Diana Zirul	May 1
Dennis Shangin	May 1
Martina Georges	May 1
Maria Sweppy	May 2
Evelyn Yeoman	May 2
Larry Burcham	May 3
Donna Evans	May 4
Darlene Ross	May 4
Lois Nelson	May 5
Dorothy Wagoner	May 6
Cliff Hoff	May 7
Darrell Kooly	May 8
Lori Toloff	May 9
Ronette Stanton	May 10
Virginia Wilcoxson	May 11
Darrell Kampstra	May 13
Sharon Croskey-Smyth	May 14
David Brown	May 15
Helen Dick	May 16
Frank Trigg	May 16
Tom Titus	May 17
Mary Richmond	May 18
Lori Nelkie	May 18
George Flemmings	May 19
Flora Melovedoff	May 19
Nina Marion	May 21
Henry Manumik	May 21
Louie Chikoyak	May 22
Liisia Blizzard	May 23
Clare Swan	May 23
Marcia Shaishnikoff	May 24
Mollie Burton	May 25
Phil Harman	May 26
Lawrence Linderman	May 26
Daniel Henry	May 26
Christine Monfor	May 27
Genevieve Still	May 27
Leon Alsworth III	May 27
Wayne Eningowuk	May 28
Moxie Zaukar	May 28
Larry Briggs	May 28
Hayward Wik	May 30
Hanna Stormo	May 30
John Juliussen	May 30
Hanna Alexie-Bennis	May 31

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.

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.

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. The salad bar open at 11:30 a.m. and lunch is served 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.

Meals for our homebound Elders are delivered on Tuesdays and Thursdays. Due to concerns regarding pets and wild animals, 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.

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.

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: 907-262-3111
- 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

May 1 – Homeschool kids join us for Lunch

May 7, 10-11:15 a.m. – Planting a Potluck

May 10, 10:45-11:30 a.m. – Mother's Day Tea Party

May 10, 10 a.m.-4 p.m. – Dena'ina Wellness Center Arts & Crafts Sale

May 13, 11:30 a.m.-1:30 p.m. – Massage Therapy

May 13, 11:30 a.m.-1:30 p.m. – Kenaitze Cultural Program Informational Table

May 16 – Tyotkas closed, staff day

May 16 – Spring Resurrection Bay Tour, Meet at Elders 7:45 a.m. (prior registration required)

May 17, 11:30 a.m.-1:30 p.m. – Traditional Foods Potluck

May 21, 10-11:15 a.m. – Planting a Potluck

May 27 – Tyotkas closed, happy Memorial Day!

May 28 – Resurrection Bay Tour with Lunch at Fox Island, Meet at Elders at 7:45 a.m. (prior registration required)

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 _____

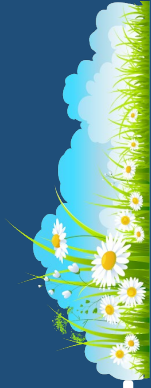
A Little Joke: The Answer



A: You might denture car.

May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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. Menu is Subject to Change</p>	<p>1 Chicken Alfredo, Vegetables, Roll</p>	<p>2 Cabbage Soup, BLTA, Chips, and a Pickle <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>3 Cinco De Mayo Lunch! Crunchy Shredded Beef Taco, Avocado Corn Salad, Spanish Rice</p>	
<p>6 Chef's Choice</p>	<p>7 Navy Bean Soup with Cornbread <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>8 Mini Meatloaf with Mashed Potatoes and Green Beans</p>	<p>9 Dill Potato Soup, Chicken Caesar Wrap <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>10 Mother's Day Lunch! Southern Fried Chicken, Scalloped Potatoes, Vegetables, Roll</p>
<p>13 Sloppy Joes and Pasta Salad</p>	<p>14 Chicken Noodle Soup with Open Faced Sandwich <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>15 Pork Roast, Roasted Potatoes, Vegetable</p>	<p>16 Tyotkas Closed Staff Day</p>	<p>17 Traditional Foods Potluck! Salmon, Rice, Vegetables, Roll</p>
<p>20 Chef's Choice</p>	<p>21 Matzo Ball Soup, Corned Beef Sandwich <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>22 Beef and Broccoli over Rice with Egg Roll</p>	<p>23 Pozole (Mexican Pork Stew) with Chips and Salsa <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>24 Memorial Day Lunch! BBQ Chicken and Picnic Sides</p>
<p>27 Memorial Day Tyotkas Closed</p>	<p>28 Grilled Cheese and Tomato Soup <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>.29 Cajun Chicken Pasta with Vegetables</p>	<p>30 Italian Wedding Soup with Open Faced Sandwich <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>31 Salmon, Rice, Vegetables, Roll</p>

May 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALL HIGHLIGHTED TRIPS REQUIRE PRIOR REGISTRATION. SPACE IS LIMITED.</p>		<p>LIVE MUSIC SING ALONG! 1230-130p Homeschool Kids Join for Lunch! Arts & Crafts w/Bessie 130-300p</p>	<p>Games with Alvena 2-3p</p>	<p>Bring Your Own Craft Time with Tina 10-1130a BINGO 1-2p</p>
<p>BLOOD PRESSURE CHECKS Crafts & Games w/Alvena 130-330p</p>	<p>Planting a Potluck 10-1115a Mother's Day Planters with Alvena 130-330p</p>	<p>LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Bessie 130-300p</p>	<p>Games with Alvena 2-3p</p>	<p>Mother's Day Tea Party 1045-1130 DWC Arts & Crafts Sale 10-4 BINGO 1-2p</p>
<p>BLOOD PRESSURE CHECKS Massage Therapy 1130a-130p Kenaitze Cultural Program Informational Table 1130a-130p Crafts & Games w/Alvena 130-330p</p>	<p>Arts & Crafts with Alvena 130-330p</p>	<p>LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Bessie 130-300p</p>	<p>STAFF DAY Tyotkas Closed Spring Resurrection Bay Tour Meet at Elders at 745a</p>	<p>Traditional Foods Potluck 11-130 </p>
<p>BLOOD PRESSURE CHECKS Crafts & Games w/Alvena 130-330p</p>	<p>Planting a Potluck 10-1115a Arts & Crafts with Alvena 130-330p</p>	<p>LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Bessie 130-300p</p>	<p>Games with Alvena 2-3p</p>	<p>Memorial Day Cookout! BINGO 1-2p</p>
<p>TYOTKAS CLOSED MEMORIAL DAY</p>	<p>Resurrection Bay Tour and Lunch at Fox Island Meet at Elders, 7:45a m</p>	<p>LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Bessie 130-300p</p>	<p>Games with Alvena 2-3p</p>	<p>BINGO 1-2p</p>