

TYOTKAS ELDER CENTER

May 2025 • Phone: 907-335-7280



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

Walk It Out

Join Alvena and friends at Tyotkas every Tuesday and Thursday from 10:30-11 a.m. for Walking Club!

We all know that getting up and moving is good for you, but getting the motivation to become active isn't always easy. Joining a group for a short walk around campus and Old Town Kenai will not only provide a chance to catch up with friends, but brings health benefits too!

Studies show that something as simple as a 30-minute walk can improve cardiovascular function, help with weight management, strengthen bones, muscles, and joints, help with and your immune system. Additionally, this light exercise can help relieve stress, anxiety and depression, increase energy levels, spark creativity, and improve sleep quality.

With summer and better weather approaching, join Tyotkas with getting outside! Throughout the summer months, we will explore Old Town and the historical buildings, visit the Cabin Park, stop for some beautiful mountain views, and most importantly, have fun!

Don't forget that each time you join us for Walking Club earns a ticket in our monthly "Get Drawn In with Tyotkas" activities raffle.

These walks will be at a comfortable pace, but please remember to dress appropriately. Good walking shoes and a jacket are encouraged.

'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 Monday, May 19, 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.

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.



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.

A Little Joke:

Q: Did you hear the rumor about butter?

May Birthdays

Diana Zirul	May 1	George Flemmings	May 19
Dennis Shangin	May 1	Flora Melovedoff	May 19
Martina Georges	May 1	Rita Magee	May 20
Maria Sweppy	May 2	Nina Marion	May 21
Evelyn Yeoman	May 2	Henry Manumik	May 21
Lori Stanton	May 2	Louie Chikoyak	May 22
Larry Burcham	May 3	Gerald Anderson	May 22
Donna Evans	May 4	Liisia Blizzard	May 23
Darlene Ross	May 4	Marcia Shaishnikoff	May 24
Natasha Tweedy	May 5	Mollie Burton	May 25
Lois Nelson	May 5	Phil Harmon	May 26
Dorothy Wagoner	May 6	Lawrence Linderman	May 26
Cliff Hoff	May 7	Daniel Henry	May 26
Darrell Kooly	May 8	Christine Monfor	May 27
Cynthia Cook	May 9	Genevieve Still	May 27
Lori Toloff	May 9	Leon Alsworth III	May 27
Ronette Stanton	May 10	Wayne Eningowuk	May 28
Laura Kroto	May 10	Moxie Zaukar	May 28
Virginia Wilcoxson	May 11	Larry Briggs	May 28
Sharon		Paul Stiefel	May 29
Croskey-Smyth	May 14	Hayward Wik	May 30
David Brown	May 15	Hanna Stormo	May 30
Helen MacLean	May 16	John Juliussen	May 30
Frank Trigg	May 16	Margaret Bobby	May 30
Tom Titus	May 17	Hanna	
Mary Richmond	May 18	Alexie-Bennis	May 31
Lori Nelkie	May 18	Elena Wasky	May 31
Larry Grant	May 18		

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

May 2, 10:30 a.m.-11:30 a.m.: Kenai Peninsula Family Caregiver Support Group

May 5, 11:30 a.m.-1:30 p.m.: Massage Therapy

May 8, 9:30 a.m.-10:30 a.m.: Alzheimer's Association "Responding to Dementia-Related Behaviors" Presentation

May 9, 10 a.m.-4 p.m.: Dena'ina Wellness Center Arts and Crafts Sale

May 9, 11:30 a.m.-1:30 p.m.: Mother's Day Brunch

May 15: Tyotkas Closed- Staff Day

May 16, 11:30 a.m.-1:30 p.m.: Traditional Foods Potluck

May 19, 11:30 a.m.-1:30 p.m.: Massage Therapy

May 19, 1-3 p.m.: Dementia Café at Veronica's Old Town Café

May 23, 11 a.m.-2 p.m.: Memorial Day Cookout at Tyotkas

May 26: Tyotkas Closed, Memorial Day

May 27, 12:30 p.m.: "Medical Theft" 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

NATIVE FOODS POTLUCK/ CRAFT TABLES

This month our Native Foods Potluck is on Friday, May 16. 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.

A Little Joke: the Answer

A: Well, I'm not going to spread it!

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 _____