

TYOTKAS ELDER CENTER

January 2024 • **Building OPEN to visitors** • Phone: 907-335-7280



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

Quality of Life

January is noted as International Quality of Life Month. The concept of quality of life is different for people in different cultures based on cultural traditions, standard of living, and their nation's value system.

In terms of clinical health, Quality of Life revolves around being provided optimum health care. But in laymen's terms, it is defined by an individual's comfort in life. Usually we only hear about the term "Quality of Life" in regard to health during end of life care, or if someone we know and love is facing a serious illness. In reality, Quality of Life is important to through our whole lifespan because it helps us achieve happiness, satisfaction, and in many cases, success.

Here are some facts about happiness:

- **Positively Positive:** Studies show that happy people with positive emotions have a stronger immune system and are less likely to catch a cold.
- **Altruistic Living:** Altruism, or performing good deeds for others without expecting recognition or anything in return, not only makes you feel good about yourself but also spreads happiness.
- **Get Outside:** Studies show that being outdoors and experiencing fresh air makes people happier.
- **Let the Light Shine:** Research shows that good lighting in a room helps decrease sadness and feelings of hopelessness. With this in mind, try to stay toward softer lights, as they are less likely to cause a headache.

Mixing it up!

Traditionally, soup, salad, and sandwiches have been on the menu for Tuesdays and Thursdays. To try something new, we are going to start offering Mexican-inspired dishes on Tuesdays to follow the popular "Taco Tuesday" theme. Keep an eye on the menu in case you see something you like!

Transportation

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

Elder Helpers

Tyotkas is calling on any of our Elders who would like to help out around the center! Whether it is writing the day's lunch on the board, handing out activities, putting flyers on the tables, or clearing plates, we have many opportunities available. Feel free to sign up at the front desk for where you would like to help. If you have something you would like to help us with that is not listed, let us know!

A Little Joke:

Q: What do you call an espresso with a cold?

January Birthdays

Leora Shangin	Jan. 2
Bill Overstreet	Jan. 3
Patsy Bailey	Jan. 4
Bobbie Oskolkoff	Jan. 4
Nelaine Martinez	Jan. 6
Loubava Alexie	Jan. 7
Carolyn Bernard	Jan. 7
Larry Jones	Jan. 7
Linda Solomon	Jan. 7
Roger Wassillie	Jan. 8
Debora Studnek	Jan. 9
Marcel Isadore	Jan. 10
Kim Pyfer	Jan. 10
Zoanne Anderson	Jan. 11
Antone Shelikoff	Jan. 11
Michael Wilson	Jan. 12
Dale Vaughn	Jan. 14
Anna Strunk	Jan. 14
Tatianna Active	Jan. 15
Gordon Baktuit	Jan. 17
Anna Okbaok	Jan. 17
Virginia Fraase	Jan. 18
Elizabeth Edelman	Jan. 18
Bunny Swan-Gease	Jan. 19
Sam Stepanoff	Jan. 19
Robert Ross	Jan. 22
Natalia Dull	Jan. 22
Van Swan	Jan. 23
Bill Hamman	Jan. 23
Pam Christenson	Jan. 23
Grace Holmberg	Jan. 24
Tia Holley	Jan. 25
William Stem	Jan. 25
Evelyn Boulette	Jan. 26
Richard Hilleary	Jan. 26
Loran Guilbeau	Jan. 27
Kippi McMoore	Jan. 27
Judy Oyler	Jan. 27
Margaret Revet	Jan. 27
Juanita O'Brien	Jan. 28
Eli Johnson	Jan. 27
Joseph Kippi	Jan. 30
Dale Baktuit	Jan. 30
Darla Williams	Jan. 30
Esther Ignatin	Jan. 31

If you do not see your birthday on the list during your month, please let us know so we can wish you a Happy Birthday!

Native Foods Potluck/ Craft Tables



This month our Native Foods Potluck is on Friday, Jan. 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.

The More You Know

Have you ever noticed the disposable food containers that we sometimes use for salads in house and for meals that are delivered? These trays are made especially for our Oliver machine that helps us ensure food-safe delivery. The Oliver Meal Packaging program has some very unique features:

- Both the cardboard and plastic trays are dual-ovenable. This means that they are microwavable and can be put in the oven at temperatures up to 400°F.
- Both cardboard and plastic trays are also freezer-safe and can withstand temperatures as low as -40°F.
- Our cardboard trays are compostable and the plastic trays contain up to 30% recycled material and is recyclable No. 1 material.

Important Dates and Events

Mondays – Blood Pressure Checks During Lunch

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

Thursdays, 10 a.m.-noon – Moccasin Making Class with Bobbie (registration required)

Jan. 1 – Tyotkas Closed, New Year's Holiday

Jan. 2, 1-2:30 p.m. – Kenai Peninsula Family Caregiver Support Group

Jan. 3 – Homeschool kids join us for lunch

Jan. 8, 11:30 a.m.-12:30 p.m. – Alzheimer's Association: Understanding Alzheimer's and Dementia Presentation

Jan. 8, 11:30 a.m.-1:30 p.m. – Massage Therapy

Jan. 12, 10 a.m.-4 p.m. – Native Arts & Crafts Sale at the Dena'ina Wellness Center

Jan. 18 – Tyotkas Closed, Staff Day

Jan. 19, 11 a.m.-2 p.m. – Traditional Foods Potluck

Jan. 29, 11:30 a.m.-1:30 p.m. – Massage Therapy

Community Resources

Access Alaska: Call 907-262-4955 for an array of services including social support networks, friendships, finding safer housing, food deliveries from food banks, public health workforce support, and much more!

Clothes Quarters: Wednesdays, 10 a.m.-3 p.m., 907-283-4555, Our Lady of the Angels Catholic Church, 225 S. Spruce Street, Kenai

Showers and Laundry: Love INC has free showers and laundry services available to those in need. Showers and laundry are available on a first-come basis. Those doing laundry are asked to 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:

Important Contacts

Tyotkas Elder Center:	907-335-7280
Transportation:	907-335-7212
Dena'ina Wellness Center:	907-335-7500
Housing:	907-335-7228
Na'ini Family and Social Services:	907-335-7600
Behavioral Health:	907-335-7300

Program Update

We have an update to our home delivered meal program for home-bound Elders. 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.

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 _____

A Little Joke: The Answer

A: Coughie.

January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tyotkas Closed, New Year's Day	2 Taco Soup and Cornbread <i>(Light Breakfast 8:30-10 a.m.)</i>	3 Chicken Burger with Fixings, Pasta Salad	4 Harvest Vegetable Soup, Ham and Swiss Sliders <i>(Light Breakfast 8:30-10 a.m.)</i>	5 Spam Fried Rice, Glazed Pineapple, Hawaiian Roll
8 Sloppy Joes	9 Chicken Taquitos, Salsa, Guacamole, Sour Cream <i>(Light Breakfast 8:30-10 a.m.)</i>	10 Turkey Meatloaf, Baked Mac and Cheese, Grilled Broccolini	11 Chicken Noodle Soup, Egg Salad Sandwich <i>(Light Breakfast 8:30-10 a.m.)</i>	12 Wrapped Asparagus, Roasted Vegetables, Roll
15 Chef's Choice	16 Pozole (Mexican Pork Stew), Vegetables <i>(Light Breakfast 8:30-10 a.m.)</i>	17 Lasagna, Garlic Bread, Vegetables	18 Tyotkas Closed, Staff Day	19 Traditional Foods Potluck, Rice, Baked Salmon, Vegetables, Roll
22 Veggie Burgers with Fixings	23 Chicken Tacos with Toppings <i>(Light Breakfast 8:30-10 a.m.)</i>	24 Beef Tip Stew and Rice Bowl, Dinner Roll	25 Butternut Squash Bisque, Focaccia Bread <i>(Light Breakfast 8:30-10 a.m.)</i>	26 Chicken Fried Steak, Mashed Potatoes, Vegetable, Roll
29 Chef's Choice	30 Chicken and Mexican Street Corn Bowl <i>(Light Breakfast 8:30-10 a.m.)</i>	31 Pork Roast, Egg Noodles, Vegetables Bowl Over Rice	Menu is Subject to Change  **Please let us know if you have any allergies or food sensitivities!	