

TYOTKAS ELDER CENTER

January 2025 • Phone: 907-335-7280



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

Glaucoma Awareness

Glaucoma is a group of eye diseases that can result in vision loss and blindness by damaging the optic nerve in the back of your eye. There are no early symptoms and the onset is typically so slow that vision changes may be difficult to notice. The only way to be properly diagnosed is through a comprehensive dilated eye exam.

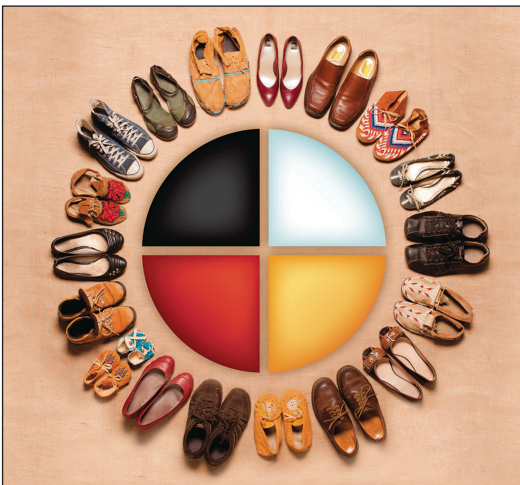
Over time, people with glaucoma usually start to lose their peripheral vision, especially the part that's closest to your nose. As the disease progresses, peripheral vision becomes more lost, and glaucoma can eventually lead to blindness.

Those over 60 or with a family history of glaucoma are at higher risk for developing this vision issue. Many people with glaucoma have high eye pressure and treatments to lower eye pressure may help to slow the progression of the disease. While there is no way to prevent it and no definite cure, there are some treatments available such as eye drops, laser treatments, and surgery.

Eye exams are recommended every 1 to 3 years for those ages 55 and older. More frequent exams may be deemed necessary by your ophthalmologist based on other factors such as family history, diabetes/high blood pressure, whether or not you wear glasses, weight issues, and more. Be sure to have your eyes examined regularly as determined by your doctor and do not hesitate to ask any questions that you may have about glaucoma or other vision issues.

The Dena'ina Wellness Center has an Optometry department. If you would like to contact them to schedule a routine eye exam, you can call 907-335-7308.

Protect the Circle of Life



Flu vaccinations help reduce your risk from flu and can reduce the risk of hospitalization due to flu illness. The Dena'ina Wellness Center offers flu shots, including a high dose version for those ages 65 and older. You can schedule a flu shot by calling 907-335-7500. Any questions about the influenza vaccination should be directed to your primary care physician or a health care professional.

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.

Happy Holidays



From all of us at Tyotkas Elders Center, we hope everyone had a wonderful holiday season and were able to visit with family and friends. We are excited to enter into a new year together and to continue providing delicious meals and programs for our un'ina. Thank you!

A Little Joke:

Q: What do you call a reindeer without eyes?

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.

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.

NATIVE FOODS POTLUCK/CRAFT TABLES

This month our Native Foods Potluck is on Friday, Jan. 17. 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

Jan. 1: Tyotkas Closed- New Year's Day

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

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

Jan. 16: Tyotkas Closed, Staff Day

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

Jan. 20, 11:30 a.m.-1:30 p.m.: Massage Therapy

Jan. 27, 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

January Birthdays

Lenore Shangin	Jan. 2
Bill Overstreet	Jan. 3
Patsy Bailey	Jan. 4
Nelaine Martinez	Jan. 6
Loubava Alexie	Jan. 7
Carolyn Bernard	Jan. 7
Larry James	Jan. 7
Linda Solomon	Jan. 7
Roger Wassillie	Jan. 8
Lynnie Randolph	Jan. 8
Theresa Carroll	Jan. 8
Kim Pyfer	Jan. 10
Zoanne Anderson	Jan. 11
Peggy Ackerman-Sedivy	Jan. 12
Michael Wilson	Jan. 12
Alexius Sacaloff	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
Libby Edelman	Jan. 18
Bunny Swan Gease	Jan. 19
Robert Ross	Jan. 22
Nancy Dull	Jan. 22
Van Swan	Jan. 23
Bill Hamman	Jan. 23
Pam Christenson	Jan. 23
Burkher Ivanoff	Jan. 23
Emerline Showalter	Jan. 24
Tia Holley	Jan. 25
William Stem	Jan. 25
Evelyn Boulette	Jan. 26
Jolene Sutherland	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. 28
Joseph Kippi	Jan. 28
Dale Baktuit	Jan. 30
Darla Williams	Jan. 30
Arthur Edelen	Jan. 31

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.

Program Update

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.

A Little Joke: the Answer

A: I have no eye deer!

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 _____

January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu is Subject to Change</p> 	<p>**Please let us know if you have any allergies or food sensitivities!</p>	<p>1 Tyotkas Closed New Year's Day</p>	<p>2 Hungarian Mushroom Soup, Open- Faced Sandwich <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>3 Apple and Cranberry Roasted Chicken, Rice Pilaf</p>
<p>6 Chef's Choice</p>	<p>7 Homeschool kids join us for lunch! Turkey Soup, Oven-Fried Chicken Tenders, Cheesy Broccoli and Rice Casserole <i>(Light Breakfast, 8:30-10 a.m.)</i></p>	<p>8 Russian Orthodox Christmas Celebration, 12:30 p.m., Perok, Vegetables, Roll</p>	<p>9 Navy Bean and Ham Soup with Cornbread and Roasted Carrots <i>(Light Breakfast, 8:30 -10 a.m.)</i></p>	<p>10 Burrito Bowls with Chili Verde Pork</p>
<p>13 Meatloaf, Mashed Potatoes, Vegetables</p>	<p>14 Chicken and Wild Rice, BLTA <i>(Light Breakfast, 8:30 -10 a.m.)</i></p>	<p>15 Braised Pork in Sweet Soy Sauce, Lo Mein, Vegetable Spring Rolls</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 Homeschool kids join us for lunch! Beef and Barley Soup with Cheese Quesadilla <i>(Light Breakfast, 8:30 -10 a.m.)</i></p>	<p>22 Glazed Ham, Scalloped Potatoes, Roasted Vegetables, Roll</p>	<p>23 Clam Chowder, Biscuit <i>(Light Breakfast, 8:30 -10 a.m.)</i></p>	<p>24 Fish Tacos and Sides</p>
<p>27 Cornish Game Hens, Wild Rice, Vegetables, Roll</p>	<p>28 Butternut Squash Bisque, Turkey and Bacon Bravo Sandwich <i>(Light Breakfast, 8:30 -10 a.m.)</i></p>	<p>29 Pepper Steak Stew, Mashed Potatoes, Vegetable, Roll</p>	<p>30 Chicken and Sausage Gumbo over Rice, Greens and Bacon, Corn <i>(Light Breakfast, 8:30 -10 a.m.)</i></p>	<p>31 Honey and Garlic Glazed Salmon with Rice and Vegetables</p>

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		TYOTKAS CLOSED 1 	Kenai Peninsula Family Caregiver Support Group 1030-1130a Moccasins w/Bobbie 130-330p Games w/Alv ena 130-330p	3 BINGO 1-2p
BLOOD PRESSURE CHECKS Arts & Crafts w/Alv ena 130-330p	6 Homeschool Kids Join for Lunch! Arts & Crafts w/Alv ena 130-330p	7 Russian Orthodox Christmas Celebration 1230p Arts & Crafts w/Gena 130-330p Games w/Alv ena 130-330p	8 Moccasins w/Bobbie 130-330p Games w/Alv ena 130-330p	9 DWC Arts & Crafts Sale 10a-4p BINGO 1-2p
BLOOD PRESSURE CHECKS Arts & Crafts w/Alv ena 130-330p	13 Arts & Crafts w/Alv ena 130-330p	14 Arts & Crafts w/Alv ena 130-330p	15 LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena 130-330p Games w/Alv ena 130-330p	17 Traditional Foods Potluck 1130-130
BLOOD PRESSURE CHECKS Massage Therapy 1130a-130p Arts & Crafts w/Alv ena 130-330p	20 Homeschool Kids Join for Lunch! Arts & Crafts w/Alv ena 130-330p	21 Homeschool Kids Join for Lunch! Arts & Crafts w/Alv ena 130-330p	22 LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena 130-330p Games w/Alv ena 130-330p	23 Moccasins w/Bobbie 130-330p Games with Alv ena 130-330p
BLOOD PRESSURE CHECKS Massage Therapy 1130a-130p Arts & Crafts w/Alv ena 130-330p	27 Arts & Crafts w/Alv ena 130-330p	28 Arts & Crafts w/Alv ena 130-330p	29 LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Gena 130-330p Games w/Alv ena 130-330p	30 Moccasins w/Bobbie 130-330p Games with Alv ena 130-330p
			CLOSED FOR CLEANING 	31 BINGO 1-2p
				24 BINGO 1-2p