

TYOTKAS ELDER CENTER

July 2024 • Phone: 907-335-7280



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

Summer Fun!

July is going to be a very busy month at Tyotkas. With two Net Days at the pavilion, a picnic in Seward, activities with our youth programs, and a trip to Seldovia, there is something for everyone!

Please make sure that you are looking carefully at our activity calendar for information on our different trips, events, and days where our building is closed. If you would like to sign up for our activities, please make sure that you do so as soon as possible, as some have limited space.

Happy Independence Day



Tyotkas Elders Center would like to wish all of our Elders a Happy Independence Day. Our program will be closed on Thursday, July 4 to celebrate this holiday with our families. We will be open again on July 5 to resume the fun!

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.

Native Foods Potluck/Craft Tables



This month our Native Foods Potluck is on July 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.

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: What is Irish and sits out all summer?

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

Native Foods Potluck/Craft Tables

This month our Native Foods Potluck is on July 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.

July Birthdays

Reuben Demidoff	July 2	Ann Rodgers	July 12
Joy Wik	July 2	Marion Austin-Keyes	July 12
Harriet Edelman	July 2	Tonya Olsen	July 12
George LaRoque	July 2	Carl Rodgers	July 13
Jenni McGrady	July 3	Nancy Nelson	July 14
Debbie Shade	July 3	Larry Conwell	July 15
Daniel Kartchner	July 3	Duke Minium	July 15
Debra Blatchford	July 3	Olga Elliot	July 15
Dora James	July 3	Jerry Daniels	July 16
Phillip Ivarie	July 4	Shirley Wolkoff	July 17
Rena Wiseman	July 4	Frances Shooguwruk	July 17
Vera Wright-Filiatraut	July 4	Morey Denton	July 18
Cheryl Wilga	July 5	Lorita Van Sky	July 18
Michael Juliussen	July 7	Donna Alder	July 19
Mary Lou Bottorff	July 7	George Showalter	July 19
Elouise Kignak	July 7	Mary Anaruk-Thomas	July 19
Penny Joseph	July 8	Doug Schneider	July 19
Wallen Olrun	July 8	Brenda Woodhead	July 19
George Hunter	July 9	Margie Nelson	July 22
Julia Selanoff	July 9	Leta Gannon	July 23
Charlie Christoffersen	July 9	Sharon Tyone	July 24
Chris Opheim	July 9	Dale Woodhead	July 24
Michael Staley	July 9	Sandra Chaffin	July 24
Wanda Showalter	July 10	Diane Roach	July 25
Catherine Kidder	July 10	Ernest Bernhardt	July 25
Laurence Johnson	July 10	Lonnie Stanford	July 26
Ellenore Kvamme	July 10	Estherina Lindgren	July 26
Lena Smith	July 11	Bruce Tiedeman	July 27
Sandra Groller	July 12	Sandra Andersen	July 29
Scharlott		Kim Ivarie	July 31
Thomas-Creary	July 12	William Konig	July 31
Lester Pete	July 12		

Important Dates and Events



- Mondays – Blood Pressure Checks During Lunch
- Wednesdays, 12:30-1:30 p.m. – Live Music Sing-Along
- July 2, 10-11:15 am Planting a Potluck
- July 2, 10:30 a.m.-1:30 p.m. – Elders Net Day, Tyotkas Building Closed
- July 3, 11:30 a.m.-1:30 p.m. – Independence Day Barbecue!
- July 4 – Tyotkas Closed, Happy Independence Day!
- July 9 – Tyotkas Closed, Picnic at Seward's Branson Pavilion, Registration Required
- July 11 – Tyotkas Closed, Staff Day
- July 12, 10:30 a.m.-2 p.m. – Dena'ina Wellness Center 10th Anniversary Celebration
- July 15, 1:30 p.m.-3:30 p.m. – Wills & Estate Planning with Ethel Patkotak
- July 11, 10 a.m.-11:15 a.m. – Planting a Potluck
- July 11, 10:30 a.m.-1:30 p.m. – Elders Net Day, Tyotkas Building Closed
- July 19, 11:30 a.m.-1:30 p.m. – Traditional Foods Potluck
- July 23, 10:30 a.m.-11:30 a.m. – Kenai Peninsula Family Caregiver Support Group
- July 26 – Tribal Facilities Closed at noon, Staff Event
- July 29, 11:30 a.m.-1:30 p.m. – Massage Therapy
- July 30 – Tyotkas Closed, Elders Trip to Seldovia, Registration Required

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: 907-262-3111
- 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.

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.

A Little Joke: The Answer

A: Patty-O'Furniture!

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 _____

July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Pot Pie over Biscuit with Vegetables	2 Elders Net Day! Chili and Hot Dogs	3 Flank Steak and Pork Ribs, Vegetables, Loaded Baked Potato Casserole	4 Tyotkas Closed, Happy Independence Day!	5 Honey Mustard Chicken, Rice Pilaf, Vegetable, Roll
8 Salmon Patties, Tartar Sauce, Vegetables	9 Tyotkas Building Closed, Elders Picnic Trip to Seward <i>Registration Required</i>	10 Chicken Stir- Fry, Brown Rice, Vegetables	11 Tyotkas Closed Staff Day	12 Dena'ina Wellness Center 10th Anniversary! Hot Dogs, Burgers, Pulled Pork, Picnic Sides
15 Chicken Sandwich with Fixin's	16 Elders Net Day! Chef's Choice	17 Gyro Plate with Tzatziki and Cucumber Salad	18 Hungarian Mushroom Soup and Sandwich <i>Light Breakfast 8:30-10 a.m.</i>	19 Traditional Foods Potluck! Baked Salmon, Rice, Vegetables, Fry Bread
22 Roast Beef, Mashed Potatoes, Vegetables, Roll	23 Cajun Bean Soup with Green Chili Cornbread <i>Light Breakfast 8:30-10 a.m.</i>	24 Pork Egg Roll Bowl	25 Chicken Noodle Soup and Sandwich <i>Light Breakfast 8:30-10 a.m.</i>	26 Tyotkas closes at noon for Staff Event, no lunch
29 Loco Moco	30 Tyotkas Building Closed, Elders Trip to Seldovia <i>Registration Required</i>	31 Tuna Casserole with Vegetables and Roll	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!	

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 BLOOD PRESSURE CHECKS KIT Employment Camp joins Elders & Alvena for Crafts! 130-330p	2 Planting a Potluck 10-1115a Net Day 1030a-130p	3 LIVE MUSIC SING ALONG! 1230-130p Independence Day BBQ 1130-130	4 TYOTKAS CLOSED  HAPPY 4TH OF JULY	5 BINGO 1-2p
8 BLOOD PRESSURE CHECKS Beach Walk with Yaghanen 10-1115 Crafts & Games w/Alvena 130-330p	9 TYOTKAS BUILDING CLOSED Picnic at Seward's Branson Pavilion Leave Kenai at 8:00am	10 LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Bessie 130-3p	11 STAFF DAY 	12 DWC Arts & Crafts Sale 10a-4p DWC 10 Year Anniversary Celebration
15 BLOOD PRESSURE CHECKS Beach Walk with Yaghanen 10-1115a Wills and Estate Planning w/ Ethel Patkotak 1:30-3:30pm	16 Planting a Potluck 10-1115a Net Day 1030a-130p	17 LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Bessie 130-3p	18 Kenai Peninsula Wildlife Refuge in Soldotna 10am-12pm Games with Alvena 1-230p	19 Traditional Foods Potluck 11-130 
22 BLOOD PRESSURE CHECKS Beach Walk with Yaghanen 10-1115a Crafts & Games w/Alvena 130-330p	23 Kenai Peninsula Family Caregiver Support Group 1030a-1130a Planting a Potluck Salsa Making 1-230p Arts & Crafts with Alvena 130-330p	24 LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Bessie 130-3p	25 Jackson's Garden NO HOST 10a-12p Games with Alvena 1-230p	26 ALL KENAITZE FACILITIES CLOSED STAFF EVENT
29 BLOOD PRESSURE CHECKS Beach Walk with Yaghanen 10-1115a Massage Therapy 1130a-130p Crafts & Games w/Alvena 130-330p	30 TYOTKAS BUILDING CLOSED Elders Trip to Seldovia **Registration REQUIRED**	31 LIVE MUSIC SING ALONG! 1230-130p Arts & Crafts w/Bessie 130-3p		