

Gastineau Channel

Senior Centers' News Juneau, Alaska

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Mary Pusich Celebrates 90th Birthday

Former Douglas Senior Center Site Manager and volunteer Mary Pusich will celebrate her 90th birthday on December 30, 2010.

Mary was recruited by Sister Pat when the first senior center lunch program was instituted. In those early days the Douglas Center meals were served in the rectory of St. Peter's Church. As the numbers of patrons grew the lunch program was relocated to the Douglas Methodist Church. Mary continued as site manager until the late 1980's when due to budget cuts the center faced closure. She insisted rather than closing, they would operate an all volunteer staff. She continued to serve as the lead person, enlisting many of her dear friends to join her volunteering in the kitchen and serving meals twice a week. She especially enjoyed making the holiday meals extra special and decorative by bringing table cloths and centerpieces from home or the family restaurant, Mike's Place. Mary made sure every birthday of the seniors attending was a special celebration by baking them a Birth-

day cake. Mary continued her Tuesday and Thursday volunteer work at the Center until she was well into her 80's; then beginning in 2005 she took her place as a guest at the table. To this day she faithfully attends the Tuesday and Thursday lunches.

When St. Peter's Douglas church was damaged due to fire; Mary and her husband Rudy opened the restaurant to the Parishioner's for Sunday service. Fundraising for the Church was held at the restaurant through the weekly Bingo games. One of the largest parties for seniors to participate in was the annual "OLD TIMERS" event held at Mike's Place which Mary and Rudy hosted. There was always a theme, great food, prizes, entertainment and dancing. A good time was had by all and it was an opportunity for nearly two hundred of the community's elders to come together and reminisce.

Mary continues to live in the Douglas home in which she and her husband raised their eight children. Volunteering has been a large part of Mary's life and she encourages others to follow in her footsteps and volunteer at the Senior Centers and programs which aide the elderly.

Happy Birthday, Mary, from all of us at Southeast Senior Services and Catholic Community Service!

DECEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk, Water, Tea, Coffee and Deserts are offered daily with meals</p>	<p>SENIOR MENU December 2010 Reservations 463-6175</p>	<p>1 Pork Chop Suey Rice Broccoli & Cauliflower Tossed Salad</p>	<p>2 Pot Roast w/ Carrots & Potatoes Peas Fruit w/ Creamy Sauce Biscuits</p>	<p>3 Beef & Noodle Casserole Steamed Zucchini Tomato Aspic</p>
<p>6 Tuna Noodle Casserole Spinach Cauliflower Broccoli Toss</p> 	<p>7 Country Fried Steak Oven French Fried Potatoes Squash Danish Salad</p>	<p>8 Taco Salad Salsa Spanish Rice Green Beans</p> 	<p>9 Sweet & Sour Pork Rice Oriental Vegetables Tossed Salad</p>	<p>10 Herbed Chicken Peas Sunshine Salad Muffin</p> 
<p>13 New England Clam Chowder Ham & Tomato Sandwich Danish Salad</p>	<p>14 Salisbury Steak Parsley Potatoes Broccoli Cabbage Slaw</p>	<p>15 Creole Pork Rice Spinach Marinated Zucchini & Tomato Salad</p>	<p>16 BBQ Chicken Mixed Vegetables Peach Salad Biscuits</p>	<p>17 Ground Beef & Spanish Rice Brussels Sprouts Carrot-Raisin Salad</p>
<p>20 Chinese Pork Rice Oriental Vegetables Cucumber & Onion Salad</p>	<p>21 French Dip Sandwich Au Gratin Potatoes Peas Apricot Salad</p>	<p>22 Turkey Biscuit Pot Pie Broccoli Pineapple w/Cottage Salad</p>	<p>23 Vegetable Beef Soup Cheese & Tomato Sandwich Citrus Cup</p>	<p>24</p>  <p>MERRY CHRISTMAS WE ARE CLOSED</p>
<p>27 Cream of Tomato Soup Tuna Sandwich Waldorf Salad</p>	<p>28 Sloppy Joe Peas & Carrots Potato Salad</p> 	<p>29 Salmon Filets Pasta Salad Harvard Beets Citrus Cup</p> 	<p>30 Pot Roast Mashed Potatoes Fruit Cup w/ Citrus Spinach Salad</p>	<p>31</p>  <p>WE ARE CLOSED</p>

December: a Busy Month



**The Annual Juneau Senior Center
Holiday Bazaar
Saturday, December 11th
9:00 AM--- 1:00 PM
At the Juneau Senior Center
Plenty of parking in the
University Parking Lot
Lots of goodies will be for sale
and even some homemade treats
for those of us
with a sweet tooth.**

Santa and an elf or two will be stopping in for the annual photo shoot just before lunch at the:

Juneau Senior Center:

Monday, December 13

Douglas Senior Center:

Thursday, December 16.

Valley Senior Center:

Friday, December 17.

All senior centers will be closed Christmas Eve and New Year's Eve.

Please call the Juneau Senior Center's Site Manager, Lee Ann See at 463-6175 if you have any questions or would like us to send you a menu. The menu is also printed in the Sunday Neighbors section of the Juneau Empire.

Thoughts from Lee Ann

Many wonderful memories were brought to mind when I read the article about Mary Pusich.

The name of Sister Pat reminded me of memories of that wonderful lady. I first worked with Sister Pat during 1984-1986 in Tenakee Springs, where I was the cook for the Senior Program. She would come out for the weekends and we would roam the inlet. Later I worked with her in another program in conjunction with SEARHC. I always think of her in a flannel shirt, wool pants and high boots. There's a photo of her on the wall at CCS.

This is the time of the year when people often take the time to remember the wonderful things that someone has done for them or for someone else. It can be just a word or a thought that brings up other memories, that leads you to think of something else.

If you think your family has too much stuff already, you might consider doing something a little different this season---like donating \$25 gift certificates from A & P that can be distributed to seniors who occasionally run out of groceries near the end of the month. You could give your loved one a card saying what you have donated in their name. You just became an angel.



DECEMBER 2010 ACTIVITIES

JUNEAU SENIOR CENTER

SUN	MON	TUES	WED	THUR	FRI
Call Lee Ann for Info 463-6175			1 10:00 Ceramics	2 Have an idea of something fun?	3 
5 1:30 Duplicate Bridge	6 10:00—2:00 Ceramics	7 10:00 Ceramics 1:00 Knit & Crochet w/Agnes	8 10:00 Ceramics	9 	10 1:00—3:00 Advisory Council Pioneer Meeting
12 1:30 Duplicate Bridge	13 10:00—2:00 Ceramics Photos with Santa JSC Lunch	14 10:00 Ceramics 1:00 Knit & Crochet w/ Agnes	15 10:00 Ceramics	16 Photos with Santa Douglas Senior Center Lunch	17 Photos with Santa Valley Senior Center Lunch
19 1:30 Duplicate Bridge	20 10:00—2:00 Ceramics 1:00 Diabetic Support Group	21 10:00 Ceramics 1:00 1:00 Knit w/Agnes	22 10:00 Ceramics	23 	24 Closed Christmas Eve 
26 1:30 Duplicate Bridge	27 10:00—2:00 Ceramics	28 10:00 Ceramics 1:00 Low Vision Support Group 1:00 Knit & Crochet w/ Agnes	29 10:00 Ceramics	30 	31 Closed New Year's Eve 

Shingles Vaccine

In May 2006, the U.S. Food and Drug Administration (FDA) approved the first [vaccine for adult shingles](#). It is approved for use in adults ages 60 and over who have had chickenpox. Tests show that the vaccine significantly reduces the incidence of shingles in older adults. The single-dose vaccine was shown to be more than 60% effective in reducing shingles symptoms and it reduced the incidence of long-term pain by at least two-thirds. It has been found to be effective for at least six years. Generally, shingles heal well, but complications may develop, ranging from blisters becoming infected, to loss of vision and/or hearing. The condition is very painful. People who have had shingles can receive the vaccine to help prevent future occurrences of the disease. About half of all shingles cases occur between ages 60 to 69. The older a person is, the more severe the effects of shingles typically are.

All Medicare Part D plans cover the shingles vaccine. The amount of cost-sharing (money **you** have to pay) for vaccination varies.

Medicare Part B does **not** cover the shingles vaccine. If you have private insurance or Medicaid, your plan may or may not cover the vaccine. The vaccine is available in Juneau at local pharmacies. An appointment is usually required. The cost is around \$200. If you know anyone who has had this painful condition, they would probably say that getting a vaccine is worth it.

Coast Guard Chief Petty Officer's 37th Annual Juneau Senior's Christmas Dinner

The 37th annual Senior Citizen's Holiday Dinner will be held Sunday December 12 at the Alaska Native Brotherhood Hall on Willoughby Avenue. The doors open at 4 p.m. and dinner will be served at 5 p.m.

There will be drawings, door prizes and musical entertainment. The food is always great and you will see all of your friends and family.

Care-A-Van will be available to provide roundtrip rides for seniors, so make your reservations early, by calling 463-6194 by the 11th.

'Where ever you go'








As you go through this month's events and holidays, don't forget the things that make this time of year so very special---your friends and family. Whether you stay in Juneau or go somewhere else, have a great holiday season, a blessed Hanukkah, a Merry Christmas and a joyous Kwanzaa.

No Scents, Please

The Senior Centers are all scent free, and have been for over a year now. Please refrain from wearing scented products (such as cologne and after shave) in the buildings.

This issue comes to the forefront every couple of months as we get new visitors and others come back for the holidays. To many, it isn't just a matter of not liking the scent, but the perfumes, etc., can trigger migraines, asthma attacks or other respiratory problems.

Valley Senior Center Activities **DECEMBER 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk, Water, Tea, Coffee and Desserts are offered with the meal.	For lunch reservation please call Lee Ann 24 hours in advance 463-6175	1 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	2 10 AM-4 PM Sewing Circle 	3 10 AM Exercise Noon-Lunch
6 10 AM Exercise 1:30 PM Contract Bridge	7 10 AM—4 PM Sewing Circle	8 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	9 10 AM-4 PM Sewing Circle 	10 10 AM Exercise Noon-Lunch
13 10 AM Exercise 1:30 PM Contract Bridge	14 10 AM—4 PM Sewing Circle	15 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	16 10 AM-4 PM Sewing Circle 	17 10 AM Exercise Photos with Santa Lunch
20 10 AM Exercise 1:30 PM Contract Bridge	21 10 AM—4 PM Sewing Circle	22 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	23 10 AM-4 PM Sewing Circle 	24 CLOSED Christmas Eve 
27 10 AM Exercise 1:30 PM Contract Bridge	28 10 AM—4 PM Sewing Circle	29 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	30 10 AM-4 PM Sewing Circle 	31 Closed New Year's Eve 

Older Driver Safety & Transition

There are steps to take to assure that you are able to drive safely for as long as possible:

1. Self-Assessment: regular vision and hearing exams, and physical check-ups.

2. Driver Refresher Course: for example the AARP Driver Safety Program, either here in Juneau in a classroom setting or online at the following site: www.aarp.org/home-garden/transportation/driver-safety.

3. Make adjustments in your own driving safety: for example, something as simple as a cushion on the driver's seat could make a big difference in your safety. More information is available at www.car-fit.org. Or you may want to invest in a new vehicle which could have important safety features like parking-assist systems and traction control.

4. Changing your habits: for example, it may be a lot easier to make three right-hand turns rather than a risky left-hand turn in the face of oncoming traffic; drive in daylight, but not at night, drive during off-peak traffic hours.

5. Evaluate. Review these potential warning signs that your driving might not be as safe as you want it to be: vehicle crashes, new dents or dings in the car, observations by friends or family about unsafe driving, two or more traffic tickets, warnings, collisions, or near misses in the last two years, or getting lost on familiar streets. You could also take a family member or friend for a spin and ask for objective feedback.

6. Drive Sharp. A new product from the AAA Foundation for Traffic Safety is called "DriveSharp". This is an interactive program that retrains the brain to take in more essential information. You can get a sample and a sense of your own crash risk by googling "drivesharp".

7. Mobility Planning: Care-A-Van
If you have decided you want to stop driving you may want to think about a mobility plan. Planning now will result in safety, savings, and peace of mind in the future. Try out some options now such as riding the bus or using a taxi. You might find you enjoy letting someone else do the driving. Your alternatives might include: walking, bicycling, riding with friends, riding your community city transit system, or taxi service for grocery shopping.

The Senior Center Transportation programs throughout Southeast Alaska offer rides to all seniors ages 60 and over. In Juneau, this service is provided by the Juneau Care-A-Van program which operates 7 days a week. Call 463-6194 for information on how to sign up for rides. A well-trained, courteous driver will come to your door, escort you to the bus, and drop you off safely at your destination. You may request trips anywhere and for just about any reason in the Juneau and Douglas area, as far out as the ferry terminal. There are no fares charged for rides, but passengers do have an opportunity to make a donation to off-set the full cost of the ride.

(Excerpted from National Center for Senior Transportation: Older Driver Safety and Transition for the Mature Driver, 2010)

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Address Service Requested



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NOTE: Due to time restraints, there will be no edition of the January newsletter.

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Toll Free in Alaska: 1-866-746-6177

**“Happy Holidays” from all of us at the Juneau Senior Center, the
Douglas Senior Center, the Valley Senior Center, and the staff of
Southeast Senior Services,
to all of you during this joyous time of year.**

