

# Gastineau Channel

Senior Centers' News Juneau, Alaska



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## Medication Management

Last month, Betty Buchan Monsour, PhD, Assistant Professor of Public Health, UAA, presented interesting and very helpful information at the Douglas and Juneau Senior Centers. She did a power point presentation on changes that occur in our bodies as we age and how these changes affect the medication we take. Here is some of the information she shared:

Due to the natural aging process, we have a liver mass loss of up to 35% and liver blood flow is decreased by up to 40%. This means it takes longer to break down certain drugs and to recover from injury such as excessive alcoholic drinking or viral hepatitis.

The kidneys naturally decrease in size by 25% between ages 30-80, and even more in people with chronic high blood pressure and diabetes. If your kidneys do not work well, it can result in a higher medication concentration remaining in your body for a longer period of time. This can result in toxic levels if your dosage is not checked carefully.

As we age, the intended effects of medications may be stronger. For example, sleep aides may take longer to wear off, resulting in increased sleepiness and confusion for an hour or two after awaking in the mornings.

Blood pressure medicines may lower blood pressure more than desired.

Four Must-Ask questions for your Health Care Provider or Pharmacist:

- 1 – When and for how long should I take it?
- 2 – Are there any side effects, and what should I do if I experience them?
- 3 – Are there any foods, beverages, medicines, or herbal supplements I should avoid while taking this drug?
- 4 – What should I do if I miss a dose?

If you would like more information on this topic, give Lee Ann See a call at 463-6175.

## Site Manager's Notes

As the weather starts to change and the days become longer, people are starting to come back from their yearly travels. Spring Break is over and the kids are back in school, Gold Medal Tournament has finished, and many of us have started digging in our gardens even though the ground is not ready.

Lunches have been great and there is so much to do at all of the centers. *Let's each try and bring a senior friend to lunch. If you bring someone, let me know, and I'll put your name in a box, for a prize drawing.*

-----Lee Ann See, Site Manager

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SENIOR MENU</b>  <b>APRIL 2010</b>  Reservations  <b>463-6175</b></p>	<p>Milk, Water,  Tea, Coffee  &amp; Desserts  <b>offered daily</b>  with meals</p>		<p><b>1</b>  Ham Sandwich  Corn Chowder  Danish Salad</p>	<p><b>2</b>  Pork Baked  with Apples  Green Beans  Rice  Sunshine Salad</p>
<p><b>5</b>  Tuna Salad  Sandwich  Potato Soup  Tossed Salad</p>	<p><b>6</b>  Spaghetti  Meat Sauce  Mediterranean  Vegetables  Romaine &amp;  Radish Salad</p>	<p><b>7</b>  Chicken Chop  Suey  Steamed  Rice  Peach Salad</p>	<p><b>8</b>  Roast Beef  Potatoes/Gravy  Peas  Carrot &amp;  Pineapple  Salad</p>	<p><b>9</b>  BBQ Beef  on a Bun  Mixed Vegetables  Potato Salad</p>
<p><b>12</b>  Egg Salad  Sandwich  Minestrone Soup  Fruit Salad with  Cottage Cheese</p>	<p><b>13</b>  Sweet 'n Sour  Pork with  Pineapple  Steamed Rice  Cabbage Slaw</p>	<p><b>14</b>  Chicken  Fricassee  Peas  Honey Orange  Salad  Biscuits</p>	<p><b>15</b>  Tuna Noodle  Casserole  Broccoli Blend  Tomato Aspici</p> 	<p><b>16</b>  Salmon  Oven French  Fried Potatoes  Green Beans  Tossed Greens</p>
<p><b>19</b>  Meatloaf  Mashed  Potatoes &amp;  Gravy  Steamed  Broccoli  Romaine &amp;  Radish Salad</p>	<p><b>20</b>  Chicken with  Green Pepper  Rice and  Vegetable  Pilaf  Sweet Potato  Garden Salad</p>	<p><b>21</b>  Fiesta Pork  Peas  Carrot/Raisin  Salad  Herb Biscuit</p>	<p><b>22</b>  Lasagna  Italian  Vegetable  Apricot Salad  Garlic French  Bread</p>	<p><b>23</b>  Lemon Baked  Chicken  Curry Rice  Bar-B-Q Beans  Orange Slices  Texas Cole  Slaw</p>
<p><b>26</b>  Country Pork  Stew  Cabbage with  Fruit Cocktail  Biscuit</p>	<p><b>27</b>  Egg Salad  Sandwich  Split Pea  Soup  Sunshine Salad</p>	<p><b>28</b>  Chicken  Cacciatore  Brussels  Sprouts  Tossed Salad</p>	<p><b>29</b>  Ham/Noodles  with Sweet &amp;  Sour Sauce  Spinach  Zucchini &amp;  Tomato Salad</p>	<p><b>30</b>  Olympia Fish  Peas &amp; Carrots  Fruit Slaw  Wheat Rolls</p>

## **We Need Your Donations**

Thanks to those who have so thoughtfully donated funds to keep this newsletter going. 100% of your contribution goes directly into funding to provide its continued publication. If you enjoy this newsletter please consider making a donation. The mailing address is Gastineau Channel Senior News, SESS, 419 Sixth Street, Juneau, Alaska, 99801.

## **Savvy Caregiver Classes**

The Juneau Senior Center is hosting a series of weekly Savvy Caregiver Classes for 6 weeks. The classes are running through Tuesday May 4, from 6:30-8:30 in the evening. Even though the classes have started, if you call Amber Smith at 586-6044, she may let you finish the series. These classes are geared for family and friends who are caring for a loved one who lives in the community. Early support *can* make a difference. The program focuses on three areas of caregiving:

- 1- Knowledge and information about dementia and learning skills for caregiving;
- 2- Maintaining an outlook that is appropriate to complete the tasks of caregiving; and
- 3- Developing an awareness of community resources.

As always the classes are free, but pre-registration is required by calling Amber at 586-6044.

## **Do You Remember?**

*The smell of fresh baked cookies at your grandparents' house, or the sound of a ticking Grandfather clock?*

## **Site Managers' Workshop**

From March 15<sup>th</sup> to 19<sup>th</sup>, all of the Southeast Senior Services Senior Center site managers, including Lee Ann See, participated in an annual 5-day workshop. This year's workshops covered everything from managing the meal program to how to handle outreach. Some of the sessions included Public Speaking; The A-B-C's of Medicare; The Importance of the 2010 Census Count; Employee Supervision for Success; and New CCS Policies. They also learned why they are required to spend so much time on paperwork. Lee Ann says she has to admit she had a great time during this year's workshop and that there was so much information that will assist each of the site managers with managing a great senior program. She says thanks to all those who made this workshop so valuable to each of them.

## **The Gastineau Channel Senior Centers' Advisory Council Notes**

The March agenda included firming up the details for the Seward's Day Pancake Breakfast which was held on the 29<sup>th</sup> of March. Another topic was the pending sale of the Christmas Gift Wrap concession. If you know of an organization that might be interested, please contact Lee Ann See at 463-6175 or a council member. Elections are coming up. If you are interested, please come to the next meeting on Friday April 9 at 1:00. We do have a dedicated group of seniors that help so much, and Lee Ann is grateful for that.


## ACTIVITIES AT THE JUNEAU SENIOR CENTER

SUN	MON	TUES	WED	THUR	FRI
<b>April 2010</b>	<u>Family Caregiver Support Group:</u> 12:00---1:00 Thurs. April 8 Resurrection Lutheran Church	Signing up for <u>Savvy Caregiver Class?</u> Call Amber at 586-6044	<u>Senior Legislative Tele-conferences</u> 9:30-11:00 April 1-15-22 Alaska Office Building	1 1:00 Pinochle  April Fool's Day	2 10:15 Exercise 7:00 Cribbage Lunchtime Easter Bonnet Parade
4 EASTER 1:00 Duplicate Bridge 	5 10:00 Ceramics  1:00 DIABETIC SUPPORT GROUP	6 10:00 Ceramics 10:15 Exercise 6:30-8:30 Savvy Caregiver	7 10:00 Ceramics 12:00 Mind Games  1:00 Pinochle	8  1:00 Pinochle	9 10:15 Exercise 1:00—3:00 Advisory Council 7:00 Cribbage
11  1:30 Duplicate Bridge	12 10:00 Ceramics  5:30 P.M. Retired Teachers	13 10:00 Ceramics 10:15 Exercise 6:30-8:30 Savvy Caregiver	14  10:00 Ceramics 1:00 Pinochle	15 1:00 Pinochle	16 10:15 Exercise  7:00 Cribbage
18  1:30 Duplicate Bridge	19 10:00 Ceramics	20 10:00 Ceramics 10:15 Exercise 1:00 LOW VISION SUPPORT GROUP 6:30-8:30 Savvy Caregiver	21  10:00 Ceramics 1:00 Pinochle	22 1:00 Pinochle  	23 10:15 Exercise  6:00 PIONEERS of ALASKA DINNER & MEETING
25  1:30 Duplicate Bridge	26 10:00 Ceramics	27 10:00 Ceramics 10:15 Exercise 6:30-8:30 Savvy Caregiver	28 10:00 Ceramics 1:00 Pinochle	29  1:00 Pinochle	30  10:15 Exercise  7:00 Cribbage

# Valley Senior Center Activities

March 2010

463-6175

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p><b>2</b> 10 AM- 4 PM Sewing Circle</p>	<p><b>3</b> 10 AM Exercise</p> <p><b>Noon-Lunch</b></p> <p>1:30 PM Contract Bridge</p>	<p><b>4</b> 10 AM- 4 PM Sewing Circle</p>	<p><b>5</b></p> <p><b>Noon-Lunch</b></p> <p>1:30 PM Art Group</p>
<p><b>8</b> 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p><b>9</b> 10 AM – 4 PM Sewing Circle</p>	<p><b>10</b> 10 AM Exercise</p> <p><b>Noon-Lunch</b></p> <p>1:30 PM Contract Bridge</p>	<p><b>11</b> 10 AM- 4 PM Sewing Circle</p>	<p><b>12</b></p> <p><b>Noon-Lunch</b> 1:30 PM Art Group</p>
<p><b>15</b> 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p><b>16</b> 10 AM— 4 PM Sewing Circle</p>	<p><b>17</b> 10 AM Exercise</p> <p><b>Noon-Lunch</b></p> <p>1:30 PM Contract Bridge</p>	<p><b>18</b> 10 AM- 4 PM Sewing Circle</p>	<p><b>19</b></p> <p><b>Noon-Lunch</b></p> <p>1:30 PM Art Group</p>
<p><b>22</b> 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p><b>23</b> 10 AM— 4 PM Sewing Circle</p>	<p><b>24</b> 10 AM Exercise</p> <p><b>Noon-Lunch</b></p> <p>1:30 PM Contract Bridge</p>	<p><b>25</b> 10 AM- 4 PM Sewing Circle</p>	<p><b>26</b></p> <p><b>Noon-Lunch</b> Amber---- Mind Games</p> <p>1:30 PM Art Group</p>
<p><b>29</b> <b>Seward's</b> <b>Day we are</b> <b>closed</b></p>	<p><b>30</b> 10 AM— 4 PM Sewing Circle</p>	<p><b>31</b> 10 AM Exercise</p> <p><b>Noon-Lunch</b></p> <p>1:30 PM Contract Bridge</p>		<p><b>For more</b> <b>information</b> <b>&amp;</b> <b>reservations</b> <b>call Lee Ann</b> <b>at 463-6175</b></p>

# **Southeast Senior Services**

**419 Sixth Street  
Juneau, Alaska 99801**

**April 2010**



***A United Way Agency***

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Alaska Division of Senior and Disabilities Services

**Juneau Senior Center Information & Reservations: 463-6175  
895 W. 12<sup>th</sup> St., Juneau, AK 99801  
E-Mail: [LeeAnn.See@ccsjuneau.org](mailto:LeeAnn.See@ccsjuneau.org)  
Senior and Caregiver Resource Center: 463-6177  
419 6<sup>th</sup> Street, Juneau, AK 99801  
E-mail: [seniorinfo@gci.net](mailto:seniorinfo@gci.net)  
Toll Free in Alaska: 1-866-746-6177**

Spring is here! The beauty of the season and the surrounding country side is why so many of us are here. It's a good time to enjoy the little things in life. You may even find the first of the pussy willow buds.

On Friday, April 2 the Juneau Senior Center will have an Annual Easter Bonnet Parade. The word from Agnes is that this is an ongoing event that all look forward to. Paul says the Juneau Senior Center has been hosting this event for a long time. There are prizes for the hats that tickle the fancy of the judges. So men and women, please fix up a hat and get into the running!