

# Gastineau Channel

Senior Centers' News Juneau, Alaska



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## Site Manager's Notes

I would like to take the time to thank all of you for your support over the last year. Yes, my first year working at the Juneau Senior Centers has come and gone, I can hardly believe it. Most of the day to day challenges have been easy to work out and there are the daily challenges that keep the job both interesting and fun. The most important part of the job to me is always the people and their issues. I have been truly amazed at how wonderful the seniors have been to me.

I recently got proof that people really do read this newsletter. Last week several men called for my fireweed jelly recipe. I went out a couple of weeks ago and picked fireweed, boiled it down and now the frozen liquid sits in my freezer waiting for me to get the time to finish. That is the fun part. Once it is done I'll send it out to the Centers and you can try it.

The Salmon are coming in and we are gearing up for donations. If any of you ever want to donate fish or deer please let me know and I'll make arrangements to get it. I'm always on the lookout for dried seaweed and other Native foods. Well enough for now, thank all of you for a wonderful year.

Lee Ann See, Juneau Site Manager

## NTS Coordinator's Message

What a rich and bountiful summer we're having in Juneau this year!

Founder Master Gardner, Sterling Prohaski, recently donated a huge batch of home grown rhubarb to the Juneau Meals Program. I wonder if Rhubarb Crisp, Rhubarb Custard Pie, or Rhubarb Cobber will be the cook's choice for a dessert soon.

The Macaulay Salmon Hatchery will be donating fresh salmon.

Lee Ann is offering to share some of her fireweed honey.

Betty Harris used to make freezer nagoonberry jam that tasted so fresh and good, it could send you right back into a warm summer day, even in the middle of December. Betty was also a highly skilled Master Gardener who co-authored a wonderful book about growing plants in Juneau.

Maybe this will be a good season for salmonberries and blueberries. They are both so delicious just picked right off the bush.

Even strawberries, both wild and cultivated, grow in Juneau.

If you can't get any fresh berries this summer, maybe you could just get a jar of jam from the store. As they say, bread and water make great tea and toast. All you need is a spoonful of jelly!

Marsha Partlow, NTS Coordinator

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b> Salmon Burger Oven Fried Potatoes Romaine & Tomato Salad	<b>4</b> Macaroni & Cheese with Ham Brussels Sprouts Spinach Salad	<b>5</b> Turkey Vegetable Soup Cheese & Tomato Sandwich Fruit Slaw	<b>6</b> Ham Peas Tossed Salad Au Gratin Potatoes	<b>7</b> Sweet 'n Sour Chicken Steamed Broccoli Spicy fruit Cup Rice
<b>10</b> Meatloaf Mashed Potatoes & Gravy Steamed Spinach Perfection Salad	<b>11</b> Roast Pork Baked Apples & Sweet Potatoes Cabbage & Fruit Cocktail WW Bread	<b>12</b> Salmon Chowder Chef's Salad Rolls	<b>13</b> Beefroni Mexicali Vegetables Apricot Salad	<b>14</b> Chicken Tahitian Peas- Carrot - Pineapple Salad Rice
<b>17</b> Taco Salad with Lettuce & Tomato & Chips Orange Slices	<b>18</b> Creole Pork Harvard Beets Danish Salad Bran Muffin	<b>19</b> Pineapple Lemon Chicken Green Beans Sukiyaki Salad Rice & Vege Pilaf	<b>20</b> Beef Stroganoff Mixed Vegetables Cabbage Slaw	<b>21</b> Egg Salad Sandwich Potato Soup Sunshine Salad
<b>24</b> Chicken & Peach Saute & Pasta Peas & Carrots Apple/Cabbage & Raisin Salad	<b>25</b> Fiesta Pork Rice Cauliflower Pea & Onion Salad Biscuit	<b>26</b> Beef & Biscuit Pie Orange Juice Carrot/Raisin Salad Wheat Rolls	<b>27</b> Southeast Stir Fry Rice Apricot Salad	<b>28</b> Vegetable Beef Soup Peaches & Cottage Cheese Salad Rolls
<b>31</b> Salmon Burger Oven French Fried Potatoes Honey Mustard Cole Slaw Bun		<b>Milk,            Coffee,            Tea &amp;            Desserts            are Offered            With Meals</b>	<b>Senior            Menu            Reservation            463-6175            Meals on            Wheels            463-6179</b>	<b>AUGUST            2009</b> 

## **Kitchen Staff Needed**

We have openings for experienced substitute cooks and a part-time kitchen helper. Contact Lee Ann See at 463-6175 for more information.

## **Office Moves**

The Site Manager's office has moved from its location next to the kitchen to the front entrance of Center. The office phone number remains the same: 463-6175.

The Senior and Caregiver Resource Center has re-located from the Juneau Senior Center to the main Catholic Community Service (CCS) offices, located in the old St. Ann's Hospital building up on 6<sup>th</sup> Street. We have copies of most of the pamphlets that are here now, and Mary Lou Spartz will always be just a phone call away. Her number is 463-6177.

## **Yes, I'm a Senior....**

I'm the life of the party, even if it lasts till 8:00PM.

I'm smiling all of the time because I can't hear a word you are saying.

I'm very good at telling stories over and over and over.....

I'm aware that other people's grandkids are not as cute as mine.

I'm very good at opening the child proof lids, with a hammer.

Remember that inside every old person is a young person wondering what the heck happened.

---Author, unknown

## **New Computer Lab Set Up**

A new computer lab for the use of seniors age 60 and over, is being set up in the space next to the kitchen at the Juneau Senior Center. The lab will house two new computers and a printer that will be set up primarily for access to Medicare information but will also include classes in how to use the internet, email and printing simple documents. Initially the lab will be in operation on a specific schedule beginning sometime in August.

## **Senility Prayer**

God grant me the senility

To forget the people

I never liked anyway,

The good fortune

To run into the ones I do,

And the eyesight

To tell the difference.



---Author, unknown

Lee Ann saw this many years ago and loved the thought, so wanted to pass it on.

## **August**

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- Peach Month
- Romance Awareness Month
- Water Quality Month
- National Picnic Month
- August 15th is National Relaxation Day, my kind of day.

**Activities at the JUNEAU Senior Center  
August 2009 463-6175**

<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
2  1:30 Duplicate Bridge	3  10:00 Ceramics	4 10:15 Exercise 1:00 KNITTING	5  10:00 Ceramics  1:00 Pinochle	6  1:00 Pinochle	7 10:15 Exercise  7:00 Cribbage
9  1:30 Duplicate Bridge	10  10:00 Ceramics 1:00 Diabetic Support Group	11 10:15 Exercise 1:00 KNITTING	12  10:00 Ceramics  1:00 Pinochle	13  1:00 Pinochle	14 10:15 Exercise 1:00—3:00 Advisory Board 7:00 Cribbage
16  1:30 Duplicate Bridge	17  10:00 Ceramics	18  10:15 Exercise 1:00 KNITTING	19  10:00 Ceramics  1:00 Pinochle	20  1:00 Pinochle	21  10:15 Exercise  7:00 Cribbage
23  1:30 Duplicate Bridge	24  10:00 Ceramics	25 10:15 Exercise 1:00 KNITTING & LOW VISION SUPPORT	26  10:00 Ceramics  1:00 Pinochle	27  1:00 Pinochle	28  10:15 Exercise  Juneau Pioneers Meeting 6:00
30  1:30 Duplicate Bridge	31  10:00 Ceramics		<p>If you have something you would like to teach call Lee Ann.</p>		<b>AUGUST 2009</b>

For more information on diabetic foot care,  
Google "Gillis W. Long Hansen's Disease Center".

## Check your Feet



For more information  
 on diabetic foot care, Google  
 "Gillis W. Long Hansen's Disease Center".

**Shoe Selection**



**Shoes That Fit  
 Protect  
 Your Feet**



**Check Inside Of  
 Shoes Before  
 Wearing Them**



**Wear Clean  
 Socks - No  
 Holes, Seams or  
 Mended Socks**



**No  
 Plastic Shoes  
 Flip Flops  
 Pointed Toed  
 Shoes  
 Barefeet**

**Skin Care**



**Check Water  
 Temperature**



**Wash Feet Every  
 Day, Pat Dry With  
 A Towel and Dry  
 Between Toes**



**Treat  
 Dry  
 Skin**



**Warm  
 Cold  
 Feet**



**No  
 Heating Pad  
 Hot Water  
 Bottle  
 Soaking**

**Nail Care**



**Clip Toenails  
 Straight  
 Across**



**And Smooth  
 Edges with  
 Emery Board**



**No  
 Razor Blades  
 Knife  
 Scissors**

**Corn and Callous Care**



**Rub Gently  
 With A Dry  
 Towel**



**No  
 Corn Plasters**

# Valley Senior Center Activities

August 2009

463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>4</b>  10-4 PM Sewing Circle	<b>5</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>6</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>7</b>  <b>Noon-Lunch</b>  1:30 PM Art Group
<b>10</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>11</b>  10-4 PM Sewing Circle	<b>12</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>13</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>14</b>  <b>Noon-Lunch</b>  1:30 PM Art Group
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<b>24</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>25</b>  10-4 PM Sewing Circle	<b>26</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>27</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>28</b>  <b>Noon-Lunch</b>  1:30 PM Art Group
<b>31</b> 10 AM Exercise  1:30 PM Contract Bridge	   <p style="text-align: center;"><b>Reservations are required for lunch at the Valley Center. Please call a day in advance (Lee Ann at 463-6175).</b></p>			

## Diabetes Support Group

The Diabetes Support group will continue to meet during the summer. This month's meeting will be on Monday August 2<sup>nd</sup> at 1:00 at the Juneau Senior Center.

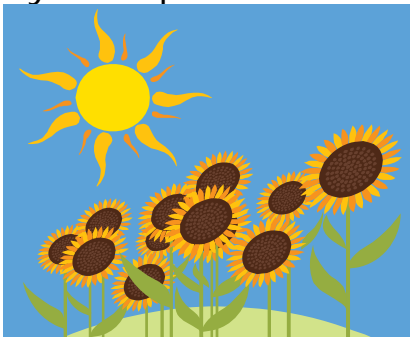
## Low Vision Support Group

Linni Ester will be leading this month's SAIL Low Vision Support Group. The next meeting will be on Tuesday, August 25<sup>th</sup> at 1:00. Along with being a support group, there is valuable educational information given at each meeting. This is a very useful group if you have any difficulty with your vision or are interested in learning more about vision problems. SAIL's phone number is 586-4920.

## Family Caregiver Support Group Meeting

If you help care for a loved one either at your home or in their home, you will find compassionate help and understanding in the **Family Caregiver Support Group**.

The August meeting will be on Thursday, August 13<sup>th</sup> at the Resurrection Lutheran Church from 12:00-1:00. This group offers moral and educational support for caregivers. For more information call Mary Lou Spartz at 463-6177.



## Old Fashioned Prune Spice Cake

Mix for 3 minutes on low speed:

Flour: 2 cups

Sugar: 1 cup plus 2 Tab.

Milk, dry: 2 Tab.

Baking Powder: 1 Tab.

Baking Soda: 3/4 tsp.

Salt: 1/2 tsp.

Cloves, ground: 1/2 tsp.

Cinnamon: 3/4 tsp.

Add and blend just until mixed:

Shortening or butter-soft: 1/2 cup

Eggs: 2

Vanilla: 3/4 tsp.

Prune Juice: 1/2 cup

Mix together then add to batter:

Prunes, pitted and cooked: 1 cup

Flour: 2 Tab.

Pour batter into greased oblong cake pan.

Bake at 350 degrees for 35 minutes or until knife comes out clean when inserted into center of cake.

A slice of this cake provides the following daily nutrient needs:

Vitamin A: 5%

Calcium: 10%

Iron: 8%

Calories: 262

Sodium: 263 mg.

Fiber: 1 gram

From the Southeast Seniors Cook's Recipe Book

**Southeast Senior Services  
419 Sixth Street  
Juneau, Alaska 99801**



***Address Service Requested***  
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***A United Way Agency***

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

## **AUGUST 2009**

Summer is here. The ships are in. It's a good time to see Juneau through the eyes of a visitor.

