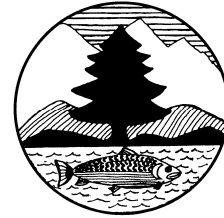


Gastineau Channel

Senior Centers' News Juneau, Alaska



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Dale Morris, Care-A-Van Supervisor, Honored with the Max Lyon Award!

Each year, at the Alaska Community Transportation/Transit Conference, an individual is selected for his/her outstanding contribution to transit and to those who benefit from public transportation. That individual is given the Max Lyon Award, in memory of Max Lyon, the former director of MAC Transit, whose energy and vision lead to the expanded development of public transportation in Fairbanks and around the state.

On October 29, 2009, during the ACT Transit Conference luncheon, this year's Max Lyon Award was given to our own Dale Morris! Dale began his employment with CCS in 1993 as a Care-A-Van driver and soon became known for his caring service to the passengers. He received certification in Passenger Assistance Techniques, Passenger Service and Safety, Smith Systems Defensive Driving, and was promoted to Driver/Trainer. In 2002, Dale was promoted to the position of Care-A-Van Supervisor and has since managed the Juneau Care-A-Van Transportation Program which is Juneau's ADA Complimentary Para Transit system operated by Southeast Senior Services.

Dedicated to quality service and the safety of all Care-A-Van passengers, Dale supervises a staff of seventeen drivers and two dispatchers who accommodate approximately 35,000 rides each year. Under his leadership, Dale implemented the computer aided dispatching system called Paraplan Lite and has trained the dispatching staff in how to manage it. Dale works many hours to assure the safe, smooth running of the Care-A-Van program which is a real godsend to its many passengers.

Congratulations Dale, on receiving this statewide honor--you definitely deserve it.


Thank you from a Rider of Care-A-Van Services

I would like to thank the Care-A-Van drivers and staff for their valuable service, without which I might not make it to work in the winter. I have found the drivers to be very friendly, even after a day of problems of every imaginable type. They always have a kind word or a joke to lighten the day. Again to all the staff, thank you for a wonderful job and the kindness that you show to others.

VALLEY SENIOR CENTER ACTIVITIES

December 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We would love to have you join us for lunch. Call 463-6175.</p>	<p>1 10 AM -4 PM Sewing Circle</p>	<p>2 10 AM Exercise Noon-Lunch 1:30 Contract Bridge</p>	<p>3 This time is available—call 463-6175 if you have a craft or topic to share.</p>	<p>4 10 AM Exercise Noon-Lunch 1:30 PM Art As You Like It</p>
<p>7 10 AM Exercise 1:30 Contract Bridge</p>	<p>8 10 AM-4 PM Sewing Circle</p>	<p>9 10 AM Exercise Noon-Lunch 1:30 Contract Bridge</p>	<p>10 This time is available—call 463-6175 if you have a craft or topic to share.</p>	<p>11 10 AM Exercise Noon-Lunch 1:30 PM Art As You Like It</p>
<p>14 10 AM Exercise 1:30 PM Contract Bridge</p>	<p>15 10 AM-4 PM Sewing Circle</p>	<p>16 10 AM Exercise Noon-Lunch 1:30 Contract Bridge</p>	<p>17 This time is available—call 463-6175 if you have a craft or topic to share</p>	<p>18 10 AM Exercise Noon-Lunch 1:30 PM Art As You Like It</p>
<p>21 10 AM Exercise 1:30 PM Contract Bridge</p>	<p>22 10 AM-4PM Sewing Circle</p>	<p>23 10 AM Exercise Noon-Lunch 1:30 Contract Bridge</p>	<p>24 & 25 Closed for CHRISTMAS</p>	
<p>28 10 AM Exercise 1:30 PM Contract Bridge</p>	<p>29 10 AM-4PM Sewing Circle</p>	<p>30 10 AM Exercise Noon-Lunch 1:30 Contract Bridge</p>	<p>31 This time is available—call 463-6175 if you have a craft or topic to share</p>	<p>To make a lunch reservation, call 463-6175 a day in advance.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Milk, Coffee Tea & Desserts Offered With Meals	1 Pineapple Chicken Rice Mixed Vegetables Fruit Slaw	2 Pot Roast w/ Carrots & Potatoes Peas Fruit w/Creamy Sauce Biscuits	3 Pork Chop Suey Rice Broccoli & Cauliflower Tossed Salad	4 Beef & Noodle Casserole Zucchini Tomato Aspic
7 Tuna Noodle Casserole Spinach Cauliflower- Broccoli Toss	8 Roast beef & Gravy Mashed Potatoes Green Beans Romaine & Radish Salad	9 Herbed Chicken Peas Sunshine Salad Muffin	10 Country Fried Steak Oven French Fried Potatoes Squash Danish Salad	11 Sweet & Sour Pork Rice Oriental Vegetables Tossed Salad
14 New England Clam Chowder Ham & Tomato Sandwich Danish Salad	15 Salisbury Steak Parsley Potatoes Broccoli Cabbage Slaw	16 Ground Beef Spanish Rice Brussels Sprouts Carrot-Raisin Salad Bread	17 Pork & Gravy w/Rice Spinach Marinated Zucchini & Tomato Salad	18 BBQ Chicken Mixed Vegetables Peach Salad Biscuits
21 Beef Vegetable Soup Cheese Sandwich Citrus Cup	22 Chicken w/Biscuit Broccoli Pineapple w/Cottage cheese	23 French Dip Sandwich Au Gratin Potatoes Peas Apricot Salad	24 & 25 CLOSED FOR THE HOLIDAYS 	
28 Cream of Tomato Soup Tuna Salad Sandwich Waldorf Salad	29 Pork w/ Apples Vegetable Pilaf Peas Garden Salad	30 Chili w/Beef & Cheese Juice Texas Cole Slaw Cornbread	31 Pot Roast Mashed Potatoes & Gravy Fruit Cup Spinach Salad	December 2009 Menu Reservations 463-6175 Meals on Wheels 463-6179 3

Open Enrollment Medicare Part D

Whether you yourself are eligible for Medicare or the person you are caregiving for is eligible for Medicare, now through the end of the year is an important time for taking action on the Part D prescription drug plan.

November 15th through December 31st is the open enrollment period for everyone who is currently enrolled in a Part D plan and for those who are eligible but have not yet enrolled in a plan. The Medicare Part D prescription drug plans allows you, each year, to review your current prescriptions, review the various drug plans available, and pick the plan that is the most cost effective for you.

According to analysis conducted on the 2010 plans by Kaiser Family Foundation, Georgetown University, and the University of Chicago researchers, the average person currently enrolled in a Part D plan will see an 11% increase in their premium if they stay with their existing plan. In addition to premium increases, each year the insurance companies who offer the plans are allowed to change what drugs they cover, the amount of coverage they offer for the drugs, and whether or not they are going to charge you a deductible. The end result is that the overall costs to the consumer can vary widely from year to year within the same drug plan.

With all these possible changes, it's a good idea to compare plans to make sure you continue to have the best coverage possible. If you have questions or would like assistance comparing plans please contact Julie Dyar at 463-6198 or Mary Lou at 463-6177.

We Need Your Donations

Last month we had a number of people send in checks saying how much they enjoyed the newsletters. It keeps them in touch with what is going on in the community. If you enjoy this newsletter, please send your donation to: Gastineau Channel Senior News, SESS, 419 Sixth Street, Juneau, Alaska 99801. If you would like your name removed from the mailing list or to add a name, please call Lee Ann See at 463-6175.

Computer Lab Open

We have a wonderful chance for seniors to learn to use the computer in a quiet setting. The Juneau Senior Center computer lab is now open on Fridays from 10:00 to 1:00. If you have ever wanted to learn to email your family or friends or compose a letter, we have the instructors ready to help you. You can also get assistance with updating or enrolling in Medicare Part D. Call Lee Ann at 463-6175 to sign up.



Gift Wrapping Fundraiser at Nugget Mall

Our Holiday Gift Wrapping Fundraiser begins in the Nugget Mall on Saturday, December 12th, and continues through December 24th. So now everyone can get their gifts wrapped or purchase pre-wrapped boxes to put your wonderful gifts in to surprise someone. This year we have added gift tags and some beautiful hand crafted Christmas cards that can be purchased. The proceeds from this fundraiser go towards the Senior Nutrition Program in Juneau.

This is the largest of our fundraisers for the year. We are thankful for the Advisory Council committee and the many others who donate their time and energy toward the success of this event.

Looking for that Gift for Someone

If you think your family has too much stuff, and you can't decide what to get them, consider getting a book or two of meal tickets or Care-a-Van tickets to donate to the Senior Center in their name. We can then give them to someone who needs a helping hand. Another idea is to purchase a gift certificate from a local grocery store. If you bring or send it to the Senior Center, it will be passed on and can make a truly big difference in someone's holiday enjoyment. Or, you can put your gift idea in a card under your tree for your special someone.

Low-Fat Soft Gingerbread Men



Ingredients:

- 1/4 cup butter, softened
- 3/4 cup firmly packed brown sugar
- 1/2 cup unsweetened applesauce
- 1 egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1/4 tsp ground cloves

Preparation:

In a large mixing bowl, beat butter, sugar and applesauce until smooth. Add egg and molasses and mix well. In another large bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well. Divide dough in two; cover with plastic wrap and chill for 2 hours.

Preheat oven to 350 degrees. Roll out dough to 1/4 or 1/8-inch thickness. Cut gingerbread men with a cookie cutter. Add candies or raisins to decorate. Place 1-2 inches apart on a parchment-lined baking sheet. Bake 10-12 minutes. Makes 30 cookies.

Per serving: Calories 94, Calories from Fat 16, Fat 1.8g (sat 1g), Cholesterol 11mg, Sodium 48mg, Carbohydrate 18g, Fiber 0.4g, Protein 1.5g

Alaska Day Pancake Breakfast

On Monday October 19th, Alaska Day, the Juneau Senior Center held its annual Pancake Breakfast. This is one of the Senior Meal Program's main fundraisers each year, netting about \$900 for the Meals on Wheels program for homebound seniors and the Juneau Senior Nutrition program. This year over 115 people enjoyed a wonderful breakfast of pancakes, eggs, bacon, sausage, fruits and much more.

I would like to thank the following for their donations of food and time to make this event such a grand success: SYSCO Foods and Food Services of America for all the food donations; Ward Lamb for flipping all the pancakes; and David DeHoyes and GHS for all the help they provided in the kitchen. Other helpers included Betty Hunt, Alfreda Dore, Laura Onstott, Sylvia Towle, Patty Davidson, and Marsha Partlow. We even had a couple of high school students from Thunder Mt. High School, Myranda Barkowski and Angelina Biggness.

Music was provided by Doug Bridges on sax and Doug Gregg on guitar. My list of thanks wouldn't be complete without including all the radio time provided by the local stations and especially to Kelly for talking up the event throughout Saturday morning. Last but not least, I thank the Care-A-Van staff who always come to the call of their passengers. The food was delicious and the atmosphere delightful. If you missed it, put it on your calendar for next year!

----Lee Ann See, Site Manager

Holiday Bazaar

On Saturday the 14th of November the Juneau Senior Center held it's annual Holiday Bazaar fundraiser.

The weather outside was snowy, windy and cold, along with power outages and the mudslides downtown, but inside, the Bazaar was warm and cozy. We had some beautiful handcrafted items for sale. Ursula, our Valley Senior Center Volunteer Coordinator, had some beautiful knit products and some lovely beaded jewelry. The ceramics program had gifts for the holidays. (There are still pieces left if you are looking for something special. Just come in during the week and someone will help you.)

Sylvia was there with her handmade jewelry and cards. Joy brought in treasures from around the world, and I had some felted hats and purses. Toy brought in wreaths and ornaments for the holidays. Our cooks prepared hot soup and cookies for sale. The soup was perfect on that cold day.

Thanks to all of you that came and supported the Senior Center.

----Lee Ann See, Site Manager

Looking for These Items

Several people have asked me why we no longer have any exercise equipment. I found out that in the past there were several pieces, but over the years they have gone astray. So if you have a piece that is being used as a coat rack, but still in good shape, please consider donating it to the senior center.

We also have requests for a sewing machine, yarn, fabric, and small canning jars. Call Lee Ann at 463-6175.

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

SUN	MON	TUES	WED	THUR	FRI
		1 10:15 Exercise	2 10:00 Ceramics 1:00 Pinochle	3 1:00 Pinochle	4 10:15 Exercise 7:00 Cribbage
	6 1:30 Duplicate Bridge	7 10:00 Ceramics	8 10:15 Exercise	9 10:00 Ceramics 1:00 Pinochle	10 1:00 Pinochle
13 1:30 Duplicate Bridge	14 10:00 Ceramics 1:00 Diabetic Support Group	15 10:15 Exercise	16 10:00 Ceramics 1:00 Pinochle	17 1:00 Pinochle	18 10:15 Exercise 6:00 Pioneer Dinner 7:00 Mt.V. Cribbage
20 1:30 Duplicate Bridge	21 10:00 Ceramics	22 10:15 Exercise 1:00 LOW VISION SUPPORT	23 10:00 Ceramics 1:00 Pinochle	24 and 25  Closed	
27 1:30 Duplicate Bridge	28 10:00 Ceramics	29 10:15 Exercise	30 10:00 Ceramics	31 Pinochle	HAPPY NEW YEAR!

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



**Address Service Requested
December 2009**



A United Way Agency

**This agency receives partial funding from the
Alaska Division of Senior and Disabilities Services**

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

**The Juneau, Valley, and Douglas Senior Centers
will be closed for the Holidays on
Thursday, December 24 and Friday, December 25.
HAVE A SAFE & HAPPY HOLIDAY SEASON**

