

Gastineau Channel



Senior Centers' News Juneau, Alaska

February 2010 Published by Southeast Senior Services, a Program of Catholic Community Service

Site Manager's Notes

On Sunday, February 14, three holidays will occur on one day: Valentine's Day, Chinese New Years, and my husband's birthday. On Friday the 12th we will be having a very special dessert (the Douglas Center will have their dessert on Thursday the 11th) so why not bring your sweetheart or a friend in for a nice lunch.

-----Lee Ann See, Site Manager

New to Medicare?

Confused by Medicare?

Judith Bendersky, from the Medical Information Office of the Alaska Department of Health and Social Services, will be providing information at a seminar on Medicare enrollment, penalties, drug coverage, supplements, advantage plans, and help for people with a limited income.

This seminar will be held at the Juneau Senior Center on Tuesday, February 9th from 5:00 to 6:30, and repeating from 6:30 to 8:00.

One-on-One counseling sessions will be available by appointment on Friday, February 10th from 1:00 to 5:00 at a Valley location. For more information, call Lee Ann See at 463-6175 or Judith Bendersky at 1-800-478-6065.

Alaska Commission on Aging

Members of the Alaska Commission on Aging (465-3250) will be hosting a Juneau Senior/Elder Community Forum at the Juneau Senior Center on February 9th from 8:15 – 11:30 with a Continental breakfast being served at 8:15.

The Commission invites the community to discuss senior concerns. Input from this forum will be used for the Alaska State Plan for Senior Services, FY2012-15.

Topics will include:

- o How do you feel about the health care and long-term supports available to seniors/elders in the Juneau area? How can care for seniors be improved?
- o What ideas do you suggest to improve outreach to seniors in Juneau so that everyone will be aware of programs for which they may be eligible?
- o Is housing for seniors in Juneau adequate to meet the need? If not, what kinds of housing are most needed?
- o Do you think Juneau is a good place to live and grow old? What improvements do you suggest to make Juneau a better place for seniors and elders to live?

What Can Exercise Do for Me?

The new year has come and gone. We have made our annual New Year's resolutions, only to find that many of them were broken by the next morning.

Regular exercise and physical activity are very important to our continued good health. Studies are showing that not exercising regularly is considered a high-risk behavior. Older adults can do many exercises at little or no cost. Studies show you can maintain or at least partly restore areas through everyday physical activities such as walking briskly or gardening. Even small changes resulting from some form of physical activity can have a big impact. If you have not been exercising, or if you have some questions about anything you will be doing, take the time to go in and talk to your doctor or health care provider.

It should come as no surprise that the lack of exercise and a poor diet are the second-largest underlying cause of death in the United States. (Smoking is the number one cause).

Adults tend to lose ground in these four areas through inactivity: endurance, strength, balance and flexibility.

Endurance exercises increase your breathing and heart rate, which improves the health of your heart, lungs and circulatory system.

Strength exercises build up your muscles, giving you more strength to do things on your own.

Balance exercises help older adults prevent a common problem, falling. Some balance exercises (for example, standing on one leg then the other) build up your leg muscles.

Flexibility exercises help keep your body limber by stretching your muscles and tissues.

When you start an exercise program, don't over do it. Start with two exercises and add on more as you develop strength. Do the same with the amount of time allocated for working out. Start with a low count. Work up slowly. Remember to keep yourself hydrated when you exercise.

There are some good work out shows on TV and lots of tapes and books on the subject. Even if you don't want to follow the exact exercise, you'll get some good ideas. Chair exercises are very popular and almost everyone can have some success with them. The information for this article was taken from: [Exercise: A Guide from the National Institute on Aging, 2007](#). Copies are available at the Juneau Senior Center.



Check out the exercise classes at the Augustus Brown pool!

Clam Chowder by Lee Ann

I love soup and make up enough for several lunches or dinners for a week. I find this recipe from Rain Forest Recipes (1997) to be a good base, and then go from there with lots of variations.

Ingredients:

- 1/3 cup cream soup mix (see below)
- 1 cup of skim milk
- 1/4 cup diced green pepper
- 3/4 cup diced potato
- 1 can (6.5 oz) minced clams with juice

Cream soup mix

- 1/4 cup nonfat dry milk
- 1-1/2 Tbsp. corn starch
- 3/4 tsp. dried onion
- 1/2 Tbsp. instant low-salt bouillon
- (add any spices you like)

Preparation:

Drain clams into a measuring cup and add water to equal 1-1/4 cups. Cook peppers and potato in liquid until tender. In a separate pan heat 1/3 cup of dry soup mix and 1 cup skim milk. Cook over low heat, stirring occasionally to avoid scorching, until thickened. Add vegetables (including liquid) and minced clams. Heat thoroughly.

My variations include salmon or any fish instead of clams and the addition of leeks, corn or any vegetables your family likes.

Nutritional Facts:

165-----Calories
11.3-----Protein
1-----Fat
.3-----Saturated Fat
541 mg ----Sodium

Senior Legislative Teleconferences

You are invited and encouraged to participate in the Alaska Commission on Aging 2010 legislative teleconferences to discuss bills of interest to seniors. Some bill topics include but are not limited to: health care, safety and security, state budget, revenue sharing, energy assistance, mental health, prescription drugs, and retirement.

For more information about the teleconference discussion topics, visit <http://www.AlaskaAging.org/>.

The meetings will be held on Thursday mornings from 9:30 to 11:00 on:

February 4 & February 18

March 4 & March 18

April 1, April 15 & April 22

The Juneau teleconference host site is the Alaska Office Building (AOB) at 350 Main Street, 1st floor conference room 123. The contact person is Lesley Thompson at 465-4793.

PFD New Opportunity

If you apply on-line for your PFD this year, you will have the opportunity make a contribution to a non-profit organization of your choice, including Catholic Community Service. Go to www.pickclickgive.org to find out more about this program.

The 2010 PFD Application will **NOT** be mailed to individual households this year. You may pick up a hard copy application at the Juneau Senior Center as well as various locations around town.

Family Caregiver Support Group

Are you volunteering hours daily or weekly to help a family member or friend continue to live at home? Then you are a family caregiver.

The Family Caregiver Support Group meets at the Resurrection Lutheran Church on the 2nd Thursday of the month from 12:00–1:00 P.M.

This is a regular meeting and all caregivers or other support people are welcome. For more information call Mary Lou at 463-6177.

AARP Tax Help for Seniors

Beginning Saturday, February 6th, AARP volunteers will be available to assist seniors and low income persons at the Valley Senior Center with their tax forms from 8:00 to 12 noon on the following Saturdays:

Feb 6, 13, 20, 27

Mar 6, 13, 20, 27

April 3, 10

For more information, call Sandy Lowe at 789-1821 or 321-1089(cell).

Newsletters Now On-line

An easy way to see this monthly newsletter on line is to do a Google search for 'CCS Juneau' and click on the word 'newsletter' on the banner near the top of the page. You'll be able to see the graphics in beautiful color. For those of you who are not into the computer age and are not receiving the newsletter you can call Lee Ann at 463-6175, and she will add your name to the mailing list.

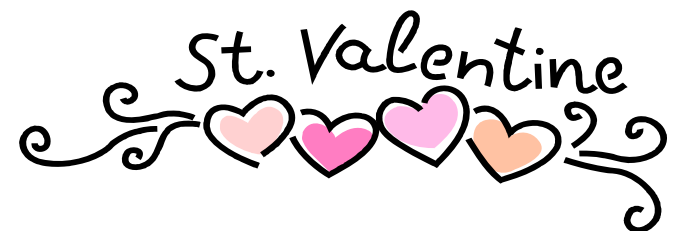
We Need Your Donations

Thanks to those of you who have so thoughtfully donated funds to keep this newsletter going. Please be assured that 100% of your contribution goes directly into funding to provide its continued publication. If you enjoy this newsletter and find it beneficial, please consider making a donation. Think of it as a subscription. The mailing address is Gastineau Channel Senior News, SESS, 419 Sixth Street, Juneau, Alaska, 99801. Call Lee Ann at 463-6175 to add or remove a name from the mailing list.

Thank You from All of Us

Thanks to Doug Trappen for playing the piano during the lunch hour at the Juneau Senior Center. Doug came several months ago and asked if he could practice on the piano and since then he has stopped in during the month to play for the seniors.



Sherry Anderson from CCS has been down a number of times with seasonal music. Other musicians include Dale Wygant, Doug Bridges, and Doug Gregg. Thanks for the "Sound of Music" from the Juneau Senior Center.



We have a new class that has become very popular very fast. **Paper crafts** meets every Saturday from 1-3 P.M. in the Senior Center dining room. Sylvia has lots of experience, and she loves to share her skills and ideas.


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken California Cauliflower Carrot/ Pineapple Salad Biscuits</p>	<p>2</p> <p>Pork Chop Suey Rice Steamed Spinach Fruit Slaw</p>	<p>3</p> <p>Taco Salad Chili Chips Spicy Fruit Cup</p>	<p>4</p> <p>Macaroni & Cheese with Ham Broccoli Cabbage Slaw</p>	<p>5</p> <p>Roast Beef w/Gravy Potatoes Carrots in Orange Sauce Peas & Onion Salad</p>
<p>8</p> <p>Baked White Fish Beets with Orange Sauce Spinach Salad Vegetable Pilaf</p>	<p>9</p> <p>French Dip Sandwich Peas & Carrots Romaine & Radish Salad</p>	<p>10</p> <p>Porcupine Meatballs Copper Pennies Cabbage, Pear&Raisin Salad Pasta</p>	<p>11</p> <p>Crispy Chicken Baked Sweet Potatoes & Apples Danish Salad Cornbread</p>	<p>12</p> <p>Split Pea Soup Turkey Sandwich Potato Salad</p>
<p>15</p> <p>PRESIDENT'S DAY</p> <p>We Are Closed</p> 	<p>16</p> <p>Chicken & Cheese Sandwich Cream of Tomato Soup Cabbage</p>	<p>17</p> <p>Hotcha Baked Beef Oven Fried Potatoes Honey Mustard Coleslaw</p>	<p>18</p> <p>Salmon Burger on Bun Potato Salad Marinated Zucchini & Tomato Salad</p>	<p>19</p> <p>Pineapple-Lemon Chicken Broccoli Perfection Salad Rice &</p>
<p>22</p> <p>Chicken w/Noodles Mixed Vegetables Cauliflower & Broccoli Toss</p>	<p>23</p> <p>Honey Glazed Ham Yellow Squash Tossed Salad Scalloped Potatoes</p>	<p>24</p> <p>A-1 Meatloaf Mashed Potatoes w/Gravy Green Beans Romaine Salad</p>	<p>25</p> <p>Herbed Chicken Steamed Spinach Apricot Salad Angel Biscuits</p>	<p>26</p> <p>Country Pork w/vegetables Honey Orange Salad Whole Wheat Bread</p>
<p>Senior Menu February 2010 Reservations: 463-6175</p>			<p>Milk, water, Tea, Coffee & Desserts are offered daily with the meal</p>	

ACTIVITIES AT THE JUNEAU SENIOR CENTER

SUN	MON	TUES	WED	THUR	FRI
February 2010	1 10:00 Ceramics	2 Exercise 10:15	3 10:00 Ceramics 1:00 Pinochle	4 1:00 Pinochle	5 Exercise 10:15 7:00 Cribbage
7 Duplicate Bridge 1:00	8 10:00 Ceramics 1:00 Diabetic Support Group	9 8:15 -11:30 Senior/Elder Community Forum and Continental Breakfast ----- Medicare 101 5:00 - 6:30 pm 6:30 – 8:00pm	10 10:00 Ceramics 1:00 Pinochle	11 1:00 Pinochle	12 Exercise 10:15 1:00—3:00 Advisory Board 7:00 Cribbage
14 Duplicate Bridge 1:00 	15  President's Day 5:30 P.M. Retired Teachers	16 Exercise 10:15	17 10:00 Ceramics 1:00 Pinochle	18 1:00 Pinochle	19 Exercise 10:15 7:00 Cribbage
21 Duplicate Bridge 1:00	22 10:00 Ceramics	23 Exercise 10:15 1:00 LOW VISION SUPPORT GROUP	24 10:00 Ceramics 1:00 Pinochle	25 1:00 Pinochle	26 Exercise 10:15 6:00 PIONEERS of ALASKA DINNER & MEETING

Saturdays from 1:00 to 3:00: Join Sylvia in the Juneau Senior dining room for paper crafts.

Valley Senior Center Activities
February 2010
463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>2 10 AM- 4 PM Sewing Circle</p>	<p>3 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p>4 Available: Call 463-6175 if you have a craft or topic to share.</p>	<p>5</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p>8 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>9 10 AM – 4 PM Sewing Circle</p>	<p>10 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p>11 Available: Call 463-6175 if you have a craft or topic to share.</p>	<p>12</p> <p>Noon-Lunch <i>Special Valentine Dessert</i></p> <p>1:30 PM Art Group</p>
<p>15 President's Day</p> <p>1:30 PM Contract Bridge</p>	<p>16 10 AM— 4 PM Sewing Circle</p>	<p>17 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p>18 Available: Call 463-6175 if you have a craft or topic to share.</p>	<p>19</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p>22 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>23 10 AM— 4 PM Sewing Circle</p>	<p>24 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p>25 Available: Call 463-6175 if you have a craft or topic to share.</p>	<p>26</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
		<p>For more information call Lee Ann at 463-6175</p>		

Southeast Senior Services
419 Sixth Street
Juneau, Alaska 99801



February 2010



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

**In February, Senior Centers will be closed to celebrate
President's Day on Monday, February 15th.**

