

Gastineau Channel

Senior Centers' News Juneau, Alaska



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

Site Manager Notes

Our holiday meals were a great success, complete with our own dear Santa who passed out candy canes and tangerines and posed for photos with all the seniors. We sure appreciated him and his elves.

The Christmas Gift Wrap fundraiser sponsored by the Advisory Council at the Nugget Mall supports our meals programs. This year as in the past I'd like to thank the tireless seniors and others who volunteered to assist with the gift wrap. Ward Lamb and Alfreda Dore seemed to live there.

For the New Year it would be nice if we each try to bring someone new to lunch. The staff works hard at putting out great meals for everyone. Please feel free to invite family or friends to any of our meals. (Guests under 60 are charged \$8.00, and those 60 and over have the opportunity to make a free-will donation, suggested at \$4.00 but can be more or less).

This year the Senior Centers will be closed on the 1st of January and on the 18th of January, Martin Luther King's Day. The rest of the month we are open Monday through Friday at the Juneau Center, Douglas is open for lunch on Tuesdays and Thursdays, and the Valley is open for lunch on Wednesdays and Fridays.

Lee Ann See, Site Manager

Shingles Vaccine Available


In the United States, someone contracts a painful condition called shingles every 60 seconds. If you are 60+, you can reduce your chances of being that one person by simply getting a shingles vaccine. I had the shot recently. It was painless, and I had no side effects. If you are 65+ and have Medicaid Part D, you may be able to get the vaccine for free or a nominal fee. Shingles is a viral infection of the nerves caused by the long-dormant chicken pox virus. Shingles starts with a patch of blisters on one side of the body. Long term pain from nerve damage, loss of eye site and severe damage can occur. One shingles vaccine can reduce your chances of developing this miserably painful condition by 50% and can reduce the likelihood of nerve damage in most cases by nearly 100%. Information is available from your health care provider or from the Internet.

Marsha Partlow, NTS Coordinator

PICK... CLICK... GIVE!

An easy way to contribute to Catholic Community Service is to check Catholic Community Service (Southeast Senior Services) when filing your PFD application. All contributions are tax deductible.

ACTIVITIES AT THE JUNEAU SENIOR CENTER JANUARY 2010

SUN	MON	TUES	WED	THUR	FRI
				New Year's Eve	1 Happy New Year! 2010 CLOSED
3 Duplicate Bridge 1:30	4 10:00 Ceramics	5 10:15 am Exercise	6 10:00 Ceramics 1:00 Pinochle	7 1:00 Pinochle	8 10:15 Exercise 1:00 Advisory Board Visitors Welcome 7:00 Cribbage
10 Duplicate Bridge 1:30	11 Feet First 9:00-11:00 10:00 Ceramics 1:00 Diabetic Support Group	12 10:15 am Exercise	13 10:00 Ceramics 1:00 Pinochle	14 1:00 Pinochle	15 10:15 Exercise 7:00 Cribbage
17 Duplicate Bridge 1:30	18 Martin Luther King HOLIDAY WE ARE CLOSED	19 10:15 am Exercise 1:00 LOW VISION SUPPORT GROUP	20 10:00 Ceramics 1:00 Pinochle	21 1:00 Pinochle	22 10:15 Exercise 7:00 Cribbage
24 Duplicate Bridge 1:30	25 10:00 Ceramics	26 10:15 am Exercise	27 10:00 Ceramics 1:00 Pinochle	28 1:00 Pinochle	29 10:15 Exercise 6:00 PIONEERS' MEETING 7:00 Cribbage Mt.View

Around the Senior Centers

The ceramics room is in full swing. Christmas is over but there is always another holiday or birthday coming up. The ceramics room is open is from 10:00 AM to 2:00 PM on Mondays and Wednesdays. Betty and Diane are both there to help get you started and then your imagination is on its own.

Exercise classes are being held at the JSC Tuesdays and Fridays from 10:15 AM to 11:00AM. Jan Rice will be taking some well deserved time off, and Laurie Onstott will be taking over the classes. The classes focus on balance and low impact. Laura will help you find what suits you the best.

At the Valley Senior Center the exercise classes are on Mondays, Wednesdays and Fridays at 10:00. This group uses low poundage weights and video exercise tapes.

Low Vision Support Group

The SAIL Low Vision support group meets each month on the 4th Tuesday of the month. Along with meeting people who are going through the same problems as you, valuable educational information is given out at the meetings. It's a good place to come if you have any problems with your vision or are interested in learning more about vision problems. For more information please call Linni at 586-4920

Family Caregiver Support Group

The Family Caregiver Support Group meets at the Resurrection Lutheran Church on Thursday, January 14th, from 12:00 through 1:00PM. This is a regular meeting and all caregivers or other support

people are welcome. For more information, please call Mary Lou at 463-6177.

Diabetes Support Group

The Diabetes Support Group will be meeting on the 2nd Monday of the month. Please feel free to join us. You will get lots of great ideas, and the support can be very helpful.

A Way to Cut Back on Salt

When it comes to New Year's Resolutions, many thoughts turn toward eating healthier. With that in mind this seasoning mix is a great way to have the flavors we all want without the heavy hand of salt. You can put in more of the things you like, and take out others you don't care for.

All-Purpose Low-Salt Seasoning Mix

- 2 tsp. onion powder
- 2 tsp. leaf basil, crumbled
- 1 tsp. garlic powder
- 1 tsp. dry mustard
- 1 tsp. paprika
- ½ leaf thyme, crumbled
- ½ tsp. ground celery seed
- ½ tsp. dried parsley flakes
- ½ tsp. ground marjoram
- ½ tsp. curry powder
- ½ tsp. or less salt
- ¼ tsp. pepper

Combine all ingredients in a small jar with a tight fitting lid and shake well to mix. Lee Ann See



To All the Kids who Survived the 20's, 30's, 40's, 50's, and 60's !!

We drank water from the garden hose

and NOT from a bottle.

We shared one soft drink with four friends from one bottle, and NO ONE actually died.

We ate cupcakes, white bread and real butter and drank Kool-aid made with sugar, but we weren't overweight because: We were always outside playing!

We could leave in the morning and play all day, as long as we were home before the street lights came on.

We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 150 channels on cable, (until the 1950's most of us didn't have a black and white television), no video movies or DVD's, no surround-sound or CD's, no cell phones, no personal computers.....

WE HAD FRIENDS, AND WE WENT OUTSIDE TO FIND THEM!

We fell out of trees, got cut, broke bones and teeth, and there were no lawsuits from these accidents.

We ate worms and mud pies made from dirt.

Little League had tryouts, and not everyone made the team. Those that didn't had to learn to deal with the disappointment.

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

These generations have produced some of the best risk-takers, problem- solvers and inventors ever!

The past 50 years have been an explosion of innovations and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all.

If you are one of us,

CONGRATULATIONS!

Excerpted from Anchorage AARP 2008

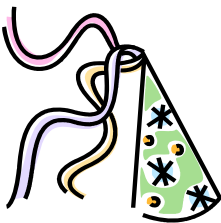

New Year's Day Traditions

- ✚ Black eyed peas
- ✚ Cabbage (sauerkraut)
- ✚ Donuts (representing "full circle" observed by the Dutch)
- ✚ Baby: symbolic of new beginnings
- ✚ Father Time: symbolic of time marching on
- ✚ Resolutions
- ✚ Tournament of Roses Parade
- ✚ Celebrations at the stroke of midnight



Invitation to Join Us

If you are 60 or older, please join us for lunch and/or activities at one of our Senior Centers. ALL SENIORS are welcome.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Menu</p> <p>January 2010</p> <p>Reservations: 463-6175</p>	<p>Milk, Water, Tea, Coffee & Desserts offered daily with meals</p>		<p>New Year's Eve</p> <p>Auld Lang Zyne</p>	<p>1</p>  <p>Happy New Year! 2010</p>
<p>4</p> <p>Sloppy Joe on a Bun Peas & Carrots Potato Salad</p>	<p>5</p> <p>BBQ Fish Rice Pilaf Sweet Potatoes Citrus Salad</p>	<p>6</p> <p>Dutch Beef & Cabbage Boiled Potatoes Squash Tomato Aspic</p>	<p>7</p> <p>Chicken & Noodles Brussels Sprouts Spinach Salad</p>	<p>8</p> <p>Ham Sandwich Potato Soup Carrot & Pineapple Salad</p>
<p>11</p> <p>Chicken Adobo Rice Mixed Vegetables Citrus Cup</p>	<p>12</p> <p>Meat Loaf Scalloped Potatoes Broccoli Danish Salad</p>	<p>13</p> <p>Swedish Meatballs Pasta Spinach Honey- Orange Salad</p>	<p>14</p> <p>Mac & Cheese with Ham Broccoli Spinach Salad</p>	<p>15</p> <p>Baked Fish Carrots Boiled Potatoes with Parsley Fruit Slaw</p>
<p>18</p>  <p><i>"I Have a Dream"</i></p>	<p>19</p> <p>Lasagna Steamed Carrots Marinated Zucchini & Tomato Salad Garlic Bread</p>	<p>20</p> <p>BBQ Chicken Mixed Vegetables Potato Salad Angel Biscuits</p>	<p>21</p> <p>Baked Fish Sweet & Sour Red Cabbage Carrot/Raisin Salad Whole Wheat Bread</p>	<p>22</p> <p>Beef Stew with Vegetables Cauliflower Broccoli Toss Herb Biscuits</p>
<p>25</p> <p>Spaghetti with Meat Sauce Broccoli Tossed Salad Garlic Bread</p>	<p>26</p> <p>Minestrone Soup Ham-Cheese Sandwich Orange Slices Perfection Salad</p>	<p>27</p> <p>Baked Chicken Carrots in Orange Sauce Triple Bean Salad Biscuits</p>	<p>28</p> <p>Baked Ham Sweet Potatoes Honey- Orange Salad Whole Wheat Bread</p>	<p>29</p> <p>Chef's Salad Platter Potato Soup Cornbread</p>

Thank You Volunteers!

Volunteers make a huge difference in the quality of our senior programs. They add color, richness, and depth. Volunteering is fun and interesting work with a very high value. If you volunteered this year and do not see the activity you volunteered for, just give me a call, and I'll include it in next month's newsletter.

Meals on Wheels Drivers
Newsletter Mailing Committee
Gastineau Channel Senior Centers
Advisory Board
Community Service Workers
Landscaping
Pancake Breakfasts
Holiday Bazaar
Christmas Gift Wrap Fundraiser
Lunch Servers
Douglas and Valley Volunteer

Coordinators and lunch servers
Lunch time musical entertainers
Lunch time speakers
Ceramics tutors
Exercise leaders
Thank you to all the agencies, organizations, individuals, families, and staff for their generous contributions and support throughout 2009.

And a very special thanks to the Juneau Senior Center kitchen and Care-A-Van staff who work so hard to provide tasty congregate and home-delivered meals.

A & P Receipts

Thanks to the many people and groups that take the time to save the A & P receipts. These are worth 1% of the total that you spent. We turn these in on a quarterly basis, and we are given a credit to spend.

We Need Your Donations

If you enjoy reading the newsletter and find it beneficial, please consider making a donation. Think of it as a subscription. Please be assured that 100% of your contribution goes directly into funding to provide its continued publication. You may give a donation directly to Lee Ann at the Juneau Senior Center or mail one 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 at 463-6175.

Looking for These Items

Thanks to all of you that over the year have called or brought in many of the items that we have asked for through this column. We are willing to take things that can be put on our free table. Remember that one person's junk is another's treasure. We have had more requests for craft supplies and sewing machines.

Computer Lab Open.

The Juneau Senior Center computer is now open on Fridays 10:00-11:00am. If you would like some help, please call Lee Ann 463-6175 for reservations.

Feet First Clinic

Bob Chatfield and Lida Travis will be at the Juneau Senior Center on Monday, January 11th from 9-11AM to offer basic foot care including nail trimming and an assessment of your foot care needs. To make an appointment call Lee Ann at 463-6175.

Valley Senior Center Activities
January 2010
463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center;">HAPPY NEW YEAR!</p>			<p style="text-align: center;">New Year's Eve</p> <p style="text-align: center;">Auld Lang Zyne</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">Happy New Year! 2010</p>
<p style="text-align: center;">4</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">5</p> <p>10 AM— 4 PM Sewing Circle</p>	<p style="text-align: center;">6</p> <p>10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge</p>	<p style="text-align: center;">7</p> <p>Available: Call 463-6175 if you have a craft or topic to share.</p>	<p style="text-align: center;">8</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p style="text-align: center;">11</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">12</p> <p>10 AM— 4 PM Sewing Circle</p>	<p style="text-align: center;">13</p> <p>10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge</p>	<p style="text-align: center;">14</p> <p>Available: Call 463-6175 if you have a craft or topic to share.</p>	<p style="text-align: center;">15</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p style="text-align: center;">18</p> <p style="text-align: center;">Martin Luther King Day</p> <p style="text-align: center;">Center is Closed</p>	<p style="text-align: center;">19</p> <p>10 AM— 4 PM Sewing Circle</p>	<p style="text-align: center;">20</p> <p>10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge</p>	<p style="text-align: center;">21</p> <p>Available: Call 463-6175 if you have a craft or topic to share.</p>	<p style="text-align: center;">22</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p style="text-align: center;">25</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">26</p> <p>10 AM— 4 PM Sewing Circle</p>	<p style="text-align: center;">27</p> <p>10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge</p>	<p style="text-align: center;">28</p> <p>Available: Call 463-6175 if you have a craft or topic to share.</p>	<p style="text-align: center;">29</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>

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

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

**In January, Senior Centers will be closed to celebrate
New Year's Day on
Friday, January 1st and to commemorate
the life and legacy of
Martin Luther King on Monday, January 18th.**



"I Have a Dream..."

