

# Gastineau Channel

Senior Centers' News Juneau, Alaska



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## Site Manager's Notes

Our weather continues to be nice, there isn't so much rain that you can't work out in your gardens, but there is enough to keep the dust down. I'm watching the fields to see when the fireweed is just right to pick for jelly. I already did the spruce tip jelly and honey. I remember times when I would can everything we would eat for the year, salmon (smoked and plain), deer meat, ferns and berries. We didn't get much from the store. The salmon are coming in as are dollies if you have the time to go fishing.

The visitors are in Juneau, as well as a few cases of Swine Flu; both just stay a short time and then move on to the next town.

Well my time here has gone by really fast. I can hardly believe I have been here over a year already. It seems like yesterday that I was trying to figure out how to do the weekly and monthly reports, then along came the monthly newsletter, and at the same time doing everything that needs to be done on a daily basis. But it all gets done one way or another.

None of these projects would get done without the staff at CCS. I think we sometimes forget that for every person we see on the front

lines, there are several more just to make things happen. I depend on the Care-A-Van drivers and the Meals-On-Wheels volunteers for this program to work. I can just imagine myself driving fifty-plus meals a day to our seniors.

Someone has to get the programs set up, and the funding to make it work so I can get the food and products needed to prepare the meals so the programs can operate.

The ceramics room has been firing full kilns of items, one right after the other. Some of the projects are really beautiful.

Jan Rice has the exercise group on Tuesdays and Fridays at 10:15, and the ladies are really enjoying it.

The flowers around the building are in full bloom now and the place looks wonderful. Take some time to walk around the back area.

The people that come to the centers are all special. So many of them have had a kind word at one time or another, just to make someone feel better. The seniors are so good to each other and they help each other out as needed.

If anyone has an idea or a request please feel free to call me at 463-6175, or better yet come in for lunch.

Lee Ann See, Juneau Site Manager

## **“Till We Meet Again”**

### **Ellen Northup Leaving Juneau**

On Saturday, July 11<sup>th</sup> between 3:00 & 6:00pm there will be a “Till We Meet Again” party for Ellen Northup at the Juneau Senior Center. This will be the last chance for people to come and trade hugs and memories, and to fill in the address book with addresses and email numbers so she can stay in touch.

Light refreshments will be served but she has asked that no gifts be brought. The good-by event is for Ellen and her daughter, Milissa Goese-Goble.

With the move to Northern California, Ellen will have time to pursue her hobbies of painting and writing.

We will miss her but take comfort in the fact that she will be near family, a warmer climate and that she can always come back for a visit.

Thank you for all that you have done for the people of Juneau and the State of Alaska.



## **A New Face in the Crowd**

There is a new face around the Juneau Senior Center. David DeHoyes joined our staff this June and will be helping in all phases of the program, from the kitchen, putting the Meals-on-Wheels lunches together, serving lunch and helping me with the office paperwork. He comes to us from the Senior Volunteer MASST Program. If you see him, stop and say hi.

## **Office Moves**

Mary Lou Spartz from 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. She will be leaving copies of most of the pamphlets that are here now, and she will always be just a phone call away. Her number is 463-6177.

The Juneau Senior Center Site Manager's office has moved from it's current location next to the kitchen to the front entrance of Center where Mary Lou was. The office phone number will stay the same: 463-6175.

The old office will house the new computers that will be set up for the seniors to use to access Social Security and Medicare information. More news to come.

Special thanks to Tim Murphy and Peter Klein, CCS's IT staff, for assisting with the office moves.

## **Swine Influenza**

### **What Can You Do To Stay Healthy?**

With all of the thousands of visitors coming into Juneau this summer many people are worried about picking up a case of swine flu.

The best advice from the Center for Disease Control (CDC) is to wash your hands often. Washing your hands is one of the best deterrents to the spread of the flu, and it doesn't cost more than the soap used.

Swine flu symptoms are the same as seasonal flu and include fever, sore throat, cough, runny nose, head and body aches, and sometimes diarrhea and vomiting. The incubation period is usually 2-3 days but can be as long as 7 days.

At this time there is no vaccine to prevent the swine flu.

Influenza is thought to spread mainly by person-to-person through coughing or sneezing by infected people. Take everyday actions to stay healthy. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

First and foremost wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth, and try not to touch surfaces that may be contaminated with the flu virus. Germs spread that way.

Try to stay in good general health. Get plenty of sleep, be physically active, manage your

stress, drink plenty of fluids, and eat nutritious foods.

The CDC recommends that you stay home from work or school and limit your contact with others to keep from infecting them.

Follow public health advice regarding avoiding crowds and other social distancing measures.

**Call 1-800-CDC-INFO for more information.** ---L. See, Site Manager

### **Diabetes Support Group**

The Diabetes Support group will continue to meet during the summer. They meet on the 2<sup>nd</sup> Monday of the month at the Juneau Senior Center.

### **Low Vision Support Group**

There is a new face for the SAIL Low Vision Support Group. Leading the group will be Linni Esther. Her first meeting was on the 23rd of June, and the next meeting will be on Tuesday the 21<sup>st</sup> of July. She will be looking for some ideas for field trips and what topics people would like to hear about. Along with being a support group, there is valuable educational information given at each meeting. Try to come if you have any problems with your vision or are interested in learning more about vision problems.

### **Change for the Family Caregiver Support Group Meeting**

The July meeting of the Family Care-giver Support Group will meet on Thursday, July 9<sup>th</sup> at the Resurrection Lutheran Church from 12:00-1:00. For more information call Mary Lou at 463-6177.

## Thanks Goes Out To Many

Thanks to all of you who volunteer your time and energy to enrich the Juneau Senior Center Programs.

## A & P Receipts

Someone pointed out that I kept asking for people to save and turn in A&P receipts, but they had no idea what I did with them (See. I do read suggestions). So I will share the answer with all of you.

A&P has a wonderful policy that as a non-profit agency they will give us 1% of the total of all the receipts we turn in. We cannot count tobacco products or the taxes that are charged.

What do we use the 1% for? It is given as a credit, and I use it to purchase groceries that we need like fresh fruit and vegetables, and once in awhile a little goodie.

---Lee Ann See, Site Manager

## 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. While you're at the site, why not take a look at the monthly *Senior Care News* newsletter and others.

## Feet First on July 20<sup>th</sup>

Bob Chatfield and Lyda Travis will be at the JSC on Monday, July 20<sup>th</sup>, from 9-11AM to offer basic foot care including nail trimming and an assessment of your foot care needs. If you would like an appointment please call Lee Ann at 463-6175.

## Meal Survey

In May most of the meal participants were asked to fill out a survey commenting on the senior meals programs in Juneau. One of my pet peeves is that I'll take the time to answer the questions but no one ever tells me the results, so in breaking the norm I'll share some of the diners' comments with you. Most were pleased with the meals and the changes we have implemented over the last year. We serve meals to between 100 and 150 people a day.

For every person that liked something there was someone that didn't like the same thing. Some of the ideas that you had were birthday parties once a month, pot lucks and even a dinner instead of lunch. BBQs were requested as well as dinners from other countries. Some wanted rice served every day, others wanted potatoes and to never have rice served. A number wanted a soup and salad bar.

What does this tell me? It tells me that with the variety that we serve daily, most people can get something they like at least 3 days a week. I will work to see if we can get some of the changes implemented.


The staff and I really appreciate the many positive comments that were made.

---Lee Ann See, Site Manager




Monday	Tuesday	Wednesday	Thursday	Friday
<b>JULY 2009</b> 	<b>Senior Menu Reservation 463-6175 Milk, Coffee, Tea &amp; Desserts are Offered With Meals</b>	<b>1</b> Salisbury Steak&Gravy AuGratin Potatoes Spinach Salad Rolls	<b>2</b> Salmon Loaf Sweet & Sour Red Cabbage August Salad Wheat Bread	<b>3</b>  Independence Day Holiday Observed
<b>6</b> Creole Pork Rice Steamed Carrots Honey Orange Salad	<b>7</b> Roast Beef & Gravy Potatoes Brussels Sprouts Carrot & Pineapple Salad	<b>8</b> Chicken Pot Pie Zucchini Sunshine Salad Wheat Rolls	<b>9</b> Baked Fish Noodles Mediterranean Vegetables Tomato Aspic	<b>10</b> Chef Salad w/Egg, Cheese & Ham Potato Soup Whole Wheat Rolls
<b>13</b> Tuna Noodle Casserole Spinach Honey Mustard Coleslaw	<b>14</b> Ham & Bean Soup Cottage Cheese w/Tomato Slices Cornbread	<b>15</b> Baked Pork & Applesauce Mixed Vegetables Spicy Fruit Cup Muffin	<b>16</b> French Dip Sandwich Oven Fried Potatoes Danish Salad	<b>17</b> Chicken Adobo Rice Cauliflower & Carrots Mandarin Oranges
<b>20</b> Mac & Cheese with Ham Broccoli Texas Cole Slaw	<b>21</b> BBQ Chicken Mixed Vegetables Potato Salad Biscuit	<b>22</b> Roast Beef Copper Pennies Fruit Slaw Whole Wheat Roll	<b>23</b> Chinese Fruited Pork Rice Zucchini Honey & Orange Salad	<b>24</b> Turkey Sandwich Minestrone Soup Tossed Salad
<b>27</b> Alaskan Casserole Broccoli Citrus Salad Wheat Roll	<b>28</b> Country Pork Stew Pea & Onion Salad French Roll	<b>29</b> Baked Chicken Mashed Potatoes & Gravy Mixed Veggies Cauliflower & Broccoli Toss	<b>30</b> Lasagna Green Beans Tossed Salad	<b>31</b> Turkey Mashed Potatoes & Gravy Peas Mixed Melons <sup>5</sup>

**Valley Senior Center Activities**  
**July 2009**  
**463-6175**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Reservations are required for lunch at the Valley Center, Please Call Lee Ann at 463-6175</b>		<b>1</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>2</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>3</b>  <b>Center is closed for Independence Day on July 4th</b>
<b>6</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>7</b>  10-4 PM Sewing Circle	<b>8</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>9</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>10</b>  <b>Noon-Lunch</b>  1:30 PM Art Group
<b>13</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>14</b>  10-4 PM Sewing Circle	<b>15</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>16</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>17</b> <b>Noon-Lunch</b>  1:30 PM Art Group
<b>20</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>21</b>  10-4 PM Sewing Circle	<b>22</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>23</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>24</b>  <b>Noon-Lunch</b>  1:30 PM Art Group
<b>27</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>28</b>  10-4 PM Sewing Circle	<b>29</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>30</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>31</b>  <b>Noon-Lunch</b>  1:30 PM Art Group

Activities at the JUNEAU Senior Center  
July 2009 463-6175

SUN	MON	TUES	WED	THUR	FRI
			1  10:00 Ceramics  1:00 Pinochle	2  1:00 Pinochle	3  <b>CLOSED FOR THE HOLIDAY</b>
5  1:30 Duplicate Bridge	6 10:00 Ceramics	7 10:15 Exercise 1:00 KNITTING 2:00 Bingo	8 10:00 Ceramics  1:00 Pinochle	9  1:00 Pinochle	10 10:15 Exercise  1:00—3:00 Advisory Board 7:00 Cribbage
12  1:30 Duplicate Bridge	13 10:00 Ceramics 1:00 Diabetic Support Group	14 10:15 Exercise 1:00 KNITTING 2:00 Bingo	15 10:00 Ceramics  1:00 Pinochle	16  1:00 Pinochle	17  10:15 Exercise  7:00 Cribbage
19  1:30 Duplicate Bridge	20 Feet First 9:00-11:00  10:00 Ceramics	21 10:15 Exercise 1:00 KNITTING & LOW VISION SUPPORT 2:00 Bingo	22 10:00 Ceramics  1:00 Pinochle	23  1:00 Pinochle	24  10:15 Exercise  7:00 Cribbage
26  1:30 Duplicate Bridge	27  10:00 Ceramics	28 10:15 Exercise 1:00 KNITTING 2:00 Bingo	29 10:00 Ceramics  1:00 Pinochle	30  1:00 Pinochle	31  10:15 Exercise  7:00 Cribbage

**Southeast Senior Services**

**419 Sixth Street  
Juneau, Alaska 99801**



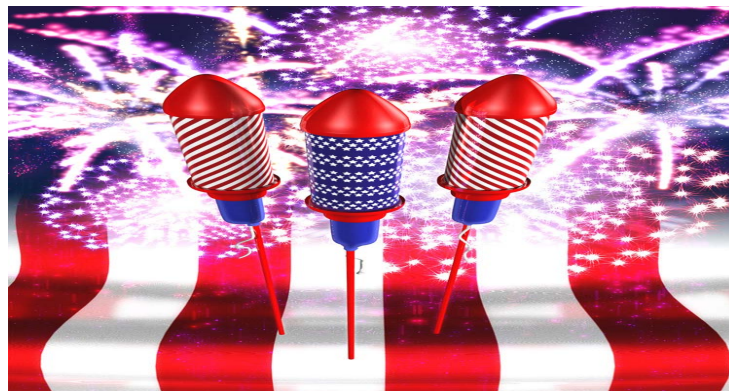
**July 2009**



***A United Way Agency***

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



**The Juneau and Valley Senior Centers will be  
closed on Friday the 3<sup>rd</sup> of July.  
Have a happy and safe Independence Day!**