

# Gastineau Channel

Senior Centers' News Juneau, Alaska



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## Site Manager's Notes

This year's weather has reminded us why we love Juneau; my garden and everyone else's is ahead of the last few years. I'm trying to get up early so I can play in it before I leave for work. People are taking advantage of the long days to take walks and try for the fishing from the shore by DIPAC. Lots of time is being put in on the 4<sup>th</sup> of July celebrations, to get the floats ready, and so forth.

Please take the time to fill in your 2010 Needs Survey for Older CBJ Residents. I am one of the members of The Juneau Commission on Aging, and I know how important these surveys are to the area. You may send them to the senior centers, or the libraries or go ahead and mail them. Fill them in, and please, if you have a comment, make it known.



On June 1<sup>st</sup> the Juneau Senior Center lost one of our most familiar faces. Paul Stolz passed away due to natural causes after a brief illness. He was 62. A memorial service was held for him at the Juneau Senior Center on June 23 along with a potluck dinner for all who wanted to come.

Paul was a quiet man, but he always went out of his way to help

others. He had a smile for everyone and was always willing to just do that little extra. He often alerted me if someone was sick or needed something extra. Then we would make sure that they got whatever was needed.

His official job description as the Juneau Senior Center janitor in no way covered all he did. Paul was my right hand, and he was an all around wonderful guy. Even after eight years here he was always looking for more to do, to make life better for everyone else. For example, he unlocked the center whenever we needed it opened on the evenings or weekends.

Paul liked sweets. He was always grabbing that little piece of cake. He liked the bread pudding I made more than anything else we had here, and would scoop out a test bite before it had even come out of the oven.

Paul was very active. He loved to watch sports on TV with his apartment neighbors. Anytime I couldn't find him, I would discover later that he had gone to the pool to swim laps. He walked around Juneau a lot and was always telling me bits of information or a story he had heard or something he had seen.

I think we're all really glad we had a chance to know Paul, and we'll miss him. ---Lee Ann See, Site Manager

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <p><b>SENIOR MENU</b><br/> <b>JULY</b><br/> <b>2010</b><br/> Reservations<br/> 463-6175</p>                            | <p><b>Milk, Water, Tea, Coffee and Deserts are offered daily with meals</b></p>                 |             | <p><b>1</b><br/> Salmon Patties<br/> Sweet-n-Sour Cabbage<br/> Tossed Garden Salad<br/> Bread</p>       | <p><b>2</b><br/> Beef-a-roni<br/> Cauliflower<br/> Apricot Salad</p>                                 |
| <p><b>5</b><br/> <b>Holiday-Closed in Honor of Independence Day</b></p>  | <p><b>6</b><br/> Creole Pork<br/> Pasta<br/> Carrots<br/> Honey Orange Salad</p>                | <p><b>7</b><br/> Chief Salad<br/> Potato Soup<br/> Rolls</p>                                 | <p><b>8</b><br/> Baked Fish<br/> Scalloped Potatoes<br/> Mediterranean Vegetables<br/> Tomato Aspic</p> | <p><b>9</b><br/> Creamed Chicken w/<br/> Biscuits<br/> Zucchini<br/> Sunshine Salad</p>              |
| <p><b>12</b><br/> Tuna &amp; Noodle Casserole<br/> Spinach<br/> Honey Mustard<br/> Coleslaw</p>                        | <p><b>13</b><br/> Chicken Adobo<br/> Rice<br/> Cauliflower &amp; Carrots<br/> Orange Slices</p> | <p><b>14</b><br/> Ham &amp; Bean Soup<br/> Tomato Slices w/Cottage Cheese<br/> Cornbread</p> | <p><b>15</b><br/> French Dip Sandwich<br/> Oven Fried Sweet Potatoes<br/> Danish Salad</p>              | <p><b>16</b><br/> Baked Pork<br/> Mixed Veggies<br/> Applesauce<br/> Spicy Fruit Cup<br/> Muffin</p> |
| <p><b>19</b><br/> Ham<br/> Mac &amp; Cheese<br/> Broccoli<br/> Texas Cole Slaw</p>                                     | <p><b>20</b><br/> BBQ Chicken<br/> Mixed Veggies<br/> Potato Salad<br/> Biscuit</p>             | <p><b>21</b><br/> Roast Beef<br/> Copper Pennies<br/> Fruit Slaw<br/> Roll</p>               | <p><b>22</b><br/> Chicken Sandwich<br/> Minestrone Soup<br/> Romaine &amp; Tomato Salad</p>             | <p><b>23</b><br/> Chinese Pork<br/> Rice<br/> Zucchini<br/> Honey Orange Salad</p>                   |
| <p><b>26</b><br/> Chicken<br/> Mashed Potatoes &amp; Gravy<br/> Mixed Veggies<br/> Cauliflower &amp; Broccoli Toss</p> | <p><b>27</b><br/> Alaska Casserole<br/> Steamed Broccoli<br/> Citrus Salad<br/> Roll</p>        | <p><b>28</b><br/> Pork Stew<br/> Peas &amp; Onion<br/> Salad<br/> Roll</p>                   | <p><b>29</b><br/> Lasagna<br/> Zucchini<br/> Tossed Salad<br/> Garlic Bread</p>                         | <p><b>30</b><br/> Turkey<br/> Mashed Potatoes &amp; Gravy<br/> Peas<br/> Melons</p>                  |

### **We Need Your Donations**

If you have ideas for the newsletter, please give Lee Ann a call at 463-6175. If you enjoy this newsletter please consider making a donation. The mailing address is Gastineau Channel Senior News, SESS, 419 Sixth Street, Juneau, Alaska, 99801.

### **The Gastineau Channel Senior Centers' Advisory Council Notes**

The June meeting included a discussion on selling the Christmas Gift Wrap materials. Discussion of the elections was postponed until the July meeting. If you are interested in joining the Advisory Council, please call Lee Ann at 463-6175 for more information. Meetings are held at the Juneau Senior Center on the second Friday of each month at 1:00. Only elected members can vote but all seniors are welcome to attend and listen to proceedings.

### **Family Caregiver Support and Training Group Taking Summer Break**

The Family Caregiver Support Group and Family Caregiver Training Meetings will take a summer break, starting up again in August. Mary Lou Spartz states that help is as close as the phone. Call 463-6177 if anyone that does caregiving needs a question answered or just a friendly ear to listen.

### **Diabetes Support Group**

The Diabetes Support Group will meet on Monday July 12<sup>th</sup> at 1:00 at the Juneau Senior Center.

### **Low Vision Support Group**

The Low Vision Support Group will meet on Tuesday, July 27 at 1:00 at the Juneau Senior Center.

### **A & P Receipts**

We love getting the cash register receipts from A & P. These are worth 1% of the total spent. This money goes to the Meals programs for some of the little extras.

### **Did You Know?**

In Fairbanks, Alaska, moose are banned from mating within the city limits.

The average American throws away about 10 pounds of trash per day.

In 2007, Americans threw out about twice as much trash as they did in 1960.

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was and I told him, "62". He was quite for a moment, then he asked, "Did you start at 1"?

When my grandson Billy and I entered our vacation cabin we kept the light off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use, Grandpa. The mosquitoes are coming after us with flashlights". (Thanks to the Homer Senior Citizen, Inc. newsletter Volume 7, Issue 6: Coffee Shoppe)



## **New Survey of Juneau Seniors**

The Juneau Commission on Aging, in conjunction with the City & Borough of Juneau Assembly, is conducting a new survey of Juneau seniors. The survey is available at public libraries, senior centers, and through direct mail. Once it is filled out, it can be returned or mailed at no cost to the participant.

This survey will help local officials and providers gain a better sense of what is needed for Juneau's aging population.

Since the year 2000, the Alaska Department of Labor reports that Juneau has seen an increase of 38% of those aged 65 and older; 97% of those aged 60 to 64, and 70% of those aged 55 to 59. The number of Juneau residents aged 55 and over has more than doubled since 1990.

If you are 55 or older, now is your opportunity to help influence what services could be available to you when you need them. Changes do not happen over night. Now is the time to express what you feel is needed.

The 2010 survey includes questions from the 1989 and 1999 surveys for comparison purposes, but has additional questions relevant to the aging population in this new century. Collaboration with the UAS, School of Public Administration will produce an analysis and final report on the responses.



## **Entertainment Needed**

Do you play the piano? Sing? Have a funny act? Do you like to read, or dance? If you are looking for an audience, we have one for you. At lunch time, in the Senior Centers, there are folks who would love to have some entertainment!

We have a well-tuned grand piano at the downtown center and both the Valley and Douglas have pianos as well. If you know someone who might want to entertain us during lunch please call Lee Ann at 463-6175.

## **Make Time for Free Time**

If you are feeling overwhelmed by all you have to do, you may be sacrificing free time to get it all done. You may also be affecting your health.

- 1- Include yourself in your schedule. Don't think of free time as what's left over after you've done everything else. Along with scheduling your work responsibilities and family commitments, plan time to exercise, read, take a bubble bath or do anything else that you might find relaxing. Making time for things you enjoy will help you recharge your batteries.
- 2- Learn to say no. Saying no to another volunteer activity, an optional presentation at work or even a social event can give you more free time to devote to other activities.
- 3- Don't feel guilty when you say no. It's not always easy, but with practice you can learn.

## **Independence Day in Juneau and Douglas**

The pleasures of small town life are seldom more evident than during the 4th of July celebration in the nation's farthest north capital city. From the stroke of midnight on July 3rd, when fireworks light up the sky and rocket blasts reverberate from the mountain tops, Juneau and neighboring Douglas are alive with the sights, sounds, and excitement of a home grown, traditional expression of the American spirit. Come early to get good seats.

On the 4th, residents who aren't participating in the parade, cheer on their friends and neighbors who are riding aboard colorful floats, or on horseback, or walking in the marching bands. Children scramble for the endless stream of candy emanating from gleaming fire engines whose bells and sirens herald their progress through the downtown area.

Over the bridge in Douglas, Sandy Beach becomes an artist's canvas as magical creations emerge from the sand. The afternoon is filled with competitive events...from canine agility trials to childrens' field events where every participant is a winner.

It's all topped off with the annual baseball showdown between the Juneau and Douglas Volunteer Fire Departments. Through it all, the smell of hot dogs, barbeque, and other summertime treats fills the air.  
[excerpted from the Juneau 4<sup>th</sup> of July website]

## **\$250 Rebate Checks**

The federal government has begun to mail one-time \$250 rebate checks to Medicare beneficiaries who have hit the drug plan's coverage gap aka "donut hole." Help with drug costs will continue in 2011 when Medicare part D participants that hit the donut hole will receive a 50% discount on brand-name drugs. The savings will increase over the years until the donut hole is closed in 2020.

Medicare beneficiaries do **not** have to apply to receive the rebate OR complete any paperwork in order to receive it. No one from Medicare or anywhere else should be calling them to verify information over the phone, especially their Medicare number and bank information.

There are many scams already happening and many con-artists targeting check recipients, so please pass this information on anyone you know who is a Medicare recipient to help prevent fraud and decrease stress about this. Thank you!

Judith Bendersky, MPH  
Medicare Information Office  
Alaska Department of Health & Social Services  
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Anchorage, AK 99501

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<http://www.medicare.alaska.gov>

# ACTIVITIES FOR JULY, 2010 AT THE JUNEAU SENIOR CENTER

| SUN   | MON  | TUES   | WED  | THUR                            | FRI   |
|---|--|--|--|---------------------------------|---|
|  | <p>Exercise classes will start again in the Fall.</p>  |               | <p>CALL LEE ANN FOR MORE INFORMATION<br/>463-6175</p>  | <p>1<br/>1:00<br/>Pinochle</p>  | <p>2<br/>7:00<br/>Cribbage</p>                                    |
| <p>4<br/>The 4<sup>th</sup> of July!<br/>Have a great day!</p>                    | <p>5<br/>All Senior Centers are closed in honor of the 4<sup>th</sup> of July</p>            | <p>6<br/></p> | <p>7<br/>10:00<br/>Ceramics<br/>1:00<br/>Pinochle</p>  | <p>8<br/>1:00<br/>Pinochle</p>  | <p>9<br/>1:00—3:00<br/>Advisory Council<br/>7:00<br/>Cribbage</p> |
| <p>11<br/>1:30<br/>Duplicate<br/>Bridge</p>                                       | <p>12<br/>9:00<br/>Feet First<br/>10:00<br/>Ceramics<br/>1:00<br/>DIABETIC SUPPORT GROUP</p> | <p>13<br/>We Are Looking For New Ideas</p>   | <p>14<br/>10:00<br/>Ceramics<br/>1:00<br/>Pinochle</p> | <p>15<br/>1:00<br/>Pinochle</p> | <p>16<br/>7:00<br/>Cribbage</p>                                   |
| <p>18<br/>1:30<br/>Duplicate<br/>Bridge</p>                                       | <p>19<br/>10:00<br/>Ceramics</p>   | <p>20<br/>Would you like to play Pinochle?<br/>Join us on Wed. &amp; Thursday.</p>             | <p>21<br/>10:00<br/>Ceramics<br/>1:00<br/>Pinochle</p> | <p>22<br/>1:00<br/>Pinochle</p> | <p>23<br/>7:00<br/>Cribbage</p>                                   |

|                                       |                             |  |   |                            |                                |
|---------------------------------------|-----------------------------|--|---|----------------------------|--------------------------------|
| 25<br><br>1:30<br>Duplicate<br>Bridge | 26<br>10:00<br><br>Ceramics | 27<br><br>1:00<br><br>Low Vision<br>Support<br>Group | 28<br>10:00<br><br>Ceramics<br><br>1:00<br>Pinochle | 29<br><br>1:00<br>Pinochle | 30<br><br><br>7:00<br>Cribbage |
|---------------------------------------|-----------------------------|--|---|----------------------------|--------------------------------|

Valley Senior Center Activities

**JULY 2010**

**LEE ANN- 463-6175**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY                                      | FRIDAY   |
|---|--|---|---|--|
| <p><b>For lunch reservation please call Lee Ann 24 hours in advance at 463-6175</b></p> | <p>10 AM – 4 PM<br/>Sewing Circle</p>              | <p>10 AM Exercise<br/><b>Noon-Lunch</b><br/>1:00 PM<br/>Contract Bridge</p>               | <p><b>1</b><br/>10 AM-4 PM Sewing Circle</p>  | <p><b>2</b><br/><b>Noon-Lunch</b><br/>1:30 PM<br/>Art Group</p>  |
| <p><b>5</b><br/><b>Closed in honor of the 4<sup>th</sup> of July</b></p>                | <p><b>6</b><br/>10 AM – 4 PM<br/>Sewing Circle</p> | <p><b>7</b><br/>10 AM Exercise<br/><b>Noon-Lunch</b><br/>1:00 PM<br/>Contract Bridge</p>  | <p><b>8</b><br/>10 AM-4 PM Sewing Circle</p>  | <p><b>9</b><br/><b>Noon-Lunch</b><br/>1:30 PM<br/>Art Group</p>  |
| <p><b>12</b><br/>10 AM Exercise<br/>1:00 PM<br/>Contract Bridge</p>                     | <p><b>13</b><br/>10 AM—4 PM<br/>Sewing Circle</p>  | <p><b>14</b><br/>10 AM Exercise<br/><b>Noon-Lunch</b><br/>1:00 PM<br/>Contract Bridge</p> | <p><b>15</b><br/>10 AM-4 PM Sewing Circle</p> | <p><b>16</b><br/><b>Noon-Lunch</b><br/>1:30 PM<br/>Art Group</p> |
| <p><b>19</b><br/>10 AM Exercise<br/>1:00 PM<br/>Contract Bridge</p>                     | <p><b>20</b><br/>10 AM—4 PM<br/>Sewing Circle</p>  | <p><b>21</b><br/>10 AM Exercise<br/><b>Noon-Lunch</b><br/>1:00 PM<br/>Contract Bridge</p> | <p><b>22</b><br/>10 AM-4 PM Sewing Circle</p> | <p><b>23</b><br/><b>Noon-Lunch</b><br/>1:30 PM<br/>Art Group</p> |
| <p><b>26</b><br/>10 AM Exercise<br/>1:00 PM<br/>Contract Bridge</p>                     | <p><b>27</b><br/>10 AM—4 PM<br/>Sewing Circle</p>  | <p><b>28</b><br/>10 AM Exercise<br/><b>Noon-Lunch</b><br/>1:00 PM<br/>Contract Bridge</p> | <p><b>29</b><br/>10 AM-4 PM Sewing Circle</p> | <p><b>30</b><br/><b>Noon-Lunch</b><br/>1:30 PM<br/>Art Group</p> |

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



**JULY 2010**



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

**Juneau Senior Center Information & Reservations: 463-6175**  
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**E-Mail: [LeeAnn.See@ccsjuneau.org](mailto:LeeAnn.See@ccsjuneau.org)**  
**Senior and Caregiver Resource Center: 463-6177**  
**419 6<sup>th</sup> Street, Juneau, AK 99801**  
**E-mail: [seniorinfo@gci.net](mailto:seniorinfo@gci.net)**  
**Toll Free in Alaska: 1-866-746-6177**

## 4<sup>TH</sup> OF JULY

The Fourth of July is Independence Day.

Independence Day honors the birthday of the United States of America through the adoption of the Declaration of Independence on July 4, 1776. It's a day of picnics and patriotic parades, a night of concerts and fireworks, and a reason to fly the American flag.

