

# Gastineau Channel

Senior Centers' News Juneau, Alaska



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## Site Manager's Notes

The weather this year has been great, even the winter did not seem as bad as the last few years. The last several weeks have been glorious, and we haven't even hit summer yet. I got most of my planters done a couple of weeks ago and the rest will be finished over the holiday weekend. I have been able to see some of the gardens around town and some of them are like a work of art. It is nice to see people that care for their yards.

When the tourists come to town seeing the flowers along Egan Drive is one of the treats that they always seem to make a comment about. Between the flags and all of the plants we are blessed with lots of beautiful colors.

Please come in to meet our new cooks. These two men are turning out some really delicious meals. David has been at the JSC for the last year and was just made the lead cook, and our newest member is Jack who is new to Juneau, (*our good luck*). I have been assisting a lot in the kitchen for the last 3 months, and am very happy to turn those duties over to the guys. If you haven't eaten here in a while, come in for a real treat. I know when it comes to food, it's hard to please all the people all the time and hard to

please some of the people any of the time. Food is a matter of taste. I have heard comments from some people that the vegetables were overcooked and from others that they were undercooked, from some that the food was too spicy and from others that it was too bland, and this was about the same meal!

The cooks prepare approximately 150 meals each day. By federal grant requirements, we must meet various nutritional standards. All meals must be low in salt, fat, and sugar. All meals must include (and should be limited to) 3 ounces of a protein food, a half cup serving of vegetable/fruit, another half cup of vegetable, one serving of a grain product, 8 ounces of milk as requested, and a third of the Vitamin A and C USDA Recommended Daily Dietary Allowances. So the cook has limited say over the menu itself. Monthly menus are prepared by Southeast Senior Services based on several factors such as input from seniors and kitchen staff, federal standards, cost, appearance, and the season of the year. Rarely, do we use mixes or pre-made foods. And *never* do we use MSG in our foods. Why? Because we care about the quality of the food served and the health of our seniors.

-----Lee Ann See, Site Manager

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>31</b> <b>HOLIDAY</b> <b>MEMORIAL</b> <b>DAY</b> <b>WE ARE</b> <b>CLOSED</b>	<b>1</b> Salmon Carrots w/ Orange Sauce Peach Salad Garlic Bread	<b>2</b> Turkey & Noodles Mixed Veggies Cabbage, Pear & Raisin Salad	<b>3</b> Hamburger Oven Fried Potatoes Cantaloupe Slices Carrot & Pineapple Salad	<b>4</b> Chicken Sandwich Vegetable Chili Honey Orange Salad
<b>7</b> Salmon Chowder Danish Salad French Bread	<b>8</b> Meatloaf Scalloped Potatoes Spinach Fruit Slaw	<b>9</b> Sweet & Sour Chicken Peas & Carrots Romaine & Radish Salad Rice	<b>10</b> Fiesta Pork Baked Sweet Potatoes Cabbage Slaw Rolls	<b>11</b> Spaghetti & Meat Sauce Brussels Sprouts Tossed Salad
<b>14</b> Ham Sandwich Tomato Soup Honey Mustard Slaw	<b>15</b> Taco Salad Spanish Rice Spicy Fruit Cup	<b>16</b> BBQ Beef On a Bun Oven Fried Potatoes Tossed Salad	<b>17</b> Pork Adobo Rice Steamed Broccoli Peach Salad	<b>18</b> Herbed Chicken Au Gratin Potatoes Mixed Veggies Sunshine Salad
<b>21</b> Spaghetti w/ Meat Sauce Peas & Carrots Mellon & Berry Cup Garlic Bread	<b>22</b> Mac & Cheese W/Ham Spinach Honey Orange salad	<b>23</b> Beef Vegetable Soup Cheese & Tomato Sandwich Fruit Slaw	<b>24</b> Ham Yams Cauliflower & Broccoli Toss Rolls	<b>25</b> Crispy Chicken Boiled Potatoes Brussels Sprouts Texas Coleslaw
<b>28</b> Hot Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Perfection Salad	<b>29</b> Sweet & Sour Pork Rice Broccoli Tossed Salad	<b>30</b> Salisbury Steak Yams Peas Spicy Fruit Cup	<b>Milk, Water,            Tea, Coffee            &amp; Desserts            offered daily            with meals</b>	<b>SENIOR            MENU            June 2010            Reservations            463-6175</b>

ACTIVITIES FOR JUNE, 2010 AT THE

JUNEAU SENIOR CENTER

SUN	MON	TUES	WED	THUR	FRI
30 1:30 Duplicate Bridge	31 HOLIDAY MEMORIAL DAY WE ARE CLOSED	1 Exercise Classes will start up again in September	2 10:00 Ceramics 1:00 Pinochle	3 1:00 Pinochle	4 7:00 Cribbage
6 1:30 Duplicate Bridge	7 10:00 Ceramics	8	9 10:00 Ceramics 12:00 1:00 Pinochle	10 1:00 Pinochle	11 1:00—3:00 Advisory Council 7:00 Cribbage
13 1:30 Duplicate Bridge	14 10:00 Ceramics 1:00 DIABETIC SUPPORT GROUP	15 We Are Looking For New Ideas	16 10:00 Ceramics 1:00 Pinochle	17 1:00 Pinochle	18 7:00 Cribbage
20/27 1:30 Dup/icate Bridge	21/28 10:00 Ceramics	22/29 1:00 Low Vision Support Group	23/30 10:00 Ceramics 1:00 Pinochle	24 1:00 Pinochle	25 6:00 PIONEERS of ALASKA DINNER & MEETING

## **A & P Receipts**

We love getting the cash register receipts from A & P. These are worth 1% of the total spent, and one of our volunteers will do all the work if you will leave them off with us. This money goes for some of the treats that we serve with our meals.

## **Newsletters Now On-line**

An easy way to see this monthly newsletter in a colorful format is to go to [www.ccsjuneau.org](http://www.ccsjuneau.org), 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.

## **Diabetes Support Group**

The Diabetes Support Group will be meeting throughout the summer on the 2<sup>nd</sup> Monday of the month. The June meeting will be on Monday, June 14 at 1:00. Please feel free to join us. You will learn a lot, and the support can be very helpful.

## **Low Vision Support Group**

Along with being a support group, valuable educational information is given out at each meeting. Try to come if you have any problems with your vision or are interested in learning more about vision problems. The meeting will be back at the Juneau Senior Center on Tuesday, June 22 at 1:00.



## **What Makes a Dad**

Lee Ann says she will very seldom print anything that has already been published in this newsletter. But this is one exception. She says she has always loved the thoughts contained in this poem. So, for her father and all our fathers either living or passed:

### **What Makes a Dad**

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle's flight,  
The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,  
Then God combined these qualities.  
When there was nothing more to add,  
He knew His masterpiece was  
complete, and so,  
He called it ... Dad

Author is unknown



## Valley Senior Center Activities

**JUNE 2010**

**LEE ANN- 463-6175**

MONDAY	TUESDAY		THURSDAY	FRIDAY
<b>31</b> <b>HOLIDAY</b> <b>MEMORIAL</b> <b>DAY WE</b> <b>ARE</b> <b>CLOSED</b>	1 10 AM – 4 PM Sewing Circle	2 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	3 10 AM- 4 PM Sewing Circle	4  <b>Noon- Lunch</b> 1:30 PM Art Group
7 10 AM Exercise  1:30 PM Contract Bridge	8 10 AM – 4 PM Sewing Circle	9 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	10 10 AM- 4 PM Sewing Circle	11 <b>Noon- Lunch</b> 1:30 PM Art Group
14 10 AM Exercise  1:30 PM Contract Bridge	15 10 AM— 4 PM Sewing Circle	16 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	17 10 AM- 4 PM Sewing Circle	18  <b>Noon- Lunch</b>  1:30 PM Art Group
21 10 AM Exercise  1:30 PM Contract Bridge	22 10 AM— 4 PM Sewing Circle	23 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	24 10 AM- 4 PM Sewing Circle	25 <b>Noon- Lunch</b>  1:30 PM Art Group
28 10 AM Exercise  1:30 PM Contract Bridge	29 10 AM— 4 PM Sewing Circle	30 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>For lunch time reservations please call Lee Ann 24 hours in advance at 463-6175</b>	



## **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 May meeting did not have a quorum but the meeting was held anyway, without voting. At the June meeting (1:00, Friday, June 11 at the Juneau Senior Center) we will be holding elections for people to join the Advisory Council. This is your opportunity to make some policy decisions regarding what you would like to see done at the senior centers.

The Advisory Council has decided to hold several fundraisers during the next 12 months. Wait to see what August will bring. Good fun and food!

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

The Family Caregiver Support Group and Family Caregiver Training Meetings will take a summer break for the months of June and July. They will be starting up again in August. However, 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.

## **Delicious Snacking Without Guilt:**

### Nachos

Use low- or no-salt, whole grain tortilla chips. Layer onto a plate. Spoon on and spread refried beans. Cover with fresh, baby spinach leaves. You can also add salsa, guacamole and pieces of chicken. Sprinkle with shredded cheese. Microwave for 1 to 1 ½ minutes. Add sour cream on top if desired. Serve warm. These are super-simple nutritious snacks.

### Tuna-Bumsteads

You need: 2 pieces of toast, small can of tuna, a handful of spinach leaves, slice of cheese. Lightly butter the toast if you'd like, and put on a plate. Add on pieces of flaked tuna as thick as you'd like. Top with a few spinach leaves and a slice of cheese. Microwave for about 1 minute (time will differ according to your microwave). You can also add other seasonings or condiments as you like.

### Other Ideas

Freeze a carton of yogurt and then allow to thaw to consistency of ice cream.

Summer Shake: Peel and slice a banana and freeze. Blend the frozen banana with 1 cup milk and 6 ice cubes in a blender.

## **New Survey of Juneau Seniors**

The Juneau Commission on Aging, in conjunction with the City & Borough of Juneau Assembly, is about to conduct a new survey of Juneau seniors. The survey will be available in June at the 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, according to the Alaska Department of Labor, 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.

The Commission on Aging is hoping for a substantial response from Juneau's older residents, who will benefit from completing this survey by defining needs such as assisted living and home-based services. Seniors know what they need; this will be their chance to communicate that.

There have been two previous surveys in Juneau. The first was "The Golden Resource

Survey" in 1989, which resulted in the building of Fireweed Place, an independent living apartment building for seniors.

The last survey, "The Senior Citizen Needs Survey" in 1998, resulted in the building of the Wildflower Court Long Term Care Facility. It is critical, with the growing population of seniors, that a new survey be completed at this time.

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 overnight. Now is the time to express your views even if you expect to live independently for a number of years to come.

The 2010 survey will include 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 University of Alaska, Southeast School of Public Administration will produce an analysis and final report on the responses.



# Southeast Senior Services

419 Sixth Street  
Juneau, Alaska 99801



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*A United Way Agency*

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**Toll Free in Alaska: 1-866-746-6177**

FLAG DAY: JUNE 14  
FATHER'S DAY: JUNE 20  
FIRST DAY OF SUMMER: JUNE 21

