

# Gastineau Channel

Senior Centers' News Juneau, Alaska



March 2009 Published by Southeast Senior Services, a Program of Catholic Community Service

## Site Manager's Notes

The days are getting longer, and we are even seeing some with no rain or snow. When Juneau has nice weather we all remember why we live here.

The Juneau Senior Center has become much busier as the winter is loosing its hold. Last month I reported that we had gotten a donation of a new toaster and would be serving bagels. That went over so well we have added fresh muffins and toast. Someone grabs a newspaper to read and then leaves it to be shared by others. It seems like there are more and more people coming in.

The "Make a Card Day" activity was so much fun that we will have one a week before most holidays. Please save all your stickers and scraps of paper.

The ceramics room opens on Mondays and Wednesdays at 10:00. I went in the other day to check on something and came out with an order for them to pour two tea pots and six trivets. Now all I have to do is find the time to do something fun. They will help you learn how to do everything from cleaning the greenware to painting on the glazes.

"Sew with Agnes" has become a group of ladies knitting for

newborns. Everyone is having fun and learning lots of new stitches and patterns. The finished products will be donated to Bartlett Regional Hospital for newborn babies.




Jan Rice is back, so we are setting up for exercise classes. These will be on Tuesdays at 10:30. For those that are interested, Jan will incorporate beginning yoga into your routine. Call Lee Ann for more information at 463-6175, or better yet come in and talk to Jan.

Amber Smith from ADRAA is still doing workshops on Thursdays at 1:00. So far the mind games have been a real challenge. The questions really make you think. An example might be to name 10 fruits or vegetables that are red (or purple).

If you live in the Valley, please take the time to stop in at the Valley Senior Center. There is a sewing circle on Tuesdays from 10:00-4:00, and an art group on Fridays at 1:30. If you enjoy cards, there is Contract Bridge on Mondays and Wednesdays at 1:30. (Please see the Valley Activity page).

We are trying new ideas and projects all the time. If you would like to teach a craft, or learn something new, I would love to hear your ideas. Please come in or call me at 463-6175.

Lee Ann See, Juneau Site Manager

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>2</b> Cheese/Tomato Sandwich Beef and Vegetable Soup Sunshine Salad</p>	<p><b>3</b> Pork Chop Suey on Rice Broccoli Danish Salad</p>	<p><b>4</b> Turkey Pot Pie Romaine &amp; Radish Salad Herb Biscuits</p>	<p><b>5</b> Beef Stroganoff with Noodles Brussels Sprouts Carrot &amp; Raisin Salad</p>	<p><b>6</b> Chicken Steamed Zucchini Tossed Salad Whole Wheat Biscuits</p>
<p><b>9</b> Tomato/Tuna Sandwich New England Clam Chowder Honey Mustard Coleslaw</p>	<p><b>10</b> Chicken Fricassee Peas Spicy Fruit Cup Biscuits</p>	<p><b>11</b> Meatballs Noodles &amp; Gravy Broccoli Carrot Raisin Salad</p>	<p><b>12</b> Sweet &amp; Sour Spare Ribs Steamed Cauliflower Spinach Salad Rice &amp; Veg. Pilaf</p>	<p><b>13</b> Chili with Beef &amp; Cheese Tossed Salad Cornbread</p>
<p><b>16</b> BBQ Chicken Oven Fried Potatoes Creamy Coleslaw Biscuit</p>	<p> <b>17</b> Corned Beef &amp; Cabbage Boiled Potatoes Carrots &amp; Turnips Waldorf Salad</p>	<p><b>18</b> Hungarian Goulash Harvard Beets Sunshine Salad</p>	<p><b>19</b> Chinese Fruited Pork &amp; Rice Steamed Broccoli Garden Salad</p>	<p><b>20</b> Everyday Meatloaf Mashed Potatoes &amp; Gravy Steamed Carrots Romaine &amp; Radish Salad</p>
<p><b>23</b> Sloppy Joe On a Bun Mixed Vegetables Potato salad</p>	<p><b>24</b> Honey Glazed Ham Sweet Potatoes Sukiyaki Salad Roll</p>	<p><b>25</b> Chicken A La King on Rice Brussels Sprouts Cabbage Slaw</p>	<p><b>26</b> Cheese Sandwich Split Pea Soup Apricot Salad</p>	<p><b>27</b> Salmon &amp; Rice Casserole Steamed Broccoli Tossed Salad</p>
<p><b>30</b> <b>HOLIDAY SEWARD'S DAY</b>  <b>WE WILL BE CLOSED</b></p>			<p><b>Senior Menu</b>  <b>March 2009</b>  Reservations: 463-6175</p>	<p><b>Milk, Water, Tea, Coffee &amp; Desserts offered daily with meals</b></p>

## Minimizing Effects of Diabetes

How can we minimize the damaging effects of diabetes? Of course, the most obvious strategy is to keep blood sugar levels as normal as possible through diet, exercise, and medication if and when needed.

More strategies are listed below.

### FROM HEAD TO TOE:

**Eyes:** Diabetes is the leading cause of blindness among adults aged 20 to 74. Every 1% reduction in hemoglobin A1C lowers the risk of eye, kidney, and nerve disease by 40%. Treating eye disease with laser therapy can reduce severe vision loss by 50% to 60%.

**Kidneys:** Diabetes is the leading cause of end-stage kidney disease. Detecting early diabetic kidney disease (by testing urine for protein each year) and treating it can curb the loss of kidney function by 30% to 70%.

**Nerves:** An estimated 6 out of 10 people with diabetes have nerve damage that can cause problems like numbness or pain in feet or hands, carpal tunnel syndrome (in the wrist), and delayed digestion of food. Lowering high blood pressure can reduce the risk of nerve, eye and kidney damage by 33%.

**Brain:** People with diabetes are more likely to be diagnosed with dementia. Researchers don't know if the dementia is due to diabetes or to

multiple mini-strokes (common in people with diabetes) that gradually impair mental function over time. If it's mini-strokes, lowering blood pressure might protect the brain.

**Heart & Brain:** The risk of heart attack or stroke is two to four times higher in people with diabetes. Lowering high cholesterol can reduce heart attack and stroke by 20% to 50%.

**Feet:** Diabetes causes more than 60% of foot and leg amputations that are not caused by accidents. Proper foot care, (trim nails, check feet daily for red spots, cuts, swelling blisters, etc.) can reduce the risk of amputation by 45% to 85%.

Thanks to the Kodiak Senior Center Newsletter for this information



A figure representing William Henry Seward perches atop a pole in Ketchikan.



## **Symptom Differences in Men's & Women's Heart Attacks**

The following information was gleaned from the National Institute of Health website.

Over the last fifteen years a great deal of research has centered on the differences in men's and women's heart attack symptoms.

This research has found that women often experience physical symptoms as long as a month before experiencing the heart attack itself. The most common symptoms include pain in the lower jaw, unusual fatigue, sleep disturbances, shortness of breath, weakness in the arms, cold sweats and dizziness.

Women may mistake these things as ordinary aches and pains.

Many doctors still consider chest pain as the most important heart attack symptom in both men and women. This makes it all the more important that women listen to their bodies and take action if something feels wrong.

Women can take control of their health by looking for programs that will screen for conditions like high cholesterol, high blood pressure and diabetes. This can be done with your physician or during a local health fair. You can watch the newspaper for classes in nutrition and health, offered around town. Women can learn how to prevent diseases and can improve their own and their family's overall health.

Some of the most effective health prevention tips for women is to learn to eat healthily, be more physically active, and quit or never start smoking.

## **Mailing List to be Updated**

In May we will begin updating the mailing list for this newsletter.

One way we can conserve our senior program funding is to maintain an up-to-date mailing list. If you would like to remain on the mailing list, contact Lee Ann See by **May 1<sup>st</sup>**. Here's the contact information:

Phone: 463-6175

Fax: 586-2543

Email: [LeeAnn.See@ccsjuneau.org](mailto:LeeAnn.See@ccsjuneau.org)

Mail: Lee Ann See

Juneau Senior Center

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## **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.



Sunday March 8 is daylight savings time. Time to spring forward!

## **A Message from Social Security**

President Obama has signed the American Recovery and Reinvestment Act of 2009. This act provides for the one-time payment of \$250.00 to individuals who get Supplemental Security Income (SSI) or Social Security Benefits.

The expectation is that everyone who is entitled to a payment will receive it by late May 2009. **No action is required on your part.**

The government is currently working on the details regarding how they will issue approximately fifty-five million one time payments to all beneficiaries.

When there's more information available, it will be posted on the Social Security Website ([www.ssa.gov/payment](http://www.ssa.gov/payment)), and we will include it in a newsletter.

## **2010 U.S. Census Bureau Looking for Qualified Census Takers**

Would you like to work part-time? The U.S. Census Bureau is looking for people to work temporary, part-time jobs with flexible hours up to forty hours a week. Wages will be \$17.00+ per hour. This is your chance to meet interesting people, and do a job that is vital to the community.

If you are interested, contact Lee Ann See at the Senior Center as soon as possible at 463-6175. We have already had one group tested, and they had a great time.

## **Legislative Teleconferences**

Seniors, you are invited and encouraged to participate in the Alaska Commission on Aging 2009 legislative teleconferences. Topics include: health care, safety and security, the state budget, revenue sharing, energy assistance, mental health, prescription drugs, property tax exemptions, PFD, minimum wage laws, and others.

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

March 5

March 19

April 2

April 16

April 23




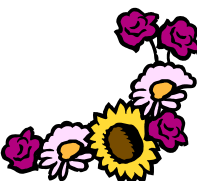
The Juneau teleconference host site is the **Juneau Senior Center** located adjacent to the Mt. View Apartments. The contact person is Sherice Ridges at 465-3250. For more information about the teleconference discussion topics, visit <http://www.AlaskaAging.org/> or call Lee Ann at the Juneau Senior Center (463-6175).

## **Newsletters Now On-line**




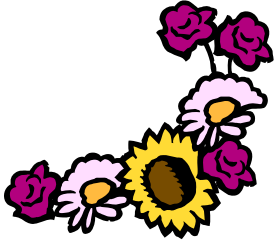
An easy way to see this monthly newsletter on line is to do a Google search for CCS Juneau and click on the word 'newsletter' on the banner near the top of the page. You'll be able to see the graphics in beautiful color. While you're at the site, why not take a look at the monthly *Senior Care News Newsletter*.

# ACTIVITIES AT THE JUNEAU SENIOR CENTER

## March 2009

SUN	MON	TUES	WED	THUR	FRI
1  1:30 Duplicate Bridge	2  10:00 Ceramics	3  1:00 KNIT & SEW with Agnes	4  10:00 Ceramics	5  9: 30-11:00 Legislative Teleconference 1:00 Mental Fitness Games	6  7:00 Cribbage
8  1:30 Duplicate Bridge	9  10:00 Ceramics 1:00 Diabetic Support Group	10  1:00 KNIT & SEW with Agnes	11  10:00 Ceramics	12  1:00 Last Mental Fitness Games	13  1:00—3:00 Advisory Board  7:00 Cribbage
15  1:30 Duplicate Bridge	16  Feet First 9-11:00  10:00 Ceramics 5:30 P.M. Retired Teachers	 17  1:00 KNIT & SEW with Agnes 6:30-8:30 Savvy Caregivers	18  10:00 Ceramics	19  9: 30-11:00 Legislative Teleconference	20  7:00 Cribbage
22  1:30 Duplicate Bridge	23  10:00 Ceramics	24  1:00 KNIT & SEW 1:00 LOW VISION SUPPORT GROUP	25  10:00 Ceramics	26  OPEN  DO YOU HAVE AN IDEA?	27  6:00 PIONEERS of ALASKA DINNER & MEETING
29  1:30 Duplicate Bridge	30  Seward's Day Centers are Closed	31  1:00 KNIT & SEW			

Valley Senior Center Activities  
 March 2009  
 463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>3</b> 10-4 PM Sewing Circle	<b>4</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>5</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>6</b>  <b>Noon-Lunch</b>  1:30 PM Art Group
<b>9</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>10</b> 10-4 PM Sewing Circle	<b>11</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>12</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>13</b>  <b>Noon-Lunch</b>  1:30 PM Art Group
<b>16</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>17</b> 10-4 PM Sewing Circle  	<b>18</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>19</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>20</b>  <b>Noon-Lunch</b>  1:30 PM Art Group
<b>23</b> 10 AM Exercise  1:30 PM Contract Bridge	<b>24</b> 10-4 PM Sewing Circle	<b>25</b> 10 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge	<b>26</b> Available: Call 463-6175 if you have a craft or topic to share.	<b>27</b>  <b>Noon-Lunch</b>  1:30 PM Art Group
<b>30</b> <b>Center is            Closed for            Seward's            Day</b>	<b>31</b> 10-4 PM Sewing Circle			

The Juneau Senior Center's traditional pancake breakfast fundraiser will be held in the fall rather than on Seward's Day this year.

The Juneau, Valley, and Douglas Senior Centers will be closed to celebrate Seward's Day on Monday, March 30. Seward's Day is a state holiday commemorating the March 30, 1867 signing of the treaty transferring Alaska from Russia to the United States. Seward was the Secretary of State who negotiated the purchase of the land that became **ALASKA**.

**Southeast Senior Services**

**419 Sixth Street  
Juneau, Alaska 99801**

**Address Service Requested  
March 2009**



**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  
Senior and Caregiver Resource Center: 463-6177  
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