

Gastineau Channel

Senior Centers' News Juneau, Alaska



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

Site Manager's Notes

There always seems to be so much going on at the Juneau, Douglas and Valley Senior Centers. All of the Senior Centers will be closed on Seward's Day, but the Juneau Senior Center will be hosting a Pancake Breakfast. Advisory Council members will be back to flip the pancakes, and the rest of the staff will be here to join the fun. This is one of the main fundraisers of the year so we hope everyone will come.

Paper copies of the PFD's are at the Juneau Senior Center, we also have them at the Douglas and Valley Senior Centers.

Lee Ann See, Site Manager

Tax Form Assistance Available

While you are out and about, don't forget that AARP volunteers are providing tax form help and information. Volunteers will be available to assist seniors and low-income persons at the Valley Senior Center from 8:00 to Noon on the following Saturdays:

March 6, 13, 20, 27

April 3, 10

For more information, call Sharon Lowe at 789-1821 or 321-1089.

PANCAKE BREAKFAST FUNDRAISER

Seward's Day, Monday March 29

9:00---12:30

Juneau Senior Center

\$10: Adults & \$5 kids 9 and under

Menu: blueberry pancakes,
scrambled eggs, bacon, sausage,
fruit, milk, juice, coffee, and tea

Senior Legislative

Teleconferences

Every year the Alaska Commission on Aging sponsors legislative teleconferences to discuss bills of interest to seniors. Some bill topics include: health care, safety and security, state budget, revenue sharing, energy assistance, mental health, prescription drugs, and retirement. These are presented for your benefit. The more informed we are, the better we can care for ourselves and our loved ones.

The meetings will be held on Thursdays from 9:30 to 11:00 on: March 4, 18, and April 1, 15, 22.

For more information about the teleconference discussion topics, visit <http://www.AlaskaAging.org/>.

The Juneau teleconference host site is the Alaska Office Building (AOB) at 350 Main Street, 1st floor conference room 123. The contact person is Lesley Thompson at 465-4793. All seniors are invited.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese/Tomato Sandwich Beef and Vegetable Soup Sunshine Salad	2 Pork Chop Suey Rice Broccoli Danish Salad	3 Creamed Turkey with Vegetables & Biscuit Romaine & Radish Salad	4 Beef Stroganoff with Noodles Brussels Sprouts Carrot & Raisin Salad	5 Chicken Steamed Zucchini Tossed Salad Whole Wheat Biscuits
8 Tomato/Tuna Sandwich New England Clam Chowder Honey Mustard Coleslaw	9 Chicken Fricassee Peas Spicy Fruit Cup Biscuits	10 Ham Sweet Potatoes Sukiyaki Salad Roll	11 Sweet & Sour Pork Steamed Cauliflower Spinach Salad Rice & Vege Pilaf	12 Beef Stew with Carrots, Onions, and Potatoes Tossed Salad Rolls
15 BBQ Chicken Oven Fried Potatoes Creamy Coleslaw Biscuit	16 Chili W/Beef & Cheese Tossed Salad Cornbread	17  Corned Beef & Cabbage Boiled Potatoes Carrots & Turnips Waldorf Salad	18 Chinese Fruited Pork Rice Steamed Broccoli Garden Salad	19 Everyday Meatloaf Mashed Potatoes & Gravy Steamed Carrots Romaine & Radish Salad
22 Meatballs with Noodles & Gravy Broccoli Carrot Raisin Salad	23 Cheese Sandwich Split Pea Soup Apricot Salad	24 BBQ Baked Fish Steamed Spinach Cauliflower & Broccoli Toss Biscuits	25 Chicken A La King on Rice Brussels Sprouts Cabbage Slaw	26 Sloppy Joe on a Bun Mixed Vegetables Potato Salad
29 HOLIDAY SEWARD'S DAY CLOSED for LUNCH 9:00—12:30 PANCAKE Breakfast Fundraiser	30 Beefaroni Steamed Cauliflower Apricot Salad	31 Cabbage Rolls Cucumber & Onion Salad Rolls	Senior Menu March 2010 Reservations: 463-6175	Milk, Water, Tea, Coffee & Desserts offered daily with meals 

Bits and Pieces

Amber Smith from the Alzheimer's Resource of Alaska Center will be coming into the Senior Center during some lunch hours in March for a newly updated version of the ***Mind Games*** that she did last year. She will be in Douglas at the Senior Center on March 23 and 30 and April 6; at the Valley Senior Center on March 26, April 2, and 9; and at the Juneau Senior Center on March 17, 24, 31 and April 7.

The ***ceramics workshop*** is open on Monday, Tuesday and Wednesday from 10:00--2:00PM through the month of March.

The ***exercise classes*** at both the Juneau and Valley Senior Centers are gaining members. Jan Rice at the JSC tailors the classes to each individual.

Has anyone used a ***Wii?*** Lee Ann would like to know about this. Please give her a call at 463-6175.

Several people have asked to have ***mini-garage sales*** during the week at the JSC. If there is enough interest Lee Ann would be willing to try it, so please give her a call for more information.

The Juneau Senior Center was given a six-foot table that has been set up to work on ***puzzles***. Drop by and add a piece, but it's like a potato chip, bet you can't do just one.

There are a couple of ***sewing machines*** available to use at the JSC, or join the swing and quilting group at the Valley Senior Center on Tuesdays and Thursdays from 10:00AM to 4:00 PM.

Medical facts

Not so funny. When you bump your elbow's "funny bone," that tingling sensation that runs down your arm is actually the result of bumping the ulna nerve. The ulna nerve runs close to the skin surface at the elbow. It aids in sensation and movement of your wrist and hand.

Mayo Clinic Health Letter, Vol. 26#11, Nov. 2008

Knuckle Cracking, Good /Bad ?

If your grandkids love to crack their knuckles, will they end up with arthritis someday? There is no evidence that knuckle cracking will lead to arthritis. The rather distinct sound occurs when the joint capsule is stretched and a tiny vacuum is created. The lubricating liquid of the joint capsule forms into a sort of bubble in that vacuum. The knuckle-cracking sound occurs when that tiny bubble pops.

Mayo Clinic Health Letter, Vol.26 #7, July 2008

Exercise---

Even Without Weight Loss- Benefits the Heart: Researchers have found that even moderate physical activity---burning at least 600 calories a week, (walking 20 minutes a day at a brisk pace) was associated with a cardiovascular risk reduction of 30 to 40 percent.

What a scale can't measure are reductions in other cardiovascular risk factors such as improvement in blood pressure, mental health, increased fitness, and building muscles.

Mayo Clinic Health Letter Vol.26 #7, July 2008

Halibut "Caddy" Ganty

Bake at 350 degrees for approximately 10 minutes per inch of thickness. To serve 8:

Ingredients:

Halibut fillets: 2 ½ lbs.

Salt: ½ tsp.

Bread crumbs: ¾ cup

Sour cream or plain yogurt: 3 cups

Mayonnaise (low fat): 2 cups

Onion, chopped: 2 cups

Paprika: sprinkle

Optional: Lemon juice

Instructions:

Cut fillets into serving size pieces, salt and sprinkle with a little lemon juice if desired. Let stand a half hour or so. Drain and pat dry with a paper towel. Roll in bread crumbs. Place fish in a single layer in a greased baking dish. Make a sauce with the sour cream and mayonnaise. Spread over the top of the halibut. Sprinkle onions over this. Bake until light brown and bubbly. Garnish with paprika. Recipe variations include: adding a cup of white wine to the sauce; adding sliced almonds for crunch after the fish is cooked.

Nutritional information:

Calories.....329

Protein.....30.8g.

Fat.....15.4

Saturated fat.....3.6

Sodium.....628mg.



Advisory Council Notes

The Gastineau Channel Senior Centers' Advisory Council is your representative body. The dedicated members are largely responsible for fundraising activities. It's important for all seniors to know what the Council is doing and to possibly become involved. So we will be including a brief report of each monthly meeting, beginning with this current issue of the newsletter.

The Council is looking for an agency interested in purchasing the Christmas gift wrap equipment and inventory. Please call Lee Ann See at 463-6175 if you have any leads.

The Council is hosting a Pancake Breakfast on Seward's Day, Monday, March 29, from 9:00-12:30.

The bylaws have been updated, and copies are at all three centers. If you would like a copy, call Lee Ann See at 463-6175.

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. Call Lee Ann at 463-6175 to add or remove a name from the mailing list.

Feet First

On March 9, the Juneau Senior Center will hold the Feet First clinic. If you would like an appointment, call Lee Ann at 463-6175

Family Caregiver Support Group

The Family Caregiver Support Group is a good place to find out about the art of care giving from others with like experiences. The March meeting will be at the Resurrection Lutheran Church, noon to 1:00 on March 11.

For more information call Mary Lou at 463-6177.

Thank You from All of Us

Thanks to Nancy Murphy and Frank White, Sr. for playing music during the lunch hour at the Juneau Senior Center. Sometimes they even get Patti Davidsen to play with them.

A grateful thanks to the Juneau Pride Chorus for serenading our seniors during the Valentine's Day lunch at the Juneau Senior Center.

Staff Needed

We are still looking for an experienced substitute cook. This position requires some cooking experience. Call Lee Ann See, Site Manager at 463-6175

St. Patrick's Day Lunch

This year we will be having a wonderful St. Patrick's Day lunch at the senior centers. On Wednesday March 17, we will be serving an Irish Dinner at the Juneau Senior Center and at the Valley Senior Center. On Thursday the 18, we will do the same lunch menu at the Douglas Senior Center.

Savvy Caregiver Classes

The Juneau Senior Center will host a series of weekly Savvy Caregiver Classes for 6 weeks starting Tuesday, March 30 and running through Tuesday May 4, from 6:30-8:30 in the evening. These classes are geared for family and friends who are caring for a loved one who lives in the community. Early support *can* make a difference. The program focuses on three areas of care-giving:

- 1- Knowledge and information about dementia and learning skills for care-giving;
- 2- Maintaining an outlook that is appropriate to complete the tasks of care-giving; and
- 3- Developing an awareness of community resources.

As always the classes are free, but pre-registration is required by calling Amber at 586-6044.


Medication Management Seminar

On Thursday, March 18, at 11:45-1:00 at the Douglas Senior Center and again on Friday, March 19, at 11:30-1:00 at the Juneau Senior Center, Betty Buchan Monsour, PhD, Assistant Professor of Public Health, UAA, will present an interesting seminar on changes that occur in our bodies as we age and how these changes affect the medications we take. It will cover topics such as proper medication use, changes in the organs of our body (stomach, liver, kidneys, brain) that process medications, why it's important to take medications as prescribed, side effects and drug interactions, and talking with your doctor/ pharmacist.

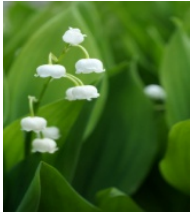


Valley Senior Center Activities

March 2010

463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">1</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">2</p> <p>10 AM- 4 PM Sewing Circle</p>	<p style="text-align: center;">3</p> <p>10 AM Exercise</p> <p style="text-align: center;">Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">4</p> <p>10 AM- 4 PM Sewing Circle</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p style="text-align: center;">8</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">9</p> <p>10 AM – 4 PM Sewing Circle</p>	<p style="text-align: center;">10</p> <p>10 AM Exercise</p> <p style="text-align: center;">Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">11</p> <p>10 AM- 4 PM Sewing Circle</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p style="text-align: center;">15</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">16</p> <p>10 AM— 4 PM Sewing Circle</p>	<p style="text-align: center;">17</p> <p>10 AM Exercise</p> <p style="text-align: center;">Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">18</p> <p>10 AM- 4 PM Sewing Circle</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p style="text-align: center;">22</p> <p>10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">23</p> <p>10 AM— 4 PM Sewing Circle</p>	<p style="text-align: center;">24</p> <p>10 AM Exercise</p> <p style="text-align: center;">Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p style="text-align: center;">25</p> <p>10 AM- 4 PM Sewing Circle</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Noon-Lunch</p> <p>Amber---- Mind Games</p> <p>1:30 PM Art Group</p>
<p style="text-align: center;">29</p> <p style="text-align: center;">Seward's Day we are closed</p>	<p style="text-align: center;">30</p> <p>10 AM— 4 PM Sewing Circle</p>	<p style="text-align: center;">31</p> <p>10 AM Exercise</p> <p style="text-align: center;">Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>		<p style="text-align: center;">For more information & reservations call Lee Ann at 463-6175</p>

ACTIVITIES AT THE *JUNEAU* SENIOR CENTER

SUN	MON	TUES	WED	THUR	FRI
<p>MARCH 2010</p> 	<p>1 10:00 Ceramics</p>	<p>2 10:00 Ceramics 10:15 Exercise</p>	<p>3 10:00 Ceramics 1:00 Pinochle</p>	<p>4 1:00 Pinochle</p>	<p>5 10:15 Exercise 7:00 Cribbage</p>
<p>7 1:00 Duplicate Bridge</p>	<p>8 9:00 Feet First 10:00 Ceramics 1:00 DIABETIC SUPPORT GROUP</p>	<p>9 10:00 Ceramics 10:15 Exercise</p>	<p>10 10:00 Ceramics 1:00 Pinochle</p>	<p>11 1:00 Pinochle</p>	<p>12 10:15 Exercise 1:00—3:00 Advisory Council 7:00 Cribbage</p>
<p>14 1:00 Duplicate Bridge</p>	<p>15 10:00 Ceramics 5:30 P.M. Retired Teachers</p>	<p>16 10:00 Ceramics 10:15 Exercise</p>	<p>17  10:00 Ceramics 12:00 Mind Games 1:00 Pinochle</p>	<p>18 1:00 Pinochle 11:45 Medication Managem nt Doulas Sr. Center</p>	<p>19 10:15 Exercise 11:30 Medication Management 7:00 Cribbage</p>
<p>21 1:00 Duplicate Bridge</p>	<p>22 10:00 Ceramics</p>	<p>23 10:00 Ceramics 10:15 Exercise 1:00 LOW VISION SUPPORT GROUP</p>	<p>24 10:00 Ceramics 12:00 Mind Games 1:00 Pinochle</p>	<p>25 1:00 Pinochle</p>	<p>26 10:15 Exercise 6:00 PIONEERS of ALASKA DINNER & MEETING</p>
<p>28 1:00 Duplicate Bridge</p>	<p>29 Seward's Day Pancake Breakfast Fundraiser 9:00-12:30</p>	<p>30 10:00 Ceramics 10:15 Exercise 6:30 Savvy Caregiver Class</p>	<p>31 10:00 Ceramics 12:00 Mind Games 1:00 Pinochle</p>		<p>If You Have A Question or Comment Call Lee Ann 463- 6175</p>

Southeast Senior Services

419 Sixth Street
Juneau, Alaska 99801



March 2010



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

895 W. 12th St., Juneau, AK 99801

E-mail: LeeAnn.See@ccsjuneau.org

Senior and Caregiver Resource Center: 463-6177

419 6th Street, Juneau, AK 99801

E-mail: seniorinfo@gci.net

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

The Juneau Senior Center's Pancake Breakfast fundraiser
will be held on Seward's Day.

The Juneau, Valley, and Douglas Senior Centers will be closed to
celebrate Seward's Day on Monday, March 29.

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.