

Gastineau Channel

Senior Centers' News Juneau, Alaska



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Claudette Curtis: Angel on Earth

Congratulations to Claudette Curtis. It is a delight to announce that Claudette is a recipient of the 2010 First Lady's Volunteer Award. On May 7th, she will be having lunch at the Governor's Mansion along with about a dozen other women nominated throughout the State.

Claudette has been volunteering at the Douglas Senior Center for many years, assisting with lunch preparation, serving, and clean-up and always having a kind word for everyone. She is also the secretary of the Gastineau Channel Senior Centers' Advisory Council.

Claudette was nominated by Leslie Thompson, Alaska Commission on Aging. Here are excerpts from the nomination:

"I was asked by 10 seniors at the Douglas Senior Center to submit this application for Claudette.

Just about everyone living on Douglas Island has had a positive contact with Claudette Curtis while she is doing community and church service. Just about every day of this senior's life is spent in service to others. Claudette is a full-time 24/7 volunteer whose life's work is to make a difference to both families and animals.

Each summer she volunteers at the United Methodist camp. She has served as camp cook and in the nature program, but her favorite job is being a camp counselor, spending time with kids from all over southeast Alaska.

Each week day during the school year Claudette and two of her best friends serve anywhere from 50 – 85 children breakfast consisting of oatmeal, peanut butter sandwiches, and milk. Claudette knows each and every child's name and favorite kind of oatmeal. If they find out that a child hasn't had supper the night before, they make sure they get enough food to ensure they are full plus will pack them a sandwich for lunch. These three wonderful ladies were the 2007 grand marshals of the 4th of July parade in Juneau and Douglas. She was a Girl Scout leader for many years and has volunteered for the Juneau Convention and Visitors Bureau for 20 years! Claudette also served on the Glory Hole board for 10 years."



Claudette standing by Mary Pusich at the Douglas Senior Center at lunch

We Need Your Donations

In the past few months Lee Ann and Marsha have received quiet a few very generous donation checks with some very nice notes expressing appreciation for the newsletters. These donations and notes keep the newsletter staff motivated to work hard to provide readers with interesting news and event happenings. 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 April agenda included discussion on the Seward's Day Pancake Breakfast fundraiser. It was a huge success with over 140 people coming in and having a wonderful pancake breakfast with all of the trimmings.

The Council expressed special thanks to all of the people that helped with the breakfast and a REALLY BIG THANKS TO SYSCO Foods for all of the food donations.

The Council congratulated **Claudette Curtis** on winning a First Lady Volunteer Award. (See the cover page).

The Council will hold a fundraiser dinner in June. Any ideas?

The Council is still working on selling the Christmas Gift Wrap concession. Call Lee Ann if you know of someone who wants a great money-making project.

"Assisted Living Home" Seminar

This seminar is free and open to the public. It will focus on information on

Choosing an Assisted Living Home and what options are available in Alaska. It will be held at 6:30 PM on Tuesday, May 18th at the Juneau Senior Center located downtown at 895 12th Street.

The speaker, Lisa Wawrzonek, is the Education Director for Alzheimer's Resource of Alaska. She has worked in the Care Coordination department since 1998. In 2007 she became the Care Coordination supervisor and then moved to Education in 2010, becoming the current Education Director. She is the former President and Conference chair for the Alaska State Association of Guardianship and Advocacy.

For more information, call Amber Smith at 586-6044.

Mini-Garage Sale Sat. May 15

This event will be in the Juneau Senior Center dining room from 8:00 AM until noon. Call Lee Ann at 463-6175 for more information. Come one, come all to sell or to buy!

Flavorful Cooked Apple Slices

Peel and slice up as many apples as you wish. Lay in an oven-proof dish and sprinkle with cinnamon. No sugar is needed. Optional: Add raisins, dried fruit, pecans, or walnut pieces. Cover the pan almost totally with a plastic plate or paper towel to help keep moisture in. Microwave for two to three minutes or bake in an oven, covered, for about a half hour on 350 degrees. Serve warm or cold.

Interesting but Useless Facts

A sneeze travels out of your mouth at over 100 m.p.h.

Almonds are a member of the peach family.

A dime has 118 ridges around the edge.

A "jiffy" is an actual unit of time for 1/100th of a second.

Babies are born without knee caps. They don't appear until the child reaches 2-6 years of age.

Dueling is legal in Paraguay as long as both parties are registered blood donors.

Every time you lick a stamp, you're consuming 1/10 of a calorie.

In every episode of "Seinfeld" there is a Superman somewhere.

Leonardo Da Vinci invented the scissors.

Mosquitoes have teeth.

Reindeer like to eat bananas.

Tigers have striped skin, not just striped fur.

When opossums are playing 'possum, they are not "playing." They actually pass out from sheer terror.

There wasn't a single pony in the Pony Express, just horses.

Most cows give more milk when they listen to music.

Like fingerprints, everyone's tongue print is different.

Honeybees have hair on their eyes.

[April, 2010, Chugiak-Eagle River Senior Edition]

PS: I didn't really believe there would a Superman in every episode of "Seinfeld" so I watched an episode, and there, right on the front of the refrigerator was a 12" Superman.

.....Marsha Partlow, NTS Coordinator

Happiness Catching—Loneliness Contagious?

Recently in the media I heard that happiness is catching, that every happy person influences the happiness of five others down the line. I thought about it and could see how it is likely true.

But then in the "The Journal on Active Aging" (January/February 2010, page 21) I read that a study finds that loneliness can be contagious. I thought loneliness affected only the lonely person, which in itself is miserable enough.

The article says that a pattern of loneliness spreads as people report fewer friends and that lonely people "infect" the people around them with loneliness. As they become lonely, they become less trustful of others, and a cycle develops making it harder to form friendships.

It indicted that people were more likely to become lonely due to changes in friendship networks, rather than family networks.

Loneliness is associated with a variety of mental and physical diseases that can shorten life. It is important to recognize the spiraling effect of loneliness and to help seniors stay connected to their social networks and to the community.

If you know a lonely senior, why not invite him or her to come to lunch with you at the Juneau, Douglas, or Valley Senior Center? Or just take them out for coffee, a summer ride to Sandy Beach or Auke Bay, or a concert in the State Office Building.

.....Marsha Partlow, NTS Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Crispy Chicken Steamed Carrots Cauliflower Broccoli Toss Rice</p>	<p>4 Salmon Broccoli Carrot/ Pineapple Salad Garlic Bread</p>	<p>5 Salisbury Steak Potatoes with Gravy Peas Peach Salad</p>	<p>6 Creole Pork Pasta Cauliflower Sunshine Salad</p>	<p>7 Roast Beef Sandwich Corn Chowder Cole Slaw</p>
<p>10 Clam Chowder Cheese & Tomato Sandwich Romaine & Radish Salad</p>	<p>11 Roast Pork Potatoes with Gravy Carrots Honey Mustard Coleslaw</p>	<p>12 Beef & Rice Winter Squash Sliced Banana & Orange Cup</p>	<p>13 Sloppy Joes Potato Salad Texas Cole Slaw</p>	<p>14 Chicken Adobo Rice Broccoli Danish Salad</p>
<p>17 Mac & Cheese w/ Ham Broccoli Carrot & Raisin Salad</p>	<p>18 Turkey Potatoes & Gravy Peas Spinach Salad</p>	<p>19 Stuffed Beef Roll Rice Brussels Sprouts Apricot Salad</p>	<p>20 Crispy Chicken Red Potatoes Steamed Spinach Fruit Slaw</p>	<p>21 Chicken Enchiladas Black Beans Spanish Rice Tossed Salad</p>
<p>24 Tuna Salad Sandwich Summer Soup Cottage Cheese with Tomato Slices</p>	<p>25 Sweet & Sour Chicken Rice Carrots Cauliflower Broccoli Toss</p>	<p>26 Beef Noodle Casserole Peas Sunshine Salad</p>	<p>27 Halibut Chowder Cheese & Tomato Sandwich Fruit Salad</p>	<p>28 Spaghetti & Meat Sauce Italian Vegetables Honey Orange Salad Garlic Bread</p>
<p>31 Memorial Day</p> 	<p>SENIOR MENU MAY 2010 Reservations 463-6175</p>		<p>Milk, Water, Tea, Coffee & Desserts offered daily with meals</p>	

How to Stay Young

1. Throw out those nonessential numbers like age, weight, and height. Let the doctors worry about them. That's why you pay them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, etc., even ham radio. Never let the brain idle.
4. Enjoy the simple things.
5. Laugh often, long, and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies...your home is your refuge.
8. Cherish your health: If it's good, preserve it. If it's unstable, improve it. If it's beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, or to another town, but NOT to where the guilt is.

-----Carol Whitney

[Excerpted from Center Circle, March 2010, Anchor Point Senior Citizens, Inc.]

Anti-Aging Formula

Here are some head-to-toe tips to add years to your life. Contact Lee Ann for a copy of the whole article.

Exercise your brain. Stay mentally engaged and keep social ties strong.

Keep your eyes sharp. After age 60 a vision test at least every 2 years to check for cataracts, glaucoma, and macular degeneration can help control or halt these conditions. You may also get relief from dry eyes or watery eyes. Older eyes need more light to see well.

Keep ears sharp. Hearing loss can contribute to mental decline, depression, and social isolation.

Stay Young at Heart. Clogged arteries in the heart, brain, or legs may not only lead to heart attacks and strokes but can cause frailty, weakness, and weight loss.

Guard your gut. against too much or too little calorie intake.

Strengthen your back. by keeping bones strong and exercising.

Protect Hips and Knees. with strength training which may also reduce pain.

Stay Steady on Your Feet. The most effective way to prevent falls is through a combination of activities that build muscle strength in the legs and enhance balance. Exercise classes are available at the Juneau and Valley Senior Centers.

[Excerpted from April 2010 Kodiak Senior Center Newsletter]

Valley Senior Center Activities

May 2010 463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>4 10 AM – 4 PM Sewing Circle</p>	<p>5 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p>6 10 AM- 4 PM Sewing Circle</p>	<p>7</p> <p>Noon-Lunch 1:30 PM Art Group</p>
<p>10 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>11 10 AM – 4 PM Sewing Circle</p>	<p>12 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p>13 10 AM- 4 PM Sewing Circle</p>	<p>14</p> <p>Noon-Lunch 1:30 PM Art Group</p>
<p>17 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>18 10 AM— 4 PM Sewing Circle</p>	<p>19 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p>20 10 AM- 4 PM Sewing Circle</p>	<p>21</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p>24 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>25 10 AM— 4 PM Sewing Circle</p>	<p>26 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p>	<p>27 10 AM- 4 PM Sewing Circle</p>	<p>28</p> <p>Noon-Lunch</p> <p>1:30 PM Art Group</p>
<p>31 Memorial Day</p>	<p>WORK</p> <p>Name 5 white vegetables.</p>	<p>YOUR</p> <p>Name 12 presidents.</p>	<p>BRAIN</p> <p>Name 10 State Capitols.</p>	<p>GAME</p> <p>Name 9 makes of cars.</p>

ACTIVITIES AT THE JUNEAU SENIOR CENTER

SUN	MON	TUES	WED	THUR	FRI
<p style="text-align: center;">2</p> <p style="text-align: center;">1:30</p> <p style="text-align: center;">Duplicate Bridge</p>	<p style="text-align: center;">3</p> <p style="text-align: center; color: blue;">We Are Looking For New Ideas</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">10:00</p> <p style="text-align: center;">Ceramics</p> <p style="text-align: center;">10:15</p> <p style="text-align: center;">Exercise</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">10:00</p> <p style="text-align: center;">Ceramics</p> <p style="text-align: center;">1:00</p> <p style="text-align: center;">Pinochle</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">1:00</p> <p style="text-align: center;">Pinochle</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">10:15</p> <p style="text-align: center;">Exercise</p> <p style="text-align: center;">7:00 Cribbage</p>
<p style="text-align: center;">9</p> <p style="text-align: center;">1:30</p> <p style="text-align: center;">Duplicate Bridge</p>	<p style="text-align: center;">10</p> <p style="text-align: center; color: red;">1:00 DIABETIC SUPPORT GROUP</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">10:00</p> <p style="text-align: center;">Ceramics</p> <p style="text-align: center;">10:15</p> <p style="text-align: center;">Exercise</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">10:00</p> <p style="text-align: center;">Ceramics</p> <p style="text-align: center;">12:00</p> <p style="text-align: center;">1:00</p> <p style="text-align: center;">Pinochle</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">12:00</p> <p style="text-align: center;">Family Caregiver Support Group</p> <p style="text-align: center;">1:00</p> <p style="text-align: center;">Pinochle</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">10:15</p> <p style="text-align: center;">Exercise</p> <p style="text-align: center;">1:00—3:00 Advisory Council</p> <p style="text-align: center;">7:00</p> <p style="text-align: center;">Cribbage</p>
<p style="text-align: center;">16</p> <p style="text-align: center;">1:30</p> <p style="text-align: center;">Duplicate Bridge</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">8:00</p> <p style="text-align: center;">Feet First Clinic</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">10:00</p> <p style="text-align: center;">Ceramics</p> <p style="text-align: center;">10:15</p> <p style="text-align: center;">Exercise</p> <p style="text-align: center;">6:30</p> <p style="text-align: center;">Seminar**</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">10:00</p> <p style="text-align: center;">Ceramics</p> <p style="text-align: center;">1:00</p> <p style="text-align: center;">Pinochle</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">1:00</p> <p style="text-align: center;">Pinochle</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">10:15</p> <p style="text-align: center;">Exercise</p> <p style="text-align: center;">7:00</p> <p style="text-align: center;">Cribbage</p>

<p>23</p> <p>1:30</p> <p>Duplicate Bridge</p>	<p>24</p> <p>We Are Looking For New Ideas</p>	<p>25</p> <p>10:00</p> <p>Ceramics</p> <p>10:15</p> <p>Exercise</p>	<p>26</p> <p>10:00</p> <p>Ceramics</p> <p>1:00</p> <p>Pinochle</p>	<p>27</p> <p>1:00</p> <p>Pinochle</p>	<p>28</p> <p>10:15</p> <p>Exercise</p> <p>6:00</p> <p>PIONEERS of ALASKA DINNER & MEETING</p>
<p>30</p> <p>1:30</p> <p>Duplicate Bridge</p>	<p>31</p> <p>Memorial Day</p> <p>Observed</p> <p>We Are Closed</p>	<p>MAY 2010</p>	<p>** "Assisted Living Home" Seminar</p> 		

Southeast Senior Services
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Juneau, Alaska 99801



Address Service Requested
MAY 2010



A United Way Agency

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E-mail: seniorinfo@gci.net
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May Day used to be observed by school children dancing around a May Pole as



they intertwined ribbons.

Memorial Day is observed on Monday, May 31.
The Senior Centers will be closed on Memorial Day.