

Gastineau Channel

Senior Centers' News Juneau, Alaska



November 2008 Published by Southeast Senior Services, a Program of Catholic Community Service

Site Manager Notes

The holidays are almost upon us, and the Senior Centers are gearing up for the festivities. For many, this is a favorite time of year, with stores staying open later, festive lights in homes, and lots of parties and places to go to.

We will be open on Veteran's Day November 11th, serving lunch at the Juneau and Douglas Senior Centers. We will be closed for Thanksgiving on Nov. 27th & 28th at all three sites.

On Saturday the 22nd of November, the Juneau Senior Center will be hosting the annual **Holiday Bazaar** fund-raiser from 9:00am to 2:00pm. Some tables are already spoken for, but more are open for the holiday elves to rent for \$35.00 for the day; a great deal, and the proceeds go to the Senior Nutrition Programs. We will be having fresh baked items from our kitchen, fruit cakes, crispy critters, cookies and lots of other goodies for sale.

From the crafters in town we will see ceramics, native gifts, felted hats and bags, artwork and lots of different things. Keep your eyes open for those last minute goodies you need to send to the

lower 48, and *THE GIFT* for that special someone.

Holiday meals for both Thanksgiving and Christmas will be happening as usual. The Thanksgiving meal will be served on November 20th at the Douglas and Juneau Senior Centers and on the 21st at the Valley Senior Center. Please invite friends or family members to accompany you to the holiday meal. (Guests under 60 are charged \$8.00, those ages 60 and over have the opportunity to make a free-will donation, suggested at \$4.00 but can be more or less.) Please make a reservation no later than November 15th by calling 463-6175.

On Saturday December 13th through the 24th, the **Christmas Gift Wrap Fund-Raiser** will be taking place at the Nugget Mall. Several senior groups have volunteered, and they wrap so beautifully.

Please call me at 463-6175 if you would like to make a reservation or for further details on any of these events. I'm looking forward to seeing you all so come on out and enjoy the fun and festivities of the season.

Lee Ann See, Site Manager

Care-A-Van and the City Bus

The drivers of our eleven-fleet Care-A-Van program provide door-to-door service through 36,500 rides each year to seniors over sixty and riders with disabilities. The purpose of all Senior Center programs is to increase the quality of life of seniors, and assist them in remaining independent as long as possible. Riders request rides to medical appointments, the grocery store, post office, library, mall, swimming pool, entertainment, beauty shop, church, airport, ferry terminal, and community events. A \$3.00 free-will donation is requested of riders for each trip (unless the rides are paid by the Medicaid Waiver program). Ridership is rapidly growing and weekday morning and afternoon schedules are very busy.

If you are 65 or over and do not require someone to assist you from the building and into the vehicle, you may be interested in applying for a free bus pass at City Hall that will allow you to ride free on Juneau's public transit bus system. Apply for a senior tax-free card and the card acts as a free pass to ride the city buses. This system could work for you if you are in good health, able to walk a short distance and if the schedule works for you.

We Need Your Donations

A special thanks to our very dedicated volunteers who contribute several hours a month to fold and label our 600+ newsletters. With your thoughtful and generous donations, we are able to continue providing the newsletter. If you enjoy this newsletter, please send your donation to: Gastineau Channel Senior News, SESS, 419 Sixth Street, Juneau,

Alaska 99801. If you would like your name removed from the mailing list or to add a name, please call Lee Ann See at 463-6175

Juneau's Meals On Wheels Needs Your Support!

Our Meals On Wheels (MOW) program serves about 1,500 home delivered meals each month to homebound senior citizens living throughout Juneau. The meals are delivered by volunteers who offer a friendly smile and daily social contact for homebound seniors as well as a vital safety check for those living alone. Unfortunately, the cost of food, utilities, supplies, and paid staff who prepare the meals has gone up faster than the grant funding. This means Juneau's Meals On Wheels program needs more community support as well as donations from the seniors who receive them.

For those receiving Meals On Wheels, our suggested donation per meal will go up to \$5, beginning January 1, 2009. For those of you who know someone who enjoys the MOW program or if you believe it is a valuable program, please consider making a donation to help support Juneau's Meals On Wheels program. Checks can be made out to: Juneau Meals On Wheels, c/o 419 Sixth Street, Juneau, Alaska 99801 Attention: Marsha Partlow. 100% of the donations made to this important program will go directly to support the program. Thank you for your help!

Marsha Partlow,
Nutrition Coordinator

Definition of an Elder

An Elder is a person who is still growing, still a learner, still with potential and whose life continues to have within it promise for, and connection to the future. An elder is still in pursuit of happiness, joy and pleasure, and her and his birthright to these remains intact. Moreover, an Elder is a person who deserves respect and honor and whose work it is to synthesize wisdom from long life experience and formulate this into a legacy for future generations.

The Live Oak Project
Barry Barkan, Founder of the Live Oak Project [Kodiak Senior Center Oct. 2008 Newsletter]

Apple Turkeys

Remember making apple turkeys when we were children? I think we used construction paper for the feathers and head back then. I like this version even better. With a few supplies: apples, chocolate chips, candy corn, marshmallows, red liquorish for the wattle, gumdrops, and toothpicks, you can make this tasty centerpiece for yourself or with your grandchildren.



Photo credited to: Fatherhood site at About.com

Invitation to Join Us

If you are 60 or older, please join us for lunch and/or activities at one of our Senior Centers. ALL seniors are welcome.

Open Bingo on Tuesdays and Thursdays at 1:00 in the Community Room at Mountain View Apartments. (No cash prizes)

**Alaska Health Fair
Nugget Mall
Saturday, November 1
9:00---2:00**

CREATION

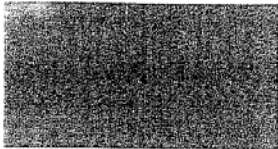
A little girl asked her mother, "How did the human race appear?" The mother answered, "God made Adam and Eve and they had children and so was all mankind made."

Two days later the girl asked her father the same question. The father answered, "Many years ago there were monkeys from which the human race evolved."

The confused girl returned to her mother and said, "Mom, how is it possible that you told me the human race was created by God, and Dad said they developed from monkeys?"

The mother answered, "Well, dear, it is very simple. I told you about my side of the family and your father told you about his."

[Valdez Senior Center, Oct. 2008 Newsletter]



Caregiver Education Series November 2008

Sponsored by Southeast Senior Services

November is
National Family
Caregiver Month!

This Education Series is designed to ease the work and worries of persons caring for an older family member, neighbor, or friend.

Contact:
Mary Lou or Jim
at 463-6177
Or Toll Free:
1-866-746-6177
E-mail:
seniorinfo@gci.net

Senior and
Caregiver Resource
Center
895 W. 12th St
Juneau, AK 99801



When: Mondays in November from noon to 1:30

Where: Mountain View Apartments Common Room
895 W 12th St (co-located with Juneau Senior Center)

Nov 3: What do Caregivers Need to Know About Memory Loss and Long Term Care? Amber Smith, Education Specialist for Southeast Alaska with Alzheimer's Resource Agency, will talk about dementia and especially Alzheimer's. Julie De Long, Social Worker with Wildflower Court care facility, will discuss what to understand when dealing with a long term care, assisted living or nursing facility; what to ask and whom to talk to.

Nov.10: Legal Issues and Caregiving. Holly Handler, Attorney at Law with Alaska Legal Services, will discuss and answer questions concerning legal right of caregivers, wills, advanced directives, medical directives and other civil law topics.



Nov. 17: How can Hospice and Home Care Help Caregivers? Sandy Harris, social worker for Hospice, will "demystify" what's available. Claire Richardson, Hospice volunteer, will share her insights during studies at a London hospital specializing in this area of life.

Nov. 24: Caring for the Caregivers. Nils Dihle, counselor, will moderate a panel of Caregivers relating their experiences dealing with the emotions, challenges and rewards of both "hands-on" and long distance caregiving. Nils will offer suggestions to find the best in an often difficult and stressful situation.


**All sessions are free and open to the public
Please join us—snacks provided!**

Free parking at the Bill Ray Center provided by
the University of Alaska Southeast

This program is funded in part by the Alaska Division of Senior and Disability Services

Monday	Tuesday	Wednesday	Thursday	Friday
 Senior Menu November 2008 Reservations: 463-6175 	Milk, Water, Tea, Coffee & Desserts offered daily with meals.	 <p style="text-align: center;">So much to be thankful for!!!</p> 		
3 Beef Stew & Vegetables Rolls/Pilot Bread Spicy Fruit Cup	4 Macaroni & Cheese Steamed Carrots Perfection Salad	5 Chinese Fruited Pork Green Beans Rice Waldorf Salad	6 Baked Fish Brussels Sprouts Biscuits Carrot & Raisin Salad	7 Chicken & Rice Casserole Mixed Vegetables Tossed Salad
10 Swedish Meatballs & Gravy Pasta Broccoli Fruit Salad	11 Chicken California Rice Peas Tossed Salad	12 Tuna Salad Sandwiches Minestrone Soup Marinated Green Beans	13 Honey Glazed Ham Sweet Potatoes Sukiyaki Salad Rolls	14 Fish Caddy Ganty Mixed Vegetables Rice & Vegetable Pilaf Honey Orange Salad
17 A-1 Meatloaf Peas Creamed Potatoes Creamy Cole Slaw	18 Beef Stroganoff Pasta Peas & Carrots Spicy Fruit Cup	19 Salmon Patties Baked Sweet Potatoes & Apples Rolls Spinach Salad	20 Turkey & Gravy Cranberry Sauce Potatoes Green Beans Romaine Salad Biscuits Pumpkin Pie	21 Cooked Ham Steamed Broccoli Au Gratin Potatoes Carrot & Pineapple Salad
24 Cheese Sandwich Split Pea Soup Apricot Salad	25 Turkey or Chicken with Noodles Broccoli & Cauliflower Triple Bean Salad	26 Sloppy Joe on a Bun Steamed Carrots Potato Salad	27 <i>Happy Thanksgiving Holiday!</i> (All Senior Centers Closed)	28 <i>Happy Thanksgiving Holiday Weekend!</i> (All Senior Centers Closed)

**ACTIVITIES AT THE JUNEAU SENIOR CENTER
November 2008**

SUN	MON	TUES	WED	THUR	FRI
2 Duplicate Bridge 1:30	3 10:00 Ceramics	4 Polling Place 7:00 AM--- - 7:00 PM VOTE	5 10:00 Ceramics 1:00 Pinochle	6 IS THERE	7 7:00 Cribbage
9 Duplicate Bridge 1:30	10 10:00 Ceramics 1:00 Diabetic Support Group	11 11:00AM Exercise 1:00 KNIT & SEW with Agnes	12 10:00 Ceramics 1:00 Pinochle	13 SOME- THING YOU WOULD	14 1:00 Advisory Board 7:00 Cribbage
16 Duplicate Bridge 1:30	17 Feet First 9:00-11:00 10:00 Ceramics	18 11:00AM Exercise 1:00 KNIT & SEW with Agnes	19 10:00 Ceramics 1:00 Pinochle	20 LIKE TO DO? CALL LEE ANN 463-6175	21 6:00 PIONEERS of ALASKA DINNER & MEETING
23 Duplicate Bridge 1:30	24 10:00 Ceramics	25 11:00AM Exercise 1:00 KNIT & SEW 1:00 LOW VISION SUPPORT GROUP	26 10:00 Ceramics 1:00 Pinochle	27 CLOSED FOR THE HOLIDAY	28 CLOSED FOR THE HOLIDAY
30 UU Holiday Potluck					

Valley Senior Center Activities

November 2008

Call today to reserve a seat for Turkey Day!

463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10 AM Exercise 1:30 PM Contract Bridge	4 10 AM— 4 PM Sewing Circle	5 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	6 Available: Call 463- 6175 if you have a craft or topic to share.	7 Noon-Lunch 1:30 PM Art Group
10 10 AM Exercise 1:30 PM Contract Bridge	11 VETERAN'S DAY OPEN 10 AM— 4 PM Sewing Circle	12 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	13 Available: Call 463- 6175 if you have a craft or topic to share.	14 Noon-Lunch 1:30 PM Art Group
17 10 AM Exercise 1:30 PM Contract Bridge	18 10 AM— 4 PM Sewing Circle	19 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	20 TURKEY DAY AT THE JUNEAU & DOUGLAS Senior Centers	21 TURKEY DAY: VALLEY SITE Holiday Bazaar on Saturday
24 10 AM Exercise 1:30 PM Contract Bridge	25 10 AM— 4 PM Sewing Circle	26 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	27 CLOSED FOR THANKSGIVING HOLIDAYS	28 CLOSED FOR THANKSGIVING HOLIDAYS

KEEP THE 22ND OF NOVEMBER OPEN FOR THE JUNEAU SENIOR CENTER
HOLIDAY BAZAAR, LOTS OF GOODIES AND FUN THINGS TO SAMPLE.
TABLES ARE LEFT FOR SALE, ONLY \$35.00.

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



November 2008



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**

**895 W. 12th St., Juneau, AK 99801
E-mail: seniorinfo@gci.net
Toll Free in Alaska: 1-866-746-6177**

**On Veteran's Day, Tuesday, November 11th,
Senior Centers will be OPEN, but will be
CLOSED for Thanksgiving on November 27th and 28th.**

