

Gastineau Channel

Senior Centers' News Juneau, Alaska

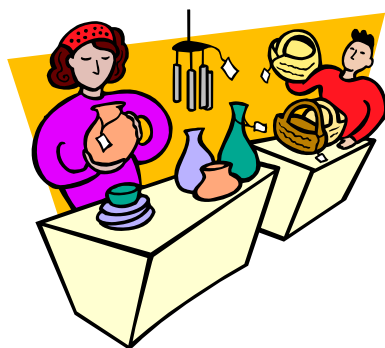


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MANAGER'S CORNER

Come to the **HOLIDAY BAZAAR!** November 14th, 9 AM-2 PM, at the Juneau Senior Center. The bazaar is always such a fun event. A number of tables already been requested—at \$35 each (that's a deal!). The vendors can sell their homemade crafts or collectables and enjoy seeing old and new friends. Call me to reserve a table. (463-6175).

There will be many things to buy for Christmas and other holidays---ceramics (which will support our ceramics program), handmade items from The Bridge (which will help the Adult Day Care Program), and all sorts of other things, including home baked goodies to benefit our Senior Nutrition/Meals on Wheels Program. You may find Native crafts or arts, knit and felted goodies, digital art, jewelry, toys, cards, Christmas crafts and decorations.



Lee Ann See, Site Manager

Pancake Breakfast Big Success

Thanks so much to the many volunteers who helped make the Alaska Day Pancake Breakfast Fundraiser such a big success. Proceeds from ticket sales and donations netted about \$900 for the Juneau Meals on Wheels and lunch programs. Lee Ann See worked diligently to get breakfast foods donated from local grocers. Ward flipped at least 300 blueberry pancakes. Doug Bridges and Doug Gregg entertained on sax and guitar for a full hour. The food was delicious and the atmosphere delightful. If you missed it, I hope you put it on your calendar for next year. Marsha Partlow, NTS Coordinator

IMPORTANT DATES

Both the Juneau & Douglas Senior Centers will hold their annual Thanksgiving luncheon on the 19th. The Valley Center will have their luncheon on Friday, the 20th. We really appreciate all the extra effort the cooks put into the success of this week each year. The Senior Centers will be closed November 26th and 27th for Thanksgiving, but will be open on Wednesday, November 11th, when most folks celebrate Veteran's Day.

**YOU ARE INVITED
TO LUNCH AT THE
JUNEAU SENIOR CENTER
11:45
Monday through Friday
&
DOUGLAS SENIOR CENTER
Tuesdays and Thursdays
& the Valley Senior Center
Wednesdays and Fridays
Reservations are required
463-6175**



We offer tasty, nutritious lunches, including a salad, entrée, vegetable, bread source, dessert and 2% milk. We also offer tea, coffee and water. Our dining room is a pleasant place, in which you may meet new friends, socialize with folks you already know, or just enjoy your mealtime. For seniors 60 and over, there is no charge for the meal, although we encourage participants to donate as they are able toward the cost of the meal (up to \$4.00). Guests under 60 are charged \$8.00.

YOU ARE INVITED TO CELEBRATE THANKSGIVING LUNCH



**Juneau and Douglas Senior Centers
Thursday, November 19
Valley Senior Center, Friday, November 20
RESERVATIONS REQUIRED 24 HOURS IN ADVANCE**

Please call the Juneau Senior Center's Site Manager,
Lee Ann See at 463-6175
if you have any questions or would like us to send you a menu.
The menu is also printed in the Sunday Neighbors section
of the Juneau Empire.

We hope to see you soon.

2009 Women's Health Forum

This year's Health Forum topic was "The Aging Process and Preventing Cancer". It was held on October 17, in Juneau.

Dr. Astrid Pujari, consultant to the Virginia Mason Medical Center Cancer Institute in Seattle was the guest speaker.

Some of Dr. Pujari's points were:

- (1) Increasing Omega 3 fats by eating more salmon, mackerel, anchovies, sardines, and halibut.
- (2) Eat 10 servings of fruits and vegetables daily (1/2 cup equals a serving; use both raw and cooked).
- (3) Especially if you are recovering from cancer, eat kale often.
- (4) Use all sweeteners sparingly.
- (5) Take 2,000 units of Vitamin D daily if you live in Southeast Alaska.
- (6) Avoid nitrates.
- (7) Use organic products if possible.

She shared an exciting website: www.Heartmath.org. You can learn how to do essential deep heart breathing and so much more.

Dr. Caroline Brown, from Wellspring, also gave a power packed and motivating talk.

To age gracefully, she advised these six daily activities: stretching, muscle strengthening, moving around, using our brains, being resilient (adjusting and recovering from the ups and downs of daily life); and staying engaged with the world around us through connection and commitment. She said, "When the body is tired, exercise the mind and when the mind is tired, exercise the body.", and "To age successfully and responsibly, we each must be the captain of our own ships".

WATER, WATER EVERYWHERE AND LOTS OF DROPS TO DRINK

- ❖ 75% OF Americans are chronically dehydrated.
- ❖ In 37% the thirst mechanism is so weak it is often mistaken for hunger.
- ❖ Even mild dehydration slows down metabolism by 3%.
- ❖ 8-10 glasses of water a day may ease back and joint pain.
- ❖ Drinking 5 glasses of water a day decreases the risk of colon cancer by 45% and can slash the risk of breast cancer by 79% and bladder cancer by 50%.
- ❖ A mere 2% drop in body water can trigger fuzzy short-term memory.
- ❖ Anti-Aging Diet: water, nuts, fruit, vegetables, whole grains, yogurt, fish, green tea, acai juice, vitamins, and a small dose of chocolate!

We Need Your Donations

Last month we received a donation with a nice letter about the article on Ward Lamb. It is wonderful to be receiving feedback from readers. Each monthly newsletter takes about 20 hours to produce (including typing in articles, menus and activity calendars, printing, and mailing. Thanks to each of you for your generous support.

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.

Senior Information & Caregiver Resource Center

2009

Family Caregiver Team Building Training Series

Nov. 3rd, 10th, 17th and 24th

Join us as we



Prep for Success

(planning ahead for the hurdles of caregiving)



Boost Morale

(dealing with guilt and grief of caregiving)



Improve Technique

(lift, transfer, and move safely)



Meet the Players

(Medicare, Medicaid and Long Term Care)

Time: 12:00 pm

Place: Mt. View Community Room, 895 W. 12th Street

Parking available @ Bill Ray Center - Snacks Provided

For more information call 463-6177



Division of
Catholic Community
Service

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stew w/ Veges Spicy Fruit Cup Rolls	3 Macaroni & Cheese w/ Ham Zucchini & Carrots Perfection Salad	4 Chinese Fruited Pork Rice Green Beans Waldorf Salad	5 Baked Fish Brussels Sprouts Carrot & Raisin Salad	6 Chicken Rice Casserole Mixed Veges Cauliflower & Broccoli Toss
9 Meatballs & Gravy Pasta Broccoli Tossed salad	10 Chicken California Rice Peas Texas Cole Slaw	11 Tuna Salad Sandwich Tomato Soup Apple & Cabbage & Raisin Salad	12 Honey Glazed Ham Sweet Potatoes Sukiyaki Salad Rolls	13 Fish Rice Mixed Veges Honey Orange Salad
16 Ham Broccoli Au Gratin Potatoes Romaine & Radish Salad	17 Beef Stroganoff Pasta Peas & Carrots Spicy Fruit Cup	18 Salmon Loaf Baked Sweet Potatoes & Apples Spinach Salad Rolls	19 Turkey & Gravy Potatoes Green Beans Fruit Salad Rolls Pumpkin Pie	20 Meatloaf Mashed Potatoes & Gravy Peas Coleslaw
23 Sloppy Joe on a Bun Carrots Potato Salad	24 Turkey & Noodles Broccoli & Cauliflower Triple Bean Salad	25 Cheese Sandwich Ham/Pea Soup Apricot Salad	26 & 27 Closed for Thanksgiving 	
30 Pork Rice Broccoli & Cauliflower Tossed Salad			November 2009 Menu Reservations 463-6175 Meals on Wheels 463-6179	Milk, Coffee Tea & Desserts Offered With Meals

**Activities at the JUNEAU Senior Center
NOVEMBER 2009 463-6175**

SUN	MON	TUES	WED	THUR	FRI
1 1:30 Duplicate Bridge	2 10:00 Ceramics	3 10:15 Exercise	4 10:00 Ceramics 1:00 Pinochle	5 1:00 Pinochle 1:00	6 10:15 Exercise 7:00 Cribbage
8 1:30 Duplicate Bridge	9 10:00 Ceramics	10 10:15 Exercise	11 10:00 Ceramics 1:00 Pinochle	12 1:00 Pinochle 1:00	13 10:15 Exercise 1:00—3:00 Advisory Board 7:00 Cribbage
15 1:30 Duplicate Bridge	16 10:00 Ceramics 9:00 Feet First 1:00 Diabetic Support Group	17 10:15 Exercise	18 10:00 Ceramics 1:00 Pinochle	19 Thanksgiving Dinner, Douglas and Juneau SC 1:00 Pinochle	20 Thanksgiving Dinner Valley 10:15 Exercise 6:00 Pioneer Dinner
22 1:30 Duplicate Bridge	23 10:00 Ceramics	24 10:15 Exercise 1:00 LOW VISION SUPPORT	25 10:00 Ceramics 1:00 Pinochle	26 and 27 	
29 1:30 Duplicate Bridge	30 10:00 Ceramics		HOLIDAY BAZZAR Saturday November 14 th 9am – 2pm. If you would like a table to sell at the Bazaar call Lee Ann.		

VALLEY SENIOR CENTER ACTIVITIES
November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10 AM Exercise</p> <p>1 PM Contract Bridge</p>	<p>3 10 AM -4 PM Sewing Circle</p>	<p>4 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 Contract Bridge</p>	<p>5 This time is available—call 463-6175 if you have a craft or topic to share.</p>	<p>6 Noon-Lunch</p> <p>1:30 PM Art As You Like It</p>
<p>9 10 AM Exercise</p> <p>1:30 Contract Bridge</p>	<p>10 10 AM-4 PM Sewing Circle</p>	<p>11 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 Contract Bridge</p>	<p>12 This time is available—call 463-6175 if you have a craft or topic to share.</p>	<p>13 Noon-Lunch</p> <p>1:30 PM Art As You Like It</p>
<p>16 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>17 10 AM-4 PM Sewing Circle</p>	<p>18 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 Contract Bridge</p>	<p>19 Make Reservations for tomorrow!</p>	<p>20 Holiday Turkey Luncheon</p> 
<p>23 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>	<p>24 10 AM-4PM Sewing Circle</p>	<p>25 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 Contract Bridge</p>	<p style="text-align: center;">26 & 27</p> <p style="text-align: center;">Closed for</p> 	
<p>30 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p>				<p>To make a lunch reservation, call 463-6175 a day in advance.</p>

Southeast Senior Services
419 Sixth Street
Juneau, Alaska 99801

Address Service Requested

November 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
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, Valley, and Douglas Senior Centers
will be closed for Thanksgiving weekend: Thursday,
November 26 and Friday November 27.**

**Our special holiday meal will be served on November 19, for Douglas and Juneau, and
on the 20th for the Valley.**

Don't forget to make your reservations several days in advance!

