

Gastineau Channel

Senior Centers' News Juneau, Alaska



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Site Supervisor Notes

The holiday season is just around the corner. It brings lots of opportunities to connect with friends, family, and community. Here's a preview of things to come.

The Alaska Health Fair will be at the Nugget Mall on Saturday, November 1st from 9:30 until 2:00 for health screenings and low cost blood tests. Call Care-A-Van in advance to reserve a ride. (The Juneau Senior Center will not be hosting a Health Fair this Fall but is planning a Spring event.)

Flu shots will be offered at all three senior centers.

Plans are underway for the annual Holiday Bazaar coming up in November.

Holiday meals for both Thanksgiving and Christmas (complete with our own dear Santa) will be scheduled as usual

Please give me a call at 463-6175 if you would like 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

NTS Coordinator Notes

For many of us, late October through December is a favorite time of year. We celebrate with friends and family, attend plays and concerts, go to bazaars and other community events.

But for some of us, the holiday season can be lonely and uneventful.

Here are a few ideas to perk things up:

- + Invite a friend to join you for lunch at a Senior Center or in your home
- + If you know someone with no holiday plans, invite them over to share with you or offer to take them out.
- + Reminisce with a friend about your favorite seasonal memories growing up.
- + Write a newsy card to a friend or relative you've lost contact with.
- + Have a cookie!

--- Marsha Partlow, NTS
Regional Coordinator, SESS

Volunteer Lunch Coordinator: Valley Senior Center

Ursula Spannagel is our new Valley Senior Center Volunteer Coordinator. She has a sparkling personality and is so pleasant to work with. She would really like to have an assistant to help with serving and cleaning up of lunches on Wednesdays and Fridays at noon. We are so glad to have her

A great deal of thanks goes to Dottie Norden who managed the program for several months recently and for many years previously and Lorraine Langston who assisted her.

Hot, healthy lunches are served Wednesdays and Fridays at noon. Please assist the kitchen with knowing how much food to send out by calling Lee Ann See at 463-6575 for a reservation a day in advance.

We Need Your Donations

It is wonderful to be receiving donations from readers that make the production of this newsletter possible, especially with living expenses forever rising. A special 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.

Alaska Day

Alaska Day is Friday October 17th. We are so lucky to live in this wonderful State. Many of us were born here when it was still a U.S. Territory. Marie Drake wrote our State song, below.



Courtesy: Alaska State Museums

Alaska's Flag

Written by Marie Drake

Composed by Elinor Dusenbury

Eight stars of gold on a field of blue
-
Alaska's flag. May it mean to you
The blue of the sea, the evening
sky,
The mountain lakes, and the flow'rs
nearby;
The gold of the early sourdough's
dreams,
The precious gold of the hills and
streams;
The brilliant stars in the northern
sky,
The "Bear" - the "Dipper" - and,
shining high,
The great North Star with its
steady light,
Over land and sea a beacon bright.
Alaska's flag - to Alaskans dear,
The simple flag of a last frontier.

More Than Memory Loss Occurs with Dementia

In a SAVVY Caregiver Workshop, recently given by to Amanda Lafgren, we learned that many brain functions diminish in adults with Dementia. Some of them are:

1. *Memory*: losing short- and long-term
2. *Judgment*: losing the ability to weigh choices, reflect, make financial decisions, do math, or interact socially
3. *Attention*: losing the ability to *focus*, maintain or finish tasks
4. *Reasoning*: losing the ability to understand consequences, or to self-reflect
5. *Language*: losing the meaning of words
6. *Abstraction*: losing the ideas of such things as time, distance, relationships, love
7. *Perception*: losing the understanding of information coming in from the outside world such as spatial awareness, colors, whether or not something is real
8. *Organization*: losing the ability to organize tasks, ideas, thoughts, sentences, or plans





“Determine Your Nutritional Health”

On the back of the Participation Registration Form, you will see a full page item called “Determine Your Nutritional Health”. This checklist can help you find out if you are at nutritional risk which means you may be more likely to have a stroke, heart attack, diabetes, high blood pressure or a poor immune system.

The Participation Registration Form is required for anyone participating in our meals program. Many of us are feeling a little cautious about filling out this part of the form. Maybe it seems like information that’s too private to share. Unfortunately the grants we get to provide meals require us to ask for this information. When you return the form to Lee Ann, it is CONFIDENTIAL. It is kept in a locked file cabinet, and your name is never shared with anyone without your permission.

If you see that your total score is 3 or more, you may want to contact a health care provider for suggestions. If it’s 6 or more, consider taking the checklist to your doctor, dietitian or other qualified health professional.



If you do not already eat lunch at a senior center, consider starting. The lunches are full of the vitamins, minerals, starch, and protein needed to boost your nutritional health, and getting out and about is great for your heart!

Monday	Tuesday	Wednesday	Thursday	Friday
October 2008 Reservations: 463-6175 Meals on Wheels: Susanne Elder: 463-6179  Due to shipping problems, menus may change without notice.	Beverages & Desserts served daily with meals.	1 Hot Turkey & Cranberries Broccoli Mashed Potatoes & Gravy Carrot- Pineapple Salad	2 Pork Roast Harvard Beets Rice Cauliflower Broccoli Toss	3 Lemon Baked Chicken Brussels Sprouts Sweet Potatoes Sukiyaki Salad
6 Meatballs & Pasta Beets with Orange Sauce Tossed Salad	7 Macaroni & Cheese/Ham Peas Cabbage with Fruit Slaw	8 Cheese & Tomato Sandwich Ham & Lima Bean Soup Spinach Salad	9 Liver & Onions Tomatoes Rockefeller Creamy Cole Slaw Buttermilk Rolls	10 Chicken A La King Broccoli Rice Fresh Fruit & Creamy Sauce
13 Lasagna Peas & Carrots Spinach Salad with Mandarin Oranges	14 BBQ Beef on a Bun Oriental Vegetables Potato Salad	15 Turkey & Cheese & Tomato Sandwich Clam Chowder Honey Mustard Coleslaw	16 Chicken Enchiladas Black Beans Spanish Rice Calico Corn Salad	Alaska Day 
20 Roast Beef Mashed Potatoes with Gravy Spinach Fruit Slaw	21 Country Pork Stew Apricot Salad Biscuits	22 Spaghetti with Meat Sauce Brussels Sprouts Tossed Salad Garlic Bread	23 Tuna Sandwich on Whole Wheat Bread Cream of Tomato Soup Fruit Salad	24 Baked Salmon Peas & Carrots Scalloped Potatoes Pickled Beets
27 Crispy Chicken Steamed Carrots Curry Rice Pilaf Cauliflower & Broccoli Toss	28 Roast Beef Sandwich Corn Chowder Creamy Cole Slaw	29 Salisbury Steak Potatoes Gravy Peas Waldorf Salad	30 Salmon Supper Broccoli Garlic Bread Tossed Salad	31 Chicken Adobo Oriental Vegetables Rice Cabbage, Pear, & Raisin Salad

Activities: Juneau Senior Center October 2008

SUN	MON	TUES	WED	THUR	FRI
			1 10:00 Ceramics 1:00 Pinochle	2 OPEN	3 7:00 Cribbage
5 Duplicate Bridge 1:30	6 10:00 Ceramics 1:00 Diabetic Support Group	7 Polling Place Vote All Day	8 10:00 Ceramics 1:00 Pinochle	9 5:00 NAMI Support Group	10 1:00 Advisory Board 7:00 Cribbage
12 Duplicate Bridge 1:30	13 10:00 Ceramics	14 11:00AM Exercise	15 10:00 Ceramics 1:00 Pinochle	16 OPEN	17 Alaska Day Observed Duplicate Bridge Tournament 17 th , 18 th , 19 th
19 Duplicate Bridge Tournament	20 10:00 Ceramics	21 11:00AM Exercise	22 10:00 Ceramics 1:00 Pinochle	23 OPEN	24 7:00 Cribbage
26 Duplicate Bridge 1:30	27 10:00 Ceramics	28 11:00AM Exercise 1:00 Low Vision Support Group	29 10:00 Ceramics 1:00 Pinochle	30 OPEN 	31 Pioneers Dinner 6:00

Valley Senior Center Activities October 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Contact: Lee Ann See 463-6175		1 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	2 Available: Call 463- 6175 if you have a craft or topic to share.	3 Noon-Lunch 1:30 PM Art Group
6 10 AM Exercise 1:30 PM Contract Bridge	7 10 AM— 4 PM Sewing Circle	8 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	9 Available: Call 463- 6175 if you have a craft or topic to share.	10 Noon-Lunch 1:30 PM Art Group
13 10 AM Exercise 1:30 PM Contract Bridge	14 10 AM— 4 PM Sewing Circle	15 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	16 Available: Call 463- 6175 if you have a craft or topic to share.	17 Alaska Day Observed
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Southeast Senior Services

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A United Way Agency

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Juneau Senior Center Information & Reservations: 463-6175
Senior and Caregiver Resource Center: 463-6177

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E-mail: seniorinfo@gci.net
Toll Free in Alaska: 1-866-746-6177

**The Juneau, Valley, and Douglas Senior Centers
will be closed Alaska Day, Friday, October 17th.**

