

# Gastineau Channel

Senior Centers' News Juneau, Alaska



October 2009 Published by Southeast Senior Services, a Program of Catholic Community Service

## Ward Lamb Nominated

On September 10, Ward Lamb was one of nine individuals in Southeast Alaska nominated for the United Way Volunteer of the Year Award. All nominees received a certificate. Even though we were happy that senior Betty Kaplor, the founder and current director of Helping Hands was selected, we are all proud of Ward and know that he is our own volunteer of the year!

Ward has been a volunteer with Southeast Senior Services for more than a decade. Ward's volunteerism has focused primarily on seniors. He has served on the Gastineau Channel Senior Center Advisory Council for many years, serving as chairman for most of the last five, and was recently elected to serve a new term. Ward is a "Meals on Wheels" volunteer driver, delivering hot lunches to homebound seniors weekly, and an Alaska Community Service Volunteer.

Ward has used his social services background to better the quality of life for countless numbers of individual seniors. Nils Dihle, Southeast Senior Services Counselor, says, "For many years Ward has just quietly been there helping in all sorts of ways. Many times over the years, I have "used" Ward as part of a holistic approach

in providing treatment for seniors. The feedback I get from the people he helps is very positive. He has made many seniors' lives not only easier but has helped enable them to live at home longer and more safely." Larry Bussone, former Southeast Senior Services Coordinator (and currently the Catholic Community Service Special Operations Manager), added, "He has never shied away from spending time with seniors who have significant disabilities, some with dementia, even some with pretty challenging personalities. He has been known to remark that this or that senior suffered from emotional problems and therefore had to be accepted as they were. He has shopped for, and with, seniors, helped them run other errands and attend events in the community, read to them, wrote for them, walked with them, played games with them, and just plain sat and visited with them. His appointment book would be filled with seniors he helped, often assisting as many as four in a day."

All of us who are fortunate enough to know Ward believe he is so special quite simply because he is one of the kindest, gentlest, caring persons we have ever met.









# JUNEAU SENIOR CENTER MONDAY OCTOBER 19<sup>TH</sup> ANNUAL ALASKA DAY

**FUNDRAISER**

**\$10.00**

**\$5.00 -**

**UNDER AGE 10**

-  **CANADIAN  
BACON**
-  **SAUSAGE**
-  **SCRAMBLED  
EGGS**
-  **BLUEBERRY  
PANCAKES**
-  **FRUIT  
PLATTER**
-  **JUICES**
-  **COFFEE**
-  **TEA**
-  **MILK**

## PANCAKE BREAKFAST



**Proceeds support our Meals on Wheels  
and Congregate Lunch Program**

**Entertainment**

This program receives partial funding from the State of  
Alaska Division of Senior and Disabilities Services

## **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.

## **Client Participation Forms**

Every year site managers pass out new participation registration forms to update information. The forms are required by our grant programs. It also provides a short survey on the back that will help participants assess their nutritional health.

The forms are confidential and will be kept in a locked file cabinet.

Please return these forms to Lee Ann when you get them.

## **Newsletter On-Line**

If you have a home computer you may enjoy doing the following Google search: "CCC Juneau", then click on "newsletter". While you are at the CCS Website you might find quiet a number of other interesting items.

## **Staff Needed**

We are still looking for an experienced substitute cook. This position requires some cooking experience. Call Lee Ann for more information at 463-6175.

## **Phone Service – Lifelines**

In these times when people are trying to save money, we can look to our phone service as a possible place to save. Phone companies in Juneau have sponsored a program called Lifeline, and if you are on almost any government program you may be eligible for the Lifeline services. You will be entitled to unlimited in-state minutes for a \$1.00 a month. Please visit Lee Ann at the Juneau Senior Center for a flyer giving you information on the program.

## **Computer Lab Up & Running**

The new computer lab is up and running. The first people through the class were having a great time and ready to go home and practice on their own computers.

The computers were given to the senior center so people could have easy access for Medicare information. We will also be providing classes for internet, E-mail and to print simple documents.

We will be offering more classes to seniors on a reservation basis, so please feel free to call me and sign up for a new class or something to refresh your memory.



## **PANCAKE BREAKFAST** **FUNDRAISER**

Monday, October 19<sup>th</sup>, is Alaska Day. The Senior Centers will be closed. However, the Gastineau Channel Senior Center's Advisory Board and volunteers will serve the annual **Pancake Breakfast** at the Juneau Senior Center from 9:00 to 1:00. The all-you-can eat menu will include buttermilk pancakes (blueberry or plain), Canadian bacon, sausage, scrambled eggs, fruit, juice, milk, coffee and tea. The cost is \$10.00 for adults and \$5 for children under age 10.

You can order a meal to go. Just let a server know and he or she will help you make it up and take your money! Such a deal!



### **A&P Receipts**

Some of you have asked about the A&P receipts that we collect. A couple of months ago Lee Ann told you that she collects the tapes from your shopping trips, then carefully adds them up, and sends them into A&P. They issue us a credit that we can use for future purchases.

In the last four months, the Juneau Senior Center has collected \$77,400.00 in receipts. What this means to the senior program is credited with \$740.00 that can be used at A&P. Lee Ann will use it on fresh fruits and vegetables, and an occasional goodie.

Yes, those register tapes are worth the time and energy to save.

### **We Are Looking For:**

I was pleasantly surprised over the last month. I had asked for donations for things that the senior centers could use. We got canning jars, to be used for jam and jelly. We got yarn that the knitters are turning into lap robes, scarves and hats for other seniors and for the yearly bazaar. Several puzzles were brought in and are in the process of gracing our walls. Craft supplies are being turned into classes and projects for seniors to work on. I just got a donation of two sewing machines that people can use here for projects for themselves or others. All in all it has been really nice to get things others would like to recycle that can be put to use for others. Please keep the donations coming!

---Lee Ann See, Site Manager

### **Our Thanks to the Many:**

Meals-on-Wheels Drivers, where would we be without them? As many as 60 people a day depend on these people for a hot meal and a cheery smile. The staff at the senior center can get the meals ready, but the drivers are the ones who give of their time to deliver the meals.

The Care-a-Van drivers are the most caring group of people I have ever met. These men and women always have a smile, a joke, or a kind word for all the riders. When they say door-to-door service, that is what you get--a strong hand to guide you to and from your home or work.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>October 2009</b></p> 	<p>Milk, Coffee Tea &amp; Desserts are Offered With Meals</p>	<p>Menu Reservations 463-6175 Meals on Wheels 463-6179</p>	<p>1 Ham &amp; Cheese Sandwich Split Pea Soup Tossed Salad</p>	<p>2 Beef Stew Cabbage w/Fruit Cocktail Pilot Bread</p>
<p>5 Macaroni &amp; Cheese &amp; Ham Peas Romaine &amp; Radish Salad</p>	<p>6 Chicken A La King Rice Broccoli Fresh Fruit w/Creamy Sauce</p>	<p>7 Ham &amp; Lima Bean Soup Tomato &amp; Cheese Sandwich Spinach Salad</p>	<p>8 Meatballs on Noodles Beets w/Orange Sauce Tossed Salad</p>	<p>9 White Fish Peas &amp; Carrots Honey- Orange Salad Muffin</p>
<p>12 BBQ Beef on a Bun Potato Salad Mixed Vegetables</p>	<p>13 Chicken Enchiladas Black Beans Spanish Rice Calico- Corn Salad</p>	<p>14 Cream of Tomato Soup Tuna Sandwich Cucumber &amp; Onion Salad</p>	<p>15 Clam Chowder Turkey-Cheese- Tomato Sandwich Honey-Mustard Coleslaw</p>	<p>16 Lasagna Peas &amp; Carrots Spicy Fruit Cup</p>
<p>19 Closed- Alaska Day Fundraiser Annual PANCAKE BREAKFAST 9am-1pm</p>	<p>20 Spaghetti w/Meat Sauce Brussels Sprouts Tossed Green Salad Garlic Bread</p>	<p>21 Creamed Chicken w/Vegetables Apricot Salad Biscuit</p>	<p>22 Roast Beef Mashed Potatoes &amp; Gravy Spinach Fruit Slaw</p>	<p>23 Pork Stew Romaine &amp; Radish Salad Biscuit</p>
<p>26 Salisbury Steak Mashed Potatoes &amp; Gravy Peas Peach Salad</p>	<p>27 Pork &amp; Gravy w/Noodles Cauliflower Sunshine Salad</p>	<p>28 Crispy Chicken Rice Pilaf Carrots Cauliflower- Broccoli Toss</p>	<p>29 Chicken Adobo Rice Oriental Vegetables Honey- Orange Salad</p>	<p>30 Roast Beef Sandwich Corn Chowder Creamy Cole Slaw</p>

# Valley Senior Center Activities

**October 2009**

**463-6175**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reservations are required for lunch at the Valley Center. Please call a day in advance. Lee Ann 463-6175</p>	<p>Join us for the Annual Pancake Breakfast Fundraiser at the Juneau Senior Center from 9am-1pm on Monday, October 19.</p>		<p><b>1</b> Available: Call 463-6175 if you have a craft or topic to share.</p>	<p><b>2</b> <b>Noon-Lunch</b>  1:30 PM Art Group</p>
<p><b>5</b> 10:00 AM Exercise  1:30 PM Contract Bridge</p>	<p><b>6</b> 10:00-4:00 Sewing Circle</p>	<p><b>7</b> 10:00 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge</p>	<p><b>8</b> Available: Call 463-6175 if you have a craft or topic to share.</p>	<p><b>9</b> <b>Noon-Lunch</b>  1:30 PM Art Group</p>
<p><b>12</b> 10:00 AM Exercise  1:30 PM Contract Bridge</p>	<p><b>13</b> 10:00-4:00 Sewing Circle</p>	<p><b>14</b> 10:00 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge</p>	<p><b>15</b> Available: Call 463-6175 if you have a craft or topic to share.</p>	<p><b>16</b> <b>Noon-Lunch</b>  1:30 PM Art Group</p>
<p><b>19</b>  <b>Alaska Day Holiday</b></p>	<p><b>20</b> 10:00-4:00 Sewing Circle</p>	<p><b>21</b> 10:00 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge</p>	<p><b>22</b> Available: Call 463-6175 if you have a craft or topic to share.</p>	<p><b>23</b> <b>Noon-Lunch</b>  1:30 PM Art Group</p>
<p><b>26</b> 10:00 AM Exercise  1:30 PM Contract Bridge</p>	<p><b>27</b> 10:00-4:00 Sewing Circle</p>	<p><b>28</b> 10:00 AM Exercise  <b>Noon-Lunch</b>  1:30 PM Contract Bridge</p>	<p><b>29</b> Available: Call 463-6175 if you have a craft or topic to share.</p>	<p><b>30</b> <b>Noon-Lunch</b>  1:30 PM Art Group</p>

Activities at the JUNEAU Senior Center

October 2009 463-6175

SUN	MON	TUES	WED	THUR	FRI
	If you have something you would like to teach call Lee Ann. 463-6175			1 1:00 Pinochle 1:00 Make a Card Classes	2 10:15 Exercise Seniors Dinner by Polaris House
4 1:30 Duplicate Bridge	5 10:00 Ceramics	6 10:15 Exercise	7 10:00 Ceramics 1:00 Pinochle	8 1:00 Pinochle 1:00 Make a Card Class	9 10:15 Exercise 1:00—3:00 Advisory Board 7:00-Cribbage
11 1:30 Duplicate Bridge	12 10:00 Ceramics Diabetic Support Group 1:00	13 10:15 Exercise	14 10:00 Ceramics 1:00 Pinochle	15 1:00 Pinochle 1:00 Make a Card Class	16 10:15 Exercise 7:00 Cribbage
18 1:30 Duplicate Bridge	19 <b>Alaska Day</b>  <b>PANCAKE BREAKFAST FUNDRAISER 9:00—1:00</b>	20 10:15 Exercise 1:00 LOW VISION SUPPORT	21 10:00 Ceramics 1:00 Pinochle	22 1:00 Pinochle 1:00 Make a Card Class	23 10:15 Exercise 1:30 Duplicate Bridge Tournament
25 1:00 Duplicate Bridge Tournament	26 10:00 Ceramics 	27 10:15 Exercise	28 10:00 Ceramics 1:00 Pinochle	29 1:00 Pinochle 1:00 Make a Card Class	30 10:15 Exercise 6:00 Juneau Pioneers Meeting

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



*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. 12<sup>th</sup> St., Juneau, AK 99801  
E-mail: [seniorinfo@gci.net](mailto:seniorinfo@gci.net)  
Toll Free in Alaska: 1-866-746-6177**

**The Juneau, Valley, and Douglas Senior Centers  
will be closed Alaska Day, Monday, October 19<sup>th</sup>.  
Come & Join Us for the Annual Pancake Breakfast Fundraiser on  
Monday, October 19<sup>th</sup>, 2009  
at the Juneau Senior Center 9am-1pm.**

