

Gastineau Channel

Senior Centers' News Juneau, Alaska



AUGUST 2010 Published by Southeast Senior Services, a Program of Catholic Community Service

Site Manager's Notes

The lazy daze of summer are upon us. People seem to be taking their time to do many of the things that during the rest of the year we would make it a point to finish up quickly. Garage sales are on many streets, just drive up and down the main streets and you are bound to find something. Good deals are all over as some people are house cleaning and others are getting ready to move somewhere else. The gardens around town are in full bloom. If you see something new, ask the owner, people love to talk about their gardens.

The 2010 Needs Survey for Older CBJ Residents will be accepted through Thursday, August 5. These surveys are very important to the area, this is the third survey done over a twenty year period so the data will really help the city develop plans for the needs of seniors. The tallying of the surveys has started. If you have a comment, make it known. You may bring them to the Juneau Senior Center, the libraries, or mail them in.

This is one of the years that we are lucky to be living in Juneau. The berries are really plentiful this year. People are picking for the pay-

off parties this fall. I know one family that has picked over fifty gallons of salmon berries. The fish are coming in, and the kids are at DIPAC having a blast. If you drive by DIPAC in the afternoon, sometimes you can watch the seiners bring up their nets. It is really fun to watch. We have had a number of evenings where dinner was fresh fish. Lots of red snapper and salmon, just be sure to take care of any fresh fish or meat as soon as you get it.

The 63rd Golden North Fishing Derby will be held starting the 14th-16th of August. Tickets can be picked up early. This is a wonderful chance to support the Territorial Sportsman Scholarship Foundation.

If you are looking for something to do, it is always fun to play tourist, take a couple of hours for lunch, or just look in the store windows. The streets are not as busy as they usually are in the summer, and I had a good time last weekend just looking around.

Lee Ann See Juneau Senior Center Site Manager



We Need Your Donations

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 July meeting included a discussion on disbanding the Advisory Council, due in part to lack of participation. Discussion of the elections was postponed until the August meeting. If you are interested in joining the Advisory Council, please call Lee Ann at 463-6175 for more information. Meetings are held at the Juneau Senior Center on the second Friday of each month at 1:00. Even though only elected members may vote, all seniors are welcome to attend and listen to proceedings.

Diabetic Support Group Meeting

The Diabetic Support Group will meet on Monday, August 9 at 1:00 at the Juneau Senior Center.

Low Vision Support Group

The Low Vision Support Group will meet on Tuesday, August 17 at 1:00 at the Juneau Senior Center.

A&P Sales Receipts Add Up Fast!

We love getting the cash register receipts from A & P. These are worth 1% of the total spent. This money goes to the meals programs for some of the little extras.

Holly Handler, Chief Lawyer, Alaska Legal Services

Ms. Handler will be at the Juneau Senior Center on Monday, August 16 for a lunch time financial talk. She will be speaking about Senior Fraud and Financial Exploitation.

Family Caregiver Support and Training

The new season for the Family Caregiver Support Group as well as the training program will begin on Thursday, August 12 from noon until 1:00. The meeting location is at the Resurrection Lutheran Church at 10th and Glacier. Training will be held at the Juneau downtown library from 12:00 to 1:30 in the big conference room on Thursday, the August 26. (Your vehicle may be registered at the circulation desk.) For more information please call 463-6164 or 463-6198. Open and free to the public, the presentations are designed to help caregivers of older loved ones.

Entertainment Needed

Do you play the piano? Sing? Have a funny act? Do you like to read, or dance? If you are looking for an audience, we have one for you. At lunch time, in the Senior Centers, there are folks who would love to have some entertainment!

We have a well-tuned grand piano at the downtown center and both the Valley and Douglas have pianos as well. If you know someone who might be interested in entertaining us during lunch please call Lee Ann at 463-6175.

Baked Potato Bar

In these long summer days we are always looking for great thrifty dinners that don't take a long time to prepare. I've served these treats for years and most of my guests say they forgot how easy it is to bake potatoes and how many ways they can be eaten.

Select one medium sized potato for each guest (and a few extra for the freezer). Rub the skins with olive oil, and prick in a number of places. Bake for about an hour at 350 degrees, or longer if needed.

While the potatoes are baking, prepare a potato bar. Each guest can then select from a variety of toppings:

left over chili or spaghetti sauce;
shredded cheeses, cottage cheese;
sour cream, yogurt, butter;
left-over veggies: broccoli, green peppers, tomatoes, mushrooms, caramelized onions; and
herbs to taste.

Even though a medium potato is only about 150 calories, a guest who is diabetic may want to consume only half or a quarter of the potato and add more low carbohydrate toppings. Also a sweet potato may be less high on the glycemic index.



Do You Remember When?

All the girls had ugly gym uniforms. It took 5 minutes for the TV to warm up.

A quarter was a decent allowance. Candy cigarettes were available. Soda pop machines dispensed glass bottles.

You'd reach into a mud puddle for a penny.

All of your male teachers wore neckties and female teachers had their hair done every day and wore high heels.

Newsreels came before the movie.

P.F. Fliers were popular.

They threatened to keep kids back a grade if they failed...and they did.

A '57 Chevy was everyone's dream car...to cruise, peel out, lay rubber or watch submarine races.

People went steady.

No one ever asked where the car keys were because they were always in the car, in the ignition, and the doors were never locked.

Green stamps came with every grocery store purchase.

McDonald hamburgers were 15 cents.

And with all our progress, don't you just wish, just once, you could slip back in time and savor the slower pace, and share it with the children of today?

-----Bob Vos, Juneau Alaska 3/12/09

Note: "Baked Potato Bar" submitted by Lee Ann See, Juneau Senior Center Site Manager

Ceramics

One of the best kept secrets in Juneau is the ceramics workshop in the Downtown senior Center. Open from 10:00-2:00 every Monday and Wednesday you can avail yourself of one on one teaching by ladies that know all of the tricks of the trade.

There are hundreds of molds to choose from, many of them are already to be worked on. All you pay for is the green ware, the paints and the firing is free. Drop by to see what is going on, and to make something to give for the holidays.

Feet First

Feet First, the foot and nail care clinic, especially advised for diabetics, will be held Monday, September 20th from 9:00-11:00 AM at the Juneau Senior Center. Call Lee Ann at 463-6175 for an appointment or more information. This clinic is held every two months by two of the most dedicated volunteers we have at the Senior Center.

Bridge Anyone?

Are you a Bridge player that hasn't found a group to play with in Juneau? At 1:30 every Sunday in the Juneau Senior Center a group of players get together to play Duplicate Bridge.

If you live in the valley you have two times to choose from. On Mondays or Wednesdays from 1:30 a group plays Contract Bridge in the Valley Senior Center. If you are interested please call the Juneau Senior Center 463-6175 for an appointment or more information.

Agnes is Back Teaching Knitting and Crochet

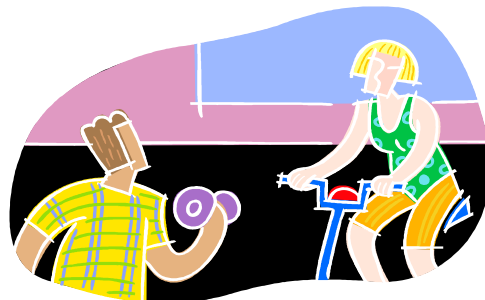
After doing other things for the last few months Agnes is back at the Juneau Senior Center on Tuesdays to show anyone that wants help how to knit or crochet. Bring what you have, call me if you need needles or yarn. Call Lee Ann 463-6175.

Exercise at the Juneau Senior Center

Jan Rice is back from her summer of travels and fixing up her house. Now she is ready to start the exercise classes up again. We are going to start at 10:15 on Tuesdays and Fridays. She would like to have at least four in the class, and the classes can be tailored to your abilities. Jan and I will both be taking the time to learn how to use the Wii system. Maybe we can put the two together.

Brand New WII System

Ever heard of a WII? It's an electronic device that allows folks to interact with a screen to play sports games such a bowling and baseball. It's a lot of fun. The Juneau Senior Center just got a Wii system. Call for available times and come in and learn with us how to do the games and dances. It's great exercise.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Salmon Burgers Oven Fried Sweet Potatoes Romaine & Tomato Salad</p>	<p>3</p> <p>Chili Creamy Cole Slaw Tomato Slices Cornbread</p>	<p>4</p> <p>Turkey Vegetable Soup Cheese & Vegetable Sandwich Fruit Slaw</p>	<p>5</p> <p>Sweet-n-Sour Chicken Rice Broccoli Spicy Fruit Cup</p>	<p>6</p> <p>Ham Au Gratin Potatoes Peas Tossed Salad</p>
<p>9</p> <p>Spaghetti W/Meat Sauce Mexicali Vegetables Apricot Salad</p>	<p>10</p> <p>Meatloaf Mashed Potatoes & Gravy Spinach Perfection Salad</p>	<p>11</p> <p>Chef's Salad Clam Chowder Rolls</p>	<p>12</p> <p>Pork Roast Yams Cabbage w/Fruit Cocktail Bread</p>	<p>13</p> <p>Tahitian Chicken Rice Peas Carrot & Pineapple Salad</p>
<p>16</p> <p>Salmon Filets Broccoli Spinach Salad Wheat Rolls</p>	<p>17</p> <p>Fresh Vegetable Soup Egg Salad Sandwich Sunshine Salad</p>	<p>18</p> <p>Beef & Gravy w/mashed Potatoes Mixed Vegetables Cabbage Slaw</p>	<p>19</p> <p>Taco Salad With Taco Chips Orange slices</p>	<p>20</p> <p>Chicken Adobo Rice Green Beans Sukiyaki Salad</p>
<p>23</p> <p>Beef Vegetable Soup Peaches & Cottage Cheese Rolls</p>	<p>24</p> <p>Beef & Biscuit Pie Carrot/Raisin Salad Orange Juice</p>	<p>25</p> <p>Chicken & Peach Sauté Peas & Carrots Apple & Cabbage & Raisin Salad</p>	<p>26</p> <p>Fiesta Pork Cauliflower Pea & Onion Salad Angel Biscuits</p>	<p>27</p> <p>Southeast Stir Fry Rice Apricot Salad</p>
<p>30</p> <p>Chicken Cacciatore Buttered Noodles Peas Honey Orange Salad</p>	<p>31</p> <p>Roast Pork Stuffing Sweet Potatoes Cauliflower & Broccoli Toss</p>	<p>Milk, Water, Tea, Coffee and Desserts are offered daily with the meal.</p>		<p>SENIOR MENU AUGUST 2010 Reservations 463-6175</p>

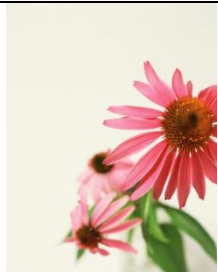

Valley Senior Center Activities

AUGUST 2010

LEE ANN- 463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10 AM Exercise 1:30 PM Contract Bridge	3 10 AM – 4 PM Sewing Circle	4 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	5 10 AM- 4 PM Sewing Circle	6 Noon-Lunch 1:30 PM Art Group
9 10 AM Exercise 1:30 PM Contract Bridge	10 10 AM – 4 PM Sewing Circle	11 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	12 10 AM- 4 PM Sewing Circle	13 Noon-Lunch 1:30 PM Art Group
16 10 AM Exercise 1:30 PM Contract Bridge	17 10 AM— 4 PM Sewing Circle	18 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	19 10 AM- 4 PM Sewing Circle	20 Noon-Lunch 1:30 PM Art Group
23 10 AM Exercise 1:30 PM Contract Bridge	24 10 AM— 4 PM Sewing Circle	25 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	26 10 AM- 4 PM Sewing Circle	27 Noon-Lunch 1:30 PM Art Group
30 10 AM Exercise 1:30 PM Contract Bridge	31 10 AM— 4 PM Sewing Circle	For after hours rental contact Helen at 463-6155	For lunch reservation please call Lee Ann 24 hours in advance 463-6175	Milk, Water, Tea, Coffee and Desserts are offered with the meal.

ACTIVITIES FOR SEPTEMBER, 2010 AT THE
JUNEAU SENIOR CENTER

SUN	MON	TUES	WED	THUR	FRI
Pinochle and Cribbage will be held in the Mountain View Community Center		CALL LEE ANN FOR MORE INFORMATION 463-6175	1 10:00 Ceramics 1:00 Pinochle	2 1:00 Pinochle	3 7:00 Cribbage
5 1:30 Duplicate Bridge	6 10:00 Ceramics	7	8 10:00 Ceramics 1:00 Pinochle	9 1:00 Pinochle	10 1:00—3:00 Advisory Council 7:00 Cribbage
12 1:30 Duplicate Bridge	13 10:00 Ceramics 1:00 DIABETIC SUPPORT GROUP	14 We Are Looking For New Ideas	15 10:00 Ceramics 1:00 Pinochle	16 1:00 Pinochle	17 7:00 Cribbage
19 1:30 Duplicate Bridge	20 9:00 Feet First 10:00 Ceramics	21 1:00 Low Vision Support Group	22 10:00 Ceramics 1:00 Pinochle	23 1:00 Pinochle	24 7:00 Cribbage
26 1:30 Duplicate Bridge	27 10:00 Ceramics	28 	29 10:00 Ceramics 1:00 Pinochle	30 1:00 Pinochle	