

Gastineau Channel

Senior Centers' News Juneau, Alaska

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Where has this year gone? It is October; already time to get the gardens put up for the year, and to get ready the holidays---Halloween, Thanksgiving, and then Christmas and New Years. The ships are almost done bringing us the visitors that so many of our businesses depend on. This is the time that so many of us know why we live in Juneau, away from the bustle and traffic of the larger cities in the Lower 48. What we think of as rush hour traffic here would make our down south neighbors laugh.

Flu Shots: The wonderful Department of Public Health nurses will provide flu shots again this year from 11:00 through lunch on the following days:

Douglas Senior Center:

Tuesday October 5

Valley Senior Center:

Wednesday October 20

Juneau Senior Center

Thursday October 21

Community Service Day Event:

Starting around 5:00-5:30 on Tuesday October 12, the Polaris House will be hosting a dinner for seniors at the Juneau Senior Center. Last year the Polaris House hosted a similar event, and over fifty-five senior attended. Everything will be furnished, great food, fun and games! All seniors are invited!

An Important Day in Our History

ALASKA DAY !



The state seal was designed in 1910 while Alaska was a territory and not a state. The rays above the mountains represent the Northern Lights. The smelter symbolizes mining. The train stands for Alaska's railroads and ships denote transportation by sea. The trees symbolize Alaska's forests, and the farmer, his horse, and the three shocks of wheat represent Alaskan agriculture. The fish and the seals signify the importance of fishing and wildlife to Alaska's economy.

-----Lee Ann See, Site Manager

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
|  | <p>Milk, Water, Tea, Coffee and Deserts are offered daily with meals</p> | <p>Meals on Wheels Information 463-6179</p> | <p>SENIOR MENU Reservations 463-6175</p> | <p>1 Meatloaf Au Gratin Potatoes Green Beans Sunshine Salad</p> |
| <p>4 Pork Noodle Soup w/Vegetables Tossed Salad</p> | <p>5 Chef Salad Fruit w/ Creamy Sauce Hot Rolls</p> | <p>6 Baked Salmon Peas & Carrots Honey Orange Salad Muffins</p> | <p>7 Ham & Lima Bean Soup Tomato & Cheese Sandwich Spinach Salad</p> | <p>8 Meatballs on Pasta Beets w/Orange Sauce Tossed Salad</p> |
| <p>11 BBQ Beef on a Bun Mixed Vegetables Potato Salad</p> | <p>12 Tomato Soup Tuna Sandwich Cucumber & Onion Salad</p>  | <p>13 Pork Chop Suey Rice Spinach Salad W/Mandarin Oranges</p> | <p>14 Chicken Enchiladas Spanish Rice Black Beans Calico Corn Salad</p> | <p>15 Clam Chowder Cheese & Tomato Sandwich Coleslaw</p> |
| <p>18 ALASKA DAY HOLIDAY PANCAKE BREAKFAST</p>  | <p>19 Country Pork Stew Tossed Garden Salad Biscuits</p> | <p>20 Spaghetti w/Meat Sauce Brussels Sprouts Tossed Salad Garlic Bread</p> | <p>21 Corned Beef & Cabbage Boiled Potatoes Fruit Slaw</p> | <p>22 Salmon Patties Scalloped Potatoes Oriental Vegetables Pickled beets</p> |
| <p>25 Crispy Chicken Rice Pilaf Carrots Cauliflower & Broccoli Toss</p> | <p>26 Salmon Chowder Cole Slaw French Bread</p>  | <p>27 Salisbury Steak Mashed Potatoes & Gravy Peas Peach Salad</p> | <p>28 Creole Pork Noodles Cauliflower Sunshine Salad</p>  | <p>29 Chicken Adobo Rice Oriental Vegetables Honey Orange Salad</p> |

**JUNEAU SENIOR
CENTER'S
ANNUAL ALASKA
DAY PANCAKE**



**BREAKFAST
FUNDRAISER**

ADULTS \$12.00

KIDS UNDER 10

\$5.00

Proceeds support our
Meals on Wheels and
Congregate Lunch
Program

**MONDAY
OCTOBER
18TH**

**9:00am TO
12:30pm**

895 W. 12TH

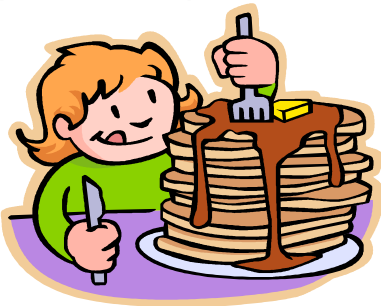
STREET

**PANCAKES PLAIN &
BLUEBERRY,
BREAKFAST MEATS,
SCRAMBLED EGGS,
FRUITS, JUICES &
BEVERAGES**

PANCAKE BREAKFAST FUNDRAISER

Monday, October 18, 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** from 9:00 to 12:30. The all-you-can-eat menu will include buttermilk pancakes (plain, blueberry or banana), meats, fruit, juice, milk, coffee and tea. The cost is \$12.00 for adults and \$5.00 for children under the age of 10.

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



Holly Handler, Chief Lawyer, Alaska Legal Services

Ms. Handler was at the Juneau Senior Center on Thursday, September 16 for a lunch time financial talk. She spoke about "Senior Fraud" and the "Financial Exploitation of Seniors". There were over 30 seniors present, and they asked questions and got answers on what to do. There were two handouts which are available from Lee Ann See, Site Manager.

AARP Drivers' Class

Norma Jean will be doing an AARP Drivers' class on Saturday, October 9 from 8AM to 4PM. Call 586-2493 for more information.

The Gastineau Channel Senior Centers' Advisory Council Notes

The Advisory Council met on Friday, September 10. It was announced that the Gift Wrapping Concession has been successfully sold to the Polaris House. They will continue the Christmas Gift Wrapping at the Nugget Mall again this December.

The Advisory Board is assisting with planning and supporting several fundraisers during the year. The first one will be The Annual Pancake Breakfast on Alaska Day, Monday, October 18.

The Senior Information and Caregiver Resource Center Family Caregiver Training

Caring for a senior loved one living hundreds of miles away is becoming more and more common. A lucky few may be able to visit regularly, but time and expense usually limit many of us from doing so as often as may be needed. At first long distance caregiving may not seem so complicated. You can call and talk for fifteen minutes to your loved one who may sound strong and vital, assuring you everything is fine and not to worry. But the day may not be far off when anxious neighbors phone, alarmed about your precious senior's situation. You know you have to do something and fast. If you see that day approaching, come to the Family Caregiver Training on Tuesday, October 28, 12:00 to 1:30 in the big conference room at the downtown library to learn about how to handle that hurdle.

Easy Creamy Pumpkin Soup

Ingredients for 6 servings

- 1 (10.75 ounce) can condensed cream of potato soup
- 1 1/4 cups water
- 1 (15 ounce) can pumpkin puree
- 2 tablespoons butter
- 1 cup cream
- 1 teaspoon salt, or to taste
- 1/4 teaspoon ground black pepper, or to taste
- 1/2 teaspoon garlic powder, or to taste
- 1/2 teaspoon ginger
- 1 pinch paprika, for garnish
- 1 cup seasoned croutons (optional)

Directions

1. In a saucepan over medium heat, combine the cream of potato soup, water, pumpkin, butter, and cream. Season with salt, pepper, garlic powder, and ginger. Stir until blended, and bring to a simmer. Reduce heat to low, and simmer for 15 minutes.
2. Remove from heat, and pour into a tureen. Sprinkle the top with paprika, and top with seasoned croutons.

Nutritional Information

Amount Per Serving Calories: 268
| Total Fat: 21.6g | Cholesterol:
69mg

Valley Senior Center Seeking Volunteer Coordinator

The seniors have really enjoyed Valley Volunteer Meal Coordinator, Raquel Corpuz, for the last few months. Her warmth and care made every meal a delight. We will miss her a lot.

We are seeking a new Coordinator to begin immediately. This is a rewarding volunteer opportunity for someone who would enjoy having a delicious, nutritious hot lunch with our seniors twice weekly.

Meals are served at the Valley Senior Center each Wednesday and Friday. We are just getting into the holiday season and plans are already underway for a delicious traditional Thanksgiving meal and a special holiday event in December.


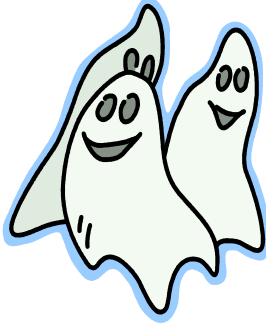

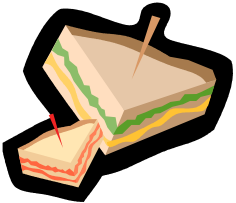
The duties of the Volunteer Coordinator include setting the lunch tables for senior meal participants, setting up the lunch buffet provided through the Juneau Senior Center kitchen, clearing the tables and buffet, loading the dishwasher and some light cleaning of the kitchen and dining area. It takes about two hours, from 11:30 to 1:30, to perform the lunchtime duties each Wednesday and Friday.

Adults over the age of 18, who would like more information about applying for this great volunteer opportunity, may contact the Juneau Senior Center Site Manager, Lee Ann See, at 463-6175. Lee Ann will provide training and support. All the seniors greatly appreciate our wonderful Volunteer Coordinators!

Valley Senior Center Activities


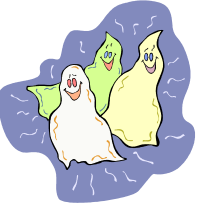

OCTOBER 2010

LEE ANN- 463-6175

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| <p>For lunch reservation please call Lee Ann 24 hours in advance 463-6175</p> | <p>All seniors ages 60 and over are welcome and invited to participate.</p> | <p>Milk, Water, Tea, Coffee and Desserts are offered with the meal.</p>  |  | <p>1</p> <p>Noon-Lunch</p> |
| <p>4 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p> | <p>5 VOTE TODAY Flu Shots Douglas 10 AM -4 PM Sewing Circle</p> | <p>6 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p> | <p>7 10 AM-4 PM Sewing Circle</p> | <p>8</p> <p>Noon-Lunch</p> |
| <p>11 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p> | <p>12 10 AM—4 PM Sewing Circle</p> | <p>13 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p> | <p>14 10 AM-4 PM Sewing Circle</p> | <p>15</p> <p>Noon-Lunch</p>  |
| <p>18 CLOSED ALASKA DAY PANCAKE BREAKFAST Juneau Sr. Center</p> | <p>19 10 AM—4 PM Sewing Circle</p> | <p>20 10 AM Exercise Noon-Lunch Flu Shots Valley 1:30 PM Contract Bridge</p> | <p>21 Flu Shots Juneau Senior Center 10 AM-4 PM Sewing Circle</p> | <p>22</p> <p>Noon-Lunch</p> |
| <p>25 10 AM Exercise</p> <p>1:30 PM Contract Bridge</p> | <p>26 10 AM—4 PM Sewing Circle</p> | <p>27 10 AM Exercise</p> <p>Noon-Lunch</p> <p>1:30 PM Contract Bridge</p> | <p>28 10 AM-4 PM Sewing Circle</p> | <p>29</p> <p>Noon Lunch</p>  |

OCTOBER 2010 ACTIVITIES

JUNEAU SENIOR CENTER

| SUN | MON | TUES | WED | THUR | FRI |
|--------------------------------|---|---|--|--|---|
| Call LeeAnn for Info 463-6175 | All seniors ages 60 and over are welcome. Join us! | Pinochle & now held Mt. View Wed. & Thur. 1:00 | Cribbage at Mt. View EVERY Friday 7:00 | Nutritious Lunches are Served Weekdays | 1 |
| 3 1:30 Duplicate Bridge | 4 10:00–2:00 Ceramics 10:00 Exercise | 5 VOTE TODAY 10:00 Ceramics 1:00 Knit & Crochet w/Agnes FLU SHOTS at DOUGLAS | 6 10:00 Ceramics 10:00 Exercise 6:30 Savvy Caregiver Session 3 | 7 Can You Teach a Craft?  | 8 1:00–3:00 Advisory Council |
| 10 1:30 Duplicate Bridge | 11 10:00–2:00 Ceramics 10:00 Exercise 1:00 Diabetic Support Group | 12 10:00 Ceramics 1:00 Knit & Crochet 5:00pm Polaris House Dinner for Seniors | 13 10:00 Ceramics 10:00 Exercise 6:30 Savvy Caregiver Session 4 | 14  | 15 |
| 17 1:30 Duplicate Bridge | 18 Alaska Day ANNUAL PANCAKE BREAKFAST Fundraiser 9:00-12:30 | 19 10:00 Ceramics 1:00 Low Vision Support Group 1:00 Knit & Crochet w/Agnes | 20 10:00 Ceramics 6:30-8:30 Savvy Caregiver Session 5 FLU SHOTS VALLEY Senior Center | 21 FLU SHOTS at JUNEAU SENIOR CENTER | 22  |
| 24/31 1:30 Duplicate Bridge | 25 10:00 Exercise 10:00–2:00 Ceramics | 26 10:00 Ceramics 1:00 Knit & Crochet w/ Agnes | 27 10:00 Ceramics 6:30-8:30 Savvy Caregiver Session 6 | 28  | 29 5:30 Pioneer Dinner |

Southeast Senior Services
419 Sixth Street
Juneau, Alaska 99801



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

Join us for the **Annual Pancake Breakfast** Fundraiser on Monday, October 18
at the Juneau Senior Center from
9:00 am to 12:30 pm.



The Senior Centers will be closed Alaska Day, Monday, October 18.