



THE CHATTER BOX

FOR AND ABOUT WRANGELL SENIORS
WRITTEN BY GEORGE JOSEPH
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Wrangell Senior Center
PO Box 1818
Wrangell, Alaska 99929

Which way did they go?...

I am sure some of you have been wondering where the CHATTERBOXES have gone. The fact of the matter is that the brain behind the newsletter has been too busy to be creative enough to write it. Along with the nasty weather we have been experiencing we have been very busy doing tie dyes, celebrating holidays, recovering from aches and pains, traveling here and there on medical issues, and cooking sometimes. As it goes, the newsletter is the first thing that gets cancelled when time gets short.

While I have your attention I would like to thank every one who has donated to the Wrangell Senior Center throughout the holidays. A huge thank you to the Wrangell Ministerial group for the donation of everything to make a turkey dinner...actually 12 turkeys worth of turkey dinners with all the fixings. We will be using the goods from this donation for months. Kay and Jeff Jabusch came through with a case of coffee just in time once again this year, Thank you guys! Bobs IGA and City Market are still donating regularly to the center and it helps out immensely with keeping our costs down. Lawrence Bahovec and WFFA have made a couple financial donations this past month to help pay the bills. We surely do appreciate them thinking about us during the holidays. Financial donations are always appreciated, but so are donations of just about anything else. The community of Wrangell is very good to the senior center. We are very lucky to be living here in Wrangell. Thank you Wrangell from the Seniors at the Wrangell Senior Center!

Well, I hope to be able to get the CHATTERBOX done on a monthly basis. Thank you for your patience. *George*



A UNITED WAY
AGENCY

This agency receives partial funding from the Alaska Division of Senior And Disabilities Services Also Wrangell Cooperative Association And The City of Wrangell

NEW VAN SCHEDULE

Rides Available

Monday thru Friday

9:00 a.m.--3:30 p.m.

Tuesday

PREARRANGED ONLY

Persons 60+

\$1.00 One Way

Suggested Donation

To pre-arrange rides

Call 874-2066 or

Sign up at the center.

NO CALLS AFTER

3:30 P.M.

Wrangell Senior Center

- Serving Lunch every week day except Tuesday.
- Home delivered meals.
- Rides available to and from lunch.
- Lunch is served at 12:00 noon.
- Over 60 Free Will donation \$3.00.
- Under 60 lunches are \$8.00.
- CALL 874-2066 BY 10:00 a.m. TO RESERVE YOUR SEAT FOR LUNCH

Weather, weather, what is with the weather? We have been having some really bad weather this past month. As the winter began it seemed we were going to have a mild, dry winter...easy to get around in and easy on the attitude. Not to be! We have had some heavy snow and many super cold days to deal with. We have had only one snow day when we had to close the center because of extreme conditions. Not bad but the winter has a couple months to go before spring lifts its smiling face and smiles on Wran-gell so we must be prepared for what ever happens. The new Eden Pure heaters are helping keep the center warm and the thermostat down, and donations are helping us stay on budget. We ask that everyone who comes to the center wear warm clothes, be sure to wear your grippers when traveling to and from the center, do your best to help Cisco out by being ready when he arrives to pick you up. Wait until the driver can help you get in and out of the van in a safe way. Plan your trip so as to eliminate excess waiting and unnecessary stops. Don't expect the van to wait for you to complete your business when others are in the van, it is a ride service not a wait service. Spring will be here soon, please work with us to make the rest of the winter as safe and easy as possible. Thanks

**VAN RIDES ARE AVAILABLE
FOR SENIORS 60+
MONDAY-FRIDAY
BEGINNING AT 9:00 A.M.
NO CALLS AFTER 3:30 P.M.
NO LUNCH or RIDES on TUESDAY
\$1.00 EACH WAY
CALL 874-2066**

- *Natures Pharmacy..Kind of interesting I think!*
- *A sliced carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...carrots enhance blood flow to the eye and enhance the function of the eye.*
- *A tomato has four chambers and is red. The heart has four chambers and is red. Tomatoes are loaded with lycopine and are heart and blood food.*
- *Grapes hang in clusters shaped like a heart. They are heart and blood vitalizing foods.*
- *A walnut looks like a little brain, left and right hemisphere. Walnuts develop neurotransmitters for healthy brain function.*
- *Kidney beans look like human kidneys and heal and help maintain kidney function.*
- *Celery, bok choy and rhubarb look like bones. These foods specifically target bone strength. Each one of these foods is 23% sodium and bones are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, which makes them weak.*
- *Avocados, Eggplant, and Pears target the health and function of the womb and cervix of females, they look just like these organs.*
- *Figs are full of seeds and help overcome male sterility.*
- *Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics.*
- *Olives assist the health and function of the ovaries.*
- *Oranges. Grapefruit, and other citrus fruits look just like mammary glands of females and actually assist in the health of the breasts.*
- *Onions look like the body's cells. Research shows onions help clear waste materials from all of the body cells. They produce tears to wash the epithelial layers of the eyes. A working companion, Garlic, helps eliminate waste materials and dangerous free radicals from the body.*

**DON'T FORGET
BINGO
FRIDAY
AFTER NOON
12:30-1:30**

Medicine Cabinets

The first medicine cabinet I remember was painted green, made of some kind of metal, had a mirror in front, and was above the sink in the kitchen. Aunt Bac, who lived in town, had running water, and had a white one over the sink in the bathroom. Growing up, going to college, moving around, I saw many of them but all in the bathroom. If I looked in any of them they usually had a comb, brush, and an assortment of pills (most of them bought over the counter), Mecurochrome, Listerine, eye dropper, eye cup and a roll of tape.

The medicine cabinet today blends in with the décor of the bathroom, big mirror and more space. I bet if you looked in a bunch of them today they would be crowded with prescription drug containers.

My grandmother would say, “a place for everything and everything in its place.” Now here comes the hitch, I take many different pills and as I get each one of them they remind me not to store them in the bathroom. Do they say where to store them? I see many advertisements for “wall mount jewelry armoires” and “library c.d. storage cabinets” but “prescription medicine cabinets”—not a small print, back page, blurb! I would be content with a divided box that fit in my chest of drawers, or a small hanging many shelved wooden cupboard that matched my living room furniture would be nice. Where can I buy something like this? A lot of people are getting older and our Dr.’s are seeing that we take many drugs...a new industry? Why not?

By Just Lurine

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Tie dyes for sale...Before the holidays the gang at the senior center got really busy and did up a bunch of tie dyes to sell. Well, here it is almost February and the shirts, aprons, hoodies and bandanas have been selling like hot cakes! We still have some to sell but our supply has definitely gone down. It is amazing how our skills have improved over the past 3 years of practice. The new tie dyes are more vivid in color, new different designs, and we have increased our product line. Stop in and check out our goods, they are ready to be worn by folks of all sizes! WATCH FOR SENIOR CENTER TIE DYES ON THE 4TH OF JULY 2009. We will be down town selling them after the parade!

DO YOU RECOGNIZE YOURSELF?

Do you help an older friend or relative with grocery shopping?

Do you take a senior to doctor appointments?

Do you calculate your parents' taxes or balance their bank statement? Then, you are a family caregiver.

DO YOU RECOGNIZE YOURSELF?

Do you clean your mother's home because she can not clean it any more?

Do you handle the communications between your loved senior and Social Security, Medicare or Medicaid?

Do you stop by every week to organize your dad's medicines in the pill box? Then, you are a family caregiver.

DO YOU RECOGNIZE YOURSELF?

Have you had a wheelchair ramp built at your mom's home?

Have you had grab bars installed in dad's shower?

Have you taken up your senior's throw rugs and put nightlights in her hallways? Then, you are a family caregiver.

DO YOU RECOGNIZE YOURSELF?

is your parent or your spouse dependent on you for good hygiene or personal safety? Do you provide your senior neighbor a ride to church every week? Are you giving hours daily or weekly to helping a family member or friend live at home? Then, you are a family caregiver.

IF YOU RECOGNIZE YOURSELF, THEN WE HAVE RESOURCES TO HELP YOU.

CONTACT SENIOR INFORMATION AND CAREGIVER RESOURCE CENTER AT

(907) 463-6177 OR OUTSIDE JUNEAU (866) 746-6177 FOR MORE INFORMATION.